

THE ITHACAN

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Sleepless Students

The culture surrounding sleep may be a detriment to students



Junior Nick Filippini sleeps in a chair at 2:30 a.m. Oct. 15 in the library during the week many students had midterms. JENNIFER WILLIAMS/THE ITHACAN

BY MAURA ALEARDI
STAFF WRITER

Insufficient sleep takes a daily toll on students like junior Sappho Hocker.

"I'm exhausted right now, and I'm barely awake," she said. "Sometimes I'll actually just nod off in the middle of class. I'm just less likely to put any effort into things."

For at least 30 years now, individuals throughout the world have been lacking sleep at the right time and for the proper duration, Kyla Wahlstrom, director for the Center for Applied Research and Education Improvement at the University of Minnesota, said.

Studies indicate the need for a culture shift toward an attitude supporting the need

for sleep, not just for working adults, but for college students especially.

Much of the influence on students to not sleep comes from others, Erik Herzog, professor in Washington University's Department of Biology, said. People often perceive sleep

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SGA proposes banning single-use bags and water bottles

BY NATALIE SHANKLIN
STAFF WRITER

The Ithaca College Student Government Association passed two bills at its Oct. 13 meeting to ban the distribution of all single-use plastic bags and water bottles on campus, which could result in students having no alternative but to resort to more sustainable measures such as reusable water bottles and bags.

At the end of the meeting, sophomore and senator-at-large Joshua Kelly, who proposed the bills, motioned to form an SGA Environmental Affairs Committee, which will reach out to the college's administration to request that action be taken.

The bills were proposed in response to widespread concern about the environmental hazards that single-use plastic presents, as demonstrated by the bans on plastic bags instigated by more than 170 counties, towns and cities as well as the prohibition of plastic bottles at more than 90 other colleges and universities, including the University of Vermont, Brown University, Seattle University and Harvard University. Over 200 Ithaca College students and 550 people



Joshua Kelly, sophomore and senator-at-large, raises his voting sign at the Oct. 20 meeting of the Student Government Association. YANA MAZURKEVICH/THE ITHACAN

worldwide have recently signed an online petition on Change.org called "Ithaca College: Ban Plastic Bags and Disposable Plastic Water Bottles from Being Sold

at Stores and Vending Machines on Campus."

"A lot of students are getting single-use bags and bottles when they don't necessarily

want them," Kelly said. "People are very supportive of these bans, considering the environmental impact they will have."

Kelly proposed the Environmental and Animal Protection Bill to ban single-use plastic bags with the inclusion of a resolution that the college should distribute reusable, washable bags to all incoming freshmen for their personal use starting in the fall of 2015. In the case that a student forgets his or her reusable bag, the bill also includes a provision that campus stores offer single-use paper bags at a price of 5 cents each, a cost that is subject to change.

Some SGA members, such as Junior Class Senator Jacob Greenberg, said the 5 cents paper bag option would be an easy way out for students who are not willing to commit to the environmentally friendly transition.

"I think the paper bag is a huge loophole, and 5 cents is not a deterrent," Greenberg said. "I think students would just opt to pay the money and buy paper bags."

Kelly said if this happens, he hopes the school will put the

See **PLASTIC**, page 4

Food prices found higher at college than off campus

BY AIDAN QUIGLEY
CONTRIBUTING WRITER

If a student purchases a bagel at an Ithaca College on-campus cafe, that bagel costs \$1.50. However, a bagel only costs 79 cents at the local Wegmans and 80 cents at the Ithaca Coffee Company.

A comparative analysis of the prices at the cafe at the Roy H. Park School of Communications, the Center for Health Sciences Coffee Cart and the cafe in the Business School on campus to off-campus competitors reveals that the prices at on-campus retail locations are generally higher than comparable locations in town.

Along with the more expensive bagels, retail carts on campus charge \$1.99 for a cookie, while similarly sized cookies cost \$1.95 at Starbucks and \$1.50 at the Ithaca Coffee Company.

Fruit is also significantly more expensive at the campus retail carts than at options in town. The Park School cafe charges 99 cents for a banana, while at Wegmans, bananas are 49 cents per pound. A bunch of six bananas is about 2.4 pounds, so six bananas would cost \$1.17, resulting in a unit price of about 20 cents.

Jeff Scott, the area general manager for Sodexo, Ithaca College's dining services provider, said the prices are based off the market average, and Sodexo aims to be competitive with local competitors.

"If you think the cost of coffee is too high, that's your opinion," he said. "We try to be comparable to what you would pay for a similar item off campus at a retail establishment."

Scott said instead of comparing to a grocery store, pricing should be compared to a more similar location. For example, Collegetown Bagels also charges \$1.00 for fresh fruit.

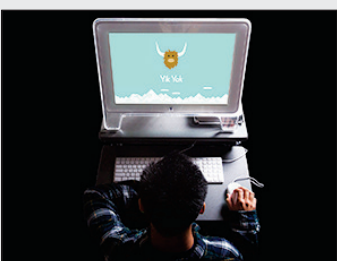
He said twice a year, Sodexo does a comprehensive pricing analysis, which compares its pricing to like competitors. For example, he said, the prices at SubConnection would be compared to prices at Subway.

"We assess all of our prices against the competition," he said. "We try to compare with as like an establishment as possible. ... We try to position ourselves on market average."

The prices at SubConnection, however, are generally higher than the prices at Subway on The Commons. For example, a black forest ham sandwich at Subway costs \$3.50 for a 6-inch sandwich and \$5 for a foot-long sandwich, while at SubConnection a ham sandwich costs \$4.29 for a 6-inch sandwich and \$5.99 for a foot-long sandwich.

Both a 6-inch and 12-inch roast beef sandwich and a foot-long turkey sandwich are cheaper at SubConnection than Subway, while both sizes of the roasted chicken sandwich, both sizes of the veggie sandwich and the 6-inch turkey sandwich

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SECRET POSTINGS

Anonymous social media groups like IC Crushes gain popularity on campus, page 13.



SUPER FANS

Student sports fans go to great lengths for their favorite teams, page 23.



SAFETY FIRST

Faculty and staff need training for emergencies, page 10.

THURSDAY BRIEFING

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

Nation&World



Voters rally for Brazilian election

Supporters of Aécio Neves, presidential candidate of the Brazilian Social Democracy Party, campaign for his election Oct. 17 in Belo Horizonte. Neves summoned his political contacts and charged the former Minas Gerais governor Antonio Anastasia to reach out to hundreds of mayors, local congressmen and city and town council members to rally voters.

ADRIANA GOMEZ/ASSOCIATED PRESS

Two dead in Canada shooting

A gunman with a scarf over his face shot a Canadian soldier standing guard at the nation's war memorial Oct. 22, then stormed Parliament in a hail of gunfire before he was killed by the sergeant-at-arms, authorities

and witnesses said.

Officials identified the gunman as Michael Zehaf-Bibeau, 32, but gave no immediate details on his background. Canadian police would not speculate on a motive for the shootings.

Police said as many as two other gunmen may have taken part. But as the day wore on, the cordon around Parliament was eased, employees were allowed to go home, and it appeared likely that the attack was the work of one person.

Witnesses said the soldier posted at the National War Memorial, identified as Cpl. Nathan Cirillo, was gunned down at point-blank range just before 10 a.m.

The gunman appeared to raise his arms in triumph, then entered Parliament a few hundred yards away, where dozens of shots soon rang out, according to witnesses.

Pistorius begins sentence

Oscar Pistorius was taken away in a police van with barred windows Oct. 21 to begin serving a five-year prison sentence for killing his girlfriend, Reeva Steenkamp.

Judge Thokozile Masipa cited the "gross negligence" the double-amputee Olympic runner showed when he shot Steenkamp multiple times through a toilet cubicle door.

Pistorius went to the Kgosi Mampuru II prison, a facility that has had problems with violence and overcrowding. Despite these problems, authorities said Pistorius would be held away from the general prison population because of his disability and high profile.

Pistorius can be released after 10 months to serve the remainder under house arrest, according to legal experts.

Celebrated designer dies at 82

Oscar de la Renta, who dressed first ladies, socialites and Hollywood stars for more than four decades, died Oct. 20 at his Connecticut home at age 82.

Amal Alamuddin wore a custom, off-the-shoulder de la Renta gown to wed George Clooney in Venice. Photos of the smiling designer perched on a table at the dress fitting appeared in Vogue.

De la Renta died surrounded by family, friends and "more than a few dogs," according to a handwritten statement signed by his stepdaughter, Eliza Reed Bolen, and her husband, Alex Bolen. The statement did not specify a cause of death.

Spanish woman free of Ebola

Doctors say a second and conclusive test shows a Spanish nursing assistant infected with Ebola is completely clear of the virus.

Jose Ramon Arribas of the Carlos III hospital said Oct. 21 the blood test showed Teresa Romero's immune system had eliminated the virus.

Romero, 44, battled for her life after she tested positive Oct. 6 and was admitted to the Madrid hospital.

Doctors say she began to show signs of recovery last week. She first tested negative on Oct. 19.

She was the first known person to contract the disease outside of West Africa in the latest outbreak.

A spokeswoman for Romero says she is expected to remain at the hospital for about two more weeks.

SOURCE: Associated Press

College

IC professor to present at Queen Mary College

Chris Holmes, an assistant professor in the English department, was invited to give a lecture and help direct a seminar at Queen Mary College in the University of London. Both will take place in the spring semester of 2015 and will focus work from, Nobel Prize-winning South African author J.M. Coetzee.

Holmes was appointed Visiting Scholar at Queen Mary and is expected to present a lecture as part of the Postgraduate Research Seminar series in February of next year. In addition, he will co-direct a graduate class with Andrew van der Vlies, a senior lecturer at Queen Mary.

PKAL to host sessions regarding sustainability

The Project Kaleidoscope, or PKAL, Upstate Regional Network fall meeting at Ithaca College will be presenting events from 8:30 a.m. to 4 p.m. Nov. 1 in the Center for Natural Sciences Room 208. The theme choice is enhancing student understanding of 21st century problem-solving through the use of questions with a sustainability theme and a multidisciplinary approach.

The methods should be

applicable to making connections between the college's Integrative Core Curriculum courses. Jason Hamilton, professor and chair of the environmental studies and sciences department, and Thomas Pfaff, professor and director of the college's honors program, will be speaking during the morning session and will examine the need for 21st century problem solvers. They will also develop a framework for connecting disciplines through sustainability-themed questions.

Sessions during the afternoon will include participants working in multidisciplinary teams to create questions addressing the overarching sustainability-themed questions. The sessions will also include a group discussion of barriers and solutions for implementing sustainability to the curriculum. A participant poster session will also be offered.

For more information about this event, participants should email acadfund@ithaca.edu.

Professor to discuss morality and technology

Laurence Thomas, professor of philosophy and political science at Syracuse University, will be hosting a discussion titled "Human Survival Versus Morally

Upright Behavior: Reflections on Our Evolutionary Makeup in the Spirit of Star Trek," at 7 p.m. Oct. 29 in Clark Lounge in Egbert Hall.

This talk will be part of the C.P. Snow 50th Anniversary lead-in events. Thomas will consider human desires from the standpoint of the evolutionary theory and will also explore whether technology from the future will transform this clash.

Wind Ensemble places in national competition

The Ithaca College Wind Ensemble, which is conducted by Stephen Peterson, was awarded third place in the American Prize in Wind Ensemble Concert Band Performance college/university edition. This competition is one of the newer, nonprofit national competitions designed to reward the best in performing arts.

The Wind Ensemble plays eight concerts and will perform at the Lincoln Center in April.

Free tutoring sessions offered to all students

The Department of Modern Languages will now offer tutoring in various languages for students. The free sessions will be drop-in with no appointment necessary. In addition, a peer skilled in the language they are representing will lead each one. The sessions will be held in the Language and Cultural

Exchange Cooperative, or Job 209.

The Arabic tutoring sessions will be held from 11:20 a.m. to 1:30 p.m. on Wednesdays.

German will be available from 2-3 p.m. on Tuesdays, along with Mandarin, which is from 2:30-3:30 p.m. and French, which is from 3-4 p.m.

The French sessions will also be available from 11 a.m. to noon on Fridays along with Italian, which will be at 1-2 p.m. and Spanish, which will be at the

same time as the French session.

Hebrew will be available from 4-5 p.m. on Thursdays.

SLI sessions for Block II available to IC students

The Student Leadership Institute sessions for Block II have been posted on OrgSync.com and are now available to all students.

In order to view all of the SLI's postings, students must make sure that they are a member of the SLI Portal on the website.



Networking mania

Students gather in Clark Lounge on Oct. 10 to meet alumni at the Alumni Career Services: Speed Networking Reception. They spoke about their experiences and practiced networking with the students.

KAIT TURKETT/THE ITHACAN

CORRECTIONS

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

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Open Mic and Jazz Nights find new venue

BY KEON BROADNAX
CONTRIBUTING WRITER

Since the announcement of the closing of the TC Lounge about a year ago, the executive boards of Open Mic Night and Jazz Night have successfully found a new venue for their performers.

The Open Mic Night board ended up alternating the nights of Open Mic Night between IC Square and Clark Lounge from 9 p.m. to midnight every Wednesday, while Jazz Night takes place from 8:30–11:30 p.m. every Thursday in IC Square.

Sophomore Rachel Gray, president of Open Mic Night, said IC Square offered a more public environment for the more experienced players, while Clark was a better venue for new performers.

The student body was told on Nov. 5, 2013, that the TC Lounge would be closing due to the consolidation of the physical therapy program at the Rochester Center on the Ithaca College campus. As a result, the Office of International Programs moved to the old Information and Technology Services space in Job Hall, and ITS took the space of the TC Lounge for its offices.

Sophomore Maris Krauss, a songwriter and performer at Open Mic Night, said the lounge had a certain elegance and offered a way for students to enjoy entertainment.

Despite efforts to try and save the TC Lounge, the Student Government Association has discontinued its efforts to sustain the space for students, Open Mic Night and Jazz Night.

The SGA began creating the Save the TC Lounge Bill and made a decision in April to continue working on it for the 2014–15 school year, according to the SGA's official website. This bill, which senior Josh Couce was in charge of, was created to ensure that students and events like Open Mic Night had somewhere to go.

Couce said he spoke with committee members from Open Mic Night and Jazz Night and said the committee members believed the petition would prove futile.

Following up on the issue this year, he said he decided not to push for any other actions



Sophomore Jordan Shoemaker performs at Open Mic Night on Oct. 1 in Clark Lounge. Open Mic Night alternates between IC Square and Clark Lounge, and attendance has risen since last year.

CLARA O'CONNOR/THE ITHACAN

because it was a finished deal.

"I didn't pursue it any longer because the offices had already moved," Couce said. "TC Lounge was not coming back."

Margie Malepe, director of Campus Center and Event Services, said a month after getting the news from the administration about the lounge, the Jazz Club and Open Mic Night began meeting with Campus Event Services for a new venue. She said Open Mic Night was eyeing Clark Lounge, other lounges on the second floor of Phillips Hall and Muller Chapel.

Gray said the Clark Lounge offered a piano and a more intimate setting. However, Malepe said with the lounges being one of the more formal places on campus for banquets and dinners, it would be hard to book a steady number of events there.

Once the IC Square slots were mentioned by

Jazz Club, Open Mic Night decided to join as well. Malepe said CCES offered up IC Square so that it could have a more public feel.

Gray said the transition from the TC Lounge to these new locations made those who have been a part of the organization for a longer period of time feel hesitant.

"TC Lounge was a safe environment," Gray said.

She said she was shocked at the response from the students. Attendance at the events went up, and performance slots filled up quickly every Wednesday night the event was held, which Gray said made the transition easier.

She said although the lounges offered something different than the TC Lounge, it was still one of a kind.

"There will never be a place like TC Lounge," Gray said.

Major forms move online

BY ASHLEY WOLF
STAFF WRITER

Students are now able to change their majors through an online process rather than a series of signatures and paper forms.

The Academic Workflow Implementation Group, two committees of students, staff, faculty and administrators working to make Ithaca College forms and processes more efficient through technology, released a new online Change of Major Form, one of many forms that they are working to release by the end of the 2014–15 school year as a part of the Academic Workflow initiative.

The form, which is located on the Academic Workflow website, lets students change, add or delete their majors. This will make the process easier, Nick Farthing, project manager for enterprise content management in Information Technology Services and member of the Academic Workflow Implementation Group at the college, said.

