

THE ITHACAN

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FIT FOR ALL

Student instructors of group fitness classes find rewards by offering a stress-free, healthy space for their peers.
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REVERSE THE STIGMA

By offering classes on how to use Narcan, Ithaca College empowers community members to take action.
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FENCING FRIENDS

The Ithaca College Cub Fencing team focuses on player development instead of winning tournaments.
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COLLEGE OFFERS TRAINING TO REVERSE OVERDOSES

BY ASHLEY STALNECKER
STAFF WRITER

Ithaca College resident assistants and other students are now being trained to administer Narcan — a drug that can reverse the effects of an opioid overdose — in a pre-emptive effort to combat drug abuse at the college.

Illegal opiate use at the college rose 2.8 percent to 3 percent from 2015 to 2017, according to the National College Health Assessment. While this is a small increase, the national average for opioid use is also rising slowly, from 4.5 percent to 5 percent between 2015 and 2017. Because of this, the college has started training all students interested, including resident assistants, to use Narcan — the brand name drug that delivers naloxone — as a preventative measure against opioid drug abuse or overdoses.

Naloxone is a medication that binds itself

to opioid receptors to reverse the depression of the central nervous system and respiratory system, caused by opioids, allowing the person overdosing to be able to breathe properly. The drug comes in the form of a nasal spray and an injection.

In 2017, the Center for Health Promotion at the college participated in the biyearly National College Health Assessment. Opiate use, in this study, refers to the illegal use or misuse of opioids — like heroin, synthetic opioids and prescription pain relievers — rather than legally prescribed medications. Narcan, or naloxone, is a medication designed to rapidly reverse opioid overdoses. Nancy Reynolds, program director of the Center for Health Promotion, said the naloxone training is how the college is

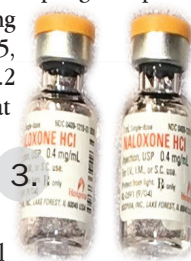
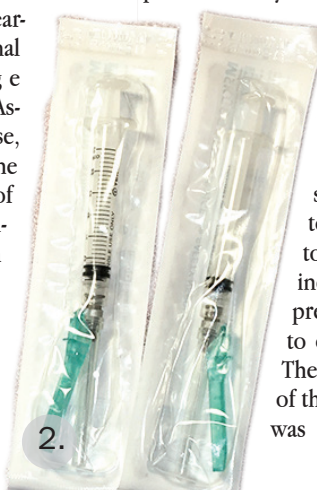
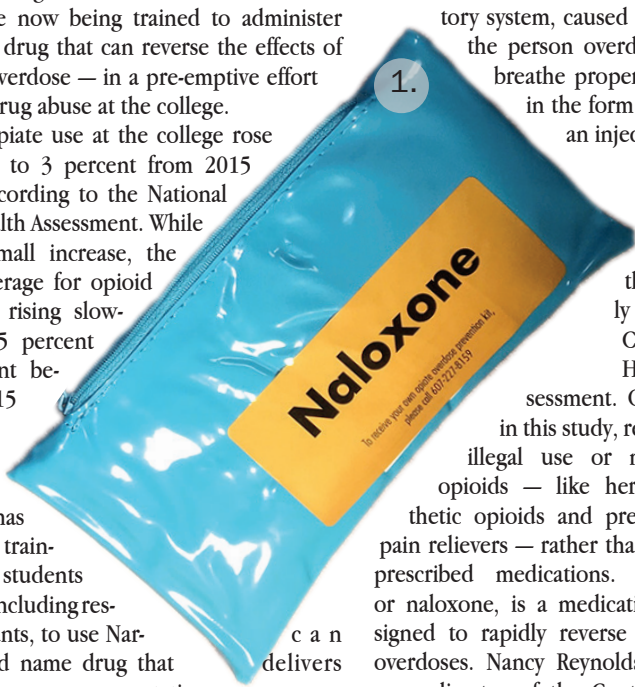
proactively attempting to prevent overdoses from occurring

In 2015, the survey found that 0.2 percent of the college students had used opiates in the past month, compared to the national level of 0.5 percent. Only

3,062 students responded to the NCHA survey.

Although there have been no student, faculty or staff overdoses in the college's history, Reynolds said, the college wanted to offer Narcan training to raise awareness about increased drug use and prevent any deaths due to overdoses on campus. The first training session of the semester, held Sept. 11, was led by Kim Conrad, harm

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Ithaca College now offers Narcan training to resident assistants and other community members who are interested in being trained. Once the training is complete, they can obtain a Narcan kit. Included in the kit is 1) the kit case, 2) syringes not pre-filled, 3) Naloxone, 4) alcohol wipe, 5) latex gloves and 6) a CPR face shield.

MAYA ROGERS/THE ITHACAN

ICC to undergo review during academic year

BY SAM HAUT
STAFF WRITER

The Integrative Core Curriculum will be undergoing a program review to assess how effective it has been for Ithaca College students.

La Jerne Cornish, provost and senior vice president for academic affairs, selected the two co-chairs for the program review — Christina Moylan, associate dean of the Department of Health Sciences and Human Performance, and Susan Witherup, professor in the Department of Biology. The committee will consist of student and faculty representatives from all five schools at the college, Witherup said. The students have been recommended by the Student Governance Council, and the review committee also hopes to involve an outside evaluator independent of the college in the review process.

Witherup said the committee will be meeting biweekly throughout the fall semester. The first meeting was held Sept. 24. Witherup said the committee should have a public draft made available by Jan. 15. She said the committee plans to have a final report with recommendations done by April 1.

Since the ICC has been implemented, there has been a lot of

criticism of the program from many members of the college community. Both the SGC and the Faculty Council have passed numerous bills and amendments to address issues with the ICC.

After the college was reaccredited by the Middle States Commission on Higher Education, the review team gave several binding recommendations the college needs to follow moving forward.

On that list, four of the six recommendations involved some aspect of the ICC. These recommendations asked that the college develop a process for departments and schools to share relevant student learning outcomes for the ICC, to re-evaluate the ePortfolio process for student learning outcomes, to create more meaningful alternative approaches to assessing student learning outcomes and to reassess if student learning outcomes are being achieved in the social sciences, natural sciences and diversity requirements. Witherup said she has not yet looked at the report by the Middle States in regard to the ICC but said she will as the committee begins its meetings.

Moylan said the review process will include creating recommendations that will be presented to Danette

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Students walk out in support of sexual assault survivors

BY ALEXIS MANORE
STAFF WRITER

Students walked out of classes and gathered in support of sexual assault survivors — specifically for the two women who accused Supreme Court nominee Brett Kavanaugh of sexual assault — for the National Walkout and Moment of Solidarity at Ithaca College hosted by the college's chapter of Planned Parenthood Generation Action on Sept. 24.

Approximately 50 students attended the event, which took place at Free Speech Rock outside of Campus Center at 1 p.m., to show their support for Christine Blasey Ford, who came forward with allegations that Kavanaugh attempted to sexually assault her, and Deborah Ramirez, who claims Kavanaugh exposed himself to her at a party.

Ford claims Kavanaugh and his friend Mark Judge attempted to assault her at a party they attended in the summer of 1982 when she was 15 years old.

She alleges that Kavanaugh pushed her into a bedroom and pinned her down on the bed with his hand over her mouth to keep her from screaming.



Tarana Burke, founder of the #MeToo movement, called upon the country to walk out in solidarity of sexual assault survivors Sept. 22.

ELIAS OLSEN/THE ITHACAN

Ford managed to escape when Judge jumped on top of them.

Ford is expected to testify about her allegations against Kavanaugh before the Senate Judiciary Committee in a public hearing Sept. 27.

Ramirez claims Kavanaugh exposed himself to her during

her freshman year at Yale, which she and Kavanaugh attended at the same time.

She says the incident occurred at a dorm party and that she and a group of people were playing a drinking game, and she quickly became incapacitated

See WALKOUT, Page 4

NATION & WORLD

Chinese citizen arrested for spying on US engineers and scientists

A Chinese citizen living in Chicago was arrested Sept. 25 for allegedly spying on United States' engineers and scientists, including defense contractors, on behalf of the Chinese government, federal prosecutors said.

Ji Chaoqun, 27, has been charged with one count of knowingly acting in the U.S. as an agent of a foreign government without prior notification of the attorney general, according to a statement from the U.S. attorney's office in Chicago. If convicted on the one count, Assistant U.S. Attorney Shoba Pillay told the hearing that Chaoqun faces up to 10 years in federal prison.

US increases foreign financial aid for assisting Venezuelan emigrants

Vice President Mike Pence says the United States will give another \$48 million in humanitarian aid for Venezuelans who have fled their crisis-wracked nation. Pence made the announcement Sept. 25 at the U.N. General Assembly.

The money will go to several U.N. and nongovernmental agencies helping Venezuelans in countries including Brazil, Colombia, Ecuador and Peru, which have seen a wave of migrants as Venezuela's economy has neared collapse. The U.S. had already sent nearly \$50 million in such aid, as well as \$23.5 million to help Colombia absorb incoming Venezuelans.

Priest accused of child sex abuse given no bail leading up to trial

A former New Mexico priest, Arthur Perrault,

who fled the U.S. decades ago amid allegations of child sex abuse, appeared in U.S. district court Sept. 25 as a federal magistrate decided to keep the 80-year-old behind bars pending trial as his accusers in the audience applauded.

Defense Attorney Samuel Winder argued that Perrault was not a flight risk as he had no passport, no family and no means of leaving the country. But prosecutors described him as a danger to the community.

Opposition party to reject deal between prime minister and EU

Britain's main opposition Labour Party announced Sept. 25 that it will reject conservative Prime Minister Theresa May's proposed divorce deal with the European Union when it comes to a vote in Parliament and might even support a new Brexit referendum.

The party's chief Brexit spokesman accused May's government of offering the country a choice between "really bad and even worse."

If Britain and the EU agree on a deal, it must be approved by the British and European parliaments before Britain leaves. The math on the U.K. vote looks ominous for May's government, however, because it lacks an overall majority.

China cancels visit to Washington after US military deal with Taiwan

A deterioration in United States-China relations, seen most dramatically in their escalating trade dispute, is spilling over into the military arena.

On Sept. 25, the Pentagon confirmed that



Protesters call for improved public services

Demonstrators wave national flags and chant slogans during a demonstration demanding better public services and jobs Sept. 25 in the southern city of Basra, Iraq. The violent protests resulted in the assassination of a human rights activist.

NABIL AL-JURANI/ASSOCIATED PRESS

China had canceled a Washington, D.C., visit by the head of its navy, and U.S. officials said China had denied a request for a U.S. Navy ship to make a port visit next month in Hong Kong.

Also on Sept. 25, China demanded the Trump administration cancel a planned \$330 million sale of military equipment to Taiwan, the self-ruled island that Beijing considers a renegade province. The Chinese foreign ministry warned of "severe damage" to bilateral relations if the sale of military equipment, announced Sept. 24, goes through.

Moroccan navy opens fire on boat carrying undocumented migrants

Morocco's government says the country's navy opened fire on a boat suspected of carrying migrants, wounding four Sept. 25. The Moroccan Interior Ministry says that a naval unit operating in the Mediterranean fired on the boat because its Spanish captain refused to respond to warnings. The Interior Ministry said the boat was illegally transporting migrants. The boat was seized and an investigation has been opened.

SOURCE: ASSOCIATED PRESS

MULTIMEDIA

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Ithaca Dog Festival 2018

At Ithaca's Dog Festival, vendors sold dog-themed crafts, dog treats, food and brought awareness to dog adoption.

Ithaca Porch Festival 2018

The Ithaca community gathered on the streets downtown to listen to musicians perform on front yards and porches.

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Director brings global angle to independent media

BY RYAN KING
STAFF WRITER

When Raza Rumi went home for winter break last year, he believed he had just finished his final semester teaching journalism and policy courses at Ithaca College.

He had accepted a full-time teaching position at the Cornell Institute for Public Affairs and had been excited to begin teaching public policy courses.

But when the 2018 spring semester began, a job opening at the college caught his attention — the director position at the Park Center for Independent Media.

“This center is so exciting,” he said. “It’s one of the only centers of its kind in the U.S., perhaps in the world, which explicitly promotes independent media, sensitizes and trains students to become independent journalists and is a bridge between the ivy tower of academia and the outside world.”

Rumi said he was a little reluctant to apply at first because he was uncertain about his chances of actually landing the position. However, a few days before the deadline for applications, he said, he decided to send in his application anyway.

It was a decision he would not regret.

After a lengthy interview process, the search committee selected Rumi to succeed Jeff Cohen as the next director of the program. Todd Schack, associate professor in the Department of Journalism, who chaired the search committee, said the committee was very excited to find Rumi.

“He brings an amazing personal narrative and professional background to the position and clearly understands the importance in the world today of a robust, vibrant and well-funded independent media,” he said.

Rumi said he plans to continue teaching part time at Cornell and believes doing so will be beneficial to his role at the PCIM.

The PCIM is a small department in the Roy H. Park School of Communications that helps students find internships in independent media, brings speakers to campus and hosts the Izzy Awards. The director of the program also

teaches a journalism class on independent media in which students learn about media outlets that produce content outside of traditional corporate structures.

The program was founded in 2008 by Cohen, who stepped down last April. Rumi learned that he got the position last May and started in August 2018. Cohen said most of the department’s operations over the summer were overseen by Brandy Hawley, administrative assistant in the Department of Journalism and the Park Center for Independent Media, and Diane Gayeski, dean of the Park School.

Cohen first considered retirement from the PCIM around 2016 because he had a desire to work on other projects.

“I was very ambivalent about leaving — I thought I should go on to other things, but it was such an ideal job for me — it was one of the great jobs of my life,” he said. “I loved everything about the job. I’d say the thing I liked least about the job was being stuck in Ithaca in the middle of winter — that was the only downside of the job.”

Cohen is currently working at RootsAction, a progressive activist group he co-founded back in 2011.

He is also working as an executive producer on a documentary called “The Corporate Coup D’Etat,” which he said will serve as a sequel to “All Governments Lie: Truth, Deception, and the Spirit of I.F. Stone” — a film he produced in 2016 that received an Emmy nomination this past summer. He said “The Corporate Coup D’Etat” will be released sometime between this November and early next year.

Rumi said Cohen leaves big shoes to fill. He asked Cohen to continue to serve as a judge for the Izzy Awards, and Cohen accepted.

Cohen met with all the finalists for the position and said he was very excited that Rumi got the position.

“Who could be more perfect for a tenure on independent media than someone who nearly got assassinated because of his journalistic and editorial commentary?” he said. “We talk about Trump and his assault on journalism in this country. It’s quite different and more severe for



Raza Rumi, newly appointed director of the Park Center for Independent Media, said he hopes to bring international perspective to the center and the class he will be teaching.

FILE PHOTO/THE ITHACAN

your journalistic advocacy when you could be nearly assassinated.”

In 2014, back when Rumi was working as a host for a current-events show on Express News in Pakistan, a group linked to the Taliban attempted to assassinate him. He managed to narrowly escape and move to the U.S., but his driver was killed. Later he moved to the US and joined his siblings. After working for think tanks in Washington, D.C., he moved to Ithaca and began teaching at the college in 2015.

He said that when he initially came to the U.S., he had a much more positive view of the U.S. media — he was under the impression that journalists could mostly say whatever they wanted. But when he moved to the U.S. and began to study the media, he said, he felt that corporate structures and societal prejudices can hinder good journalism.

“When it comes to the issues of

importance, the mainstream media is pretty compromised,” he said. “Media is more and more a vehicle for special interests and corporate power, and with the center, I get a chance to engage with the indie media inner world.”

Rumi said he plans on running the program and the class very similarly to how Cohen ran it but said he wants to try to gradually add more of an international perspective to it.

“By and large, I am very loyal to Jeff Cohen’s model of teaching because he already had some international focus, but I am trying to internationalize it a little bit more,” Rumi said.

Read the full story online at theithacan.org/razarumi

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Campus Center Dining Hall overcrowded

BY ERIKA LIBERATI
CONTRIBUTING WRITER

Ithaca College’s Campus Center Dining Hall has been struggling to accommodate the number of students swiping in for meals, despite recent renovations that increased the seating capacity of the dining hall in 2017.

During the dining hall’s peak hours, like the campuswide free noon hour on Tuesdays and Thursdays, every table is often occupied. The line to swipe in can stretch outside of the dining hall, and students can sometimes be seen standing on the outskirts of the hall waiting for a seat to open up.

David Prunty, executive director of the Department of Auxiliary Services, said that this is always a problem during the start of the fall semester because of Campus Center’s proximity to academic buildings.

Campus Center Dining Hall was renovated in the summer of 2017 with issues of overcrowding and lack of space for students in mind, Prunty said. The main upgrades included a larger exit and entrance, preplated food options to help the lines move faster and the addition of approximately 40 seats, Prunty said.

“[The renovation was] largely driven on trying to make things go faster in there,” Prunty said. “It helped, but it doesn’t solve the problem.”

Campus Center Dining Hall attracts more students than Towers Dining Hall and Terrace Dining Hall due to its central location, Jeffrey Scott, director of Dining Services, said. During the 2016–17 academic year, Campus Center received 517,981 swipes, while Towers received 236,286 and Terraces received 412,967.

The total number of students eating at Campus Center increased during the 2017–18 academic year, whereas the number of students swiping into the other two dining halls decreased. Campus Center received 519,372 swipes in, while Towers and Terraces received



Campus Center Dining Hall received 519,372 swipes, while Towers Dining Hall received 178,175 and Terrace Dining Hall received 359,670 during the 2017–18 academic year.

ELIAS OLSEN/THE ITHACAN

178,175 and 359,670, respectively.

