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

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

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

College’s enrollment bounces back
Ithaca College surpassed its enrollment goal, but H&S’s enrollment lags behind

ITHACA COLLEGE FRESHMAN ENROLLMENT BREAKDOWN BY SCHOOL

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*Past school averages 2003–2014

See ENROLLMENT, Page 14

Shared Governance revisited on campus

By Faith Meckley and Mark Prowse
Assistant News Editor & Staff Writer

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

According to the American Association of University Professors, Shared Governance systems call for shared responsibility among the different components of an institution and its specification of areas of primary responsibility for governing boards, administrations and faculties. Faculty Council Chair Peter Rothbart, who is also a professor of music theory, history and composition, said the administration has primary control over the budget, while the faculty has primary control over academics, and Shared Governance does not mean all members of the college community will have equal say and power in decision-making.

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

See SHARED, Page 15

CAPS wait times lower despite staffing issues

By Elena Piech
Contributing Writer

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

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

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

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

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

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

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

But the area wasn’t declared uninhabitable until Oct. 5, four days after hundreds of people perished when a hillside buried acres of the neighborhood. The official death count stood at 161 Oct. 6 with 500 people still believed to be missing.

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

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

Nobel Prize awarded for crucial subatomic particles discovery

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

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

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

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

Neutrinos come in three types, or “flavors,” and what the scientists actually showed is that neutrinos spontaneously shift between types.

That, in turn, means they must have mass.

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

Top commander recommends US keeps troops in Afghanistan

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

Gen. John F. Campbell told Congress on the ground have changed since Obama announced his plan in 2014 to cut the current U.S. force of 9,800 to an embassy-based security contingent of about 3,000 in Kabul post-2016. Obama has vowed to a war-wary nation to end the U.S. war in Afghanistan and to get American troops out by the time he leaves office in January 2017.

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

Jailed Saudi Arabian blogger gets major free-speech award

A Saudi blogger who has been jailed and flogged for insulting Muslim clerics was awarded a major free-speech prize Oct. 6. Raj Badawi shared the PEN Pinter Prize with British poet James Fenton.

Badawi is serving a 10-year sentence after being convicted of insulting Islam and breaking Saudi Arabia’s technology laws with his liberal blog. He was also sentenced to 1,000 lashes, spread over 20 installments and fined $266,000.

The flogging has been suspended since Badawi received 50 lashes in January, a punishment that sparked international outrage.

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

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

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

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

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

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

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

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

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

David Turlock, associate professor and chair of the Department of Anthropology, said he saw the advertisement of individual programs strengthened, rather than to see the advertisement of individual programs, said he wants to see the advertisement of individual programs, said he wants to see the office online, Biehn said.

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

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

Dunn said the Title IX coordinator provides support to students with the opportunity to report rape cases to an external source so they feel more comfortable than reporting it to the police. The 2014 statistics include reports that went to Title IX, not necessarily investigated by the police, but just documented that it occurred on campus, Dunn said.

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

Dunn also noted the increase in drug abuse violations. In 2013, there were 19 reported cases, according to the annual report.

In 2013, the number of on-campus drug abuse violations that resulted in disciplinary action was 181 cases, which increased to 241 cases in 2014. Nancy Reynolds, health promotion center program director, said a struggle of being an athlete is the perception that student-athletes for them to know is important," Hummel said.

Hummel, who is also a athletic trainer, said the absence of a policy listing out for student-athletes for them to know is important," Hummel said.

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

Hector said he wanted to clarify that the council is not being asked to deal with faculty members ask questions, they can be asked in the correct context. He explained that while the college's tuition is rising at a rate of less than 1 percent per year, the college is also increasing how much aid it gives out to students, which means it is bringing in less revenue over time. Hector described this overlap as a potential problem because the budget is trying to tighten its surplus money, known as the Capital Maintenance Fund, for the college to maintain an asset and economic position.

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

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

International Tutor Appreciation Week
October 5-9, 2015

Tutoring Services salutes

IC PEER EDUCATORS
for their service and commitment to academic success!

Our Staff

Fiyinfoluwa Adeyemo, Head Tutor for Business
Michaela Bland, Head Tutor for Psychology and H&S Courses
Devin Larsen, Head Tutor for Physics
Myriah LaTourette, Head Tutor for Physical Therapy & HSHP Courses
David Lesnafsky, Head Tutor for Mathematics and Computer Science
Steven Lloyd, Head Tutor for Mathematics and Economics
Joshua Speer, Head Tutor for Chemistry
Tutoring Services Undergraduate Peer Tutoring Staff
Tutoring Services Graduate Peer Tutoring Staff

Our Campus Partners

Anatomy and Physiology Lab Tutors
H&S Language Cooperative Tutors
Music School Fundamentals Success Program Tutors
Writing Center Tutors
Career Services Peer Career Advisors
Ithaca Seminar Peer Mentors

Business School Beta Alpha Psi Tutors
Mathematics Tutorial Room Tutors
Park School Film A & A Tutors
Course Teaching Assistants
OSEMA Diversity Peer Educators

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

EDUC 21500—Peer Tutoring Theory and Practice.
SGA passes LGBTQ bill
BY EVAN POPP
STAFF WRITER

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

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

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

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

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

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

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

BOC holds open forum
BY MEREDITH HUSAR
CONTRIBUTING WRITER

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

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

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

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

Laffend asked the estimated 100 students at the forum to contribute ideas for what genres of music and specific artists they would like to see perform at the college, as well as ways better reach the student body about upcoming shows and events.

About half of the students contributed to the discussion, mainly looking for more diverse artists to perform.