The initiative took a presence on social media outlets with students posting statuses about the project, Bryan Roberts, associate dean of the Roy H. Park School of Communications and member of the Academic Workflow Implementation Group, said.

The online form allows for the student's approval to be processed more quickly, Registrar Brian Scholten said.

Thirty additional forms are being drafted and expected to come out within the next few years, Farthing said.

Professor's drama article published

Christopher Matusiak, assistant professor of English, has published an article in this year's volume of a prestigious international academic journal.

Medieval and Renaissance Drama in England, published at Colgate University every year, contains studies by literary critics and cultural historians, as well as reviews, notes and documentary studies. Titled "Elizabeth Beeston, Sir Lewis Kirke, and the Cockpit's Management during the English Civil Wars," Matusiak's article answers key questions about the motives behind controversial producers of English theater during the 16th and 17th centuries.

Staff Writer Arham Muneer spoke with Matusiak about his research, his interest in the topic and his future work in the field.

Arham Muneer: What is your research focused on?

Chris Matusiak: I am fascinated by the flesh-and-blood people who devoted themselves to producing theater in 16th- and 17th-century England. ... Recently, I have been exploring the activities and social relationships of men and women who owned London playhouses during the period of the English civil wars. The English parliament legally prohibited theater during the height of the conflict in the 1640s and '50s, but every scholar knows that playing sporadically continued, both in private residences and commercial buildings.

AM: How did you conduct your research?

CM: I began research on the article while completing my Ph.D. at the University of Toronto. ... My article studies a body of evidence suggesting that this couple, Kirke and his wife, Elizabeth Beeston, used The Cockpit [playhouse in Drury Lane] as an instrument to boost royalist morale, collect intelligence and generally resist their parliamentary enemies both politically and culturally during and after the wars.

AM: What kind of support did you get from the department or the college for your research?

CM: Travel funds from Ithaca College allowed me to attend the Shakespeare Association of America's annual meeting last year where I organized a seminar called, "Managing Shakespeare and the Early Modern Theatre Business." This was a great opportunity to discuss with other theater historians some of the material that eventually found its way into the article.

AM: Do you plan to move forward with your research, or are you finished?

CM: I am now eager to look more closely at three other London theaters that we know remained open in the 1640s and '50s: the Salisbury Court Playhouse, the Fortune [Playhouse] and the Red Bull [Theatre]. At the moment, little is known about the managers, players and patrons who kept these venues operational and more importantly why they risked their reputations, financial standing and even their lives to do so. So this will be a long-term project and should dovetail into a book I am planning to write on theater management in Shakespeare's time.



Car crash on Danby Road

A two-car collision at the intersection of Danby Road and West King Road occurred when a jeep drove through a red light and collided with a minivan. The jeep driver was hospitalized.

TUCKER MITCHELL/THE ITHACAN

SGA urges college-wide plastic ban

PLASTIC

FROM PAGE 1

profit it makes from the paper bags toward other environmental projects. Furthermore, he said the paper bags are more environmentally friendly than single-use plastic bags and are therefore a reasonable alternative.

"The bill allows paper bags to be distributed for at least 5 cents per bag because paper is more easily recycled than plastic, and animals do not choke on paper the way that many of them choke on plastic," Kelly said.

Rick Watson, director of the Campus Bookstore, declined to comment on the implementation of the bill at this time.

Senior Kyle James, vice president of communications, said in addition to the ban, the college should work to implement recycling stations on campus for single-use plastic bags that students may get from local grocery stores.

Similar to the plastic bag bill, the bill for the ban of single-use plastic water bottles also included a provision to distribute reusable, stainless steel water bottles to all incoming freshmen for their personal use starting in the fall of 2015. Additionally, the SGA Environmental Affairs Committee will look into implementing more water bottle refill stations across campus through communication with Ithaca College's Resource and Environmental Management Program, the authority on these stations.

The water bottle bill aroused the issue of student agency in deciding between plastic and refillable water bottles. Elijah Breton, health sciences and human performance school senator, said due to the popularity of single-use bottles on campus, the decision should be left to students.

"I would suggest that environmental organizations on campus do some kind of campaign or marketing on the negative effects of single-use water bottles, and then let students decide if they want to purchase them," Breton said.

Another factor in the argument of bottled versus tap water is that of safety. It has been proven that municipal water supplies are more thoroughly tested because they are under the authority of the Environmental Protection Agency, which requires water source information and test results to be made public, unlike the Food and Drug Administration with bottled water. Tap water is also nearly 10,000 times cheaper than bottled water.

Senior SGA president Crystal Kayiza said she is excited to see the SGA thinking progressively about environmental issues.

"We should never feel bad about submitting a bill just because students today might have an issue with transition, because students 10 years from now are definitely going to need that transition," Kayiza said. "We don't just need to think about the needs of students on campus today. We need to think of the students who will be here after we're gone."

Studies indicate need for prioritizing sleep

SLEEP

FROM PAGE 1

negatively, he said.

"In general, folks take pride in how little they sleep," he said. "If you sleep, you must be lazy. This is wrong."

In the 17 years that Wahlstrom has been researching this topic, she said she has noticed one new influence on students' sleeping habits: technology. She said cellphones and computers are greatly impacting the quality of sleep people are getting. The blue light in laptops makes the brain think it's daytime, which makes it more difficult for the brain to enter sleep mode after viewing a computer screen, she said. Also, cellphones in the bedroom distract the sleeper during the night, she said.

"It disrupts the REM sleep — the sleep pattern of the person — and it can be so disruptive night after night that even though they are in bed for the eight or nine hours, they're not getting proper sleep," she said.

A problem that Katharine Kittredge, professor in the Department of English, said she often observes is that freshmen neglect to schedule classes to allow enough time for sleep.

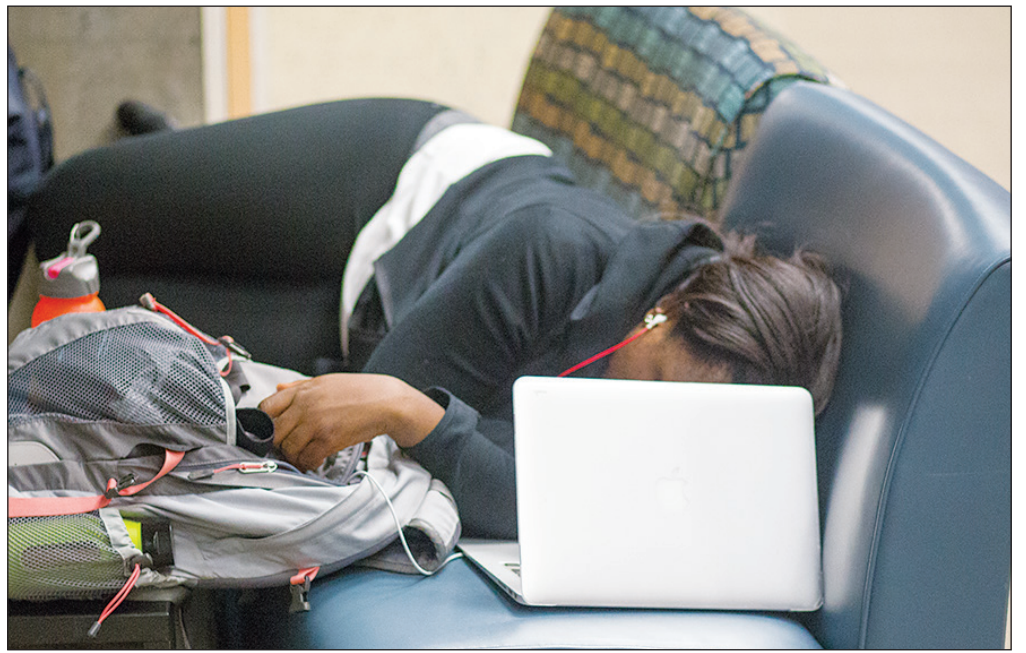
"When you get to college, you have the ability to make a cycle that matches better with what your body biologically does," she said. "The problem is a lot of freshmen don't yet do that."

Freshman music performance major Tristen Jarvis is dealing with having an 8 a.m. class every day. In addition to his early mornings, he is also up until at least 10 p.m. practicing each night. His late nights are not only due to excess homework but also the fact that he often forgets about assignments until the last minute, which is something he said he could avoid.

While it is recommended, as Kittredge said, for students to tailor their daily schedules to their sleep schedules, some students find it impossible to do so. Sophomore David Gaunt said he is obligated to take certain classes, including an 8 a.m.

Junior Katelyn Gualtieri said the students' ability to customize their schedules depends largely on their major.

In addition to homework, extracurricular activities also play a role in students' sleep schedules. Sophomore Maddy Feiner said her nightly classes and meetings cause her to go to sleep later.



Sheila Pierre, a second-year grad student, falls asleep on a couch while working on her laptop in the early morning hours of Oct. 15 in the Gannett Center in the middle of studying for midterm exams.

JENNIFER WILLIAMS/THE ITHACAN

School-related activities are not the only reason students don't get enough sleep. Sophomore Christian Cassidy-Arnstutz said he stays up doing enjoyable activities such as hanging out with friends and being on his computer.

"If I had an extra three hours of sleep that would be great, but as it stands, I like being awake to do things," he said.

In order to change sleeping habits, students must make changes to their daily schedules and be aware of the lighting they are exposed to, Herzog said.

"Throw away your alarm clock," he said. "Wake when you have finished sleeping. Try to avoid bright lights after sunset and seek bright, outdoor lighting in the morning."

One of the biggest contributions toward sleep deprivation among students is waking up for school, Wahlstrom said. She said during puberty the brain is on a specific time frame, which requires 9 1/4 hours of sleep, specifically from 10:45 p.m. or 11 p.m. until 8 a.m.

"The teenage brain is on a different sleep-wake cycle than are the brains of either preteen, children or adults," Wahlstrom said. "During puberty, the human brain goes into a very fixed time

frame for going to sleep and waking up."

Because of this restricted sleep schedule, Wahlstrom said, it is understandable that students often sleep during their first hours of class if the school day starts around 7 a.m.

Over 300 secondary schools pushed back the start time from 7:15 a.m. to 8:40 a.m. as a result of Wahlstrom's study on later starting times for schools. The results, she said, showed that students benefitted from the later start time. Specifically, students had better GPAs and got along better with others.

"They couldn't get over how much better they felt," she said. "They felt they were getting better grades. They had less fights with their peers. They got along better with their parents. Everything in their life was better as a result of this."

Wahlstrom said it's imperative that students are educated on their own bodies and the necessity of sleep.

"People need to acknowledge and honor the fact that their bodies need to sleep, and without it, they're kind of a wreck," she said. "Having an awareness of your own body development and your brain and how it functions with sleep is pretty important for young people."

Campus prices outpace local food locations

PRICES

FROM PAGE 1

cost less at Subway.

Scott declined to release a copy of Sodexo's competitive analysis pricing information.

Comparison to selected off-campus competition also puts the prices of coffee and most bakery items at on-campus locations slightly above the prices at similar off-campus options.

The on-campus locations charge more for a 12-ounce cup of coffee than Waffle Frolic, Starbucks, the Crow's Nest Cafe, Collegetown Bagels and the Ithaca Coffee Company. On-campus locations also charge above the average for the 16-ounce and 20-ounce cups of coffee.

Hot chocolate is another item that the on-campus locations charge more than their competition, with the exception of Starbucks. The Crow's Nest Cafe, the Ithaca Coffee Company and Collegetown Bagels all charge \$2.25 for 12 ounces and \$2.75 for 16 ounces, while the locations at the college charge \$2.69 for 12 ounces and \$3.19 for 16 ounces. The locations at the college do charge less than Starbucks for hot chocolate, which charges \$2.75 for 12 ounces and \$3.25 for 16 ounces.

A double espresso at the Busi-



From left: Sophomore Danielle Cuneo buys food at the Business School cafe where junior Elizabeth Warren and sophomore Jessica Braham work.

HELEN MURPHY/THE ITHACAN

ness School cafe costs \$2.49, while the same product costs \$1.75 at Collegetown Bagels, \$2 at the Ithaca Coffee Company and \$1.95 at Starbucks.

Croissants are one item that is cheaper at the Park School cafe than at off-campus options, as the Park Cafe charges \$1.79, while Collegetown Bagels charges \$1.90, Starbucks charges \$2.25 and the Ithaca Coffee Company charges \$3.

Wegmans is the only store which charges less than the Park School cafe for croissants, charging \$1.50.

Graduate student Jessica Walton shops at the CHS Coffee Cart and said she thinks the prices are too high.

"I think the prices are very expensive," she said. "I use it as a last resort if I'm running late. It's convenient but expensive."

However, many students be-

lieved the higher prices were worth the convenience of the locations, including senior Eric Gottschalk.

"I think it comes with having the convenience aspect," he said. "You're paying for the convenience."

Jennifer Hensley, a second-year grad student, said food and drink at the CHS Coffee Cart are overpriced, but she said she doesn't think this would affect buyership.

"They can charge whatever they want and people are still going to buy it," she said.

The GW Hatchet, the student newspaper of George Washington University in Washington, D.C., reported that prices at Sodexo-controlled J Street were also more expensive than off-campus options. In the article "The hidden costs of campus dining," by Chloe Sorvino, George Washington's Head of Dining Services, Nancy Haaga, said Sodexo compares prices from 12 "popular campus restaurants" once a year and charges students 5 to 10 percent less. The Hatchet, however, found prices at J Street were higher than most other options.

Scott said Sodexo aims to provide customers with a fair price.

"We try to position ourselves where the market average is, where we think our customers will be reasonably comfortable with the pricing," he said.

IC OVERSEAS

Ithaca College students take a semester in Spain

BY KELLIE HODSON
CONTRIBUTING WRITER

As fireworks burst overhead and drums pounded in his ears, junior Caleb Grant watched the street performers dressed as devils run down a narrow street in Barcelona, Spain. The performers carried the fireworks on spears, and people formed circles on the streets, dancing and putting their arms around each other while the sparks showered from above in a festival known as La Merce.

“This was absolutely one of the most amazing experiences of my life,” Grant said. “It was a unique festival, one that could never go on in the United States. ... Eventually I lost my friends in the mass, and it was just me, the crowd and fire. It was something unlike I’ve ever experienced before and am so grateful I got to be a part of it,” he said.

Grant, along with juniors Britany Asito and Katie MacDonald, is a part of a group of Ithaca College students taking a semester abroad in the colorful city of Barcelona.

Asito’s course load at the International Education of Students Abroad Center includes two classes tailored to her business administration major — Management Across Borders and International Marketing: A European Approach — in

addition to a Spanish language class, which is required of all students in the IES program. Instead of taking an internship, Asito said she decided to delve into her Management Across Borders class, dedicating her time to learning more about what it’s like opening a business in another country. Asito also said the differences in teaching styles between American and Spanish teachers give her more perspective.

MacDonald, a physical therapy major, said she customized her classes to be liberal arts-oriented. Because MacDonald had earned so many college credits in high school, she had much more freedom when choosing her courses. Two of MacDonald’s classes focus on the city of Barcelona, and her third is in psychology.

Grant, an environmental studies major, is completing mostly general education courses while he studies abroad, aside from his Mediterranean Oceanography class, which is applicable to his major.

“Being in the Mediterranean is definitely different than being at IC because you’re actually in the Mediterranean [and] with a professor who lives there and spends time researching in the Mediterranean,” he said.

Asito said her most meaningful



Ithaca College junior Caleb Grant, bottom left, eats with a group of friends on the steps at Placa d’Antonio Lopez near the Barceloneta beach in Barcelona, Spain, during his study abroad session for the fall of 2014.

COURTESY OF LIZ CINGARI

and challenging experience was the first week of moving in. She said it took time getting adjusted to a new culture in a new city and figuring out what to do with her time when she wasn’t in class or doing coursework. Although not her favorite memory, she said it was an important step in traveling.

So far, MacDonald said she greatly enjoys her class, Barcelona: the Cosmopolitan City, a course that examines the culture of Barcelona and how its history has influenced the culture.

Although it’s barely been two months since their arrival in Barcelona, Asito, MacDonald and Grant all recounted ways the culture has impacted them. For

example, MacDonald said the people do not view personal space as a barrier, but rather they come very close and make plenty of physical contact. In addition, she said, Spaniards talk more and even talk over each other, which is typical and not considered rude in the least.

In terms of communication, she said she was happy to find that people are nice and helpful despite the language barrier.

