

THE ITHACAN

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IN A FOG

For some students, the dreary weather during the winter months can cause seasonal depression.

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MAKING A SPLASH

Junior transitions from coxswain to rower to help the men's rowing team excel this season.

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SENATE SCRAMBLE

The SGA has waited too long to enforce its attendance policies more strictly, resulting in dismal engagement.

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YOUTH AND POLITICS



From left, freshmen John Bourdelais and Emma Lewis show their support for their respective presidential picks, Republican candidate Donald Trump and Democratic candidate Bernie Sanders. SAM FULLER/THE ITHACAN



Ithaca senior will pursue political office

BY MARK PROWSE
STAFF WRITER

Elijah Breton, a senior at Ithaca College who double majors in sports studies and communications studies, recently announced he will be running for District 65 of the Maine House of Representatives in the November 2016 election season.

Breton is adding his name to a growing list of politically engaged young people coming out of the Ithaca community. In addition to the well-known example of Ithaca Mayor Svante Myrick, the second youngest mayor in New York state at the age of 29, young politicians like Nate Shinagawa, who served as Congressional nominee and Tompkins County legislator starting his political career at age 21 and Cornell University sophomore Elie Kirshner, who ran to represent District 4 of the Tompkins County Legislature in the fall of 2015, are changing the profile of area political candidates.

Huffpost Politics published a list last year profiling the youngest legislators in the United States, the youngest of whom was 19-year-old Saira Blair of the West Virginia House of Delegates. Twelve other politicians were mentioned, falling in a tight age range between 22-year-old André Bumgardner of Connecticut and 25-year-old Sarah Laszloffy of Montana.

Breton, 21, is running against Ellie Espling, the incumbent candidate for District 65 and the House's assistant Republican minority leader. Espling is currently serving her sixth year and third term as a Maine state representative.

Breton said his youth is one of his

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Young voters hold influence in elections

BY EVAN POPP
STAFF WRITER

In perhaps the most dramatic presidential election cycle in recent history, which features a demagogic billionaire and a self-declared Democratic Socialist competing against more traditional politicians, it is not unusual while walking around Ithaca College to hear talk centered around the Democratic and Republican presidential primaries.

"I think this 2016 election has probably been one of the most interesting in at least the past 100 years," sophomore and *Ithacan* columnist Kyle Stewart said. "Definitely in my short lifetime of 20 years."

This interest is translating into increased youth voter turnout thus far in the primaries compared to 2008, the last year both Democrats and Republicans held contested presidential primaries, said Kei Kawashima-Ginsberg, director of the Center for Information and Research on Civic Learning & Engagement. CIRCLE, a group based out of the Jonathan M. Tisch College of Citizenship and Public Service, concentrates on "the political life of young people in the United States, especially those who are marginalized or disadvantaged."

However, Kawashima-Ginsberg said the increase in youth voter turnout isn't consistent among both major parties. While Vermont Sen. Bernie Sanders, who is running for the Democratic nomination, has been the largest recipient of the youth vote thus far this election cycle, according to CIRCLE data, Kawashima-Ginsberg said youth voter turnout among Republicans, not Democrats, is where the real increase is.

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NATION & WORLD

Panama scrutinized for data leak

Panamanians have long shrugged off their country's checkered reputation as a financial haven for drug lords, tax dodgers and corrupt oligarchs. They like to joke that if they're crooks, they've learned it from the world's wealthy nations.

That same defensiveness has re-emerged amid the fallout from the leak of 11.5 million confidential documents from the Panama-based law firm Mossack Fonseca revealing details of how some of the globe's richest people funnel their assets into secretive shell companies set up in Panama and in other lightly regulated jurisdictions.

Panama cemented its status as a money laundering center in the 1980s, when dictator Gen. Manuel Noriega rolled out the red carpet to Colombian drug cartels. It has remained a magnet for illicit money, as well as for legitimate funds, because its dollarized economy sits at the crossroad of the Americas. Breakneck economic growth averaging 8.5 percent a year for a decade has been fed by the flood of cash, transforming the capital's skyline into Latin America's Dubai.

Pope to visit Greece to highlight plight of refugees and migrants

Pope Francis and Ecumenical Patriarch Bartholomew, the spiritual leader of the world's Orthodox Christians, will visit the Greek island of Lesbos next week to highlight the plight of refugees, the Greek government said, as refugees and other migrants are being deported back to Turkey under the European Union's controversial program to ease Europe's migrant problem.

Under the EU's deal with Turkey reached last month, those arriving on Greek islands from March 20 onward who do not apply for asylum in Greece or whose application is rejected or

deemed inadmissible will be deported back to Turkey. For every Syrian returned to Turkey, another Syrian there will be relocated to a European country.

But after the initial return of 202 people April 4 from the islands of Lesbos and Chios, most of the roughly 4,000 people earmarked for deportation were submitting asylum applications, leading to delays in the system.

No deportations were carried out April 5, and a Turkish interior ministry official said no further returns were expected until April 8.

Francis, the son of Italian immigrants to Argentina, has been outspoken about Europe's moral obligation to welcome refugees, and his visit to Greece will likely embarrass EU leaders already under fire over the deportations.

Baby elephant born in Prague

The Prague Zoo has announced the arrival of the first elephant both conceived and born at the zoo. Zoo director Miroslav Bobek said the mother, Janita, gave birth to the 104-kilogram, or 230-pound, male calf — her first — early April 5. It has yet to be named.

Among mammals, elephants have the longest pregnancy, almost two years. Janita came to the zoo in 2012 from Sri Lanka.

Janita was separated from the calf for an hour after showing signs of aggression, which is not uncommon for elephant mothers after the birth.

Today, the first visitors will be allowed to see the baby elephant.

China restricts North Korea trade

On April 5, China banned most imports of North Korean coal and iron ore, the country's main exports, in a significant increase in pressure on the country under U.N. sanctions against



Environmental activist in Honduras killed

Laura Zuniga Caceres uses a megaphone to call on protesters to demand justice over the murder of her mother, leader and environmentalist Berta Caceres, as they vandalize and hang banners at the prosecutor's office April 5 in Tegucigalpa, Honduras. Caceres was shot to death by attackers who broke into her home.

FERNANDO ANTONIO/ASSOCIATED PRESS

its nuclear and missile tests.

China buys an estimated two-thirds of impoverished North Korea's exports, making Beijing's cooperation essential for trade penalties approved by the U.N. Security Council last month to succeed.

North Korean leader Kim Jong Un has intensified nuclear activities in defiance of U.N. sanctions, conducting his country's fourth nuclear test explosion in January and test-firing missiles.

In a sign of growing frustration with its ally, China signed onto Security Council sanctions last month that include mandatory inspections of cargo bound to and from North Korea. The

council called on all countries to "redouble their efforts" to enforce the sanctions.

The latest Chinese restrictions ban most imports of North Korean coal, iron ore, gold, titanium, vanadium and rare earths — a key revenue source for the mineral-rich North Korea.

China's Ministry of Commerce said some imports for civilian use will be allowed so long as they are not connected to nuclear or missile programs. It gave no indication of how large purchases covered by that exception might be.

The announcement also banned sales of jet fuel to North Korea but said aircraft would be allowed to refuel during flights to China.

SOURCE: ASSOCIATED PRESS

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Tug for Tim: A Year Cancer-free

Junior Tim Conners held an event where he told his cancer survival story, and celebrated his milestone of being one year cancer-free.

Snap Judgment: Sodexo Food

Students give their opinions on the Sodexo food available in the Ithaca College dining halls.

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SGA faces lack of engagement



From left, seniors Kyle James and Dominick Recckio attend an SGA meeting. SGA attendance has decreased this semester. KYLE ARNOLD/THE ITHACAN

SGA SENATE BY THE NUMBERS

FALL 2015 9 BILLS PASSED

SPRING 2016 1 BILL PASSED

LAST SEMESTER... THEY DID NOT MISS QUORUM.

THIS SEMESTER... THEY DID NOT MAKE QUORUM 3 TIMES.

BY JUSTIN HENRY
STAFF WRITER

Ithaca College's Student Government Association has seen a decrease in senate attendance and bill proposals during the spring semester.

Over the course of the semester, the SGA Senate has inducted seven new senators, raising the number of sitting senators from 11 to 18 of the 25 available seats. However, senate attendance has remained low, inhibiting SGA progress. Additionally, the number of bills passed has dropped from nine during the fall semester to one in the spring semester.

Because of low senate yields at the first two meetings of the semester, SGA President Dominick Recckio postponed the vote to induct senior Matilda Thornton-Clark to the vice president of campus affairs position for two consecutive meetings.

"To be transparent, the reason why we didn't vote, in my mind — why we made the split decision to say 'No, we'll wait' — was I didn't think we had enough senators," Recckio said at the Feb. 1 meeting.

Since then, low senate attendance has resulted in three meetings in which the SGA did not meet quorum — a two-thirds senate attendance required by the constitution for any voting to occur — compared to none in the fall semester.

Because seven senate seats were still vacant, the executive board planned to propose two senators at the March 7 meeting, but the SGA did not meet quorum; thus, the meeting could not be called to order.

The Senate voted to reduce quorum at the March 21 and 28 meetings in anticipation of senators' leaving before the meetings

were over. The constitution allows the Senate to vote to reduce it if enough senators are present at the beginning of the meeting.

After the March 28 meeting, when the Senate did not initially meet quorum for the third consecutive meeting, Recckio said he was frustrated by this semester's Senate's lack of involvement.

"I'd say this is one of the least engaged senates in years," Recckio said.

Class of 2018 Sen. Theophilus Alexander said he thinks the decline in senate engagement is due to many senators' putting more time into their academics and therefore missing meetings. In addition, Alexander, Recckio and Thornton-Clark said the young Senate may be hesitant to participate in the governing process.

"If a senator is new, they may be

nervous or shy to even attend a meeting," Thornton-Clark said. "I think senators see that there are no bills being proposed, so they think, 'Oh, this must not be an important meeting.'"

The SGA has passed one bill this semester — the open textbook bill — compared to passing nine bills last semester, which included the PEACE bill, the shared governance bill and the no confidence bill.

Several SGA members said the decline of bill proposals is due to confusion in the Senate on how to propose a bill. The old process required senators to print and fill out a form on the SGA website. The new process requires senators to submit a proposal on the SGA OrgSync Web page. Class of 2019 Sen. Thomas "TJ" Horgan said many of the new senators may not fully understand their role in the legislative process, hindering the "cohesiveness" of the Senate.

"In terms of bill proposals, I think you would have to chalk it up to a young senate," Horgan said. "I don't think it should correlate, but less experience may affect senators' confidence when going about navigating the proposal process."

Many members of the SGA said the lack of senate participation is due to having inexperienced senators. Recckio said most of the bill proposals in the fall semester came from the executive board and that they set a precedent for the Senate to expect the executive board members to be the sole legislators.

"We need to do a better job of empowerment, getting senators to feel empowered to craft legislation and build on what's been going on this semester," Recckio said.

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IC to feature sustainability in updates

BY KYLE ARNOLD
ASSISTANT NEWS EDITOR

Ithaca College is incorporating sustainability into its efforts to address \$188 million of deferred maintenance.

As a result of an aging campus, the college has seen a buildup of deferred maintenance, which has exceeded \$200 million in recent years. Deferred maintenance covers issues like cracks in concrete, or loose handrails or aging mechanical equipment, grouping projects into an agenda according to when they should be finished.

Tim Carey, associate vice president for facilities, said he sees deferred maintenance as an opportunity.

"The deferred maintenance project list that we are pursuing — it does provide an opportunity to incorporate sustainability," Carey said.

“Is there a more sustainable option, a more energy-efficient option?”

—Jerone Gagliano

Carey said the Office of Energy Management and Sustainability now reports to him in a new reporting structure. Jerone Gagliano, director of energy management and sustainability, said he is now personally involved in decisions that were formerly just made by the Office of Facilities.

"I look at deferred maintenance and things coming up this summer ... and say, 'Are there any things we're planning on replacing ... and if so, is there a more sustainable option, a more energy-efficient option?'" Gagliano said.

Gagliano said, for example, he will be involved in the replacement of the boilers in Job Hall as well as numerous other boilers in the Towers Dining Hall, James J. Whalen Center for Music, Alumni Hall, the Dillingham Center, the Campus Center, the Gannett Center and others.

Over the summer, the college will be replacing old lighting with more energy-efficient LEDs as a part of annual classroom updates — an annual modernization of classrooms, which includes the replacement of carpeting, ceiling tiles, whiteboards and more.

Carey said, the college has commenced a project to update lighting with LEDs in the Gannett Center, which is open for the majority of the week. He said the project will reduce lighting costs by 70 percent.

In addition to several updates to mechanical systems on campus, the envelope systems — physical separators between the conditioned and unconditioned environment, such as windows, roofs and walls — will be updated as well. Carey said there are numerous windows that need to be updated to be double-pane, which insulate more efficiently than single-pane.

Carey said deferred maintenance is providing the college with opportunities to make it more sustainable as a whole.

"We've got all of this deferred maintenance that we need to do. It just makes great sense to make sure we're paying attention to both as we pursue the deferred-maintenance agenda," Carey said.

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SGA Senate fails to pass three bills

BY JUSTIN HENRY
STAFF WRITER

At the April 4 Student Government Association meeting, members of the Ithaca College student senate put forward three bills, none of which moved past the proposal stage.

The SGA has yet to pass more than one bill during the Spring 2016 semester as of the April 4 meeting, a drop from the nine bills passed in the fall semester.

At the April 4 meeting, SGA senators proposed three bills that were each criticized for providing insufficient research. Each bill was either tabled for a future meeting or voted down.

SGA President Dominick Recckio said ineffective bill proposals are a result of the new bill proposal process included in the Spring 2015 reform of the SGA constitution. Compared to the old bill proposal process that allowed for bills to be passed with only marginal supporting research, the new process requires concrete data and facts.

Proposed by Class of 2017 Sen. Tim Conners, "Tobacco Free IC" resolves to make the campus tobacco-free by the 2017–18 academic year. Conners said the tobacco-free bill is consistent with the college's efforts toward environmental sustainability and community health.

"It's not the idea that you're attacking people for smoking. It's just saying, 'Here's the trend, here's the facts,'" Conners said. "People also have the right to not

be infringed on by tobacco."

The Senate voted 10–5 against the bill.

Class of 2016 Sen. Matilda Thornton-Clark said she didn't support the bill because it lacked provisions to assist smokers in quitting.

"It was all punitive," she said.

Class of 2019 Sen. Thomas "TJ" Horgan said he didn't trust the Office of Public Safety to fairly enforce the bill.

"Campus safety has proven themselves incapable to enforce these rules in a uniform and unbiased manner," he said.

Conners said the committee created by the bill would initiate enforcement and provide aid for campus community members looking to quit smoking.

The second bill, proposed by Class of 2018 Sen. Theophilus Alexander and International Sen. Attila Mendli, sought to add a location in the Campus Center for Grab and Go and extend its hours. The Senate unanimously voted to table the bill for the next week so Alexander and Mendli could include more research in the bill.

The bill was criticized by Senator-at-Large Ezeka Allen for lacking research about the transitional issues the bill would pose for Sodexo.

Recckio said Alexander and Mendli could have raised the issues in the bill to the Food Service Advisory Committee.

"The research wasn't in the bill. The bill only made a committee," he said. "The Food Service Advisory



Class of 2018 Senator Theophilus Alexander proposed a bill to add a location in the Campus Center for Grab and Go.

KYLE ARNOLD/THE ITHACAN

Committee already exists."

The third bill, proposed by Mendli, aimed to create a Sodexo Healthy Food Advising Committee that would address an alleged lack of vegan, vegetarian, organic and healthy options in the dining halls. The Senate voted in a 13–2 vote to table the bill for a future meeting so Mendli could solicit more information from Sodexo.

Senate Chair Marieme Foote said the stricter bill proposal process revealed flaws in proposals that would not have been caught in the old process.

"Now we're looking for a lot

more ... contact with people who work in those fields," she said.

Thornton-Clark said a lack of effective bill proposals at the meeting is because many of the senators are unaware of the demands.

"I think a lot of the research involves talking with administrators on campus, and senators may be wary about that, or the administrators aren't responding as much," she said. "Also, they might not know that they need to do that to prove their bill is sufficient."

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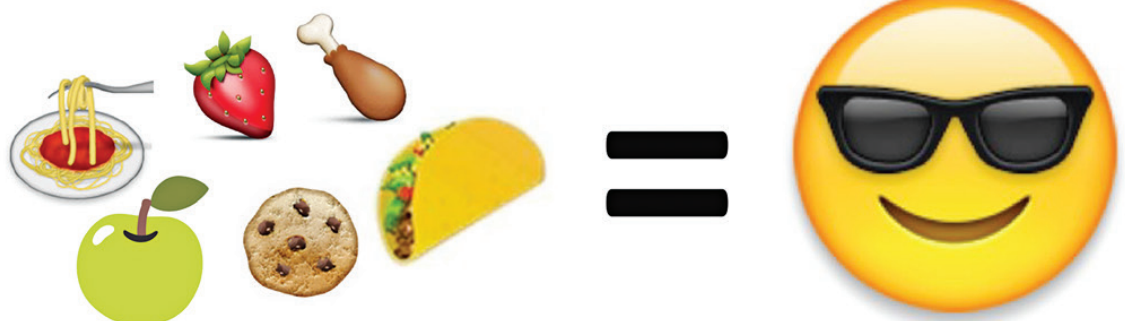
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Debate team competes in Jamaica



Three members of the Ithaca College speech and debate team were able to travel to Montego Bay, Jamaica, to participate in a debate. Members of over 70 international teams sat in the auditorium to watch other groups spar in a Worlds Style Debate March 24–28.

COURTESY OF ZACHARY LISIEN

BY ADDIE DLOTT
CONTRIBUTING WRITER

Members of the Ithaca College speech and debate team were able to travel to Montego Bay, Jamaica, to participate in the Pan American Universities Debating Championship to compete in a Worlds Style Debate.

Juniors Zachary Lisien, Timothy Conners and James Dellasala attended the tournament, which took place March 24–28 and pitted them against over 70 international teams. At this tournament, Conners and Dellasala participated as debaters, and Lisien was sent as a judge.

The team placed 68 of 74. However, for speaker points — a ranking of how effectively and eloquently the debater presents arguments to a judge — Conners and Dellasala received 119 out of 148, Lisien said.

“Even though they didn’t place overall well, they did better in speaker points than in placement,” Lisien said. “It was fun. We learned a lot. The weather was nice, and the drinks were cold and refreshing.”

Conners said the tournaments are about the

experience and networking.

“It’s such a great learning experience,” Conners said. “Not only to network with other teams from all over the country, but also, you just learn so much. You hear these top-level debaters. They don’t just send anyone to Jamaica.”

This is the second year the team has participated in the Pan American Universities Debating Championship, which is a debate championship for teams at universities in North and South America and the Caribbean regions. Senior Sean Themea, president of the speech and debate team, found the tournament last year when it was held at the University of Miami.

In a Worlds Style Debate, students cannot prepare for their debates, as the topic is given 15 minutes before the debate begins. In that time, the team must plan its argument before it speaks.

The tournament features speech and debate in both English and Spanish, and countries including Argentina, Bermuda, Canada, Chile, Mexico, Peru, Venezuela and the United States participate.

“It’s a bilingual and cultural experience,” Themea said.

Scott Thomson, director of forensics and assistant professor of communication studies, has been coaching the college’s team for 15 years and is proud of the team’s accomplishments for the 2015–16 school year. Forensics is the study of formal debate and argumentation.

Thomson said the trip was made possible by the funding from the communications studies department and the Student Government Association. The team will attend this tournament annually if it can get the funds, Themea said.

The team has traveled all over the country and world to participate in tournaments throughout the school year. It attends about 12 tournaments per year, Thomson said. The team has between 15 and 20 members this semester.

Past tournaments have taken place in Manchester, New Hampshire; Boston; Toronto; Rochester, New York; and Moscow.