The number of students swiping into Campus Center this year has remained comparable to the number of students the dining hall saw last academic year, according to data provided by Jeffrey Scott, director of Dining Services.

While there is no existing plan in place to add a new dining hall, Prunty said that the possibility cannot be ruled out within the next couple years. In the meantime, the mass number of students swiping into the dining hall in a concentrated amount of time raises concerns for students.

Despite the inconveniences the overcrowding causes, it still is the best option for some students, freshman Kyla Totoro said. Campus Center is the closest dining hall to both her

dorm and classes.

“The food isn’t that bad,” Totoro said. “It’s the most convenient option for me, even though it gets so busy.”

The large concentration of students at Campus Center Dining Hall also adds a large stress to the dining hall staff, especially student workers who were newly employed at the start of the semester. Freshman Summer Stevens found herself working in the dining hall during the lunch hour for her first shift.

Read the full story online at theithacan.org/campuscenterovercrowded

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IC Republicans offers apology

BY FALYN STEMPLER
NEWS EDITOR

The Ithaca College Republicans released a statement Sept. 24 apologizing for politicizing the death of Mollie Tibbetts in a previous press release.

On Sept. 4, IC Republicans released a statement calling for stricter immigration policies using the example of Mollie Tibbetts — a 20-year-old student who was enrolled at the University of Iowa — was found dead Aug. 21 after going missing on a jog July 18. Cristhian Bahena Rivera, an undocumented Mexican farmworker, was arrested and charged for the murder of Mollie Tibbetts.

After her death, many politicians — including United States President Donald Trump and various governors — also capitalized on her death to argue that there is a need for stricter immigration policies. As a result, Tibbetts’ father wrote an op-ed in the Des Moines Register on Sept. 1 asking people to stop politicizing his daughter’s death.

The initial IC Republicans press release generalized all “illegal immigrants” as people more likely to commit crime than native-born Americans. This is a debunked claim, which the IC Republicans acknowledged in its apology statement.

“The IC Republicans would like to formally apologize to the Tibbetts’ [sic] family for elevating their tragedy to the national stage,” the release said. “We would also like to state that we recognize the generalizations made were wrong.”

Read the full story online at theithacan.org/ICRepublicansApology

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From NARCAN, Page 1

reduction specialist at the Southern Tier AIDS Program, who taught how to administer naloxone and what the warning signs are when someone may have overdosed. The college will be having more workshops that will be open to all students Oct. 4, April 18 and April 25.

According to the Centers for Disease Control and Prevention, there were over 63,000 fatal drug overdoses nationally in 2016, which is a 20 percent increase from 2015. College students make up one of the largest groups of drug abusers nationwide. The center found that college students turn to drugs to cope with high levels of stress, to stay awake later to complete their heavy course loads and to experiment, often as a result of peer pressure. While people from ages 18 to 24 are already at a heightened risk of addiction, the center found those who are enrolled in a full-time college program are twice as likely to abuse drugs and alcohol than those who do not attend college.

Opioid use at the college

Reynolds said the college is unable to keep a comprehensive list of all instances of drug use on campus because of the various options available to report it. For example, some students may go to the Office of Public Safety and Emergency Management when reporting drug use, while others may go to the Hammond Health Center. Tom Dunn, Public Safety administrative lieutenant, said Public Safety has the same issue keeping records because Public Safety officers

can only report drug use when they find drugs on a scene.

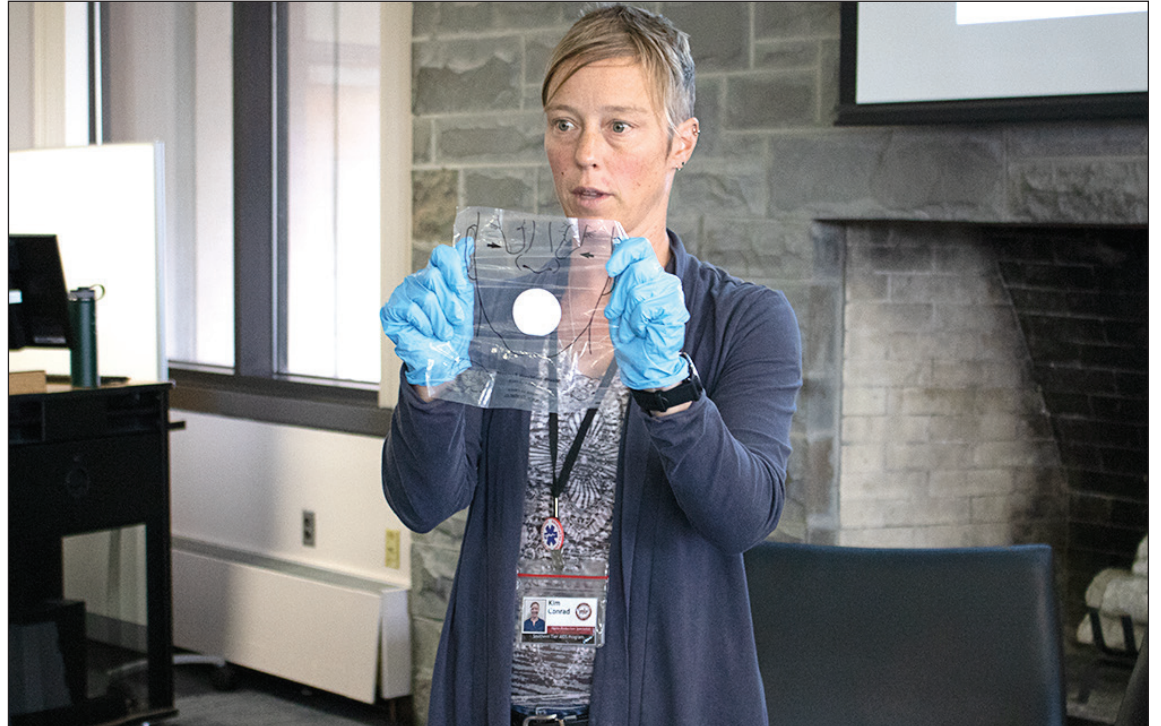
Dunn said all Public Safety officials are required to have training on how to use naloxone in order to assist people in an overdose scenario.

Reynolds said the college records the number of times Public Safety, paired with medical assistance, is dispatched for all instances of drug use including alcohol, benzos and opiates. In the 2016–17 academic year, Public Safety assisted 47 students for drug use, while in the 2017–18 academic year, Public Safety assisted 35 students, Reynolds said. During the 2018–19 academic year, as of Sept. 25, Public Safety has assisted 12 students, she said. Reynolds said these numbers do not include those who are transported to the hospital or caught using drugs off campus.

Dunn said Public Safety focuses more on students who are caught selling or owning illegal drugs because officers need evidence to report instances of drug use. Dunn said that, in 2018, there have not yet been any cases in which opiate use has been reported to Public Safety. In 2017, he said, there was one case of illegal oxycodone use, which was an opioid-based prescription. In 2016, he said, there were no cases. In 2015, he said, there were two cases of heroin possession.

Mixed reactions for training to reverse drug overdoses

Many students — ranging from RAs to Student Auxiliary Safety Patrol members — had mixed reactions to the Narcan training, which was optional for them to complete.



Kim Conrad, harm reduction specialist at the Southern Tier AIDS Program, led a training session on how to administer Narcan on Sept. 11. Narcan contains naloxone, a drug that is used to reverse an opioid overdose.

CAROLINE BROPHY/THE ITHACAN

While some were open to having the opportunity, others were apprehensive about having additional responsibility that requires extensive training — RAs who attempt to reverse overdoses with Narcan could be faced with a life-or-death scenario.

Senior RA Taryn Falkenstein said she came to the training session because she interned at an organization that raised awareness about drug addiction, particularly opioid addiction, which is something she is passionate about advocating for.

“I will definitely get the kit after this presentation and would feel comfortable administering,” Falkenstein said.

Sophomore Chris Griswold said he thought this training would be helpful for his position with the Student Auxiliary Safety Patrol. He said his job entails walking the campus day and night to ensure student safety but said he would not have been comfortable treating an overdose scenario before the training. Although, Griswold said, it is important that students have a choice whether or not to complete

this training because it is stressful.

“I feel like it is something that they should get to choose,” Griswold said. “If someone is up for it and ready to take that kind of responsibility, they should do it, but it’s definitely an added stress.”

Sophomore RA Hope Porrazzo, said RAs should not be responsible for treating drug overdoses, she said.

Contributing Writer Sara Oliver contributed reporting to this article.

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From ICC, Page 1

Johnson, vice provost for academic programs in the Division of Academic Affairs, and Susan Delaney, interim director of the ICC, Jan. 30. They will then choose which recommendations they want to implement. In 2020, Delaney will submit a summary to the college including which recommendations they have chosen and why.

Delaney said she thinks student feedback is the best way to make effective changes to the ICC.

“I certainly will advocate for students to be a part of the process in a visible way,” Delaney said.

Delaney said she wants the review process to be comprehensive in order to address the problems that have arisen.

“What I’d really love to see is a really thorough discussion of what we’ve done, what’s worked, where the challenges are, what is misunderstanding and what are genuine problems,” Delaney said. “I want to see all of that come to light. The actual changes that might take place as a result of that come from that information.”

Moylan said student input is an important piece to the review process, which is why the review team wants student representation from all schools on the committee.

“I think having students give that feedback of what it feels like from their perspective as they try and navigate this is going to be really important,” Moylan said.

Witherup said she thinks the ICC has been successful in its implementation but said there is still work that needs to be done.

“To find a program that fits all of these schools is an accomplishment,” Witherup said. “I don’t think we are quite there yet. We need to tweak this, and I think everyone agrees that the program needs to be revised in certain ways to work for everyone. And we have to find out what those revisions are.”

Moylan said the review of the ICC looks at several student and faculty surveys about the quality of the program.

Vincent DeTuri, former director of the ICC who recently left the college, said he is hopeful about the ICC going forward.

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From WALKOUT, Page 1

from the alcohol she had consumed.

Ramirez alleges that while she was lying on the floor, Kavanaugh exposed himself in front of her face and that onlookers taunted her as she showed obvious discomfort. When he pulled his pants up, Ramirez says she saw him looking down at her while laughing and later heard students discussing the incident.

Ramirez is calling for an FBI investigation about Kavanaugh’s involvement in the event.

The walkout was held in partnership with the founder of the #MeToo movement, Tarana Burke, who called for the nationwide walkout in a tweet Sept. 22.

Senior Tatiana Jorio, president of Generation Action, led a moment of silence in solidarity at Free Speech Rock for survivors of sexual assault. She also handed out slips of paper with information about how to contact senators to protest Kavanaugh’s nomination and led a chant of “We Believe Survivors.”

Jorio said the walkout was held to support survivors of sexual violence and to protest the nomination of Kavanaugh.

“It’s basically being held to say that we stand with survivors,” Jorio said. “We believe survivors. Specifically, Dr. Christine Ford and to reject Donald Trump’s pick for Supreme Court justice, Brett Kavanaugh, because he is clearly unfit to serve as a Supreme Court justice.”

Jorio said sexual assault is a campuswide and nationwide issue and that many instances go unreported.

One in 5 women have experienced sexual assault on a college campus, and during the 2016–17 academic year, 20 cases of sexual assault were reported on and off the college campus. However, only 20 percent of college-aged, female victims report their sexual assault to law enforcement.

“It’s important to have events like this to show that we’re not going to be silent.”

– Autumn Stevens



Senior Tatiana Jorio, president of Planned Parenthood Generation Action, said the club decided to host the walkout to support the women who accused Brett Kavanaugh of assault.

ELIAS OLSEN/THE ITHACAN

“It’s easy to sort of pretend this doesn’t happen when you’re not seeing the report,” Jorio said. “But this is us saying that if you’re reporting 30 years later like Christine Ford is, it doesn’t matter how much time has passed. We still believe you and IC Planned Parenthood Generation Action is here to support all survivors.”

Sophomore Chanel Courant said she came to the event because she believes in the importance of feminism and standing in solidarity with those who have experienced sexual assault.

“I feel really passionately about these issues and feminism,” Courant said. “It’s really

important that we show solidarity.”

Freshman Julia Ganbarg said she participated in the walkout because she thinks college students need to get involved with prominent issues facing the United States.

“It’s important for young people to know the decisions made in our country,” Ganbarg said. “It’s important for us to get our voices heard.”

Sophomore Autumn Stevens said she attended the walkout because she believes in standing up for women’s rights.

“I’m here because I think it’s important to have everyone’s voices be heard, because women’s rights have always been attacked, and a lot of the time women aren’t always heard,” Stevens said. “It’s important to have events like this to show that we’re not going to be silent.”

CONNECT WITH ALEXIS MANORE
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Cancer survivors to participate in fitness study

BY EMILY SNYDER
STAFF WRITER

Students and faculty of the physical therapy and exercise science departments at Ithaca College will be studying the health and fitness progress of cancer survivors in an eight-week Wellness and Cancer Survivorship Program beginning this fall.

Currently, four local cancer survivors will each be paired with one clinician and two of the 15 students at the Robert R. Colbert Sr. Wellness Clinic in the School of Health Sciences and Human Performance to develop a personalized fitness plan.

Individuals who have been afflicted with nonmetastatic cancer and are within three years of their final chemotherapy, radiation therapy or surgical treatment are eligible to participate in the program and receive a free semesterlong membership to the wellness clinic.

The goals of the fitness programs are to improve participants' physical function and states of well-being, counteract the side effects of treatments and strengthen patients' exercise routines.

Jill Mayer, clinical assistant professor in the Department of Physical Therapy, previously recognized a lack of local recovery resources for cancer survivors and founded the program. Mayer was inspired to organize the program during Spring 2016 when she collaborated with the Cancer Resource Center of the Finger Lakes, located on West State Street, to create a pilot fitness program for community members.

"It seemed that, although exercise is really beneficial, individuals after a cancer diagnosis weren't necessarily given the right tools and guidance needed to start an exercise

program," Mayer said.

Frank Micale, clinic director and clinical associate professor in the Department of Exercise and Sport Sciences, will help clients transition into the clinic facilities. Physical activity can reduce the long-term side effects of cancer treatments in cancer survivors, Micale said.

"The fitness program depends on the person, the kind of treatment they had and what kinds of long-term effects there are," Micale said.

Kayleigh Plumeau, assistant professor and associate director of clinical education in the Department of Physical Therapy, evaluates the participants during the initial assessment to tailor exercise routines to the participants' capabilities.

"Certain cancer diagnoses require you to prescribe exercises in different ways," Plumeau said. "There may be some people who need a very slow progression of exercise and less resistance or need functional exercises that help with everyday life."

At the end of the eight weeks, the research team will conduct post-fitness assessments to reevaluate the participants' goals, physical fitness and quality of life to determine if any changes have occurred. Mayer anticipates positive improvements in participants' flexibility, range of motion, endurance and balance.

"These results are really important for us to know what the right exercise prescription for these cancer survivors is based on what kind of diagnosis they have," Plumeau said.

The program can accept three more participants before fall break this semester, and Mayer hopes to assist more participants throughout the growth of the program between the college and community.



Jill Mayer, clinical assistant professor in the Department of Physical Therapy, demonstrates an exercise to senior Tayer Tai, left, and graduate student Matthew Limoges. The study focuses on cancer survivors' fitness.

BRIANNA MOTTEY/THE ITHACAN

According to the American Cancer Society, the number of cancer survivors in the United States is predicted to grow from 15.5 million as of Jan. 1, 2016 to an estimated 20.3 million by 2026 due to an increasingly aging population, earlier detection and advanced and targeted treatments.

"It's a huge implication that we're going to be working with these individuals in the future, and we need to have the tools, resources and skills to be able to provide good care," Mayer said.

Plumeau said she hopes to learn how to adapt to the

pre-existing conditions of the complex cancer survivor population.

"How can I best serve them as a physical therapist, and how can I teach future physical therapists to serve this population better?" Plumeau said.

The Wellness and Cancer Survivorship Program follows an interdisciplinary approach to maximize learning outcomes for the students, faculty and staff, Mayer said.

"We've combined exercise science with physical therapy, and with both backgrounds in education, we feel we can provide an optimal program to help cancer survivors succeed in the fitness world," Mayer said.

Victoria Demiris, physical therapy graduate student, was nervous to work with a new population at first, despite earning an exercise science degree as an undergraduate at the college.

Additional educational experiences in the wellness clinic and treating patients with different diseases have prepared Demiris to construct fitness programs for participants, she said.

Read the complete story online at theithacan.org/fitnessstudy

CONNECT WITH EMILY SNYDER
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Author shares iGen research

Jean Twenge, a professor of psychology at San Diego State University in San Diego, California, will be leading a discussion at Ithaca College about her newest book, "iGen: Why Today's Super-Connected Kids are Growing Up Less Rebellious, More Tolerant, Less Happy — and Completely Unprepared for Adulthood" on Sept. 27.

"iGen" is about the generation born after 1995 and born into a world dominated by technology and social media. The book focuses on how iGens are different from generations before them, primarily due to their interactions with technology. "iGen" has faced some criticism from readers. One book review by NPR said Twenge seemed to draw conclusions about the generation before collecting evidence.

