

THE ITHACAN

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DEM APPLES

Downtown Ithaca hosts its 34th annual Apple Harvest Festival on The Commons.
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Sophomore Emma Oliver is back on the field for women's soccer after missing last season due to an injury.
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As students move off campus, the college should provide more resources to help them in the process.
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Freshman class size decreases

BY MAX DENNING
STAFF WRITER

After receiving 2,139 fewer applications in 2016, Ithaca College accepted 69.92 percent of applicants, the highest percentage of its applicant pool since 2010, and landed 18 students below its enrollment target.

The college enrolled 1,632 first-time full-time freshmen in 2016, down from 1,808 in 2015, but it is closer to its enrollment target of 1,650, said Gerard Turbide, vice president for enrollment management. The college accepted 10,054 students out of the 14,380 students who applied, or 69.92 percent, compared to accepting 11,072 students out of the 16,519 who applied for 2015, or 67.03 percent. A year after having its largest class ever, the Roy H. Park School of Communications enrolled 386 freshmen, a 92-student decrease. The School of Music had its smallest freshman class since 2010. Yet administrators from both schools said the decrease was intentional.

With the exception of 2014, when the college had a record-high 18,207 applicants, resulting in a record-low acceptance rate, the college's acceptance rate has steadily increased over the past five years from 64.89 percent to 69.92 percent. In addition, the college's yield, which is the percentage of students admitted to the school who actually enroll, has declined from 17.62 percent in 2012 to 16.23 percent in 2016, again excepting 2014, when it was at a low of 14.49 percent.

Turbide said colleges across the country are dealing with declining yield since students are applying to more colleges. A report released by the National Association for College Admission Counseling found 36 percent of students reported applying to more than seven colleges, an increase from 28 percent in 2012.

While the college accepted a higher percentage of its applicant pool this year, the academic quality of the class was comparable to that of the previous class. According to the Office of Institutional Research, 164 of the first-time full-time freshmen in 2016–17 reported being in the top 10th of their high school graduating classes, while 159 freshmen in 2015–16 reported being in the top 10th.

Karl Paulnack, dean of the School of Music, said the school's decrease in freshmen is part of a plan to become approximately 5 percent smaller in an effort to increase student quality and experience.

See **ENROLL**, Page 4

ONLINE

For smoking statistics, go to theithacan.org/smoking



PHOTO ILLUSTRATION BY TOMMY BATTISTELLI AND FERNANDO FERRAZ

UP IN THE AIR: SMOKING AT IC

See **SMOKE**, Page 13

Ambiguity surrounds IC body camera policy

BY MAX DENNING
STAFF WRITER

With fewer than three months left to meet the deadline to have body cameras on officers, questions remain about Ithaca College's pending body camera policy and how the cameras and footage will be used.

More than a year after the college announced plans to put body cameras on all Public Safety police officers, in response to protests by resident assistants regarding alleged racial aggression from campus officers, Terri Stewart, director of the Office of Public Safety and Emergency Management, said the college hopes to have an approved policy for the cameras by the semester's end. The college would become the next school in a national trend of higher education institutions that are adopting such policies. Almost every major city in the U.S. has equipped its law enforcement officers with body cameras. However, experts still pose a number of questions about body camera policies, and the answers, they say, dictate the effectiveness of body cameras in making police more transparent and accountable.

Those questions include whether body camera footage will be made public, whether all

interactions between students and campus police officers will be recorded, whether campus police officers will have the discretion to turn them on and off, and whether campus police officers will be able to review the footage before they write reports. Some experts said that without an effective and transparent policy, the use of body cameras will not make a difference.

Stewart would not comment on the college's body camera policy because it is still in draft form. Individual campus police officers would also not comment on body cameras, referring *The Ithacan* back to Stewart.

Stewart also said that over the summer, campus police officers were trained to use body cameras and the software associated with the cameras, which were purchased from Taser International. According to *The New York Times*, Taser controls approximately 75 percent of the body camera business nationwide. Currently, the draft policy still needs to be reviewed and approved by the officers union — the United Government Security Officers

of America, which represents some Public Safety personnel — and the Office of the General Counsel. Finally, Public Safety will hold a public forum for comments on the policy before it is finalized.

In August, Upturn and The Leadership Conference on Civil and Human Rights released a scorecard of body camera programs in 50 U.S. cities. The scorecard listed eight criteria to judge body camera policies.

According to the scorecard, a policy would score a green in each corresponding section if the department published the most recent publicly available version of its policy on its website in an easily

accessible location for the public; the policy protects “vulnerable individuals,” such as victims of sex crimes, from being recorded without consent; it requires departments to delete unflagged footage within six months; it allows individuals who are filing police-misconduct complaints to view all

“If the policies were better, you would see more people getting behind cameras.”

— Harlan Yu

See **BODY CAMS**, Page 4

NATION & WORLD

Hurricane Matthew slams Haiti and could be heading for Florida

Hurricane Matthew slammed into Haiti's southwestern tip with howling, 145 mph winds Oct. 4, tearing off roofs in the poor and largely rural area, uprooting trees and leaving rivers bloated and choked with debris. At least nine deaths were blamed on the storm during its weeklong march across the Caribbean.

Forecasters said Matthew could hit Florida toward the end of the week and push its way up the East Coast over the weekend. The forecast triggered a rush by Americans to stock up on food, gasoline and other emergency supplies.

US intel agencies receiving access to millions of emails from Yahoo

Yahoo reportedly scanned millions of email accounts at the behest of U.S. intelligence or law enforcement. The scans, reported by Reuters, allegedly selected incoming messages that contained a string of unknown characters.

Yahoo did not deny the report, saying only that it is a "law abiding company and complies with the laws of the United States."

According to the Oct. 4 report, Yahoo acceded to a 2015 government directive to give email access to the National Security Agency or the FBI.

Syrian government allies press their offensive on city of Aleppo

Forces backing Syrian President Bashar Assad pressed their offensive Oct. 4 on Aleppo's rebel-held zone from the south, after capturing areas on other fronts in recent days. As reinforcements arrived, including Shiite fighters

from Iraq, the strategy appeared to be to retake rebel-held areas bit by bit, backed by massive Russian airpower, rather than risk a potentially costly all-out ground battle.

The offensive on the city's besieged rebel-held eastern neighborhoods came a day after Washington suspended direct U.S.-Russian talks on a Syria cease-fire — a move U.S. Secretary of State John Kerry blamed on Russia's rejection of diplomacy in favor of helping Assad's government achieve a military victory over the rebels.

France's highest court to decide on racial profiling for first time

A lawyer who claims French police carried out unjustified identity checks on 13 black and Arab men based only on their racial profiles asked the country's highest court Oct. 4 to "make history" and rule for the first time that officers acted illegally.

Activist groups hope the much-awaited decision will end what they call routine discrimination by police against minorities. Ethnically biased ID checks have long been cited as a prime reason for troubled relations between police and residents of poor suburbs.

Lawyer Thomas Lyon-Caen told the Cour de Cassation the ID checks in 2011 and 2012 violated the basic rights of his 13 clients and were discriminatory because a democratic state cannot "link delinquency to skin color."

He said a study conducted by France's National Center for Scientific Research has shown that blacks have 12 times more likely to be checked by police than whites, and those of Arab origin are 15 times more likely.



Pope Francis visits quake-stricken town

Pope Francis talks with a firefighter Oct. 4 in front of rubble in the town of Amatrice, Italy, which was demolished by an earthquake Aug. 24. Francis had made clear his intentions to visit the quake-stricken zone in central Italy, but without announcing a date, indicating that he wanted to go alone "to be close to the people."

L'OSSERVATORE ROMANO/ASSOCIATED PRESS

But the prosecutor at the hearing asked the supreme judges to declare only eight of the 13 cases illegal.

The presiding judge said the top court's ruling will be returned Nov. 9. The decision is expected to set a legal precedent.

Inmate challenges death penalty in Texas as tainted with racism

A Texas jury took only 17 minutes to convict parolee and former mechanic Duane Buck of gunning down his ex-girlfriend and a man at her Houston apartment, then deliberated about four

hours before deciding he should be put to death.

Now nearly two decades later, the U.S. Supreme Court is being asked to look for a third time at whether the death sentence the jury gave Buck was tainted by testimony and evidence related to the fact that he is black.

Buck's case doesn't present a broad challenge to the death penalty but draws attention due to Texas' standing as the nation's leader in carrying out 537 executions since the Supreme Court in 1976 allowed capital punishment to resume.

SOURCE: ASSOCIATED PRESS

MULTIMEDIA

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IC Ultimate Frisbee club discusses funding
Members of the Ithaca College men's and women's ultimate frisbee teams talk about their seasons and their funding issues.

Apple of Ithaca's Eye: Applefest 2016
The Downtown Ithaca Alliance hosts the 34th annual Apple Harvest Festival on The Commons.

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Laila Ali speaks about life choices



Laila Ali spoke to the Ithaca College community Sept. 29 at the Athletics and Events Center. Ali's speech focused on her childhood, life choices and the freedom to choose her own destiny.

CONNOR LANGE/THE ITHACAN

BY JUSTIN HENRY
STAFF WRITER

Though her father was a famed boxing legend, Laila Ali said she did not realize she could have a career in boxing until she saw two female fighters on TV at a friend's house. Despite speculation from the media that her boxing career was a publicity stunt, Ali started going to the gym six nights a week to pave the way for an undefeated boxing career of 24 wins and zero losses.

"Like my father, people being against me was what fueled my fire," she said. "That competitive streak in me just made me want to prove it to them more."

Her life story and having freedom over choosing her destiny was the focus of Ali's address to an audience of approximately 1,500 members of the Ithaca College community in the Athletics and Events Center on Sept. 29. Her talk, part of the Roy H. Park School of Communications' Distinguished Visitor Series, deviated from the usual theme of the

series, which brings leading figures in the communications industry to the college, usually with a focus on print and broadcast journalism.

Ali, undefeated boxing champion, television personality, and health and wellness expert, spoke about struggling to decide what she wanted to do with her life and what kind of person she wanted to be.

She opened her address acknowledging that people often ask her what it is like to be Muhammad Ali's daughter. She responded by saying it is the only life she has ever lived or known.

Ali said that after her parents divorced and her mother remarried, she fell in with a bad crowd and was sent to a juvenile detention center as a teenager for shoplifting. But if she had the chance, she said, she wouldn't change any of these circumstances in her life. After this experience, she said, she had the freedom to do whatever she wanted in life, and she never wanted that to be taken from her again.

After retiring from boxing in 2007, Ali said, she suffered from depression because she didn't know what else life had to offer. Ali said she decided it was time to redefine her public image and dedicate herself to promoting fitness.

During the Q&A session, a student raised the point that Ali had previously declined to publicly comment on the police shootings of unarmed African-American men when the Huffington Post questioned her on her support of the Black Lives Matter movement. Ali responded by saying though she identifies with the notion "All Lives Matter — including black lives," no one can really know what her opinion is on something when a quote is taken out of context.

"I was working with Colgate for their 'Healthy Kids Campaign' and that was not the time to ask me about that," Ali said. "You can't always just take one sentence or one paragraph and say you know exactly how somebody feels about something."

Sophomore Carlie McClinsey said this was an important point, not just as it had to do with the student's question, but also as it concerns student journalists with an obligation to tell a complete story.

In the hour before the event, Ali delivered a lecture to students in the Media for Social Responsibility course. The course's theme this year is the portrayal of disability and chronic illness in the media. Bryan Roberts, associate dean of the Park School, said he and other faculty members chose Ali because of her close ties with her father, who suffered from Parkinson's disease for the later part of his life.

Roberts said the decision to host Ali garnered approval from the community because disability and chronic illness are rarely discussed on the college campus.

"Her story ... is one of resiliency, and I think that's something we could all learn from," Roberts said. "This is not about her being a fighter. This is about her being a daughter, a mother and having a father with a chronic illness."

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Active Minds holds vigil for mental health

BY SAM HAUT
CONTRIBUTING WRITER

In the area surrounding the Free Speech Rock, 1,100 white paper bags filled with sand and glow sticks covered the grass. They represented the number of college students who commit suicide every year, each bag adorned with inspirational phrases like "stay strong" and "stomp the stigma," meant to inspire those reading them to do something about the silence surrounding mental illness.

More than 70 people gathered at 7:30 p.m. Oct. 3 at the Free Speech Rock for a "moment of action" to discuss ways to increase dialogue around issues of mental health. In honor of the end of National Suicide Prevention Month, Ithaca College's chapter of Active Minds, a national group of 400 campus chapters, hosted the event to address the stigma that surrounds mental illness on college campuses.

At the vigil, the IC Active Minds executive board stressed that the event was part an effort to increase awareness for the communities that are touched by mental illness. The purpose of the event, according to executive board members, was to emphasize how large of an issue mental health is at colleges across the nation.

Co-president Molly Robbins talked about how Active Minds attempts to help those with mental-health problems who might not seek help. She said one of the main goals that Active Minds tries to accomplish through its organization is getting students to actually talk about their problems.

"We're not a support group,"



From left, IC Active Minds co-president Molly Robbins, events co-chair Summer Lewis and co-president Alexandria Lopez speak to a crowd of 70 people Oct. 3 at Active Minds' "Moment of Action" event.

EVE MAHANEY/THE ITHACAN

Robbins said. "We're not there to be the mental-health support system for students. We're not licensed in any way to do that, but being around students who talk about that is helpful for people, especially in a stigmatized context."

Sophomore Glenni Rodriguez Santos said she came down from The Towers to see what was happening at the event and came away from it knowing more about the group's purpose. She said she plans to attend Active Minds meetings in the future.

During the vigil, Active Minds members thanked several groups that have made an effort to help with student mental health at the college — from Spectrum, a group that helps students learn more about the bisexual community, to other lesbian, gay, bisexual and

transgender groups, and Counseling and Psychological Services.

Senior A.C. Tierney is a co-chair of Speak Your Mind — a panel sponsored by IC Active Minds that allows students to share their stories about their experiences with mental health. At the event, Tierney spoke about the shortcomings of CAPS. She said that while the organization helps students, they still lack resources.

"We currently only have one counselor for every 700–800 students at Ithaca College," Tierney said. "This is a resource that has proved invaluable to the majority of students who have struggled with mental health during their time on this campus."

Sophomore Maddy Horowitz, another Speak Your Mind co-chair, said CAPS is in dire need of support.

"If you are put on a wait-list for two weeks, you kind of just have to suck it up or go to group therapy, and that's just how it works," Horowitz said. "CAPS is doing literally everything they can to get you in some sort of therapeutic environment."

Alexandria Lopez, co-president of Active Minds, said she wants to get more organizations involved in the issue of student mental health.

"We're hoping that that will start a collaboration between other student organizations as well, so after this event, hopefully other student organizations will take interest in mental health and will collaborate," she said.

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IC to train volunteers in diversity

BY LILY DONOGHUE
CONTRIBUTING WRITER

Ithaca College is beginning to encourage alumni volunteers, including the Ithaca College Board of Trustees and members of the Alumni Association Board of Directors and alumni committees, to complete diversity and inclusion training, beginning with a training session during alumni weekend Oct. 7–9.

The training will consist of on-campus meetings along with interactive online modules led by Craig B. Clayton, a consultant and speaker who founded and works as the chief diversity officer of the Equitable Workforce Institute, a firm that specializes in company diversity training. Clayton said the training will inform volunteers on how to listen effectively, resolve conflicts respectfully in a multicultural setting and have tough conversations.

The volunteers who will be participating in the first training session led by Clayton are in leadership positions on alumni boards and were highly encouraged to join the program by the Office of Alumni Relations, said Carrie Brown, executive director of alumni relations. She said 40–60 volunteers from the alumni board, the alumni advisory boards for each school and committees that alumni sit on will participate in the programs but that the training is not mandatory.

Among those volunteers, Marc Hudak, president of the alumni board, will also be attending. Hudak said volunteers have been made aware of these training sessions since last spring.

"We are getting people trained as quickly as we can, and I'm sure in due time we will have 100 percent participation," Hudak said.

The board of trustees will also go through diversity training by Clayton as a part of its fall meeting on campus Oct. 19–21.

Brown is overseeing the implementation of these training sessions. She said the training is important for alumni to understand the priorities of the college and to support those values and goals when volunteering.

Clayton, who visited campus recently to speak with the Student Governance Council on Sept. 27, said the main issue he will be addressing in his alumni-weekend workshops is how to foster greater respect at the college.

"The issue was looking at how you create an environment that leads to a culture of respect," Clayton said. "A lot of the issues that occurred last year from the perceptions of the students, staff and faculty was that the communications were not being done in a way that was respectful."