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First-gen panel shares experiences

BY ANNIE ESTES
STAFF WRITER

Many first-generation college students deal with roadblocks during their college career, but their struggles are often overlooked, according to panelists who discussed their experiences at the First-Generation Faculty and Student Discussion Panel at noon March 31.

The panelists were Fae Dremock, assistant professor of environmental studies and science; Jeane Copenhaver-Johnson, interim associate dean of the School of Humanities and Sciences; Paul Hesler, director of principal gifts; Leslie Reid, manager of student accessibility services; and junior Omar Stoute. The panelists talked about their experiences as first-generation students at Ithaca College and how that has shaped who they are today.

The panel, which attracted an audience of about 30 attendees, took place in the Taughannock Falls room of the Campus Center. Five Ithaca College students attended, and the rest of the audience consisted of members of the college faculty and staff. The event was coordinated by Elizabeth Bleicher, associate professor in the English department, who said she has a broad definition of a first-generation college student.

“It means your parents or guardians did not attend college, did not graduate, obtained certification or a degree from a night school or vocational school, or lived at home and commuted,” Bleicher said. “For me, it is very much about the alien landscape of a four-year, residential college experience.”

Roger Richardson, associate provost for diversity, inclusion and engagement and interim chief diversity officer, asked questions to start off the panel, and a Q&A followed.

The panelists discussed several aspects of being first-generation students: difficulties they faced, points of pride, and advice for current first-generation students.

Stoute said that when he first got to college, he was under pressure as either the first to fail or the first to succeed. He said that at first, he was working mostly for his family, and finding intrinsic motivation helped him to find his passion.

The panelists said first-generation students deal with obstacles such as finding their own sense of identity, feelings of isolation and pressure to succeed.

Bleicher said her experience as a first-generation student inspires her to reach out to current students as a mentor.

“What all first-generation students share is a desire to learn,” Bleicher said. “That can take the form of an unstoppable drive because they do not take college for granted.”

The college has previously addressed first-generation students with the project “From First Gen to the Front of the Room,” launched by faculty and staff members during the Fall 2015 semester. The project, coordinated by Bleicher, was designed to create a dialogue among first-generation students.

Richardson, who himself was a first-generation student, said the goal of the panel was to spread awareness of struggles that first-generation students face and to help students find faculty and peers who can help them. He said he hopes to use his own experiences to help other students succeed.

Junior Nigel Nelson said he was inspired by the success of the panelists.

“It’s amazing to me that they keep that success going with everything that could have possibly gone wrong,” Nelson said.

Bleicher said she hopes to use this momentum to create future programs.

“So many have said, ‘If I had known they had been through what I was going through and been successful, it would have made me feel like what I was trying to do was so much more possible,’” Bleicher said.

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Senior business major wins dean’s award

BY ANNIKA KUSHNER
STAFF WRITER

On many school nights, Amanda Lee, a senior with sleek red hair, can be found in Ithaca College’s School of Business poring over her laptop and rapidly typing notes, organizing Excel documents and managing work for numerous clubs.

Lee, a business administration major from Jamesville, New York, is involved in almost every facet of the business school. She participates in the college’s chapter of the American Marketing Association; she is a peer career adviser, a national analytics team competitor, a business tutor, a dean’s host and a member of the senior cabinet’s professional development committee.

Sean Reid, dean of the business school, recently recognized Lee for these accomplishments with the Dean’s Leadership and Distinguished Service Award. She was one of three recipients. Lee said she was presented with the award when she was preparing for a presentation.

“The deans walked in, and I was like, ‘Oh my God — are we going to have to present to the deans?’” Lee said. “It was really nice to be recognized.”

Lee said she has always enjoyed maintaining a busy schedule.

Of her college extracurriculars, Lee’s most prominent involvement has been with the AMA, of which she is now co-president. She joined the organization her sophomore year, then became vice president of finance her junior year — though her concentrations are in management and marketing, very different from finance.

“I didn’t really see myself in that

position, but I learned so much about finances and the importance of keeping track of stuff,” Lee said. “I think if I didn’t have that background, I wouldn’t have been as successful in the position I have this year.”

Scott Erickson, professor and chair of the Department of Marketing and Law and adviser of the AMA, said Lee really stepped up in taking the role and ended up doing “a great job.”

“She’s a forceful personality,” Erickson said. “She’s very effective in getting things done kind of quietly.”

Senior Mallorie Azzolini, a member of AMA and a friend of Lee’s since their freshman orientation, said Lee is a very personable leader and makes an effort to connect with everybody in the organization.

“I feel like she’s made herself approachable,” Azzolini said. “She’s not just a leader figure. She actually engages with everybody in the club.”

In addition to the AMA, Lee has worked as a peer career adviser since her sophomore year. Peer career advisers are volunteers trained to assist students with job searches, resumes and interview preparation.

“People come in sometimes and are really stressed out,” Lee said. “They’re like, ‘I’ve never been here. I don’t know what I’m doing. I don’t even have a resume.’ ... And it’s really good just calming them down and saying, ‘We can help you. Don’t worry.’”

Reid asked Lee and three others to prepare for a national competition in analytics. The competition involves analyzing over 40,000 rows



Senior Amanda Lee, a business administration major, was recently given the Dean’s Leadership and Distinguished Service Award.

ANNIKA KUSHNER/THE ITHACAN

of data and preparing a presentation.

Senior Lisa Famularo, a friend of Lee’s, described her as outgoing and detail-oriented. Famularo is also part of the analytics team and said Lee is leading their research.

“She never misses anything,” Famularo said. “She’s able to pick up on all the details of a situation. ... She also loves to laugh ... which is great both for herself and the people around her.”

Erickson said many students participate in extracurriculars for the purpose of “filling in slots on the resume,” but that Lee is not one of them.

“It’s really about what can she do to help the School of Business,

what can she do to help students and what can she do to help the college,” Erickson said.

Lee has a job lined up with Amazon next year, though she is unsure where she will be located. She said she would encourage underclassmen to get as involved as they can.

“I think Ithaca is a great place for getting involved in extracurriculars and conferences and competitions — everything,” Lee said. “I think it expands on what you learned in the classroom. You learn about yourself in the process.”

CONNECT WITH ANNIKA KUSHNER
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Speaker explores new African Jewish groups

BY GIANNA FOLZ
CONTRIBUTING WRITER

Author Marla Brettschneider explored the question “What does it mean to be Jewish?” when speaking to Ithaca College students and faculty on Jewish communities in Africa.

The talk, which was attended by 25 students and faculty, focused on communities in Africa that have newly been introduced to Judaism and the relations between these communities and ones in North America, Europe and Israel. It took place at 7:30 p.m. March 31 in the Park Center for Business and Sustainable Enterprise.

“Literally in every region — Western Africa, Central Africa, Eastern Africa and Southern Africa — there are a variety of these communities,” Brettschneider said to the audience. “I am making an attempt to make sense of interactions which have vexed me and many others, such as how global northern, in often western modes, dominates the landscape.”

Brettschneider, who has made multiple research trips to Africa, said the purpose of the talk was to let people know that in sub-Saharan Africa, there is a wide-ranging Jewish-related phenomenon in which millions of people in Africa have converted to a type of Judaism in the last hundred years.

She touched on issues of imperialism and colonialism in an international context and examined them using a Jewish frame to explore issues of global North and South dominance.

The topics brought up in her talk all stem from her newest book, “The Jewish Phenomenon in Sub-Saharan Africa: The Politics of Contradictory Discourses.”

“Usually, when I am done with a book, I kind of want nothing to do with the subject, but this has been so different in so many ways,” Brettschneider said during the discussion.

Brettschneider is an author of four other books of topics almost all coinciding with Jewry, the term for Jewish people collectively.

Rebecca Lesses, a colleague of Brettschneider’s



BRETTSCHNEIDER

and associate professor and Jewish studies coordinator at the college, coordinated and headed the event.

Lesses said Brettschneider was brought to the college to give this speech because of her important writings and the perspective they offer.

“She is a prolific writer,” Lesses said. “She brings her critical, politically aware perspective on this.”

Lesses said the talk opposes a commonly held notion that all Jews are from Europe.

“It challenges the view that all Jews are all of one particular background,” she said.

In the audience was Marcia Zax, the board chair of the Ithaca Area United Jewish Community. She said she dislikes the idea that a person’s race, background or appearance can dictate the validity of their religious beliefs.

“I reject that,” she said. “I think that it is completely wrong, and I don’t see that the African people’s Judaism as lesser than mine.”

Earlier that day, Brettschneider spoke in the class Contemporary Jewish Identities: Gender, Race and Power about race politics, queer families and Jewish lives — relating to a book she wrote on the same topics, describing her experience as queer, Jewish and in an interracial family. Some of the students from that class also attended the talk.

Freshman Segaro Bozart, a member of the class, said Brettschneider allowed him to think about new ideas.

“It really made me realize how little I know about the world and about people and cultures everywhere,” he said.

Freshman Nnebundo Obi also attended the event.

“I really liked this talk because, as an African, I had only previously heard about black Jews once before,” she said. “It was interesting to learn how the Jewish religion had come to form various different expressions of Judaism in various countries.”

In addition to being an author, Brettschneider is a professor of political science and women’s studies at the University of New Hampshire. She coordinates the queer studies program there as well.

CONNECT WITH GIANNA FOLZ
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Students share conference lessons on black history

MAURA ALEARDI
STAFF WRITER

After attending Yale University’s 21st annual Black Solidarity Conference in February, four Ithaca College students have shared what they learned about the black community and the history of racism.

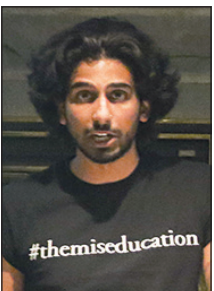
The Office of Student Engagement and Multicultural Affairs sponsored a trip for four students — juniors Brandon Paul and Arlana Shikongo and sophomores Anissa Ash and Efosa Erhunmwunse — to attend the conference in February. The conference’s theme, (Mis)Education, highlighted inaccuracies in today’s black history education.

They shared their experiences with 16 students March 31 in Klingenstein Lounge. Each student presented topics on the systematic and internal struggles people of color experience.

Shikongo’s section on mental health explained how people have historically disregarded the mental health of people of color.

Paul presented statistics on today’s incarceration rates and emphasized the fact that “it is most often about race.”

Erhunmwunse talked about the pressures people of color experience when choosing between predominantly white institutions and historically black colleges or universities.



PAUL

Following the presentation, they held a question-and-answer session, during which they explained their personal feelings.

For most of her life, Shikongo said, she has attended predominantly white institutions, so the conference was a new experience, which she wanted to share with other students. With the presentation, Shikongo said, she and her group want to start a conversation and spark an active change.

“We really just want to highlight that there has been a very huge misrepresentation of the African-American community,” she said.

Senior Alex Blanca said he appreciated the fact that they were able to bring back what they learned from the conference and share it with students at the college.

“It lets you know that people across the country are fighting the same battle, but in different ways,” Blanca said.

Senior Merry Ryer said she is grateful that the four students were able to share.

“Obviously, the miseducation is something that white society has developed our whole entire lives,” she said.

Sophomore Mieshon Walker said the fact that these students brought back the information they learned will help strengthen the community.

“This is a college that really needs healing, and we need to help people of color and people of other marginalized identities affirm themselves,” Walker said.

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Students of color find safety with professor



Derek Adams, assistant professor of English at Ithaca College, came to the college after graduating from the University of Arizona. He said the college was his first choice.

YANA MAZURKEVICH/THE ITHACAN

BY ANA BORRUTO
STAFF WRITER

Sitting on Derek Adams’ desk in the Muller Faculty Center is a copy of Percival Everett’s novel “I Am Not Sidney Poitier,” a story about a character who is consistently mistaken for Academy Award-winning actor Sidney Poitier. The character decides to travel the U.S. and discover who he is so people will stop labelling him as someone he is not.

Adams has Percival Everett on his list of black writers he admires, which includes Audre Lorde, Richard Wright and Toni Morrison. Wright’s piece “Black Boy,” Adams said, was one of the first texts he read that dealt with the issue of racial identity. From there, he eventually became interested in studying African-American literature.

“This idea of being moved between two worlds, I was always interested in what types of stories might be told about that,” Adams said.

This “two world” concept he refers to is something Adams, who is biracial, faced growing up.

“In my own youth — and this is peeling open some very painful scabs — I was discriminated against because I grew up in this all-white town,” he said. “I was the only black person in my immediate family. I never met my real father — that’s where I get this black portion of my racial identity — and being raised in a community like that, that was entirely white ... I was beaten up almost every day. I was constantly reminded of how black I was.”

Adams experienced these different “worlds” when he went from attending a mostly white school to one that had a larger black student population. He started being referred to as “Casper” and “Oreo,” which were names that, to Adams, emphasized his “whiteness.”

When Adams went to college, he took an English class where the students read “Black Boy.” Throughout college and into graduate school, Adams continued learning — mostly on his own — the materials he was interested in.

Adams said he actually failed his first college English course because of a professor who didn’t believe he could succeed academically.

“He wrote me a letter that said, ‘You won’t amount to anything as an English scholar,’” Adams said.

Adams continued taking English courses and spent seven years as an undergraduate. He said he was a better student in mathematics and politics, but later in his college career, he decided to become an English major.

“I said, ‘You know what, I’m going to do this,’” Adams said. “In part because I wanted to prove that professor wrong, I became an

English scholar.”

Adams came to the college after finishing graduate school at the University of Arizona. He put together a list of his top five schools to apply to, and Ithaca College was No. 1. He said the supportive community he came across during his visit is what sold him.

“It became an easy decision once I made it out here and had my campus visit,” Adams said. “The students are smart, intellectually engaging, asked some really brilliant and insightful questions during my teaching demonstration.”

Dan Breen, associate professor and chair of the English department, said he often hears good things about Adams from other professors in the department and from students who have taken his courses.

“One of the things that is really remarkable about Derek’s classroom is the atmosphere,” Breen said. “Derek doesn’t assign easy stuff. Not only is it difficult in kind of a formal way, but the texts that he chooses tend to address really challenging problems and questions.”

Michele Hau, a sophomore culture and communication major, took Adams’ course The Power of Injustice & the Injustice of Power, and when it ended, she continued meeting with Adams to discuss what was going on within the campus community regarding the POC at IC movement and no confidence vote for President Tom Rochon.

“There were a lot of people who weren’t really used to talking about race, and he made the concept or the uncomfortableness really palpable and really accessible for a lot of people to understand,” Hau said.

Last semester, Adams would regularly have conversations in his office with students, some lasting as long as three hours. He said being a faculty member of color during this time was one of the most exhausting semesters he ever experienced.

“A lot of them were struggling so greatly with issues that they were considering dropping out, transferring — they were upset, they felt apathetic, they couldn’t motivate themselves to go to class, they couldn’t stop crying,” Adams said.

Adams said he does not know how helpful he was, but he was able to provide a safe space for students to express their feelings without being judged.

“I feel like if I do nothing else in this position, being available to speak to students should be the thing,” Adams said. “All of you are the ones who make this place, this sort of empty structure, into a vibrant community.”

CONNECT WITH ANA BORRUTO
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“I was beaten up almost every day. I was constantly reminded of how black I was.”

— Derek Adams

COLLEGE

Ithaca College announces firm that will find the new president

Ithaca College has announced the third-party firm tasked with finding the next president of the college.

Spencer Stuart, an international executive search firm, will assist in the search for the ninth president of the college following the planned retirement of President Tom Roehon on July 1, 2017. According to the April 4 announcement, Michele Haertel and Mary Gorman from Spencer Stuart along with the search committee will hold meetings throughout April to gather input from the campus community.

The first meeting will be April 6, which will serve to develop a strategy for how to best engage with the campus community. They also plan to meet with campus constituencies April 19–20 and with the Alumni Association Board of Directors and the Ithaca College Board of Trustees in May. Students unable to attend the meeting will be able to submit feedback electronically, according to the announcement.

College to host renewable energy discussion after climate accords

Attendees of the Paris Climate Accords and climate experts will be discussing how to stop using fossil fuels and bring renewable energy to the forefront of the economy in order to save the climate from 7–9 p.m. April 13 in Textor 102. Sandra Steingraber, a distinguished scholar in residence at Ithaca College, will be the keynote speaker. Steingraber, an attendee of the accords, will provide a summary of the agreement formed in Paris, how to implement the agreement and the general science of climate change.

There will also be five panelists at the conference. These include three representatives from the Cornell University Institute for Climate Change and Agriculture, its Department of Ecology and Evolutionary

Biology and its Department of Crop and Soil Sciences. Additionally, a representative from the civil disobedience group “We are Seneca Lake” and Thomas Shevory, a professor in the Ithaca College Department of Politics, will also be panelists.

The Ithacan finds new editor in chief

Kayla Dwyer, a junior journalism major, will serve as *The Ithacan’s* editor in chief for the 2016–17 academic year.

Dwyer, *The Ithacan’s* current opinion editor, was the only candidate for the position interviewed at the Board of Publications meeting April 5.

Dwyer has been working for *The Ithacan* since her freshman year. She has served on the editorial board as an assistant news editor, news editor and opinion editor.



DWYER

Shoot hoops for Make-A-Wish

The Ithaca College Public Relations Student Society of America will be putting on a 5 vs. 5 basketball tournament to raise money for the Make-A-Wish Foundation of Central New York. At last year’s tournament, it raised over \$2,000 and had over 250 participants. This year, it hopes to raise \$2,500.

This event will take place from 10 a.m. to 4 p.m. April 16 in the Fitness Center. Teams can have five to eight players, and the cost to participate is \$10. The fee covers food, a T-shirt and access to raffles. Students can register online at <http://bit.ly/1VkkRf>.

Expert from Colombia to discuss mental health reform in Mexico

Andres Rios Molina, an expert on Mexican and Colombian psychiatry and mental health, will be giving a talk from noon to 1 p.m. April 11 in 316 Gannett Center. Rios

Molina is a historian from the National Autonomous University of Mexico and is originally from Colombia.

This talk will be about how and why Mexican doctors began to search for alternative psychiatric treatments after the Mexican Revolution. Additionally, he will discuss the impact that cultural and clinical thoughts and attitudes had on shaping mental health reform in Mexico.

LGBT program director releases book content as free download

Luca Maurer, program director for the Center of LGBT Education, Outreach and

Services, made a section of his book “The Teaching Transgender Toolkit” free for download in response to North Carolina’s new law that impacts transgender people, their bathroom use and similar efforts that are gaining momentum in other states. The book discusses the importance of bathroom access for transgender people and provides information on how to answer questions about anti-transgender bathroom bills. It provides numerous talking points and is helpful for students and staff wishing to discuss this issue in the classroom, with fellow colleagues and peers, and in daily conversations.



Fractured Unity and Student Movements

From left, Gustavo Licon and Phuong Nguyen, assistant professors in the Center for the Study of Culture, Race and Ethnicity, discuss activism and unity April 5 in Klingenstein Lounge. Licon, the featured speaker, provided information about the Chicano movement of the 1970s as well as finding unity in student movements.

JADE CARDICHON/THE ITHACAN

Public Safety Incident Log

SELECTED ENTRIES FROM MARCH 7 TO MARCH 20

MARCH 7

FIRE ALARM

LOCATION: E-Lot
SUMMARY: Caller reported vehicle on fire. Caller extinguished fire, and Ithaca Fire Department reported cause/origin was mechanical issue. A report was taken. Master Patrol Officer Bruce Holmstock.

PETIT LARCENY

LOCATION: Gannett Center
SUMMARY: Caller reported unknown person stole laptop computer. Investigation pending. Master Patrol Officer Bruce Holmstock.

MARCH 8

CHANGE IN CASE STATUS

LOCATION: Office of Public Safety
SUMMARY: Complainant reported laptop computer reported stolen on March 7 from the Gannett Center was in fact not stolen. Larceny unfounded. Master Patrol Officer Bruce Holmstock.

MARCH 9

MEDICAL ASSIST

LOCATION: Lyon Hall
SUMMARY: 911 Center reported person feeling ill and having abdominal pains. The person was transported to the hospital by ambulance. Master Patrol Officer Dan Austic.