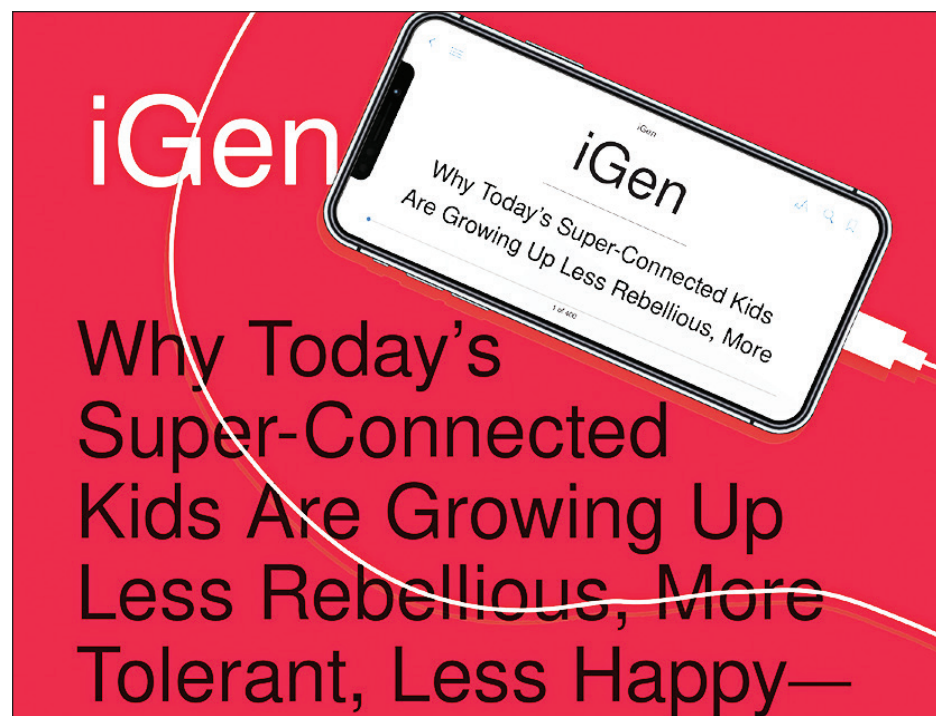
Staff Writer Krissy Waite spoke with Twenge about her book "iGen" how it could be useful to college students and how she handles criticism of her work.

Krissy Waite: How do you foresee college students utilizing your research and your book "iGen?"

Jean Twenge: I think that the book should give college students a good perspective on their generation and how they have been shaped by technology and how they are different from the millennials just before them.

KW: Do you think that by reading "iGen," college students would possibly change their habits?

JT: That's a possibility. I think that it's a common reaction for people to say, 'Well, upon reading this book and this research, it's helped me think more carefully about how much I use my phone and how it might be better to interact with people face to face.' There's also some good advice in the book about just, in general, being more mindful about how you use your time.



Jean Twenge, professor of psychology at San Diego State University, wrote a book about how people born after 1995 — "iGens" — are affected by growing up with technology.

COURTESY OF JEAN TWENGE

KW: Your book has been both celebrated and criticized. What is your response to critics?

JT: Well, this isn't my first book. I've done this before, and what usually happens, the most common pattern, is that criticisms are very often based on misunderstanding of the premise of the book, the point of the book.

So, for whatever reason, people tend to focus on the negative and assume, for example, that some people have said that the book is a criticism of the generation, and it's nothing of the kind. It's a look at both positive, negative and neutral trends that have shaped the generation. None of it is about criticizing or blaming — it's about understanding.

The other thing I hear quite a bit is, 'Well, haven't older people always criticized the younger generation?' I think there are two misunderstandings in that. First, that it's

criticism, and it's not — it's positive trends as well. And second, that this is some sort of rant from an older person's perspective, while in fact, it's based on surveys from young people themselves.

I didn't interview older people — there was no survey data from older people reflecting on the younger generation.

Instead, it's about what young people say about themselves, about how they're spending their time, about their opinions, about how they're feeling, and I think that's often misunderstood.

Read the complete story online at theithacan.org/twenge

CONNECT WITH KRISSY WAITE
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SGC plans bathroom bill

BY ALEXIS MANORE
STAFF WRITER

The Ithaca College Student Governance Council discussed the idea of bringing gender-neutral bathrooms to the Roy H. Park School of Communications and the implementation of a new student outreach initiative at its Sept. 24 meeting.

The SGC is currently in the process of creating a bill to advocate for the addition of gender-neutral bathrooms in the Park School. The idea to add gender-neutral bathrooms to the Park School was first presented at the SGC meeting Sept. 17 by senior SGC President Alyse Harris after she had been approached by a student. Sophomore senator-at-large Elijah Nishiura and sophomore Allison Kelley, senator for the business school, have agreed to write the bill, and Harris will be co-sponsoring it.

Prior to the topic being discussed by the SGC, Diane Gayeski, dean of the Park School, began to look into the addition of a gender-neutral bathroom for the building in Spring 2018 and submitted a formal request during September 2018. The Park School converted a pre-existing men's bathroom near the Park Auditorium to a lockable gender-neutral bathroom Sept. 25. Gayeski said she was unsure whether the gender-neutral bathroom will permanently remain at its current location or if the Park School will undergo any future construction to create a new space for a gender-neutral bathroom.

Read the complete story online at theithacan.org/SGCoutreachinitiative

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New Park minor will focus on event design

BY HANNAH FITZPATRICK
STAFF WRITER

Ithaca College has added a new minor — live event management and design — in the Roy H. Park School of Communications for the 2018 fall semester.

The new minor will include both new classes, such as Live Events: Spectacles, Festivals, Celebrations and Society, and existing classes, such as Meeting and Event Management, which are offered by the Department of Strategic Communication. Dennis Charsky, associate professor and program director for communication management and design in the Department of Strategic Communication, is the program director for the live event minor.

He said that although the minor has only been offered starting this semester, the process to create the minor took several years.

“About three or four years ago, Diane Gayeski formed a committee where she started talking about this idea with other deans and other department chairs,” Charsky said. “After that, we had a few meetings with about 30 or 40 people that were interested in some kind of minor of this nature.”

Charsky said most of the event classes offered by the college are

held in the Department of Strategic Communication, which allowed him to take the lead on formalizing the minor and integrating it into the department.

Yvette Sterbenk, assistant professor in the Department of Strategic Communication, said the minor itself is designed to be open-ended and allow students to incorporate what they have learned in classes from their majors and apply it to the skills learned in the minor. “We specifically built the minor to be this way because some students are interested in theater management or film festival management, while others might be interested in live event broadcasting or music festivals,” Sterbenk said. “We wanted people to be able to pursue the minor in whatever way that most interests them.”

What sets the live event management and design minor apart from other minors in the Park School is that it is the only minor that has an internship requirement, Sterbenk said.

“Along with our programs in New York City and Los Angeles, we also have local internships with some event companies in the area,” Sterbenk said. “We have already had a lot of students do internships for local events and event companies before the minor launched.”

“There are so many opportunities for live events in the area with festivals.”

— Amy Manchester



Dennis Charsky, associate professor and program director for communication management and design in the Department of Strategic Communication, said the creation of the new minor took three to four years.

ABBEY LONDON/THE ITHACAN

Charsky said that because the minor began this semester, approximately a half-dozen students have already signed up for the minor, with more in the application process.

Junior Amy Manchester, a communication management and design major, is one of the students who declared the minor.

“I don’t have much experience in live events other than performing, but festivals and live events have always fascinated me,” Manchester

said. “I am hoping to intern somewhere in Ithaca during one of my last semesters here. There are so many opportunities for live events in the area, with festivals like Cayuga Sound, Apple Fest and Porchfest, that I would love to get involved in.”

Though the live event management and design minor is fairly new, Charsky said he hopes to have more students sign up for the minor and find jobs related to the field in the future.

“Down the road, we would really like students to come back to us and say that this minor helped them in getting a job within the live event field or moving into that sort of position,” Charsky said. “For me, I think that would be really cool because it shows that not only that the minor is viable.”

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IC creates security measure to combat email phishing

RYAN BIEBER
CONTRIBUTING WRITER

Ithaca College’s latest phishing incident occurred Aug. 19. Although there have been similar incidents in the past, this specific attack left more accounts compromised than ever before.

Through the use of deceptive emails, phishers gained access to some students’ usernames and passwords David Weil, associate vice president and chief information officer, said.

The college began taking action against the phishing in February 2017 when 14 accounts were compromised by phishing. In response to the recent increase in phishing, the college’s information technology department has begun to implement Duo Multifactor Authentication, an added security measure, to protect college email accounts.

When users sign up for Duo Multifactor, they receive unique codes on another device and type it into their email accounts. Phishers will not have access to these codes and will not be able to get into the accounts. Unlike hacking, which is an unauthorized intrusion, phishing occurs when users are tricked into voluntarily giving away their information. This could happen by giving information to emails posing as real companies or people. Michael Malpass, professor in the Department of Anthropology, has worked at the college for nearly 30 years. He said he thinks phishing scams have not been a problem at campus until recently.

“I have never had any issues with that at all since this year,” Malpass said. “All of this is pretty recent.”

Weil said that though most of the phishing and hacking seen on the news appears to target big companies, such as Equifax and Target — where customers’ credit card information and social security numbers were stolen — more recently, there has been a shift toward targeting higher education.

“As companies tighten down their defenses, the criminals look for a softer target,” Weil said. “Higher education hasn’t been as hardened as some of the other sectors like business, banks or retail.”

Malpass said the problem at the college probably is related to the global increase in hacking.

“There has just been a huge increase in different organizations, people and groups trying to access information from different places,” he said.

Phishing attempts have increased 65 percent worldwide in the past year, according to PhishMe’s Enterprise Phishing Resiliency and Defense Report.

Weil said that in the case of the college’s most recent attack, students and faculty were targeted by an error message in their emails.

“In this particular case, it was a little green box saying, ‘Cannot display this message. Click here,’” Weil said.

Weil said those who clicked were taken to a page that had a seemingly official college logo on it. They were then asked to type in their usernames and passwords. Once the victims gave away their credentials, the phishers had access to their accounts.

Aside from accessing private information, automated emails were programmed to immediately log into the individuals’ accounts and use the victims’ emails to send more messages. This resulted in an exponential growth in the number of emails people received, he said.

“The main incident was over in a matter of hours,” Weil said.

Freshman Alyshia Korba said she was a victim of the latest phishing incident.

“I had gotten an email saying the college had a filtering system and said it couldn’t display some content,” Korba said. “I clicked on it, and it was obviously something off. I left, but apparently that was enough time to get some virus.”



The college implemented new security measures after an increase in phishing compromised college emails, David Weil, associate vice president and chief information officer, said.

JULIA CHERRUAULT/THE ITHACAN

After realizing her email password had been changed without her authority, Korba contacted the IT department, who helped her fix the problem in less than a day.

“It was very stressful,” Korba said. “The week before class was starting, not able to contact any of my professors or anything, ... I didn’t know if I was missing any important information about moving in.”

Weil said only about 1 percent of the college’s population gave their credentials to the phishers. Since all college staff had already activated their Duo Multifactor, there was no risk of their accounts being accessed.

Multiple emails have gone out since the incident, warning about phishing and urging both students and staff to sign up.

“The single best protection against getting your account accessed by someone other than you is the use of two-factor

authentication,” Weil said.

Fifty percent of faculty and 40 percent of students have downloaded the Duo Multifactor app as of Sept. 19, Weil said.

Weil said the goal is to have all faculty set up with Duo Multifactor by fall break and have all students enabled by mid-November.

Aside from Duo Multifactor, the college has numerous security features in place.

Weil said the college already has an advanced system to filter out specific emails. In this case, the phishers specifically crafted the email to get around previous protections, he said.

Read the complete story online at theithacan.org/phishing

CONNECT WITH RYAN BIEBER
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COLLEGE

College library hosts programs in honor of Banned Books Week

In celebration of Banned Books Week, the library's Research Help Desk will display banned books.

Visitors can use the library's guide to banned and censored media to find books to explore and learn more about the event.

Banned Books Week is an annual event celebrating the freedom to read and the importance of the First Amendment. This year it is being held from Sept. 23 to 29.

Books are most frequently banned or challenged if an institution or individual deems their content to be offensive.

This year, an event, Thank a Banned Author, was held at noon Sept. 25 in the Center for LGBT Education, Outreach and Services.

Readers gathered to write emails or postcards to banned or censored authors in order to thank them for their impactful books. The event will also be held Sept. 27.

IC music professor edits book about Polish saxophone composers

Steven Mauk, professor in the Department of Performance Studies, edited the English language version of "Saxophone Music by Polish Composers" written by Dariusz Samol.

The book was published in Polish in 2014 but was only recently made available in the English version.

Samol was a guest artist at the School of Music two years ago and hosted Mauk during a past performance and master class at the Academy of Art in Szczecin, Poland.

Park professor co-authors book about analyzing international media

Patricia Zimmermann, professor in the Department of Media Arts, Sciences and Studies and co-director of the Finger Lakes Environmental Film Festival, was featured in a profile interview for Immerse magazine

from the Massachusetts Institute of Technology.

The interview focused on concepts elaborated in her new book co-authored with Helen De Michiel, "Open Space New Media Documentary: A Toolkit for Theory and Practice."

The book provides a conceptual model for analyzing international media projects on political issues such as sea level rise, the Great Famine in China, migrants in Malaysia, gentrification in Philadelphia, Palestine hidden histories and forced sterilization in Peru.

Funded by the MIT Open Documentary Lab, The Fledging Fund and The Mac Arthur Foundation, Immerse is an online magazine for the creative discussion of emerging nonfiction storytelling.

The magazine features stories on how user participation, social media and gaming have affected documentaries and journalism.

IC Library announces partnership with Wells College Library network

Ithaca College students, staff and faculty are now eligible to borrow items from the Wells College Library using their Ithaca College ID at no charge.

Borrowing applications are processed at the Wells College Library. It is located at 170 Main St., Aurora, New York. Its processing hours are Monday through Friday, 8:30 – 4:30 p.m.

New York Times journalist to speak on identity in social media age

As part of the Park Distinguished Visitor Series, David Brooks, a political commentator, will be speaking at the college.

Brooks will discuss "Our Lives On-Line: The Challenge of Forging Identities, Relationships and a New Society Through Mobile/Social Media" at 7:30 p.m. Oct. 4 in Emerson Suites.

Brooks writes a biweekly op-ed column for The New York Times. He is a regular analyst on PBS NewsHour and on National Public Radio's All Things Considered.

Brooks' current book, "The Road to



Financial reporter speaks at SPJ meeting

Kelli Grant '04, personal finance reporter at CNBC, spoke at a Society of Professional Journalists meeting Sept. 24. Grant spoke on business journalism and gave students personal finance tips, such as saving for retirement and negotiating their salaries.

TESSIE DEVLIN/THE ITHACAN

Character," explores the road to a deeper inner life and explains why selflessness leads to greater success. His previous books include "The Social Animal," "On Paradise Drive" and "Bobos in Paradise."

Brooks worked at The Wall Street Journal for nine years and has written for The New Yorker, Forbes, The Washington Post, and other periodicals.

College alum to give presentation on athlete strength and conditioning

Kaitlin Sweeney '06, assistant strength and conditioning coach for Olympic sports at the

University of Notre Dame, will present "Helping athletes achieve success — Perspectives from a collegiate strength & conditioning coach" at 7 p.m. Sept. 27 in Hill Center 104.

She is responsible for the strength and conditioning programs for Notre Dame's softball and track and field teams as well as coordinating the Olympic sports strength and conditioning internship program.

Prior to arriving at Notre Dame, Sweeney was the head strength and conditioning coach for the football program at Dartmouth College and an assistant for the Dartmouth Olympic sports programs.

Public Safety Incident Log

SELECTED ENTRIES FROM
SEPTEMBER 10 TO SEPTEMBER 14

SEPTEMBER 10

FIRE ALARM ACCIDENTAL

LOCATION: Circle Apartments Building 181

SUMMARY: Simplex reported fire alarm. Activation caused by steam from shower. Fire alarm was accidental.

ASSIST ITHACA FIRE DEPARTMENT

LOCATION: Farm Pond Road
SUMMARY: Caller reported telephone pole on fire. Ithaca Fire Department confirmed fire out. Master Patrol Officer Jon Elmore responded. Assistance was provided.

ankle. Person transported to the hospital by ambulance. Patrol officer John Tagliavento responded. A report was taken.

MEDICAL ASSIST/ILLNESS RELATED

LOCATION: Hilliard Hall
SUMMARY: Caller reported person vomiting. Person transported to the Health Center. Assistance was provided. Patrol Officer Jenny Valentin responded.

OFF-CAMPUS INCIDENT

LOCATION: Off Campus
SUMMARY: Caller reported person stole computer. Patrol Officer Corrine Searle responded. Pending investigation.

for trespassing. Patrol Officer Kevin McClain responded.

TRESPASS NO DEGREE

LOCATION: Recreation Trails
SUMMARY: Officer reported people on trails after hours. Officer issued two people a warning for trespassing. Officer Kevin McClain responded.

CRIMINAL POSSESSION OF MARIJUANA 5TH DEGREE

LOCATION: Recreation Trails
SUMMARY: Officer reported people on trails after hours. Officer judicially referred two people for possession of marijuana, one for violating college regulations and all three for trespassing. Patrol Officer Kevin McClain responded.

SUMMARY: Caller reported unknown vehicle damaged parked vehicle and left the scene. Patrol Officer Corrine Searle responded. Investigation pending.

CRIMINAL MISCHIEF 4TH DEGREE

LOCATION: Circle Lot 7
SUMMARY: Caller reported unknown person damaged vehicle. Patrol Officer Dylan Hardesty responded. Investigation pending.

MEDICAL ASSIST/ILLNESS RELATED

LOCATION: Terrace Dining Hall
SUMMARY: Caller reported person feeling faint. Person declined medical assistance. Patrol Officer Corrine Searle responded.

Officer determined person was not a danger to themselves. Patrol Officer Mayra Colon responded. A report was taken.

MOTOR VEHICLE ACCIDENT/PROPERTY DAMAGE

LOCATION: Z-Lot
SUMMARY: Caller reported two-car property damage motor vehicle accident. Patrol Officer Dylan Hardesty responded.