"I always had a natural affinity for animals, but I think that factory farming just isn’t right," senior Kyle Stewart, Student Government Association vice president of communications, said. "I think there’s a good enough cause, it is easy."

Almost 200 of the 300 pamphlets sent to the group by the Farm Animal Rights Movement were handed out. EDM is a nonprofit organization that promotes planetary health through plant-based eating.

The pamphlets showed pictures of slaughtered chickens and pigs living in factory farms alongside statistics displayed to support their cause. The pamphlets — which were created to spread the national nonprofit’s anti animal cruelty, Mercy For Animals, factories are farms that are focused on profit and efficiency at the expense of the animals welfare.

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

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

"The purpose of the protest was to be informative and peaceful," she said. "I think that it’s not putting it in your face, it’s just raising awareness."

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

"Usually two days before the animals are taken to be slaughtered they are not given any food or water, so it is in their remembrance of their pain and suffering," she said. "Fasting in itself is difficult, but if you have a good enough cause, it is easy."

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

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

"I think that there are a lot of animals that are enduring a great deal of suffering, and it doesn’t have to be that way," he said. "I think there is a way to raise animals that can be considered ethically permissible.

"I think that factory farming just isn’t, and it is really sad how the industry has so much power that they are able to get away with a lot." The IC Animal Rights club is in its fourth year and has more activities coming up in the future. On Oct. 10, members will be visiting the Farm Sanctuary, where animals who have been saved from factory farms are rehabilitated and cared for. Frappoli voiced her dedication toward the cause of protecting all lives.

"I always had a natural affinity with animals, and I just have always connected with animals more than people," Frappoli said.

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

"I don’t think that everyone handed pamphlets out to has corrected, but this was for exposure and awareness, and I think that we really achieved what we set out to do. After hearing what the club members had to say, freshman An nie Frangi, said the information read by her the group made her think more about her food choices.

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

Honor students go on rock climbing trip
Freshman Genevieve Tripper climbs on a granite wall on Moss Island in Little Falls, New York, about 2 1/2 hours away from Ithaca. A group of the honor students spent the day rock climbing Oct. 3 as part of an honors program trip.

BOC used its entire budget in one night, every night for the last 20 years," senior Kyle Stewart, Student Government Association vice president of communications, said. BOC has a budget of $40,000 a year.

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

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

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

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

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

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

The first show of this year was Cloud Nothings, held on Feb. 22, and the club will be a student showcase Oct. 30, which is free to students.

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

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Thursday, October 8, 2015

Club protests against factory farms
BY GIANNIA FOLZ
CONTRIBUTING WRITER

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

"End factory farming all lives," was written on five sign held by members of the IC Animal Rights club as they protested factory farming Oct. 3.

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

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News | 5
Thursday, October 8, 2015
Latest master’s program connects images and text

BY MADELINE LESTER
CONTRIBUTING WRITER

Ithaca College is establishing a new Master of Fine Arts program. This is a 24-month graduate program beginning this summer focusing on the cross-disciplinary interaction between writing and photography.

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

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

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

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

Nicholas Muellner, co-director and a professor of photography and critical studies, said the initiative began with two workshops in 2014 and 2015 and a symposium in 2015. Taylor and Muellner brought in six junior fellows and six senior fellows to work on the project.

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

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

“Tessex?” and “Dark Archives.” These pieces emerge from the ITI Press, which is an integral part of the emerging MFA program at the college. The ITI Press, modeled on photographic and literary small presses, will publish both online and print works of text and image.

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

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

“I looked around and I saw 15, 16 amazing — many of them internationally known — artists all talking and working together, printing, mak- ing little books, writing poems on the fly, and I thought, ‘This is why I got into this,’” she said.

BY MICHAEL SHAPIRO
STAFF WRITER

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College

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

Cornell’s E. Woodson ’99 will be the featured speaker at Ithaca College on National Coming Out Day at 7 p.m. Oct. 8 in Clark Lounge.

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

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

Provost Benjamin Rifkin to host Brown Bag Lunch for students

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

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

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

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

VIC Radio mobile application now available for iOS devices

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

The app has the same features as the website and will cover regular news as well as sportscast and coverage of Ithaca College sports. The app is available on the Apple App Store.

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

New international volunteering club searches for faculty adviser

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

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

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

Sodexo chef visiting from Russia

Sodexo Dining Services will welcome guest chef Lilia Shkileva from Moscow Oct. 19 and 20. Shkileva is one of 12 Sodexo global chefs who are visiting the United States through an international chef program, called the Global Chef Sharing the International Flavors of Sodexo.

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

There will be a demo at the Food Lab Oct. 19 in the Terrace Dining Hall where different clubs and organizations will be invited to learn about Russian cooking. There will also be a Russian-themed dinner from 5–7 p.m. at Terrace Dining Hall. During the lunch hour Oct. 20 in IC Square, there will be a free sampling of Russian cuisine on the stage as well as a food cart that has items students can buy, like soup, sandwiches, desserts and entrees. All students and staff are welcome to attend and sample.

Public Safety Incident Log

SELECTED ENTRIES FROM SEPTEMBER 21 TO SEPTEMBER 27

PETIT LARCENY OVER $200
LOCATION: Towers Dining Hall SUMMARY: Caller reported unknown person stole cellphone. Investigation pending. Patrol Officer Jon Elmore.

ACTS OF DISHONESTY
LOCATION: 4-Lot SUMMARY: Person reported a vehicle displaying a fraudulent parking permit. One person was judicially referred for acts of dishonesty. Patrol Officer Waylon DeGrav.