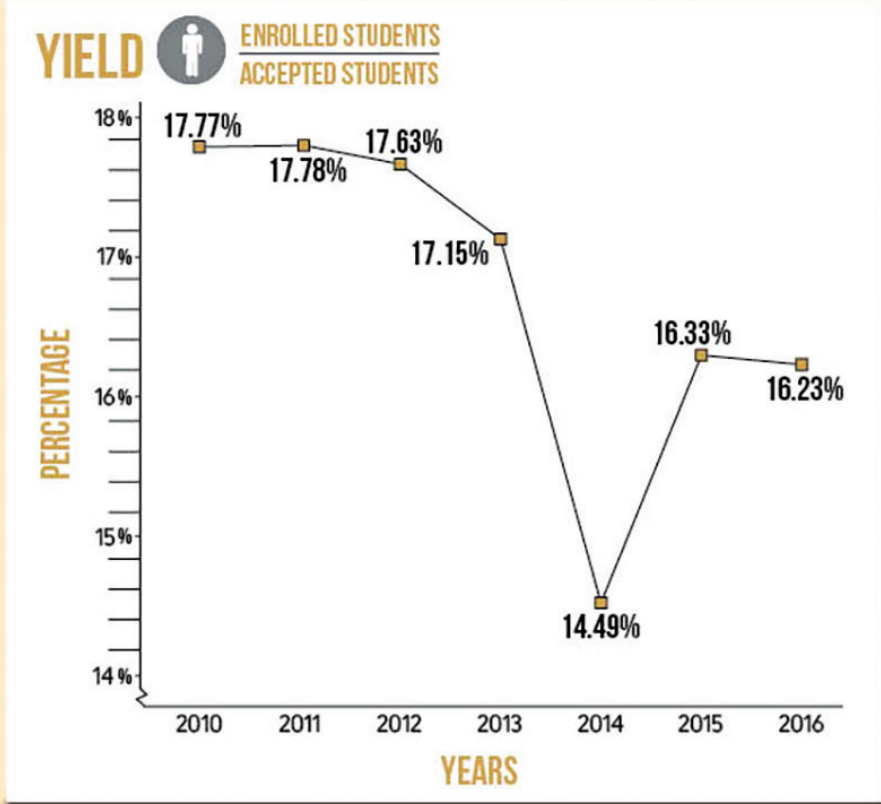
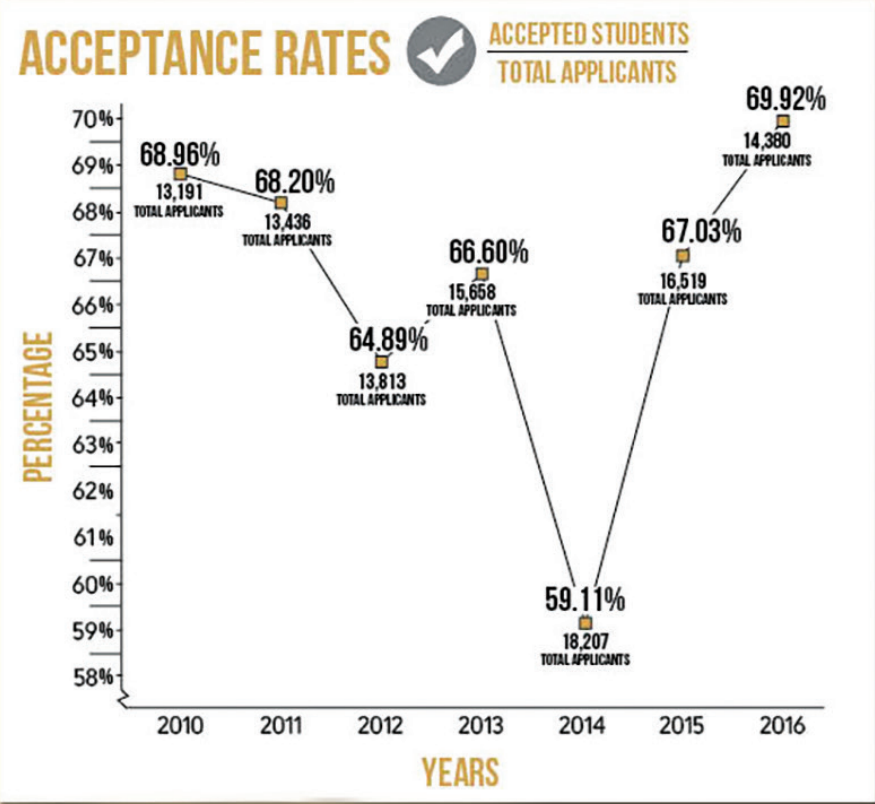
Clayton began visiting campus in July 2015 and continued to visit campus twice a month to have conversations with students, staff and faculty to inform him in creating a specific program for the college, he said. In those conversations, he said, the topic of microaggressions came up frequently.

Brown said she sees this program as a positive step for the future but wishes to see a more unified, overarching program form out of this experience.

"Because there is no unified strategy on campus, it's challenging to see where everyone's things fit together and measure progress," Brown said.

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ADMISSIONS STATISTICS AT ITHACA COLLEGE



SOURCE: OFFICE OF INSTITUTIONAL RESEARCH
DESIGN BY: ALISON TEADORE

ENROLL, from Page 1

“The [School of Music] is as large as it can possibly be right now,” Paulnack said in an email. “We hope to very slowly and gradually get slightly smaller so that we can take good care of our students, have sufficient numbers of faculty studios — we don’t have even one extra at the moment — and fit comfortably within our building.”

Paulnack also said the School of Music does not differentiate between first-time full-time freshmen and transfer students, though the

Office of Institutional Research does. This year, the School of Music enrolled 13 transfer students. Paulnack said this impacts how many first-time full-time freshmen the school enrolls.

“We are looking for a certain number of violins and a certain number of saxophones, and it doesn’t matter whether they are freshmen or transfers or grads,” he said.

Regardless of the type of student, the School of Music still has 20 fewer new students this year, dropping from 148 to 128.

Bryan Roberts, associate dean in the Park School, said it was not a goal of the Park School to have another class of nearly 500 students.

“We saw an opportunity last year to go up to 500 students and we took it,” Roberts said. “But you can’t do that every year.”

Turbide said the Park School received fewer applicants this year. He also said the lower number of students enrolled did not have to do with the academic quality of the applicant pool.

In the other schools, enrollment was more steady. In the School of Health Sciences and Human Performance, 340 first-time full-time freshmen enrolled, which was a 49-student drop from 2015, but still above its 2014 enrollment.

The School of Business enrolled 152, down from 170 in 2015.

The School of Humanities and Sciences enrolled 639 first-time full-time freshmen, eight more students than in 2015.

Overall, this year’s class was the least diverse class since 2012, with 21 percent of first-time full-time freshmen identifying as African American, Latino, Asian or Native American. That number is down from 22 percent in 2015 and 22.2 percent in 2014. Turbide, however, said that did not worry him.

“One year doesn’t make a trend,” he said.

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BODY CAMS, from Page 1

relevant footage; it describes when officers must record and requires officers to provide reasoning for not recording required events; it limits the use of biometric technologies, such as facial recognition, to identify people in the footage; it requires officers to file a written report or statement before footage is reviewed; and it prohibits unauthorized access and indicates that all access to recorded footage will be logged.

Harlan Yu, a principal at Upturn, a technology consulting firm, studies how new technologies affect civil rights. He said for a policy to be beneficial to the campus community, it needs to succeed in all criteria.

“I would look closely at the scorecard, at each of our eight criteria, and see that the campus police eventually scores a green in each of their criteria,” Yu said.

However, none of the 50 cities included on the scorecard met the criteria for all eight categories, and only 13 departments were able to fulfill more than two categories. Only the Parker, Colorado, policy was able to avoid any red X’s, which indicate that a policy either does not address an issue or runs directly against the scorecard’s principles. Yu said the current states of most policies hinder support for body cameras.

“If the policies were better, you would see more people getting behind cameras,” Yu said.

Yu said that once the college’s policy is announced, he will evaluate it using the criteria from the scorecard. The policy must be comprehensive for the cameras to have an impact, he said.

“I think there’s a popular misconception that just because a police department has body cameras they’re going to be transparent and accountable,” Yu said.

Stewart said officers are excited to wear body cameras.

“Body-worn cameras are something I’m confident in saying on behalf of our team we were pleased to have happen,” she said. “It’s something that the officers will tell you they have wanted for some time.”

Tod Burke, professor of criminal justice at Radford University and former Maryland police officer, said body cameras reduce police wrongdoing and increase accountability and transparency.

“I’m an advocate of body cameras even though I understand their limitations,” Burke said.

The University of South Florida released a study in October 2015 that examined the body camera pilot program of the Orlando Police Department from March 2014 through February 2015. The study found that officers used force 53 percent less than in the 12 months prior. Furthermore, complaints against those officers dropped by 65 percent.

Marieme Foote, president of the Student Governance Council, said she thinks body cameras are a step in the right direction but also wants the policy to include specifics. Foote said she thinks

body camera footage should be available to the public and that the cameras should always be on when an officer is on duty.

At Georgia Southern University, Chief of Police Laura McCullough said body camera footage involved in an active criminal investigation is only available to the solicitor in a case and the defense counsel during the discovery portion of a trial. If footage is not a part of an open investigation, members of the public can request footage with a public records request. Georgia Southern is a public school, so an officer’s body camera footage is public record. This will not apply to Ithaca College, which is a private institution.

McCullough said officers at Georgia Southern are responsible for turning on their cameras once they initiate a one-on-one encounter.

She also said she has seen a reduction in the number of complaints against officers and in the frequency officers use force.

At other universities, body cameras have played significant roles. On July 19, 2015, a white University of Cincinnati police officer, Ray Tensing, shot and killed an unarmed black man, Samuel DuBose. The shooting was captured by Tensing’s body camera. Tensing was later fired by the university and has been charged with murder and voluntary manslaughter. The trial is set to begin this month.

Sakira Cook, a counsel in the public policy department of The Leadership Conference on Civil and Human Rights, said body cameras do not solve all problems with policing today.

“They are not a panacea,” Cook said. “You can’t just put a body camera policy in place and put some cameras on police officers and think that the issues between police and communities of color — or police and citizens in general — are going to disappear.”

Cook said that even if a department adopts the “gold standard” for body camera policies, that does not replace broader reforms.

At the college, those broader reforms could be coming. The Office of Public Safety will undergo an external review by safety and security consultant Margolis Healy beginning in November.

The review will evaluate the following: internal investigations and disciplinary processes; racial profiling data collection; use of force; vehicle, traffic and pedestrian stops; initiatives and formal goals related to diversity, inclusion and engagement; and hiring, recruitment, selection and retention policies and practices, according to an Intercom announcement from Sept. 9.

Cook also said an important feature of a strong body camera policy is reprimands for those who don’t follow it.

“One of the important backstops of a strong policy are what the disciplinary procedures are for violations of the policy,” she said.

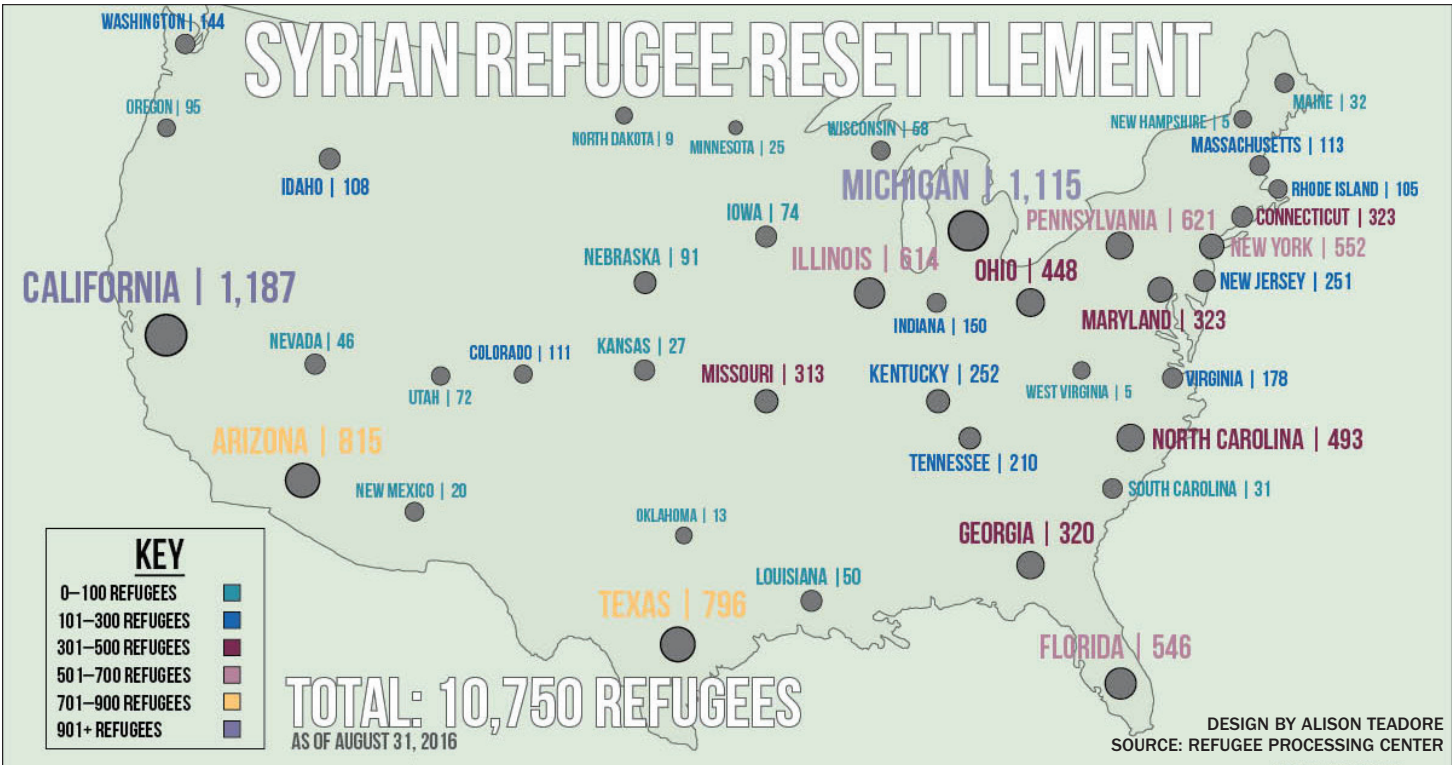
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Over the summer, Ithaca College Public Safety officers were trained to use body cameras. With fewer than three months left to meet the deadline to equip campus police with body cameras, questions remain about the college’s pending policy.

FERNANDO FERRAZ/THE ITHACAN

City awaits approval for refugees



BY ERIN CONWAY
CONTRIBUTING WRITER

The City of Ithaca is planning to take in 50 refugees from Syria, where a civil war has forced nearly 4.8 million Syrians to flee their homes, and from other countries experiencing civil conflicts.

A large majority of the immigrants will be Syrian, but they will also be coming from other countries like Burma, Ukraine, Bhutan and Cuba, said Sue Chaffee, director of the immigrant services program for Catholic Charities of Tompkins and Tioga, the group organizing the resettlement. She said the group wanted to begin accepting refugees after Oct. 1 but is still waiting for approval from the Department of State's Bureau of Population, Refugees and Migration.

Chaffee said Catholic Charities

plans to direct this program through the United States Conference of Catholic Bishops (USCCB), and together they will help the families begin to settle into the city. Catholic Charities will then help them acquire housing and other needs.

"We will get their housing in place, food in place and cash assistance," Chaffee said. "We will also help get their kids enrolled in school and adults enrolled in ESL programs, and for the English speakers, we will help them get employment."

Joseph Murtagh, a second ward alderperson on the Common Council, said he supports accepting refugees and believes that most of the city is also supportive. Chaffee said there has not been too much controversy so far with their plan.

"We had just a personal

pushback from people in the community on our Facebook page, but in this area it's been very receptive," Chaffee said.

Last September, President Barack Obama announced the United States would take in 10,000 Syrian refugees by the end of the 2016 fiscal year. That decision to accept more refugees received support and criticism from people across the country. Some have said they are concerned refugees could be a security risk.

Leila Hudson, an associate professor of modern Middle East culture and political economy at the University of Arizona, specializes in Syrian studies and said xenophobia is something to be wary of when refugees are brought to the U.S.

"There is a dangerous level of political discourse in the United

States right now that has whipped up a great deal of anxiety and fear into the people," Hudson said.

However, she said she thinks the concerns people may have about immigrants coming to the United States are exaggerated.

"Trends show us that approximately no more than 10,000 refugees get through proper resettlement, and the vast majority are in Europe," Hudson said. "The immigrants coming here are extremely well-vetted, especially compared to those relocating in the Middle East and Europe."