HARASSMENT

LOCATION: Terrace 2
SUMMARY: Caller reported physical altercation between two people over property. Investigation pending. Patrol Officer Lance Clark.

MARCH 10

LARCENY

LOCATION: Campus Center
SUMMARY: Caller reported unknown person stole backpack. Investigation pending. Master Patrol Officer Steve Rounds.

MEDICAL ASSIST

LOCATION: Peggy Ryan Williams
SUMMARY: Caller reported person feeling ill. This person was transported to hospital by ambulance. Fire Protection Specialist Enoch Perkins.

MARCH 11

CRIMINAL MISCHIEF

LOCATION: A&E Center
SUMMARY: Caller reported sprinkler leaking. Officer determined unknown person damaged sprinkler. Investigation pending. Master Patrol Officer Jon Elmore.

UNLAWFUL POSSESSION

LOCATION: Bogart Hall
SUMMARY: Caller reported odor of marijuana. Officer judicially

referred two people for underage possession of alcohol and unlawful possession of marijuana. Sergeant Terry O’Pray.

MARCH 12

UNLAWFUL POSSESSION

LOCATION: Clarke Hall
SUMMARY: Caller reported odor of marijuana. Officer judicially referred one person for unlawful possession of marijuana and violation of the drug policy. Master Patrol Officer Bob Jones.

MARCH 16

OFF-CAMPUS INCIDENT

LOCATION: All other
SUMMARY: Caller reported unknown person damaged vehicle. Investigation pending. Patrol Officer Lance Clark.

CRIMINAL MISCHIEF

LOCATION: Carp Wood Field
SUMMARY: Caller reported unknown person damaged ticket booth. Investigation pending. Patrol Officer Lance Clark.

MARCH 17

CRIMINAL TAMPERING

LOCATION: Circle Apartments
SUMMARY: Simplex reported missing smoke detector. Officer reported person maliciously

tampered with smoke detector. Officer judicially referred one person for responsibility of guest and underage possession of alcohol, and a second person was judicially referred for drug violation and tampering with fire equipment. Master Patrol Officer Dan Austic.

MARCH 18

MEDICAL ASSIST

LOCATION: Phillips Hall
SUMMARY: Caller reported person cut finger on package and is unable to get bleeding to stop. Officer provided first aid. A report was taken. Sergeant Ron Hart.

MARCH 19

SUSPICIOUS CIRCUMSTANCE

LOCATION: Circle Apartments
SUMMARY: Complainant reported door open to apartment. Investigation pending. Patrol Officer Waylon DeGraw.

FIRE ALARM

LOCATION: Circle Apartments
SUMMARY: Simplex reported fire alarm. Activation caused by burnt food. System reset. Patrol Officer Lance Clark.

MARCH 20

PETIT LARCENY

LOCATION: East Tower
SUMMARY: Caller reported

unknown person stole backpack. Investigation pending. Master Patrol Officer Steve Rounds.

SCC DRUG VIOLATIONS

LOCATION: Holmes Hall
SUMMARY: Caller reported odor of marijuana. Officer judicially referred one person for violation of drug policy. Master Patrol Officer Steve Rounds.

UNLAWFUL POSSESSION

LOCATION: Circle Apartments
SUMMARY: Caller reported person smoking marijuana. Officer issued one person appearance ticket for the Ithaca Town Court for unlawful possession of marijuana. One person judicially referred for violation of drug policy and responsibility of guest. Another person judicially referred for violation of drug policy. Three people were restricted from the campus. One person taken into custody under mental hygiene law and transported to hospital by ambulance. Master Patrol Officer Bob Jones.

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

KEY

- SCC – Student conduct code
- V&T – Vehicle and Transportation
- IFD – Ithaca Fire Department

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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

Off Campus:

- 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 R. Williams Center: Lobby, 3rd Floor
- A&E Center
- Public Safety
- Physical Plant
- Rogan's Corner
- Dewitt Mall
- Center Ithaca



***Issues every Thursday**

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- Post-Production Sound Editor, Designer, Mixer
- Editor
- Videographer, Cinematographer
- Production Office Coordinator
- Motion Graphics Designer, Producer
- Web Designer, Programmer
- Downtown Studio Manager

Read about Park Productions on our website:

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To apply, go to:

<http://www.parkproductions.org/employee-application.html>

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- Director of Finance **our website:**
- Director of Marketing <http://icthestudio.org/>

Scroll down to Executive Guidebook for position descriptions.

To apply, send an email including cover letter and resume to Carol Jennings cjennings@ithaca.edu

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ALLISON LATINI/THE ITHACAN

EDITORIALS

SGA must address issues with senator attendance

Ithaca College has never seen the level of student engagement in social issues that it has seen this year.

The same cannot be said for the students' representative body.

The Student Government Association's struggle to fill its senate seats has persisted the whole year. The election in September drew five applicants, all of whom ran unopposed, bringing the total number of senators to 11 out of 25 possible seats. What is now an even bigger problem is the SGA's lack of productivity. With nine influential bills passed in the fall, reaching the month of April with just one bill under its belt reflects a sad state of affairs.

The SGA senators and the executive board acknowledge this. However, one root of these issues can be traced to the problematic approach to filling these seats.

The focus from the beginning has been to increase the sheer number of senators, with a vow in September to forgo passing bills until the senate reaches a body of at least 15. By having a more intense focus on increasing numbers, naturally, it becomes more difficult to focus on quality. This would explain the senators'

attendance issues this semester: The more candidates who are inducted unopposed, the less obligated they feel to practice a full commitment because there is less of a legitimate mandate for them to represent the student body.

Due to these attendance issues, the SGA has had to reduce quorum to vote on measures. But a smaller quorum in a larger total number of senators is effectively the same as a larger quorum in a smaller total number of senators. Thus, the focus on numbers has made little difference by way of legislative power, but instead has recruited more senators who need harshly worded emails to prompt them to show up.

It is a vicious cycle: The SGA needs to prove to the student body that it can be an effective group that produces impactful legislation, thus inspiring students to be a part of it. But to do this, the SGA first needs more active students to contribute. The solution involves a little of both.

The SGA should work with the people it does have and enforce its attendance policies more strictly. This way, real discussions can take place, senators can vote on measures that are long overdue and prove to the community they represent that the SGA is a viable representative body that students will want to be a part of.

Resident Assistants have problems beyond money

Ithaca College's resident assistants are among the most stressed students on campus, filling a position strenuous in responsibilities but lacking in a compensation proportionate to these duties.

Especially in first-year housing, RAs have more responsibilities than ever before in a model that integrates academic life into residential life. The Integrative Core Curriculum adds a whole new layer of programming and planning involving the six themes that RAs did not have to deal with before.

The job of a resident assistant should be round-the-clock in terms of being a role model, but the program at the college takes this 24/7 responsibility to a new level. Rather than a job that entails getting to know younger students on a personal level and being a mentor, the RA position is overwhelmed with paperwork and meetings and obligations to keep detailed logs multiple times a semester of each resident's thoughts and feelings. Many RAs agree that the nature of the job at the college involves many little things that add up and are not included in the job description.

No doubt, then, the Office of Residential Life needs candidates who are prone to

busyness and can handle such a workload. Thus, the type of people who would gravitate toward RA positions are the ones who are most involved on campus. Res Life looks for these people yet has designed a set of expectations that render RAs unable to be as involved in other areas of campus life without sacrificing significant sleep and mental health. This is contradictory. There needs to be a better work-life balance — the kind that RAs are supposed to promote among their residents.

Instead, many find the task of balancing academics with RA responsibilities daunting under the perceived expectation that they must place RA duties ahead of everything else. People quit under this pressure. Others begin to resent the job they worked so hard to get. And those who truly love the job regardless of the workload sacrifice a great deal of sleep.

At comparable institutions, RAs are being compensated for the price of full room and board, and at some colleges, the price of a more expensive single room. The compensation for Ithaca College RAs, which covers less than room and board for a double room, is not on par with a program that demands so much out of these students.

Letter to the Editor

Be heard in print or on the Web.



Send a letter to the editor to ithacan@ithaca.edu.

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

Guest Commentary

Individuals or groups interested in submitting a guest commentary can send their writings to ithacan@ithaca.edu or to the Opinion Editor at kdwyer1@ithaca.edu. All commentaries must:

1. Convey a clear and concise message.
2. Be written by an individual or group who has an educated opinion or is an authority on a specific subject.
3. Be between 500-650 words. Whether more or less space is allotted is at the discretion of the editor.

Comment on any story at theithacan.org.



INTO
IDENTITY

FRANCES JOHNSON

Eye-opening revelations

Last November, I visited some friends at Pennsylvania State University. After a night of fun, I woke up to my friend's roommates talking to each other in the kitchen about what had happened last night. It was a typical college conversation, until the pictures came up.

One of my friend's roommates began going through pictures on her phone, and she came across one that made her say, "Oh, my God — I look so Asian." I was sitting about 20 feet away, and I managed to utter an "uh," and she didn't seem to hear me or realize what she'd said.

It wasn't the first time I'd heard someone say they "looked Asian" when they looked like they were squinting in pictures. It's usually said in a tone of shock or disdain, like being Asian is a bad thing. And sometimes, according to some people, it is.

In September 2013, Julie Chen, CBS News anchor and host of the reality show "Big Brother," confessed that she'd had plastic surgery in her mid-20s. Chen, a Chinese-American journalist, underwent blepharoplasty, a procedure that modified her eyelids. While working as a reporter in Dayton, Ohio, Chen's news director told her she'd never fit in or be relatable because of her "Asian eyes." Wanting to further her career and someday be an anchor, Chen had the surgery despite backlash from her family.

Blepharoplasties are common among the Asian community and are better known as "double eyelid surgery." Many people of East and Southeast Asian descent have monolids, meaning they have no natural crease in their eyelids. The surgery reshapes the skin around the eyelids and creates an artificial crease.

The procedure forces those of East and Southeast Asian descent to conform to Western standards of beauty. In Chen's case, it can cost you your dream career if you don't have double eyelids. But it can also cost you the respect of your family and loved ones who think you're abandoning your heritage.

In a country where multiculturalism is supposedly celebrated, it's difficult for many of us of East or Southeast Asian descent to feel like we fit in when other racial and ethnic groups are appalled when their eyes are half-open in pictures and compare their appearance to us. There's nothing wrong with being Asian or having monolids. Eye shape shouldn't determine whether or not people get their dream jobs or are considered beautiful, just like how someone's skin tone shouldn't matter.

INTO IDENTITY is a column about identity issues written by Frances Johnson and Nuria Hunter. **JOHNSON** is a senior journalism and politics double major. Contact her at fjohnson1@ithaca.edu and fjohnson1251.

GUEST COMMENTARY

Candidates should focus on poverty issues

BY ROGER CUSTER

The 2016 election continues as Donald Trump tears down opponents and Hillary Clinton remains obstinate about her conduct related to classified emails. Meanwhile, the poor wait for solutions and suffer without a voice in Washington, D.C.

If there is one thing on which Republicans and Democrats can agree this year, it is that the leading candidates lack humility. The President of the United States needs to be a strong leader but one who is magnanimous.

Let's put aside political analysis based on delegate counts, polling, and positions. You can find plenty of that on cable news. Instead let's focus on a different way to analyze where our country stands in 2016.

Voters of all stripes agree that the reduction of poverty should be a top priority. Humility requires a candidate to acknowledge this and advance a platform that will help those with the least.

Humility is a rare virtue because it requires the belief that individuals and local organizations can make better decisions than the federal government. Stanford University economist Thomas Sowell contrasts two ways of thinking in his book *A Conflict of Visions*. He writes, "All these issues turn ultimately on whether, or to what extent, surrogate decision-makers can make better decisions than those directly transacting."

He argues that those with an unconstrained vision believe surrogate decisions should be made at a central level by "those who have advanced furthest toward the ultimate potential of man." Those with a constrained vision believe decisions should be "as widely scattered as possible." In other words, a President of the United States with a constrained vision would have the humility to foster a culture of individual and local level decisions instead of federal ones.

Unfortunately, Donald Trump and Hillary Clinton both have an unconstrained vision for America. Both believe decisions should be made in Washington, D.C. by experts and leaders, as opposed to individuals and local organizations. Trump proposes international trade and immigration should be limited and taxed. Clinton advocates health care



Roger Custer '04 speaks to a Houston chapter meeting of America's Future Foundation, a conservative 501(c)(3) organization that provides educational programs on public policy.

COURTESY OF ROGER CUSTER

and education decisions being made in Washington, D.C. instead of allowing individuals and employers to decide.

There are issues on which Democrats and Republicans can work together to embrace humility and improve the lives of countless Americans: criminal justice reform and transportation equality.

Senators Cory Booker and Rand Paul are working on criminal justice reform to ensure that small drug offenses do not result in long, damaging prison sentences and federal laws do not create unreasonable burdens for local law enforcement.

Eugene Lamarr is an African-American hair stylist from Atlantic City, New Jersey. He wanted to open his own salon but didn't have enough resources. When business was slow, he would struggle to provide for his family. One day he saw an ad from the NAACP that encouraged drivers to sign up for Uber and drive part-time. Since then, he has

successfully driven part-time and earned up to \$2,000 per month. He would not have this opportunity if unequal taxi monopolies still dominated the transportation market.

Unfortunately, the front-runners in 2016 do not embrace humility and instead prefer that decisions are made in Washington, D.C. This country is unique because individuals and local communities come together to solve problems. The free enterprise system has reduced poverty throughout the world by incredible amounts over the last 50 years. It takes humility to acknowledge that and foster a constrained vision. Democrats and Republicans should come together to embrace humility as an important virtue for national leadership.

ROGER CUSTER '04 is the executive director of America's Future Foundation. Email him at roger@americasfuture.org.

Bernie Sanders has changed the political discourse

BY JOHN BALDUZZI

Full disclosure: I would probably run full speed into a brick wall for Hillary Clinton if she asked me to. With that said, I understand that a solid majority of students reading this column are backing Senator Bernie Sanders. As a strong and loyal Democrat, should Senator Sanders win the nomination for President of the United States, I would support his candidacy and work hard to get him elected. That's what faithful Democrats do.

However, as I write this, the delegate math for Senator Sanders to win the Democratic nomination just doesn't add up. His path to victory is more like pushing a boulder up the Green Mountains of Vermont than it is a pleasant stroll through a park in Burlington. Secretary Clinton holds the lion's share of delegates and super delegates. So let's assume the more likely scenario that Sanders won't be the Democratic nominee for President. Sanders and his supporters should be incredibly proud of their campaign. In fact, he's done more to influence the political discourse of this election than any candidate in recent memory.

Senator Sanders' campaign has shaped the narrative of the national political debate, and his message will have a significant impact when formulating the party's platform against the Republican nominee. Sanders has thrust the issues of income inequality, the rising cost of college education,



John Balduzzi '01 founded The Balduzzi Group, a Democratic Party political consulting firm based in New York and Washington, D.C.

COURTESY OF JOHN BALDUZZI

and campaign finance reform into the national spotlight with fervor. As November approaches, I expect these issues to be at the forefront of the Presidential contest.

From a field and voter mobilization standpoint, Sanders has changed the trajectory of how a candidate can win the nomination by having a sophisticated strategy in caucus states; it's how Sanders has managed to stay alive this long. As he collects delegates in caucus states, his momentum endures. Undoubtedly,

Sanders' caucus state roadmap is one that will be mimicked by future candidates. Likewise, the campaign's digital and mobile ads have set a new standard of online political fundraising. The inspiring, uplifting, entertaining and informative ads are raising millions of dollars, most of which comes from small dollar donations, and are moving the needle with voters.

Senator Sanders, and believe it or not Donald Trump, have proven that there is still a place in the national political arena for "outsiders." Long

believed to never have the ability to raise money, mobilize voters, or mount a serious candidacy for President, Senator Sanders is proving the "experts" inside the beltway wrong. At least on the Democratic side, there is still an opportunity for a non-traditional, non-establishment and populist candidate to win the nomination of a major political party for Presidency. In the future, I would expect more candidates to mimic Sanders' campaign tone and message.

In the very unlikely scenario that Hillary Clinton is forced to forfeit her campaign due to the ongoing FBI investigation into her personal email server, Senator Sanders has perfectly positioned himself to be the Democratic nominee. Wins in multiple primary and caucus states, a message that is resonating with young voters, and a proven fundraising strategy, are in his favor. The whispers that a possible Biden, Kerry, or Elizabeth Warren candidacy could exist if Hillary were to drop out (or be forced to drop off) have all but disappeared. This because of the movement Bernie Sanders has created.

Bernie Sanders may not win the White House, but this political strategist is taking notes and will absolutely use some of the same strategies implemented by Senator Sanders' campaign to help our clients win races this cycle, and in elections yet to come.

JOHN BALDUZZI '01 is the president of The Balduzzi Group. Email him at john@balduzzigroup.com.

NEWSMAKERS

Student celebrates one year cancer-free

April 3 is a date junior Tim Conners will always remember for two reasons: It was the day in 2010 when he was diagnosed with leukemia, and it was the day this year when he celebrated one year of being cancer-free.

Conners held an event April 3 called “Tug for Tim,” the name of his Relay for Life team, where he shared the story of his diagnosis and becoming blind. Shortly before earning survivor status, Conners hiked the Grand Canyon through a program with No Barriers USA, and he now plans to hike Mount Kilimanjaro in January 2017 — a feat he is calling “Mount Impossible.” Not even three years ago, he was climbing a hill at the campground of Erik Weihenmeyer, the first and only blind man to climb Mount Everest. For the Kilimanjaro trip, Conners plans to raise \$500,000 for funds associated with five organizations that have helped him: No Barriers USA, Make-A-Wish America, the Golisano Children’s Hospital in Syracuse, the Michael Napoleone Memorial Foundation and the Joe Andruzzi Foundation.

Opinion Editor Kayla Dwyer spoke with Conners about his accomplishments in the past year, Relay for Life and what he sees for the future.

Kayla Dwyer: Tug for Tim was as much a chance for you to tell your story as it was a kickoff to Relay for Life. What kind of goals do you have for Relay this year?

Tim Conners: I’d really love to hit 5,000 [dollars] because it’s such an important cause, and I really think, in some ways, it’s attainable. I’m working on this social media thing revolving around painting myself purple. We do the whole paint the campus purple, so on Thursday the 21st, I’m going to paint myself purple. I might set up a bigger Facebook account . . . where people can go to it, like it and get updates and stuff. . . . Tug for Tim is a Relay for Life team, and I really like to talk about it in terms of the American Cancer Society because that’s where I see the money going — that’s where I see the benefit coming out of — so I want to focus it on that because that’s really what it’s all about.

KD: Climbing Kilimanjaro is quite the leap from the hill you climbed at Erik Weihenmeyer’s campground a few years ago. What brought you to this decision?

TC: We talked before about my Grand Canyon experience. That was one of those . . . big leaps, and I made it, and I pushed through. There were parts that were definitely hard, but I just kept persisting, and my team was there for me, and we made it through. The feeling was something like no other, and it’s something I can go back to, and I think it



Junior Tim Conners held an event April 3 in Textor Hall to celebrate being one year cancer-free, where he also shared his cancer story and talked about Tug for Tim, his Relay for Life team.

LUKE HARBUR/THE ITHACAN

inspires people to want to do things themselves. I was sitting in the No Barriers summit in 2015, and I heard about this kid who swam from Alcatraz to the mainland who was blind, and it gave me the idea that I want to try doing something to raise money to help out organizations that have helped me in the past. It was the second year for me attending, and I saw this video about someone who climbed Mount Kilimanjaro, and the theme for the week at the program was “Unstoppable,” and I’m like, “I’m going to climb Mount Kilimanjaro.” . . . It was just saying something then, and now it’s really becoming a reality. . . . It’s not just the climb anymore. It’s setting out on something that seems impossible — raising that much money in that short amount of time, doing all of these different things that we want to do and accomplish.

KD: Do you think your having gotten official survivor status had any role in encouraging you to take on this challenge?