LEAVING SCENE OF AN ACCIDENT
LOCATION: 4-Lot SUMMARY: Caller reported unknown vehicle damaged parked vehicle and then left the scene. Patrol Officer Waylon DeGrav.

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

Senior Elizabeth Morris poses with a whiteboard where she wrote why she needs feminism Oct. 6 on the academic quad as a part of the "Who Needs Feminism?" campaign sponsored by the Feminists United club. Members of the Feminists United executive board are taking photos of students during the noon hour from Oct. 5-9. (CELINE BAUMGARTNER/THE ITHACAN)
FREE COPY OF The IThacan
AT THESE LOCATIONS:

On Campus:
- Park Hall: Lobby, Ithacan Office, Outside the Dean’s office
- Textor Hall
- Muller Center
- Mac’s
- Business School: 1st Floor Lounge, Near 2nd Floor Snack cart
- Chapel
- Snack Bar
- Campus Center Dining Hall
- Campus Center Lobby
- Williams Hall
- Center for Natural Sciences
- Hammond Health Center
- Alumni Hall
- Ceracche Center
- Towers Dining Hall
- Terrace Dining Hall
- Library
- Music School
- Hill Center
- Center for Health Sciences
- Smiddy Hall
- Dillingham Center
- Peggy B. Williams Center: Lobby, 3rd Floor
- A&E Center
- Public Safety
- Physical Plant

Off Campus:
- Rogan’s Corner
- Dewitt Mall
- Center Ithaca

*Issues every Thursday

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8 The IThacan Thursday, October 8, 2015

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Use your ID Express Account at:

<table>
<thead>
<tr>
<th>Chili’s Restaurant</th>
<th>272-5004</th>
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<tr>
<td>Jade Garden</td>
<td>272-8880</td>
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<tr>
<td>Italian Carry-Out</td>
<td>256-1111</td>
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<tr>
<td>Rogan’s Pizza</td>
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<td>Casablanca Pizzeria</td>
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<td>Jimmy John’s</td>
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<tr>
<td>Wings Over Ithaca</td>
<td>256-9496</td>
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<tr>
<td>Sammy’s Pizzeria</td>
<td>272-2666</td>
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</tbody>
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Off Campus:
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- Center Ithaca

* Issues every Thursday
Students should be able to attend historic events

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

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

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

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

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

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

College should continue to seek diverse faculty

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

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

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

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

Your Letters

Department of History does incorporate discussions of diversity issues in curriculum

Dear Editor:

In your Sept. 30 article, “Ithaca College releases new minority faculty hiring policies,” Professor Gustavo Licon is quoted as saying, “In an ideal world … departments would be diverse, so these subjects would come up in history and sociology and communications and all of these different departments, but the reality is that for the most part it doesn’t.”

I applaud the college’s effort to recruit and retain more minority faculty. The cultural background of the instructor can make a difference in how learning happens in a class. That having been said, it is manifestly untrue that subjects related to diversity and the struggle to create a pluralistic society don’t come up in the history department at IC. Indeed, these issues are at the center of many of the classes I and my colleagues teach. I suspect these issues are at the center of many of the classes I and my colleagues teach. I suspect that the administration has developed new guidelines for hiring faculty members from diverse backgrounds.

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

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

Associate Professor, Department of History

Michael Smith

Students should be able to attend historic events

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

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Michael Smith

Associate Professor, Department of History

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Michael Smith

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SPEAK YOUR MIND

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

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

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

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

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

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

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

My point is that we should actually use it to raise awareness and make change. How many people who need help about National Day Without Stigma will take those three steps and tell their friends to do the same? Probably very few. People need to be motivated to take action. Maybe we need an awareness day about awareness days.

**AMELIA ERIKSON** is a senior applied psychology major. Email her at ael102@ithaca.edu.

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**Depression turns the world black and white**

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

Some people incorrectly view depression as just being sad. People will claim they’re depressed after having a single bad day, when the weather is gloomy, or as a result of something negative happening like a bad grade on an exam. Everyone has typical mood swings that are caused by emotions or situations that cannot nearly compare to the dark depths of depression. I sometimes like to think of depression as chemical warfare in your brain where a person is really sad when everything in his or her life seems to be going right. With a phenomenal support system—and when from an outside perspective my life looked like everything was going quite well—my depression consumed me and forced me to take a medical leave of absence this semester because I couldn’t process or retain the school work. I’m fighting a mental illness called bipolar I disorder. I was diagnosed when I was a freshman in high school. Bipolar I disorder is characterized by two mood episodes. During a manic episode, my moods are escalated and my entire perspective changes. I feel like I’m on the top of the world, I sleep much less, my thoughts race at a million miles a minute, and I have grandiose ideas. The other mood spectrum that I, along with others with bipolar I disorder, experience is the major depressive episode. During a major depressive episode, the world seems to change from color to black and white. I feel sad and empty, my energy is gone, I can’t concentrate, I feel vulnerable, I think I’m worthless, and sometimes I feel like I want to die. However, for the majority of my experience with this illness I’ve had a normal mood. Just like everyone else with typical highs and lows. I don’t let my illness define me, but my recent bouts with depression have had a big impact on my life. I have been in a depressive episode for four months. I believe it’s beneficial to be able to express yourself. Unfortunately, people think they should only share their highlights reels on social media. I think people don’t realize that the most meaningful connections are made when you’re vulnerable.