Hudson said what Catholic Charities is doing by welcoming 50 refugees to Ithaca is a small start, but a good one.

CONNECT WITH ERIN CONWAY
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Faculty discusses retention

BY RACHEL KREIDBERG
CONTRIBUTING WRITER

With the release of enrollment data and midterms approaching, the Ithaca College Faculty Council discussed student-centered issues of retention rates, the release of final grades and the Integrative Core Curriculum at its Oct. 4 meeting.

Bryan Roberts, associate dean of the Roy. H. Park School of Communications, spoke on behalf of the Student Success Committee, created last year by the Faculty Executive Council to address issues of recruitment and retention.

He said comparable institutions have retention rates of 90 percent or more, whereas the college retains about 84.5 percent of its students.

The Student Success Committee aims to bring this number up to 90 percent in the next five years. Roberts said he hopes to achieve this by expanding the college's mental-health resources, improving communication between schools on campus and improving the academic rigor of the programs the college offers.

Roberts went on to propose that students be able to view their final grades on a rolling basis beginning Dec. 15, as faculty submit them, rather than wait until Dec. 30, when the Registrar currently releases them. This is not an official proposal, and it would have no effect on current faculty protocol for releasing grades. Faculty members at the meeting expressed their support for his proposal.

The Faculty Council moved to form an ICC Advisory Committee and to develop a template to analyze how the council may address issues with the ICC.

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Study finds Ithaca off-campus housing insufficient

BY MADELINE VENEZIANO
CONTRIBUTING WRITER

When students from Ithaca College and Cornell University return to Ithaca for the fall, the local population doubles from about 30,000 to about 60,000. From the two schools, just over 14,000 students live off campus, constituting about a third of the population of the City of Ithaca during the academic year.

However, the amount of off-campus housing available for these students is not sufficient to meet demand and is causing a severe housing problem for the city.

A study by the Danter Company, a private real estate research and consulting company, found the City of Ithaca can currently support 6 percent of Ithaca College students and 8 percent of Cornell University students living off campus in purpose-built student housing, which would amount to fewer than 2,200 students. The study defines purpose-built student housing as properties that are privately developed and rented by the bedroom with individual leases made specifically with students in mind.

JoAnn Cornish, director of planning and economic development for the City of Ithaca, said the lack of student housing is causing a "crisis" that is affecting the whole city.

"We know we have a serious housing shortage and our demand is much greater than our supply," Cornish said.

The study projects the city will be able to accommodate 20 percent of Ithaca College students and 25 percent of Cornell University students in the next 10 years. Comparably, the data showed most Northern colleges tend to house 20–35 percent of their off-campus students in purpose-built student housing.

Megan McDonald, senior planner of Tompkins County Planning Development, said it is likely Ithaca will take action on this assessment.

"There is certainly potential. ... I think it will happen given the demand that is out there and the large quantity of students we have in the area," McDonald said.

Michael Zaransky, Co-CEO of Prime Property Investors, a specialized real estate investment company, said the national student housing market is very strong at the

moment, which would allow for this development. He said this is because enrollment in colleges and universities is up nationally.

"I have seen an increase on most campuses of students wanting to live off campus but in close proximity to the university on pretty much every campus," Zaransky said.

Plans were in the works since April 2015 to develop student housing on State Street. However, the developer, Campus Advantage, backed out in January 2016.

Cornish said Campus Advantage canceled the deal because of community opposition. She said the community had concerns about bringing students to the downtown area.

"There is support for student housing existing in the appropriate location, but downtown, people got nervous about it," Cornish said.

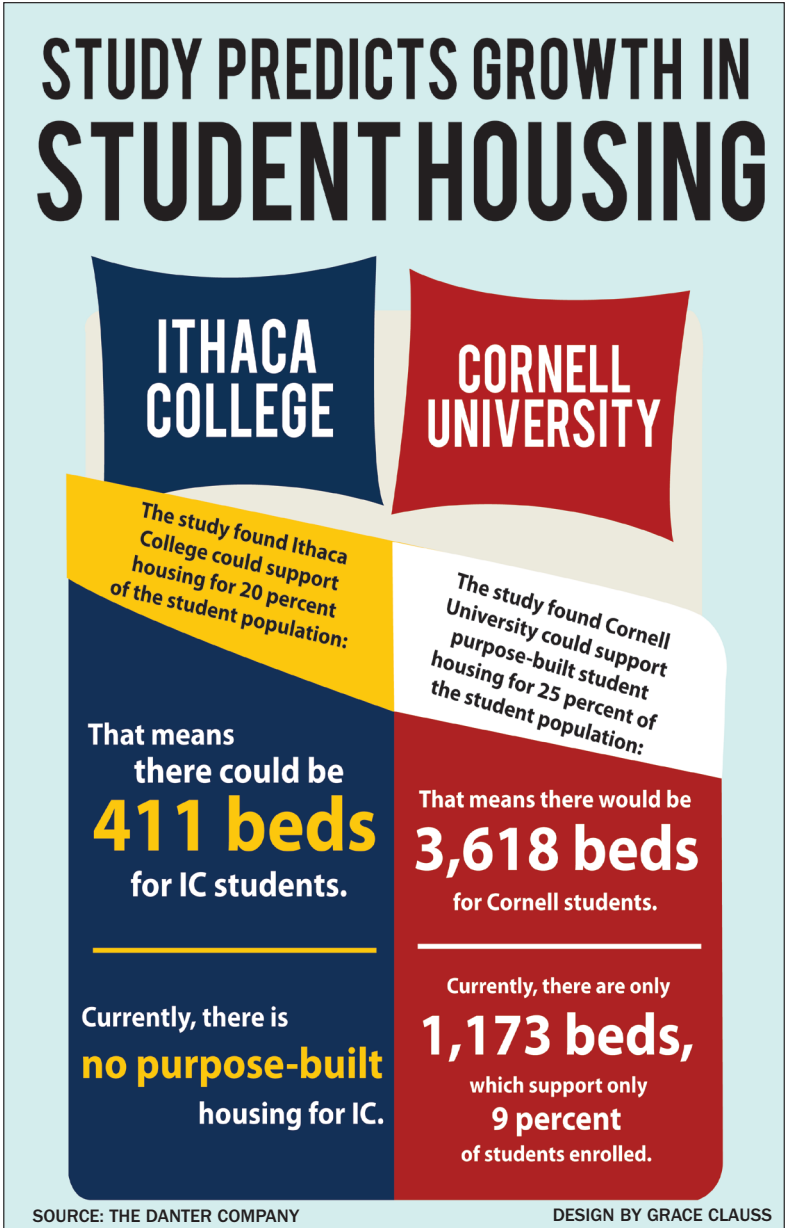
Zaransky said bringing students to an area is "generally favorable" to both the community and economy. By being closer to shops and restaurants downtown, they could potentially bring more revenue in.

McDonald said purpose-built student housing is typically built by private developers, so the question of when more housing will be built depends on if any developers are interested.

Students at the college who have gone through the process of trying to find off-campus housing have seen this crisis firsthand. Senior Alejandro Wothe went through the housing search process at the end of his sophomore year. By then, he said, many of his friends had already looked at houses and signed leases in the fall. Wothe found a house only by chance after renters backed out of a contract for a rental he was able to claim.

Linda Koenig, assistant director for Housing Services and Communities, said in an email that students can find information about off-campus housing on the college's website. There, students can find information about how to find a place to live off campus. The website gives suggestions about where to look for housing, how to sign a lease and more.

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Sophomore fuses volunteer work into daily life

BY DANIEL HART
STAFF WRITER

Among shelves of children’s books, sophomore Anna Gardner reads to 5-year-old Cecilia and her 3-year-old sister, Olivia. Next to Gardner is a sign that displays “the reader is in.”

As the trio transition to “Princess, Princess,” a pink-covered pop-up book, the sisters chat excitedly.

“Let’s be a little quieter,” Gardner says. “We have to be quiet in the library.”

Nearly every Thursday and Friday between 3 and 5 p.m., Gardner can be found in the children’s section of the Tompkins County Public Library at a miniature desk reading to young kids — just one of many volunteer programs Gardner is a part of.

Gardner is a double major in art history, with a concentration in museum studies, and film, photography and visual arts. At Ithaca College, she is a part of the Red Cross Club, Women in Communications, IC Feminists United and VIC Radio, and she works for the Handwerker Gallery. She was also a New York Women in Communications scholarship winner last year and works on campus as the student assistant in the Office of the Provost as well as as the special events manager for The Studio, a film and transmedia studio run by the Roy H. Park School of Communications, in downtown Ithaca where students from the college can work and collaborate.

Don Austin, assistant director of community service and leadership development in the Office of Student Engagement and Multicultural Affairs, said he noted Gardner’s mature view of community service her freshman year during her alternative spring break to Salamanca, New York, where students worked with children in the Salamanca Youth Center. He said while many students at the college had challenges working with children from difficult or unsafe homes, Gardner went out of her way to make her peers feel comfortable working with the children in



Sophomore Anna Gardner reads to 3-year-old Olivia, left, and her 5-year-old sister, Cecilia, center. Nearly every Thursday and Friday, Gardner can be found in the children’s section of the Tompkins County Public Library at a miniature desk reading to young children.

SAM FULLER/THE ITHACAN

the youth center.

“She understands not only the value of service to community members,” he said, “but Anna also understands how service is integral to a student’s learning process and their own personal and professional growth,” he said.

The drive to do more than she has time for is something Gardner has struggled with since high school.

“I’ve always filled my plate too full,” she said.

But sophomore Joe Simpson, Gardner’s good friend and roommate, said he thinks her willpower makes it possible for her to live the way she does.

“She shows a lot of persistence,” Simpson

said. “I think she really goes far, and I think she really will continue to go far.”

Sophomore Madison Chlebowski, a good friend of Gardner’s, said she regularly brings her friends along with her to volunteer. For example, Chlebowski said Gardner brought her and a handful of friends to the Alzheimer’s Walk at Cass Park on Sept. 18.

Robyn Wishna, lecturer in the Department of Media Arts, Sciences and Studies, taught the Introduction to Photography course that Gardner took last year. She said it is not the quantity of Gardner’s contributions to the community that brings her opportunities, but her genuine interest in learning from her experiences and people

she meets.

In the community, Gardner said, she feels people welcome service with open arms — one of the many reasons she said she values the college and the town.

“The Ithaca community wants you,” she said. “They just want to know everything about you and how they can help you while you’re here, and I think that’s a really wonderful part about our community. ... I think that’s something special we have in the Ithaca community.”

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COLLEGE

Alumni honor Anthony Nazaire with new business scholarship

A group of Ithaca College alumni has created a scholarship to honor the memory of Anthony Nazaire, the Ithaca College sophomore who died in a stabbing on the Cornell University campus Aug. 28. The Anthony Nazaire '19 Endowed Scholarship will be awarded to outstanding African American, Latino, Asian or Native American students in the School of Business who demonstrate service, leadership or achievement. Financial need is also required.

Nazaire was a student in the School of Business and a leader of the campus organization Brothers4Brothers. The alumni who created the scholarship said they hope it will carry on his legacy, an Intercom announcement stated.

LGBT Center to post online videos to celebrate LGBT History Month

October is Lesbian, Gay, Bisexual and Transgender History Month. Each day throughout the month, the LGBT Center will post videos of different historical figures in LGBT history at <http://www.ithaca.edu/sacl/lgbt/histmont/>.

Each of the 31 leaders was selected by heads of LGBT organizations along with the public and were recognized nationally and advanced LGBT civil rights. Leaders featured in the first two weeks of videos include singer and actress Josephine Baker, activist and government official Brian Bond, transgender activist Chaz Bono, musician David Bowie and former U.S. President James Buchanan.

Senior class members to reveal class gift selection at Oct. 7 event

The senior class will be announcing the class gift at an event from 5 to 6:15 p.m. Oct. 7 underneath the tent on the Campus Center Quad, with the rain location in IC Square. The senior class gift announcement will occur at 5:30 p.m.

Admission is free, and all seniors are

welcome. There will be free food and a cash bar. This event includes the IC Donor Reception.

College fair for employee benefits and work-life to be held Nov. 2

The Employee Benefits and Work/Life Fair will take place from 10 a.m. to 2 p.m. Nov. 2 in Emerson Suites for eligible faculty and staff members. The benefit partners and community agency resources will be there to help build a personalized toolkit to help the faculty and staff utilize the Ithaca College benefits. There will be food and raffle prizes.

College announces clown sighting on campus not substantiated

A reported clown sighting on campus “earlier this week” is unsubstantiated, according to the Office of Public Safety and Emergency Management.

Officers responded to a call about a social media posting about a clown allegedly seen near the Athletics and Events Center but did not find anything suspicious.

“We would like to take this opportunity to remind the campus community that the Office of Public Safety takes all reports of suspicious persons or activities very seriously,” the announcement stated. “At the same time, however, we ask the community not to be part of the hysteria surrounding the clown sighting phenomenon that seems to be sweeping the country.”

This announcement from the college follows similar reports of clown sightings across the country. Students reported seeing clowns at the University of Connecticut, the University of Texas at Austin and Syracuse University. At Pennsylvania State University, a group of between 500 and 1,000 students gathered outside of residence halls in response to an alleged sighting reported on the social media site Yik Yak, according to Penn State police.

Wearing costumes, even clown costumes, is

not a violation of Ithaca College policies, the announcement stated, and the college expects more people on campus wearing costumes as Halloween approaches. Public Safety will respond to calls regarding suspicious behavior on campus and encourages those who see someone behaving suspiciously on campus to go to a safe place and call Public Safety at 274-3333 immediately.

The announcement warned making a false

report is in violation of college policies and the law, and the college asked that students not share social media posts about clown sightings, “as those are often incorrect or even hoaxes.”

“For your own safety and that of others, please do not take part in pranks involving clown costumes or in spreading unsubstantiated reports of clown sightings, which can make all campus community members unnecessarily anxious and concerned,” the announcement stated.



Dior Vargas speaks on mental-health stigmas

Dior Vargas, a Latina feminist mental-health advocate, spoke at Ithaca College on Sept. 28 at the invitation of PODER, a Latino student organization on campus. Her address centered on the lack of representation of people of color in mental-illness discussions, and she shared her personal struggles with depression and anxiety.

CONNOR LANGE/THE ITHACAN

Public Safety Incident Log

SELECTED ENTRIES FROM SEPTEMBER 19 TO SEPTEMBER 25

SEPTEMBER 19

MEDICAL ASSIST

LOCATION: East Tower
SUMMARY: Caller reported having difficulty breathing. Person declined medical assistance with ambulance staff. Master Patrol Officer Brad Bates.

PETITE LARCENY

LOCATION: Academic Quad
SUMMARY: Caller reported an unknown person stole flag. Investigation pending. Master Patrol Officer Chris Teribury.

SEPTEMBER 20

MEDICAL ASSIST

LOCATION: East Tower
SUMMARY: Caller reported person collapsed and was having problems with their vision. Person declined medical assistance. Fire and Building Safety Coordinator Charlie Sherman.

SCHEME TO DEFRAUD

LOCATION: Rowland Hall
SUMMARY: Caller reported unknown person threatened to release information on person unless money was paid. Investigation pending. Master Patrol Officer Jon Elmore.

SEPTEMBER 21

SCC DRUG VIOLATION

LOCATION: Z-Lot
SUMMARY: Officer reported odor

of marijuana. Officer judicially referred three people for violation of the drug policy. Master Patrol Officer Brad Bates.

SCC ACT OF DISHONESTY

LOCATION: Office of Public Safety
SUMMARY: Caller reported person purchased parking permit for another person. Patrol Officer Jenny Valentin.

SEPTEMBER 22

MEDICAL ASSIST

LOCATION: Tallcott Hall
SUMMARY: Caller reported person injured their head sitting back in chair. Person declined medical assistance with ambulance staff. Master Patrol Officer Jon Elmore.

SEPTEMBER 23

SCC DRUG VIOLATION

LOCATION: Circle Apartments
SUMMARY: During health and safety inspection, caller reported marijuana paraphernalia. Master Patrol Officer Jon Elmore.

CRIMINAL TRESPASS

LOCATION: Holmes Hall
SUMMARY: Complainant reported person entered room without permission. Investigation pending. Patrol Officer Lance Clark.

EXPOSURE OF PERSON

LOCATION: O-Lot
SUMMARY: Caller reported person urinated in public. Student

Auxiliary Safety Patrol judicially referred one person for indecent conduct. SASP.

SEPTEMBER 24

LARCENY

LOCATION: M-Lot
SUMMARY: Caller reported person stole golf cart. Staff member from another event took golf cart by mistake. Sergeant Ron Hart.