MEDICAL ASSIST/ILLNESS RELATED

LOCATION: J-Lot
SUMMARY: Caller reported person may need medical assistance. Officer determined person fell asleep. Patrol Officer Mayra Colon responded.

SEPTEMBER 11

MEDICAL ASSIST/PSYCHOLOGICAL

LOCATION: Hammond Health Center
SUMMARY: Caller reported person needed to be taken into custody under the mental hygiene law and transported to the hospital. Patrol Officer John Tagliavento responded. A report was taken.

MEDICAL ASSIST/INJURY RELATED

LOCATION: Flora Brown Drive
SUMMARY: Caller reported person riding scooter fell and injured

SEPTEMBER 12

OFF-CAMPUS INCIDENT

LOCATION: Off Campus
SUMMARY: Ithaca Police Department reported seven people arrested for various violations. A report was taken.

UNLAWFUL POSSESSION OF MARIJUANA

LOCATION: Recreation Trails
SUMMARY: Officer reported locating three persons on trails after hours. Officer judicially referred one person for unlawful possession of marijuana and all three

SEPTEMBER 13

SUSPICIOUS CIRCUMSTANCE

LOCATION: Terrace 5
SUMMARY: Person reported unknown person left small bag containing unknown substance.

OFF-CAMPUS INCIDENT

LOCATION: Off Campus
SUMMARY: Ithaca Police Department reported three people for various violations.

V&T LEAVING SCENE OF AN ACCIDENT

LOCATION: W-Lot

CHECK ON THE WELFARE

LOCATION: Circle Apartments Building 10
SUMMARY: Caller reported person staggering. Officer determined person was not in need of assistance. Patrol Officer Corrine Searle responded. No assistance was provided.

SEPTEMBER 14

CHECK ON THE WELFARE

LOCATION: Circle Apartments Building 130
SUMMARY: Tompkins County 911 Center reported person took pills.

MEDICAL ASSIST/ILLNESS RELATED

LOCATION: Emerson Hall
SUMMARY: Caller reported person vomiting and feeling light-headed. Person was transported to the Health Center.

Full public safety log available online at www.theithacan.org.

KEY

- SCC – Student Conduct Code
- V&T – Vehicle and Transportation
- AD – Assistant Director
- IFD – Ithaca Fire Department



THE JAHN FAMILY CIVIC LEADERSHIP SERIES PRESENTS

LCDR BRIAN JOHNSON LEADERSHIP: ANCHORED BY TRUST

Tuesday, October 9, 2018

7:00 p.m. Reception

8:00 p.m. Networking Reception

Emerson Suites, Phillips Hall

Free and open to the public

While serving 13 years of active duty, Brian Johnson '01 obtained a master's in criminal justice from Boston University. In the past three years, he has been a member of the SEAL Unmanned Aircraft Systems (UAS) Reserve Unit in Virginia and become an MQ-9 Reaper (drone) pilot. He assists with remote piloted aircraft testing and evaluation, and recently conducted reconnaissance missions in Africa.

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.

➤ ithaca.edu/jahn-series



Individuals with disabilities requiring accommodation should call (607) 274-1381 or email ehaff1@ithaca.edu as far in advance of the event as possible.

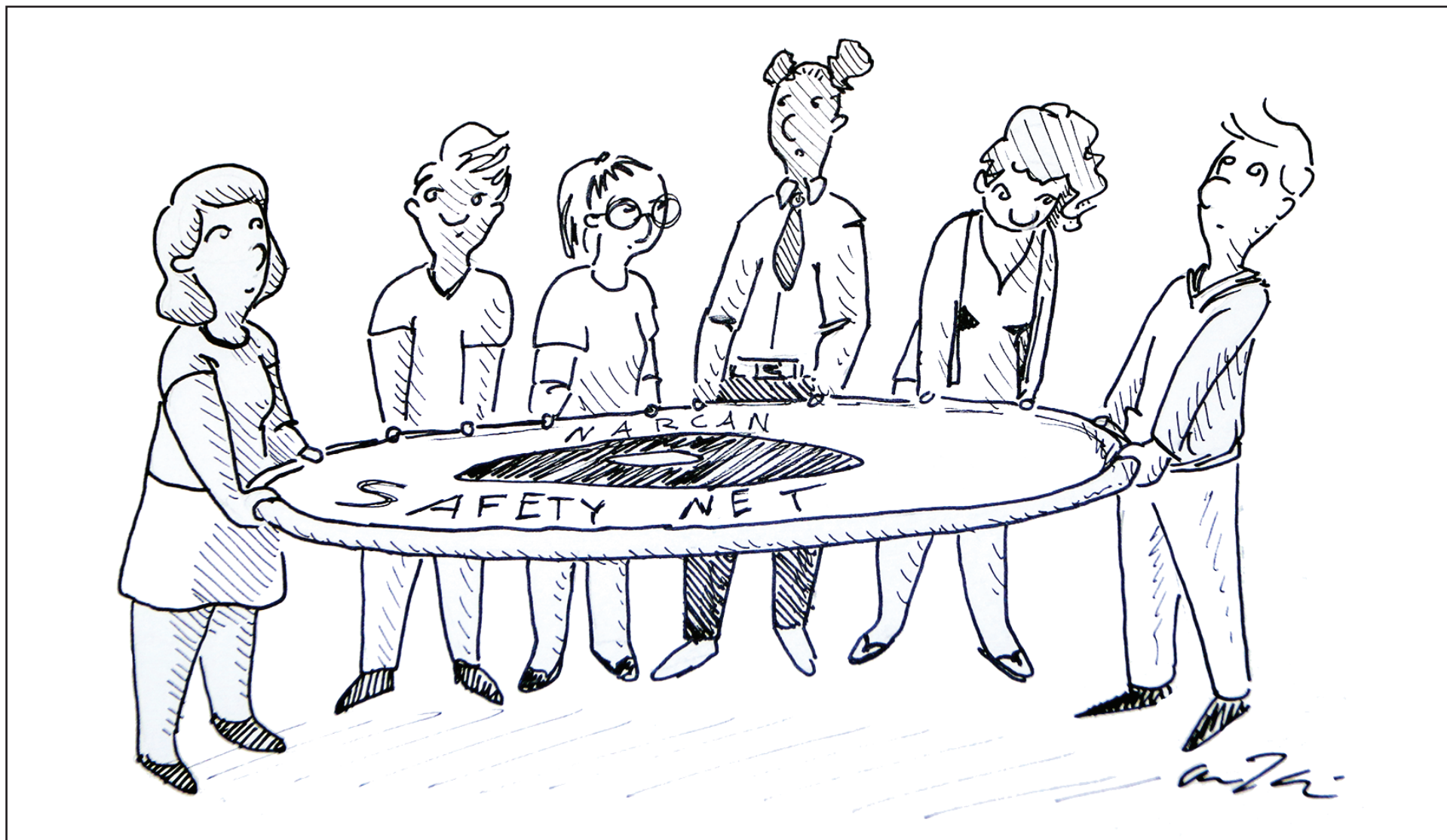
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AVI KENDRICK/THE ITHACAN

EDITORIALS

Narcan training prepares community to take action

This semester, Ithaca College began training its resident assistants and other interested students to use Narcan to potentially aid students who overdose on opiates. The training is largely a preventative measure — no one at the college has ever died from an opiate overdose, and the percentage of students who have reportedly used opiates while at the college is low.

But even though the percentage of students who are using illegal opiates is rising slowly, it is still rising, and the risk students are at for overdosing is as well. The addition of Narcan to an RA's resources to help their residents on campus is an appropriate and responsible response to the rise in opiate usage on campus and nationally.

By making Narcan training available on campus, the college is changing how the campus community and the general public view opiate abusers. Given the stigmas surrounding illegal drug usage, the first image that comes to mind when thinking about a drug abuser is not typically a college student. By emphasizing that Narcan is a valuable tool for saving someone's life, the college is challenging the

traditional rhetoric surrounding drug abuse and reminding members of the campus community that drug abusers can be their peers and that they may be in need of help.

By challenging the traditional opiate abuse rhetoric, the college is portraying opiate addiction as what it truly is: a medical epidemic. The college is also showing members of the community that it is an epidemic they can be proactive about and help curb. The training is not only available to RAs — the college will also offer courses to other students on how to use Narcan to reverse an overdose.

While the college deserves recognition for taking preventative measures with the Narcan training, it should be wary of placing the burden of reversing overdoses on people who are not medical professionals. Being responsible in a life-or-death situation is a daunting task, especially for RAs and other college students. Though empowering the community to take action against opiate abuse is beneficial, the college should make sure its approach to implementing Narcan is not too exacting on the student body.

Students should engage with ICC program review

Ithaca College's contentious Integrative Core Curriculum program will be undergoing a program review to determine its effectiveness for students at the college. This is a blessing, as the campus community has been critiquing the ICC for the last four years, and this opportunity to share our criticism will be helpful. That is, if we actually engage in this feedback process.

La Jerne Cornish, provost and senior vice president for academic affairs, selected the two co-chairs for the program review. Students and faculty will also be selected to serve on the program review, representing all five schools at the college.

The college's plans to assess the ICC are exciting because the curriculum has faced significant opposition from students essentially since its implementation. Multiple times in the past, students have voiced their grievances about the ICC, some of which even drove the Student Governance Council to pass bills suggesting changes to the program. However, these amendments did not fully address the concerns of the student body. At the time of the Middle States reaccreditation review in Spring 2018, both

students and faculty brought up concerns about the ICC.

Beginning the process of making changes to the ICC is long overdue. The earliest complaints of about the program were that its requirements were convoluted and unclear, which resulted in many students facing difficulties with graduating in 2017. The college tried to better educate its students on the ICC that same year, which they partially accomplished through the implementation of the ICC Advisory Committee. Even with those changes, the ICC has remained a source of stress and confusion for students in the subsequent years.

Students should make an effort to be actively involved in the process of adjusting the ICC now that they have the opportunity to. Students can complain about the ICC as much as they like — however, if they do not take the opportunities that this program review offers, their arguments quickly become invalid. Considering the SGC's current lack of student involvement, students should take the opportunity of the ICC review to get more involved with their campus community.

Letter to the Editor

Be heard in print or on the Web.



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

Guest Commentary

Individuals or groups interested in submitting a guest commentary can send their writings to ithacan@ithaca.edu or to the opinion editor at mburke@ithaca.edu.

All commentaries must:

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

Comment on any story at theithacan.org.

Corrections

In the "Student affairs divides and conquers," published in the Sept. 20 issue of *The Ithacan*, there were seven positions originally reported incorrectly and have since been updated. The correct positions can be found at theithacan.org/student-affairs-divides.

In the "TCAT to receive sustainable buses" story, published in the Sept. 20 issue of *The Ithacan*, the type of power the Cayuga Power Plant runs on is listed incorrectly. The correct information can be found at theithacan.org/TCAT Grant

NATIONAL RECAP

Cosby sentenced to three to 10 years in prison

BY MEREDITH BURKE
OPINION EDITOR

Bill Cosby was sentenced to three to 10 years in state prison Sept. 25 for sexually assaulting Andrea Constand.

Prior to the sentencing, Pennsylvania judge Steven O'Neill ruled Cosby as a "sexually violent predator," meaning he will have to register as a sexual offender and attend mandatory counseling for the rest of his life. This ruling did not influence the length of his prison sentence.

The sentencing was a follow-up to Cosby's conviction of three counts of sexual assault against Constand in April. Dozens of other women also accused Cosby of drugging and sexually assaulting them while he was still a prominent figure in the media. However, Constand's case was one of the only ones that fell within the statute of limitations.

Although Cosby's initial trial regarding Constand's case was judged as a mistrial in 2015, he was found guilty when re-tried in April.

After his sentencing, O'Neill told Cosby his sentence was a long time coming.

"This was a serious crime," O'Neill said. "Mr. Cosby, this has all circled back to you. The day has

come. The time has come."

According to a statement from the Office of the District Attorney in Montgomery County, Pennsylvania, Cosby's bail was denied by the judge.

Cosby left the courtroom in handcuffs after the sentencing and declined to comment when offered the opportunity to by multiple news outlets. Constand left the courtroom smiling and embraced a woman on her way out.

The sentencing is largely seen as a victory for the #MeToo movement. However, some controversies have arisen concerning the brevity of Cosby's sentence, as well as the racial politics that have surrounded it.

Gloria Allred, an attorney who represented multiple victims, applauded the verdict and said it was justice for the victims in a public statement following the sentencing.

"This is a very important day; judgment day has come," Allred said. "Mr. Cosby has shown no remorse, and there has been no justice for many of the accusers who were barred from a court by the arbitrary time limits imposed by the statute of limitations."

Kathy McKee, one of Cosby's alleged victims, told CNN the news of Cosby's sentence stirred up some



Bill Cosby was escorted out of the Montgomery County Correctional Facility following his sentencing Sept. 25. He was sentenced to three to 10 years in prison after being convicted of three counts of aggravated sexual assault.

JACQUELINE LARMA/ASSOCIATED PRESS

complicated emotions regarding her own experience.

"I'm happy that the judge sentenced Bill Cosby accordingly, and I'm grateful to [Constand] for standing strong," McKee said.

Lili Bernard, one of Cosby's accusers, told CNN she was glad Cosby was finally convicted and sentenced. However, she is also upset because the three-year minimum is a much less severe sentence that he deserves, she said.

"I do have mixed emotions," Bernard said. "On the one hand, I feel absolutely elated that justice was served. On the other hand, I also feel disappointed because clearly the three-year minimum sentence does not adequately reflect the havoc this man, this rapist, has inflicted on so many women including myself."

Andrew Wyatt, Cosby's publicist, read a statement after the trial that attributed Cosby's sentencing to

racism and accused the victims of being white women who wanted to profit from accusing black men of being sexual predators.

"I believe and think it is important to point out that this has been the most racist and sexist trial in the history of the United States," Wyatt said. "We know what this country has done to black men for centuries."

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NEWSMAKER

Professor analyzes eulogies given by King and Obama

Today's political climate has seen many movements ignited by social or political events, which activists work to understand through public speeches and op-eds. However, one form of political commentary during these situations is often ignored: eulogies.

One Ithaca College professor recently co-authored an essay rhetorically analyzing eulogies given after murders of African Americans, which was published in the *Journal of Contemporary Rhetoric*, Volume 8, Issue 3. Ashley Hall, assistant professor in the Department of Communication Studies, wrote an article with Melissa Harris, doctoral student at Howard University in the Department of Communication, Culture and Media Studies, that analyzed the eulogy given by Martin Luther King Jr. in response to the bombing of the 16th Street Baptist Church in 1963 and former President Barack Obama's eulogy in response to the murder of Rev. Clementa Pinckney in 2015.

Opinion Editor Meredith Burke spoke with Hall about the content of the article, the decision to write it and its relevance to today's political climate.

This interview has been edited for length and clarity.

Meredith Burke: Could you provide a brief overview of what your article is about?

Ashley Hall: In this essay, my co-author and I, we examine the importance of eulogies. Particularly, we're studying or thinking about the importance of eulogies in times of civil unrest, particularly civil unrest for African Americans. ... We kind of do a rhetorical analysis of Martin Luther King's eulogy for three of the four little black girls who were killed in the church bombing in Birmingham in 1963, and then we're also looking at President Barack Obama's eulogy of Rev. Clementa

Pinckney, who was murdered in 2015 by Dylann Roof at the Emanuel [African Methodist Episcopal] Church. We were looking at kind of the similarities between the types of rhetorical strategies or the ways that these eulogists are kind of, on one hand, trying to mourn death, celebrate life, but also mobilize the community with a call to action.

MB: Were the two eulogies analyzed together or individually?

AH: We looked at them respective of ... the historical time period because we're talking 1963 versus 2015. But in recognizing the particularities of each eulogy — obviously Dr. Martin Luther King, he's a civil rights activist, versus Barack Obama, who was an actual president of the United States. So they were obviously speaking from different positionalities at very particular moments in history or in time. But there are similarities in terms of the kinds of tools or ways we're seeing them wanting to bring the community together.

MB: What kinds of tools did these eulogies share?

AH: There were three kinds of tools. There was purification — wanting to demonstrate how the particular victims were innocent or pure in some way. ... Then, association — kind of thinking about the "we" language, [the victim was] not just some random person — it's someone that belongs as a part of our community — so wanting to get audiences to associate with the person who is now deceased. And then, obviously, the last one is unification, ... utilizing this particular moment to ignite communities and bring people together.

MB: What brought on the decision to write the analysis?



Ashley Hall, assistant professor in the Department of Communication Studies, recently co-authored a rhetorical analysis about eulogies given by Barack Obama and Martin Luther King.

JULIA CHERRUAULT/THE ITHACAN

AH: We just thought about [how] since the election of Donald Trump ... there's been a political climate and a particular social climate that I think is dealing with the issue of civil unrest. So, how do communities actually come together? ... It's important to be able to utilize these unfortunate moments toward creating and enacting social change.

MB: What impact do you hope your analysis will have on your audience?

AH: One of the things, in terms of impact, is just that it wants to create conversation and get people excited or interested in having these kinds of uncomfortable discussions. If we acknowledge that we are always going to be uncomfortable to some degree, ... we can actually engage and have fruitful discussion.

MB: Any final thoughts?

AH: I think one of the things that's also interesting to remember when we're talking about civil and social unrest is that typically women's issues, but particularly black women's issues, get erased or pushed down or not considered as important. So when we're thinking about eulogizing and wanting to mobilize as a community, that we're doing so not only around men, the issues that black men face ... but that we're actually having a more intersectional way of talking about social and civil unrest.

Read the complete interview at theithacan.org/ashley-hall.