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

Here are two excerpts from the post:

> From an outside perspective my life looked like everything was going quite well—my depression consumed me and forced me to take a medical leave of absence this semester because I couldn’t process or retain the school work. I’m fighting a mental illness called bipolar I disorder. I was diagnosed when I was a freshman

> Depression turns the world black and white.
William Jacobson, clinical professor and director of the Securities Law Clinic at Cornell University and founder of the conservative blog Legal Insurrection, facilitated a discussion Oct. 7 at Ithaca College about an incident at the local Beverly J. Martin Elementary School. Some places it’s not very active, others are serious questions about somebody who advocates stone throwing and who uses 8- and 9-year-old children in his videos by putting them in dangerous situations, whether he, as an unapproved speaker, should have been brought to that classroom.

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

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

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

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

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

William Jacobson, clinical professor and director of the Securities Law Clinic at Cornell University and founder of the conservative blog Legal Insurrection, facilitated a discussion Oct. 7 at Ithaca College about an incident at the local Beverly J. Martin Elementary School. Some places it’s not very active, others are serious questions about somebody who advocates stone throwing and who uses 8- and 9-year-old children in his videos by putting them in dangerous situations, whether he, as an unapproved speaker, should have been brought to that classroom.

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

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

The oddity of being the biracial student

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

The oddity of being the biracial student

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

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

I am the other.

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

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Together, we raised $6,000 for the BackPack Program™, which will provide 2,000 BackPacks for children in our Community!

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crossword  By United Media

sudoku

medium

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 2 9 4
1 8 3 2 6
6 1 4 8
8 6 1 3
4 2 9 1 8
7 6 2 4
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very hard

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3 2 1
8 3 1
7 7 7
4 3 2 1 3 7 6
2 7 8 4
3 2 9
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answers to last week’s sudoku

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5 3 4 8 7 6 9 1
1 7 9 5 2 6 3 8 4
6 8 4 1 9 3 2 7 5
5 2 3 6 7 9 4 1 8
9 8 1 2 5 4 7 6 3
6 4 7 3 1 8 5 2 9
4 9 6 7 3 1 8 5 2
2 8 9 6 5 4 1 3 7
7 5 4 2 8 9 3 6
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last week’s crossword answers

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YECH FEB DYE G00H34 AD AON MR3L ROSE BUD OIL4R VET ROMP G0T KOAN AHEAD WAIT R0D VAL5 Y J F R0D ERG REE CR4T3 LENT ARE ALAS O3L ELENA BEM0ANS STICK ESES IAN SINAT GAS RHO SELT
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By United Media
increase enrollment by admitting students who weren't more engaged with the college. The college measures engagement by attendance at admission events and interactions on IC Peers.

The freshman class at the college includes 1,808 full-time freshmen, the third-largest class the college has seen since it began reporting such data in 1962. The largest class was in 2009, when 2,027 first-time freshmen enrolled in the college, a year in which the college’s acceptance rate cut by 8.5 percent.

Turbide said the college is happy with the increased enrollment. “This is a great, strong, talented incoming group of students,” Turbide said. “This is not a number the college can’t handle in any aspect.”

Of the 38.3 percent of students who reported their high school standing, 23 percent of those students reported being in the top 10 percent of their high school graduating class. This is the lowest percent of students reporting to be in the top 10 percent since 2004, which is the first year the data is available from the Office of Institutional Research. The average over those 11 years is 40.4 percent, with each year having between 38.5 percent and 45.4 percent of the students reporting.

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

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

“That seems problematic to me.”

He also discounted the importance of it as a statistic.

“For us, rank is not as important an indicator as we had expected,” Jolly said. “We know our peer.”

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

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

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

THEATER DEPARTMENT INCREASES YIELD

The Department of Theatre Arts has 184 freshmen this year, compared to 70 in 2014, an increase that Catherine Weidner, associate professor and chair of the Department of Theatre Arts, said was due to a concerted effort.

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

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

The college’s yield in 2015 was 16.35 percent. “We have highly selective programs,” Weidner said. “So when we make offers to students and then they say yes to us, our yield might go up. It’s because of the quality of the program. It’s not because we let in students that aren’t of the highest quality.”

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

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

“It doesn’t pan out for us to answer a question like ‘How many full-time equivalents?’” she said. “Because there might be one person teaching two sections and someone teaching two extra classes in one area. Weidner said. ”So it’s not necessarily three extra teachers.”

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

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

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

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

PARK SCHOOL’S LARGEST CLASS EVER

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

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

The Park School’s original enrollment target — before applicants were finalized — was to remain steady with the past years’ enrollments, Gayeski said. There were 415 new freshmen in the Park School in 2015 and 398 new freshmen in 2014. Yet Gayeski said the change of enrollment targets was nothing new, as it depends on how strong the year’s applicant pool is.

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

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

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

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

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

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

“Each year you see varying interest in academic programs,” Turbide said. “It’s really hard to know all the things that influence interest in a particular program.”
SHARED, from Page 1

level. Faculty have power over stu-
dents, and so it is fundamentally an unequal situation.

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

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

Rothbart said since then, communication with administration has improved.

The Faculty Governance Committee detailed in the report from the Shared Governance Re-
search Task Force, includes three potential governance models. Rifkin said he participated in the cur-
rent structure. In order to move forward with discussion on the three models, the council is working with Information Technology Ser-
vices to set up a system on Sakai to receive input from faculty.

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

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

for access to lines of communication.

The task force was organized in 2015 and originally had a deadline of Jan. 1, 2016, for
its study. Rothbart, a member of the task force, said the faculty and administration in-
volved are “just exploring the options.”