DISORDERLY CONDUCT

LOCATION: O-Lot
SUMMARY: Caller reported person having verbal argument with disorderly group. Officer judicially referred one person for disorderly conduct. Sergeant Terry O'Pray.

SEPTEMBER 25

MEDICAL ASSIST

LOCATION: Bogart Hall
SUMMARY: Caller reported person passed out several times. Officer determined person had fallen and hit their head. Person transported to hospital by ambulance. Sergeant Terry O'Pray.

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

KEY

SCC – Student conduct code
V&T – Vehicle and Transportation
AD – Assistant Director
IFD – Ithaca Fire Department

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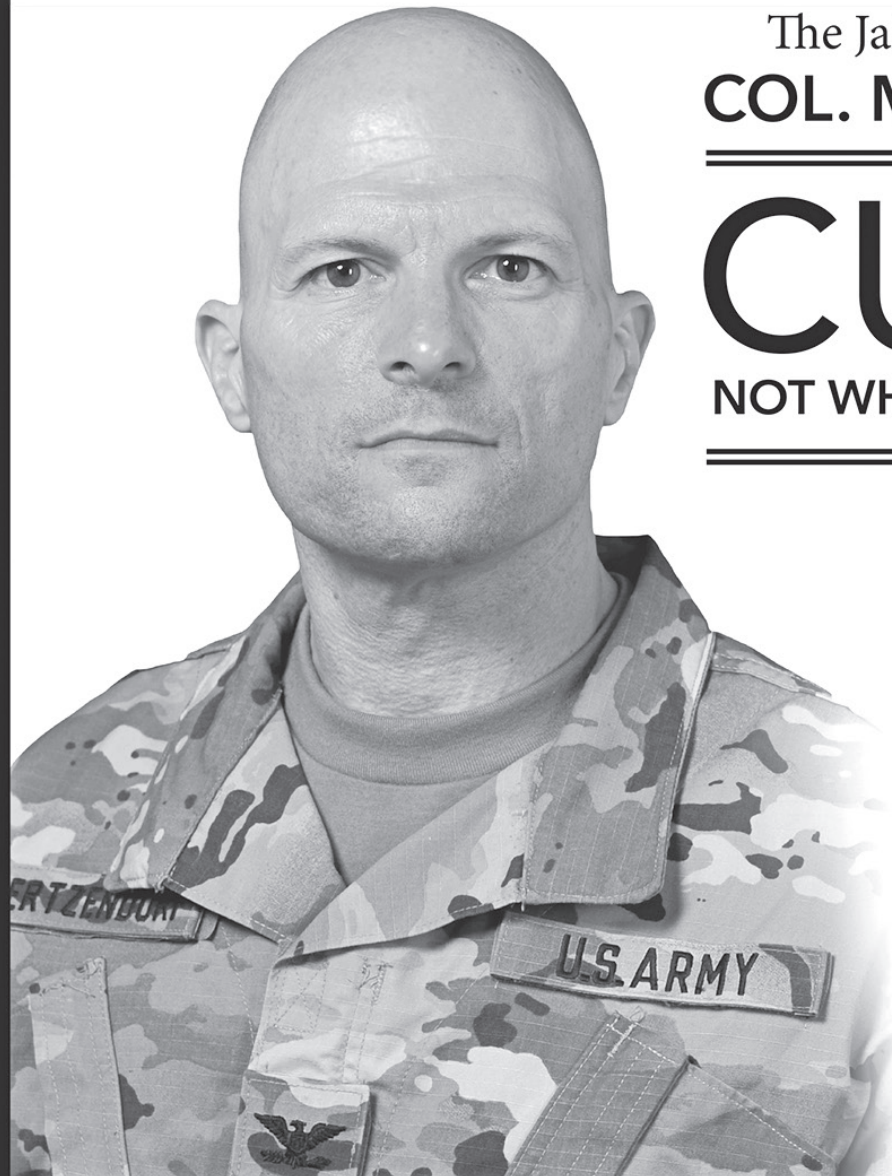
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Col. Hertzendorf, a master aviator in the U.S. Army's aviation branch, has extensive combat experience in Afghanistan and Iraq. He has held numerous leadership and command positions in the army's 160th Special Operations Aviation Regiment. He is currently chief of staff for the 82nd Airborne Division, among the most elite organizations in the U.S. Army.

His appearance is supported by the Jahn Family Civic Leadership Fund, established by Robert Jahn Jr., Parent '06, '08, '11, to support the Reserve Officers' Training Corps (ROTC) program at Ithaca College.

Individuals with disabilities requiring accommodation should call (607) 274-1431 or email griverawatts@ithaca.edu as much in advance of the event as possible.

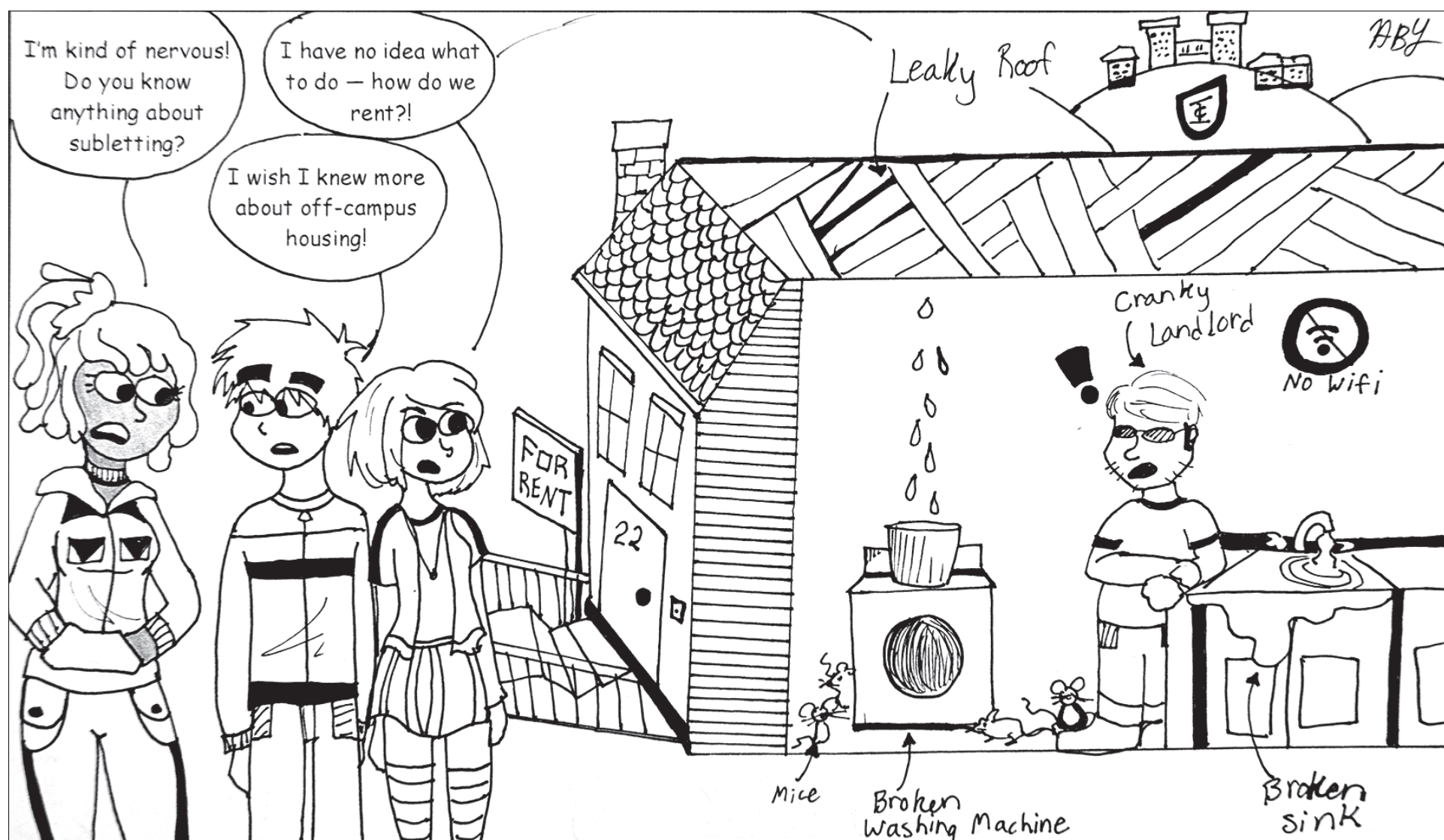


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ALLISON LATINI/THE ITHACAN

EDITORIALS

Students need guidance with off-campus housing

A recent study conducted by the Danter Company, a private real estate company, shows that the City of Ithaca can only support 6 percent of college students from Ithaca College and Tompkins Cortland Community College. This number pales in comparison to the roughly third of Ithaca College students who live off campus.

The discrepancy is due to the lack of student-purpose housing available to accommodate this volume of college students.

In this current situation, students must look at potential housing and sign leases nearly a year in advance just to secure a place to live. And for those who unexpectedly find themselves without on-campus housing because of the low student-to-bed ratio, the process to find a secure place to live becomes even more difficult.

For college students, living off campus is often the first time they learn about renting, including leases, subletting, landlords and rent. Given this, and given the housing crisis in Ithaca, the college should become more proactive in assisting students in finding appropriate housing. Currently, there is only a small portion of the Ithaca College website dedicated to off-campus housing, but it is not enough. And

while the site covers the basics and requirements of off-campus housing, the college should not use this website as the primary means of communicating with students about living off campus. The Office of Residential Life should actively interact with students through meetings and information sessions to ensure they are knowledgeable about off-campus housing.

By contrast, Cornell University's resources for off-campus student housing are more comprehensive, providing more than the basic information and how-to's about obtaining off-campus housing. For instance, the university's off-campus housing website provides information about the neighborhoods around Ithaca, questions to ask the landlord before signing a lease and even an option to search for available housing — features that are missing on the college's page for off-campus housing.

While the college has yet to see if more student-purpose housing will be built in the city of Ithaca to accommodate its students, the Office of Residential Life should take it upon itself to provide more resources for students. It would be to the benefit of the student body to have a Residential Life staff that makes an effort to ensure housing security for its students.

Working together is key during union negotiations

There are communication issues from both parties that are hindering constructive progress between the part time—faculty union and the Ithaca College administration in their negotiations.

On the one hand, the administration is making broad statements about how the part-time faculty pay stacks up against that of other institutions in the “Northern region,” without being transparent on which institutions form the basis for this comparison.

On the other hand, union representatives are making some proposals that might not be realistic in an institutional sense.

These negotiations became tense between the parties after the part time—faculty union walked out of a meeting with the administration Sept. 23, frustrated with its counterproposal of a 2 percent pay raise per credit taught.

This increase pales in comparison to the nearly 43 percent increase originally proposed by the part time—faculty union. Part-time faculty members currently make, at a maximum, approximately \$16,800 a year. If the union were to accept the administration's proposal of a 2 percent increase, the members still would

not make enough to match the living wage in Tompkins County, which is \$24,558. Given that the positions are part-time, there should be a middle ground struck that offers a pay raise substantially closer to a living wage but that is more digestible by those who configure the college's finances.

If the standard of compensating part-time college professors is to pay them about 50 percent below what would constitute a living wage — while full-timers get double the living wage — then the college should reconsider and act as an independent leader in determining fair pay for its part-time employees.

However, the union's proposal to take money out of the contingency fund to compensate for increased pay does not take into account its importance to the college's operation — it can compensate for any shortfalls in enrollment or damages.

The administration should work with the union members to identify a funding source that satisfies both parties. As the negotiating process continues, it is integral to the working conditions of the college's part-time professors for the administration to negotiate with them in good faith.

Letter to the Editor

Be heard in print or on the Web.



Send a letter to the editor to
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Letters must be 250 words or fewer, emailed or dropped off by 5 p.m. Monday in Park 220.

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

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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**.

IN OTHER
NEWS

ISABELLA GRULLON

Kashmir is US blindspot

Once again, the United States has decided to get involved in another country's international affairs. This time, it almost seems necessary.

In 70 years, India and Pakistan have gone to war three different times over the state of Kashmir, a territory in northern India that is currently under the joint control of both countries. Kashmir has about 12 million people, 95 percent of whom are Muslim.

When the modern state of Pakistan was created in 1947, Kashmir was up for grabs. Pakistan wanted to integrate the mostly Muslim state into what would become a safe space for Islam, but the British had another plan. The British were interested in the fact that the territory was a traveled trade route, so they decided the state would be part of India, reaping the benefits and leaving India and Pakistan to have a turbulent relationship for almost a century.

On Sept. 18, there was a terrorist attack in the Indian-administered state of Kashmir, and 18 Indian soldiers died. India is pointing fingers at Pakistan. Pakistan is denying participating in the attack. The attack has created instability in the region, adding to the already hostile relationship between Pakistan and India, which has resulted in over 100 civilian casualties since the attack.

The once beautiful valley has now become the site of a bloodbath.

What does the U.S. have to do with all this? According to The Times of India, the Obama Administration decided to back India in the brewing conflict Sept. 28. Ironically, Pakistani Prime Minister Nawaz Sharif asked Secretary of State John Kerry to mediate the issue — not take sides — a few weeks back. The intervention of a third party in the Kashmir conflict seems necessary, but the United States' reputation in the Middle East and Asia as a whole may lead to skepticism on why the U.S. is there in the first place.

It might be the first time the U.S. intervention appears to be unselfish, but the geopolitical climate of the area and the fact that both countries have access to nuclear weapons suggests that there might be more than meets the eye.

If Pakistan and India were to go to war again, this would be handled by our next president. None of our current candidates have policies that address South Asian politics or relations. Another war in the region could lead to an even more unstable relationship between the West, the Muslim world and Southeast Asia, which is honestly the last thing anyone needs.

IN OTHER NEWS is an international politics column written by Isabella Grullon. **GRULLON** is a junior journalism major. Connect with her at igrullon@ithaca.edu and [@isagp23](https://twitter.com/isagp23).

GUEST COMMENTARY

Helping teachers helps students

BY TAYLOR FORD

On Sept. 23, the part-time faculty bargaining committee walked out of negotiations with the administration of Ithaca College. They were representing all of the part-time professors of the college, who voted to unionize in order to address problems in their working conditions. Primary among these issues were how much they were paid, their job security and benefits. This walk-out came after the administration delivered a proposal on compensation. So what's going on here?

First, let's talk a little bit about the situation that exists now. At IC, part-time faculty are currently paid \$4,200 for each three-credit course that they teach. They are limited to two per semester. This means that if they teach two classes a semester in both fall and spring, they will make less than \$17,000. It's true that these people are not teaching a full course-load, because full-time professors teach three courses instead of two. And some part-time professors also teach at other colleges, such as Tompkins Cortland Community College or Cortland. But, let's say for example, that someone is teaching two courses here, and another at a different institution, which would be the full load. Assuming the other institution paid the same wage, they would still only make a total of \$25,200 a year.

I don't have to tell you that this is not a comfortable amount of money to live on, especially in Ithaca, and especially if you're also supposed to be paying back student loans. Some of the professors who teach in these positions are actually graduates of the college themselves, who are now unable to pay the school back because of how little they are paid. This demonstrates the fundamentally unsustainable nature of the problem.

In the counterproposal that the administration delivered before the walk-out, they offered to increase the pay for a three credit course by less than \$100, only two percent. This is, frankly, insulting. It does nothing to meaningfully address the problems faced by part-time professors.

As students, we should be angry at the



Senior Taylor Ford is a member of Students for Labor Action at Ithaca College, which has held teach-ins in conjunction with part-time and contingent faculty to discuss their unionization efforts.

FERNANDO FERRAZ/THE ITHACAN

administration for treating our professors this way. First and foremost, we must recognize that they are people, and deserve to be treated fairly for the work that they do and their contribution to this college. They deserve respect, and to be able to make a living for themselves here. However, there is also another powerful reason for us to reconsider the way that we treat our part-time faculty: our experience, as students.

Part-time faculty members can be great teachers, who are devoted to their jobs, but when we treat them as we do now, it infringes on their ability to do their job as effectively as they can. For example, part-timers work on semester-to-semester contracts, which means that they are never sure if they will be employed in just a few months. They must spend time applying to jobs during the end of the semester, so that if IC doesn't sign them, they'll be able to pay their rent and buy groceries. A professor who's doing this has less time to interact with and help students than a professor with job security. It's in the interest of both students and professors for

them to be treated better.

If you haven't heard about this issue before, you're not alone. The differences in the ways that our teachers are treated are often concealed from students, who often don't know how our professors are classified. But they affect your professors deeply, and, by extension, you. Nationally, one in four professors of this type are on food stamps, Medicaid, or another form of government assistance. How do you feel about the possibility that your professor is one of them?