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GUEST COMMENTARY

Protestant community is not fixed

BY VANESSA ZIMMERMAN

Editor's note: IC Color is a student-run campaign that aims to make the Protestant community more inclusive for LGBTQ students and students of color after many came forward to detail prejudicial experiences they had in the Protestant community. For more background, read The Ithacan's past reporting on these issues in "LGBTQ students say Ithaca College's Protestant community is exclusive" and "IC Color plans to protest for further change in PC."

The students of IC Color and I waited for the July 1 update to come, and it didn't. We heard nothing from the administration in response to our demands deadline at all until July 6. And when it came there was not much there.

The plan the administrators shared with IC Color solely contained the hiring of the Religious and Spiritual Director. This new position was shared with IC Color back in March 2018.

It does no good to hire somebody new when the hateful bigoted people still claim the space of Muller Chapel. There are currently adults serving on the board who have unprofessionally discussed the private lives of queer students in board meetings. They have yet to be held accountable? Where is the justice? Why are we still waiting for justice?

I cannot yet step foot in the chapel until I know that I am safe. I cannot accept this position until I know that anyone, truly anyone, can walk into Muller Chapel. Until true systemic change occurs, not



Senior writing major Vanessa Zimmerman writes that the college has not done enough to address the anti-LGBTQ sentiments in the IC Protestant community and the pain it has caused.

BRIANNA MOTTEY/THE ITHACAN

through hiring another administrator, but by holding people accountable for their bigotry, until Ithaca College takes responsibility for the ways they have allowed this kind of organization to take up residency on their campus, I will not return to my chapel position until the administration really takes its students' livelihood seriously. I will not return to my chapel position until our demands are actually met.

I have been fighting for this for almost a year now, and I have no intention to stop. I hope you will

join me. Although this fight for me has been aimed at the Protestant Community, this frustration is one that runs deep within most students here at IC. IC has thrown around the words of "diversity" and "inclusion" more and more with each passing year. I know for many of us, this place is neither diverse nor inclusive.

We, the students, see a side of IC that the administration cannot — which makes our opinions and input incredibly important. The administration's first priority will always be to the institution. But

isn't their silence and inaction a form of violence and injustice?

It's time for Ithaca College to stop profiting off marginalized communities they don't even listen to. Which means, we as a student body must take on the responsibility of correcting these injustices ourselves, and to fight for the truly diverse and inclusive campus we all deserve.

Read the full commentary at theithacan.org/zimmerman

VANESSA ZIMMERMAN is a senior writing major. Connect with her at vzimmerman@ithaca.edu.

GUEST COMMENTARY

Believe survivors regardless of their timing

BY ANNA GARDNER

Dr. Christine Blasey Ford didn't want to disclose her sexual assault to the entire nation. Her intention behind a confidential letter sent to Senator Dianne Feinstein this summer was not to smear Supreme Court Justice nominee Brett Kavanaugh, but to hold him accountable for his actions. The result has caused a firestorm of denial the last few weeks not just by Kavanaugh, but every male senator on the committee.

In the wake of #MeToo, there has been a lot of boohooing from cisgender men about having to tiptoe around women so as to not expose another scandal. That mentality is inherently disgusting as it situates ego and reputation over self-sacrifice. The idea that it is simple to come forward against a perpetrator misconstrues a painful and nuanced assertion. There's no metaphor needed to explain that having to relive one of the most traumatic moments of your life over and over again while facing constant gaslighting is a living hell.

So why is the default response to accusations like Blasey Ford's and Deborah Ramirez's one of incredulity? The first recurrent answer tends to be time. Why didn't they report earlier? Why did they wait so long? The second is motive. Why now, at the height of his career?

To the former, I would respond with the following: Would these women be taken any more seriously in their teens and twenties? Compare high school and college rape culture of the 1980s to 2018. Improvements have certainly been made with Title IX, but according to RAINN only 20 percent of female student victims, age 18–24, report to law enforcement. Clearly, sexual assault victims aren't calculating to save their accusations to tear down successful men, they're just not reporting. They aren't reporting because even if they do and it becomes



Senior Anna Gardner, film, photography and visual art and art history double major, writes that victims of sexual assault should be believed regardless of when they come forward.

MAXINE HANSFORD/THE ITHACAN

widely known — well, that leads me to my next point.

Show me the damage. I would love to see some lives that have been absolutely ruined by allegations of sexual assault. Matt Lauer? Just sold his Upper East Side apartment for \$650,000 over the asking price. Bill Cosby? At most 10 years in prison, but doing that to a mostly blind 81-year-old man would be cruel. Donald Trump? Still president of the United States.

I wish I didn't have to be so pessimistic, but the fact that we're in this position again 27 years after Anita Hill brought forward her accusations against then-Supreme Court Justice nominee Clarence Thomas is equally

infuriating and sad. In the #MeToo era, any time is the appropriate time to report a sexual assault and any assailant is fair game. We can't continue to undermine allegations. When victims are bearing their trauma just for a pittance of support, our initial reaction needs to be to corroborate, not speculate.

So, let's believe survivors. Let's believe every single one of them. We only have everything to gain.

Read the complete commentary at theithacan.org/believe-survivors.

ANNA GARDNER is a senior film, photography and visual art and art history double major. Connect with her at agardner1@ithaca.edu.

SCIENCE
CULTURE



MIRANDA ELLA

Can your heart really skip beats?

I was listening to the radio the other day and heard, "Your eyes can't hold stars, and you'd die if your heart really skipped," a lyric from Kelsea Ballerini's "I Hate Love Songs." It got me thinking about heart anatomy and what it means to say that your heart skipped a beat.

Let's chat about heart anatomy. In truth, it's a muscle sack that mechanically fills and empties its four chambers to circulate blood throughout your lungs and body. Each chamber is a muscle itself, and there's a valve between each section to ensure that the blood flows in one direction.

The heartbeat sound — think "lub dub" — is really the snapping shut of two valves. The "lub" is the atrioventricular "AV" valves — those in the middle of the heart. And the "dub" is the semilunar valves — those leaving the heart.

Finally, the electrical system. At the top of the heart is the sinoatrial, or SA, node, the pacemaker, where the electrical impulse begins — causing each top chamber to contract, pushing blood into each bottom chambers.

The AV node is in the middle of the heart to slow the electrical signal as it moves downward. Lastly, the His-Purkinje network carries the signal to the bottom chambers so they can contract to send the blood out of the heart.

Basically, the electrical impulse moves methodically from the top of the heart downward with enough of a pause in the middle so that each pair of chambers can contract separately. Lather, rinse and repeat for roughly 79 years.

But let's get back to the main question: What happens when your heart skips a beat? The technical term for this is a heart palpitation or an arrhythmia and is caused by any number of things. Think substances — caffeine, alcohol, cold remedies and other assorted drugs. Also, emotional states, like shock and stress, can cause this too.

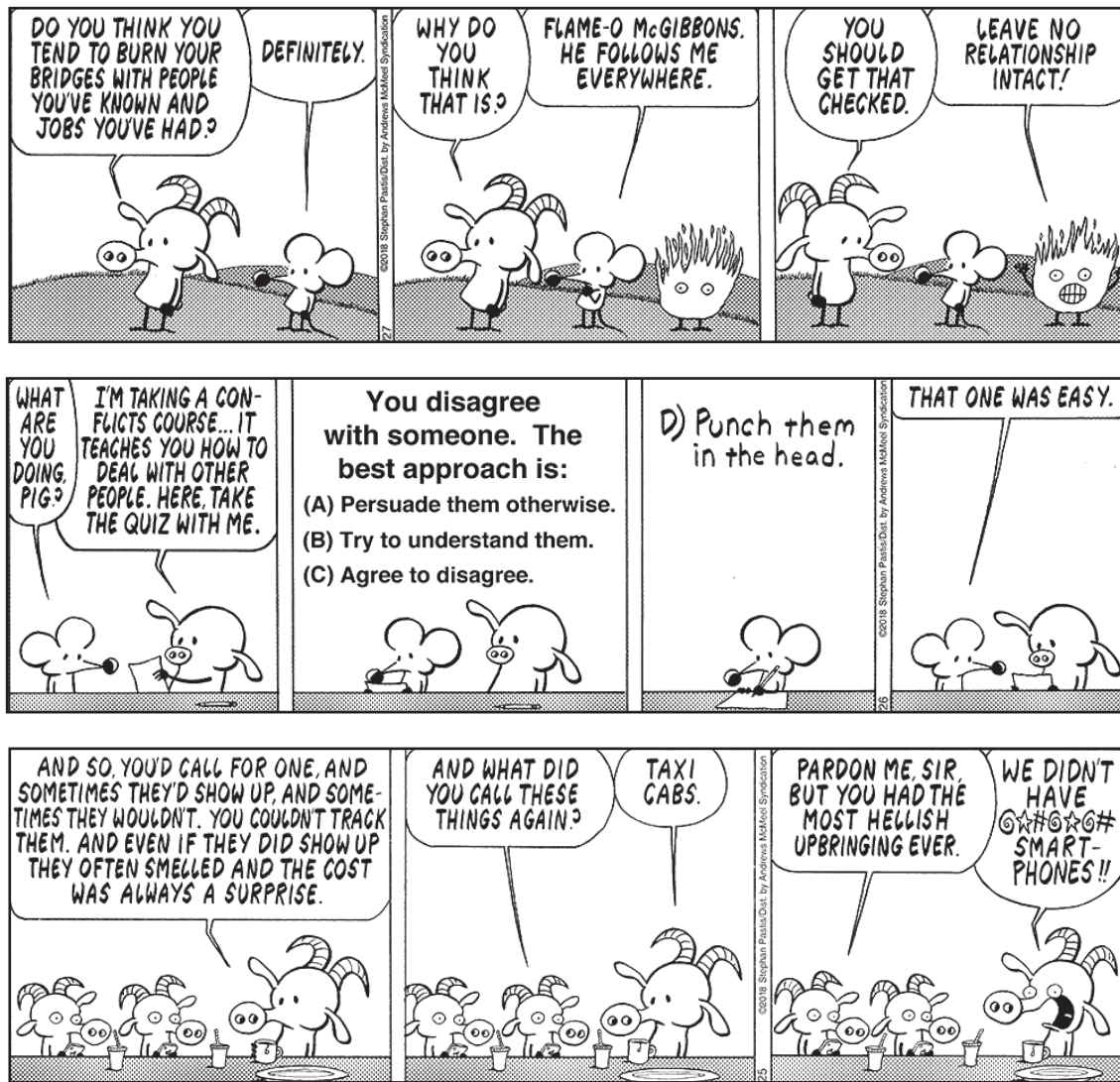
Heart abnormalities include heart rates that are too fast or too slow and also include extra and/or disorganized heartbeats.

Can your heart really skip a beat? If the SA node doesn't send its signal on time, then sure. But when Ballerini is talking about skipping a beat, I think she's really referring to the fluttery feeling, which is a racing heart. This is due to an adrenaline rush. While adrenaline rushes are most often associated with "fight or flight" situations, one can also be initiated on a smaller scale when you see that special someone — causing a myriad of bodily responses.

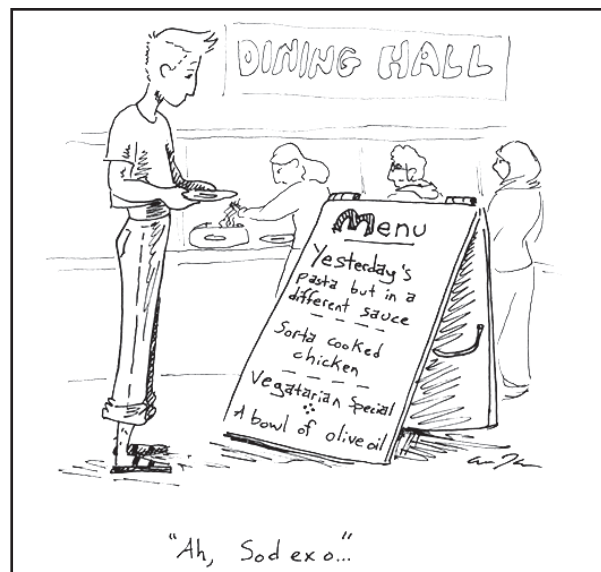
Read more about the heart's electrical impulses with the Cleveland Clinic's "Heart & Blood Vessels: How the Heart Beats." And folks, please talk to a health professional if you are concerned about an irregularity in your heartbeat.

SCIENCE CULTURE is a column about science and pop culture written by Miranda Ella. **ELLA** is a senior biology major. Connect with her at mmeserve@ithaca.edu.

Pearls Before Swine[®] By Stephan Pastis



Yesterday's Pasta By Avi Kendrik



sudoku very hard

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

answers to last issue's sudoku

hard

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



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- 9/30 FRANK TURNER & THE SLEEPING SOULS
- 10/3 MELISSA ETHERIDGE
- 10/5 MICHAEL FRANTI
- 10/13 PINK MARTINI
- 10/25 THEY MIGHT BE GIANTS
- 10/27 ARLO GUTHRIE: ALICE'S RESTAURANT
- 11/3 LAKE STRET DIVE
- 11/4 OK GO: THE LIVE VIDEO TOUR
- 11/7 I'M WITH HER
- 11/9 THE WOOD BROTHERS
- 11/10 DARK STAR ORCHESTRA
- 11/16 RICHARD THOMPSON

HAUNT

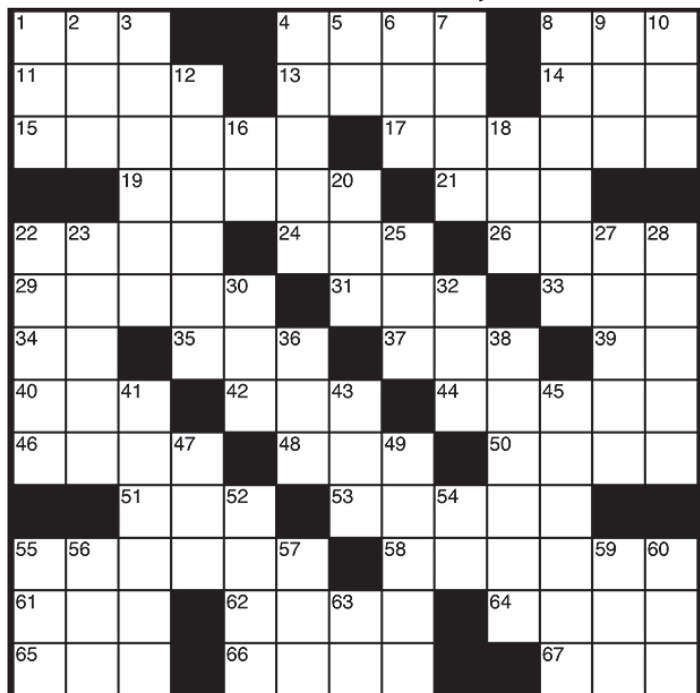
- 9/27 RAM: HAITIAN ROOTS MUSIC
- 9/28 MELODIME
- 10/4 THE REVELERS
- 10/6 LESPECIAL w/ BUTTER
- 10/11 LADY D & THE SHADOW SPIRITS RECORD RELEASE PARTY
- 10/12 JAKUBI w/ KYRA SKYE
- 10/13 JONATHAN RICHMAN
- 10/14 ENGLISH BEAT
- 10/20 BACK TO BLACK TRIBUTE TO AMY WHINEHOUSE
- 10/26 MUTRON WARRIORS

HANGAR

- 10/5 AZTEC TWO-STEP
- 10/7 STEVEN PAGE TRIO
- 10/14 THE WEIGHT
- 10/27 THE BLIND SPOTS
- 11/3 JOURNEY WEST

crossword

By United Media



ACROSS

- 1 Shook hands
- 4 Quartet member
- 8 - de mer
- 11 "Rag Mop" brothers
- 13 Baldwin of films
- 14 Have a mortgage
- 15 Seize eagerly (2 wds.)
- 17 Raised a red flag
- 19 Demoted planet
- 21 Tea holder
- 22 "- Ha'ii"
- 24 Pipe down!
- 26 Athletic sort
- 29 Total
- 31 Gullet
- 33 Luau welcome
- 34 Commercial
- 35 Mouse alert
- 37 Reserved
- 39 Behold's buddy
- 40 Look sleepy
- 42 Affirmative vote
- 44 Caterwauls
- 46 Sheik, usually

DOWN

- 1 Capt.'s superior
- 2 Nonflying bird
- 3 Pagoda
- 4 Fiberglass bundles
- 5 Pacino of films
- 6 Embroider
- 7 Strike ignorer
- 8 Genghis Khan was one
- 9 Floor
- 10 Got in front
- 12 Alter genes
- 16 Cafe - lait

- 18 British rule in India
- 20 Electrical unit
- 22 Safari boss
- 23 Inner fire
- 25 Holds the title
- 27 Quartet member
- 28 Mall booth
- 30 Essential
- 32 How come?
- 36 Big green parrot
- 38 Hayseeds
- 41 Snazzy
- 43 Broadcast
- 45 Phrased
- 47 "Luck -- Lady"
- 49 Small change
- 52 RE. places
- 54 Roman 501
- 55 Before, in combos
- 56 Yes, to Rob Roy
- 57 - Baba and the Forty Thieves
- 59 Green prefix
- 60 I-90
- 63 UPS unit

last issue's crossword answers

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



STUDENTS BECOME THE TEACHERS

Group fitness classes provide community

Senior Sydney Malaspina teaches a BODYPUMP class in the Ithaca College Fitness Center aerobics room. Malaspina is one of many students who leads their own group fitness classes every week. Malaspina teaches BODYPUMP and MetCon classes, while other students may become certified in and teach Zumba, yoga, cycling, barre and bootcamp classes.