“The second they hear you try to speak Spanish, they’ll have a huge smile on their face and try to use their English,” she said.

In addition, she said they are very direct. In America it would be considered impolite to ask people

outrightly about their religious or political beliefs, she said this is commonplace among Barcelonians. She said they don’t hold back with their questions, and therefore, she definitely has to think on her feet.

Grant, who is originally from the countryside of Maine, said he was surprised to discover how much he enjoys the city life in Spain. He said unlike New York City or Chicago, where there’s constantly a sense of urgency, it’s much more relaxed in Europe.

Grant said the people who live in the area have made a mark on him.

“It’s always interesting to see how cultures are different and making friends with those people from different cultures,” he said.

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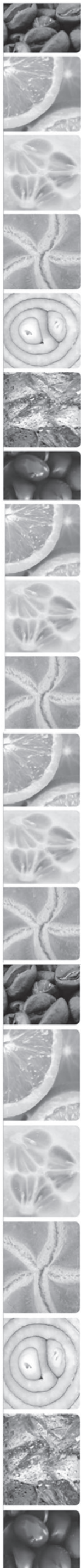
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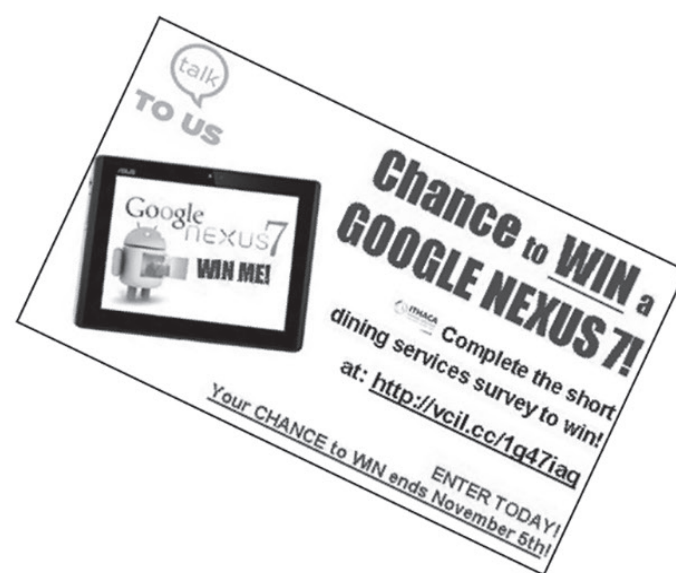
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For student concerns and issues, these administrators are the point people



Joe Gladziszewski
Associate director of athletic communications

Gladziszewski's office oversees the branding initiative for the new athletics identity, working with the Office of Marketing Communications to maintain uniformity within Ithaca College. The athletics communications department's responsibilities include managing social media sites, which Gladziszewski said are some of the most followed in the NCAA Division III; event web-streaming and collaboration with student media; and serving as the liaison between the college, regional and national media outlets. Its database contains tens of thousands of images of teams, athletes and events within the athletics department, he said. Students interested in using any part of the athletic identity, including brands and marks, for signage or merchandise, can contact Gladziszewski to obtain these marks and learn how to properly utilize them. He said he can be reached at jgladziszewski@ithaca.edu to set up a meeting or by stopping by his office, Hill Center, Room G-20, in the case of a quick request.



Barb Haff
Operations specialist for Student Employment Services

The large portion of the student population that is employed or interested in employment with Ithaca College can direct any confusions or questions to Haff. These include questions about job postings, the New Student Employment Program sessions, accessing Parnassus and what to do once offered a job, she said. Students may not know who to ask or where to go with these issues, she said, and she can either personally assist them with the problems or direct them to the right person in student employment services. To reach Haff, students may email studentemployment@ithaca.edu, call 607-274-8000 or visit the Student Employment Office on the ground floor of the Peggy Ryan Williams Center.



Leslie Kelly
Manager of access services, Student Accessibility Services

Student Accessibility Services caters to the needs of over 700 students on campus who are registered with a disability, including physical, mental and attention-related, Kelly said. Students may also contact the office for alternative testing arrangements or special housing requests, given they provide documentation of their disabilities. She said the office has two full-time specialists who work one-on-one to create accommodations, which are fluid and can be changed at any point in a given semester. Kelly said she and the two specialists have working relationships with students, but they have a system of communication wherein one can take on a case in the event another is absent. "Everything is dealt with in a case-by-case situation," she said. "It's really interesting work." Located in the Towers Concourse, her office can be reached at 607-274-1005.



Linda Koenig
Assistant director, housing services and communication

Students with questions or concerns about their housing assignments may address them directly to Koenig. She is the administrator who is directly in charge of housing self-selection, which includes off-campus processes, the waitlist for on-campus apartments and vacancy requests. She said she also often helps clarify the college's residency requirements. To schedule a meeting with Koenig in the Office of Residential Life, located in East Tower, she said students should email housing@ithaca.edu or call 607-274-3141. "I love face-to-face conversations," she said.



Luca Maurer
Director of the Center for LGBT Education, Outreach and Services

For any issue relating to lesbian, gay, bisexual, or transgender themes or initiatives, gender identities or general personal concerns, Maurer said his office door is open. His role, he said, is to offer services to the campus community that seek to enhance appreciation for and understanding of LGBT issues through personal meetings, classroom presentations, guest speakers and providing classroom reading materials. He said he works to ensure that all college policies and practices adhere to the needs of LGBT students and employees, and he advises the executive boards of the four LGBT student groups on campus. Any student who needs support resources, whether they are coming out, trying to report an incident or simply wanting to facilitate conversation, may approach Maurer through email at Imaurer@ithaca.edu or by stopping by his office, Hammond Health Center, Room B-16, he said. "I'm always interested in ways students have been served well here at IC, and ideas about needs that we can do better to meet," he said.



Rory Rothman
Senior associate vice president for student affairs and campus life

Rothman is the overseer of virtually every office that pertains to student life. Such departments include the Office of Residential Life, the Office of Judicial Affairs, the Office of Public Safety and Emergency Management, the Office of Counseling and Wellness, the Office of Student Engagement and Multicultural Affairs, and Religious Communities. He said he is the administrator who is in close contact with the Student Government and Residence Hall Associations in discussing and addressing student concerns. The Assisting Students at Risk initiative, which identifies students with emotional or behavioral concerns and offers an avenue for support, is also under Rothman's purview. He said students interested in connecting with him in his office at 342 Egbert Hall should do so by setting up a meeting through email at rrothman@ithaca.edu.

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News
View pictures of the 1964 graduates reunion on Oct. 10. This and other events, including speed networking, were part of the Alumni Weekend.



Sports
Check out photographs from the Bombers' football game vs. Buffalo State on Oct. 11.



Video
Francis Ward, lecturer from the Department of Journalism, sits down for another cup of Instant facul-Tea.



Life & Culture
See pictures of Frank Campos, professor of trumpet at Ithaca College, who performed on NPR's 'Performance Today.'



Video
People from the Ithaca area participate in a glow-in-the-dark fun run in Stewart Park.

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Public Safety Incident Log

SELECTED ENTRIES FROM SEPT. 19 TO SEPT. 23

SEPTEMBER 19

POSSESSION OF MARIJUANA

Location: J-Lot
SUMMARY: Officer reported people with marijuana. Three people judicially referred for possession of marijuana. Patrol Officer Steven Rounds.

CASE STATUS

Location: Office of Public Safety
SUMMARY: Officer reported laptop originally reported stolen on Aug. 28 from the Campus Center was located and not stolen. Larceny unfounded. Master Patrol Officer Bruce Holmstock.

POSSESSION OF MARIJUANA

Location: Upper Quad
SUMMARY: Officer reported unknown person left marijuana pipe in area. Investigation pending. Patrol Officer Jonathan Elmore.

FIRE ALARM

Location: Center for Natural Sciences
SUMMARY: Simplex reported fire alarm. Unable to determine cause for the activation. Smoke detector replaced and system reset. AD Environmental Health and Safety Officer Tim Ryan.

FOUND PROPERTY

Location: Center for Natural Sciences
SUMMARY: Person found duffel bag and turned it over to the Office of Public Safety. Unknown owner.

CONDUCT CODE VIOLATION

Location: Circle Apartments
SUMMARY: Caller reported loud gathering. Officer reported intoxicated person. One person taken into custody under Mental Hygiene Law, transported

by ambulance to the hospital and judicially referred for irresponsible use of alcohol. Patrol Officer Steven Rounds.

SEPTEMBER 20

CONDUCT CODE VIOLATION

Location: Circle Apartments entire area
SUMMARY: Officer reported intoxicated person. Person was transported to the hospital by ambulance and judicially referred for irresponsible use of alcohol. Patrol Officer Eric Willman.

DISORDERLY CONDUCT

Location: West Tower
SUMMARY: Officer reported person yelling. One person judicially referred for excessive noise. Master Patrol Officer Daniel Austic.

POSSESSION OF FIREARM

Location: Z-Lot
SUMMARY: Officer reported unconscious people inside vehicle. Officer determined people were sleeping and also found rifle in vehicle. Officer arrested one person for criminal possession of a weapon and issued an appearance ticket for the Ithaca Town Court. Two people were restricted from campus and one person judicially referred for responsibility of guest. Patrol Officer Eric Willman.

ASSIST OTHER AGENCY

Location: Coddington Road
SUMMARY: Tompkins County 911 center reported bus attempting to turn around blocking traffic. Officer found bus was stuck on pavement and operators had contacted a wrecker. Officers assisted with traffic and report taken. Patrol Officer Jonathan Elmore.

CONDUCT CODE VIOLATION

Location: Circle Apartments
SUMMARY: Caller reported person having suicidal thoughts and had cut themselves. Person taken in custody under the Mental Hygiene Law, transported to CMC and judicially referred for causing danger to themselves. Master Patrol Officer Brad Bates.

CRIMINAL MISCHIEF

Location: Dillingham Fountain
SUMMARY: Caller reported unknown person broke glass panel of perimeter fence. Investigation pending. Master Patrol Officer Chris Teribury.

EXPOSURE OF PERSON

Location: Flora Brown Drive
SUMMARY: Caller reported person urinating in public. One person judicially referred for indecent conduct. SASP.

SEPTEMBER 21

RAPE

Location: Terrace-Circle Walkway
SUMMARY: Tompkins County 911 Center reported person assaulted. Officer spoke with victim and determined unknown male sexually assaulted person at about 11:10 p.m. in wooded area near Terrace-Circle Walkway. Person was intoxicated, taken into custody under Mental Hygiene Law, transported to CMC by ambulance and judicially referred for irresponsible use of alcohol. Sexual assault investigation pending. Master Patrol Officer Chris Teribury.

CASE STATUS

Location: Terraces
SUMMARY: Officer reported follow up interview with person regarding

possession of fake identification on Sept. 21 in the terrace. Officer issued person uniform traffic ticket. Patrol Officer Jon Shingledecker.

GRAFFITI

Location: Terraces
SUMMARY: Caller reported unknown person wrote graffiti. Investigation pending. Patrol Officer Eric Willman.

CONDUCT CODE VIOLATION

Location: Terraces
SUMMARY: Officer reported intoxicated person. One person taken into custody under Mental Hygiene Law, transported by ambulance to hospital and judicially referred for irresponsible use of alcohol. Patrol Officer Jon Shingledecker.

HARASSMENT

Location: O-Lot
SUMMARY: Person reported third-hand information: Approximately three weeks ago, an unknown person threw rock at person and made comment directed at them. Investigation pending. Master Patrol Officer Brad Bates.

SEPTEMBER 22

FIRE ALARM

Location: Gannett Center
SUMMARY: Simplex reported fire alarm. Activation caused by steam from tea kettle. System reset. Fire Protection Specialist Enoch Perkins.

RECKLESS ENDANGERMENT

Location: College Circle Roadway
SUMMARY: Person reported unknown person placed box on doorstep with animal inside. Investigation pending. Master Patrol Officer Don Lyke.

SEPTEMBER 23

LARCENY

Location: Terrace Dining Hall
SUMMARY: Caller reported stolen metal stand. Investigation pending. Master Patrol Officer Bruce Holmstock.

POSSESSION OF WEAPON

Location: Circle Apartments
SUMMARY: During health and safety inspection, Environmental Health and Safety Officer officer reported pellet gun found in room. Investigation pending. Patrol Officer Jon Shingledecker.

MOTOR VEHICLE ACCIDENT

Location: S-Lot
SUMMARY: Caller reported two-car motor vehicle accident, vehicle backed into moving vehicle. Report taken. Patrol Officer Steven Rounds.

CRIMINAL MISCHIEF

Location: L-Lot
SUMMARY: Person reported unknown person damaged parked vehicle. Investigation pending. Photos taken. Master Patrol Officer Don Lyke.

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
- AD - Assistant Director
- SASP - Student Auxillary Safety Patrol
- IPD - Ithaca Police Department
- TCSO - Tompkins County Sheriff's Office

EDITORIALS

SAFETY NOT GUARANTEED

Public Safety officers are prepared for an active shooter situation on campus, but faculty and staff are not formally trained to respond to the same emergency

An FBI study, titled "A Study of Active Shooter Incidents in the United States Between 2000 and 2013," released Sept. 24 indicates there were 160 active shooter incidents in the given time frame. The FBI defines an active shooter as someone with the intention to kill people in a public space. The study also shows there was a yearly average of 6.4 active shooter incidents from 2000-06, which has increased to 16.4 incidents per year from 2007-13.

At Ithaca College, the Office of Public Safety and Emergency Management is responsible for creating a plan of action in the event of an active shooter situation. All Public Safety officers are required to have two weeks of firearms training before being authorized to carry a firearm, in accordance with New York state law. According to Jamie Williamson, public information officer of the Ithaca Police Department, the IPD and Public Safety often train together because Public Safety officers receive the same training as municipal police officers.

The college's Emergency Response Plan is available online and informs the campus community about what to do in emergencies, such as an active shooter on campus. Additionally, Public Safety regularly holds presentations on active shooter situations for faculty and staff, according to Deputy Chief David Dray. Dray also said Public Safety has a video on their website titled "Shots Fired" that gives an accurate portrayal of an active shooter situation. Some faculty and staff have expressed that they were not aware of the manual's existence and have not been formally trained to handle an active shooter situation in or outside the classroom.

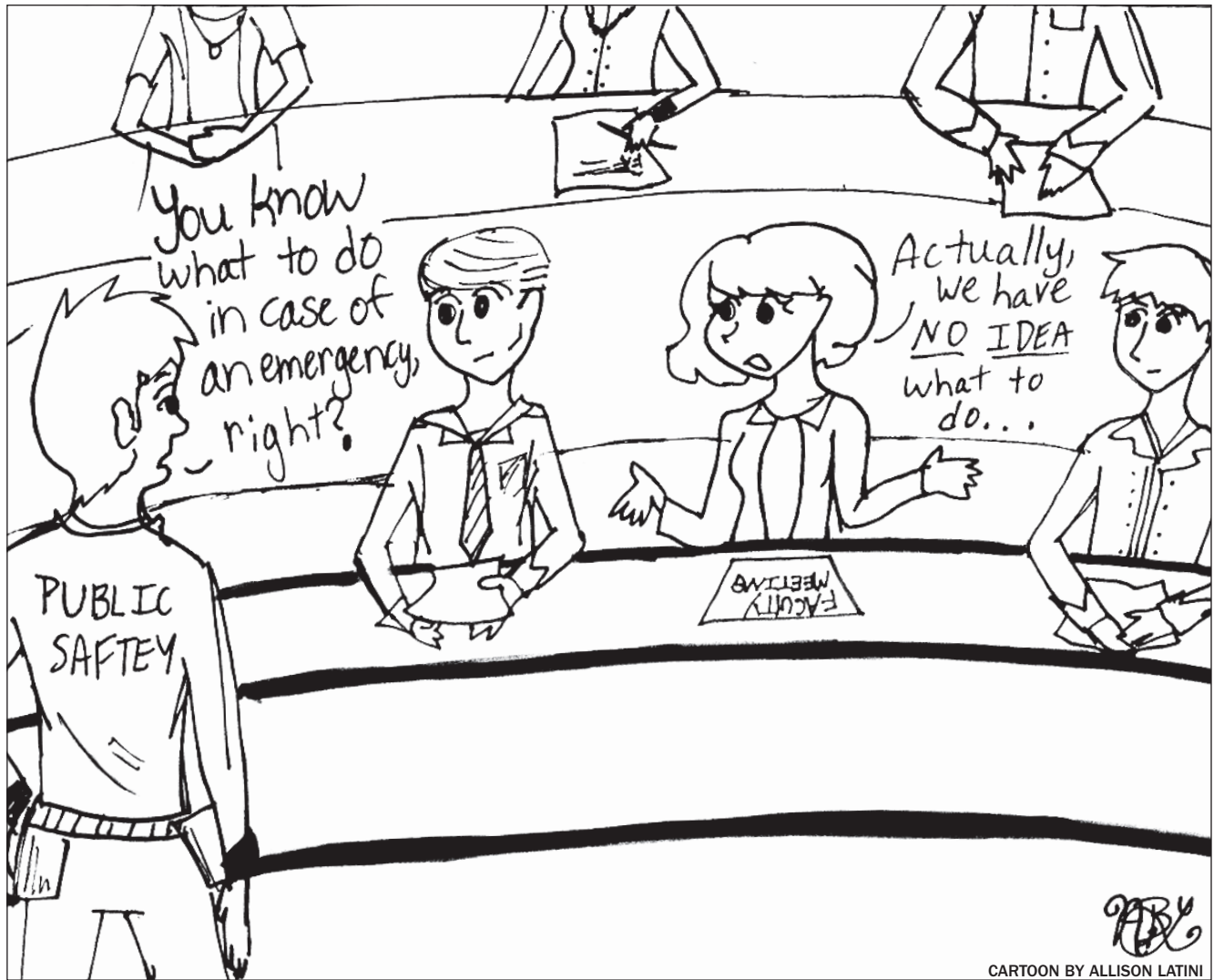
Although Public Safety is prepared for emergency situations, faculty and staff are not as prepared as they can be. The college should mandate active shooter situation training for faculty and staff because they spend much of their time with students. Hamilton College has conducted three active shooter simulations in the past five years. Ithaca College should look into a realistic simulation because it could prepare the campus community for what to do in an active shooter were on campus.