On Tuesday, Oct. 11, Students for Labor Action and IC Progressives will be co-hosting the screening of a short documentary about the experiences of part-time faculty members here. It will be at 7 p.m. in Textor 101, with free pizza. Please join me in coming out to support your professors.

TAYLOR FORD is a senior sociology major and member of IC Students for Labor Action. Email him at tford1@ithaca.edu.

Protests caused by administrative inaction

BY CEDRICK-MICHAEL
SIMMONS

On Jan. 14, 2016, Tom Rochon announced his decision to retire from his position as President in 2017. This decision followed his commentary in The Chronicle of Higher Education where he asserts "embattled leaders should be stepping up, not stepping down" in the wake of student activism "focused on inclusivity and bias." This activism, he



SIMMONS

argues, is caused by shifting expectations from students to have a campus with "an absolute assurance that no student will be made uncomfortable by any expression related to his or her ... identity." While I agree with his decision to resign, as an alum who supported protests against racial inequality at Ithaca College, it is important for our community to deny the premise that student protests were caused by isolated incidents of bias and an unwillingness to engage in critical dialogue on campus.

When I joined IC in 2010, multiple individuals and organizations were already engaged in discussions about changing policies and practices of resource-allocation on campus. For example, as she reiterates in her commentary in 2015, Joyti and four other students shared a study about the negative experiences of ALANA students at IC that mirror a long



Members of POC at IC hold a "Solidarity Walk Out" on Nov. 11, 2015, in which members of the group demanded the resignation of Tom Rochon.

FERNANDO FERRAZ/THE ITHACAN

list of studies from critical race and education scholars. The students presented these findings to the incoming first-year students in 2012 with the President and Board of Trustees in attendance. In the years following, critiques about diminishing resources for programs that provided social and financial support for ALANA students, the diminishing amount of staff and tenure-track faculty positions for experts on the relationship between covert racism and higher education and the unwillingness from the President and the Board of Trustees to respond to the negative experiences of an increasingly diverse campus community, heightened each year. Even though administrators were willing to absorb critiques and recommendations about addressing racial inequality on campus, the response was always the same: inaction.

As President of the Student Government Association (SGA), I spoke with multiple administrators about these consistent yet heightening critiques about inequality and inaction at Ithaca College. In response, I was told to simply "prove it" with "objective" data. The reality was that a campus climate survey was already administered in 2012 but a range of excuses emerged when I asked for the findings: the data "couldn't be analyzed" by researchers on campus, the findings were "old" because a year had already passed, and that the president asks for "ongoing discussions about diversity" until the results were ready to be published. After a year of conducting workshops, dozens of meetings with students and faculty and organizing a town hall meeting with multiple administrators in attendance, I learned that the problem was

that our leadership prioritized mascot surveys over addressing the findings that will simply be reiterated in the upcoming climate survey next year. Once again, the response was the same: inaction.

When over a thousand students, faculty and staff joined together to protest last year I was finally proud to be a member of the broader Ithaca College. These protests were caused by administrators and the Board of Trustees prioritizing revenue and reputation over people and their pain. These protests were caused by years of inaction and unequal working conditions, compensation and access to democratic governance that I witnessed many years prior. These protests were caused by the necessity to have leaders at Ithaca College that respond to the needs of the existing community rather than future donors and applicants in the year 2020. Finally, the protests reflected an empirical reality when examining how social change occurs: progress is caused by the voices of marginalized people and allies collectively demanding a shift in policies, practices and resources from our leaders.

If our new leaders fail to step up and prioritize the conditions of marginalized folk rather than wealthy donors and majority stakeholders, protests will inevitably arise simply because we all deserve to learn in equitable (and not just diverse or "inclusive") campus conditions.

CEDRICK-MICHAEL SIMMONS '14 is a former SGA president. Email him at cedrickmichaelsimmons@gmail.com.

NEWSMAKERS

Campaign focuses on mental illness



Junior Christopher Biehn displays the hashtag for the student-run campaign “Listen. Learn. Accept.,” which is sponsoring a black-and-white photo challenge during Mental Illness Awareness Week.

JADE CARDICHON/THE ITHACAN

During national Mental Illness Awareness Week from Oct. 2 to Oct. 8, junior Christopher Biehn is hoping to spread awareness about mental illness through a photo challenge.

The photo challenge will be sponsored by the student-run campaign called “Listen. Learn. Accept.” that Biehn founded. Participants will contribute a black-and-white photo with the caption, “Depression makes the world change from color to black and white. #LLA.” This is the second year Biehn will be using this photo campaign to raise awareness about mental health.

Opinion Editor Celisa Calacal spoke to Biehn about his personal experience with mental illness, the stigmas surrounding mental health and his hopes for this upcoming campaign.

This interview has been edited for length and clarity.

Celisa Calacal: What motivated you to start this mental health–awareness campaign?

Christopher Biehn: I’ve had a lot of mental-health challenges — I’m diagnosed with bipolar disorder. I’ve always felt the need to do advocacy for mental health because it has such a personal connection to me, and I really do believe that the purpose of my pain is to help others who suffer in similar ways. I’ve always been interested in mental health, and I think this could be a really cool opportunity to spread awareness and have a really positive conversation about the effects of depression during this time.

CC: Do you think the conversation about mental health has gotten better?

CB: I think it’s slowly improving, but I think there’s still a lot of room to go. I’m part of a group on campus called Active Minds. Active Minds does a

phenomenal job to fight the stigma that surrounds mental illness and mental health. And yeah, I’d say that in Ithaca, a lot of the professors are very understanding. ... There’s less stigma at Ithaca, but I do think there’s still very prevalent stigma in society.

CC: What do you think some of those stigmas are?

CB: I think a lot of people will just use the wrong terminology. So they’ll say, “I’m depressed” if they’re having a bad day. Or they’ll say, “Oh, the weather’s depressing,” or, “I’m depressed because I got a bad grade on my exam,” or “I’m depressed” for a wide variety of reasons. And that’s really not the right terminology because in most cases, those people are just sad, and clinical depression is a very different beast. So I think that really is important to note the difference. And also, I think that people — they’ll just say things like, “Yeah, I’ve had a rough day. I’m going to kill myself,” as a joke or just a figure of speech, and I feel like, oftentimes, that can be offensive to people who have experienced suicidal thoughts or people experiencing challenges in mental health. So that’s just one example. There are many examples that stigma is still very prevalent in society.

CC: What do you hope to accomplish with this awareness campaign?

CB: I’m really hoping that people be engaged and that it will be a positive conversation regarding depression, and I’m hoping that by seeing other people post black-and-white photos, that this is an opportunity to stand in solidarity with those who battle depression. I’m hoping that it spreads. I would love for this to go viral. That’s very ambitious, and I don’t expect it to this year, but I think this is going to be something I will continue to do for Mental Illness Awareness Week. And I look at

something like the ALS Ice Bucket Challenge, how successful that was, and I think that by posting a black-and-white photo, that’s very simple, and it’s very representative

CC: Can you explain how your personal experiences with depression inspired you to start this campaign and educate people about mental health?

CB: When I was in high school, at the end of eighth grade, I experienced a serious head injury, which my doctors said triggered ... bipolar disorder. In high school, I was diagnosed with bipolar disorder, and, especially my senior year, I had a lot of difficult challenges with depression. And I actually came out with a video kind of explaining my story, and I think that by sharing your story — there’s a couple things that happen by sharing your story. I think people feel they’re not alone if they experienced similar challenges or setbacks. People will realize it’s OK to be vulnerable. I think it is an important conversation starter. And I think some people will think that, you know, by being open or transparent, it’s like a cry for attention, and I don’t think so at all. ... As someone who wants to be a mental-health advocate and considers myself a mental-health advocate, I think it’s very important to be transparent because then people can understand what the process is like.

CC: What are some things you want people to understand about mental health?

CB: I want people to understand that if you suffer from depression or have a diagnosable mental illness, that you can’t always suck it up or try to snap out of it. And it’s not something where you have full control. And specifically for depression, I want people to see mental illness as legitimate brain disorders that impact your life. Sometimes, with my experience with mental illness, I kind of consider it my brain’s chemical warfare. And there’s elements that are so beyond my control, like even recently, I have done everything in my control to get out of my depressive episode. And I have exercised, and I have reached out to my chaplain, gone to counseling, and I’ve taken my medication. I’ve gotten good sleep. But the biggest thing is out of my control because everything I’m doing is trying to manage the symptoms, but at the same time, there’s an element that is out of my hands. So I really want people to realize that these are very important. ... And I want people to realize that with mental illness, you can’t always see that a person is battling mental illness or having mental-health challenges, but it’s also very serious, and it’s important to realize that these are health concerns that need to be addressed. ... If you’re suffering from mental illness, or if you feel like you might have some symptoms ... help is a very important aspect, and it’s very necessary to see a therapist sometimes. ... So yeah, it’s OK to get help, and there should be nothing shameful at all about seeking out resources to get better.

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ELEPHANT
IN THE
ROOM

KYLE STEWART

Conserving our climate

When talk of climate change occurs, whether on the presidential-debate stage or at the dinner table, conservatives seem to retreat from the discussion or contest the validity of climate science. In terms of environmental policy, conservatism’s greatest enemy today is not liberalism but ideological inconsistencies among those who call themselves conservative.

The insistence by conservative politicians, radio-show hosts, and cable news talking heads to dogmatically deny climate change is at odds with the very core of conservatism. The conservative movement has a great history of conservation, and it is time that we engage in the discussion to find solutions to the climate problem that affects us all.

Our environmental debate should not be focused on whether climate change is occurring but rather on which ideas are the best to solve our climate crisis. Liberals are quick to point to the failures of free markets. Conservatives are quick to point to the ineffectiveness of government. Unfortunately, however, conservative policymakers have yet to put forward a substantive plan to combat climate change.

Luckily, there are conservatives outside the U.S. who have been developing plans that are beneficial to both the environment and the economy. The British Columbia Liberal Party, which is liberal in the classical free-market sense, put forward a carbon tax while also lowering income and corporate taxes to make the plan revenue neutral. This means less carbon goes into the environment while the people have income to spend in other sectors of the economy.

Before conservatives in the U.S. start putting forward plans like the carbon tax in British Columbia, we must convince all conservatives that protecting the environment is important. Conservation and stewardship can be a winning movement on the political right if communicated correctly. Conservatism is focused almost entirely on the idea of our posterity. Our environmental policies should focus on that as well. Encouraging people to be stewards of nature gives them responsibility in protecting the environment for themselves and for the generations to come. And showing that climate change disproportionately hurts the poor can convince religious conservatives that we have a duty to help those less fortunate than ourselves.

We need conservative leaders to be passionate about protecting our environment and economy. We have a duty to pass on the blessings of this land, both political rights and natural beauty, to the next generation. And it’s time conservatives realized that.

ELEPHANT IN THE ROOM is a conservative politics column written by Kyle Stewart. STEWART is a junior journalism major. Connect with him at kstewart1@ithaca.edu and [@KyleStew107](https://twitter.com/KyleStew107).

SNAP JUDGMENT

What did you think of Laila Ali when she came to campus?



“I want to do something in communications, and she just inspired me to go for my dream and things I can do to improve my chances of being successful in the industry.”

MARISA ELLIS
TELEVISION-RADIO
'20



“It struck me odd that she was pro ‘all lives matter’ because I was like your dad got locked up for his rights. ... It kind of tainted her image for me.”

DAMIAN MARAVOLA
TELEVISION-RADIO
'19



“I thought she was very inspirational, and she tried not to talk about her father as much because she was talking about her individual experience.”

MARINA POULOS
BUSINESS
ADMINISTRATION
'20



“I thought that her speech was well-planned out and that she seemed pretty well-composed.”

PAIGE AGNEW
CLINICAL EXERCISE
SCIENCE
'17



“She ... said, ‘All lives matter,’ which kind of just made it worse for me, and she said the most cliché things. ... I think she was very not inspirational at all.”

JULIANA ARDILA
DOCUMENTARY
STUDIES
'19

CELISA CALACAL/THE ITHACAN

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STUDENTS CONSIDER SMOKE-FREE POLICY



PHOTO ILLUSTRATION BY JADE CARDICHON

BY SILAS WHITE
STAFF WRITER

Junior Lauren Kelly likes to take a smoke break during times of stress. As a film, photography, and visual arts major, Kelly said, she mostly smokes on sets as a stress relief and a social activity. She said she and about 10 of her friends tend to hang out and smoke together for the shared experience.

"If I'm hanging out with friends and they're smoking, I'm going to smoke," she said. "I feel like a lot of people get into smoking because it's a social thing. You want to fit in, and you want to hang out with people, and if they're smoking, you want to smoke."

Meanwhile, anti-tobacco campaigns like "Truth" commercials are encouraging the millennial generation to "Be the generation that ends smoking." Truth commercials typically feature electronic music and try to influence young adults not to smoke with ads like "left swipe dat," where people who are smoking in their dating site profile pictures are rejected.

There are 1,713 smoke-free campuses across the United States as of Oct. 1, including SUNY Cortland, according to No-Smoke.org. Ithaca College may soon join the growing list of colleges around the nation that have decided to go smoke-free.

During the spring semester, Tim Conners, Student Governance Council senator for the Class of 2017, proposed a Tobacco Free IC bill, which would create a committee that would eventually write a policy banning the use of tobacco at the college. The bill passed through the SGC by a 6–2 vote. Conners said he hopes the policy will be in effect by Fall 2017.

Currently, smoking is only allowed in designated smoking areas on campus, such as the Academic Quad, the Textor Patio and the F-Lot parking median. These spaces are listed in the Ithaca College Policy Manual, which can be found online. Smoking is banned in all indoor environments with the exception of when it is necessary during theatrical performances, and smoking is prohibited within 20 feet of the entrance or exit of any building. Conners said the school should push to be smoke-free to create a friendlier environment.

"I can be around people that smoke, but I prefer not to in a home environment like a dorm," Conners said. "As I was talking with people more and more about it, they said, 'Yeah, I hate walking out of this building and all you smell is smoke.'"

According to the Centers for Disease Control and Prevention, 36.4 percent of high school students identified as smokers in 1997, which then dropped to 23 percent in 2005. Currently, the proportion of smokers among high school students is at a record-low 9.3 percent. This translates into a decrease in the number of students who smoke in college. About 25.9 percent of students smoked in college in 2000, while only 14 percent of students currently smoke in college, according to the American College Health Association.

Seniors Alex Horner and Sethavatey Limsreng, along with Aniebiatabasi Ekong '16, created a cigarette tracking device during the spring semester, designed to help smokers quit. The device, Stop-Pack along with a smartphone app, tracks factors such as how many packs the users buy and how often they smoke.

Conners, a cancer survivor, was left blind as a result of cancer reaching his optic nerves. Conners has an interest in working with students with disabilities, who, he said, are especially affected by cigarette smoking because they can only get into buildings through particular entrances and routes. This means that if smokers are crowded outside one of these entrances, it is unavoidable for students who have to travel that way.

"The rule is that you have to be so far away from the building, but the smoking depositories are right outside the building, so the message is blurred," Conners said.

Conners worked with Ted Schiele, tobacco control program coordinator from the

Tompkins County Health Department, to draft the bill, which was rejected at first, reworked by Conners with help from Schiele, and then passed on May 2.

"Addictions are serious things, so we want to be able to set people up with resources," Conners said.

Schiele has worked with the Tompkins County Health Department's Health Promotion Program for about 16 years and develops the T-Free zone signs that can be seen around Tompkins County. He said the Bureau of Tobacco Control's goal is to reduce tobacco use among youth, reduce exposure to secondhand smoke and support those who want to quit.

Schiele said Tobacco Free Tompkins, a program that was launched by the county health department, began implementing T-Free zones about 10 years ago. As part of the program, the health department asked business owners to not allow people to smoke outside their doors. Schiele said he spoke with members of the Ithaca Common Council in 2007 about having The Commons become a smoke-free zone, which would eventually become a city ordinance in 2010. Schiele and Conners stressed the idea that smoke-free is not a new concept to the area.

"The presentation is that we are not discriminating against people," Schiele said. "We are supporting people who prefer to be in a smoke-free situation. The first thing to do is to talk to people who feel hassled by the smoke-free zones and make a connection with them to let them know they're not the villain."

According to a web-based survey conducted by the Center for Health Promotion in the Office of Counseling and Wellness in 2015, 11 percent of students at Ithaca College identify as smokers. This is consistent with a survey conducted by *The Ithacan* in September, which found that 10.3 percent of the 174 students who took the survey identified as smokers. More than half of the respondents to this survey, 51.7 percent, said they believe smoking should be banned on campus, and as many as 130 students gave written responses with their reasons for believing that smoking should be banned.

"I think that smoking on campus is not good for the overall appearance of IC," one student wrote. "People leave their cigarettes around everywhere, and the smell is terrible."