TENZIN NAMGYEL/THE ITHACAN

**BY KARA BOWEN
AND JAMES BARRATA**
LIFE AND CULTURE EDITOR
AND CONTRIBUTING WRITER

Unlike Ithaca's early fall gloom outside, the Fitness Center aerobics room was vibrant with blood-pumping music and encouraging words from Melissa Patnella, graduate physical therapy student teaching her 4:15 p.m. high-intensity interval training (HIIT) class Sept. 26. The intervals of intense exercise contributed to the room's blaring atmosphere.

The concluding exercise was a maximum-intensity plank, lasting the entirety of the final minute. Once Patnella gave the word to stop, the 16 or so students collapsed onto the floor, drenched in



Senior Maria Scherer is a fitness class instructor and a musical theater major.

TENZIN NAMGYEL/THE ITHACAN

fun in a way, even though it's like ... killer."

Patnella is one of many students at Ithaca College who teach their own fitness classes in the college Fitness Center. Many students utilize the classes not only to keep up with their exercise routines but also to reduce stress and escape from the pressures of college life. These peer-to-peer experiences allow students to connect outside a traditional classroom setting.

Graduate student Carson Judkins said she wakes up every Wednesday morning before the sun rises. While other students are still sleeping, she's already in the aerobics room in the Fitness Center, setting up her mat and connecting her phone to speakers, waiting for students to file into her yoga class.

Judkins said she finds it rewarding to bring her expertise as a physical therapy major to her classes and use it to help other students become more peaceful through yoga.

"I love that I'm offering a space for people to come to relax, reset their mind, restore their bodies and take the time they need for themselves to just completely restore," she said. "I am a physical therapy student in my final year, so I do have a lot of knowledge about the body, so being able to bring in the correct alignment and awareness so that people know how to better move in their body ... in the right way that's beneficial and healthy for them."

Judkins taught her first group fitness class — cycling — in 2016. But when she started taking yoga classes, she wanted to become certified to teach.

"It became something that had a big, profound impact on my life and ... something that I knew I wanted to teach," she said. "Since I had already had experience teaching cycling, ... I felt like it had prepared me in a way, given me confidence, to then become a yoga instructor as well."

Judkins became a certified yoga teacher over the summer, taking a 200-hour intensive course in Costa Rica. She lived with approximately 20 other students on a retreat for 18 days. Every day started at 6 a.m. with a morning meditation and continued with yoga practices and lessons until 9 p.m. She said she felt like the cycling classes had prepared her to teach in front of people, but she was still nervous to start her first yoga class.

"It was a little nerve-wracking just because yoga is something that's so special to me," she said. "I wanted to really make sure I was able to convey the profound meaning it has to me to others, and that's the most intimidating part."

Senior Devin Mott has been working in the Fitness Center as a cycling instructor since his freshman year because of his love for group exercise. Mott is a certified American College of



Sydney Malaspina sets up equipment for BODYPUMP. BODYPUMP is a type of exercise class that emphasizes light weights and high movement reps, though routines can be individual.

TENZIN NAMGYEL/THE ITHACAN

Sports Medicine (ACSM) personal trainer, head of the instructor development program and an instructor for cycling and MetCon classes. Mott describes MetCon as a cardio and strength class that only lasts 24 minutes.

Like Judkins, Mott said his classes are about more than just exercise. He said his classes have a sense of community to them.

"We want people to feel that if they want a community and space to be part of, this is a place people can come," Mott said. "My 7 a.m. has the same people there. I know them by name and major."

For Patnella, who teaches Zumba and HIIT classes in the Fitness Center, she said she tends to focus on how her classes can help her participants' mental health. Patnella is an ACSM certified personal trainer and has been teaching Zumba at the college since Fall 2017. By focusing on exercise as an act to increase a participant's endorphins, Patnella said, her classes help students express their feelings in a healthier outlet.

"I think a lot of people, now especially because of the technology we have, their outlet is pretty much just shutting off everything around them," she said. "It's important for people to find a way to engage themselves without any other stimulants. I think the gym is an awesome place for that."

Junior Jordan McMahon said she is a fan

of Patnella's Zumba classes. She said she finds Zumba more gratifying than other forms of exercise.

"It's most important to me because I enjoy dancing, and for me, that's a great workout," McMahon said. "It's more rewarding for me compared to lifting weights."

Patnella incorporates her experience with teaching into her lifestyle blog, Fitness For All. She began her blog in December 2017 and posts workout routine videos, how-tos on working out effectively and tips on keeping up with fitness goals.

While her original goal was to make an impact on students' physical health, Patnella has also been able to create an online community.

"I have people reaching out to me," Patnella said. "Whether it's someone who I've never met before or even just friends who see a post and say, 'Wow, I had no idea. Thank you for doing this.' It's definitely rewarding. I don't think a large following is the most important thing to me as long as I'm putting out things that are educational and helpful to people."

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CULTURED

Demi Lovato's mother opens up about daughter's overdose



Dianna De La Garza spoke out about her daughter's overdose for the first time since the incident took place in late July. "She was in bad shape, but I said to her, 'Demi, I'm here, I love you,'" De La Garza said. "And at that point, she said back to me, 'I love you, too.' From that point on, I never allowed myself to ever think that things weren't going to be okay." De La Garza said although the days following the overdose were dark, Lovato is happier, healthier and working on her sobriety. De La Garza is now working to raise awareness about opioid use.

Avril Lavigne returns after battling Lyme disease

Pop-punk singer Avril Lavigne released her first single in five years since becoming incapacitated from Lyme disease. "Head Above Water" is the first single on the Canadian superstar's upcoming album. She opened up to fans on her website, saying the album was inspired by her battle with Lyme disease and that she feared dying. Lavigne said she was terrified when her body felt like it was shutting down but kept fighting. "I was able to turn that fight into music I'm really proud of," she said.



#WhyIDidntReport trends

I
Believe
Christine
Blasey
Ford

The internet clapped back after President Donald Trump questioned Christine Blasey Ford for not reporting Supreme Court nominee Brett Kavanaugh for allegedly sexually assaulting her when they were teens. The hashtag #WhyIDidntReport went viral on Twitter, with survivors opening up about why they were unable to report their assaulters.

Model with Down syndrome plans to rise to the top

Madeline Stuart, a 21-year-old Australian model, is the first professional model with Down syndrome to star in a brand campaign, first signing contracts with Manifesta and EverMaya. She shared her plans to become a Victoria's Secret Angel with BuzzFeed's As/Is. "The biggest hurdle is getting companies to realize that diversity is the future and not to be scared to use me and other models that are diverse in campaigns," she said.



Dog Fest unleashes pet adoption awareness

BY HARLEY MCKENZIE
STAFF WRITER

It was a great day to be a canine at Ithaca's fourth annual Dog Fest, held Sept. 22.

Dogs young and old ran to greet one another, tangling leashes and touching noses. In a large gated play area, dogs played freely as their owners watched. Dog Fest serves as an event for pups to socialize, and for some, it's a way to find a loving home.

The free event was hosted and sponsored by Bo's Bones, a brand of organic dog biscuits. This year, Dog Fest took place in Allan H. Treman State Marine Park. Tents covering commercial vendors, local shelter representatives and adoptable dogs lined the large, open area.

Approximately 100 attendees could be seen at one time inside the festival, along with groups of 20 filtering in and out of the leash-free zone. Others were scattered outside the festival, allowing their dogs some

time to relax.

The fur-filled festival hosted representatives from local animal shelters ready to hand out adoption applications. The Humane Society of Schuyler County was one organization in attendance.

"We've got applications right here," Melissa Clark, a representative from the Humane Society, said. "They just take one and fill it out, and we'll get in touch with them."

Clark sat with her dog, Callie, whom she had rescued. Clark had adopted Callie when she was at an animal shelter. The shelter considered Callie unadoptable — and if a shelter was overpopulated, the unadoptable animals could be euthanized.

"I had to fight to keep her," Clark said. "She was going to be put down. I couldn't let it happen. She was too sweet."

The main purpose of the event is to encourage and facilitate the adoption process and discourage buying a puppy from a pet store. Pet stores advertise sweet and friendly companions, but the dogs may come from dangerous environments such as puppy mills and irresponsible breeders.

At the festival, an organization called the NYS Citizens Against Puppy Mills handed out pamphlets that explained what a puppy mill is and why they are harmful to the dogs involved. A puppy mill is an establishment that works to breed



ONLINE

For more on Dog Fest, go to theithacan.org/dogfest-slideslow

Andrea Beldie, graduate student at Cornell University, shares a moment with golden retriever Leila. Along with information about adoption, vendor tents at Dog Fest provided dog treats and water bowls.

SABRINA CHANG/THE ITHACAN



Chewbacca, left, an Irish wolfhound, greets Franny, a Labrador retriever puppy. Dogs were able to roam freely in a gated play area and greet other animals and their owners.

KAYLA ZEGLIN/THE ITHACAN

puppies for a profit, a process that often results in conditions that are considered inhumane.

Representatives of the NYS Citizens Against Puppy Mills recorded email addresses on a pad of paper, which will be added to a mailing list. The mailing list was created to update concerned citizens regarding the progress made against puppy mills and how to get involved with the movement in their communities.

A K-9 unit was at the festival as well. Local unit officers explained the process that goes into training their dogs and what their jobs are. Under their tent, they had informational videos and apparel for

purchase in support of the unit.

Water bowls and dog treats were present under most tents to keep dogs comfortable and hydrated throughout the event. A mobile veterinarian was on site as well to ensure the safety of the dogs. The festival also had a dog photo booth, which consisted of an orange and brown painted frame, reading, "Cutest pumpkin in the patch!"

Ithaca College senior Mari Larcheveque attended the festival with their dog, Joy, a labradoodle of almost 10 months. According to Larcheveque, Joy likes attention. She was shaking, wagging and accepting a lot of affection.

"We're here for the dogs, mostly," Larcheveque said. "Joy likes dog parks too, so I had to get her out."

Sophomore Ray Volkin opposes dog shopping at pet stores and supports the mission of the festival. As a student living on campus where pets are not allowed in dorm rooms, she cannot adopt any dogs from Dog Fest yet but hopes to adopt someday in the future.

"People don't realize how many options there are rather than just picking the perfect dog in the window," Volkin said. "Lots of people only think about the cutest one and not what they've been through, so this opens their eyes. In the long run, I'd like to adopt a dog. I need to save a little four-legged buddy."

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Students and locals band together at 11th Porchfest

BY PHOEBE HARMS
STAFF WRITER

Members of the community roamed through the streets of Ithaca, guided by the sounds of live music Sept. 23 during the 11th annual Porchfest. Some were on foot, some on bicycle, stopping at designated addresses to listen to an eclectic variety of music. Local musicians, including some Ithaca College students, shared their music with passers-by from the comfort of volunteers' front porches.

Started in Ithaca in 2007, Porchfest has since grown into a phenomenon throughout the continent. Over 100 cities now host their own version of the festival, both in the U.S. and

Canada. In Ithaca's 2018 festival, over 100 local musical acts held performances, with genres spanning from indie rock to rhythm and blues to bluegrass. The festival takes place at locations throughout the town but is centralized in Thompson Park, where visitors can shop at local food vendors and purchase Porchfest shirts. Attendees of the festival are also provided with a map and schedule, which displays the addresses and times specific musicians are performing.

To participate in Porchfest, musicians must find willing homeowners to host a show on their porches and then sign up through the Porchfest website. There are certain regulations. For instance, the first hour of Porchfest only includes acoustic performances. Specific addresses have a limit of three acts.

Student bands regularly participate in the festival alongside local and touring bands, and some students who rent off-campus houses volunteer to have bands perform on their porches.

Some professors at the college offer up their porches as stages. Senior Luke Armentrout performed with his band, East Coast Summit, on assistant professor Alison Wahl's porch. East Coast Summit has been a group for just over a year, and its members describe their



ONLINE

For more on Porchfest, go to theithacan.org/porchfest

Three members of the student band Jerry Skyscraper play for passers-by at Porchfest. People in the Fall Creek neighborhood offered their porches and yards for bands to perform on.

ABBEY LONDON/THE ITHACAN

style as indie folk with R&B influences. Porchfest was its first formal performance, band member Abby Sullivan said.

"It was really touching to see so many people rooting for us and enjoying our set," Sullivan said. "It was a really special debut performance."

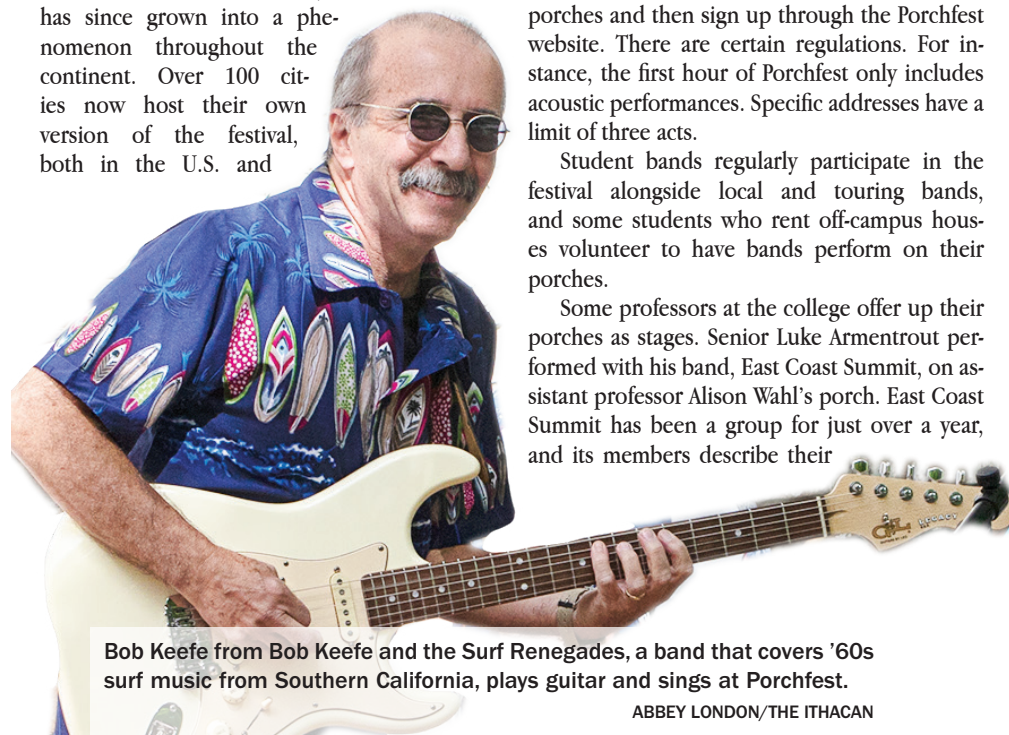
Armentrout said Porchfest differs from other live music events in Ithaca because it allows students from the college to mingle with the community. Sullivan said it serves as a way for students to listen to their classmates perform while visiting areas of the town they might not have otherwise. The festival also brings publicity and networking opportunities to bands. Those who attend the festival can explore the town and discover new local music, and those who perform are able to share their sounds, Armentrout said.

"Porchfest is absolutely great for getting IC students involved," Armentrout said. "It's also a unique way for students to share their music with the community."

Senior Jacob Sullivan performed at the festival with his band, Jake and the Nowhere Men, a self-described "weirdo, garage-punk" group. Sullivan said this was the first Porchfest he's ever attended, and after participating this year, he regrets not attending in the past. He said he appreciated watching the hundreds of community members pass by throughout his performance.

"My favorite moment was seeing all the bikers stop for a second, then just stare and nod and roll away," Sullivan said. "It made me smile."

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Bob Keefe from Bob Keefe and the Surf Renegades, a band that covers '60s surf music from Southern California, plays guitar and sings at Porchfest.

ABBEY LONDON/THE ITHACAN

Drama fails to deliver on promising premise



"White Boy Rick" tells the true story of Rick Wershe Jr. (Richie Merritt) who, at 14, acted as the youngest undercover drug informant for the FBI. The true-story premise promises action and suspense, but the movie never delivers enough tension. The film's strength, however, lies in the emotional performances of Merritt and Matthew McConaughey, who plays Ricky's dad.

BY DANNY MOTTA
CONTRIBUTING WRITER

There's nothing more terrifying than being behind enemy lines. This is the inherent pressure imposed on the audience in any good undercover cop story that, when done well, can make for some of the best tension cinema has to offer. Unfortunately, despite the incredible potential for a tense, heart-pounding film, Yann Demange's "White Boy Rick" never quite lives up to its premise.

Set in the mid-1980s, "White Boy Rick" tells the true story of Rick Wershe Jr. (Richie Merritt), a 14-year-old boy who becomes an undercover drug peddler for the FBI. This sparks conflict with Ricky's father, Rick Wershe

Sr. (Matthew McConaughey), who, despite being Detroit's neighborhood gunrunner, doesn't want Ricky anywhere near the drug game. On top of this, Ricky's mother is completely out of the picture, and his sister, Dawn (Bel Powley), is a junkie who resents their father. Despite this massive web of conflict, the film never truly acts on the inherent tension of its source material. Ricky's a

14-year-old white boy peddling drugs to some of Detroit's biggest crime lords. Ricky handles himself with impressive competence and charm. Every meeting he has with one of these gangs should be nail-biting for the audience. Unfortunately, the film never delivers that pulse-pounding

experience. The film alludes to the gang members' volatility, but it never places Ricky in the crosshairs of these explosive situations. Maybe the actual Rick Jr. was able to keep a clear head behind enemy lines, but it's baffling to think that out of the film's three writers — Andy Weiss, Logan Miller and Noah Miller — none of them wanted to play up the tense nature of the story's premise.