TC: In some ways, as sad as this sounds, it’s just another year out. I like to celebrate it and everything, and although the rate goes down significantly for relapsing or getting cancer again,

you never know on any given day what can happen. I like to celebrate especially those big moments, like this year, one year cured. . . . It’s kind of, in some ways, claiming back what cancer could have taken away from me and celebrating being alive still and what I’ve done in the fight against cancer and how I’ve not let it win.

KD: A year ago, you said you weren’t sure what you want to do after college. Are you any more sure now?

TC: I am, and I’m not. I’m still considering grad school, I’m still considering other occupations. As of right now, I’m really pushing toward actually starting up a public speaking, motivational speaking sort of business and working into what that would look like, what kind of a group I would really like to be talking to and working with. I’ve actually started up working with a coach who does this for a living. I started April 1 with it, so I’ll be excited to be working and taking some of the speeches I’ve been doing and seeing what I can do to really work to get my message out because I believe it’s a strong one, and I want to be able to share it with as many people as possible.

YOUR LETTERS

Former RA says article misrepresented intentions

On March 30th, 2016, *The Ithacan* posted an article discussing Resident Assistant compensation wherein the author asserted that RAs on Ithaca College’s campus feel that they are undercompensated, which not only failed to get basic facts and figures related to the RA position correct, but did not accurately reflect the views of the RAs who contributed. The factual errors underestimated the number of floor events RAs plan and how long it takes to plan them — it may take one hour to simply shop for an event, not counting the days or weeks spent planning out the details. I am a former RA for first year students, who voluntarily left the position because of the toll it took on my mental health. Though I agree that RAs are underpaid, I don’t believe money is the solution to the problem. The author chose to present a snippet of my words in a way that validated the story they were searching for, not the

one that rings true for so many RAs on this campus.

I don’t know an RA who would assert, in seriousness, that the key to RA happiness starts with more money. Ithaca College, despite its high tuition rate, simply does not have the type of money to pay us realistically for the requirements of our position, and has been closing the gap to cover full room and board. The real problem with RA compensation is that no amount of money can make up for lost time, sleep, and mental state as a result of the job. This can be solved, in part, by rethinking the way Ithaca College approaches compensating the RA position.

ResLife should begin examining the ways it can make the job easier on its employees. Instead of requiring RA staff meetings for two hours, usually much longer than necessary, ResLife could reduce them by an hour, giving RAs back time each week. They could also work on making sure that all RAs live in double-sized rooms, so that RAs have adequate space for hosting

residents, creating bulletin boards, and storing both RA and school work. A double room makes an RA’s space feel more inviting to residents and living in a bigger space can assist in separating work and home leading to improved mental health. As Molly Robbins suggested in the original article, ResLife could only charge RAs for double-sized rooms, seeing the size of RA rooms varies so much by placement, which we have little control over. These are just two of the many ideas RAs on campus consistently put forth to improve the quality of the position, which are often met with backlash. ResLife management claims there is nothing they can do, because other students will hold it against the department for giving RAs certain privileges they don’t have access to.

There is a greater problem outside of the realm of compensation at play here. ResLife could do more to educate the rest of the community about the nature of our position. The disconnect is seen in statements along the lines of “Well I’m just as busy

with my extracurriculars, and I don’t even get paid — why do they deserve more?” To that question, I respond, who let you sit in their room in your towel while they got you a key? Who was there to help you problem solve after a fight with your roommate? Who made sure you were safe after a night of drinking? Most likely, an RA.

Somewhere along the way, RAs got so good at their job of being there for their residents, ResLife started to take for granted the needs of their RAs. The minute you step into the RA role, you take on a lifestyle that is much more demanding than a typical college student’s. RAs simply want their compensation to reflect that in ways that money can’t buy. Had the author of the article mentioned above listened to anything the RAs they interviewed were actually saying, that would have been the story she wrote.

DREW CARR

Junior music education and performance major, former RA

THE ITHACAN ONLINE blog preview

www.theithacan.org/blogs

ACTIVISM 101



Prioritizing Self-Care Over Productivity

Hello there, blog,
How’s it going?

I’m sorry I’ve been MIA from you all. I’ve been thinking about writing every day but have needed the break. I feel like my creativity and energy needed a little boost.

— CHRISTINA TUDOR

Diary of a Freshman



Installment Thirteen: Evolution

It’s always interesting when one can witness firsthand how lessons in academia transcend the classroom and become applicable to everyday situations. For the ICC, I chose to take a sociology class that analyzes how individuals react, interpret and respond to societal forces such as socialization and group interactions. I did not know what to expect when I signed up for the class. . . .

— LINDA VALLANCOURT

LEAFY GREENS AND HAPPY THINGS



Challenge #2: Washed with Water

All right. Going gluten-free and committing to going to the gym twice a day in the same week was not such a smart idea. . . .

— KYLEE ROBERTS

CORRECTIONS

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

The article published on page 5 of the March 31 issue called “Non-traditional student fulfills lifelong goal at IC” stated that Whiting’s degree from TC3 was in education psychology, but it was actually in creative writing. The original version stated that Whiting wrote the play “Abby Normahl” at Ithaca College, but he actually wrote it during his time at TC3. Whiting was not in a relationship with Luis in 1988. The article has also been updated to clarify that Whiting is not currently working regularly due to a disability.

In the March 31 issue, an article on page 5 titled “Resident Assistants report dissatisfaction with compensation” should note that RA room duty goes until 7 a.m., never 8 a.m.; that RAs plan 13 other events in addition to five floor events per year; and that the time it takes to plan these events can extend longer than a range of one to three hours.

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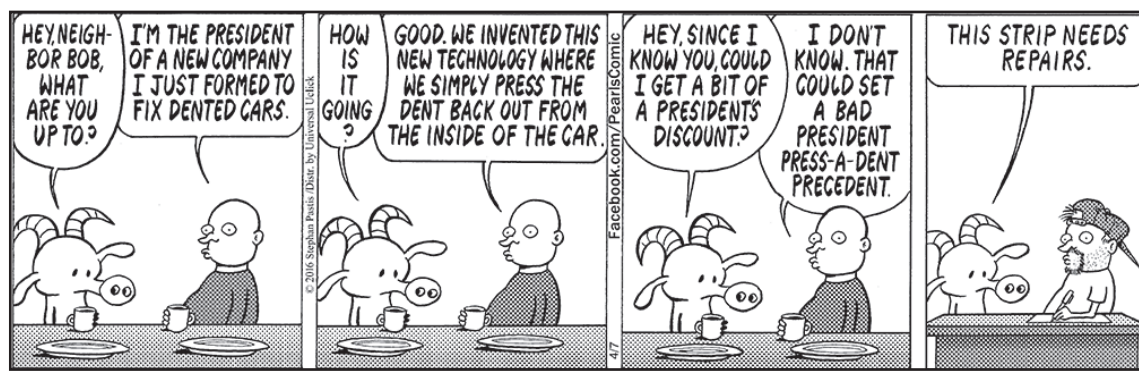
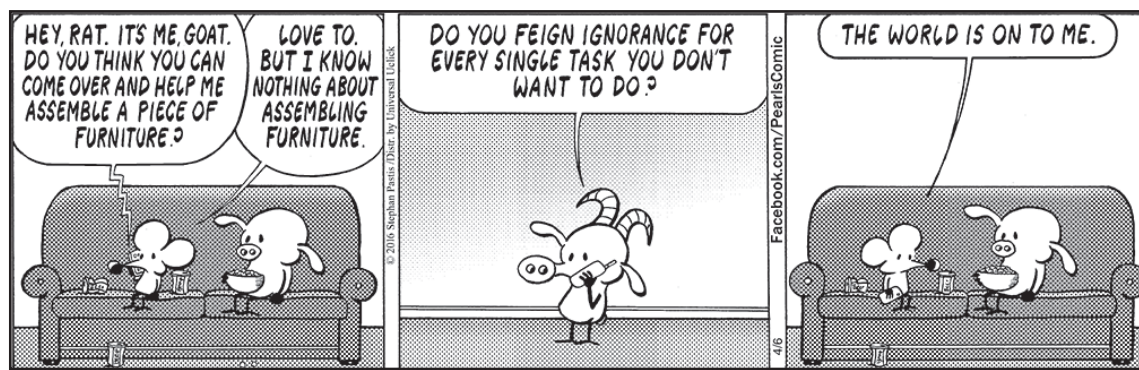
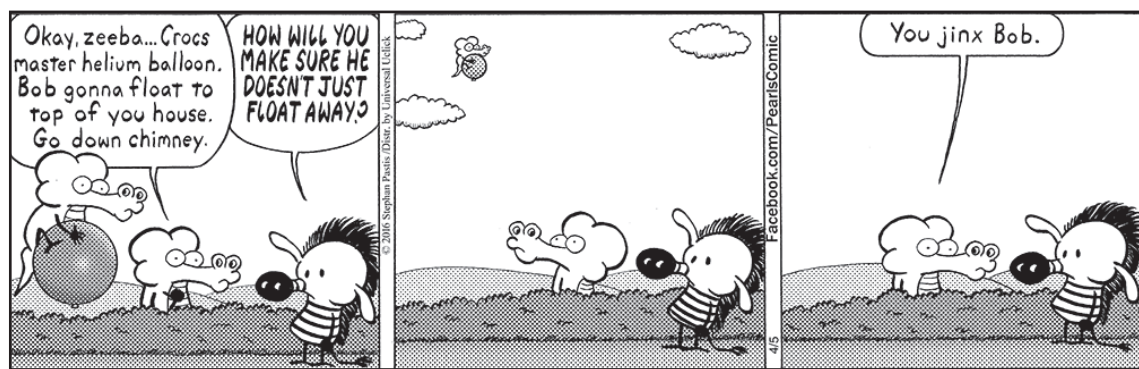
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Moonshoes By Allison Latini '17



Pearls Before Swine® By Stephan Pastis



sudoku

easy

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

medium

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

answers to last week's sudoku

medium

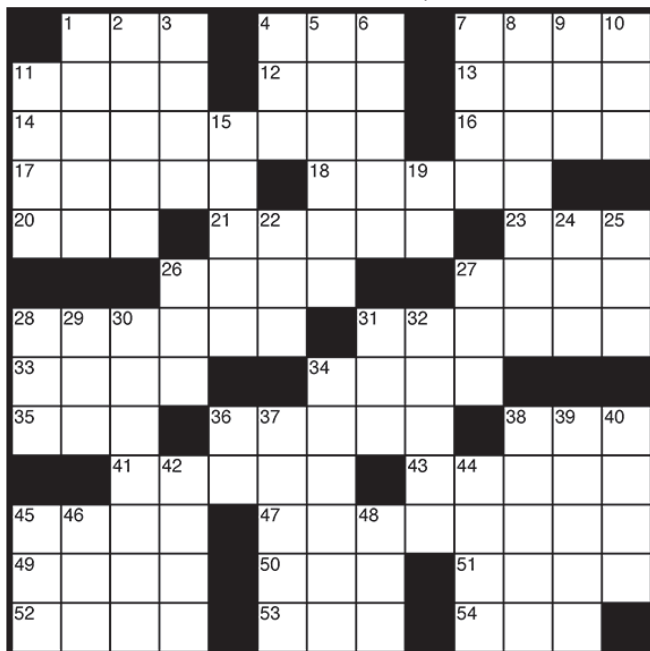
1	3	2	8	4	7	5	6	9
6	8	7	9	2	5	1	3	4
4	9	5	6	3	1	2	7	8
2	7	4	1	5	3	8	9	6
3	5	6	7	9	8	4	1	2
8	1	9	4	6	2	7	5	3
7	4	3	5	8	6	9	2	1
9	6	1	2	7	4	3	8	5
5	2	8	3	1	9	6	4	7

very hard

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

crossword

By United Media



ACROSS

- 1 Stir-fry need
- 4 Bleachers cry
- 7 "Lost Horizon" role
- 11 Hunter's wear
- 12 Drink with scones
- 13 Click-on item
- 14 Emma Peel and John Steed
- 16 Mex. miss
- 17 Pantyhose brand
- 18 Cornered (2 wds.)
- 20 Friar's title
- 21 Sheer
- 23 Illuminated
- 26 Office assistant
- 27 Board-game pair
- 28 Short outings
- 31 Mind
- 33 Crooked
- 34 Fish habitat
- 35 Pro vote
- 36 - Davis of "The Fly"
- 38 Have a cough
- 41 Disturbing sound
- 43 Major no-no

DOWN

- 1 Falter
- 2 Greek alphabet ender
- 3 Hong -
- 4 Tpk.
- 5 Tend the aquarium
- 6 Excessive speed
- 7 Louvre's Mona -
- 8 Fast-drying paint
- 9 Quip
- 10 Santa - winds
- 11 Dogie
- 15 NASA outfit (hyph.)
- 19 Realty abbr.

- 22 QB objectives
- 24 Freud, to himself
- 25 Casual wear
- 26 "Have you - wool?"
- 27 Change color
- 28 Kind of walker?
- 29 Blow away
- 30 U as in "nuclear"
- 31 Prospect for gold
- 32 Rink gear
- 34 Extra margin
- 36 Platoon mem.
- 37 Organic compound
- 38 Put up with
- 39 Column type
- 40 Mezzanine
- 42 Earthenware jar
- 44 Perched on
- 45 Thoughtful murmur
- 46 Battery size
- 48 Sooner than

last week's crossword answers

J	A	X	A	S	O	S	O	S	O	B
U	N	I	X	I	N	C	A	H	I	E
S	A	V	I	N	G	S	K	O	A	L
				O	O	H	P	L	O	D
C	L	I	M	B	T	R	A	P	E	Z
Y	E	N	S	L	O	I	N	T	O	M
N	E	V	B	I	P	E	D	R	O	C
I	C	E	O	V	I	D	F	E	M	E
C	H	R	O	N	I	C	R	E	E	S
				S	C	U	D	J	A	W
M	E	E	T	S	M	A	G	E	N	T
U	R	L	E	N	I	D	S	O	A	P
D	R	Y	S	U	R	E	T	W	I	T

YOUTH AND POLITICS

BRETON, from Page 1

greatest assets. "The younger generation of citizens are leaving the state, but they're not coming back," he said. "There isn't enough to attract them, or to motivate them to stay within the state of Maine. ... As someone who is 21 years old, I'm someone who can relate better to the younger generation."

Bringing renewable energy to Maine serves as a fundamental part of Breton's campaign platform. He cited the state's long history in manufacturing and said introducing clean energy industries could revitalize a drooping economy.

He said some of the money earned from reshaping the manufacturing industry of Maine would go toward improving the state's public education system, which he said has been suffering in recent years.

"I believe that today's generation gets excited when we talk about clean, renewable energy; that's a big thing that I noticed here at Ithaca College," he said. "We can create jobs. We can motivate and incentivize younger people to stay in the state of Maine. ... That, in turn, can help supplement our economy greatly."

Nate Shinagawa, a 2005 Cornell graduate, began his political career at the same age as Breton at 21 years old. Most recently, Shinagawa served as a County Legislator for the Tompkins County Legislature for nine years from 2006-15.

Shinagawa said the Ithaca community creates a culture of empowered young people, ready to challenge the traditional demographics of those who run for office.

"We started getting young people in office and showed it could be done," Shinagawa said. "The wave of leaders like Svante ... and all these other folks have been able to show that young people can actually become leaders in the community."

Joseph Murtagh, alderman for the City of Ithaca's 2nd Ward, has worked alongside Shinagawa. Murtagh said having a fresh perspective as a young politician is extremely important for a community. However, he said electing younger candidates solely for the fact that they are young is not necessarily a good idea.

"I think it's important to encourage youth to run, but you also want to find the best person for the job," Murtagh said. "So it's important that we open the doors for people to run."

Often, he said, public perception of candidates' political experience will undermine young people's efforts to run for office. Given two very similar candidates, Murtagh said, the one with more years as a politician will almost always win.

Kirshner, who lost in the 2015 race to Democratic write-in candidate Rich John, experienced the same issues Murtagh described. Although Murtagh said the Cornell sophomore gave a better interview, the public responded to John's longer history of experience at the ballot box. However, Kirshner said he has no regrets about running.

"There's this perception on the part of others that you're not experienced enough," Kirshner said. "Even if you don't win, you are changing the political conversation."

Breton said he has a large support network at the college to help him overcome the age-related issues Kirshner and Murtagh described.

Stephen Mosher, professor of sport management and media at the college, has been one of Breton's many mentors throughout his academic career. Regarding involvement in POC at IC and other student councils, Mosher said, Breton has always shown a desire to "right wrongs" in politics and advocate for social change.

Breton was heavily involved in the initial days of the POC at IC movement. Breton helped lead rallies and gave speeches at Free Speech Rock in the movement's formative period, which Mosher said demonstrates not only strong public speaking skills, but a passion for change.

"Elijah is willing to dream the impossible dream," Mosher said in an email. "His greatest strength is that he is not willing to accept terrible decisions on the part of the administrators."

Mosher said Breton's young age would only matter to voters who do not listen to his message.

"I have no doubt that Elijah can perform all of the tasks of the position he seeks," he said.

Breton said he is fully aware of the negative impacts his young age could have on his campaign, but he said while some might only see a lack of experience, he sees a much-needed fresh perspective for the Maine legislature.

"I want to make sure I represent Ithaca College well," he said. "And I'm hoping that my running will inspire or influence someone else to take a big swing at what they do with their career."

Assistant News Editor Sophia Tulp contributed reporting to this article.

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Elijah Breton attends a Student Government Association meeting Nov. 17, 2014. Breton served as senator for the School of Health Sciences and Human Performance during the 2014-15 academic year and as senate chair in the 2013-14 school year. FILE PHOTO/THE ITHACAN



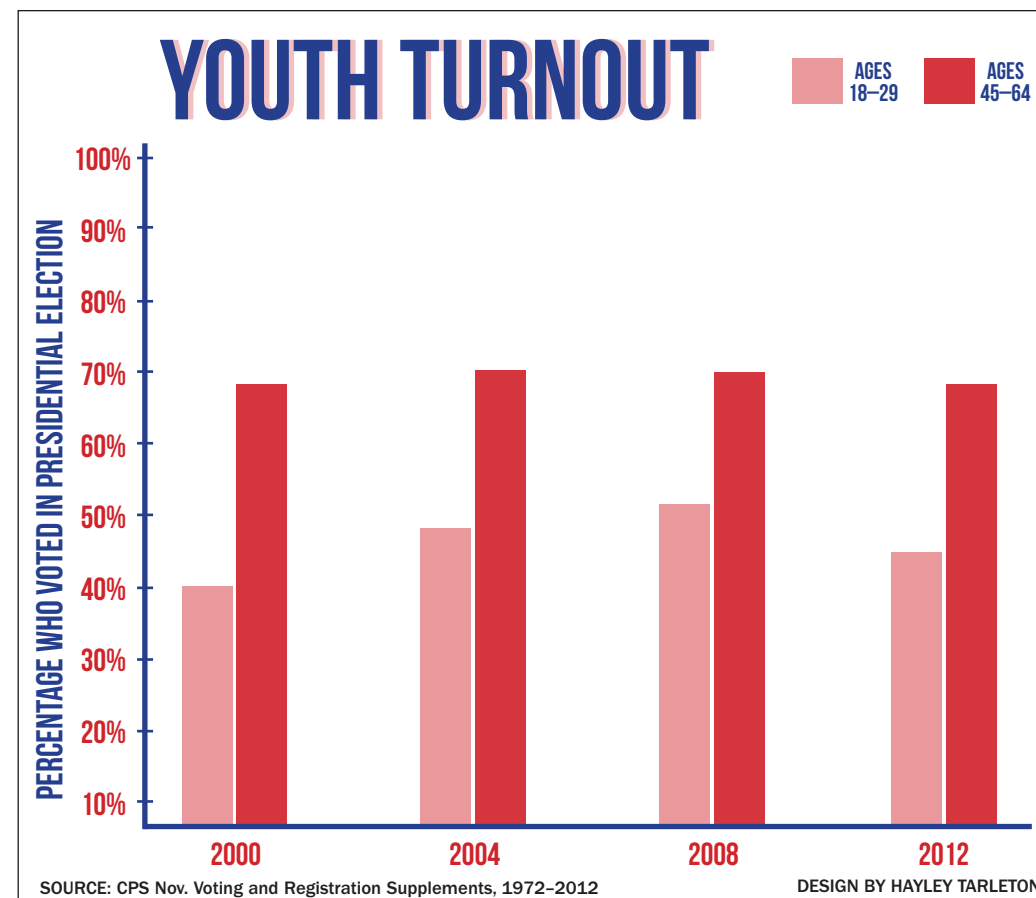
Nate Shinagawa, who ran for Congress at age 21 and has served on the Tompkins County Legislature for over six years, now serves as the Tompkins County legislative vice chair. The liberal Shinagawa has denounced Republican candidate Donald Trump. PHOTO FROM WIKIMEDIA.ORG



A bumper sticker with the words "Love Trumps Hate" alludes to the Trump campaign. Donald Trump has been accused of promoting a culture of divisiveness. Thomas Shevory, a professor in the Department of Politics at the college, said Trump has "a youth problem" in that his support tends to be tied to older voters. Trump lost the youth vote in the March 14 primaries in the states of North Carolina and Missouri to Texas Sen. Ted Cruz, although Trump did win the overall vote in those states. YANA MAZURKEVICH/THE ITHACAN



Democratic presidential candidate Hillary Clinton gives a speech at Carnegie Mellon University at a campaign stop on April 6 in Pittsburgh, Pennsylvania. Clinton is leading Sen. Bernie Sanders. KEITH SRAKOCIC/ASSOCIATED PRESS



VOTE, from Page 1

"We're generally seeing that the young Republican primary vote participation has been record-breaking, we could almost say record-shattering in some cases," she said. "The turnout has been increasing by 10,000, 20,000, 30,000."