Kelly said she thinks people are generally more accepting of smoking on the

college's campus than on other campuses because it is a liberal arts school. However, she said she still takes into consideration those who don't like the smell of cigarettes.

In response to the possible cigarette ban on campus, Kelly said she understands the motive of better student health and not submitting others to secondhand smoke, but feels people should be free to choose what they do with their bodies. She said the school should have increased signage for designated smoking areas instead.

"I feel like if [the smoking stations] are something that people are aware of, they will use it, but I don't think people know where a lot of the smoking areas on campus are," Kelly said.

Junior Sophia Wells also said she smokes for stress-related reasons in addition to using it for social activity.

"Peer pressure. Maybe your parents smoke and you saw it growing up, going through like problems and stuff — people might start smoking when shit gets hard or stressful," Wells said. "Personally, I totally smoke more around finals."

Bonnie Prunty, director of residential life and judicial affairs and assistant dean for First-Year Experiences, said there isn't a problem with students' smoking inside or too close to residence halls.

"If students are smoking outside the building closer than they're supposed to, staff may ask them to move, but so could a random student or faculty member," she said.

Prunty said for students and faculty who live and work at the college, a solution should be reached that can benefit both parties.

"I'm not a smoker, but if I was ... I could at least step out far away from the building and smoke," she said. "If I was on a smoke-free campus, would I have to get in my car and drive off campus on my cigarette break?"

Changhee Chun, associate professor of media arts, sciences and studies, said that while he enjoys smoking on campus, he would comply with any changes in policy.

"If I can smoke occasionally on campus, that works for me, but if the majority support [a smoke-free campus], I would follow it," he said. "Whatever the community decides is fine with me."

However, Alexander Moon, assistant professor in the Department of Politics, said he would be fine with a ban because of a desire to quit himself but feels it may be heavy-handed.

"It seems incredibly paternalistic. I'm not sure why SGA has that right," Moon said. "Maybe we should ban soda and potato chips, too."

Wells said rules and regulations banning smoking may not be effective.

"I totally get the reason why a tobacco-free campus would be preferable, but you can't really ban alcohol or weed or, now, tobacco," she said. "People will do it anyway. In general, people who smoke don't like that they smoke. It's not something they're proud of."

Addictions are serious things, so we want to be able to set people up with resources."

— Tim Conners



ACCENTUATE

VIRAL VIDEO



"Fantastic Beasts and Where to Find Them"

The trailer for a film that takes place in the Harry Potter universe, "Fantastic Beasts and Where to Find Them" has skyrocketed, reaching over 3 million views since its Sept. 28 release. The film stars Eddie Redmayne as Newt Scamander, a

global explorer on a mission to discover magical creatures. Though the film doesn't feature any familiar "Potter" characters, it is sure to please "Potter" fans. The film, produced by Warner Bros., will be released in November 2016.

Vegan Pumpkin Butter

This tasty autumnal spread is perfect for late-night snacking or pairing with pancakes

Ingredients:

2 15 oz. cans pumpkin puree (not pumpkin pie filling)
2/3 cup coconut sugar
1/4 cup maple syrup
1/2 cup pure unsweetened apple juice
1/2 lemon, juiced (1 tbsp.)
2 1/2 tsp. pumpkin pie spice
sea salt

Instructions:

—Add all ingredients to a large saucepan over medium-high heat and stir to combine.
—Once it begins bubbling, reduce heat to low and simmer. Cook, uncovered, for 15–20 minutes, stirring occasionally. Longer time will make the butter thicker.
—Taste and adjust seasonings as needed, adding more coconut sugar or maple syrup for sweetness, lemon juice for acidity, pumpkin pie spice for warmth or salt to balance the flavors.
—Once cool, transfer to a glass container. Store in the refrigerator for up to two weeks.



Photo and recipe from MinimalistBaker.com

Word of the Week

CACOËTHES

kak-oh-EE-theez, noun:
an irresistible urge; mania



CELEB SCOOPS

Sandra Oh: Doctor to Therapist

Most recognizable as Cristina Yang from "Grey's Anatomy," Sandra Oh is returning to ABC — but not as the fierce doctor she played in the show. Oh is set to guest star on the third season of the ABC drama "American Crime" as Abby Tanaka, a social worker who runs a local shelter dedicated to housing victims of domestic abuse. This will be Oh's first television gig since leaving "Grey's." Oh will be working alongside Regina King, who recently snagged an Emmy for Outstanding Supporting Actress in a Limited Series or Movie. "American Crime" is set to return to the network in 2017.

Astronomy Day



Astronomy Day was created in 1973 by the Astronomical Association of Northern California. Local businesses, museums and schools often feature viewing events free to the public. The unofficial holiday is an attempt to raise awareness for astronomy by giving the public easy access to telescopes.



Nonfiction writer to lead workshops for IC students

**BY COLETTE
PIASECKI-MASTERS**
STAFF WRITER

The second writer in Ithaca College's Distinguished Visiting Writers Series (DVW), Kiese Laymon, is a new voice in nonfiction writing, known for exploring American racism and culture in his works.

In addition to a reading and discussion of excerpts from his work at 7 p.m. Oct. 10 in Klingenstein Lounge in the Campus Center, he will also be a guest in the DVW Series Visiting Writers Workshop. In this workshop, selected students have the opportunity to work with one of the three respected writers from the nonfiction, fiction and poetry parts of the series.

Laymon has published two books, the novel "Long Division" and a collection of essays called "How to Slowly Kill Yourself and Others in America," in addition to other reviews, essays and stories.

Eleanor Henderson, an Ithaca College writing professor and director of the DWV Series, said she specifically selects writers who will contribute to the campus community by sparking intellectual discourse about social and racial injustice. As a black writer from

Mississippi, Laymon discusses those significant issues.

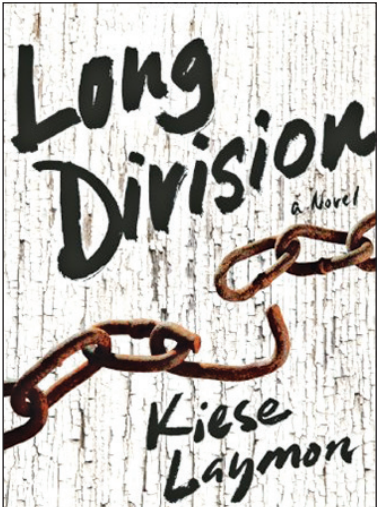
"Bringing a writer who is wrestling with questions of identity in his work and providing models for our students on how to wrestle meaningfully and productively with questions of identity is really important," Henderson said.

Since Laymon published his novel and collection of essays in 2013, Henderson said, he gained attention in a short period, which established and advanced his career as a well-respected writer. She said she thought her students, particularly nonfiction students, could benefit from his expertise and be excited to work with him.

The DVW Series workshop is a one-credit, 300-level, multigenre course that includes two 90-minute classes with each visiting writer, three evening readings, individual conferences and individual lunches with each student's chosen writer.

"What they get overall is the sense of intimate contact with a writer who is a professional but who is also just a person," Henderson said.

Senior Hakeem Hopper-Collins, a writing major, said he looks forward



Kiese Laymon, the next writer in Ithaca College's Distinguished Visiting Writers Series, has been published in The Los Angeles Times, The Best American Series and The Guardian, and will release two books next year.



to hearing Laymon's advice about his nonfiction submission. He said he is especially eager about the individual lunch with Laymon because it allows students to get to know the writers in a more personal setting.

"Just being able to talk to them and see how their mind works — just trying to instill all their experience they have on us is just a gift," Hopper-Collins said.

Nacem Inayatullah, professor in the politics department, said the ease and skill of Laymon's writing is comparable to the ease in Frank Sinatra's songs; you can't hear Sinatra breathe, strain or become too energized because he has spent his whole life perfecting his sound.

"There is incredible skill in it. ... When you read it, you feel like he's just sitting next to you and talking,"

Inayatullah said. "Those ... things struck me: how easy it is to read, how seductive it is, how illuminating it is in its confessional nature, [and] the more you read it, the more you begin to realize that this is a highly skilled writer."

**CONNECT WITH COLETTE
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Sophomore Leah Larsen and junior Jacqueline Alexander researched gene mutations in roundworms that keep them from resting or dying.
SAM FULLER/THE ITHACAN

Biology majors mutate genes

BY MEG TIPPETT
STAFF WRITER

Roundworms have been the subject of careful study for sophomore Leah Larsen and junior Jacqueline Alexander as they worked closely with Te-Wen Lo, assistant professor in the Department of Biology, as well as scientists at the University of Maryland, to research sex determination and gene mutation. While they completed several parts of the project during the summer, Alexander has continued working on the project this semester.

Sex determination is a biological system that determines the development of sexual characteristics. Alexander and Larsen's assignment focused on how the altered gene mutations determine sex.

Staff Writer Meg Tippet spoke with Alexander and Larsen about their ongoing research regarding the CRISPR injection mutations.

This interview has been edited for length and clarity.

Meg Tippet: Can you elaborate a little more on the project as a whole?

Leah Larsen: Basically, the main goal was to learn more about sex determination and C-elegans [roundworms], which are very small organisms — they are nematodes. Basically, the goal of the summer was to learn some techniques and learn how to work well in a lab setting. The project itself was not just about me and Jackie; it was in the hands of a lot of people who worked at the University of Maryland, and Te-Wen Lo.

Jackie Alexander: We worked, essentially, on sex determination, based on C-elegans. They have special attributes to them, it's easy to work with them because they have short lifespans, so you can see how things are affecting generations over time. We worked on two projects: one where we looked at a screening by making mutants, and we also did something called the CRISPR injection. Essentially, a CRISPR is a new technology that came out that you can use to edit genomes [a set of genes] endogenously within the new organism.

MT: What was the overall conclusion of your research?

JA: We are still going right now. I'm working on screenings currently for mutations in my lab currently. I'll be taking this project into the entire semester, so it's not like it's some simple project.

LL: So if there was a conclusion to this summer, it was that within our project, we were trying to find a mutation that rescues the organisms from resting, or dying. ... So the conclusion of our research was that we did find a mutant from that whole thing.

JA: By studying organisms ... we can learn more about cell biology, and we can take what we learned from this simple model organism and apply it to how human cells may interact in the same kind of way. So essentially, we learn things from others and then apply it to ourselves.

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10/21 CABINET

10/22 CABINET

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10/8 ADAM EZRA GROUP

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Ithaca Living Solutions

Park to showcase circus of digital events

BY KATE NALEPINSKI
ASSISTANT LIFE & CULTURE EDITOR

Four iconic presentations. Three futuristic tents. One group of students. An all-day media-related festival at Ithaca College.

Four annual competitions housed in the Roy H. Park School of Communications are coming together for the first time in the form of The Park Digital Sideshow, a daylong showcase of Park Tank, the Golden Doorknob Festival, Best of Park and “The Twilight Zone” on the lawn outside Roy H. Park Hall from 10 a.m. to 10 p.m. Oct. 7.

These digital competitions and projects are not new to the Park School, but one new element of the production process is that the sideshow will be run by students from “Live Event Production,” a Television-Radio class taught by Chrissy Guest, assistant professor of media arts, sciences and studies, as well as one of three executive producers.

The four main components of the Park Digital Sideshow include Park Tank, the third annual competition where students compete for prizes by pitching their new media concepts; the Golden Doorknob Festival, a challenge in which students must create a film where someone dies by a doorknob; Best of Park, an exhibition of film and television projects created by current Park students and graduates; and “The Twilight Zone,” a viewing party of the television show and a trivia series about Rod Serling and all things related to “The Twilight Zone.” To conclude the event, the renovated television studio, Studio B, will be unveiled to alumni at 10 a.m. Oct. 8.



From left, 2015 Park Tank winners Dominick Recckio '16, sophomore Alexa Dargis and Prairwa Leerasanthanah '16 stand with Bryan Roberts, associate dean of the Park School of Communications.

SAM FULLER/THE ITHACAN

The event will also feature three technology-related tents, which play into the sideshow theme. One of the tents will feature a photo booth for visitors. Another tent will have a 3-D printer that makes trinkets for visitors to keep, and the last tent will have a virtual reality booth, in which users need to virtually cross a wood plank that rests between two bustling city rooftops.

Bob Regan, the director of the

Keshishoglou Center for Global Communications Innovation and an executive producer of the sideshow, said the event was created to test the possibility of a new minor, which would be in event management, at the college. The minor would focus on catering to large-scale events of the caliber of the sideshow. Regan said that if the event is successful and receives a large audience, the sideshow and the course will become

parts of the minor.

Best of Park, the Golden Doorknob Festival, and The “Twilight Zone,” will be screened on a large blow-up LED screen on the field outside of Park Hall at different times throughout the day.

April Johanns, coordinator of student and external relations and an executive producer of the event, said the students in the course are taking on the majority of the work in making

the event into reality even though the dean's office is facilitating the event.

“[The students] are the superstars of the event,” Johanns said. “They are the producers, production crew, coordinators — everything that is important to the sideshow.”

Regan said the amount of work the students have put into the sideshow is impressive and that he is aware that the students are under pressure.

“It's more than just a class. They're producing an event that is going live,” Regan said. “There's a lot of moving parts. . . . They're not in a classroom — they're outside doing something and representing all of us.”

One of the producers of “Best of Park,” senior Jeremy Timmins, said he didn't know what he was getting into when he signed up for Guest's course.

“I'm shocked by the amount of logistics that go into it,” Timmins said. “There aren't any small roles. If one of us falls, the show would fall apart.”

The time, date and location of the sideshow were strategically set so that it would fall during Alumni Weekend at the college and grab the students' attention since the event is outdoors, Regan said.

Though Regan said he is concerned because this is the sideshow's first year and is a test run for future events, he said he has high hopes for the day.

“We're turning the Park School inside out for the day. We're really showing the best of us, and why not?” Regan said. “We have so much to say, and this our time to say it.”

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MARISSA PROULX/THE ITHACAN

Beatles film presents unfamiliar side of icons

BY JAKE LEARY
STAFF WRITER

Four pudding-bowl haircuts. Four pressed black suits. Four charming British smiles. The Beatles. The band that became synonymous with '60s pop culture — a representation of love, rebellion and youth.

Ron Howard's documentary about the Beatles' touring years expresses the wild energy and enthusiasm of John, Paul, George and Ringo. It captures their relevance both during their heyday and today, but it also reveals something else — something unexpected. "The Beatles: Eight Days a Week — The Touring Years," released in theaters Sept. 16, is more than a facts-and-figures documentary — it is a coming-of-age film. It is a view into the thrills and eventually frustrations of one of the most important bands of all time.

The documentary begins with a narrated description of the Beatles' suiting up. Much like Bruce Wayne's donning his mask, the four stars transformed into something beyond their everyday selves as they prepared for a show. They were no longer Paul McCartney, John Lennon, George Harrison and Ringo Starr — they were the Beatles. The film depicts them as a singular entity on the stage. It shows the charismatic vitality they exuded during every song and interview. The viewer can't help but relish the excited screams of the concert audiences and feel transported to the packed stadium seats. For the first glorious half-hour, the documentary is a

nostalgic thrill ride through the Beatles' early career.

Current celebrities recount their memories of traveling to concerts or watching the Liverpool boys on TV. Archival footage of interviews and concerts is restored; the video from their stadium performances is crisp and clear. Viewers wish they could step through the screen and enter the colorful, simple time the Beatles epitomized, but the film doesn't let this idealism persist, and that is its greatest strength.

Interspersed between performance clips are images of race riots and videos from Vietnam. The '60s were a harsh world that the Beatles made a little bit brighter. "Eight Days a Week" conceptualizes the fun of their global adventure but also illustrates the necessity of the Beatles to the world. Interviews with historians, talk show hosts and radio personalities accentuate the crucial role the Beatles played in equalizing pop culture by providing first- and secondhand accounts of the Beatles' progressive mindset. Viewers draw natural parallels to our current situation, to the rampant violence and racism, and it makes them ask: Who are the Beatles of today?

A similar question becomes central to the film: Who were the Beatles of yesterday? As the frequency of their tours increased, the identities of the band mates became further diluted. Howard's documentary adeptly depicts four young men struggling to become individuals in a world that doesn't see



In "The Beatles: Eight Days A Week — The Touring Years," director Ron Howard tells the story of John, Paul, George and Ringo. The film discusses how their music impacted people around the globe and changed their lives forever. APPLE CORPS/IMAGINE ENTERTAINMENT

them as anything but the Beatles.

The audience is treated both to the thrills and adventures as their careers took off and the exhaustion as they performed at the height of their fame. The progression from happy-go-lucky rock stars to brooding artists is expressed so subtly that the viewer won't realize the change until it's complete.