Of course, the lack of tension in the film could be in part due to the fact that the movie moves at breakneck speed. A tense film must be paced methodically to achieve its full effect. "White Boy Rick," however, seemingly tries to cram three years of Ricky's life into a film that's just shy of two hours long. In fact, the movie probably would have benefited from adding

another hour to its runtime. It has enough content to warrant the added hour, and stretching the narrative out would allow many of the plot points the breathing room they deserve. It's disappointing to think that a film with such great dialogue and casting could be held back by its running time.

Thankfully, "White Boy Rick" hosts a cast of complex characters that help propel it toward greatness. McConaughey is expectedly brilliant as a well-meaning father who'll do anything to keep his family from crumbling. As usual, McConaughey delivers a relatable and charming performance as Rick Sr. He's the clear standout performance, and Richie Merritt does an impressive job in his debut role. Merritt portrays Ricky as a sympathetic thug who's naive at times but

always independent and capable. The two actors have a genuine chemistry that allows for emotional moments. McConaughey's character, in particular, delivers some of the film's most powerful scenes. His optimism and love for his children make his deteriorating family dynamic all the more heartbreaking.

"White Boy Rick" is never boring — it's simply disappointing. To say "I wish it was longer" is, in a way, one of the greatest compliments — and criticisms — one could give a film. "White Boy Rick" has all the potential to be outstanding but is marred by a lack of tension. What's here isn't terrible — it just isn't enough.

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Assassination Nation is a jarring dystopia

BY JAKE LEARY
STAFF WRITER

"This is the hundred percent true story of how my town, Salem, lost its motherf---ing mind," Lily (Odessa Young) says in the opening scene of Sam Levinson's "Assassination Nation."

It's not a true story, but the film is founded on an unpleasant truth — in terrible situations, people will do terrible things. And that's exactly what happens when everyone in Salem, Massachusetts, gets hacked. Thousands of private texts, nudes and search histories are made available for anyone to see. Lily and her friends Bex (Hari Nef), Em (Abra) and Sarah (Suki Waterhouse) are the suspected hackers and bring the wrath of an entire town down upon them.

Levinson rehashes the same ideas over and over. He spends copious amounts of time on red, white and blue-lit parties that neither develop the characters nor move the plot forward. This downtime with Lily and her friends should give viewers insight into her personality, but because the protagonists are shallow caricatures, viewers get nothing out of the extra time spent with them.

The four friends begin to blur together — their identical traits, speaking styles and clothing choices making them indistinguishable from one another. Characters don't talk

to one another, they more so monologue about the state of sexuality or politics or high school life. This makes the film feel more like a political rant than a coherent story. The only reason Lily stands out is because she's the viewpoint character, and we spend more time with her than the others. As a result, it's difficult to care when

the characters are in peril, and it's even harder to invest in when they're empowered. But in a movie that's about empowerment, that wants viewers to feel exhilarated when the heroines start fighting back, it's a problem when their empowerment feels like defeat.

There are natural comparisons between "Assassination Nation" and "The Purge." Both films are about average citizens turned murderous, are blatantly political and revel in ruthless, endless violence. But where there's hope in "The Purge" — hope that the Purge, and the violence that comes with, it will end — there's none in "Assassination Nation." The film's ending implies a perpetuation of violence, an endless misery for Salem and the country at large. The final shot of the four girls wearing matching red coats, cocking their weapons with determination in their eyes, is supposed to be empowering. It's supposed to represent the women of America finally standing up to the monsters that repress them. But instead, it feels like another defeat — like the four characters we spent two hours rooting for are lost to the same



All hell breaks loose in Salem, Massachusetts, after a massive hack of all the citizens' secret online photos and conversations. "Assassination Nation" depicts dystopia but falls short of making its intended political point.

BRON STUDIOS

murderous madness that overtook their town.

"Assassination Nation" has similar themes to the other films released by Neon. "I, Tonya," "Colossal," "Ingrid Goes West," "The Bad Batch" and "Revenge" are all about messy woman-man or woman-woman relationships. Each film deals with difficult subjects — abuse, rape,

psychological harassment — and "Assassination Nation" fits comfortably into that conversation. But the other films build complex characters first and affix a message onto them second. "Assassination Nation" does the opposite, attempting to channel a political statement through shallow characters.

"Assassination Nation" makes a

compelling political statement but gets bogged down by incoherent storytelling and mean-spirited violence. It's an unpleasant movie that successfully tells the story Levinson set out to make, but that narrative is too grotesque and cruel to enjoy.

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Boy band glows in new album 'iridescence'

BY CHARLIE MUSANTE
STAFF WRITER

After the surprise success of last year's "Saturation" trilogy, Brockhampton seemed poised to become superstars. Then, everything almost ended as fast as it began. Founding member and standout rapper Ameer Vann was accused of sexual misconduct, throwing the boy band's future into uncertainty. Vann was dismissed from the group, and the album they had just finished, "Puppy," was scrapped.

Over the summer, they appeared on "The Tonight Show with Jimmy Fallon" and released three singles. Finally, in September, they announced "iridescence," an album they made at Abbey Road Studios in London over the course of 10 days.

From the opening track, "NEW ORLEANS," it is abundantly clear that this is a different Brockhampton than the one that gave us the "Saturation" trilogy. On "iridescence," the group is darker and more aggressive than it has ever been. The album puts its foot on the gas pedal and seldom lets off.

Instrumentally, Brockhampton hasn't just evolved, it's gone completely off-the-wall. Most of the beats on "iridescence" are grimy and full of extremely heavy, unrelenting bass.

Brockhampton made this album in

London, allowing qualities from British rap and electronica to influence the writing. When these beats do let up, they morph into lush and beautiful arrangements that let out all of the emotional potency being carried by the lyrics. During the song "J'OUVERT," after vocalist JOBA absolutely rips his verse, a sample of a Grenadian soca song comes in and adds to the already busy atmosphere of the song in the best way possible. It's moments like these that flaunt the experimentation that Brockhampton has brought to this album.

As for the performances on this album, the members shine in both performance and lyricism. Rapper Dom McLennon's verse at the beginning of "BERLIN" contains one of the most powerful lines on the album as he raps, "Traded in the noose they put around us for a Cuban link/ So my ancestors can see me shining, tell me what you think." It's a lyric that contains clever braggadocio, while also conveying a sense of cultural heritage.

The other standout performer on this album is JOBA, who has gone from more of a background role to being one of the group's most essential members. His verses go beyond lyricism and flow and bring in a dynamic range of emotions. His verse on "J'OUVERT" starts at a fairly intense speaking level and ends with

ALBUM REVIEW

Brockhampton
"iridescence"
RCA Records
Our rating:

★★★★★



Boy band and rap collective Brockhampton has released its latest album, "iridescence." A follow-up to the three "Saturation" albums, "iridescence" is more experimental and successfully focuses on morphing instrumentals.

RCA RECORDS

him screaming. His sung vocals bring beauty to songs like "WEIGHT" and "TONYA." His performance on "iridescence" is an all-around powerful gut punch of emotions.

Despite the amazing individual performances, the group's dynamic truly stands out on this album. Rarely does it feel like the album is being carried by any one member, and it never feels like any of the members aren't pulling their weight. Even singer bearface, who has normally been

relegated to slow guitar ballads at the end of albums, has a stepped-up role on "iridescence," providing rap verses that are surprisingly phenomenal with his Irish accent highlighting the fresh sounds present on the album.

The standout track from the album is "WEIGHT," which manages to show off Brockhampton's experimental and emotional sides at the same time. The instrumental manages to encapsulate the beauty and adventurous nature of the album as a whole.

Whereas the "Saturation" albums restrained themselves for the sake of trying to craft a pop dynamic, "iridescence" isn't restrained in its approach and actually harnesses the dynamic the boys were looking for. While the album can be radically experimental, it is also highly focused, and because of this focus, "iridescence" truly glows.

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Saccharine love story gets lost in its lesson

BY COLIN TESSIER
STAFF WRITER

"Life Itself" weaves together past and present in a story that juxtaposes joy and trauma. However, the film feels like a lukewarm, incomplete shell of the emotional journey it attempts to show.

"If we go far enough, there is love," one of the film's narrators, Elena (Lorena Izzo), tells the audience. Out of context, Elena's words seem like an uplifting message. However, the film's moral is repeatedly drilled into the viewer's head. The best stories subtly deliver their messages, but director Dan Fogelman's excessively blunt emphasis on his theme weakens the film.

At its heart, "Life Itself" is about a multigenerational family that endures an inordinate amount of tragedy. The family begins with Will (Oscar Isaac) and Abby (Olivia Wilde), who have a seemingly perfect marriage. When a tragic accident and its consequences derail their relationship, the film jarringly shifts to their daughter, Dylan (Olivia Cooke). In the wake of her parents' misfortune, Dylan struggles to move on and is only saved when she finds love with Rodrigo (Alex Monner), a man who directly witnesses the worst moment of Dylan's life.

Fogelman tries to cram a lot of

storytelling into one movie in order to produce dynamic, compelling characters. Despite this, the film fails to make the viewer fully invest in any of them.

"Life Itself" is broken into five distinct segments, and this fragmentation both helps and hurts the narrative. The first act tells the story of Will coping with the loss of his wife. For the duration of this section, Fogelman structures the plot as if Abby broke up with Will. It is only through the captivating use of scenes with Will's therapist, Dr. Morris (Annette Bening), that Will's story reveals itself as even more heartbreaking. In these scenes, Fogelman successfully plays with nonlinear storytelling to create a compelling contrast between Will's view of his marriage and its downfall with a harsher reality.

After a strong first act, the film loses momentum, and by the time the final section ends, the impact of Will's tragedy is practically lost in the midst of the fragmented story. Though the development of Rodrigo's family is important to the payoff of the story, most of this final act feels gratuitous. It seems like Fogelman is simply trying to pad the movie's runtime and, consequently, the film's ending suffers.

In addition to Fogelman's effective use of flashbacks, the sessions with Dr. Morris are noteworthy for the way they help unpack the mystery behind Will and Abby's marriage. In these



Oscar Isaac and Olivia Wilde play Will and Abby in "Life Itself."
GREENWICH ENTERTAINMENT

flashbacks, present-day Will and Dr. Morris place themselves in the scenes of Will's memories. By doing so, Dr. Morris pushes Will to see past his bias and his constructed version of events. The sessions with Dr. Morris powerfully capture the therapeutic process — the viewer literally sees Will's thoughts changing on the screen.

"Life Itself" is an ambitious attempt to take the interconnected "This is Us"-style of storytelling and transfer it into a cinematic experience. The movie's failure to successfully translate that style proves that some methods are more effective in television. Though Fogelman utilizes several fascinating narrative tools, he takes too long to get to the moral of the story, which is ruined by the ending's excessive emphasis on the lesson. "Life Itself" showcases heartbreak but tries to offset this pain with a saccharine ending, causing the message to be lost in the fragmented story.

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'Scotty' stays shallow

BY STEPHANIE PHILO
STAFF WRITER

Directed by Matt Tyrnauer, the documentary "Scotty and the Secret History of Hollywood" delves into the life of Bowers, a handsome former Marine who took on a matchmaker role for some of the most famous movie stars during the golden age of Hollywood. Bowers procured gay lovers for countless icons including Rock Hudson, Spencer Tracy, George Cukor, Walter Pidgeon, Katharine Hepburn and Cary Grant, and he became a lover to many men and women himself.

Bowers' story is titillating, humanizing and wickedly entertaining. However, in this age of moviegoing, when documentaries are increasingly popular, "Scotty and the Secret History of Hollywood" falls short. The film struggles to find its footing as the focus teeters between Bowers' life and the celebrity gossip, unable to strike a satisfying balance.

Even though Bowers' name is in the title, the "Secret History of Hollywood" appears to take precedence over his story. Pivotal

moments in Bowers' life are mentioned but glossed over to make room for the A-list celebrities. Additionally, Tyrnauer's interview questions for Bowers veer into an invasive territory. Though Tyrnauer does portray Bowers' career honorably, he fails to respectfully depict Bowers' tribulations in life.

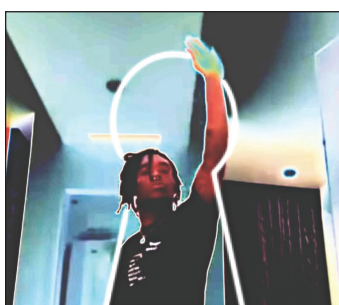
One thing Tyrnauer does successfully is that he highlights the extent to which Bowers went to make people happy. Because of Bowers, stars who had to maintain a heteronormative image were able to experience love. However, the stories of Bowers' matchmaker days are not the only stories of his worth listening to. His life story is riveting beyond his work with the stars, and "Scotty and the Secret History of Hollywood" fails to encapsulate the complexity of it.

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Scotty Bowers in "Scotty and the Secret History of Hollywood."
GREENWICH ENTERTAINMENT

QUICKIES



"NEW PATEK"
Lil Uzi Vert
Atlantic Recording Corporation

Lil Uzi Vert's rhymes are quirky, and a harp adds flourish to a pounding bass. However, the nearly six-minute runtime ruins them by the three-minute mark, and the high-pitched ad libs become grating.

ATLANTIC RECORDING CORPORATION



"CALIFORNIA SNOW"
Weezer
Crush Music, Atlantic Recording Corporation

Ruining "Africa" apparently wasn't enough for Weezer. A stylistically flat vocal delivery is effective, but, halfway through, unexpected piano chords and an attempt at almost-rapping take over, leading to an awkward finish.

CRUSH MUSIC, ATLANTIC RECORDING CORPORATION



"GUIDING LIGHT"
Mumford and Sons
Glassnote Entertainment Group, LLC

"Guiding Light" doesn't know what it wants to be. A predictable stomping beat and acoustic instrumentals clash oddly with barely there electronic effects and hints of fuzzed-out electric guitar.

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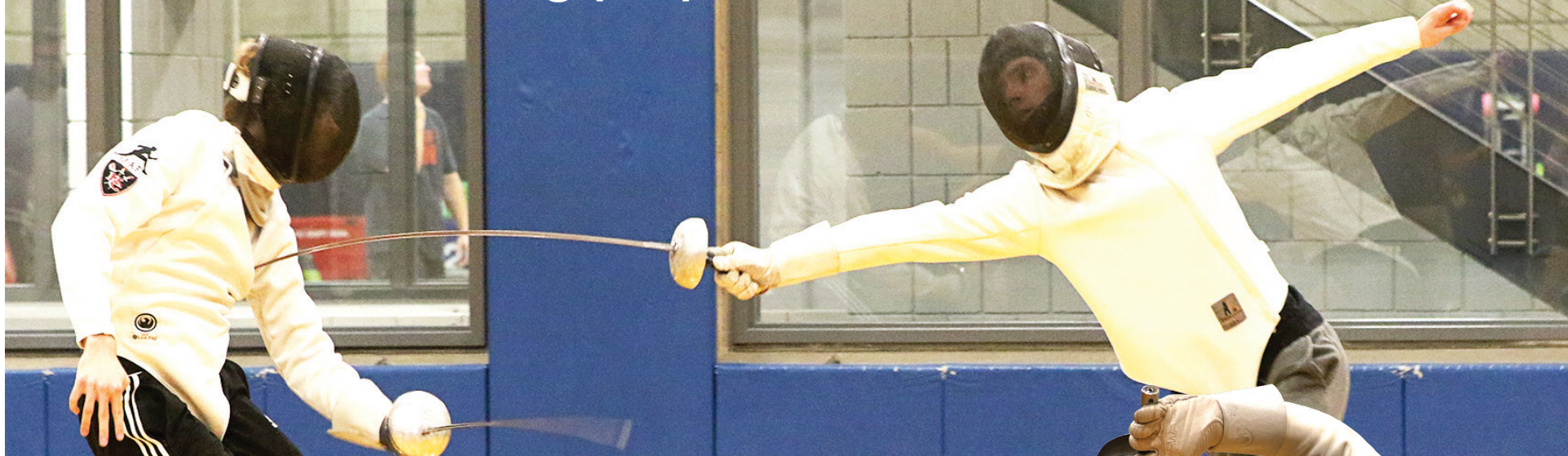
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ON POINT PRACTICES

Club fencing prepares for first tournament



Sophomore Ben Cafaro, president of the Ithaca College Club Fencing team, bouts with freshman Alex Kite at practice.

SABRINA CHANG/THE ITHACAN

BY DANI PLUCHINSKY
SPORTS EDITOR

It is 9:30 p.m. Sept. 13 when the Ithaca College Club Fencing team begins its second practice of the season in the Fitness Center. Pop music is blaring from the speakers belonging to the circus club practicing in the corner. And, despite the gym being filled with acrobatics and bass-blaring music, sophomore president Ben Cafaro is focused. Tonight's fencing practice is about one thing — footwork.

Lined up in two horizontal rows, the eager new members — who have never fenced before — listen to Cafaro's instructions, mimicking his every move. "Back straight. Forward two steps. Backwards one."

As his instruction continues, Cafaro shouts, "Lunge. Hold it," as the students freeze, hoping to perfect their form.

The club fencing team emphasizes teaching beginners about the sport, not just competing and winning championships. Cafaro said approximately 80 percent of the new members of the club are starting this year with no fencing experience.

"Once you learn the footwork and you get that down, it's the most crucial part of fencing," Cafaro said. "Because, for every single weapon in fencing, it's the same footwork. Advancing, retreating, lunging — you start that first and hone that in."

While the origin of fencing is contested, it is known that fencing was used in medieval military training. The modern fencing manifested into what it is today at the end of the 19th century after the sport was modified by a French fencing school. The first official fencing association was the Amateur Fencers League of America, which was formed in 1891, followed by the Amateur Fencing Association of Great Britain in 1902.