Kawashima-Ginsberg emphasized that more youth voters still participate in the Democratic primary than in the Republican contest. It's the degree the number of youth voters participating has changed since 2008 that is higher on the Republican side, she said.

Kawashima-Ginsberg said that while older Republican voters tend to vote for Donald Trump, younger Republican voters have been far more divided. As an example, she used the March 15 primaries in which Kawashima-Ginsberg said exit polls show Trump won the youth vote in Florida and Illinois, albeit by a small margin. But she said Trump lost the youth vote in North Carolina and Missouri to Texas Sen. Ted Cruz, although he did win the overall vote in those states. He lost both the overall and youth vote to John Kasich in Ohio.

This points to some discomfort toward Trump among Republican youth voters, Kawashima-Ginsberg said.

"There's some anecdotal evidence that suggests that young people who are really engaged and informed are coming out in primaries to say, 'This is not the candidate we would like to see as our front-runner,'" she said.

One of those young Republicans at the college opposing Trump is Stewart, who said he's supporting another candidate.

"I'm a John Kasich supporter," Stewart said. "The problem is he's trailing, and he would need 116 percent of the remaining delegates to get the nomination. And so that's disappointing, but I'm voting for John Kasich because his positions match mine for the most part, and I think he's the most level-headed in the race right now."

Stewart said he's heard talk about the election around campus but said much of it seems to be complaints about the current set of candidates. Stewart said he started off as a fan of Wisconsin Gov. Scott Walker and has ended up becoming a supporter of Kasich by default, as Cruz and Trump don't appeal to him.

He said out of all the Republican candidates, he believes Kasich has done the best connecting with youth voters because he is more moderate compared to Cruz and Trump. It doesn't seem as if Trump is at all concerned with courting the youth vote, Stewart said.

"I don't think Trump has targeted to youth vote at all. He's just sort of doing his own thing," he said. "Trump targets more of the working class ... mostly middle-age white men are his main demographic."

Senior Nico Gianfrate, a Trump supporter, said the conservative friends he has are all Trump supporters. Gianfrate said he supports Trump because he views him as consistent and said he speaks his mind.

"He's consistent, and he says things that all conservative people, some Republican people, are thinking," he said.

One thing Gianfrate said Trump could do to increase his support among young people is specifically state his policies. He said most people inform themselves about Trump by what they see on the media, which Gianfrate said portrays Trump as a bigot.

Juan Arroyo, an assistant professor in the Department of Politics at the college, said the attention Trump generates could be an explanation for why youth voter turnout has increased on the Republican side. However, he said, Trump doesn't really have an obvious connection with younger voters.

"Trump is rather older and has no real link to the younger generation," he said. "Obama had this. Young persons' support could be an expression of their desires to see change in the political system, even though they may not have thought through the details or consequences, which has to do, in part, with not knowing a lot about how the system works."

Thomas Shevory, a professor in the Department of Politics at the college, said Trump has "a youth problem" in that his

support tends to be tied to older voters. Shevory said an explanation for the high youth voter turnout on the Republican side could be the more competitive fight for the Republican nomination. He said that in 2012, the Republican nomination was wrapped up very early by former Massachusetts Gov. Mitt Romney over former Pennsylvania Sen. Rick Santorum.

"Romney became the clear front-runner after Super Tuesday, so it wasn't much of a race after that," Shevory said. "Youth voting on the Republican side is part of that same trend. This is a more competitive primary, with more galvanizing candidates than Romney and Santorum."

On the Democratic side of the race, Shevory said, it is a bit surprising that the 74-year-old Sanders is receiving the lion's share of the youth vote. However, he said when looking at Sanders' policies, his popularity among young people makes sense.

"I think that part of it is just the economic problems that young voters see themselves facing," he said. "The decline of opportunities in the job market in some sectors and the cost of higher education. Sanders is talking about free tuition for public education. Those are attractive ideas for young people."

Senior Matilda Thornton-Clark, a Sanders supporter, said politicians in general are doing a better job of reaching out to young people.

"You see people getting engaged because these politicians are kind of reaching out to them and kind of directing their messages toward them," Thornton-Clark said. "They hold their rallies in college towns, and I think that's really telling because they're looking to activate those young students."

Shevory said the influence the turnout from the primaries will have on the 2016 general election will likely depend on who the nominee is. Shevory said if Clinton wins the nomination, she will likely benefit more from the youth vote than her Republican opponent — as youth tend to vote more Democratic — but less than Sanders would have benefited as the nominee.

Sophomore Yena Seo, a Clinton supporter, said that especially in an election marked by extreme rhetoric on the Republican side, youth voters should coalesce around whoever becomes the Democratic nominee.

"I don't think youth voters can afford to say, 'The nominee that I wanted isn't the nominee for the Democrats; therefore, I'm just not going to vote,'" Seo said. "Because that's basically just handing a vote to the Republicans."

Seo acknowledged that Clinton has an issue with attracting youth voters. But she said this is due to the issues Clinton talks about versus the ones Sanders is passionate about. She said Sanders' talking points have a large appeal to youth voters who are worried about the cost of education.

Arroyo said politicians' speaking about issues youth voters care about is one factor that increases turnout among young voters. Aside from Sanders, Arroyo said, another politician who has successfully utilized the youth vote is President Barack Obama. According to a Pew Research Center story from 2008, then-Sen. Obama bested Clinton in the youth vote in 2008 in the majority of states.

However, Arroyo said the youth vote is not as influential as other voter groups. He said even though youth participation in voting has increased, it is still lower than other groups such as senior citizens. Arroyo said political parties could put more effort into mobilizing and cultivating youth voters.

Overall, Thornton-Clark said the youth vote is important because young voters are less rigid in deciding whom to vote for.

"Older generations — they already have their candidate. They know who they're going to vote for, and there's no changing that," she said. "So the younger people are where the sway is, and they're what's actually going to decide the election, I think, on both sides: Republican and Democrat."

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WINTER BLUES

The blustery winter months can sometimes cause seasonal depression, affecting a person's emotional state

Senior Nicolas Rocco has seasonal affective disorder, better known as seasonal depression, a mood disorder that can cause feelings of depression and a lack of energy during the winter season because of the reduced sunlight and dreary weather. Seasonal depression is more prevalent in certain environments, and affects many people in the Northeast. YANA MAZURKEVICH/THE ITHACAN

BY CELISA CALACAL
LIFE & CULTURE EDITOR

It's no secret that Ithaca is known for its brutal winter weather. Constant wind, chilly temperatures, the presence of snowfall and dark gray clouds blanketing the sky can make many students feel forlorn and down. But while the dreariness can cause a drop in mood for a day, this winter weather can have an adverse impact on other students, affecting their mood and emotional state over the course of a few months.

This rings true for Ithaca College senior Nicolas Rocco, who lives with seasonal affective disorder, more commonly known as seasonal depression — a mood disorder and form of depression that is concomitant with the changing of the seasons and is mostly prevalent during the fall or winter months. According to research conducted by psychiatrist Norman Rosenthal, the first doctor to describe seasonal affective disorder, seasonal depression mostly occurs during the fall and winter seasons because of the lack of sunlight. Research done by the American Psychiatric Association has linked SAD to a biochemical imbalance in the brain as a result of shorter daylight hours and a lack of sunlight intake. However, this has not been proved as the sole conclusive cause of seasonal depression. Having seasonal depression generally causes fluctuations in mood, energy level and concentration.

Seasonal depression, Rocco said, is something that runs in his family; his mother has been living with it for many years. Rocco said he feels the grogginess and fatigue that is commonly associated with seasonal depression, and said a combination of SAD and the Lyme disease he suffered in the last few years has made it more difficult to get through the months.

"I would describe it as a constant struggle to get out of bed, you know, to really find within yourself a catalyst to get moving," he said. "You just feel very groggy.

You feel very tired."

Rocco's mother, Maria Rocco, said she began noticing her own symptoms of seasonal depression 20 years ago. She said that while living with SAD in the winter makes her feel unhappy and unmotivated, it does not completely stop her from doing what she needs to do but only makes it more difficult.

"It's just harder to get up and do what I need to do," she said.

Born in Brooklyn and then moving to Rockland County, New York, Rocco said he never became acutely aware of his SAD until he came to Ithaca, where the winter weather worsens his seasonal depression. Upon starting at the college, Rocco said, he noticed himself struggling and lacking the motivation to interact with others during the winter months.

"I've never really had problems talking to people. I'm a very approachable person," he said. "I like being very open with people. My life is basically an open book, but when the seasons would roll in, when it would be gray and dreary and snowy, I would find myself in a place where I would not want to interact with other people. And I wouldn't know why, but I'd just be like, 'I don't want to speak to people,' and I'd make all these excuses. It'd really only happen within that six-month frame, and then as soon as summer hit, I'd be twirling and dancing outside."

Upon transferring to the college, Rocco said, the seasonal depression has come to take a toll on him after three years in Ithaca. He said switches in the weather from warm and sunny to cold and dreary mirror the transitions in mood he experiences.

"I'll be in a certain mindset in a certain

mood, and then like the snap of fingers, I'll go into a classroom and then come back out, and it'll be a completely different environment that I'm facing," he said. "It's almost like a puppeteer, I guess, toying with the emotions or like some sort of marionette doll."

Not only can dreary winter weather impact seasonal affective disorder, but constant weather fluctuations can also add to the depressive experience of living with the disorder.

Data from Cornell University's Northeast Regional Climate Center from December 2015 to February 2016 shows this winter season as being warmer than normal and having below-normal snowfall. However, NRCC climatologist Samantha Borisoff said that while December was consistent in having temperatures that were above normal, there were many periods in January and February when temperatures would move from above normal to below normal, resulting in a variation in the weather during these two months.

Having a mild winter is generally unseasonal when compared to winters from 2014–15 and 2013–14, as data from the NRCC shows temperatures that are most consistently below normal. Borisoff said the 2014–15 winter began warmer than normal but was followed by chillier temperatures from January to February. This pattern, she said, is more consistent in temperature to the 2013–14 winter, which showed cooler temperatures and normal snowfall during that three-month period. She said this year's winter season does not follow this pattern of consistency.

"We've seen kind of a flip-flop from where we were two years ago to where we

are now," she said.

For Rocco, the differences between this winter and those of past years — and the lack of consistency in the weather — has notably impacted living with seasonal depression even more negatively.

"I feel that last year, there was a consistency to the weather, whereas here, we're going to throw at you a few negative sevens, and we're going to do that back to back a few days, maybe even a week or two," he said. "It's definitely been much more of a struggle for me personally because I can't seem to settle on something."

Rocco copes with seasonal depression by spending time with friends and listening to music as a form of therapy.

"Friends help a lot with coping," he said. "I find that being with people and definitely vibing off their mood, especially if we're having a good time — if we're laughing, if we're joking, even if we're doing some stupid charade — it definitely does lighten the entire environments around me."

On the other hand, Maria said either going out or relaxing are her ways of dealing with seasonal depression.

"I just have to push myself to get up and get out as much as I can, just stay active," she said. "I exercise, I go to the gym, and there's some days that I just let myself hang out on the couch and watch movies."

Although she currently lives in Rockland County, Maria said she's begun thinking about moving someplace warmer and sunnier. And as Ithaca begins to ease into the spring season, Rocco said his seasonal depression is gradually getting better, as is the case for most who live with SAD during the winter months.

"It's like a steady climb. It's like a very long staircase," he said. "And as each season and each week slowly passes, I do feel as if . . . I am ascending a bit higher."

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ACCENTUATE

VIRAL

VIDEO

Chef creates miniature doughnuts



In this week's viral video, one meticulous chef takes cooking to a whole new level. This chef downsizes one of America's favorite breakfast and anytime foods: doughnuts. He uses a miniature kitchen and tiny ingredients to create mock-Krispy Kreme doughnuts. The chef mixes egg, flour and water to create the dough and shapes the doughnuts using tweezers and the end of a straw. He then dips them in a tiny pot with oil and fries the doughnuts. Of course, toppings are necessary for these miniature treats. While leaving some doughnuts plain, the chef creates other doughnut variations with chocolate frosting and powdered sugar. He then neatly places the half dozen doughnuts in a scaled-down Krispy Kreme box. These little doughnuts are not only adorable, but also completely edible. This video is part of this chef's series of videos in which he creates miniature foods. Other creations include fried chicken and sushi.

Celebrity Tweet



66

Is it bad if your best friend sees you wearing pants without a draw-string waist and asks "What's the occasion?"

Anna Kendrick
@AnnaKendrick47



CELEB SCOOPS

Cara Delevingne

Model and actress Cara Delevingne opened up about her ongoing battle with depression on social media March 31. The 23-year-old decided to leave the fashion scene last August because of its negative impact on her mental and physical health. Known for her role in "Paper Towns," Delevingne has been struggling with her depression for many years and wanted to take a break from her current career, which was impacting her health. "Modeling just made me feel a bit hollow after a while," Delevingne said in an interview with London's *The Times*. "It didn't make me grow at all as a human being. And I kind of forgot how young I was. I felt so old." Delevingne's last major modeling appearance occurred at Paris Fashion Week in March 2015, but she announced March 30 she would be the new face of Yves Saint Laurent's latest campaign.

National Pet Day



As many say in the U.S., pets are man's best friend, and on April 11, many honor their furry or not-so-furry friends. National Pet Day falls annually on April 11 and is often celebrated by spending time with pets and sharing photos of them on social media using the hashtag #NationalPetDay. The day was founded in 2006 by Colleen Paige, a pet and family lifestyle expert, and is celebrating its 10th year as a national holiday. The day also brings awareness to issues of animal abuse and cruelty and abandonment.

Celebrate brothers and sisters April 10

Many celebrate Mother's Day and Father's Day regularly, but the lesser-known family holiday National Sibling Day takes place annually April 10. National Sibling Day is a holiday during which people celebrate their brothers and sisters. According to the Siblings Day Foundation, the holiday was initiated in 1995 by Claudia Evart, a freelance paralegal from New York. Evart, who at a young age lost both her brother and sister in separate accidents, wanted this holiday to honor her siblings and bring attention to the importance of sibling relationships. Today, people often celebrate this day by appreciating and spending time with siblings and using the hashtag #NationalSiblingsDay on social media.

Happy National Sibling Day

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Alcohol Fun Fact



According to scientist Bill Lembeck's research, one bottle of Champagne contains approximately 49 million bubbles. — Herald Tribune

National Siblings Day

Students take notes from Austrian music group

BY SILAS WHITE
STAFF WRITER

The first four rows of seats were filled as music students and spectators entered Ford Hall on April 4 to participate and observe a master class for music students who play brass instruments. The class was taught by professional musician Leonhard Paul of the well-known Austrian brass septet Mnozil Brass.

One of the reasons Mnozil Brass stands out is the band is entirely composed of brass instruments, including trumpet, flugelhorn, bass trumpet, schagerl trombone, alto trombone, tenor trombone and tuba. The group plays original compositions, classical favorites and popular hits. Mnozil Brass has been around since 1992 and started out in Vienna, Austria, but now plays more than 120 concerts worldwide every year.

The purpose of a master class is to have one's performance analyzed and critiqued by a professional musician. In this case, the master class was targeted toward student brass groups. About four groups signed up to participate.

Sophomore Jeremy Straus attended the master class along with the student quintet he is in, South Hill Brass. Straus is the group's French horn player, and they performed the piece, "Golliwog's Cakewalk," written by Claude Debussy and arranged by Don Rose.

Before he took the stage, Straus said the group was excited to improve and "learn from some great musicians."

"We're taking chamber music as a class. Our coach asked us if we would like to perform tonight, and we agreed very quickly," Straus said. "I wasn't



From left, seniors Kaitlyn DeHority, Ben Allen and Victoria Boell members — members of the music group add 5 — and Mnozil Brass member Leonhard Paul receive feedback from Paul during a master class April 4.

ALEXIS LIBERATORE/THE ITHACAN

super familiar with the name at first, but we had seen their videos before."

Paul frequently cracked jokes for the audience and taught the students in a comical yet informed way. He often commented on the group's facial expressions and body language as it played.

"Did you see his face? Don't show them!" Paul said to the audience jokingly after a group's horn player grimaced at a mistake. "The audience can't tell unless you tell them."

Paul worked with groups on more

than just their playing ability. With the first group to perform, Paul also worked on posture and the group's stage entrance.

"I like to say you sound like what you look like. Right now you look like 'eh,'" Paul said, referencing the group's posture.

Paul also frequently made groups sing their parts instead of playing them on their instruments so group members had a better idea of what pitch they should be listening for.

As a result of Paul's personality,

the atmosphere was more relaxed than that of a typical performance, senior Ben Allen said. Paul's frequent jokes made the audience and musicians alike break out in laughter.

To the brass quintet called add 5, Paul demonstrated his acting skills to inform them how the piece should sound, walking around the stage and making different facial expressions to the audience every time a note stood out.

"We're like children in a fairy tale: We lost our parents, and we're in a

big, dark room," Paul said.

When the group began playing again, Paul acted out the scene he had described, stopping in place and making a scared face toward the audience every time the group landed on a staccato note to emphasize to the group and audience the importance of different musical stylings.

The members of add 5 include seniors Ben Allen, Matt Allen, Tori Boell, Lucas Davey and Kaitlyn DeHority. Though this was the members' first time working with a member of Mnozil Brass, they had heard of the group before.

"We saw Mnozil two years ago at Lehigh University, and they showed us how to better connect with the audience through performance," Ben Allen said.

Ben Allen also said add 5 likes the group because of its showmanship and the way it connects with the audience during performances.

"When we heard they were coming here, we wanted to play for them very badly," Matt Allen said. "They are a fantastic, world-renowned group."

Boell said one of the reasons master classes are so important is that it is rare to get such an outside perspective on one's performance.

"It's crazy how different we sounded by the end," Boell said.

Add 5 said there are little details that can be improved that the group doesn't pick up on during rehearsal but that professionals like Paul do.

"It was an incredibly enlightening experience," Boell said. "It's rare to see such an outside perspective."

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Student organization promotes choral music

BY ANGELA POFFENBAUGH
STAFF WRITER

Melodic voices and a sweet tune carried through Ithaca College's James J. Whalen Center for Music last month as music lovers came together for a monthly meeting to study every possible aspect of choral music and choral music education.