It is known that after their touring years, the Beatles continued to release one acclaimed album after another, but their music bore a new outlook. "Eight Days a Week" is about that journey. The incredible power of Beatle Mania. The relevance to the American Civil Rights movement. It is rare to see a documentary balance unrelenting praise and brutal honesty

as well as "Eight Days a Week" does. While people might not leave the theater grinning ear to ear at a cheery, nostalgic view of one of their favorite bands, they will certainly have gained a deeper appreciation for the men behind the magic.

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Menzel can't 'Let It Go' on latest solo album

BY PRESTON ARMENT
STAFF WRITER

Idina Menzel's new album, "idina.," is missing the spark listeners have heard from her in fan favorites like "Frozen" and "Wicked."

Released Sept. 23, "idina." guides listeners through cheesy tracks that try too hard to appeal to a general audience. But what Menzel may lack in songwriting ability, she makes up for with stunning vocals that remind us why listeners will never stop loving her.

The consistent themes throughout "idina." focus on finding home and losing someone close. Menzel considers this her most personal album, and with the songs' somber tones and empowering messages, it will most likely be used to console the breakups of "fanzels" everywhere.

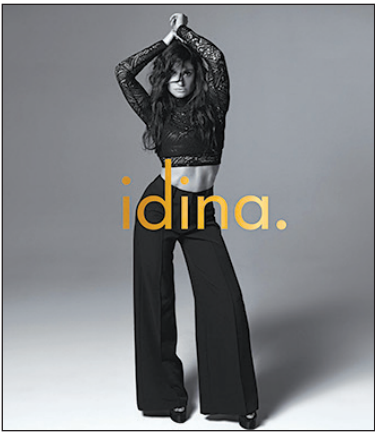
The overall message of the song is actually quite uplifting. Using lyrics like "Don't go asking me for apologies,"

Menzel encourages listeners to be anything they want to be without having any reservations. If she had kept the message simple, without polluting the song with endless "la la ly" sequences, maybe listeners would've believed her more heartfelt words.

This pattern of positive intent with negative results repeats in songs like "Cake," where it's easy to determine Menzel is trying too hard to mold herself into the pop genre instead of sticking to her strong suit: the ballad.

Her single "I See You," released Aug. 5, shows off her strength in an emotional ballad that hits home. Menzel devotes the track to listeners who are feeling hopeless, as she sings, "to those that got lost along the way / I see you." The vulnerability in her voice, alongside the strength of the simple orchestral accompaniment, makes for an ideal expression of the pain of being forgotten or overlooked. Listeners can tell Menzel was able to reach into her soul for this one.

With experience like hers — from "Rent" to "Glee" and numerous productions on Broadway — Menzel is



WARNER BROS.

normally able to create albums of her original work while still maintaining her reputation. While she clearly attempts to get her sound out to a broader audience, listeners may ask how much "idina." was genuinely created by her.

Though Menzel's final product is cliché and obviously a staunch effort to appeal to the general public, her stunning vocals throughout make it easy to overlook the attempted pop sound.

However, a glitch like a poorly put-together album will barely touch this established Broadway legend. We can "Let it Go" this time around.

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Album evokes emotion

BY CASEY MURPHY
STAFF WRITER

English singer-songwriter Michael David Rosenberg, better known by his stage name Passenger, released his eighth studio album, "Young As The Morning, Old As The Sea" on Sept. 23, about four years after the release of his hit "Let Her Go." While the album is an enjoyable listen and delivers quality lyrics that Passenger is known for, it lacks musical diversity as a whole.

ALBUM REVIEW

Passenger
"Young As The Morning, Old As The Sea"
Black Crow Rec.
Our rating:
★★★★☆

The record stays true to the artist's stripped-down, indie-folk music style from the very first song. Most of the tracks feature a guitar and Passenger's distinctive vocals, with the occasional piano or violin, but rarely feature strong percussion.

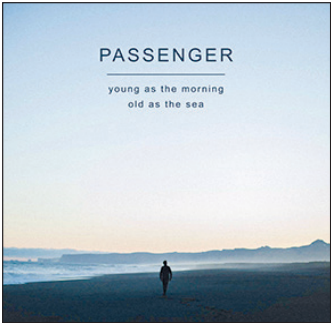
The problem with this album is that most of the tracks sound nearly identical. After listening for long enough, many of the tracks start to monotonously blend together as

though they are one continuous hourlong song.

"Beautiful Birds," featuring indie-folk artist Birdy, is the record's standout single. With ethereal instrumentals and lovely harmonies from the pair of singers, it is different from the other songs on the album.

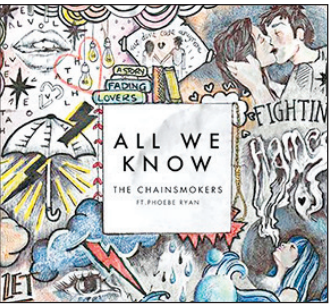
Even though this album lacks any notable innovation, it does not fall entirely flat. It has a few special and distinct tracks, but as a whole, it is not a record to jam to on a long road trip. Rather, it is better suited to play low in the background on a rainy fall day.

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BLACK CROW RECORDS

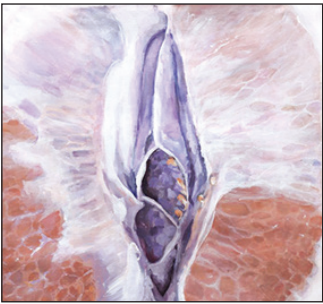
QUICKIES



COLUMBIA RECORDS

"ALL WE KNOW" The Chainsmokers Columbia Records

On Sept. 30, The Chainsmokers released their latest tune, "All We Know." Though the single is catchy, and Phoebe Ryan's vocals keep listeners' interest, The Chainsmokers' song fails to sound distinct from the group's others releases.



INGRID/INGSOC

"WINGS OF LOVE" liv INGRID/INGSOC

A combination of one-word lyrics, repetitive bass notes, and scratchy and inaudible vocals fail to unite in liv's latest single, "Wings of Love," released Sept. 30. Even from the beginning, the track feels incomplete.



BLACKENED RECORDINGS

"MOTH INTO FLAME" Metallica Blackened Recordings

Low, intricate lyrics and heavy, aggressive vocals tie together in Metallica's newest single, "Moth Into Flame," released Sept. 26. Fans of the metal band won't be disappointed by the angry and complex guitar riffs the group is known for.

By Allison Latini '17

By Stephan Pastis

By United Media

22 NASA thumbs-up
(hyp.)
23 Type of overalls
24 Livy's eggs
25 Hardened
26 Fanatic
27 Campers, for short
28 Sequel's sequel
29 Varnish ingredient
31 Tibetan ox
32 Round up
33 Caterwailed
36 Meadow murmur
37 Chronicles
39 Yanked up a sock
40 Cyrus' realm,
today
41 Ibsen heroine
42 Lemony taste
43 Without charge
44 Make small talk
45 Icicle locale
46 Coup d'-
48 Unseal, to Blake

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PHOTOS BY FERNANDO FERRAZ



After battling an injury, sophomore returns to the field for the Bombers

BY MADDISON MURNANE
STAFF WRITER

When sophomore Emma Oliver entered her first year of varsity soccer preseason at Ithaca College, she was in the best shape she could be in. But instead of showing off her skill, she spent her first year as a Bomber on the sidelines in the hands of the athletic trainers.

Just a few days before the first scrimmage of the Bombers' 2015 season, her knee began to bother her.

It was not a small injury — she tore her ACL in her right knee, her dominant leg, ending her season.

"I was feeling good at practice," she said. "I was defending someone, and I stepped to the side a little bit, and I didn't cry or fall down at all, but I stopped. I had to walk off, and I was done for the practice, and that's when I tore it."

Now, after taking a year off to rehabilitate, Oliver is consistently back in the lineup for the Bombers.

Oliver is a graduate of Guilderland High School in Guilderland Center, New York. In her senior season, she was named captain and team MVP. She also earned the honors of being named to the Division II All-Star Team.

These achievements caught the eye of women's soccer head coach Mindy Quigg. She said Oliver was the type of person, as well as player,

she was looking for.

"I've seen her play for a couple of years, and she's a smart player," Quigg said. "She sees the field really well. She's crafty with the ball, and I really liked who she was as a player and as a person."

Her senior season in high school is where her injury stems from, Oliver said.

"Senior year, I crossed a ball from end line from the right side into the box and landed on my right knee out of bounds and felt shifting and cracks," she said. "It was the weirdest feeling ever, and I couldn't walk. I partially tore it then, but the X-ray didn't show it. It wasn't even considered an ACL injury."

When Oliver got the news that she had fully torn her ACL during soccer preseason at the college, she knew that there was no option — she had to get surgery, she said.

"I really had no choice but to get surgery if I wanted to play soccer," she said. "The doctor said I had to get it."

Oliver underwent ACL surgery on Oct. 12, 2015. During rehab, she endured an immense amount of pain trying to regain flexibility in her knee. Although she said rehab was a lot to endure both physically and mentally, she was not in it alone.

"The team was there for me, and I was still a part of something," Oliver said. "It really motivated me to come back because I would watch and realize how much I missed playing."

She also had teammates going through

the same process alongside her. Senior back Mallory Chick had also torn her ACL and was undergoing rehab from surgery at the same time with the help of the team athletic trainer, Courtney Gray. Chick said that through the time they spent together both rehabilitating and watching practices and games from the sideline, they developed a great but uncommon friendship.

"It was really interesting having a junior and a freshman bond together as much as we did," Chick said. "She's really smart both on and off the field, really funny, just a really great person to be around."

During practice, the two would do their part by picking up cones after drills were finished and often talking with recruits. Chick said it was through talking with recruits that the two were able to learn more about each other.

"We were asking them [the recruits] basic

questions like what they wanted their majors to be and where they were from, and we got a little off track and started learning all of this stuff about each other," Chick said. "It was a turning point, a bonding moment for us."

When soccer season ended and the two were done with rehabilitation for their ACLs, their friendship changed, but it did not diminish. Chick said that over the summer, she checked in with Oliver to see how her summer workouts were going.

After rehab, Oliver said, she had to focus on strengthening her knee and preparing to take

the field next season with the Bombers.

"I didn't feel like my body was the same anymore, and I didn't know if it was worth it," Oliver said. "I'm glad that I kept playing, but I did doubt it a lot."

During the Bombers' opening weekend of play in the Michelle Vargas-Robin Memorial Tournament on Sept. 3–4, Oliver recorded 26 minutes in a match against Sage College and 23 minutes against SUNY New Paltz, helping the Bombers win both games that weekend.

Oliver has started in three of the Bombers' eight games this season and recorded 61 minutes against the University of Rochester on Sept. 18, her highest this season. Chick said she came out strong in her first minutes on the field as a Bomber.

"She was playing like a veteran," Chick said. "She was playing like she hadn't missed a season. She was very confident on the field making intelligent decisions, keeping her shape in the midfield and got a few shots off that were solid shots."

Quigg also said she is pleased with how Oliver has played this season, coming back from an injury.

"She's just starting to make her impact this year," she said. "She keeps our speed of play at a high intensity and is a threat in the middle and final third."

Oliver said she is confident that she has regained her strength and that her knee will no longer affect how she plays.

"I don't see my knee affecting me at all," Oliver said. "My goal is to be the player I was. My main goal is to not get injured and for my body to be healthy."

CONNECT WITH MADDISON MURNANE
MMURNANE@ITHACA.EDU | @MADDAWG68

“My goal is to be the player I was. My main goal is to not get injured and for my body to be healthy.”

— Emma Oliver

THE BOMBER ROUNDUP

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



Junior JR Zazzara runs past a Utica College defensive back, junior Chancellor Harris, in the Bombers’ game Oct. 1 at Butterfield Stadium. The Bombers defeated the Pioneers 23–14.

CAITIE IHRIG/THE ITHACAN

Field Hockey

RESULTS

	3–0	
St. John Fisher	Oct. 1	Ithaca



Next game: Noon Oct. 8 against William Smith College in Geneva, New York

STANDINGS

	Conference	Overall
St. John Fisher	4–0	8–2
Stevens	4–0	7–3
Washington and Jefferson	4–0	9–0
Ithaca	3–2	5–4
Hartwick	2–2	8–3
Houghton	1–3	5–4
Utica	1–4	2–9
Elmira	0–3	2–7
Nazareth	0–5	1–10

Women’s Tennis

RESULTS

	9–0	
Ithaca	Sept. 28	Hartwick
	9–0	
Ithaca	Oct. 1	Nazareth

Next match: Oct. 8 against Hamilton College on the Ben Wheeler Tennis Courts

Men’s Tennis

ITA Northeast Regional Tournament

Event	Name	Defeated	Score
Singles	Minos Stavrakas	Bard College	8–1
Singles	Minos Stavrakas	Vassar College	6–4, 6–4
Doubles	Minos Stavrakas, Michael Gardiner	Skidmore College	8–6

Next match: Season over

Volleyball

RESULTS

	3–1	
Ithaca	Oct. 4	Cortland

Next game: 11 a.m. Oct. 8 against St. John Fisher College in Oneonta, New York

STANDINGS

	Conference	Overall
Stevens	4–0	18–2
Ithaca	3–1	13–4
Houghton	2–1	6–10
St. John Fisher	2–1	6–10
Nazareth	2–2	13–5
Elmira	1–2	4–5
Hartwick	1–3	5–12
Utica	0–4	5–17

Crew

Men’s Challenge of the Canal

Boat	Place	Time
Varsity 4	1st	16:43
Varsity 4	2nd	16:46
Varsity 8	1st	15:24

Women’s Challenge of the Canal

Boat	Place	Time
Novice	2nd	17:47
Varsity 8	4th	17:25
Varsity 8	3rd	18:51

Next regatta: 9 a.m. Oct. 8 at the Head of the Genesee in Rochester, New York

Cross-Country

Men’s Paul Short Run

School	Place	Points
Princeton	1st	68
Siena	2nd	195
Marist	3rd	202
Shippensburg	4th	208
NYU	5th	224
Haverford	6th	245
Middlebury	7th	257
...
Ithaca	16th	550

Women’s Paul Short Run

School	Place	Points
Princeton	1st	44
Queens Gaels	2nd	179
Bucknell	3rd	195
Middlebury	4th	205
Shippensburg	5th	220
St. Lawrence	6th	229
Delaware	7th	231
Ithaca	8th	266

Next meet: Noon Oct. 8 at the Hamilton College Invite in Clinton, New York

Sculling

Green Mountain Head 1x

Name	Place	Time
Colby Dónofrio	14th	22:36.2
Madeline Peterson	23rd	24:30.4
Rachel Dowd	24th	24:35.2
Kathryn Lawson	25th	24:45.4

Green Mountain Head 2x

Name	Place	Time
Jackie McDevitt, Karina Feitner	4th	21:04.9
Jennie Brian, Emily Vosburg	5th	21:21.3
Libby Burns, Savannah Brija	6th	22:05.3

Next match: 9 a.m. Oct. 9 at the Seven Sisters Regatta in Northampton, Massachusetts

Golf

Empire 8 Championships Team Results

School	Place	Score
Ithaca	1st	335
Elmira	2nd	374
Utica	3rd	420
St. John Fisher	4th	428
Nazareth	5th	443

Empire 8 Championships Individual Results

Name	Place	Score
Kimberly Wong	1st	162
Indiana Jones	2nd	163
Peyton Greco	4th	168
Lauren Saylor	5th	170
Mary Rooker	6th	178
Kyra Denish	6th	178

Next match: Oct. 8–9 at the Middlebury College Invitational in Middlebury, Vermont

Football

RESULTS

	23–14	
Ithaca	Oct. 1	Utica

Next game: 1 p.m. Oct. 8 against Hartwick College in Butterfield Stadium

STANDINGS

	Conference	Overall
Alfred	3–0	5–0
St. John Fisher	3–0	5–0
Utica	2–1	4–1
Brockport	1–1	2–2
Ithaca	1–1	2–2
Buffalo State	1–2	2–2
Cortland	1–2	3–2
Hartwick	0–2	1–3
Morrisville	0–3	0–4

Women’s Soccer

RESULTS

	7–0	
Ithaca	Sept. 28	Utica

	2–1	
Ithaca	Oct. 4	RIT

Next game: Noon Oct. 8 against Alfred University on Carp Wood Field

STANDINGS

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

Men’s Soccer

RESULTS

	1–0	
Utica	Oct. 1	Ithaca

	2–1	
Hobart	Oct. 4	Ithaca

Next game: 3 p.m. Oct. 8 against Elmira College in Elmira, New York

STANDINGS

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

Two-time Olympian returns to IC campus

BY VINICA WEISS
SENIOR WRITER

By the time Meghan Musnicki '05 arrived at the Ithaca College Athletics and Events Center to lead a training session for student-athletes and coaches at noon Sept. 27 in Glazer Arena, she had not even checked into her hotel yet. Musnicki, at 5 feet 11 inches and wearing her red-and-blue USA jacket, was ready to go.