Public Safety trains resident assistants to assess students' well-being and mental health to look for warning signs. However, faculty and staff are not required to complete the same training. The Center for Counseling and Psychological Services offers Pathways training for faculty, staff and students, which teaches them to look for signs of distress so at-risk students receive help. Faculty and staff should be required to complete Pathways training.

Another problem the college and Public Safety should look into is re-examining buildings' safety features. Doors in Friends Hall and the Roy H. Park School of Communications cannot be locked from the inside, which means professors have to open doors to lock them, putting themselves and students in danger in an active shooter situation.

Despite the aforementioned flaws, Public Safety does an excellent job issuing alerts via email, phone calls and text messages to the campus community about emergencies on or around campus.

There must be more emphasis on preparing faculty and staff for an active shooter. Although Public Safety is prepared to respond to an active shooter with the help of the IPD, faculty and staff are most likely the first in line to protect students and must be prepared for emergency situations.



CARTOON BY ALLISON LATINI

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GUEST COMMENTARY

Protestors' calls for democracy must be heard

“Occupy Central with Love and Peace,” “Umbrella Revolution” or “Scholarism” are names for the civil disobedience protest that is ongoing in Hong Kong. Since Sept. 26, crowds have expanded from Central Hong Kong to its financial districts. The protest reflects the anger over the economic and political power being in the hands of a few Hong Kong individuals with close-knit ties to Beijing.

Pro-democracy activists are demanding four conditions to be fulfilled in order for the demonstration to end, and those are universal suffrage, the resignation of current Chief Executive C.Y. Leung, the Standing Committee of the National People's Congress' decision to be withdrawn and a new electoral reform plan to be submitted.

Currently, only permanent citizens of Hong Kong can vote, but only 1,200 of the total votes count. The 1,200 votes are broken down into four sectors, each sector consisting of 300 votes — industrial, commercial, and financial sectors; professionals; labor, social service and religious sectors; members of the Legislative Council, representatives of district-based organizations, Hong Kong deputies to the National People's Congress and representatives of Hong Kong members of the National Committee of the Chinese People's Political Consultative Conference.

In 1990, Hong Kong created the “Basic Law” that includes that the 2017 chief executive would be elected through universal suffrage. The idea of “one country, two systems” is supposed to last for 50 years, beginning in 1997. The point of “one country, two systems” is Hong Kong would have a separate political and legal system from China. Seventeen years since the handover, China has honored “one country, two systems.”



Residents shout at pro-democracy protestors in the Mong Kok district of Hong Kong. Pro-democracy protests began Sept. 26 and have spread from Central Hong Kong to its financial districts.
VINCENT YU/ASSOCIATED PRESS

To hear that China went back on the promise it made to Hong Kong in 2007 that the 2017 chief executive election will be totally democratic and the Chinese government wouldn't interfere is disappointing. Hong Kong is one of China's most international cities. Losing Hong Kong to democracy could become an advertisement to other cities in China to abandon communism. China wants to prevent that from happening and wishes to maintain control.

I agree with the idea of Hong Kong citizens expressing their feelings and concerns to the Hong Kong government about their freedom of choice and democracy. However, the protest itself has caused a huge inconvenience to the Hong Kong economy. Australia and Italy have issued travel advisories. The protest also risks the safety of those

who do not wish to participate.

There are rumors that the Hong Kong government hired triads to cause fights among protesters to allow police officers to make arrests and use tear gas and pepper spray, which is just unethical.

Any media about the protest has been censored in China. The reason behind the protest is not just to express Hong Kong people's voices. It is to raise awareness for the rest of the world about how China is treating Hong Kong. This is a challenge from the people of Hong Kong to Chinese leaders, similar to the unauthorized protest in Tiananmen Square in 1989 where students demanded democracy.

SHARON LI is a senior exercise science major and a native of Hong Kong. Email her at sli1@ithaca.edu.

GUEST COMMENTARY

Sexual assault victims deserve more help and resources

Sexual violence is an ongoing issue on a global scale. Many times, victims are not given the resources to deal with the problem. A victim can find many ways to help the healing process after sexual misconduct, but not much is available to help correct the behavioral construction of people who commit acts of unwanted sexual contact.

I experienced an unwarranted sexual encounter at a party at the Cornell University fraternity, Seal and Serpent. I was separated from two friends I had gone with. As I was searching for them, a guy took advantage of my distractedness.

He came up and asked if I wanted neon paint, and I consented by putting my arms out for him to lather while I continued scanning the room for my friend. He proceeded to put his hands on my breasts and stomach, completely bypassing my arms, finally clapping both hands on my face. Afterward, he said, “Well, I guess it doesn't really matter since we don't know each other,” then ran into the crowd. I was flustered and couldn't process what had happened. From an outsider's standpoint, it was a



EDSON



Rebekah Edson holds up the shirt she wore to a fraternity party on Sept. 27. She hopes her story will allow others to come forward and seek help.
AMANDA DEN HARTOG/THE ITHACAN

scenario that may not have seemed like it needed an intervention.

To my disbelief, when I told my friends when I got home, their primary reaction was, “You were at a Cornell fraternity. It's kind of expected.” The truth is: No one should expect sexual aggression.

The fraternity culture has revealed many cases of condoning sexual violence throughout history. Nicholas Syrett of The New York Times stated, “College fraternities are built on exclusion.” Syrett continued, “By promoting one version of masculinity — hard drinking and sexually aggressive — fraternities pressure men to change in order to earn membership and status within

them. Either way, if colleges support organizations promoting these attitudes, they tacitly condone them as well, encouraging men to believe there is a place for such beliefs on campus.”

Elizabeth A. Armstrong, also of The New York Times, said, “In addition to their negative effect on gender relations and sexual climate, fraternities are frequently exclusive on the basis of class, race, sexual orientation and national origin. Despite these negative influences universities may be hesitant to rein in fraternity party life, as doing so could jeopardize tuition dollars from students interested in Greek life, as well as funds from

well-heeled university alumni. It is thus unlikely that universities will ban these organizations altogether.”

Later that night, I called my parents because I felt really lost. I did not know what steps to take or what to do. It was traumatizing. My parents told me to call the police, who came to ask me for an account of the events. I was told to seek counseling to heal personally, not that anyone could do anything about the incident. Many people are discouraged in approaching authorities for the very reason that they automatically assume nothing will be done.

I consider myself to be a very capable person, and this incident made me feel powerless. Unfortunately, this type of event happens more often than people acknowledge and often goes unreported. I am working to advocate for collaboration of sexual assault prevention between the campuses of Cornell and Ithaca College to make the resources more accessible to sexual assault victims. People need to ask themselves if they would realize if they were being sexually assaulted and work not to act passively toward unwanted sexual attention. Sweeping problems under the rug will only allow sexual assault to be condoned rather than eliminated.

REBEKAH EDSON is a senior culture and communication major. Email her at redson1@ithaca.edu.

THE ITHACAN blog ONLINE preview

www.theithacan.org/blogs

On the
Air



Is “The Walking Dead” back? Here's the long answer: Anyone who has been a Walking Dead fan since the beginning can't deny that it's been a bumpy ride. Season after season of different show runners has caused such a fluctuation of quality per episode. The first show runner “The Walking Dead” had was Frank Darabont, who worked hand in hand with comic book creator Robert Kirkman. He was responsible for the first six episode test season that drew such large crowds to AMC. However, after the first season, Frank was fired due to budgetary reasons. In retrospect, this was probably AMC's first mistake. This caused a chain reaction of show runners to come in and just not have the same feel the creator had designed. It left the series choppy and misguided, even with Kirkman's input.

— KENNY CHAPMAN

CREATURE CORNER



In honor of International Sloth Day, which took place on Oct. 19, why not celebrate with an adorable video of sloths being sloths?

While sloths may be insanely adorable, they are also at risk of becoming extinct. Of the six sloth species remaining around the globe, the pygmy three-toed sloth and the maned sloth are classified as critically endangered and vulnerable, respectively. Human encroachment and habitat destruction both threaten the survival of the sloth.

— KARLY PLACEK

ONE STEP AT A TIME



With a heavy heart, on Oct. 10 I left the Climate March on the same day it crossed into Pennsylvania, and I returned home to New York. Recently, the Federal Energy Regulatory Commission approved Texas-based company Crestwood Midstream's proposal to store methane in old salt caverns along the Western shore of Seneca Lake. This, I had told myself, would be the one situation that would draw me away from finishing the Climate March early. So, here I am.

I soon discovered that I was not only returning home to a lake in crisis, but also a mother in crisis.

Two nights ago my heart was broken as my mom broke down in tears and sobbed in a panicky voice about the outside pressures she was feeling in her life.

— FAITH MECKLEY



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PHOTO ILLUSTRATION BY COREY HESS

BEHIND THE SCREENS

Anonymous social media accounts
gain popularity on campus



BY ASHLEY WOLF
STAFF WRITER

Over the past few years, anonymous websites such as campus-crush Facebook accounts and Yik Yak have become a predominant presence on college campuses. Many students may find expressing their opinions through these anonymous sites easier than through identified accounts, but at times, the anonymity of these sites can be taken advantage of in order to hurt a specific person or group.

A Huffington Post article reported that in September 2014, more than 300 Colgate University students had a sit-in at the university's admissions building to protest the treatment of minority students on campus, along with the university's lack of diversity. The sit-in was ignited by bigoted messages on Yik Yak, including, "White people won life, Africa lost, sorry we were so much better than you that we were literally able to enslave you at your will." The university did not react to the students' protest.

Yik Yak is an anonymous social media app used by many students at Ithaca College. The app allows people to anonymously create and view posts within a 1.5 mile radius from their device. The distance is helpful for college campuses because the anonymous message can be viewed by anyone on campus, Cam Mullen, lead community developer for Yik Yak, said.

"Everyone has the same influence," Mullen said. "People are judged on content alone, not on who they are. You can be an incoming freshman or an outgoing senior. It's not going to matter. The message is going to reach people on campus really quickly."

Yik Yak is sometimes used as a way of entertainment, but has the potential to be a cyberbullying tool. In an attempt to combat this, Yik Yak has a filtering system that can control the statuses. In its submission system, it has flagged words so that if a status submitted has a trigger word, or a word of negative or violent connotation and high controversy in it, such as a racial slur or those related to bullying, the status will be posted and sent to Yik Yak's moderator team simultaneously. Site users can also downvote

statuses they find inappropriate, and when a status has been downvoted five times, it is taken off of the site. People can also flag statuses. If two or more people flag a status, the status will be looked at by the moderator team, and the user may be restricted from posting for an amount of time or entirely suspended.

IC Crushes is an anonymous account specifically for the students of Ithaca College. As of Oct. 19, IC Crushes has 1,365 likes on Facebook and 2,798 followers on Twitter. IC Crushes allows students to send in secret crushes through a Google submissions application. The leader of IC Crushes, who wished to remain anonymous, said he makes a point to go through every submission he receives in order to filter out the negativity. The page gets about 50 messages a day, and about five to 10 of them will not get posted, usually because they are written with the intent to hurt someone else, he said. The messages that are posted generally describe someone the submitter saw that day, what they were wearing, the time of day it was and where they were, or the posts have the name of someone with what someone thinks about them. "Hot pink spandex in terraces dining hall around 6 (10/20). Damn that ass had me mesmerized," is one example of the submissions IC Crushes usually publishes.

"I think that [anonymous postings] can be either good or bad," the leader of IC Crushes said in an online interview. "IC Crushes is designed to make people feel good about themselves because another student noticed them ... Do not submit anything hurtful or negative because you're just wasting your time as well as mine."

He said the site is run with the goal to connect students on campus and make them feel good about themselves or that will be funny to the reader.

"I feel like the account can bring the campus together if I tweet something of relevance that isn't directed at a specific person," he said. "This summer, I did a posting frenzy called, 'Get Hype For Ithaca,' where I had people submit funny stories and photos from previous Ithaca semesters. I felt like it brought the campus together and had a great outcome."

Sophomore Micaela Tobio has had multiple IC Crushes written about her and said that without the anonymity, the crush wouldn't be a surprise. The

excitement comes from guessing who could have sent the crush in, she said. However, Tobio said she understands how the anonymity of the site and the site itself can cause negative assumptions with highly sexualized statuses, including specific sexual activities someone would like to do to the dedicated crush.

"Some of the crushes and the way they are written can cause viewers to think negatively of a person, especially if their name is used multiple times in a demeaning and sexual manner, causing people to think of them as easy or slutty, even if that is not the case at all," Tobio said.

Because of the posts' anonymous nature, users do escape a certain level of judgement — whether the poster is a freshman or a senior, for instance, will remain unknown. People can judge the status, but not the person who posted it. Although this may seem like a positive and uplifting idea, some people may take it for granted, Emily Eckland, director of digital strategy and awareness campaigns of the National Cyber Security Alliance, said.

"Often times, people will take it as an opportunity to hide behind the anonymity and post things they would never say to someone's face," she said. "The Internet is a great tool and allows for people to create their own unique identities, but once you post something online, you can't take it back. It's there forever."

IC Secrets, an anonymous Ithaca College campus-based account, was shut down by college administration last year because of hurtful messages posted on the site, including demeaning descriptions of a specific person's physical appearance. Although cyberbullying can be an issue with anonymous sites, with the proper amount of filtering and control of the accounts from a leader or organization, there are positive ways these sites can be used, Eckland said.

"These anonymous websites can also be lifelines for people who may not feel comfortable talking in person about something that's bothering them or need to reach out and ask for help," she said. "It just depends on how people use them."



Light up the night

A couple embraces on Oct. 11 during the Ithaca Glows nighttime run in Stewart Park. Attendees decked themselves out in glowing gear and took part in either a 3k or 5k run. All proceeds went to Cornell Cooperative Extension of Tompkins County. COREY HESS/THE ITHACAN

Album of the week

When it comes to film classics, few tales can compare to the 1971 adaptation of Roald Dahl's "Charlie and the Chocolate Factory." But now, this beloved children's story is getting a total musical makeover. Experimental metal group Primus has crafted a brand-new release, inspired by the candy-themed classic, appropriately named "Primus & the Chocolate Factory with the Fungi Ensemble."

The album released Oct. 21 and brings with it a surreal and often terrifying collection of tracks. The album covers each of the film's songs, and even the famous Oompa Loompa songs have gotten the Primus treatment.



— STEVEN PIRANI

BLOGOSPHERE

Assistant Life & Culture Editor Steven Pirani clicks through the Web's many blogs.