This organization is the college's chapter of the American Choral Directors Association, founded and advised by Janet Galván. The Ithaca College chapter was founded in 1986 and is dedicated to enhancing experiences and education about choral music: vocal music performed by an ensemble of singers, in any way, shape or form. The college's chapter consists of over 50 members, where people join through the website ACDA.org. While there is a chapter in Ithaca for adults, the chapter at the college is designed specifically for students who have a passion for any kind of choral music and want to show it off as much as possible. It organizes workshops that are led by guest speakers and experienced music professionals from within the college community and from elsewhere.

Four times in a row, the college's chapter of the ACDA has won the biennial award for Outstanding ACDA Student Chapter. This comes from work they've done with both college members and collegiate chapters across the nation.

Sophomore board member Laura Stedge said interacting with chapters outside of Ithaca is one of her favorite parts of the organization because it allows her to make new connections. Every year, there are ACDA conferences that the college's chapter attends on the East Coast, but every other year, the conference is on a national scale where both the East and West Coast chapters come together.

"This year, we went to Boston. They had

workshops with famous choral directors," Stedge said. "We also see many colleges perform, and it's very inspiring for when we become future choral instructors."

Sophomore treasurer Juliana Child said the ACDA has allowed her to make connections, both personal and professional, with people who share her passion for choral music. She said working with people around the nation has allowed her to realize how powerful choral music can be to an individual.

"We're an organization that has the power to change people's way of thinking about different cultures by exploring different types of music," Child said. "When we go to conferences, we learn a lot about multicultural music, and it's very important in light of the social issues happening today."

When it comes to attending these conferences, the college's chapter of the ACDA works to reduce the price of the trips. To do that, it has raised funds for the past two years through several events such as silent auctions and T-shirt sales.

However, the biggest fundraising event this year that the college's chapter of the ACDA has put on has been creating a book that is compiled of 40 choral and vocal warmups sent in from all over the nation. Child said the book has been gaining massive amounts of recognition nationwide, raising approximately \$400 for the organization.

"About 10 years ago, people attempted to do this, but it was on a much smaller scale," Child said. "We wanted to do it much bigger, and it's a resource proving to be useful for people."

Sophomore Anne Brady, special events coordinator, said she enjoys participating in the ACDA because of the inspiration it gives to aspiring and current choral directors all over the nation.



Members of the Ithaca College chapter of the American Choral Directors Association study choral music. The group has won the Outstanding ACDA Student Chapter Award four times.

COURTESY OF ITHACA COLLEGE ACADEMIC CHORAL DIRECTORS ASSOCIATION

"I think my favorite part is knowing that we're a part of something that provides inspiration," Brady said. "While modern-day music school and curriculum can be so square, just being able to think outside the box and experiment is so rare to find, but the organization as a whole really serves that as a community."

The ACDA also works to reach out to as many people who are interested in music as possible. This year, it is raising money through a benefit concert for the organization "Fund for Tomorrow." This ACDA organization provides funds for underserved youth committees. It also pairs together young individuals with experienced conductors to provide more experience as the young musicians begin their profession.

Senior Sunhwa Reiner, president of the ACDA, said she hopes to expand this tradition of the concert throughout the country with other colleges. She hopes to unite these chapters together to help a good cause.

"This year, we've been trying to do more outreach with other school chapters," Reiner said. "We want to hold this annual event on our own campuses but have the funds all go to the same cause and be united in that way."

The benefit concert will be held at 6 p.m. April 17 in the Whalen center. Entry will be free, but donations are accepted, which will go toward underserved youth committees.

CONNECT WITH ANGELA POFFENBAUGH
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FEEL THE BEAT

Ithaca College's hip-hop dance team Pulse held its showcase, Shut It Down, on April 3 in Emerson Suites



From left, freshmen Anise Neff and Marina Maloney and senior Jasmine Collazo perform during the show. CAITIE IHRIG/THE ITHACAN



Junior Venus Figueroa performs in a number during Pulse's spring showcase in Emerson Suites. CAITIE IHRIG/THE ITHACAN



Freshman Anise Neff performs during the hip-hop show. CAITIE IHRIG/THE ITHACAN



Senior Michaela Bland dances during one of the numbers. CAITIE IHRIG/THE ITHACAN



Members of Pulse, a hip-hop dance group at the college, perform in their showcase: "Shut It Down." CAITIE IHRIG/THE ITHACAN

Group to bring play about identity to IC



Actresses perform in Honest Accomplice Theatre's production, "The Birds and the Bees: Unabridged." The theater group will be bringing this play to Ithaca College on April 11. COURTESY OF HONEST ACCOMPLICE THEATRE

BY KATE NALEPINSKI
STAFF WRITER

The lighting falls dark as some of the characters walk onstage. The scene's backdrop is a factory, spewing out little boxes intended to label each character. Everyone is put into a box with a different label on it ranging from gender to sexual orientation and sexual identity.

After the characters are divided, Emerson — a character who identifies as "they" — comes onstage and the factory doesn't know how to function. The factory eventually breaks down because it cannot label something considered atypical to society. The scene symbolizes how people of all kinds are put into certain categories by societal expectations.

This is just one of several themes that "The Birds and the Bees: Unabridged" covers in the 90-minute performance, which has been touring colleges and universities since 2013. At 5:30 p.m. and 8 p.m. on April 11, the Honest Accomplice Theater will bring its performance of "The Birds and the Bees: Unabridged" to Ithaca College. The performance is sponsored by the Office of Civic Engagement.

The performance, directed by Rachel Sullivan and Maggie Keenan-Bolger, explores the lives of eight women and trans people who struggle with issues such as sexuality, gender, hook-up culture, objectification and more.

Sullivan said "The Birds and the Bees: Unabridged" was created when she and Keenan-Bolger came together in graduate school and surveyed over 2,000 graduate school students. They asked students which themes they felt were most relevant to female sexuality and found that sexual assault; lesbian, gay, bisexual and transgender issues; aging; and health were some of the most relevant topics to students.

The performance is guided by a cast of 16 performers and was originally unscripted. According to the Honest Accomplice Theatre website, the team doesn't begin its process with a script, but instead with ideas, opinions and experiences of the people in the cast.

"We touch on a lot of different themes, all based around what the community said was most important to them," Sullivan said.

After the performance was set in motion, Sullivan and Keenan-Bolger came together to form Honest Accomplice Theatre, an NYC-run, nonprofit organization.

Sullivan said she hopes college students relate to some of the characters and that viewers have meaningful discussions and think proactively about the issues after the performance.

"We hope that they either realize there are many ways of being sexual or see that we're cheering them on," Sullivan said.

Tiffani Ziemann, the Title IX coordinator at the college, said that since April is sexual assault awareness month and that the performance goes along well with the Peggy Ryan Williams Difficult Dialogue Symposium, this was an appropriate time for the performance.

"This objective material through art gives permission to discuss sexual assault openly as opposed to personal experiences," she said.

Sullivan said their organization wants to emphasize how society often dichotomizes social issues into black and white, even though sexuality is a more fluid topic.

"Our country was founded on extremes — prude or slut — but what happens if you want to be those things? What happens to the people who are not even on that spectrum?" Sullivan said. "There's a power problem — a woman or trans person who knows their sexuality can be threatening — so it's easier for society to make it taboo, or not talk about it."

Cast member Ashleigh Awusie said due to the serious topics within the show, she has formed close bonds with her actors.

"We're kind of like a family because no topic is off the market for discussion," Awusie said. "To me, the show says that we cannot violate a human being just because we don't understand them."

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Premium Blend takes third at competition



Members of Premium Blend, Ithaca College's all-female a cappella group, pose with their awards after taking home third place at the ICCA Central Semifinal on April 2. COURTESY OF KAYLA DWYER

BY JUSTIN HENRY
STAFF WRITER

Ithaca College's only all-female a cappella group, Premium Blend, placed third at the Varsity Vocal's International Championship of Collegiate A Cappella Central Semifinals on April 2, allowing it a chance to compete in the final competition at the Beacon Theater in New York City by entering a "Wild Card" round.

After taking home three awards, including a first-place win Feb. 6 at the ICCA Regional Quarterfinals, Premium Blend scored 316 points, only two points below second place, in the ICCA Semifinals at the University at Buffalo Center for the Arts. To compete in the "Wild Card" round with other second and third runners-up from ICCA semifinal competitions around the country, the group will submit a video of its performance to Varsity Vocals, and one Wild Card winner will be chosen and advance to the ICCA finals April 30 at the Beacon Theatre in New York City.

Premium Blend reprised its Quarterfinal competition set, which included the songs "Past Lives" by Børns, "Sinner Like You" by Parson James, "Half The Man" by Rozzi Crane and "In Your Atmosphere" by John Mayer. Senior Allison Dethmers, president of Premium Blend, said she felt incredible about the group's performance.

"Every member of PB has so much passion for our ICCA set, and last night, we held our own as the only female group," she said.

The competition took place at 7 p.m. April 2 at the University at Buffalo Center for the Arts. It showcased the top two finalists from every quarterfinal regional competition. The Originals from Carnegie Mellon University took home the first-place trophy, and Midnight Ramblers from the University of Rochester took

home the second-place trophy.

In the days leading up to the semifinal competition, Premium Blend held master classes with college alumni and current students to garner critical feedback. During these emotional rehearsals, Premium Blend's conductor, senior Lauren Bristow, said the group sat down and talked about its personal connection to the songs it performs in the set.

"Each member could really kind of vibe off of what every girl in the group was feeling," she said. "That was another really helpful tool for us."

For the last master class, the group members asked Ithacappella president senior Dan Purcell to watch and critique their performance just two days before the competition. Purcell said for the semifinal competition, all of the competing groups have an exceptional set and the outcome of the competition depends on a group's standing out.

"What was fundamental about this set was that it has a fire to it that showcases their hunger to win as well as a humanness that everyone could connect to," Purcell said. "Everyone experiences moments of love and loss and reclaiming one's life for themselves, and that's what they needed to channel to connect with the audience and judges in the right way."

In the coming weeks, Premium Blend will perform at Relay for Life on April 23 and have a senior send-off performance April 29.

Bristow said she is confident in the group's ability to compete in the "Wild Card" round.

"We're definitely going to go for it," Bristow said. "We think we have a very, very good shot."

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WITH SAINTSENECA
4/13 SAN FERMIN
4/14 GIANT PANDA
GUERRILLA DUB SQUAD
4/21 WOODS

STATE

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4/16 **COODER, WHITE & SKAGGS**
4/30 **TIG NOTARO**
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Ithaca Living Solutions

Netflix Original thrives on actors' talent

BY ANGELA WELDON

ASSISTANT LIFE & CULTURE EDITOR

About two dozen sobering alcoholics sit facing a keynote speaker at the front of the room. Formerly one of them, this speaker shares his story about how he has turned his life around and now helps others who suffer from alcohol addiction.

"I came to Venice by accident," he said. "Let me rephrase that. I came to Venice because of an accident. Ten years ago, I killed a man."

Set in beautiful Venice, California, Netflix Original Series "Flaked" follows the journey of recovering alcoholic Chip (Will Arnett) and his friends who have been formerly or are currently in the program. The entire eight episode-long comedy aired March 11 and is a close-to-home autobiographical series about Arnett's real-life struggle with his sobriety. Written, produced and co-created by its main actor, "Flaked" has been Arnett's passion project since its conception in 2012. With thoughtful writing, the deep characters and complex, yet easy to understand, plot and backstories make "Flaked" a success.

Chip, who years before killed a man in a drunken driving accident, now owns a rundown furniture store in downtown Venice and counsels others in the Alcoholics Anonymous program. Charismatic and devilishly handsome, Chip is virtually irresistible to everyone he encounters. But he's not exactly the reformed hero outsiders perceive him as. A constant and compulsive liar, Chip manipulates the people and situations in his life, making sketchy deal after deal just to keep himself afloat. Although he cares deeply for others, there is always something in it

for him. And for all of his work with the AA group, Chip is shown secretly drinking again and stealing wine from his best friend's cellar.

Despite his faults, Chip is a sympathetic character. Between losing his place of business to his landlord, who is also his ex-father-in-law, and damaging relationships with his friends and slew of lovers, Chip is down on his luck. However, Chip has never been very lucky, so he's used to dealing with this. All too comfortable in his lies about his former life and his current drinking habits, Chip seems to manipulate his way into viewers' hearts.

Throughout his trials and tribulations, Chip leans on his kind-hearted but emotionally exhausted best friend and housemate Dennis (David Sullivan), who is kept busy running his wine distribution business and untangling Chip's web of lies that runs so deep, it seems even Chip has lost sight of what's actually true. To complicate matters, a gorgeous mystery girl, London (Ruth Kearney), with whom Dennis has fallen madly in love, comes from out of town. Just as the other Venice women are, London is drawn to Chip. The attraction and tension build throughout the season, but even London has a secret from her past she's hiding. Rounding out the cast is Chip and Dennis' pal Cooler (George Basil), the long-haired, marijuana-smoking comedic-relief character.

The half-hour-long episodes follow the characters as they face life head-on, or avoid life's problems, and put together the pieces of their not-so-perfect pasts. The storyline, while not exceptional or unconventional, sets "Flaked" apart from other adult sitcoms because



Former alcoholic-turned AA counselor Chip (Will Arnett) brings to life Will Arnett's autobiographical sitcom, "Flaked." Chip, his best friend Dennis (David Sullivan) and love interest London (Ruth Kearney) star in the Netflix series.

COURTESY OF NETFLIX

of its characters and subplots. The characters, although all flawed and deceitful, become such complex and relatable individuals that audience members may find themselves easily justifying their seemingly unforgivable mistakes.

The acting in "Flaked" is worthy of praise. The autobiographical nature of the show aside, Chip is Arnett's perfect character, and his talents

truly show in the part. Sullivan and Kearney too give notable performances and seamlessly fall into their roles. The supporting cast, including Basil; Lina Esco, who plays Chip's love interest, Kara; and Robert Wisdom, who plays Chip's former corrections officer, are complementary to the show's overall cohesion.

Arnett can be proud of season one

of "Flaked," and pending its general success, another season could be warranted. Its character-driven storyline benefits from its talented actors and the substantive depth of character development.

"Flaked" was written and created by Will Arnett and Mark Chappell.

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Tacocat's punk-rock style impresses fans

BY STEVEN PIRANI
SENIOR WRITER

In many ways, Tacocat sounds like a group that could have existed 20 years ago. The Seattle-based feminist pop-rock quartet revels in its '90s-punk, Riot grrrl stylings, enthusiastically wearing its old-school influences on its sleeves. This is ultimately what makes "Lost Time," the group's third album, as enjoyable as it is. "Lost Time" is a true-to-style pop-punk record as angry as it is fun, as catchy as it is chaotic, and while it lacks the stylistic range to earn highest honors within the genre, it offers an enjoyable romp nonetheless.

Perhaps most characteristic of Tacocat are the vocals, delivered by group lead Emily Nokes. The singer's voice exists somewhere between ambivalent and angsty, each verse feeling as if uttered through a crooked smile and

making for extremely satisfying choruses. Notable among the group's tracks is "FDP," which exclaims defiantly, "FDP, don't f--- with me," over and over until safely stuck in the listener's head.

For listeners, singing along is unavoidable and ultimately quite enjoyable, capturing another great strength of "Lost Time." It's exceedingly fun, with drummer Lelah Maupin driving tracks like "I Hate the Weekend" toward surf-skater mosh territory. This energy constantly feels authentic, and with tracks leaning more toward the sub-four minute range, never overstays its welcome. Instead, Tacocat avoids letting audiences get too used to anything, changing it up just before they get comfortable and keeping track-to-track transitions brisk while maintaining the album's energy.

However, this isn't to say Tacocat doesn't ever get stuck in its ways. The album, even with its contagious instrumentation, lacks evolution, and while each track is a great example of femme-punk sound, it's all exactly that. "Dana Katherine Scully," the album's



COURTESY OF HARDLY ART

opener, could happily exist as the album's closer, and "Leisure Bees," the album's closer, could just as well open the album. Both tracks exhibit the best traits of the group, but some listeners will crave more purpose in the songwriting and album structure.

If "Lost Time" has anything, it's charisma, and that goes a long way. Impressively, Tacocat has managed to encapsulate the most endearing aspects of both punk and Riot grrrl music, making for a driven, kinetic release that is worthy of successive listens.

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Summer sound stuns

BY AKILI DORSEY BELL
STAFF WRITER

Alternative rock band Weezer has put more emphasis on the alternative part of its genre title with its latest album. On April 1, the band came out with its fourth self-titled album to date,

ALBUM REVIEW

Weezer
"The White Album"
Geffen Records
Our rating:

★★★★☆

"Weezer (The White Album)," and it's a slight stretch from the Weezer listeners have come to love since its first hit single, "Beverly Hills," back in 2005. The band's latest may have taken an edgier and less radio-pop road, but both the strong vocals and playful supporting musical tones are still very much alive.

Songs like "California Kids" and "L.A. Girlz" keep the connection between Weezer and summer alive. The album makes listeners feel both anxious yet calm at the same time. Each song is its own roller coaster in the amusement park of "Weezer (The White Album)."

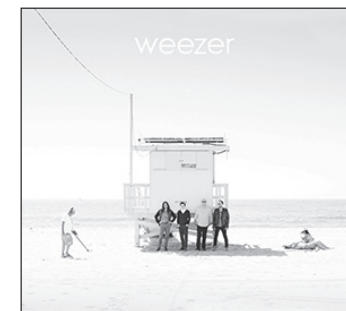
"California Kids" is the first of the 10 songs, and it immediately starts

the album off with soft upbeat music and the sound of seagulls. From there, the songs continue to pick up to faster paces and syncopated rhythms.

The last song, "Endless Summer," takes listeners back to the Weezer they know best with slow tempos, an interjection of fast-paced guitar chords, then back to the original rhythm. Weezer has definitely made some changes to its sound but surely did not disappoint. Although summer is not yet here, listeners may be fooled as they give the album a listen.

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COURTESY OF GEFEN RECORDS

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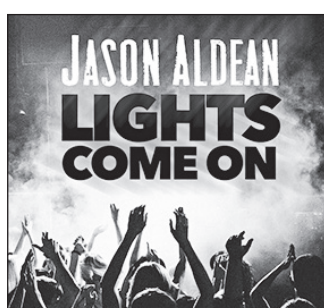


COURTESY OF WARNER BROS. RECORDS

"IF IT AIN'T LOVE"

Jason Derulo
Warner Bros. Records

Jason Derulo released his latest single, "If It Ain't Love," on April 1, and the track became a quick hit. The upbeat pop and rhythm-and-blues song features catchy lyrics and highlights Derulo's smooth voice and falsetto.



COURTESY OF BROKEN BOW RECORDS

"LIGHTS COME ON"

Jason Aldean
Broken Bow Records

Country singer Jason Aldean released the first single from his upcoming album April 1. The song, "Lights Come On," features a pop-country crossover beat but stays true to Aldean's country roots with its lyrics.



COURTESY OF SONY MUSIC UK

"MONEY ON ME"

Snakehips
Sony Music UK

British electronic music duo Snakehips released its latest single, "Money on Me," on April 1. The single is a collaboration between Snakehips and rapper Anderson .Paak. The rap track previews their upcoming EP set to be released April 15.

THURSDAY, APRIL 7, 2016



Junior Robert "Johnston" Tucker rows during the team's practice April 4 on the Cayuga Inlet. This year, the co-captain is returning to rowing after spending the past two seasons as a coxswain for the varsity eight boat for the Bombers.

SAM FULLER/THE ITHACAN

BY SARAH RESMAN
STAFF WRITER

On a sunny fall afternoon, junior co-captain Robert "Johnston" Tucker can be found out on the water, with an oar in hand, following instructions from the coxswain of his boat. He recalls giving out those instructions himself and instantly remembers where he came from and how it feels to be where he is now.

Tucker said he began rowing his freshman year of high school and continued through his senior year, when he was recruited to row for Ithaca College. Almost immediately upon his arrival at the college, he was plagued with mononucleosis, which did not allow him to compete to his desired potential.