The first Shared Governance model de-
tailed in the report is called “traditional model revisited,” which builds on the col-
lege’s current system. Rothbart said the current system is not broken but needs to be revis-
ed due to its lack of central communica-
tion among committees at the college.

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

The traditional model revisited calls for more effective use of electronic methods to im-
prove communication.

The other two models outlined in

the report are called “sustainable sys-
tem governance” and “collaboration and communication.”

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

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

Rifkin has met with Student Government Association members, Staff Council and Fac-
culty Council to discuss the concept of Shared Governance since arriving at the college.

“A lot of what came out of that was the College’s Administrative Bulletin Board System to allow for internal information sharing,” Rifkin said.

The CPCs would recommend solutions which would be adopted as proposed unless
the provost and Faculty and Staff Council presidents.

The CCC would then form temporary College Policy Committees made up of faculty, staff and students with sufficient experi-
ence to address the issue.

SUSTAINABLE SYSTEM GOVERNANCE

Designed to allow individuals to come and go within the system.

Uses a Bulletin Board System to allow for internal communication, as well as Open Space Technology to allow for open meetings.

CALLABORATION AND COMMUNICATION MODEL

Community members can submit concern to the College Coordinating Committee, made up of faculty, staff and students with pow-

er to address the issue.

The Council of Faculty and Staff (CFAS) makes up the provost and Faculty and Staff Council presidents.

Cross-Divisional Functional Teams would cover issues not covered by a specific group by only existing to meet their task.

Uses “zero-based” governance structures with the minimum number of committees.

Faculty’s primary focus on academics.

Accountability and communication are stressed.

 Calls for joint efforts among stakeholders, while acknowledging areas of primary responsibility.

Governing councils, such as the Faculty Council, Staff Council and Student Government Association, represent important constituencies.

SHARED GOVERNANCE MODELS

TRADITIONAL MODEL REVISED

Faculty representation is encouraged on commit-
tees, but in a strategic way.

Governing councils, such as the Faculty Council, Staff Council and Student Government Association, represent important constituencies.

to over a week and a half depending on the severity. There are also same-day crisis hours every Monday through Friday 2:30 p.m. to 5:00 p.m.

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

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

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

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

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

Juvenile Eli Serau, one of the founding mem-
bers of the #gentleCAPSready campaign, said a friend of his who went to CAPS this year said it was a much smoother experience.

“I know people who have sought CAPS services this semester and were able to set up an appointment within two weeks,” he said.

“Obviously two weeks is not ideal, but the progress made has been amazing, and we look forward to watching the progress and we hope it continues.”

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

“I think CAPS does the best it can given the resources and money they are promised,” she said. “However, I do feel that they are severely

understaffed and cannot provide long-term services for students on our campus.”

Senior Dominick Recckio, president of the Student Government Association, said he participated in a Shared Governance system at The College of New Jersey, where he worked six years prior to being hired.

“Being responsive,” Rothbart said. “I think members were having problems communicat-
ing among committees at the college.

“One can only imagine if they were having problems as a whole.”

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

for access to lines of communication.

The task force was organized in 2015 and originally had a deadline of Jan. 1, 2016, for
its study. Rothbart, a member of the task force, said the faculty and administration in-
volved are “just exploring the options.”

The first Shared Governance model de-
tailed in the report is called “traditional model revisited,” which builds on the col-
lege’s current system. Rothbart said the current system is not broken but needs to be revis-
ed due to its lack of central communica-
tion among committees at the college.

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

The traditional model revisited calls for more effective use of electronic methods to im-
prove communication.

The other two models outlined in

the report are called “sustainable sys-
tem governance” and “collaboration and communication.”

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

The collaboration and communication model would allow for any member of the college community to submit a concern to a body called the College Coordinating Com-
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Center for LGBT Education, Outreach, and Services

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

PLACE YOUR AD IN THE ITHACAN

Cornell F. Woodson ’09

Embracing My Purpose: How Did I Get Here?

Featured Speaker in commemoration of National Coming Out Day

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

Thursday, October 8th
7:00 pm
Clark Lounge, Campus Center

Delicious fall-themed refreshments will be served!

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

Individuals with disabilities requiring accommodations should contact Luca Maurer at la1406@cornell.edu. We ask that requests for accommodations be made as soon as possible.
Kelly cuts and colors freshman Ally Ruggieri’s hair in her dorm room that she uses as a beauty salon. She said she wants to offer fair prices to students.

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

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

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

For waxes, Kelly typically charges $8 for eyebrows, $5 for chin or lip, $10 for legs, $15 for armpits and $20 for arms. Women’s haircuts are usually $25–$35, and men’s trims are $15 and $5 for a beard touchup. Comparably, Changes Cutting Studio at 120 N. Aurora St. asks $90 for a haircut, and patrons who miss their haircut appointments are still charged the full price for services. Even Cost Cutters, a more budget-friendly option, charges $10 for an eyebrow wax and $10 for a lip wax.

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

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

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

“I feel like they should do it if they want to and if it makes them happy,” Kelly said. “I think, as long as you set enough time apart so you can study and then make your business kind of secondary, if it’ll be OK. Let’s get the money go to your head.”

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

“Character is destiny.”

Have you ever wanted to rate someone? Maybe your ex, co-worker or friend? Peeple, a new app created by Julia Cordray and Nicole McCullough, is expected to launch in late November, and as a result people will have the ability to review anyone they would like. The Washington Post compared this app to Yelp, being similar in the sense that people will be able to give a five-star rating to anyone they know. In order to take part in Peeple, users will need to log in to their Facebook account and verify that they are 21 or older. Since the announcement has been made, there have been many negative comments through social media, claiming that it is a form of bullying and is similar to high school cliques. After receiving much backlash, the app-makers responded, claiming they will be monitoring all the reviews to make sure nothing extremely negative goes live.