Breakfast is the most important meal of the day, and when it comes to big eating in the morning, Denny's is king. Bacon, eggs or sausage, Denny's has it in bountiful proportions, ready to be feasted on.

However, when it comes to social media, this nation-wide diner takes a more unorthodox approach. Visitors to blog.dennys.com may be surprised when they encounter an array of strange images, off-the-wall humor and entirely bizarre tributes to Denny's many different breakfast offerings.

Posts include an image of bacon laying seductively in front of a fireplace and a Denny's-themed "Twilight Zone" introduction that is, admittedly, hilarious. It's a bizarre yet entertaining look at how one breakfast joint put a new spin on the business blog.



BUT WHY? PHARRELL SETS SIGHTS ON DESSERT DELIGHTS

With hits like "Happy" and "It Girl," singer-songwriter Pharrell Williams has proved he is a versatile music-man. However, few could have anticipated that the star would take his influence out of the studio and into the kitchen. In a baffling collaboration with French pastry company Laduree and French clothing boutique Colette, Williams has released his own, Pharrell-branded macaroons. These scrumptious treats come in two flavors: cola and peanut butter. They are part of what is being called "Pharrell Week," where the star will be debuting more of his branded merchandise.



Unfortunately, the pop-culture snacks are currently only sold in Paris, so snackers may need to catch a flight if they hope to taste these treats.

— STEVEN PIRANI

TV TIME STAND-ALONE HBO GO PLANNED FOR FUTURE

TV-lovers exclaimed a collective "hooray" Oct. 15, when television giant HBO announced that its streaming service, HBO Go, will be offered as a stand-alone service in the near future. Before this, the instant-streaming service was only available to those subscribed to HBO channels.

HBO has been a force in television lately when its hit series "Game of Thrones" pulled in almost 7 million viewers during its season finale. With numbers like those, streaming services like Netflix and Hulu better brace for some stiff competition.



— STEVEN PIRANI

celebrity scoops!

Bruce Jenner gone wild

Celebrity husband and former Olympian Bruce Jenner is on thin ice with the media. While Jenner may have divorced with ex-wife Kris Kardashian in late September, he seems quick to get back on the horse. Jenner lit up the Web on Oct. 17 after reports alleged he and Ronda Kamihira, Kardashian's assistant and long-time friend, were seeing each other.

Since then, the rumor mill has been churning, with sources telling People Magazine that Kardashian is "sobbing every night" and emphasizing how devastated the celeb mom is. At the same time, E! reports that Jenner and Kamihira are by no means dating and are simply friends. Talk about a serious dose of celeb drama.



— STEVEN PIRANI

quoteunquote

"We each had to wake the next person, and the next person was Brad for me. So I had to be the guy to wake Brad Pitt up."

— "Fury" star Logan Lerman spoke to People Magazine on Oct. 16 about training for the film. The training included sleep deprivation, where Lerman had to wake co-star Brad Pitt.



New professional group revives opera in Ithaca area

BY CRISTINA SALTOS
CONTRIBUTING WRITER

Ithaca is a hub of arts and culture, featuring music from around the world in a variety of media. Now, a long-missing element has been brought back to the town: a professional opera company.

Professional singers Lynn Craver '14, summer music preparatory program instructor at Ithaca College, and Zach James '05 recognized this need and decided to form Opera Ithaca in the spring of 2014.

Opera Ithaca is the first professional opera company in Ithaca since the closing of the Ithaca Opera roughly 15 years ago.

Craver said they hope to bring a more honest and relevant approach to opera, a change from classical opera, which the directors say they feel uses a lot of older traditions, and have a goal of reaching new and younger audiences while providing high-quality, nonstereotypical art.

James said Opera Ithaca began this process by programming newer and less frequently performed works, bringing music to the public that would be hard to find otherwise. Large opera companies tend to select popular operas, making the performance of newer and lesser-known operas rare.

The company produced its first opera, "Bluebeard's Castle," Oct. 18-19 at the Community School of Music and Arts, which brought in 160 audience members.

"Bluebeard's Castle" is an opera written in 1911 by Hungarian composer Bela Bartok. The work



Zach James, general director of Opera Ithaca, and Megan Nielson play Bluebeard and Judith, respectively, in Opera Ithaca's production of "Bluebeard's Castle." The show was Opera Ithaca's first production and ran Oct. 18-19.

COURTESY OF OPERA ITHACA

depicts the folktale of the violent nobleman Bluebeard (James) and his wife, Judith (Megan Nielsen).

James called the selection of the opera a "beautiful accident." He was working on the production independently until he met Craver.

Rehearsals took place at the Ithaca Ballet Co., whom they collaborated with on the project, and at the Carol and Robert Stull Barn, a local studio that produces casual opera. Although this production took place at CSMA, Craver said they will stage their next

production at a location that works well with the setting of the opera.

Craver said Opera Ithaca holds auditions for roles, as well as utilizing other professional singers the directors know who work well for specific characters. James said each

production will have a different cast and director. The group will be holding auditions on Dec. 5 at the college, with the hope of attracting student talent for the rest of the 2014-15 season.

The company will be performing "Il Sogno" by Kristin Hevner Wyatt in March of 2015 and "The Juniper Tree" by Philip Glass and David Moran in December of 2015.

The group said it hopes its presentation of opera will help audiences relate to the stories.

"What I would want an audience member to come away with is that they've been touched emotionally somehow by the theater that they've witnessed," Craver said.

The directors agreed that it was difficult for the group to work in multiple spaces. However, James said their biggest challenge has been getting the word out about Opera Ithaca. Craver and James have utilized social media to help resolve this issue, creating an Opera Ithaca Twitter account and a Facebook event for "Bluebeard's Castle."

Despite the challenges, James and Craver said the positive feedback they received from their first production was extremely gratifying.

"We had a couple people say that this was the best thing they'd seen around here in a long time, which just blew me away," James said.

Craver and James said they are continuing to plan for the future.

"I think our goal is to make sure there is a professional opera company in this town for a long-term basis," James said.

Trumpet professor performs on NPR's 'Performance Today'

Frank Gabriel Campos, professor of trumpet performance at Ithaca College, had one of his solo performances featured Oct. 16 on the National Public Radio program "Performance Today," and he has been receiving nationwide acclaim and interest as a result. Over the past four years, his performances have been featured 14 times on the syndicated radio program, and he conducts clinics in the music department.

Staff Writer Tylor Colby sat down with Campos to discuss his work as both trumpet player and instructor, his performances for NPR and how Campos crafts solo performances of multi-layered classical, jazz and pop tunes.

Tylor Colby: How did you start having your performances featured on NPR?

Frank Campos: Neva Pilgrim of the Syracuse New Music Society sent in some of my solo pieces to the show four years ago, and they were played on the air. Soon after, Fred Child, the host of the live performance program "Performance Today," emailed me requesting more of my recordings. Fred has been very generous on the air, mentioning Ithaca College and my book several times, and he even read some of my RateMyProfessors.com comments on the air, which was very funny.

TC: Are all your featured performances on NPR done solo?

FC: I also have a duo with a professor at Ithaca College, Dr. Nicholas Walker, who plays string bass. But basically the work that I'm doing is solo performance-based, covering everything from classical to jazz. I'm just playing by myself, an entire program of these haiku covers, if you will. I call them that

because you're cutting out anything but one note at a time. There's no harmony, so it's a different concept.

TC: How do you capture the essence of an entire song or piece in one note?

FC: I play the tune, and then I go through a series of variations on it, changing keys. I'm using the same chord changes, but I'm making up my own melodies. Every performance is different. It's all improvised, although there are particular things I like to do in each piece. The listener is not listening to harmony, like in a pop tune, but following one line that is giving you all the information about the harmony, melody and background figures. You think, what's the most important thing in any given moment that identifies the piece? It's not just playing the melody, it's playing the whole world contained in a single line.

TC: Do you consciously arrange these tunes as you go, or is this something premeditated and rehearsed?

FC: I've been working on this stuff for a long time. The physical requirements of playing trumpet for a long time are very high, so it's almost like marathon practice sessions when I'm practicing for concerts because I have to be able to play the instrument for a long time, and that's not easy to do on the trumpet. But over the years, I used to practice late at night in a church and choose material that I love. Whatever it is, I create a single-line version of it, and it's all done by ear. Over a period of time, I hone it and it becomes a beautiful little piece that I can present in a concert situation.

TC: You seem to be playing a wide array of music at one concert. How do you tie that together?



From left, junior Kaitlyn DeHority, principal trumpet of the Ithaca College Orchestra, and Frank Gabriel Campos, professor of trumpet performance, practice in his office on Oct. 21.

TUCKER MITCHELL/THE ITHACAN

FC: I love a lot of variety. Right next to a Bach piece, I'll put an improvised piece like "Spain" by Chick Corea, and then something upbeat and then something very lyrical and beautiful. Don't forget, audiences are only going to be hearing trumpet for that hour, and after a while the ear gets tired of that timbre. So I try to veil the sound and change it slightly for the different pieces. I use bell mutes, and even the flugelhorn, a cousin of the trumpet but with a deeper sound. The idea of having a lot of contrast is what interests me, and my audiences love that.

TC: Where can people hear your music, other than on NPR?

FC: I have done a lot of recording, but only now am I recording my own music. I am about halfway through a solo CD that will be completed by next spring. It has been so exciting to learn that there are listeners out there who are looking for my music, and that has spurred me to finally finish my own project. I also have several videos of live performances on YouTube on my channel, Frank Gabriel Campos.



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Student creates easier-to-navigate HomerConnect

BY KATIE BALDWIN
CONTRIBUTING WRITER

For many Ithaca College students, the HomerConnect website is a maze of links, tabs and information that can be confusing to navigate. However, some students have become increasingly frustrated with the website, creating a significant resistance toward one of the college's major communication outlets for the student body.

Freshman Aaron Zufall decided to fix this issue by giving the website a complete makeover, helping users navigate the site stress free.

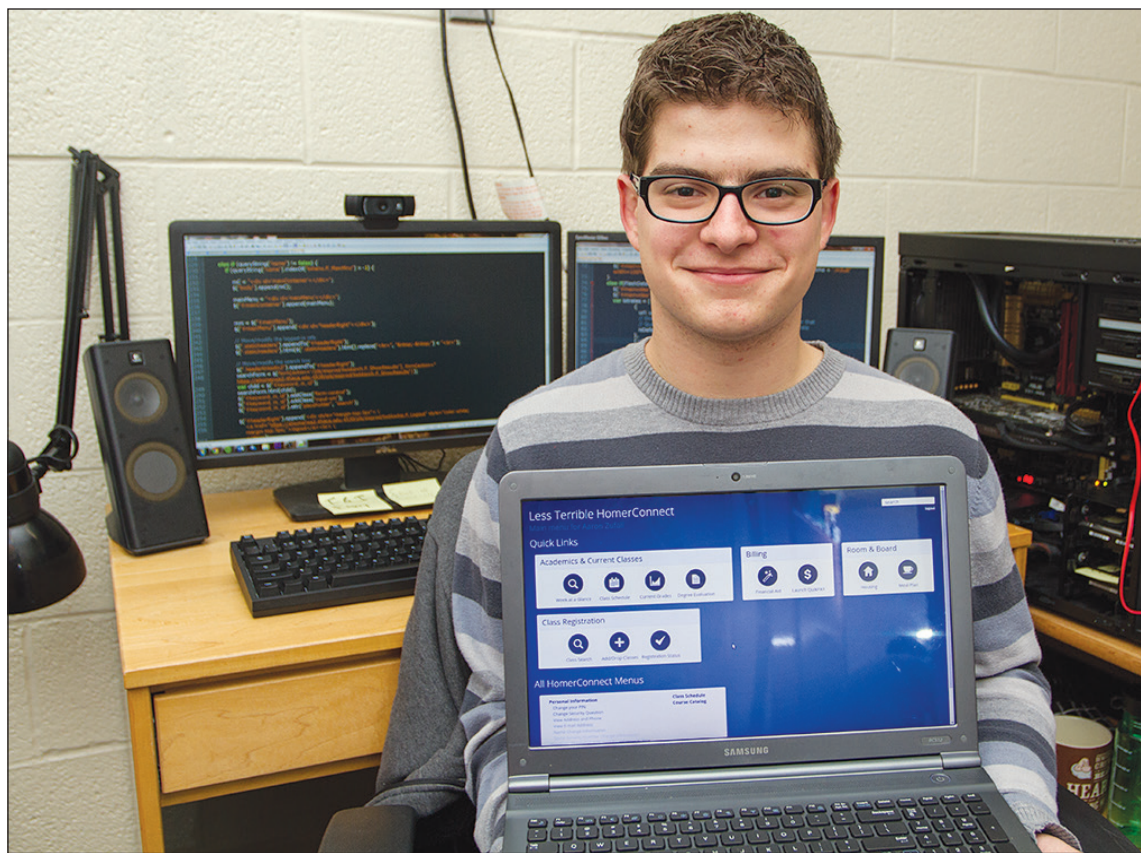
His creation is called the "Less Terrible HomerConnect," a Google Chrome extension that Zufall said maintains the fundamentals of the original website but reorganizes them in way that is more visually appealing and easier to understand.

Zufall said he initially thought of giving the site a makeover the first time he used HomerConnect at class registration during the freshman summer orientation.

"I really just made it for myself, and then a bunch of people were like, 'Hey, you should make this a thing,'" Zufall said. "And so, I figured the best way to do it would be through a browser plug-in, so I just sat down for a couple hours and figured out how to make one," Zufall said.

The new site allows for an easy-to-understand menu, located on the homepage, and features the most popular assets of HomerConnect, such as the "Week at a Glance," "Financial Aid" and "Housing" tabs.

"If you load HomerConnect,



Freshman Aaron Zufall shows off "Less Terrible HomerConnect," a Google Chrome extension he created that aims to make HomerConnect easier to navigate. Zufall decided to improve HomerConnect after his first time using it. COREY HESS/THE ITHACAN

it realizes that's what you're doing, and then what it actually does is build a new website on top of the old one," Zufall said. "So, on the main menu, if you were to actually go into the code and delete some of it, you could actually see that normal HomerConnect is just sitting underneath it. So it actually just builds this less-awful facade on top of

it so that it's easier to navigate." Zufall's roommate, freshman Jeremy Block, helped Zufall make the Chrome extension a public application for anyone to use.

"Aaron has a technical ability beyond most freshman computer scientists," Block said. "I really encouraged him to make his plug-in available on the Chrome Web

Store, and I think it's become a really big success."

After examining the new browser plug-in for the first time, Registrar Brian Scholten said the "Less Terrible HomerConnect" layout was appealing and user-friendly, but he did see some weaknesses.

"On the new version this student has created, we noticed that there are

no targeted messages when students login," Scholten said. "Usually, the office will provide students a notification of upcoming events like class registration when they login. And, the current schedule [on Zufall's version] is the 'Detailed Student Schedule,' not the 'Concise Student Schedule,' which is much easier for printout."

According to Scholten, there have been talks between Information Technology Services and the Office of the Registrar on how to improve HomerConnect, as well as student discussion groups that provide a chance for improvement.

"We are aware it could be easier to use," Scholten said.

However, Scholten said there is little the school can do to change the website quickly because Ellucian Company L.P., the creators of HomerConnect, makes it difficult for the college to update the site whenever it sees fit, due to the fact that the upgrades can only come from the company.

"The college wants to do something, but if [HomerConnect] comes straight out of a box, we can't make a ton of changes," Scholten said.

Despite some challenges in the renovation of the site, Zufall said he is hopeful for the future.

"I'd love to build an entirely new HomerConnect," Zufall said. "If someone came up to me and said, 'Hey, we need you to make a totally new system that we're going to use,' I have the capability to do that. I really hope that Ithaca will consider adopting this new version."

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Enthralling cast propels Kitchen Theatre play

BY STEVEN PIRANI
ASSISTANT LIFE & CULTURE EDITOR

On the oldest street of an unnamed city somewhere in America lies Jody's Maps, an aging map store lined with the yellowing atlases of many past eras and generations. Carl (Karl Gregory) bursts in the store's front door, lugging a bundle of chairs. He places them down, among the many others that have begun filling the store's interior. Jody (Nat DeWolf), the store's owner, looks on, grim and frustrated. These chairs, though only simple household fixtures, are much more to the pair. They are reminders of a looming fear, one that they both must confront — for better or worse.