A two-time Olympic gold medalist, Musnicki returned to the college from Sept. 27 to Oct. 1 as "IC's Olympic Champion in Residence." Musnicki said she was excited to be on campus for the few days.

At the training session, senior Tara Malone, a member of women's crew team, said it was a great experience to interact with Musnicki.

"It was tiring, a lot of effort and really hard, but really fun," Malone said. "It was really fun to get to work out with an Olympian, or have her yell at us when we were working out."

The hourlong training session was one of the many events Musnicki was a part of. During her time on campus, Musnicki held another training session at the Ward Romer Boathouse, as well as a weight-training session with Vic Brown, strength and conditioning head coach for the crew team. Captains from each of the sports teams also had the opportunity to speak with Musnicki. She also gave a keynote speech, "The Sky is the Limit; an IC Alumna's journey to Olympic Gold," which took place in the Hockett Family Recital Hall on Sept. 27.

In her speech, she spoke about the amount of training and dedication it took to make the U.S. Rowing national team, which she made after three failed attempts.

As part of the women's eight, Musnicki won gold at the 2012 London Games and most

recently at the 2016 Rio de Janeiro Olympics, along with first-place finishes at the 2013, 2014 and 2015 World Championships.

"Everyone only knows that I have won so many times, but there's so much more to the story than that," she said. "You don't only win. I don't only win. I've fallen down, and I've failed a lot. If you really want something, then it's probably going to be difficult to achieve it, and you're going to hit stumbling blocks, but if you can just keep pushing towards the goal and keep that in mind, it will pay off in the long run."

Musnicki began her speech by discussing how she struggled socially in high school and transferred schools her junior year. When the time came to choose a college, she committed to St. Lawrence University to play basketball but then switched to crew, a sport she had never previously done, at the beginning of her freshman year after the rowing coach noticed her and told Musnicki to consider it.

The Naples, New York, native also spoke about the impact of the death of her father, who suffered a heart attack when she was 19. She transferred to Ithaca College during the second semester of her sophomore year to be closer to home.

At the college, Musnicki went on to win two NCAA national championships. Her senior year, she was a first-team Division III All-American.

Musnicki said she initially planned to go to nursing school in Boston upon graduating from the college. However, her plans changed when she was invited to a sculling camp in Virginia, where she was introduced to post-collegiate rowing. Afterward, she moved to Boston and in 2006 was invited to a U.S. Rowing training camp in Princeton, New Jersey, where she was quickly cut from the camp.

"I needed to get cut from the camp because



Two-time Olympic gold medalist Meghan Musnicki '05 holds a training session for all student-athletes Sept. 27 in the Glazer Arena. She visited the college Sept. 27-Oct. 1.

CATIE IHRIG/THE ITHACAN

if I had not even gone and attempted to do it, I wouldn't have known that I would develop a passion for it, that I could even think of doing it beyond just in college," Musnicki said.

After being cut three times, the coach gave her one more shot to prove she could train with the squad, and that is exactly what she did.

Freshman gymnast Emily Szembrot said she enjoyed the part in which Musnicki spoke about the time she puts into her training.

"It was interesting hearing from an Olympian," Szembrot said. "You see them in interviews on TV, but seeing them in front of you — getting

a firsthand experience — was really cool."

Musnicki said being an Olympic athlete is a difficult commitment but that she could not imagine not pursuing that goal.

"I loved what I did," Musnicki said. "I wanted to do whatever it took to be the best, and that's what it took for me. It's definitely worth it. And I completely understand if it's not worth it for some people. You can't judge someone else's journey or someone else's goals."

CONNECT WITH VINICA WEISS
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IC cross-country runner sprints to head of the pack

BY BECKY MEHORTER
STAFF WRITER

Cross-country runners typically increase mileage throughout the season to improve their times. But for senior Chris Gutierrez, the key to success is working smarter, not harder.

The cross-country runner has always been fast, but he has improved significantly since his freshman year.

As a freshman, his first 8K was 30:58.4, and he did not score once during the cross-country season. Three years later, he's averaging 27:15 and scoring in every race.

The New Jersey native began his running career early, in sixth grade. At Hopewell Valley Central High School, Gutierrez won varsity letters in cross-country and indoor and outdoor track and field.

He said he developed a critical attitude about his running in high school and tended to overtrain in an effort to improve.

"There's always something that I could have done better. I could have always worked harder. I could have pushed myself more," Gutierrez said. "This type of mindset can be helpful in moderation, but in the way that I used it, it became more negative than positive for me."

He said his overtraining led to a series of injuries. In his senior year of high school, Gutierrez suffered a hip-flexor injury, which prevented him from running for six months. He said it was difficult to watch others drop time while he lost time in recovery.

In his first meet as a Bomber, he said, he ran the worst race of his career, and later that day, because he said he was so devastated with his performance, he went to the weight room for

two hours.

Eric Sambolec, assistant coach for the men's cross-country team, found out and from that point forward kept an eye on him.

Gutierrez said he took two months off from running during his freshman year of college to heal a stress fracture in his foot and lost more time his sophomore

I'm trying to do everything right because I'm not going to have another chance."

— Chris Gutierrez

year recovering from mononucleosis.

He said there were times when Sambolec would force him to stop early during workouts in his freshman and sophomore seasons to prevent further injury.

"As a runner, pushing yourself harder and harder every day will really not make you better," Gutierrez said. "If anything, you'll get burnt out and more tired, and your body will not get stronger."

Cross-country head coach Jim Nichols said injuries are particularly difficult for distance runners to deal with because they rely on consistent training to perform well in meets.

"At the start of his junior year, I gave him a simple goal: to be healthy for 12 months," Nichols said. "I didn't care how fast he ran. I didn't care what type of performance he had. Yes, I wanted him to do well, but my goal was for him to stay healthy."

In February, Gutierrez hit the 12-month mark. Two months later, during the track and field season, he dropped almost six seconds off his personal record in the 800-meter.

"That was huge for me because my entire collegiate career, I was running 2:02; I finally broke a barrier," Gutierrez said.

Sawyer Hitchcock '16, Gutierrez's

coach-assigned "brother" from his freshman year, said that in the beginning of his collegiate career, Gutierrez wanted to run well but that his legs couldn't keep up with his mind.

"Now, his body has caught up to what his mind wants him to be able to do," Hitchcock said. "Time has been good to him."

Encouraged by both his spring performance and having one last year to race, Gutierrez said he committed to training over this past summer.

"I was very focused," he said. "I made sure I was doing everything right, eating right, sleeping right. I think that's been one of the biggest reasons I've improved this season."

To get faster, Gutierrez said, he focused on the little things over the summer. He did extra pushups and abdominal workouts, stretched after runs and concentrated on eating the right foods.

He said he believed the biggest indicator of success was his weekly mileage. After waking up at 5 a.m. to go to his internship in New York City, he would come home and run an average of 11 miles a day, totaling about 80 miles each week.

In the team's first three races, Gutierrez has been the Bombers' second-scoring runner twice and third-scoring runner once. As regionals and nationals approach, the changes in Gutierrez's times will be critical for the team.

Gutierrez's goals for the season are to go sub-26 in the 8K and have the team qualify for nationals.

Last year, the Bombers placed fourth in regionals, missing nationals by two places. Gutierrez said qualifying has been his goal since freshman year.

"This is it," he said. "I'm trying to do everything right because I'm not going to have another chance."

CONNECT WITH BECKY MEHORTER
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Senior Chris Gutierrez placed fourth, behind one teammate and two alumni, at the 2016 Jannette Bonrouhi-Zakaim Memorial Alumni Run on Sept. 3 on the Upper Terrace Field.

SAM FULLER/THE ITHACAN

Students kick back by coaching youth soccer

BY MADISON BESS
STAFF WRITER

Two to three times a week at a local soccer field, junior Nicholas Gualtieri and sophomore Kate Hutton trade in their jerseys and shin guards for a whistle and clipboard. Gualtieri and Hutton are volunteer soccer coaches for local youth teams, passing along the soccer knowledge and passion they have accumulated throughout their playing careers.

“If I can give kids life lessons, I’ll take that any day over teaching them soccer skills,” Gualtieri said.

Gualtieri, who is on the men’s club soccer team and has been playing soccer for 15 years, started coaching four years ago with the TC Waza Academy, which has teams of children ranging from age 4 to 19, in Lansing, New York.

“I really enjoy coaching during the game because it’s a split second decision, and you keep them motivated and working,” Gualtieri said. “I like coaching young kids because you see huge improvements over the season.”

Currently, Gualtieri coaches soccer two to three times a week with different teams and sometimes on the weekends. He said he enjoys coaching the younger kids more, and specifically, girls in the 8- to 10-year-old range.

“The boys are more interested in shoving and laughing, but the girls are more focused,” Gualtieri said. “With the young kids, it’s more about entertainment, keeping them moving and getting them to enjoy it. What I try to do is hide coaching behind games and stuff like that. Little things keep it more interesting.”

Usually, there are about 10 to 20 children at any given practice at the Academy. The maximum number of players with one coach is 15, and with younger kids, no more than 10 players at a time.

Gualtieri said he would not choose to coach as a career but that he would want to continue coaching in the future. He was offered an assistant coach position for the modified team in Lansing this past year but did not end up taking



Junior Nicholas Gualtieri coaches a youth team Oct. 3, taking the players through passing and dribbling drills using cones. He is a coach for the TC Waza Academy in Lansing, New York, for children ranging from age 4 to 19. Gualtieri is a member of the men’s club soccer team.

SAM FULLER/THE ITHACAN

it because he didn’t know how much time he would have.

On Mondays, he goes straight from coaching to his club soccer practice.

“That transition is interesting because when I’m with them, I’m focusing on my practice later,” he said. “Sometimes, I coach over their heads, and I have to simplify down to the basics.”

Hutton began coaching just two weeks ago. She is a member of the Ithaca College women’s club soccer team and was offered an opportunity to coach for the Tioga County Youth Soccer Association for the Newark Valley team by one of her professors, Jamie Rombach. Hutton now works with two parent volunteers to coach the team.

“My stats teacher asked anyone on the first day if we played any sports,” Hutton said. “Five or six of us raised our hands. She said that she

needed help coaching, and I asked to help, and she said she would take all the help she could get.”

Rombach said Hutton has been able to meet with her to share her ideas and plans for helping the kids get better with the skills of the game.

“When we take that into practice, all of us benefit from her positive, encouraging attitude and experience,” Rombach said.

Rombach said Hutton has a knack for working with 8-year-old kids. She said Hutton has the skill development and game-playing strategies and ideas that she gets across to the team during practices.

“The other volunteer parent coach and I are new to this, and we enjoy her teaching all of us,” Rombach said. “The kids especially love the drills that she builds into fun games. We are so lucky to have her as a volunteer.”

However, Hutton has not coached

before and said the toughest part is thinking of drills that match the children’s different skill sets.

“When I plan something, I have to remember that this is something they are just learning to do, and it makes me step back because I have been doing this for so long, and it comes as second nature to me, and it is their first time,” Hutton said.

Hutton said coaching younger kids is a very rewarding experience and that it reminds her of when she was learning how to play.

“I have been playing soccer for so long that coaching them brings me back to my soccer days,” she said. “I do all the drills and stuff that I did with them. The best part of it is the interaction with the kids.”

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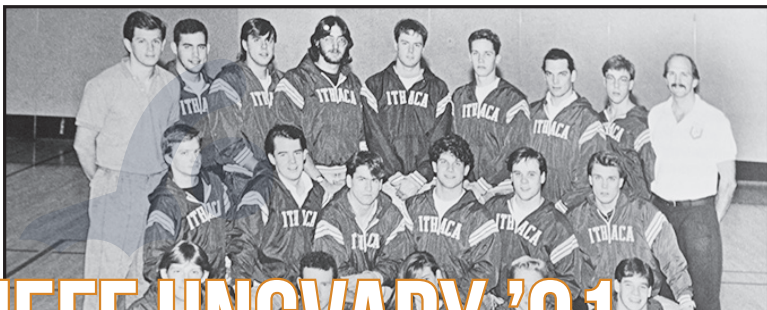
THE BEST FROM THIS WEEK IN SPORTS

CEMENTING LEGACIES

Nine individuals and two teams are being inducted into the Ithaca College Hall of Fame on Oct. 7. ESPN SportsCenter anchor Kevin Connors '97 will be the master of ceremonies.

DAEGAN A. GRAY '90

Gray was a part of the football team's 1988 NCAA Championship team. During that same season, he recorded 89 tackles and was named an Associated Press All-American. He played on varsity under legendary coach Jim Butterfield.



JEFF UNGVARY '91

Ungvary was a member of the men's swimming and diving team. He compiled 11 All-American honors and led the team to an undefeated record his senior year.



STACY L. JOHNSON '93

Johnson was a member of the softball team for two seasons and had 191 strikeouts and 31 wins, ranking 10th and 12th in Ithaca College history, respectively.



MARGO MCGOWAN '98

McGowan played on the women's basketball team and the softball team. She led the basketball team to 72 wins and one NCAA appearance, and the softball team to 61 wins.



JOSHUA J. FELICETTI '06

Felicetti was the starting quarterback for four years and led the team to a 34-11 record. He threw for 9,092 yards on 718 completions and 86 touchdowns.

MAUREEN NOLAN-DECILLIS '87

Nolan played women's soccer and ran track and field. She had 82 points during four years on the soccer team, which was the top-scoring record for 23 years.

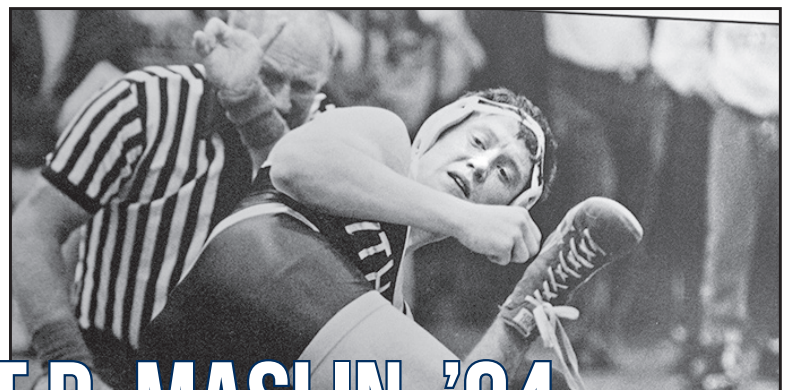


WOMEN'S SOCCER 1990-91

In 1990 and 1991, the women's soccer team won back-to-back NCAA National Championships. The Bombers had a 35-7-7 record during these two seasons.

KATHLEEN HENZE BAILEY '93

Bailey was a member of the women's swimming and diving team for three years and earned 12 All-American awards. She placed as high as third individually at the NCAA Championships and second as part of the 400-yard freestyle relay.



KENT D. MASLIN '94

Maslin was an All-American wrestler and placed second at the 1993 and 1994 NCAA National Championships. He ranks 11th all-time in total wins at the college.



STEVE L. BELL '06

He helped the men's soccer team achieve a 47-14-9 record. Bell, who has Cystic Fibrosis, became a spokesman for the fight against the disease since graduating.

THE BIG PICTURE

THURSDAY, OCTOBER 6, 2016

ONLINE

For more on Applefest, go to theithacan.org/apple-fest-2016



Ian Ryu, 6, munches on a caramel apple at the 34th annual Apple Harvest Festival in Ithaca on Oct. 2. The festival is a trademark of the Ithaca community, and people from all over New York state come to celebrate with seasonal food, handmade crafts, farm animals, games, giveaways, live performances from local artists and freshly picked apples to ring in the autumn season.
SAM FULLER/THE ITHACAN

Harvesting Fall Fun

The 34th annual Apple Harvest Festival took place on The Commons from Sept. 30 to Oct. 2.



Nicole Beckman walks her spray-painted dog, Ira The Dragon, around The Commons as onlookers admire the pup's intricate design. Behind them, freshly squeezed lemonade is served to customers.
ELISE KORFONTA/THE ITHACAN



Ithaca locals Julie Costie and Bruce McKee dance to swing music Oct. 2 while a band plays on a stage by Seneca Street.
SAM FULLER/THE ITHACAN



Vince Russo serves gourmet caramel-apple cups to guests at the festival Oct. 2. Apple Cider doughnuts and maple syrup were also available treats.
SAM FULLER/THE ITHACAN



Michael Hilby juggles three flaming poles while riding a unicycle. Hilby has performed at the festival in years past.
ELISE KORFONTA/THE ITHACAN