Dog Fact

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

Mila finds out Adam Levine got married

Little Mila’s heart was absolutely broken when she found out Adam Levine, lead singer of Maroon 5, is indeed married and has been for over a year. When Mila’s mom, who took the video that was posted Sept. 30, broke the news that the Sexiest Man Alive was married, Mila broke down in tears, screaming “No” several times. She did not want to believe her mom was telling her the truth. She took the news hard, but hopefully Mila will find someone else to fangirl over soon.

Cinnamon Bun Oreos

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

Dad & Stepdad

Todd Bachman did something no one thought he would do during his daughter’s wedding. When walking his daughter, Brittany, down the aisle, Bachman stopped and walked over to Brittany’s stepfather, Todd Cendrosky. The photographer, Delia D Blackburn, who captured the moment, said, “Everyone was a little bit concerned because there had been tension.” However, Bachman grabbed Cendrosky and told him to help him walk Brittany down the aisle. Blackburn said there was not a dry eye in the house. Since Blackburn posted the photo, it has been shared more than 500,000 times on Facebook. “They are happy that their message is getting out for parents and stepparents [to get] along for the sake of their kids,” Blackburn said.
Crowds flocked to Ithaca’s annual apple harvest festival Oct. 2–4

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

Fresh apple crisp with whipped cream is a staple of the annual Apple Harvest Festival.

A girl buys a pumpkin funnel cake from a vendor at Applefest. Apple sundaes are also popular treats.

Upstate New York is known for its apples. These were picked in Williamson, New York.

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

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

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

Homemade apple pie

Buy too many apples at Applefest? Check out some of The Ithacan’s recommended apple recipes, Page 28.

Three-year-old Sage Sunsee takes a bite out of an apple at Ithaca’s annual apple harvest festival Oct. 2–4.

SAM FULLER/THE ITHACAN

Fresh apple crisp with whipped cream is a staple of the annual Apple Harvest Festival.

SAM FULLER/THE ITHACAN

A girl buys a pumpkin funnel cake from a vendor at Applefest. Apple sundaes are also popular treats.

KEVIN TEAL/THE ITHACAN

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CAITIE IHRIG/THE ITHACAN

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Buy too many apples at Applefest? Check out some of The Ithacan’s recommended apple recipes, Page 28
Viewers get hands-on in interactive art gallery

“Your Fate” is a piece in which 25 die with symbols are rolled to determine one’s fate. STEPHANIE AANONSEN/THE ITHACAN

“Free Play,” the latest installation in the Handwerker Gallery at Ithaca College, features pieces like chess and a seesaw visitors can ride. STEPHANIE AANONSEN/THE ITHACAN

Circle K club takes many opportunities to serve community

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

IC Circle K International is collaborating with other Ithaca College organizations to help the community. STEPHANIE AANONSEN/THE ITHACAN

BY CASEY MURPHY

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

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

Senior art major Kelsey Fons, who helped to install the exhibition, said the interactive nature of “Free Play” is different from anything the Handwerker Gallery has done in recent years, and this interaction compels students to think about deeper issues in a surprising way.

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

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

At “Free Play,” the latest installation in the Handwerker Gallery at Ithaca College, viewers interact with all of the exhibits. The installation houses many board games, including several chess sets. STEPHANIE AANONSEN/THE ITHACAN

BY SYDNEY O’SHAUGHNESSY

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

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

IC Circle K has existed at the college for over a decade, with the international organization being founded in 1932. Currently, the club has been particularly active providing students with opportunities to serve the community. The club offers a combination of long-term and short-term projects planned throughout the academic year to help students engage with new people and build a strong sense of connection with the Ithaca community.

Junior Olita Sod, president of IC Circle K, said while the group is a chapter of an international community-service organization, the club gains its character by installing its own program. She said the club has hosted a weekly bingo night at Longview, an independent living facility for the retarded, and is planning to host a Buffalo Wild Wings fundraiser.

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

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

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

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

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

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

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

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

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

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

IC Circle K hopes to expand its reach on campus this semester as well, as Sod said the club is a judgment-free zone and we have a lot of great opportunities, and we just want people to take them.”
Jazz musician John Hollenbeck to perform and teach class

BY CECILIA MORALES

Contributing Writer

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

Hollenbeck will perform with his Large Ensemble at Ithaca College on Oct. 19. The 19-piece big band, composed of New York’s top professional musicians, will play at 7 p.m. in Ford Hall. In addition to the performance, Hollenbeck will host a master class Oct. 20. The class, which is open to anyone, will be held at 9:30 a.m. in the Sibley Bectal Room.

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

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

“I have been a professor at the University of Montreal,” he said. “Teaching is another way to use your creative energy [and] to share your music and experience with others.”

Michael Titlebaum, associate professor at the college and Hollenbeck’s longtime friend, said the musician’s ability to create “music uncharacterizable beyond the fact of being always identifiable has” is one of his best traits.

“John has always been incredibly inspiring for me and for many others,” he said. “The passion and dedication that he brings to both playing drums and to composing in the big band idiom is truly pretense-free. I learned that about him first during the time out music making together, but the music he’s made in the 20 plus years since has been truly astounding. The Grammy nominations are just a hint of that.”