It's within this single, quaint shop that Steven Dietz's "Lonely Planet," a two-character play, takes place. The production follows Jody and Carl, two gay men and best friends in the midst of the 1990s AIDS epidemic. Kitchen Theatre Company is bringing this tale to life for its 2014–15 season, allowing patrons to watch on as both Jody and Carl cope with the turmoil around them. This journey proves as touching as it is harrowing, thanks to riveting performances from both Gregory and DeWolf, and the Kitchen Theatre's cozy theater space.

What will first strike visitors to the Kitchen Theatre's show room is the intimacy. The venue in which "Lonely Planet" is presented is small, with only four rows of seating, and as a result this introspective tale of love, loss and grief gains a new dimension of expression. In the many moments where Carl, a delightfully sardonic

character, reels off in flamboyant prose, his expressions are clearly seen, and the emotional connection is amplified. Once the production's tone becomes more pained and the ghastly impacts of AIDS are revealed, audience members can spy each of Jody's nervous trembles.

THEATER REVIEW

"Lonely Planet"

Kitchen Theatre Company

Our rating:

★★★★

None of this would be of any value without powerful performances to utilize it, though, and in this realm "Lonely Planet" delivers from beginning to end. Though only two actors make up the production's cast, they deliver a degree of characterization that would be commendable for a full ensemble.

Jody, whose worldly, more reserved demeanor starkly contrasts that of Carl's, is rendered by DeWolf with elegant precision. He captures a range of emotions, from incredulous to distraught with impressive nuance, notably during his several monologues, which serve to illuminate the thematic dimensions in "Lonely Planet." In one instance, Jody looks out over the chairs that fill his shop, and a flash of despair tears across his face. The moment is subtle and convincing, a welcome change from the melodrama featured in some productions.

At the same time, Gregory tackles the complex character of the comical, yet deeply sentimental Carl with success. As he battles with the loss of the people around him, his sadness is impactful, and much like the performance of his co-star, feels realistic in its depiction.

While these performers excel by themselves, they are a particular joy when interacting with one another.



From left, Karl Gregory and Nat DeWolf star as friends Carl and Jody, respectively, in the Kitchen Theatre's production of Steven Dietz's "Lonely Planet." During the play, they confront the fear surrounding AIDS in the '90s. DAVE BURBANK/KITCHEN THEATRE COMPANY

Their contrasting personas clash wonderfully, fueled by the sharp dialogue Dietz has crafted for them. Be it a playful sword fight with rolled-up maps or a climactic, screaming argument, their lines are traded with a tangible chemistry and sincerity.

This is perhaps "Lonely Planet's" greatest strength — sincerity. Dietz's symbolic interpretation of those lost in the accumulating chairs is a potent

but well-devised device. As the play concludes with Carl sitting on his own chair, Dietz succeeds in examining the notion of death, and life after, for that matter, with a symbolic elegance that feels remarkably well realized.

"Lonely Planet" is a sterling example of balance in theater. From the piling chairs to the sarcastic quarrels, there is a certain genuineness to it all that will prove appealing to

theatergoers of all sorts. The journey Dietz has crafted for Jody and Carl is by no means an easy one, and thanks to fine execution by the Kitchen Theatre, each moment of turmoil — or humor — has been delivered with commendable poise.

"Lonely Planet" was directed by Rachel Lampert. The play will run until Nov. 2.

Dual release by clever rapper showcases musical versatility

BY COREY HESS
ASSISTANT PHOTO EDITOR

Donald Glover has once again proved his ability as a musical innovator in the rap and hip-hop genres. Under his stage moniker Childish Gambino, Glover released an 11-track mixtape, "STN MTN," alongside a seven-song EP, titled "Kauai," both coming just 10 months after his last album, "Because the Internet." Collaborating with DJ Drama and featuring a multitude of other artists, "STN MTN / Kauai" is a continuation of the narrative that Glover began in "Because the Internet."

In the "STN MTN" mixtape, Glover focuses on his Stone

Mountain, Georgia, roots, enveloping listeners in his own version of Atlanta rap, or ATL. Showing off his slam-poetry style flow on top of traditional ATL tracks like Ludacris' "Southern Hospitality" and Future and Mike WiLL Made It's "Move That Dope," Glover demonstrates a musical versatility unlike anything else in the current rap scene.

Switch to "Kauai," where Glover transports listeners to the tropical island of Kauai, Hawaii, using appropriate instrumentation, including bongos and rhythm-and-blues grooves. The EP opens with "Sober," an uplifting and brilliant pop tune that focuses on drug use to establish the relaxing and subdued mood of the album. "Kauai" stays true to Glover's fans of the original pop styles from his earlier albums and functions more as a demonstration of his ability as a musician rather than focusing



COURTESY OF GLASSNOTE RECORDS

solely on rapping skill.

"STN MTN / Kauai" represents some of Glover's best work, both conceptually and lyrically, with each side complementing the other perfectly. The combination of "STN MTN" and "Kauai" creates a sort of dreamscape, telling the story of Childish Gambino as a two-sided personality: the Atlanta rapper and the lovesick dreamer. Glover is pushing his talent in every possible direction, and the mixtape-EP combo is an impressive example of the creative genius and versatility in his music.

Indie pair succeeds as full band

BY TYLOR COLBY
STAFF WRITER

Going from a two-piece act to a full band can be a convoluted process. But with indie-rock band Wampire's new album, "Bazaar," the group makes the change smoothly, welcoming three new

members. While there are times throughout the album where Wampire's style clashes, burying the vocals and making the mix sound claustrophobic, the five-piece band often manages to find the balance between simplicity and experimentation.

The finest moments of the album occur in its less crowded tracks. In "Millennials," the vocals are more melodic than the previous tracks, suiting the harmonies better than the staccato delivery of "Bad Attitude."

However, there are moments where Wampire tries to display a more psychedelic aesthetic, to minimal success. "Too Stoned," for instance, starts with a slow buildup of drums, bass and synths, not opening up into anything remotely musical until halfway through the track.

Wampire has expertly gone from a two-piece synth band to a five-piece rock band. Thankfully, the group keeps its grip for the most part, ultimately letting its strengths come to the forefront.



COURTESY OF POLYVINYL RECORDS

ALBUM REVIEW

Wampire

"Bazaar"

Polyvinyl Records

Our rating:

★★★★

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



QUICKIES



COURTESY OF LOUD WAR MUSIC

"WEEKEND EP"

Priority
Loud War Music
Merging beachy synthesizers with laid-back rap lyrics, Oregon-based duo Priority brings to the winter season a collection of sunny, cheerful tracks. "Lost Gold" is a particularly fun track, boasting a roaring, uplifting chorus that begs for replays.



COURTESY OF SONY MUSIC ENT. MEXICO

"DESEQUILIBRIO"

Kaay
Sony Music Ent. Mexico
Mexican pop trio Kaay opens its newest album, "Desequilibrio," with a barrage of cheery vocals. Though this is not all the group offers up, with the track "El Mundo Antes de Ti," a smooth, heartfelt ballad, showing the group's emotional side.

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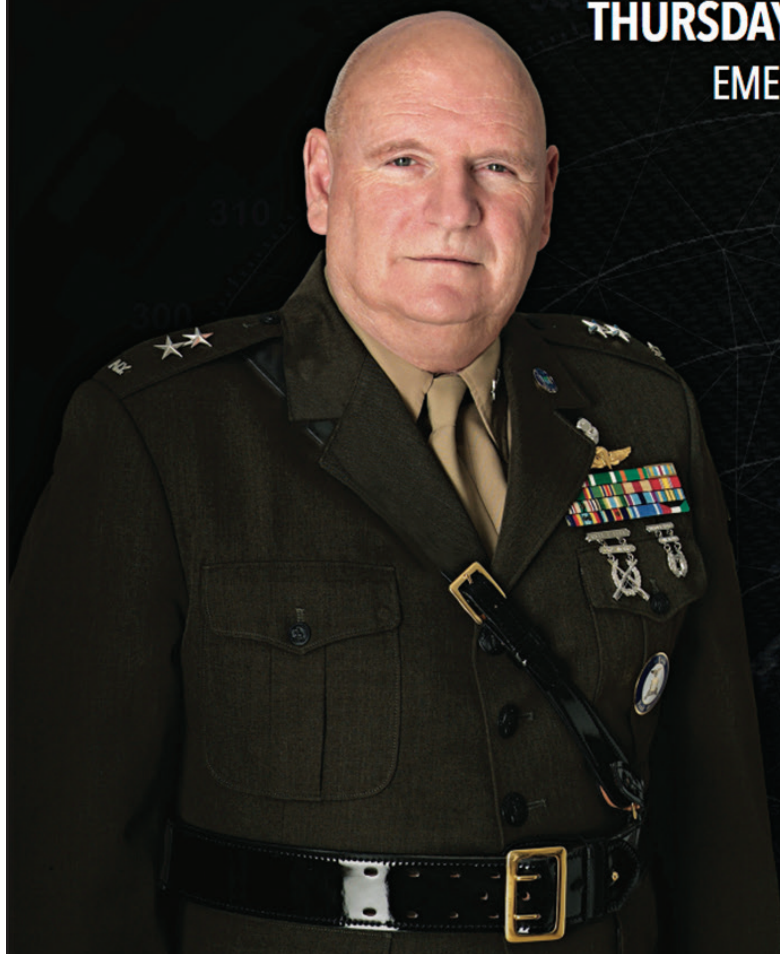
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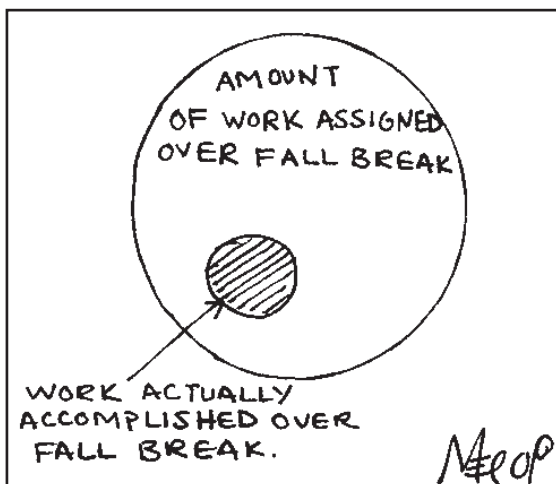


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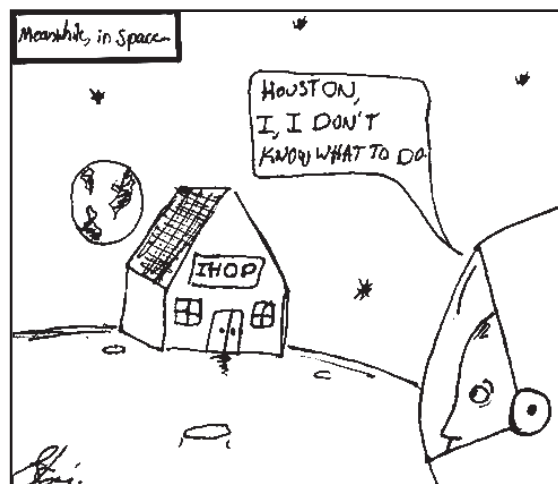
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By Melani Lopez '17



Your Dad's Dad

By Steven Pirani '16



sudoku

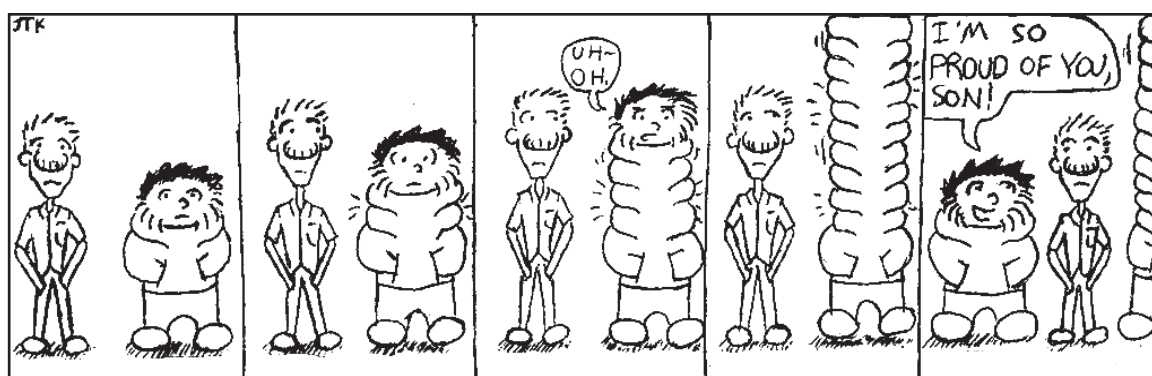
medium

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	8	1	4					
		4	6		1			
9		2					6	
4	2		8				5	
5			1				2	
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8	1	6					4	2

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Skin & Burns

By Jared Kelly '16



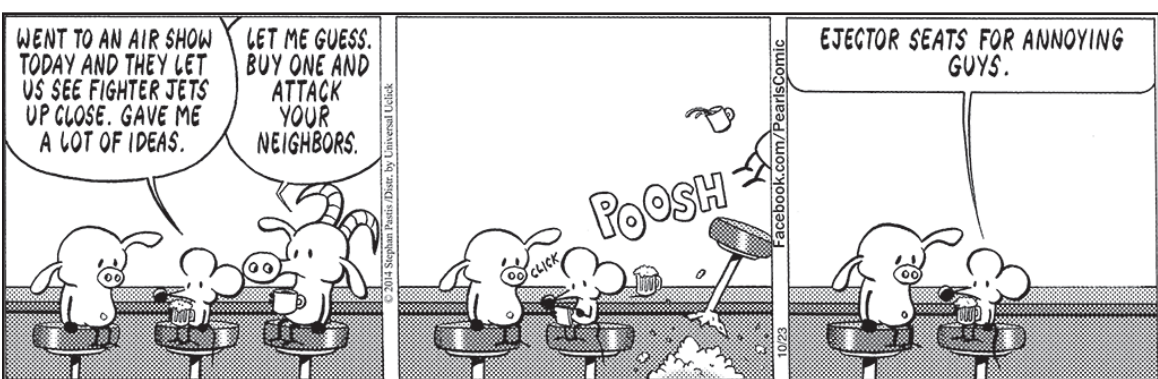
very hard

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				5	7		2	
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Pearls Before Swine®

By Stephan Pastis



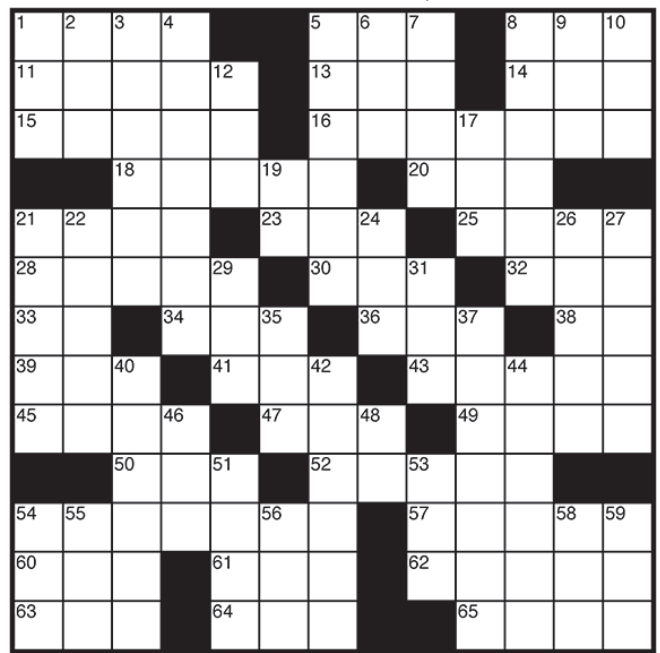
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Medium	Hard
1 9 3 8 6 5 7 4 2	1 7 6 3 8 2 9 5 4
6 5 7 1 2 4 9 8 3	2 4 9 5 6 1 8 3 7
4 2 8 3 9 7 6 1 5	5 8 3 7 4 9 1 6 2
5 7 4 9 3 8 2 6 1	6 3 2 9 7 4 5 1 8
3 8 2 6 5 1 4 9 7	4 9 5 6 1 8 2 7 3
9 1 6 4 7 2 5 3 8	7 1 8 2 5 3 6 4 9
7 3 9 5 8 6 1 2 4	3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