Cafaro said the romantic history of fencing attracts people to the sport.

"It was not only seeing it in the Olympics but the fact that I was really into knights and castles and such," Cafaro said. "Having the opportunity to use a sword and fight someone safely and learn the techniques properly is really fantastic. It has such a legacy and such an old sport with a fantastic history, and that's what draws a lot of people into it."

In fencing, there are three different events — saber, foil and epee — with the main difference being the target areas an opponent can hit.

In saber, the main targets are the mask, arms and body, and it is typically the fastest paced out of the three. In foil, it's the body, chest, shoulders and back that opponents have to hit with their blades. In epee, anything can be the target, causing it to be the slowest paced because there is more space to hit.

Students line up to start the rigorous exercises that begin every practice. Squats, 30-second planks, jumping jacks and lunges get the new members prepared for fencing practice.

"So much of fencing is misconstrued as just swinging blades around," junior epee coach Lucas Hickman said. "If you ask any coach or fencer, they'll say that footwork and physical fitness is 70 percent of the sport. Being able to be quicker on our feet, being leaner, means less target area. It's all very important to the sport."

After the exercising, fencers are finally able to try out the weapons and get used to some of the gear they will have to wear for bouts.

All fencers have to wear a mask when they compete, which changes depending on the discipline of fencing. They will also wear an all-white jacket, knickers and socks that go to the knees.

The blades will change depending on the event the fencer is competing in. Both foil

and saber blades can weigh just over one pound, while the epee blade can be as heavy as a pound and a half. The end of the blades are flat and somewhat fragile — they bend and sometimes break.

Even though the blade is not sharp, fencers can still get hurt when competing.

"There's always a chance of getting bruises on your arms if you get hit in the area that isn't as covered as the target area," Cafaro said. "Oftentimes, you'll see people getting bruises on their legs when they first start because if they are fencing people around the same skill level, their blade control can be off, and they can hit off target sometimes."

A crucial part of fencing is wearing a lamé, an electronic piece of copper that a fencer wears on their body chord. The cord gets plugged into both fencers' blades, and when someone gets hit, it connects a circuit that triggers a light that tells the fencers if they hit on target. The lamé is necessary so no one is confused about whether or not someone got hit in the correct area.

The team does not follow the traditional executive board arrangement that other clubs do. Even though there are official positions on the board, student coaches teach the new members how to fence. Cafaro is the foil coach, Hickman is the epee coach and sophomore Emily Kwan is the saber coach. Cafaro and Hickman each have at least 10 years of fencing experience, while Kwan has fenced for five years.

Even though fencing is an individual sport, Cafaro said the team dynamic is also important.

"It's a really nice environment," Cafaro said. "No matter what skill level they are in fencing, they are there to just have fun and enjoy it. Everyone is friendly to each other, and we try to help each other."

The team competes in three tournaments every year against other colleges, which are typically pool tournaments that turn into a bracket. A fencer can win a tournament by scoring the most points throughout the bouts. A point is scored by hitting the other person in the correct target area with the blade.

When a fencer faces everyone in their pool, they compete to five points over three minutes of play. When fencers get ranked into the bracket, it's a bout to 15 points that lasts over three



Cafaro and Kite bout during practice Sept. 20. Cafaro is the foil coach and also runs the club with two other student coaches.

SABRINA CHANG/THE ITHACAN



Members of the Ithaca College Club Fencing team practice their footwork and lunging during the team's practice. The club's first tournament will be Sept. 29 at Binghamton University.

SABRINA CHANG/THE ITHACAN

sections of three minutes.

Cafaro said competing at tournaments provides everyone the opportunity to get accustomed to the style and atmosphere of the sport.

"There's this respect and an acquaintance kind of thing," Cafaro said. "You know you're in a niche sport, and you know you should be friendly with each other. There's a level of respect and sportsmanship in the game that makes it unique."

For sophomore Kemi Odumosu, the attraction of learning a completely new sport out of her comfort zone drew her to join the club.

"It's medieval to me almost — like knights do it," Odumosu said. "I want to be good enough that I can show off to my friends that I know how to do this really cool thing."

The first tournament the club will be taking part in is Sept. 29 at Binghamton University. Cafaro said he hopes that everyone in the club focuses on having fun.

"We really focus on just showing people what fencing is and letting people have a good time and enjoy the sport," Cafaro said. "It's a sport you can do for your whole life on a recreational level or an extremely competitive level. Our goal is just to teach people it, let them have fun and give them the proper gear and equipment they need to play the sport."

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THE BOMBERS ROUNDUP

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



Bombers' junior midfielder Nate Schoen rushes the ball up the field against Clarkson University. The Blue and Gold tied the Golden Knights 0-0 and improve to 6-0-2 on the year. CHARLIE MUSANTE/THE ITHACAN

Football

RESULTS


21-14

 Ithaca Sept. 22 St. John Fisher

Next game: 1 p.m. Oct. 6 against Rensselaer Polytechnic Institute at Butterfield Stadium

STANDINGS

School	Conference	Overall
RPI	0-0	4-0
Union	0-0	4-0
Ithaca	0-0	3-1
Hobart	0-0	2-2
Rochester	0-0	1-3

Women's Soccer

RESULTS


3-0


3-0

 Ithaca Sept. 19 Mount St. Mary Ithaca Sept. 22 Clarkson


0-0

 St. John Fisher Sept. 25 Ithaca

Next match: 3 p.m. Sept. 29 against St. Lawrence University at Carp Wood Field

Men's Soccer

RESULTS


0-0

 Ithaca Sept. 22 Clarkson

Next match: 3 p.m. Sept. 29 against St. Lawrence University in Canton, New York

Field Hockey

RESULTS


4-3


2-0

 Ithaca Sept. 19 Cortland Ithaca Sept. 22 Union

Next game: 5 p.m. Sept. 26 against St. John Fisher College in Rochester, New York

Golf

RESULTS

Name	Place	Score
Peyton Greco	6th	153
Sophia Israel	T34th	166
Alexander Perry	T58th	183
Katie Chan	T63rd	187
Denielle Newman	T63rd	187

Next match: Time TBA Sept. 29 against Martin-Wallace Invitational in Cortland

Women's Tennis

RESULTS

Name	Record	Event
Steinberg/Ruback	1-1	Doubles
Shaffer/Dunn	1-1	Doubles
Sara Steinberg	1-1	Singles
Kathryn Shaffer	1-1	Singles
Caroline Dunn	0-1	Singles

Next match: 4 p.m. Feb. 23 against the University of Rochester at Glazer Arena

Volleyball

RESULTS


3-1


3-1

 Ithaca Sept. 21 St. Lawrence Ithaca Sept. 22 Clarkson

Next match: 7 p.m. Sept. 26 against SUNY Cortland in Cortland

Athletic training aims to improve diversity

BY DANI PLUCHINSKY
SPORTS EDITOR

The athletic training profession has been historically white: In 2015, the National Athletic Trainers' Association reported that 81 percent of athletic training professionals classified themselves as white or nonhispanic. The Ithaca College Athletic Training Program is trying to address this disparity with a grant it received from NATA.

While the majority of students in the college's athletic training program identify as nonminorities, a recent \$1,300 grant the department received is being used to try and address the lack of diversity within the profession. Katie Sheehan, clinical instructor in the Department of Exercise and Sports Sciences, said the grant is part of the diversity and inclusion initiative the department has developed called EquAT and InclusivAT.

According to Sheehan, 95 percent of students in the athletic training major at the college identified as white or nonminority in 2014. And not much has changed since then — 95 percent of the 2018 athletic training graduating class identified as Caucasian.

"The point of our project is to increase diversity within the world of athletic training," Sheehan said. "So, we are trying to recruit a more diverse student population to get into the profession of athletic training."

When there is a more diverse pool of talent in athletic training, trainers can better recognize differences in culture, religion or race and make a patient more comfortable.

"I think athletic training isn't something where a lot of people know what the profession is or what we do,"

Sheehan said. "The purpose of the grant is just to expose kids to what we do and say everyone can do this too."

The grant, which comes from a subdivision of NATA called the Ethnic Diversity Advisory Committee, was put in place with the intention of recruiting more students from a diverse background into the field.

With the grant, the athletic training student cabinet — which consists of students from the sophomore, junior and senior classes at the college — will be forming a club at Ithaca High School to get more students interested in of athletic training.

Senior Katelyn Dolan, an athletic training major, said the idea to form the club stemmed from other colleges that created the same type of club with success.

Sheehan said that 37.5 percent of Ithaca High School students identify as nonwhite.

"There was a previous school that did it, and so I was looking at their abstracts and the way they brought in [students]," Dolan said. "We thought Ithaca High School is the most diverse school in our area, and we can coordinate it with them down there to get the students interested in athletic training."

Dolan wants students in the club to be as involved as possible. The cabinet is working on an event where members can shadow an athletic training student for the day. The cabinet will also have the opportunity to come to football games and is hoping to coordinate field trips to Cornell University and Syracuse University so that they could see the big-time Division I facilities and observe a game.

Ainsley Lovejoy, the athletic trainer



Members of the Ithaca College Athletic Training Student Cabinet stand outside the college's athletic training facility. The student cabinet helped the program receive a grant to improve diversity within the profession.

COURTESY OF KATELYN DOLAN

at Ithaca High School, said she hopes the club will bring more diversity into the profession by reaching more prospective students.

"The cultural and ethnical gap between patients and providers only emphasizes the need for cultural competence to provide better care towards our patients," Lovejoy said. "My hope is that this new club will bridge this cultural and ethnical gap. By educating students at the high school level, I hope that will inspire more students to want to enter the profession."

Dolan said the club hopes to completely start up by November. The student cabinet is currently trying to get students engaged with the idea of athletic training by reaching out to Ithaca High School and making sure that students are interested. The club is also working on making itself recognizable by making posters and getting its mission statement into the high school's morning announcements.

Dolan said that, because of her interest in athletic training, she hopes the club will spark interest in other

prospective students as well.

"I only found out about athletic training because I got to work with my high school athletic trainer because I got hurt," Dolan said. "There are students who might not know about athletic training as a profession or how many things can come from it, like different job opportunities and all the places you can work. So we want to encourage students."

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Senior volleyball player discusses being injured

The Ithaca College volleyball team is currently 5-5 after facing four ranked teams in the Top 25 this season, and it is doing it without one of its best senior players.

Senior middle hitter Amanda Cerruti suffered a fractured second metatarsal in her foot and is spending more time on the bench than playing on the court.

Contributing Writer Shehane Fernando spoke with Cerruti about how the team will be affected in her absence, how the team is competing and how her role has changed this year.

This interview has been edited for length and clarity.

Shehane Fernando: How does it feel to be competing against such high-level competition?

Amanda Cerruti: It feels awesome. As a senior, I have watched the program grow so rapidly over the years, and to see how the level of competition has even grown higher and higher is amazing — it's such great feeling. Especially as a competitive person and team, we love the game. To play teams at a very high, competitive level — it is really fulfilling.

SF: At this point in the season, how do you feel about the team's chances for the playoffs?

AC: The team this year, there is so much potential, and we are pretty evenly split with underclassmen and upperclassmen. This is great because we are showing the underclassmen the ropes, and there is such a high level of leadership on this team. So, it is easy for us to stay calm and collected and have a clear set goal that we want. So, at this point of the season, we feel good about our chances. Obviously, we will have to work hard and not get complacent and work toward our goal.

SF: What is your impression of the current women and the team?

AC: The great thing about Ithaca volleyball is that we have been so lucky with everybody we have on the team. We get along so well, which I think is what contributes to our success. If you have a team that doesn't work well, it's going to show on the court. And something about Ithaca is that we always have a team that clicks, and it definitely shows on the court. We are one big, happy family. Being with this group of girls, we make everything fun.

SF: How do you fulfill your role as a senior?

AC: So, my role has changed a bit because I got hurt so early in the season. So, all I can really do is be a teammate and be supportive. My role is being the person and that role model on the side of the court. I tell my teammates what I see because I can't be out there with them and cheering them on and giving them advice. Since I can't play, and I'm not sure when I will be back, I am pulling the underclassmen along and showing them the ropes and making sure we are doing what we are supposed to do. I'm there to give them advice and pointers on what to do better.

SF: What is something you think the team has improved on from last season to this season?

AC: It is hard to say because every year we get new players, and we always start out with a clean slate. For the coaching staff, we got a new assistant coach, Kelsey Klopfer, and graduate assistant, Rachel Ford. It's funny because we played against Rachel last year when she was from Berry College, and now she's our coach. It's good to have her since we are expanding our schedule, and we are playing a lot of teams outside our region, so she brings in information



Senior middle hitter Amanda Cerruti gets ready to spike the ball back over the net during the Blue and Gold's 3-0 loss against Calvin College on Aug. 31 at Ben Light Gymnasium.

ELIAS OLSEN/THE ITHACAN

from when she played. And Kelsey — she played at Oneonta College. What is really great about her is that she was a setter when she was in college. In the past few years, we never really had a coach that was a setter, so the setter on the team really enjoys that.

SF: How do you think, as a player, you have improved over the course of your collegiate career?

AC: When I first came in, like a freshman, I was like this quiet, awkward, this noodly looking player. I've learned a lot. Mental game was a huge thing for me when I first started. I've kind of learned how to grasp that, how to keep calm and stay on a steady path instead not freak out on the court. During my freshman year, there

was only one senior and one junior, and there was only 12 people on the team. In the past couple of years, the program has grown, and we've grown with it.

SF: List two words describing how you feel about Ithaca College women's volleyball.

AC: Family, because we support each other, and this wouldn't work if we didn't trust each other. Passion, because we are all playing a sport that we love and enjoy playing. There is really no words that can do Ithaca volleyball justice.

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 BY LAURA DUBOIN

Crew alum sues college
 BY LAURA DUBOIN

College projected to reduce CO2 by 45 percent
 BY ARBY WATTS



the
Buzzer
 ATHLETE OF THE WEEK

**ALEX
 EPIFANI**



Sophomore midfielder Alex Epifani strikes the ball past Carolina Alvarez from Vassar College on Oct. 28, 2017. Epifani has three goals and five assists in eight games this season for the Bombers.
 SAM FULLER/THE ITHACAN

**STATS FROM
 THE WEEKEND**

1 goal against Mount Saint Mary

1 goal and **1** assist against Clarkson

Helped team to **7-0-1** record so far this season

**GETTING TO KNOW
 ALEX EPIFANI**

What got you involved with soccer?

What got me involved with soccer was my father, who coached me growing up.

What is your favorite hobby outside of soccer?

Outside of soccer, I make sure to spend as much time as possible with my friends and family.

What is your favorite class at Ithaca College so far?

My favorite class so far at IC would have to be Intro to Sociology.

What is your dream job?

My dream job is to be an investigator or detective in the FBI.



Alex Epifani

PHOTO COURTESY OF ITHACA COLLEGE ATHLETICS

Getting loud by the lake

Cayuga Sound Festival returns to Ithaca



Indie electronic band Matt and Kim sent beach balls and balloons into the crowd during its set at Cayuga Sound, a music festival held Sept. 21 and 22 at Ithaca's Stewart Park.

SAM FULLER/THE ITHACAN



Sam Harris, lead singer of X Ambassadors, sings along with the crowd. The X Ambassadors curated the festival to the eclectic tastes of the Ithaca community.

SAM FULLER/THE ITHACAN

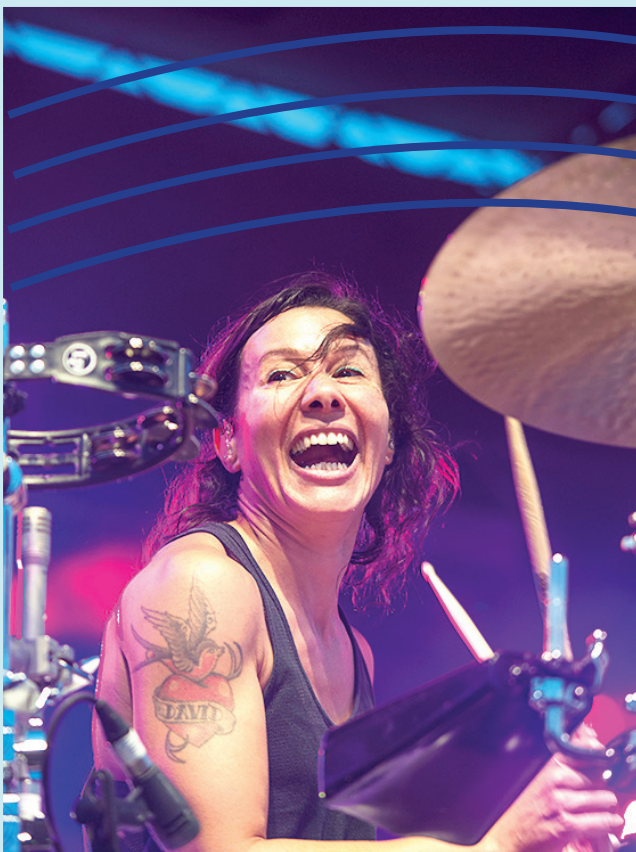


Ithaca College senior Aaron Rizzo performs with his friends on the Hudson Whiskey stage during the festival's first day of acts.

SAM FULLER/THE ITHACAN

ONLINE

For more on Cayuga Sound, go to: theithacan.org/Cayuga-2018



Kim Schifino, drummer for Matt and Kim, delivers one of the festival's final performances during the Sept. 22 session.

SAM FULLER/THE ITHACAN



Sameer Gadhia, lead vocalist for Young the Giant, belts out the band's latest hits in addition to a new song called "Superposition." The band recently released three new songs and will soon begin touring North America.

SAM FULLER/THE ITHACAN