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

“This concert was created by the Thelus-Howell Foundation, which has endowed several wonderful non-jazz concert series at Ithaca College,” he said. “I very much hope this particular gift will lead to an ongoing jazz series too.”
‘Everest’ film turns into a frigid failure

BY MATTHEW RADULSKI
STAFF WRITER

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

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

The editing is fast and choppy. It’s rare for ‘Everest’ to stay in a moment for more than 15 seconds. It constantly cuts between different angles and characters. This hurts the drama, as it makes it more difficult to get invested in the struggle of any one character. Scenes are almost exclusively very bright, with characters being drained just as the action picks up.

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

The struggle of ‘Everest’ should be epic comic relief, but it is clear there is more to his struggle that remains completely unexplored. Solid acting is not enough to make the viewer empathize with these characters.

The film takes its time getting to that blizzard. The first half of the film, nearly every single shot is of or on the mountain. Despite the production’s best effort, the viewer soon grows tired thanks to shots exclusively of icy snow.

The editing is fast and choppy. It’s rare for ‘Everest’ to stay in a moment for more than 15 seconds. It constantly cuts between different angles and characters. This hurts the drama, as it makes it more difficult to get invested in the struggle of any one character. Scenes are almost exclusively very bright, with characters taking up a fraction of the white space. It does not lend toward excitement, but it does serve to highlight the struggle of these characters overtaken by nature. The struggle of ‘Everest’ should be epic comic relief, but it is clear there is more to his struggle that remains completely unexplored. Solid acting is not enough to make the viewer empathize with these characters.

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

Wavves makes a splash

BY KATE NALEPSKI
STAFF WRITER

Psychedelic-rock group Wavves is back with its fifth release, ‘V.’ The album has fans hopping and guessing about Nathan Williams, the face of Wavves and their favorite emo artist. ‘V,’ released Oct. 2, features a perfect balance of passive-aggressive lyrics and flowing guitar solos.

The first track, “Heavy Metal Detox,” sets the tone for the rest of the album. Though it suggests negative, complaining lyrics to follow, such as “I hate I lived too long! Why does my head hurt?” the album balances stereotypical pop-punk lyrics with complementary positive lyrics like “It only gets bet- ter” in “Pony.” In at least three different songs off ‘V,’ Williams makes melodic complaints about his head pain, evident in “All The Same.” “My Heart Hurts” and “Cry Baby.” It’s hard to determine if Williams is being honest with his audience or if he is using this common theme as a technique to hint at his frustration with the music industry.

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

Album tells the story of producer’s journey

BY CECILIA MORALES
CONTRIBUTING WRITER

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

“Stories” presents itself as a collection of musical diary entries, with each song describing a different facet of life’s struggles. Songs like the fourth track, “Ten More Days,” depict a more raw feeling than Avicii’s feel-good summer anthems while maintaining his usual electronic music style. Lyrics like “I’m torn between fulfilling my wild- est dreams / To satisfy the beast inside of me” capture an inner conflict and a sense of frustration, giving listeners a different yet amazing taste of Avicii’s lyrical ability. While the song’s idiosyncratic synths and blurry vocals ring true to Avicii’s signature sound, the song also captures a soulful vibe with the introduction of smooth, wah-wah guitar sounds riffing throughout the chorus.

The entire album incorporates retro styles to complement Avicii’s matured synths, which provide an enjoyable beat in the second track on the album, “Heavy Metal Detox,” which uses a hard snare and a wave of electronic arpeggios to create a funky trap sound.

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

“VICTORIOUS” Panel At The Grammys

BY KATIE RUNYEON
STAFF WRITER

Avicii released his latest track, “VICTORIOUS,” on Sept. 20. The song features Julia Holter as a headbanging anthem, complete with guitar riffs, drums and lead singer Brandon Lee’s vocals carrying the song along.

“WAKE UP” Panel At The Grammys

BY KATIE RUNYEON
STAFF WRITER

American rock band Panic! At The Disco released their latest track, “WAKE UP,” their newest single, on Oct. 2. Backed by driving synth beats, the band sings to a potential love interest about finally starting a relationship together.

“PLAYER” Panel At The Grammys

BY KATIE RUNYEON
STAFF WRITER

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

COMPILED BY CIELA CALACAL

QUICKIES

“WAKE UP” panel at The Grammys

Virgin EMI Records

American rock band Panic! At The Disco released their latest track, “WAKE UP,” their newest single, on Oct. 2. Backed by driving synth beats, the band sings to a potential love interest about finally starting a relationship together.

“PLAYER” panel at The Grammys

RCA Records

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

Album review of “Stories” by Avicii

Spinnin’ Records

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

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

BY LAUREN MURRAY
CONTRIBUTING WRITER

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

Athletic training is one of the most time-consuming bachelor’s degree programs at Ithaca College based on the students’ heavy workload. Participating in a varsity sport also requires an immense amount of time and dedication. Roughly 250 students out of about 7,000 undergraduates on campus embrace the challenge of doing both.

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

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

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

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

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

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

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

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

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

“The only things I try to avoid are classes after 5 because that’s when I either have to go to my sport assignment or have crew practice,” she said.

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

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

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

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

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

“As a collegiate athlete, we’re able to participate during our traditional sports season. But when in season, you’re expected to be doing all your AT duties like going to practice and working in the clinic,” Anania said.

“So the only real conflict is with preseason and offseason, which, depending on the sport, you may not be able to go to all of your preseason and offseason workouts.”

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

“I stay on top of my work and schedule everything out so I know when work has to be done by and what tasks I need to get done,” Durr said.

“The one thing that might be difficult is making sure I get the required hours for the major during the fall semester when I am in season because I do not work with a sport like fellow students.”

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

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

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

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

“It’s just a great place to play and for,” he said.