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crossword

By United Media



- ACROSS**
- 1 Heap
 - 5 Barbecue tidbit
 - 8 Sci. class
 - 11 Plum shapes
 - 13 FBI acronym
 - 14 Sitcom planet
 - 15 Genres
 - 16 Interstellar clouds
 - 18 Completely full
 - 20 Goal
 - 21 Fifty-fifty
 - 23 Wail
 - 25 Beggar's shout
 - 28 Cap part
 - 30 Silent
 - 32 Zippy's word
 - 33 Yoked beast
 - 34 Hold up
 - 36 T'ai - ch'uan
 - 38 Esprit - corps
 - 39 Small barrel
 - 41 Very, in Madrid
 - 43 Dazed, with "out"
 - 45 Writer - Bagnold
 - 47 Beaver project
 - 49 Cartoon chipmunk
 - 50 Sister
 - 52 The Rumba King
 - 54 Greedy
 - 57 Good for something
 - 60 Pay dirt
 - 61 Foldaway bed
 - 62 On no occasion
 - 63 Van - Waals force
 - 64 Lisper's problem
 - 65 Costly
- DOWN**
- 1 Winner's take
 - 2 Fence climber
 - 3 Memory glitches
 - 4 - of Aquitaine
 - 5 Haphazard
 - 6 Dwight's nickname
 - 7 Newborn
 - 8 "To - go where no man ..."
 - 9 A Gershwin
 - 10 Rubber-stamps
 - 12 Former JFK arrival
 - 17 Merkel of the movies
 - 19 Element No. 99
 - 21 Call forth
 - 22 Female fox
 - 24 Tampa Bay pro
 - 26 Shape clay
 - 27 Garbo or Bergman
 - 29 Bulg. neighbor
 - 31 Radio wave meas.
 - 35 Unopened flower
 - 37 Like table salt
 - 40 Hot spice
 - 42 Marina sight
 - 44 Local
 - 46 Excavated
 - 48 Lambda follower
 - 51 Polite
 - 53 Pistol
 - 54 School of dolphins
 - 55 Vexation
 - 56 Mayday kin
 - 58 Open meadow
 - 59 Blow it

last week's crossword answers

KISS	FAST	RAG
WRIT	ULNA	EVE
HERALDS	NUDGE	
	BED	OGRE
BEALE	CALLFOR	
ARNE	SATE	IVE
LET	VINES	NEE
SCI	IGOR	SERF
ATTACHE	HOSTS	
	ODES	FUN
LAXER	TOBACCO	
PHI	OMAR	TURN
SAN	YURT	ALTO

Students cheer on the football team as it takes on Buffalo State College on Oct. 11 at Butterfield Stadium.
JADE CARDICHON/THE ITHACAN



Students travel across the nation for their favorite sports teams

BY CHRISTIAN ARAOS
SENIOR WRITER

The section synchronized the chant and the rhythm based on the cues of their capos. They had plenty of time to get it right. Landon Donovan had scored what would end up being his last international goal, again creating that familiar scoreline in that same city. ESPN commentator Ian Darke summed it up perfectly.

"It's that scoreline again," Drake said. "Columbus! Two-nil! USA over Mexico!"

Darke's commentary came in the 78th minute in what would be the fourth consecutive time the United States Men's National Team defeated Mexico 2-0 in Columbus, Ohio, in FIFA World Cup Qualifying spawning that chant and creating another chapter in the most well-known narrative in American soccer:

"Dos a Cero!"

Senior Marissa Villegas was there to chant that chant on Sept. 10, 2013, fewer than three weeks into her first semester as a junior. A trip to Columbus to see the United States defeat its rivals and qualify for the World Cup was worth far more to Villegas than just another Tuesday in class.

Senior Jesse Feldman also had no qualms disregarding classwork as he made the trip to Pittsburgh, Pennsylvania, to watch the San Francisco Giants play the Pittsburgh Pirates in the National League Wild Card Game on Oct. 1 — the middle of the week for the television-radio major and color commentator for WICB's football broadcasts.

"I actually didn't think that much about classes," Feldman said. "I'd only miss two classes on that day. They weren't classes that I had to be at, so I thought, 'I'm not going to miss work, I'm not going to miss any extracurriculars, easy way to go see a Giants playoff game.'"

The playoff game was the first time Feldman saw the Giants in person during the postseason. The love for a team is not genetically passed down, but Feldman's father, Alan, did not wait long after Feldman's birth to pass down his love for the Giants to him.

"My dad was a Willie Mays fan growing up, and he still followed them when they moved to

San Francisco," Feldman said.

Feldman and his father take trips every summer to see the Giants play when they travel to the East Coast. This season, they traveled to San Francisco to see pitcher Madison Bumgarner and catcher Buster Posey become the first battery to each hit grand slams in a game against the Arizona Diamondbacks on July 13. Three weeks after the Giants defeated the Pirates 8-0, Feldman said he hopes he will get to see a World Series game as the Giants take on the Kansas City Royals.

The Giants are three wins away from winning their third World Series in five years. They are on the verge of an accidental dynasty, three World Series titles without ever finishing the regular season with the best record in the National League. The lack of regular season dominance required the Giants to pull the upset at least once in each of their previous World Series runs. They were the underdog, a mentality Feldman said he embraces as he tries to get a job in the broadcasting industry.

"Everybody is good out there," Feldman said. "Everybody is good at their job. The amount of jobs that are out there are slim compared to the demand. Coming out of college in — wow, half-a-year — getting a job is a way to be as an underdog in life as a whole."

According to the Bureau of Labor Statistics, there are 30,530 radio and television announcers as of May 2013. The statistic verifies Feldman's fear that jobs in his field are hard to find. Considering the Economic Policy Institute's report that 16.8 percent of recent graduates are underemployed, it is not melodramatic to feel that finding a preferred job out of college seems to happen almost by chance.

Villegas got to Columbus by chance. Unsure of her plans, Villegas did not enter the ticket lottery for the game, but a chance encounter on Twitter resulted in her plans making themselves.

"Prairie Clayton — a well-known member of The American Outlaws, the USA's largest supporter group — and I have been Internet friends," she said. "She said something like, I have four tickets for her and her husband and if anyone didn't end up getting tickets, let her know. I jokingly tweeted

immediately after that Molly Voss and I should do it, and Prairie was like, 'OK, they're yours.'"

Serendipity got Villegas to Columbus. Once there, she entered delirium as Donovan gave the USA the 2-0 lead in Columbus. She said she aims to take her chance at a job in the television industry, just as Donovan took his chance at scoring a goal.

Donovan is retiring at the end of the current Major League Soccer season, ending an eponymous era in American soccer. Donovan's career with the National team lasted 14 years, and he scored his first goal 14 years ago on Oct. 25 in a 2-0 win against Mexico. Villegas was 7 when Donovan scored his first goal in his first appearance, and 21 when Donovan made his final national team appearance on Oct. 10 in Hartford, Connecticut. The timing of his career and her childhood begins to explain why Villegas holds Donovan in reverence so much.

"He's the one I had on my wall since I was 8 years old," Villegas said. "I'm not a sentimental person when it comes to real life, and I don't have a lot of memorabilia that's signed. The one person's signature I have out of actors, musicians, celebrity, anything is Landon because that means so much to me."

Donovan will not be as revered by Villegas on Oct. 25 as his club team, the LA Galaxy, will play the Seattle Sounders in the final game of the MLS regular season. Villegas is from Seattle, and the Sounders are her team. If her team wants to win the Supporters Shield, the award given to the team with the best regular season record, it must not lose to Donovan's Galaxy.

Though NBC's broadcast will allow Villegas to watch the Sounders, she is a nation away from the Brougham End of CenturyLink Field where the Emerald City Supporters, the Sounders' largest supporter group, will stand and shout for 90 minutes. This is the group Villegas attends games with. They are also the people with whom she shares a strong bond.

"Pride of a city is a special thing," Villegas said. "When you have a bunch of bearded hipsters and you feel like you know them because that's your

people, that's awesome."

While the Emerald City Supporters and the American Outlaws provide that sense of community for Villegas, she has seen fellow supporters embrace tribalism and negatively direct its energy toward rival supporter groups, mainly the Timbers Army, the largest Supporter Group for the Sounders' fiercest rival: the Portland Timbers. Stephen Mosher, professor in the Department of Sport Management and Media, said there are inherently human elements to this tribal behavior.

"Having someone or some team to admire and with who to identify helps us up decide how to live our own lives," Mosher said. "Many athletes and teams demonstrate admirable human qualities that are transferable to other aspects of our lives. Humans are essentially 'pack' animals, and the 'team' may be one of the most obvious examples of being able to join the 'pack.'"

Sounders-Timbers games are as eagerly anticipated by Sounders fans as Cortaca is by Ithaca College students. Both will circle the game's date on the calendar and plan around it. While the excitement allows for the college and SUNY Cortland to have a Division I football atmosphere for the weekend, Mosher said Ithaca College must avoid attempting to capitalize on the hype.

"The environment created at most Division I colleges is entirely oriented in making money for reasons that are antithetical to the mission of the college," Mosher said. "Imagine Cortaca eight or nine times a year ... that's D-I football."

Mosher added that professors should help students better decide if opting to skip class to go to a game is truly worthwhile. However, he acknowledged that not all games are created equal, so only a few are truly worth the time and effort. In Feldman's eyes, the trip to Pittsburgh was worth it. The same applies for Villegas' trip to Columbus.

"That community and that atmosphere and that specific game is way more important to me," she said. "Don't get me wrong, I like school and I think education is important, but experiences are higher priority than just one day in class. That's not an experience. That's life."

THE BOMBER ROUNDUP

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

FOOTBALL BY CHRISTIAN ARAOS

The football team lost its first game of the season 38-27 to the Buffalo State Bengals on Oct. 11 at Butterfield Stadium.

The Bombers committed five turnovers and had no answer for the Bengals in the second quarter. The Bengals scored 31 unanswered points in less than 20 minutes.

Senior quarterback Tom Dempsey threw three interceptions and fumbled on the Bengals' 1-yard line. Dempsey said the team's mistakes proved costly.

"Before we can take care of an opponent, we have to make sure we don't beat ourselves and that's what happened this week," Dempsey said.

Similar lapses in judgment resulted in an embarrassing 38-37 double-overtime loss to Frostburg State University on Oct. 18.

In their next game, the Bombers (4-2, 3-2) will host Salisbury University (4-2, 3-1) at noon on Oct. 25 at Butterfield Stadium. If the Blue and Gold lose, they will be eliminated from NCAA Tournament contention.

Box Score: Oct. 18 Frostburg State University 38-37 Ithaca College
Frostburg, Maryland (3-4) (4-2)

MEN'S SOCCER BY NICK MARCATELLI

In its first of two Empire 8 games, the men's soccer team defeated Utica College 1-0 on Oct. 11 in Utica, New York. The Blue and Gold outshot the Pioneers 18-13.

Sophomore forward Sean Forward scored the lone goal of the match in the 27th minute when he converted a penalty. The defense had a strong performance as well, earning its first shutout of the season with senior goalkeeper Jordan Gentile stopping seven shots.

Then, on Oct. 18, the Bombers defeated St. John Fisher College 1-0 in overtime in Rochester, New York. The lone goal came in overtime in the 104th minute as senior forward and back Casey Williamson scored his fourth goal of the season off an assist from junior back Joseph Dobbins.

The win pushed the Blue and Gold's record in the Empire 8 to 4-1-0. The South Hill squad will return to Carp Wood Field on Oct. 25 to face Houghton College.

Box Score: Oct. 18 Ithaca College 1-0 St. John Fisher College
Rochester, New York (4-6-2) (4-9-1)

WOMEN'S SOCCER BY ALEX WONG

The women's soccer team took an 8-2 record into a four-game stretch from Oct. 11-21 and pulled out four decisive wins.

In the Oct. 11 matchup with Utica College in Utica, New York, junior forward Kelsey King continued her season-long tear with a two-goal performance to lead the Blue and Gold past the Pioneers by a score of 4-0.

The following day, the team hosted Nazareth College at Carp Wood Field. In overtime, junior forward Sarah Woychick received a pass from

King and slotted it home to lift the Bombers to a 2-1 win.

In the Oct. 18 contest with St. John Fisher in Rochester, New York, the South Hill squad continued its winning ways on the road with a 2-0 victory.

The final game in the 10-day span saw the Bombers beat SUNY Oneonta 3-0 on Oct. 21 at Carp Wood Field.

The team's record stands at 12-2 on the season and will host Hartwick College on Oct. 25.

Box Score: Oct. 21 Ithaca College 3-0 SUNY Oneonta
Carp Wood Field (12-2) (6-7-4)

GOLF BY ANDREW SULLIVAN

The golf team capped off the fall season with its third first-place finish of the season at the Wittenberg Pat Clouse Invitational Oct. 11-12, shooting a two-round total score of 633.

Sophomore Kimberley Wong earned her first career tournament championship with an overall score of 151, a career-best.

Senior Sharon Li finished with a 155 and tied for third place while senior Kelsey Baker

scored a 160 and tied for seventh.

Baker said the team has a ton of confidence heading into the spring season.

"I hope we can use this momentum to work hard out of season ... and continue where we left off in spring to earn a spot at the NCAA Championship tournament again," she said.

The South Hill squad's spring season tees off at the Vassar College Invitational on Apr. 11.

Box Score: Oct. 11-12 Wittenburg Pat Clouse Invitational 1st place
Springfield, Ohio Team score: 633

CROSS-COUNTRY BY DAVID STERN

The men's cross-country team traveled to Hamilton College on Oct. 11 and won the Hamilton Invitational. The Bombers boasted four top-10 runners out of 177 competitors. Junior Sawyer Hitchcock finished fourth overall with a time of 26:06.6.

The team will next race at the New York State Collegiate Track Conference Championship at St. John Fisher College on Oct. 25.

Meanwhile, the women's team placed ninth

out of 40 teams at the Oberlin Inter-Regional Rumble on Oct. 18. Senior captain Hannah Wright placed 37th overall at 23:24.7.

"We beat three big teams from our region and got some great inter-region competition," Wright said.

Juniors Anna Fay and Michaela Ciofreddi both set personal records at the meet.

The team next races at the Cornell Reif Memorial Run on Oct. 24.



From right, senior midfielder Natalie Lynch fights for possession with Utica College senior Alaina Stojkovski during the field hockey team's 3-2 loss to the Pioneers. Lynch has two goals this season. KAITLYN KELLY/THE ITHACAN

FIELD HOCKEY BY MILES SURREY

The field hockey team dropped three conference games. In the Bombers' first match against Utica College on Oct. 11 at Higgins Stadium, the Blue and Gold fell 3-2. Senior forward Danielle Coiro and sophomore midfielder Colleen Keegan-Twombly scored for the Bombers in the first half, but the team was unable to stop the Pioneers, who outshot the Bombers 24-8.

In the second game of the team's homestand, Washington and Jefferson College defeated the

Bombers 2-1. Senior midfielder Natalie Lynch scored the lone Bombers' goal.

The team next recorded a 3-2 loss to Stevens Institute of Technology. Keegan-Twombly and junior forward Taylor O'Neil each scored, but the Ducks scored three goals to drop the Blue and Gold to 5-8 overall.

The South Hill squad looks to bounce back when it travels to Brockport, New York, on Oct. 25 to face SUNY Brockport.

Box Score: Oct. 18 Stevens Institute of Technology 3-2 Ithaca College
Hoboken, New Jersey (7-10) (5-8)

VOLLEYBALL BY MATT ROTTLER

The volleyball team continued to impress the past two weekends, as the 20-6 Bombers are now in first place in the Empire 8.

The Bombers began their run at home on Oct. 10 by beating Wells College in four sets. After losing in straight sets to the Carnegie Mellon Tartans, the Bombers bounced back on Oct. 11 by winning back-to-back matches against Utica College and King's College.

The Blue and Gold then traveled to Oneonta, New York, from Oct. 17-18 to compete in

the Hartwick Invitational. The Bombers beat Hartwick College in straight sets. The Bombers would go on to lose to SUNY Oswego and St. Lawrence University in five sets, but would later beat SUNY Brockport in straight sets.

Sophomore middle and right side Siobhan Sorensen said despite a tough stretch of games, the team is still focused.

"I think we have been doing so well that we feel every time we go out there we feel we can win," she said.

Box Score: Oct. 21 SUNY Oneonta 3-2 Ithaca College
Ben Light Gymnasium (15-12) (20-7)

WOMEN'S TENNIS BY MATT HORNICK

After a disappointing performance in the New York State Tournament in which no player made it past the second round, the women's tennis team entered the Empire 8 Women's Tennis Championships as the No. 2 seed. In the semifinal against third-seeded Elmira College, the Bombers won 6-2.