People with mononucleosis will often contract a high fever and muscle fatigue for an extended period.

Tucker said giving up on the sport he loves was not an option, and he was able to find a way around the obstacle that stood in his path. He was not medically cleared to exercise during Fall 2013 as long as he had mono, but he wanted to stick with crew.

"Instead of dropping the sport, I started coxing and ended up being pretty good at it," Tucker said.

Tucker said he decided to become a coxswain because rowing requires a great deal of physical exertion, while being a coxswain does not.

Tucker was cleared to exercise a few months into the Fall 2013 season once he got over the illness in October. However, he was already pretty far into the season as a coxswain. Tucker said he had never imagined becoming a coxswain before but landed the position for the Bombers' first varsity boat last year. He led the boat at the New York State Collegiate Championships on May 2, 2015, to earn a spot in the varsity eight grand final with a first-place finish in its heat with a time of 6:23.700. The boat placed third out of six entries in the grand final with a time of 6:22.401.

Head coach Dan Robinson said Tucker came to the college knowing the sport pretty well and that helped with the transition.

"He was a great coxswain because he has a great leadership personality," Robinson said. "He had a lot of confidence, and he knew the sport."

Coxing and rowing are completely different roles and require different preparation. Rowers will practice hard at the beginning of the week and taper off as they approach a regatta, whereas the coxswains will often work to memorize their racing plan closer to the regatta.

"As a coxswain, the whole game is mental, so you have to come up with a race plan the night before and memorize that. And you have to try to figure out ways to motivate all of the guys in your boat," Tucker said. "As a rower, there is a mental aspect to it, but you're also focusing your workouts on your upcoming race."

Robinson said there are many differences between being a coxswain and a rower.

"There is a lot more mental, logistical planning for a coxswain, and the rowers do the hard physical work," Robinson said.

Tucker went back to rowing this year after two years of coxing because there are currently too many coxswains and not enough rowers.

"We had a pretty big senior class last year, so when they graduated, that was like half of the team was gone," Tucker said. "So because we had a surplus number of coxswains and less rowers, it made sense that I start rowing again instead of coxing."

This past fall, Tucker spent about half his time rowing and half his time coxing, depending on where he was needed. Now, he rows exclusively in the Bombers' second varsity boat.

Tucker has made waves so far as a rower of his current boat, as he helped the boat place first April 2 at the team's regatta against Rochester Institute of Technology and the University of Rochester on the Cayuga Inlet. The boat finished with a time of 7:52.13.

Robinson said he admires Tucker's ability to sacrifice his seat in the first varsity boat to benefit the team.

"I told him, 'If you go to rowing, you're giving up your spot in the first varsity boat,'" Robinson said. "He was all game and was willing to do whatever is best for the team. Not a lot of guys will sacrifice one seat for one position."

As a teammate and co-captain, graduate student Branden George said he admires Tucker's ability to step up and row for the second boat, even though it would be difficult to get used to rowing again.

"Johnston has taken it upon himself to make the biggest sacrifice for his team," George said. "It's not only mentally taxing, but retraining takes its physical toll on your entire day and week. I think it's admirable that he stepped up to the plate, knowing how hard it would be, and did it anyway."

Now that he has had experience with both coxing and rowing, Tucker said he just really enjoys the sport.

"Now that I've been back rowing, I probably like rowing more although I just like being a part of the sport in general," Tucker said.

Robinson said Tucker has been able to adjust to both positions successfully but will most likely remain a rower.

"He'll probably row until he graduates," Robinson said. "I think the transition is full time."

George said he admires Tucker's ability to maneuver himself to remain part of the team and his passion for crew through it all.

"The kid just loves this team and loves this sport," George said.

CONNECT WITH SARAH RESMAN

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ROW FOR IT

Junior co-captain
Robert "Johnston"
Tucker is now rowing
again for the Bombers



Tucker gives directions to the varsity eight boat April 11, 2015, during the men's rowing team's regatta against St. Lawrence College and Skidmore College on the Cayuga Inlet. The boat beat the other two schools by 17 seconds.

AMANDA DEN HARTOG/THE ITHACAN

THE BOMBER ROUNDUP

The Ithacan's sports staff provides statistical updates on all of the varsity Bomber squads during the spring season



Junior catcher Ryan Henchey connects with the ball during the baseball team's game March 30 against Oneonta College in Higgins Stadium. Henchey had two RBIs during the game.

CAITIE IHRIG/THE ITHACAN

Men's Lacrosse

RESULTS

18-12
Ithaca March 30 Cortland

17-7
Ithaca April 2 Stevens

Next game: Noon April 9 against Nazareth College in Higgins Stadium

STANDINGS

	Conference	Overall
Ithaca	3-0	9-1
Nazareth	3-0	7-2
St. John Fisher	2-1	5-5
Elmira	1-1	4-3
Stevens	1-1	8-3
Utica	1-1	2-7
Alfred	1-2	7-3
Hartwick	0-2	2-6
Houghton	0-3	2-6

Track and Field

Muhlenberg Invitational – Women

Event	Name	Place	Results
100-meter	Lusmer Quintana	2nd	12.58
100-meter	Sarah Werner	3rd	12.65
400-meter hurdles	Britney Swarhout	2nd	1:07.28
3,000-meter steeplechase	Denise Ibarra	1st	11:17.36
3,000-meter steeplechase	Michaela Cioffredi	3rd	11:49.33
3,000-meter steeplechase	Kristin Lynn	4th	11:50.2
Discus	Brandy Smith	2nd	43.36m
Hammer Throw	Caitlin Noonan	3rd	44.54m
Pole Vault	Katherine Pitman	1st	3.8m
Pole Vault	Alex Rechen	3rd	3.2m

Next invite: 3 p.m. April 8 at the Coach P Open in Bethlehem, Pennsylvania

Muhlenberg Invitational – Men

Event	Name	Place	Results
100-meter	Aaron Matthias	5th	11.13
110-meter hurdles	Alex Schneider	6th	16.34
800-meter	Larkin Bohanan	3rd	1:59.87
1,500-meter	Sean Phillips	2nd	4:03.19
1,500-meter	Brendan Davis	4th	4:03.82
5,000-meter	Tim Chappell	2nd	15:25.13
High Jump	Andrew Brandt	1st	1.98m
Hammer Throw	Larry Cass	4th	47.06m
Pole Vault	David Dorsey	1st	4.27m

Next invite: 10 a.m. April 9 at the Coach P Open in Bethlehem, Pennsylvania

Women's Lacrosse

RESULTS

11-9
Geneseo March 31 Ithaca

12-8
Ithaca April 2 Nazareth

Next game: 3 p.m. April 9 against Houghton College in Higgins Stadium

STANDINGS

	Conference	Overall
Ithaca	3-0	6-3
St. John Fisher	3-0	9-1
Stevens	2-1	5-5
Nazareth	1-1	6-4
Utica	1-1	6-4
Elmira	1-2	3-4
Hartwick	1-2	4-6
Alfred	0-3	4-7
Houghton	0-2	2-7

Softball

RESULTS

7-2
Ithaca March 30 Rochester

9-1
Ithaca March 30 Rochester

12-1
Ithaca April 2 Nazareth

19-13
Ithaca April 2 Nazareth

Next game: 1 p.m. April 9 against Elmira College in Elmira, New York

STANDINGS

	Conference	Overall
Ithaca	2-0	13-5
Alfred	3-1	11-5
Stevens	3-1	12-6
Elmira	2-2	4-2
St. John Fisher	1-1	13-3
Utica	1-1	10-10
Houghton	0-4	5-15
Nazareth	0-2	9-7

Baseball

RESULTS

9-3
Stevens April 2 Ithaca

13-4
Ithaca April 2 Stevens

4-3
Ithaca April 3 Stevens

Next game: 1 p.m. April 9 against SUNY Canton at Freeman Field

STANDINGS

	Conference	Overall
Stevens	6-2	14-10
St. John Fisher	3-0	13-6
Canton	3-3	7-12
Ithaca	2-1	9-9
Houghton	2-4	11-13
Utica	2-4	2-9
Elmira	0-4	6-11

Men's Tennis

RESULTS

7-2
Ithaca April 3 St. John Fisher

Next game: Noon April 9 against Stevens Institute of Technology on the Ben Wheeler Tennis Courts

Women's Tennis

RESULTS

9-0
Rochester April 2 Ithaca

Next game: 3 p.m. April 8 against SUNY New Paltz in New Paltz, New York

Women's Crew

RESULTS – Individual

Event	Time	Place
Varsity 8	7:24.9	1st
Novice 8	7:50.9	1st

Next regatta: 11 a.m. April 9 against St. Lawrence College, Smith College and Skidmore College on the Cayuga Inlet

Men's Crew

RESULTS – Individual

Event	Time	Place
Varsity 4	7:29.8	1st
Varsity 8	6:56.6	1st
Novice 8	7:23.1	2nd

Next regatta: 11 a.m. April 9 against St. Lawrence and Skidmore on the Cayuga Inlet

*Updated as of April 5

Faceoff men provide boost for lacrosse team

BY MATT HORNICK
STAFF WRITER

The ball is set in the middle of the field. Ithaca College men's lacrosse team junior midfielder Grant Osadchey approaches the ball and positions himself to battle Stevens Institute of Technology sophomore midfielder Scott Wedgeworth. They wait for the whistle, knowing that at this moment, all that exists is each other and the ball.

The whistle blows, and both men pounce for the ball, trying to take control so his team can have the first opportunity to score. Osadchey comes up with the ball, and the Bombers' possession begins, thus ending the first of many faceoffs that occur during this game.

Osadchey said that outside of securing possession, faceoffs are important because they allow the winning team of each faceoff to establish the tempo of the game.

"The team that wins the faceoff is able to control the speed of the game because they are the ones with the ball, so the defense has to adapt to the speed the offense is playing at," Osadchey said.

FoGos — or "faceoff, get off" players — are faceoff specialists who perform a faceoff and then get off the field as soon as possible. They will play defense if needed until they have a chance to get off the field.

Head coach Jeff Long said some of the keys to being good at faceoffs include agility and timing. The importance of keeping the ball out of opponents' sticks and controlling the pace of the game is why every lacrosse team has specialized FoGo players.

"Some are quick, some are strong, but ideally, we look for guys with similar build to wrestlers who have a low center of gravity and quick wrists," Long said. "You have to have a good twitch mode in your body so as soon as you hear the whistle, you're up and fighting for the ball, and you have to be strong, and you have to be tough to grind it out."

Faceoffs occur at the beginning of each half and after every goal, meaning a team can have possession immediately after it scores. Long said winning faceoffs can swing the game in one team's direction.

"Faceoffs are key to going on runs," Long

said. "In basketball, after you score, the other team gets the ball. In lacrosse, there's a 50 percent chance you get the ball back after you score."

Through 10 games in the 2015–16 season, the Bombers have won 62.5 percent of their faceoffs, the highest percentage in the Empire 8 Conference. Individually, Osadchey has won 62.2 percent, and sophomore Steven Landspurg has won 63.4 percent.

Landspurg described faceoffs as a part of lacrosse where no one is perfect.

"Faceoffs are kind of like a game of rock, paper, scissors, in that no matter what move you use, there's always another move that can beat what you're doing, so you just have to get as good as you can at the moves you have," Landspurg said.

Assistant coach Mike Silipo '11 works with players on faceoffs during practice. He said most of the drilling they do in practice is about creating muscle-memory through repetition. They start with chopping their sticks over the ball and then clamping their sticks onto the ball to enhance their hand speed and clamping accuracy. They finish with taking actual faceoffs against each other, and they will sometimes insert random members of the team so that no one gets too comfortable going against one person.

Silipo said FoGos tend to have a limited repertoire of moves they use and having two players that can split the majority of the faceoffs works to their advantage.

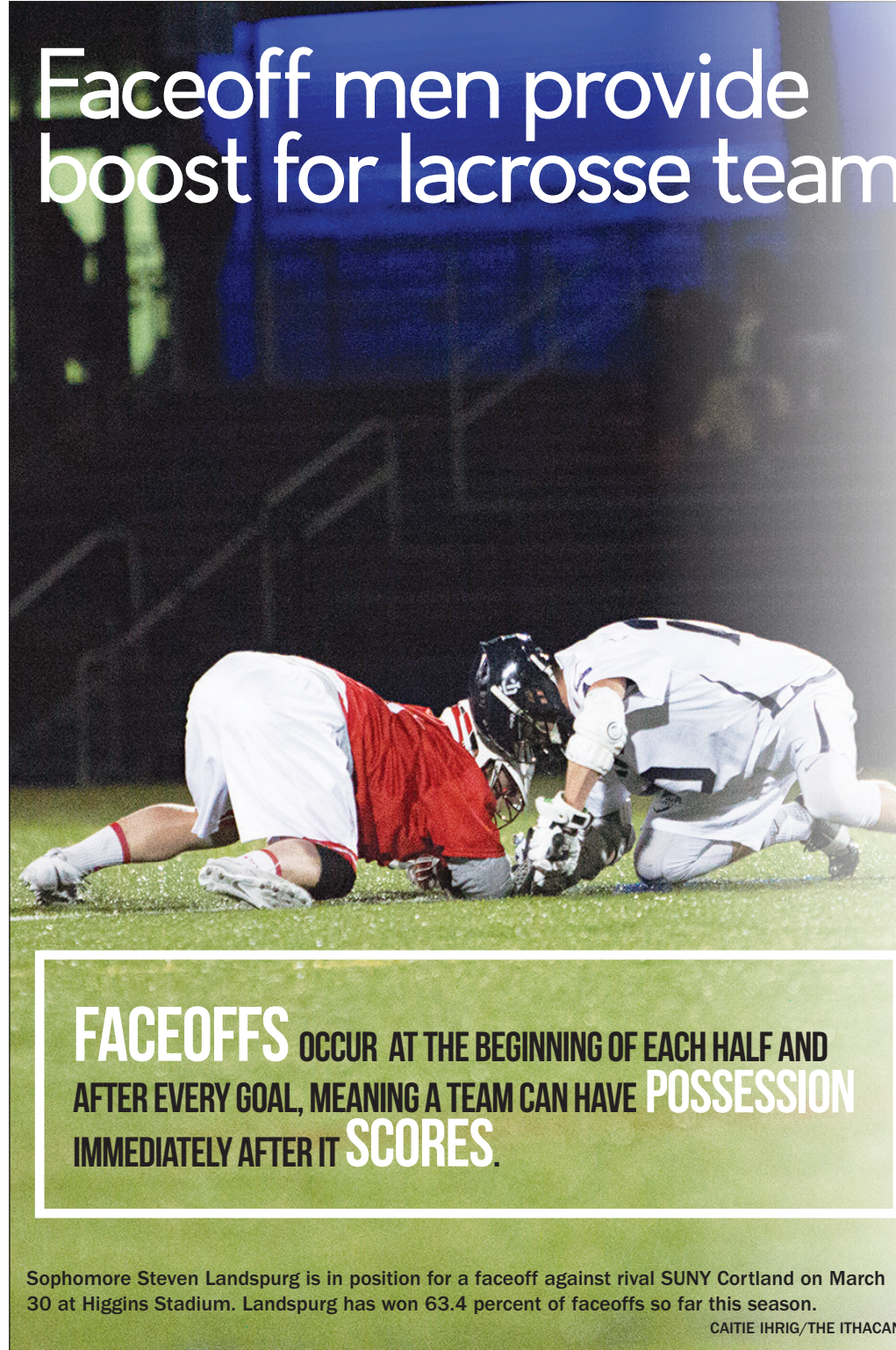
"Grant and Landspurg are a good complement to each other because Grant has one specific move that he does regularly, and Landspurg has a completely different move regularly," Silipo said.

Most colleges will recruit strictly FoGo players, and Silipo said he and the coaching staff focus on more well-rounded players.

"We get a lot of crap from other coaches across the country for not recruiting pure FoGos," Silipo said. "Our faceoff guys need to be able to play defense as well because we lose almost 40 percent of our faceoffs, so those guys need to at least support us defensively."

CONNECT WITH MATT HORNICK

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FACEOFFS OCCUR AT THE BEGINNING OF EACH HALF AND AFTER EVERY GOAL, MEANING A TEAM CAN HAVE **POSSESSION** IMMEDIATELY AFTER IT SCORES.

Sophomore Steven Landspurg is in position for a faceoff against rival SUNY Cortland on March 30 at Higgins Stadium. Landspurg has won 63.4 percent of faceoffs so far this season.

CAITIE IHRIG/THE ITHACAN

Ithaca College football team holds bone marrow drive

BY ANDREW SULLIVAN
STAFF WRITER

The Ithaca College football team hosted the program's sixth annual bone-marrow drive to find bone-marrow matches and save the lives of those who suffer from forms of blood cancer.

Members of the coaching staff as well as players partnered with the National Bone Marrow Donor Program's "Be the Match" initiative March 31 to host the drive in Emerson Suites in the Campus Center.

Aspiring donors first filled out a short health questionnaire and then took a sample of their cheek cells with cotton swabs to decipher their tissue type.

This year's drive attracted 140 students to register.

Head coach Mike Welch said the team's goal is to recruit between 100 to 200 volunteers per year.

"It's fantastic. It's just an indication of the kinds of students we have here at Ithaca," Welch said.

Welch said the Bombers began to hold their own bone-marrow donor registry drive after Villanova University football head coach Andy Talley reached out to him about recruiting other colleges and universities.

Welch said there is a lengthy list of roughly 70 to 80 colleges from all divisional levels of football that are affiliated with the program.

Michael Garbin, senior community engagement representative of "Be The Match," has assisted in the coordination of the South Hill squad's drive since its inception. He has also aided in organizing bone-marrow donor registry drives at other colleges.

Garbin said out of all of the college drives he has helped operate, no other college compares to Ithaca College's organization and motivation.

"The passion that I see the players evoke — they don't see this as a job. They really see this as an experience," Garbin said. "They are trying to help save people's lives."

Garbin said he was flabbergasted by the number of volunteers the college has been able to accumulate at these drives every year.

"Usually, the average gross number is about one in 550 who want to donate," he said. "It's exemplary. Honestly, I wish every college was as good as Ithaca."

Throughout the drive's six-year history, the Bombers have seen five individuals' cheek cell samples match with patients'.

Three out of these five were members of the football team. Joe Gilfedder '12, Adam Bienstock '13 and Stephen Pulver's '14 successful matches led to the life-saving transplants of three separate parties.

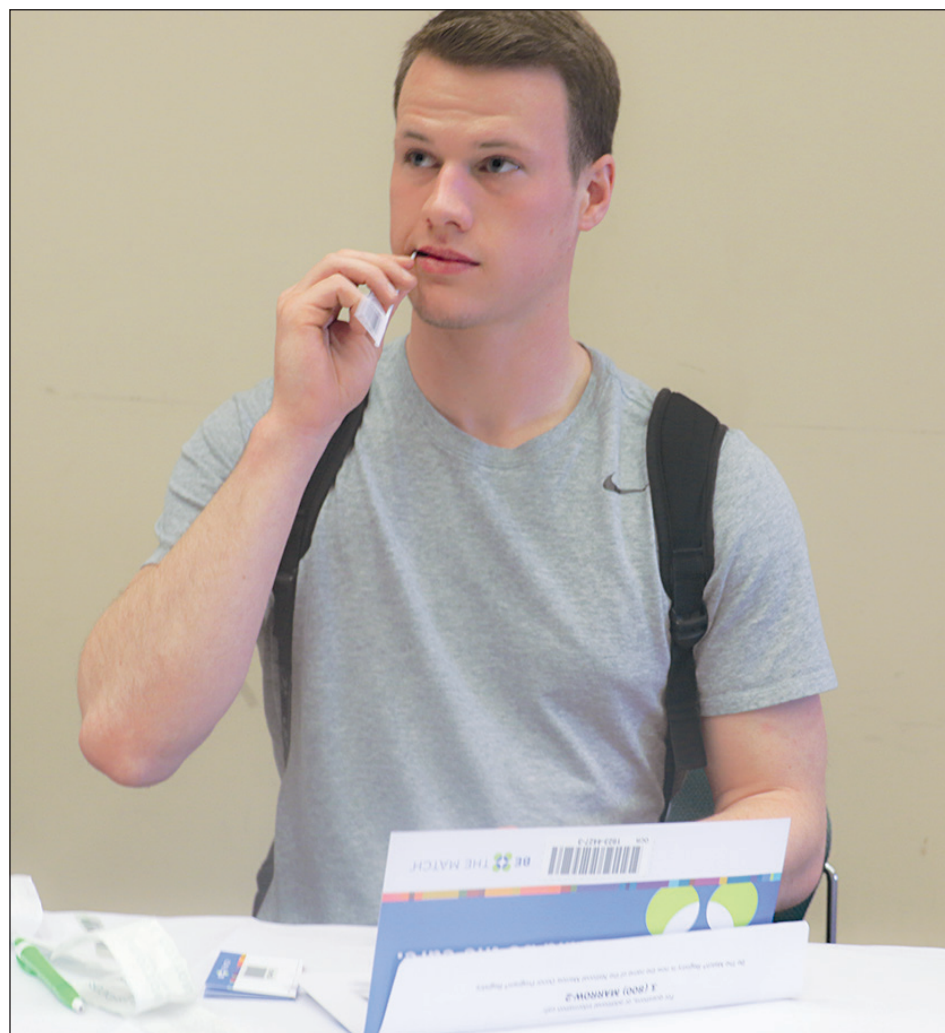
One of the other donors, David Mizelle '12, chose to register to donate his bone marrow during the Spring 2012 semester at the college after a football player in his class encouraged everyone to come out and volunteer.