“It’s just an awesome experience to have everyone from all the different sports support you and say ‘We have got your back.’”
**STANDINGS**

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**Football**

**Women’s Soccer**

**Golf**

**Sculling**

**Cross-Country**

**Volleyball**
Sophomore Iza Mocarski serves during a volleyball game at the Tucker Tennis Academy in Tulsa, which began playing tennis at 8 years old while enrolled in level tennis. "It’s not surprising, though. The Tulsa, from someone so new to collegiate tennis."

Assistant coach Jordan Smith said Lair’s transition to the college game has been a smooth one. "Sophomore club volleyball player Leanne Sweeney said

"You will see her working hard at the club taking private lessons, group drills, running, gym... to be the best player she could possibly be," he said. Lair said her commitment to and passion for the game of tennis," said Smith. "She’s an extremely hard worker, so she always brought her best to the court."

Sophomore volleyball player Jeanne Sweeney said

"She has earned it in practice through challenge matches," Smith said. "And we are also very com- mitted to the college game," Mocarski said. "I feel like the team has a great chemistry this year, which is helping us play well together on the court and have a lot of fun in the process," Mocarski said.
If there’s one thing sophomore cross-country runner Denise Ibarra knows, it is that giving up is never an option. Even despite a five-month-long hiatus due to an ankle injury in her junior year of high school and competing as the only female in her senior season of cross-country, Ibarra knows what it takes to get to, and stay at, the top.

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

Ibarra started running because of an injury, she said. “I was in really bad shape, to the point where I couldn’t do more than 10 minutes or I’d be out of breath,” Ibarra said. “Not having anyone to run with definitely made me feel alone, I always worked out by myself. My coach was great, and he really pushed me and gave me the ‘oomph’ that I needed.”

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

Ibarra said at first she was reluctant to run with so many unfamiliar faces around her, but over time she became more comfortable with it. “I was very nervous to be exposed to a team and have girl teammates to run with, but I think once the season started, my mindset was much better,” Ibarra said. “I learned to enjoy it and take advantage of the new teammates, having people to run with and pull me along with them.”

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

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

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

“Being a sophomore and on the top of the team, she’s become quite a leader of sorts,” Dinan said. “Her attitude and determination are incredible attributes of a leader for our team.”

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

“Ibarra has made her mark as a Bomber thus far, most recently placing first for the Blue and Gold and placing 38th overall at the Mike Woods Invitational at SUNYIT on Oct. 3. She finished with a time of 22:53.3 — 1:57 faster than her time from the same race last season.”

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

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

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

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

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

“You get to overcome your personal barrier,” Ibarra said. “I worked with mental — the fact that I stayed in it, didn’t give up and pushed through after that had been my injury. My biggest asset was as a runner. Even in races where I don’t feel good, I can still mentally push, and the mental strength I have now is what I got from all of that.”

BY JOELLE GOLDSTEIN
STAFF WRITER

Field hockey team scoops up adept assistant coach

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

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

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

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

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

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

MO: It is a lot of fun coaching because I worked with Kafow, who is run by [Olympian Lauren Powley]. She played in Beijing and was able to share a lot of her experiences with me. She has a very deep understanding of the game, and I am getting there, but I would not have even been able to brush that surface without her. We did a lot of indoor games at [Kafow], so it was very precise. The indoor game makes you really focus on basic skills and ball movement. I think that really helped me to narrow down things and be able to pinpoint issues and focus on them a little bit better.

KOC: Are you a goalkeeping specialist, so how is the atmosphere in practices with so few goalies to work with?

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

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

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

NOT SportsCenter
@NOTSportsCenter
BREAKING: The #Bears have traded Jay Cutler to Chicago Middle School for two pencils and an eraser to be named later.

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

NOT NBA Tonight
@NOTNBATonight
LeBron went back home to Cleveland. Melo went back home to NY. Derrick Rose went back home to the surgery table.

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

Top Tweets

by the numbers

31
The number of kills the volleyball team had in its 3–0 victory over the SUNY Fredonia Blue Devils on Oct. 3.

17
The number of shots the women’s soccer team collected in its 1–0 double-overtime victory over Houghton College on Oct. 3.

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

17
The number of shots the women’s soccer team collected in its 1–0 double-overtime victory over Houghton College on Oct. 3.

The foul line

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

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

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

The Jets ultimately defeated the Dolphins 27–14.

They said it

BART SCOTT

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

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

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

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

Did you know?

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

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

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

The Jets ultimately defeated the Dolphins 27–14.
GOT LEFTOVER APPLES FROM APPLEFEST? USE THESE HANDY RECIPES TO INCORPORATE UPSTATE NEW YORK’S FINEST FRUIT INTO EVERY MEAL

BREAKFAST
APPLE-OVEN PANCAKE
SOURCE: YELLOW BLISS ROAD

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

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

LUNCH
APPLE HARVEST SALAD
SOURCE: LIFE MADE SIMPLE BAKES

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

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

DINNER
SAUSAGE, APPLE, CHEDDAR MAC ’N’ CHEESE
SOURCE: KATIE AT THE KITCHEN DOOR

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

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

DESSERT
MINI CARAMEL APPLES
SOURCE: MYLITTER

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

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

COCKTAIL
CARAMEL APPLE SANGRIA
SOURCE: KIMBERLY SNEED/A NIGHT OWL

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

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

COCKTAIL
APPLE CIDER MARGARITA
SOURCE: HOW SWEET EATS

Ingredients
- 1 ounce Grand Marnier
- 1 ounce gold tequila
- 5–6 ounces sweet apple cider

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