In the final against the top seed, Stevens Institute of Technology, the Bombers redeemed

their regular season loss to the Ducks with a 5-3 win, clinching the Empire 8 title. The team won four singles and one doubles match en route to their 10th straight Empire 8 championship. The win qualifies the Bombers for the NCAA Division III Women's Tennis Championships in May.

The Bombers begin their non-conference play on Feb. 21 against the University of Rochester.

Box Score: Oct. 19 Ithaca College 5-3 Stevens Institute of Technology
Edgewater, New Jersey (10-1) (11-1)

SCULLING BY MAX DENNING

The sculling team competed at the Seven Sisters Sculling Head Regatta on Oct. 12. With both morning and afternoon races, the sculling team raced in six events.

In the morning, Bomber seniors Jennie Peterson and Delaney Pfohl finished first in the double event with a time of 19:15.8. The Blue and Gold's other entry of sophomore Rachel Dowd and junior Katie Ely finished sixth. In the morning quad event, seniors Alexandria

O'Neill, Kellie Palladino, Rachel Brogle and sophomore Tara Malone finished second. In the single, junior Emily Morley finished seventh of 19 entries, completing the course in 21:10.

In the afternoon, the Bomber quad of Morley, Peterson, Ely and Pfohl finished the course at 18:31.2. Dowd placed fifth in the afternoon single event completing the course in 23:07.5.

The team's next race is the Head of the Fish on Oct. 25 in Saratoga Springs, New York.

Forward and Williamson anchor soccer team

BY MAX LEY
CONTRIBUTING WRITER

In the men's soccer team's 3-1 win over Elmira College on Oct. 4, senior forward and back Casey Williamson opened scoring for the Bombers with a fifth-minute goal. In the 50th minute, sophomore forward Sean Forward hammered home a goal of his own to extend the team's lead. In what has been a consistent theme with the Bombers this season, Williamson and Forward have generated the team's offense.

This combination has been steadily improving in its first full season starting up front for the Blue and Gold. Williamson and Forward said they both believe they have shown the chemistry that is necessary for a strong attack.

"We kind of work well off each other," Williamson said. "A lot of times it's me finding him on a through ball or him finding me."

Forward echoed this sentiment and said he believes the two have created a strong dynamic offense.

"Casey works hard, and we have a lot of chemistry," Forward said.

While Forward started last season and was an All-Empire 8 First Team selection, Williamson spent the majority of his time playing in the back line in his first three years with the team. As a result, it took a little while for the two to click.

But the chemistry has improved as the season has progressed, head coach Andy Byrne said.

"Casey is a player that plays a lot of positions," Byrne said. "He's starting to get comfortable as a wide midfielder working with Sean."

With Williamson playing on the wing and Forward playing forward, a significant amount of activity goes on between the two. Byrne said their complementary skills have made the Bombers a successful pairing.

"Sean is a very hardworking player," Byrne said. "He covers a lot of ground and finishes pretty well. Casey is a good dribbler, and he has the ability to beat a defender."

With Williamson carrying the ball and drawing the defense, it opens up more space for Forward to create scoring opportunities. Byrne said this has been one of the biggest positive changes since last year.

"Sean's understanding of the game and of where to go without the ball [has improved]," Byrne said. "What he does with the ball has always been good. Now he's improving without it."

Their similarities have also helped them offensively. Both are smaller players, but a disadvantage in height has resulted in development in other areas. Williamson said controlling the ball and finishing in difficult spots has been one of the best examples of this.

"We're not the biggest guys, so we have to be good in tight spaces," Williamson said. "I think for both of us, that's been one of our biggest strengths this year."

This has also led to both players shouldering the offensive load. Forward is tied for a team-best four goals alongside Williamson, who has surpassed his total from last year with three regular-season games remaining.

However, there are still areas in which both players could improve,



From right, sophomore forward Sean Forward battles Alfred University junior Dylan Smith in the Bombers' 3-1 win on Sept. 20 at Carp Wood Field. Forward contributed an assist in the game and has four goals all year.

JILLIAN FLINT/THE ITHACAN

Byrne said. For Forward, Byrne said becoming a consistent finisher is the most important thing.

"He could have a few more goals if his finishing improved," Byrne said.

For Williamson, Byrne said staying healthy has been the biggest concern so far this year.

"Casey has had injury problems,

so probably for him fitness and getting healthy," Byrne said.

Looking ahead, the concerns for the team lie in more consistent finishing, Williamson said.

"We want to be more clinical in the final third," Williamson said. "We want to continue to improve on finishing our chances when we work so hard to create them."



THE
HOT
STOVE

STEVE DERDERIAN

Thursday night NFL hurting teams

Last Thursday's NFL matchup between the New England Patriots and New York Jets was a thriller that came down to the final seconds and ended with an all-too-familiar loss for the Jets.

But even though my favorite team defeated a division rival, both teams were just four days removed from playing another game, which represents a hypocrisy in the NFL.

The NFL has spent years saying it advocates for player safety and has even made changes to the game like penalizing head shots or moving up kickoffs to increase touchbacks. At the same time, almost every team is scheduled to play one Thursday night game this season.

Though the NFL has proved the amount of injuries per game in Thursday games is 5.2 compared to 5.3 regular Sunday games, it's common sense that three days is not an adequate amount of rest between professional football games.

Two weeks ago, Houston Texans running back Arian Foster spoke out against Thursday games.

"I don't know a player that likes it," Foster said. "I think it's just the league's way of trying to generate more revenue."

In response, some knucklehead fans tweeted out a simplistic viewpoint that many fans share: "Shut up, Arian Foster ... I need more football and I love Thursday Night Football so recover and play, dammit!"

First of all, this fan is not one of the about 1,700 players in the NFL right now, and there's no player at any level of sport that should be forced to play that often. Sure, the players have signed up to play when their team is scheduled. But the average NFL career is 3.3 years, according to the NFL Player's Association, indicating players need more rest and proper recovery.

To be fair, the players profit from the Thursday games as well. In fact, the players retain half the revenue from Thursday games, but this is about something more important than money. Fans love Thursday football, until their star player goes down and is out for the rest of the season. If that happens, those fans won't be as thrilled about the NFL profiting off of one Thursday game per week.

There's no perfect system for Thursday games, but don't get me wrong, I don't necessarily want to see it go away. The NFL could change Thursday football by scheduling teams that are opening their season or coming off bye weeks.

The bye week system may have to change, but at least the NFL would solve the short week issue. Sure, some teams would get extra rest, and some wouldn't play on Thursday at all, but with the current state of the NFL, maybe the players can use the extra time to properly rest and recover.

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

Volleyball clinic bolsters recruiting

BY STEVE PAYETTE
CONTRIBUTING WRITER

A group of 22 high school volleyball players made their way into Ben Light Gymnasium in the Hill Center on Oct. 12 to try and leave a lasting impression on volleyball head coach Janet Donovan.

The Ithaca College team's annual Fall Clinic gave the high school athletes an opportunity to show their skills to Donovan, the rest of the Bombers coaching staff and current players. Donovan said she was pleased with the high level of talent and the attitude the high school players brought to the clinic.

"It was a fantastic clinic," Donovan said. "I told the group that this was the most talent that we've had in our gym for this clinic in the last three years. They are very talented kids with great attitude and wonderful energy."

Current freshmen Joelle Goldstein and Kayla Gromen both attended last year's clinic. Gromen said what she took away from the clinic last year was how fast and up-tempo the drills were. Gromen, a setter and libero from Hempfield High School in Landisville, Pennsylvania, said she was always set on schools in Ohio, never imagining Ithaca College would be her final destination.

"I took a bunch of surveys that matched me up with the perfect college, and Ithaca was always top choice," Gromen said. "Since I love Ohio and really wanted to go to school in Ohio, I wasn't quite sure. My parents eventually said, 'Just check Ithaca out, it can't hurt,' and once I did, I loved it."

Goldstein, an outside hitter who attended Kings Park High School in Kings Park, New York, said she knew since her junior year that the college was a good fit for her. She said one of the



Prospective Bomber volleyball players warm up at the team's annual clinic on Oct. 12. The clinic, which began three years ago, serves as a key piece in head coach Janet Donovan's recruiting process.

KAIT TURKETT/THE ITHACAN

main reasons was because of Donovan and how approachable she is.

"Janet would come to my games and speak to me individually," Goldstein said. "She kind of made an effort to make herself familiar with me. I knew she wanted me and expressed it with text messages and emails to check up on me. Having a personal relationship with a coach is a pretty big deal."

Gromen said Donovan's positive energy and willingness to help direct a player in the right direction are some of her best attributes.

"You aren't just another player on the team to her," Gromen said. "Coach makes each of us feel important and really cares about us as people."

Goldstein said incoming recruits typically survey the roster and checks the team's recent

success. She said having several seniors graduate from her position provided her with added motivation to join the Blue and Gold.

"I looked at the roster and noticed a few of the outside hitters were graduating, so I knew that was an opening," Goldstein said. "I was a freak about it, but you really can't psych yourself out. You just have to go out there and play."

Donovan, Gromen and Goldstein also spoke highly about the college from academic and social standpoints. Gromen said she would be comfortable staying at the college if she wasn't able to play volleyball.

"One of the factors that went into my college choice was me thinking if I end up not liking volleyball or I get hurt was, 'Would I still stay at this school?'" Gromen said. "Every time, I said yes."

Crew boat performs impressively in prestigious regatta

BY KARLY REDPATH
SENIOR WRITER

Oct. 18–19 marked the 50th anniversary of one of rowing's most prestigious competitions: the Head of the Charles Regatta in Boston. For the third time in the past decade, members of the women's crew and sculling teams were a part of this year's record-setting number of entries, and placed in the top 10 collegiate boats for the second year in a row.

While most members of crew and the sculling team aspire to row in the race once in their career, junior Emily Morley and senior Jennie Peterson had their second opportunity to row in the event this year. Peterson and Morley went from being the youngest rowers to make the boat that raced in the event last year to the only two who had prior experience racing at the event.

The Head of the Charles has drawn thousands of people to Boston since it began in 1965. This year, the two-day event attracted nearly 11,000 athletes from high school age to a 50-year-old and -up division and also featured international, world-champion and Olympic rowers.

Peterson said being a part of such a well-renowned and beloved event in the rowing community is extremely exciting. She said over her past two years on the team, this race has come to hold a special place in her heart.

"I feel so proud to be a member of the IC crew team," Peterson said. "It's great because so many people would see us in our Ithaca gear and shout, 'Go Bombers!' It was awesome to receive that support all the way in Boston. It shows that our school deserves to be there and is respected in the rowing community."

Morley said in order to make the Charles boat, each rower, depending on her weight and height, had a certain time she had to



The Bombers' varsity 8 boat rows at the Head of the Charles Regatta on Oct. 19 in the Charles River in Boston. The Bombers' boat finished in the top 10 for the second consecutive year.

COURTESY OF SUSAN MORLEY

meet. She said the testing process to make the boat this year was challenging.

"I had to test three times to beat my personal record," Morley said. "After falling short on my first two pieces, I went into my third piece very confident knowing that this was my time to push all those negative thoughts out of my mind. It's funny how once you have the willpower to push yourself through walls, nothing can really stop you from

achieving your set goal."

Junior Chloe Lewis, who rowed in the Head of the Charles as a high school student, has volunteered at the event for the past four years. She said Peterson and Morley share an intense bond, which makes them a great pair not only in their double boat this fall, but also in the larger boats they have rowed in together. She also said the college's fourth-place finish at last year's race gave the boat as a

whole a mental head start because they would be starting before a majority of the other collegiate boats.

"It gave them a definite advantage because of their place in the starting order," Lewis said. "Not having many people in front of you gives you a much bigger mental advantage and therefore an edge over the 50 or so other women's eight's that started after them."

Peterson and Morley have established a bond over their past few years. Rowing together in a double this fall and participating in the Head of the Charles for the second year in a row is something Morley said has only brought the pair closer together.

"We push each other to limits that only rowers would understand," Morley said. "Being able to compete in my second Head of the Charles with Jennie allowed me to have someone who I could look to and just give a look to and she would know exactly what I was thinking. Being in the same seats we were last year at the 2013 Charles was reassuring that I knew right behind me Jennie was pulling as hard or harder than me."

Peterson said being the two youngest girls in the boat last year has allowed them to be closer than ever before and helped them succeed this year together.

"Although Emily is probably my No. 1 competitor on the team, she's also my best friend," Peterson said. "Sculling together and rowing at the Charles these past two years have brought us so much closer. We went from being the only 'babies' in the [first varsity boat] our novice year to being the only experienced Charles' rowers this year. It's crazy how much we have grown together, both on and off the water ... I would do anything for her, and I know she would do the same."

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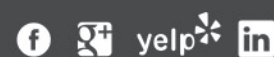
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Top Tweets

The best sports commentary via Twitter from this past week



The Fake ESPN

@TheFakeESPN

Percy Harvin weighs out his trade to the Jets:

Pros - No more TDs being called back.

Cons - No more TDs.



Glen Perkins

@glenperkins

I gave the Royals home field advantage with my save in ASG.

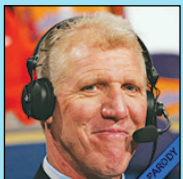
They can thank me later.



Fake SportsCenter

@FakeSportsCentr

On the bright side for Baltimore, Cal Ripken played in lots of games in a row ...



Not Bill Walton

@NotBillWalton

#HalloweenCostume Tim Tebow will dress up as an NFL QB. It's always fun to go as something you can never be the other 364 days a year.



Meditation Station

John Burger, a lecturer in the college's Department of Health Promotion and Physical Development, leads faculty members through tai chi exercises on Oct. 13 in the Fitness Center. Burger teaches the class at noon on Mondays. JENNIFER WILLIAMS/THE ITHACAN

PLAYER of the week



NAME: SARAH WOYCHICK

SPORT: SOCCER

CLASS: JUNIOR

In her second game in the starting lineup, Woychick scored the game-winning goal in overtime to help the Bombers defeat Nazareth College on Oct. 12. Woychick has netted four goals on the season.

They said it

"I've known for a long time that they're a bunch of idiots. Honestly, all jokes aside, it really doesn't bother me too much. I'm going to do what I do regardless. And God willing I can stay healthy, and if I wind up proving a lot of people wrong in the process that will just wind up being collateral damage."

After ESPN ranked him the 40th best player in the NBA, five-time NBA champion Kobe Bryant said the ranking doesn't matter to him. However, given his response, Bryant took offense, vowing to return to full form after an injury-plagued 2014 season.

— Kristen Gowdy



the foul line

Weird news from the world of sports

New York Knicks' forward Amar'e Stoudemire posted a picture of himself bathing in red wine to his Instagram account on Oct. 16, claiming the wine aids his recovery process after preseason NBA play.

"The red wine bath ... allows me to create more circulation in my red blood cells," he told ESPN.

While red wine has proven to have healthy effects when consumed, little is known about topical application.

"Unless he's drinking his bath water ... it's not going to affect his circulation and red blood cells," dermatologist Whitney Bowe said.

—Kristen Gowdy



Important moments in professional and Bombers sports history

on this DAY IN...



PRO SPORTS HISTORY

1993

The 1993 World Series ended on a dramatic note when Toronto outfielder Joe Carter hit a walk-off home run to help the Blue Jays to an 8-6 win and their second consecutive Fall Classic title, becoming the 14th team in MLB history to accomplish the feat. The hit inspired broadcaster Tom Cheeks' memorable call: "Touch 'em all, Joe. You'll never hit a bigger home run in your life."

BOMBERS SPORTS HISTORY

2004

The football team routed Utica College 52-14 behind running back Jamie Donovan '07's three touchdowns and 170 yards. The South Hill squad scored touchdowns on offense, defense and special teams in the victory. With the win, the Blue and Gold improved to 5-2 and would go on to split the Empire 8 title with St. John Fisher College.

—Kristen Gowdy

PHOTO FINISH

28 THE ITHACAN

CAPTURING THE BOMBERS AT THEIR BEST

THURSDAY, OCTOBER 23, 2014



Lifting their spirits

The Ithaca College cheerleading team lifts senior Lauren Mazzo as part of a routine during the football team's game against Buffalo State on Oct. 11 at Butterfield Stadium.

JADE CARDICHON/THE ITHACAN