Mizelle said he did not have a specific reason as to why he chose to attend the drive other than the fact that he had time that day to do so.

His decision would ultimately pay off two years later when the National Bone Marrow Donor Program contacted him notifying him of a potential match with a then-9-year-old boy named Caleb. Further blood testing confirmed the match.

"I knew it was kind of like a shot-in-the-dark type of thing, and so when I got the call, I was surprised. ... After the initial feeling of disbelief wore off, I was actually kind of happy just because I knew that I would become someone that would actually donate," Mizelle said.

That summer, Mizelle went through the trans-



Sophomore Seth Abbot participates in the annual bone marrow drive March 31. Abbot takes a sample of his cheek cells with a cotton swab to decipher his tissue type.

TOMMY BATTISTELLI/THE ITHACAN

plant procedure, and the following summer, he met Caleb and his family for the first time.

With all of the success the drive has assembled over the years, Welch said he advises anyone who may be on the fence about donating bone marrow not to shy away.

"It's a personal decision. It does involve some

inconvenience," Welch said. "The way I look at it personally is, my bone marrow is going to match just a few people in the world, and if it happens to be someone who needs me to save their life, that small inconvenience of a few hours over a course of two or three weeks, it's minuscule."

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BEND IT
LIKE BECK

JONATHAN BECK

Baseball relies on pitching

The sound of a crack of a bat takes over a green diamond surrounded by brown dirt as Freeman Field is dotted with players. That can only mean one thing: Baseball is in full swing.

Spring is usually time for optimism and expectation. Despite the recent winter wonderland we've experienced, there is hope on South Hill for the 9-9 baseball team.

During a recent road trip to Hoboken, New Jersey, the Bombers took two out of three games from Stevens Institute of Technology to kick off Empire 8 Conference play.

Driven by exceptional pitching performances and close games, the Blue and Gold have scraped together a .500 record almost halfway through their season.

Sophomore Tyler Hill and senior Benji Parkes have been key in keeping the Bombers in competitive play this season. Each owns a complete game, the most recent being Parkes' effort against the Ducks in game two of the doubleheader April 2, in which he gave up four runs on nine hits and struck out six along the way.

Hill's complete game came during the team's spring break trip March 14, when he scattered six hits, giving up just one earned run and one walk in the 4-3 over Claremont McKenna College, Harvey Mudd College and Scripps College, which together form the Stags and Athens baseball team.

After having to limit the team's ace — graduate student John Prendergast — because of his recovery from the Tommy John surgery he had last season, in addition to the loss of Andrew Sanders '15 and Jimmy Wagner '15 to graduation, the Bombers have needed consistent play from their pitching staff, and that's what they've gotten.

Senior Brandon Diorio and graduate student Ryan Contegni have rounded out a recently dominant staff, each contributing a 6.50 and 5.40 ERA, respectively.

The bullpen, consisting of juniors Logan Barer and Jean Germosen as well as freshmen Andrew Bailey and Josh Carney, has been able to preserve and limit the damage in games.

While the Bombers' bats have come up clutch as of late, the pitching has been the most important thing in allowing the squad to stay in contention.

Given the start of Empire 8 play, the next month's worth of games becomes crucial for the Bombers if they are hoping to win the conference.

Against two nationally ranked teams in SUNY Cortland and SUNY Oswego, the Bombers took the Red Dragons to extra innings and kept the Lakers close for most of the game.

With rematches against all three squads, coupled with games against SUNY Brockport and the University of Rochester, the Bombers have a shot at making the Division III tournament — even if they do not win the Empire 8 Championship — on the backs of their pitching staff.

BEND IT LIKE BECK is a column about sports issues written by Jonathan Beck. **BECK** is a junior sport media major. Email him at jbeck3@ithaca.edu.

HOME GAMES

BASEBALL
1 p.m., 3:30 p.m. April 9
VS. SUNY CANTON

1 p.m. April 10
VS. SUNY CANTON

CREW
11 a.m. April 9
VS. SKIDMORE COLLEGE,
SMITH COLLEGE AND ST.
LAWRENCE COLLEGE

11 a.m. April 10
VS. SUNY GENESEO AND
ST. JOHN FISHER COLLEGE

MEN'S LACROSSE
Noon April 9
VS. NAZARETH COLLEGE

WOMEN'S LACROSSE
3 p.m. April 9
VS. HOUGHTON COLLEGE

SOFTBALL
1 p.m., 3 p.m. April 10
VS. UTICA COLLEGE

TENNIS
Noon April 9
VS. STEVENS INSTITUTE
OF TECHNOLOGY

Athletes celebrate Division III Week



Members of softball team celebrate freshman infielder Vanessa Brown's home-run in the third inning March 30 against the University of Rochester.

CATIE IHRIG/THE ITHACAN

BY DANIELLE ALLENTUCK
SPORTS EDITOR

Ithaca College athletics is partnering with other Division III schools across the country to celebrate Division III Week, a weeklong celebration running April 4-10 put on by the NCAA to honor Division III student-athletes.

Scott Halpern, a junior on the men's soccer team and the community service chair of the Student Athlete Advisory Council, said Division III Week is important to show off the hard work of these student-athletes.

"It's an opportunity for student-athletes to show what their lifestyle is like at the Division III level," Halpern said. "There's no financial athletic aid in Division III, so everything that a Division III athlete is going through is for the love of the game."

Susan Bassett, director of the Office of Intercollegiate Athletics, said the office does a good job of keeping with the vision of Division III athletics.

"In Division III, the real challenge is creating goals and values that match the vision and mission of your college or university as an academic institution, and playing that out in everything you're doing in intercollegiate athletics," Bassett said. "We obviously have to be contributing to the value of an Ithaca College education in what we're doing, and I

feel very confident that we do that."

Division III is the largest division, consisting of 450 schools and about 190,000 student-athletes. Anna Belson, a sophomore on the women's swimming and diving team and a member of SAAC, said she picked Division III to make sure school was her main priority.

"I picked Division III because academics come first," Belson said. "I wanted a school that would let me pursue my degree first — because that's what I'm going to be doing for the rest of my life — versus majoring in a sport."

One of the main activities this year is a fundraiser for Special Olympics through a "change war," in which change is collected by student-athlete advisory committees. At the college, the SAAC set up a table outside Emerson Suites with each team's name on it. Anyone can participate and donate. At the end of the week, they will combine the money and compete with some of the other Empire 8 Conference and Liberty League teams.

The college's student-athletes have also partnered with the It's On Us Initiative, a national campaign aimed at stopping sexual assault. Athletes were encouraged to attend the "It Happened Here" screening March 24, a documentary that tells the story of five students who were sexually

assaulted on college campuses.

Belson said it is very important for student-athletes to get involved with the campaign.

"What the statistics have found is that, unfortunately, sexual assault is predominantly found in athletes," Belson said. "So it's on us, and we are trying to take the initiative to raise awareness and, as a team, show that we are not for it and that we will do anything we can to prevent it."

According to a study by Jeff Benedict and Todd Crosset, sourced by the National Coalition Against Violent Athletes, one in three sexual assaults on college campuses is committed by athletes.

On April 7, there will be a luncheon for faculty and student-athlete leaders to discuss ways to improve communication. Belson said it can be especially challenging to be an athlete because professors do not always understand why they miss class or have to have class at a certain time.

"We are doing all of this and trying to be an athlete," Belson said. "We're not asking for different treatment than a normal student."

Contributing Writer Connor Weingarten contributed reporting to this article.

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Club volleyball team holds charity tournament

BY DIANA HUBERTY
STAFF WRITER

Close to 40 students came out to the Ithaca College Fitness Center on April 2 to participate in the 5v5 Coed Charity Volleyball Tournament hosted by the men's club volleyball team. All proceeds from the event were donated to 15-year-old Andrew Rosa through the Marty Lyons Foundation.

The Marty Lyons Foundation grants wishes to terminally ill children, ranging in ages from 3-17. Senior Michael Schwartz organized the event and said it is an honor to help grant these wishes.

"It's a foundation I've been a part of for the past five years now as a volunteer," Schwartz said. "This year, we're benefiting one individual wish-child who has requested a special chair. His name is Andrew; he's in his teens."

Rosa was struck by a car while riding his bicycle May 17, 2010. The collision left him with a severe traumatic brain injury and multiple bone fractures. Since the accident, Rosa has undergone multiple brain surgeries and other hospitalizations due to respiratory failure and pneumonia. The Rosa family has since endured major medical expenses.

All money raised from both the event and the club's raffle drawings will go toward purchasing a special therapeutic chair for Rosa, which will move his muscles for him. The team's decision to donate to a

specific individual rather than generally to the Marty Lyons Foundation was heavily influenced by Rosa's giving personality.

"Andrew actually wanted to be a firefighter, so the goal behind this was that he wanted to impact so many lives," Schwartz said. "So we decided to make this year's tournament benefit Andrew because he wanted to impact so many lives, but he's unable to right now in the state that he's in."

The tournament began at 11 a.m. and continued until almost 3 p.m., raising close to \$200. This year, six teams came out to play, and entrance into the tournament was \$5 per player.

Sophomore Shayna DePersia, one of many participants at the event, said she attended the tournament looking for a good time.

"It's a really nice cause, and it was just a fun way to have fun with my roommates," DePersia said.

The final four teams standing were seeded according to their records and overall skill level. Junior Gabe Radoccia-Feuerstein's team, Setty Wap, came out on top, defeating its opponents 25-17. While Radoccia-Feuerstein and his teammates walked away with a cash prize of \$50 to split among themselves,

he said winning was not the main concern for most of the participants.

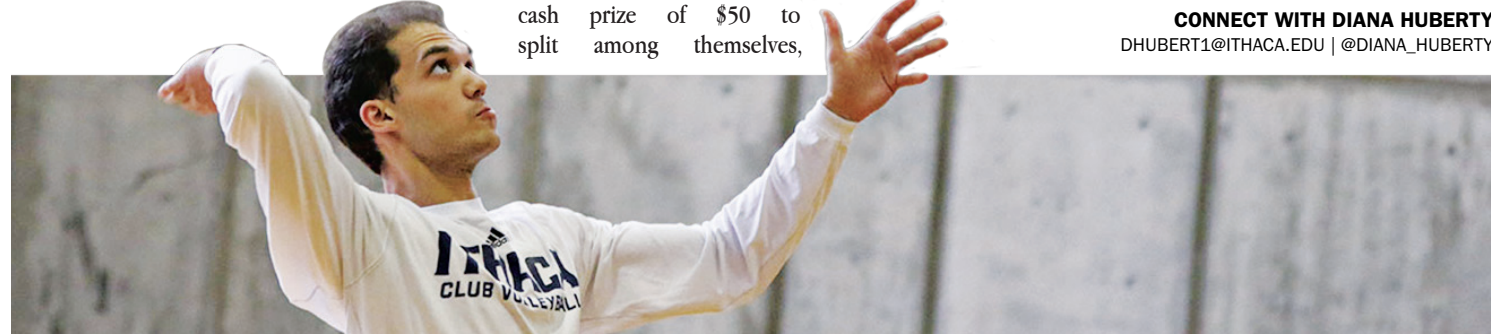
"We're raising money to help this kid who is 15 years old," Radoccia-Feuerstein said. "All of the money we're raising here is to try to get him a chair. It's friendly competition. It was really just more fun to play. It was a good time."

The men's club volleyball team had also been promoting the tournament across campus for weeks before the event selling raffle tickets. One dollar buys one ticket, which could be entered to win a variety of prizes that were either donated by local businesses or by Schwartz himself.

Schwartz said the team will continue to raise money until winners of the raffles are announced at the end of the week. By the end of the tournament, the team had raised close to \$300, including ticket purchases, and it only expects to raise more before the raffle ends.

"I can't say the turnout or funds raised from the event were near the goal we were aiming for, but the bottom line is that we, who are fortunate enough to be able to play in a charity game of volleyball, came together for a teenager, just a few years younger than us, who isn't as fortunate," Schwartz said. "And we will continue to raise funds in any way that we can to give Andrew something to smile about."

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Junior Kirk Nouhan prepares to serve the ball April 4 in the fitness center during the team's fundraiser for the Marty Lyons foundation.

FERNANDO FERRAZ/THE ITHACAN

the Buzzer

Bombers off the field

WE ASKED THE MEN'S LACROSSE TEAM:

WHAT IS YOUR FAVORITE FOOD?

WHERE DO YOU WANT TO TRAVEL?

WHO IS YOUR FAVORITE CARTOON CHARACTER?



Jacob Cotton, '18

Lobster

Venice

Archer



Winston Wenham, '17

Steak and mashed potatoes

Bora Bora

Spongebob



Jake Shumway, '17

Blackened Grouper

Southern Cape of Africa

Patrick Star

DO YOU KNOW?



The United States women's national soccer team pushed its fight for women's equality in sports further by filing a lawsuit against the U.S. Soccer Federation for equal pay. Five members of the team — Hope Solo, Alex Morgan, Megan Rapinoe and captains Carli Lloyd and Becky Sauerbrunn — filed action with the federal Equal Employment Opportunity Commission, accusing U.S.

Soccer of specific gender discrimination. Such discrimination includes disparities in wage, travel accommodations and the surfaces the team is asked to play on. One of the issues these five players pointed out is that the women's team generates a much larger revenue compared to the men's national team but that the men still earn a higher income and more bonuses.

THEY SAID IT



Coach pretty much told us at half, 'Well, you can't shoot it any worse than that. So keep shooting.'

— University of North Carolina sophomore Theo Pinson said to reporters after his team's 83-66 victory over Syracuse University in the Final Four on April 2.



Top Tweets

The best sports commentary via Twitter from this past week



The Fake ESPN
@TheFakeESPN

The Warriors took the April Fools thing to a whole new level.



Fake SportsCenter
@FakeSportsCentr

"Congratulations to the Warriors for keeping their undefeated home winning streak alive!" - Steve Harvey



(not) Terry Collins
@MetsFakeSkipper

Cespedes has had a fantastic spring. If you want to remain happy, don't look at anyone else's stats.



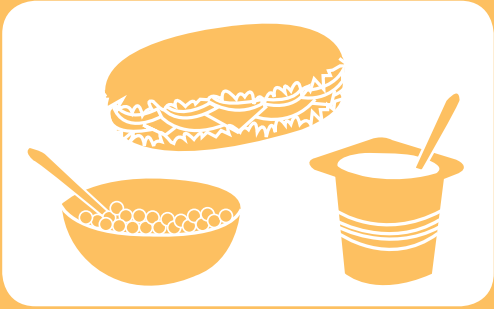
Not Bleacher Report
@BleacherReport

Another beautiful day of Johnny Manziel still being unemployed.

Food for the fit

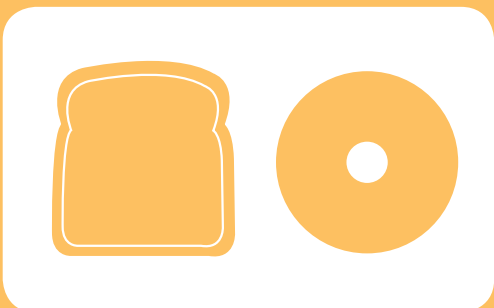
Before

3-4 hours



Cereal with low-fat milk
Low-fat yogurt
Sandwiches with lean meats

2-3 hours



Breads or bagels with limited peanut butter

1 hour



Fresh fruits
Vegetable juice

SOURCE: SUSSEX COUNTY YMCA

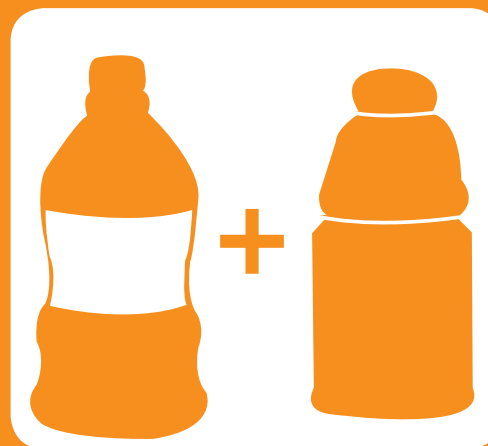
During

Eat 50-100 calories every half hour. Good foods include raisins, energy bars or a banana.



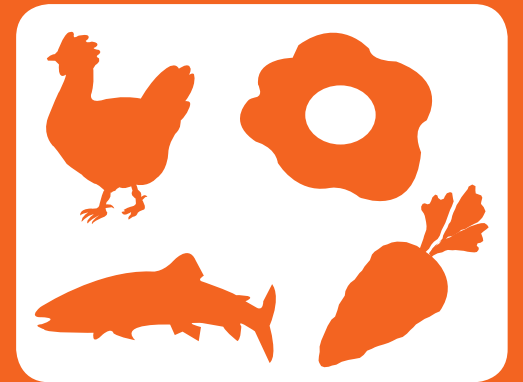
Drink water throughout workouts. For workouts lasting longer than 90 minutes, add in a sports drink.

SOURCE: HEART.ORG



SOURCE: SUSSEX COUNTY YMCA

After

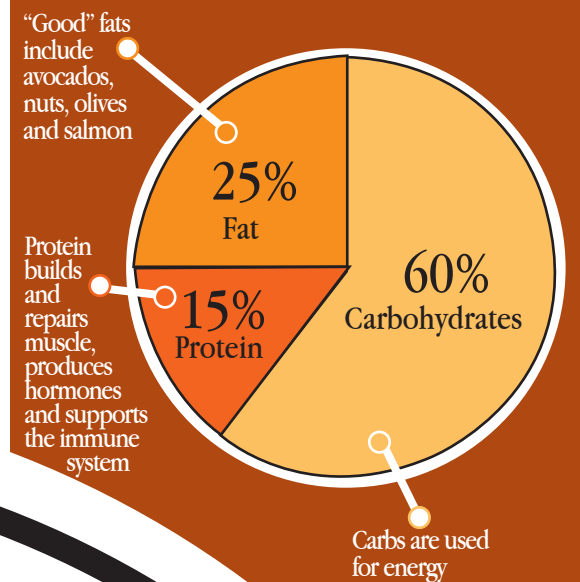


It's important to replenish key nutrients within two hours. Good foods include grilled chicken and mixed vegetables, a veggie omelet with avocado, salmon with sweet potato or chocolate milk.

SOURCE: FITNESSMAGAZINE.COM

Breakdown

Healthy diets for athletes:



SOURCE: SUSSEX COUNTY YMCA

60

5

10

15

Learn what to eat to balance out your fitness routine

45

55

50