

# THE ITHACAN

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## Dining Services dishes out changes

### College-operated program brings in local businesses

BY MADISON FERNANDEZ  
NEWS EDITOR

In just three months, Ithaca College has started up its own dining program, transformed its dining halls and ushered in four local businesses after announcing its separation from an external provider.

"It's possible we got really ambitious this summer," said Dave Prunty, executive director of auxiliary services. "We could have theoretically changed nothing physically and just changed from no Sodexo. ... The decision was if we're going to make a difference, let's do it differently."

In March, the college announced it was ending its 20-year relationship with food service provider Sodexo. The switch from Sodexo came after repeated requests from the campus community. Last fall, parents circulated a petition calling on the college to review its dining practices after a student reported having been served a moldy hamburger bun. The dining halls have also been criticized for cross contamination that has caused allergic reactions among students. In addition to addressing these concerns, Bill Guerrero, vice president of the Division of Finance and Administration, said he wanted to ensure that the new dining program would be cheaper and more accessible to students.

Because the implementation of the dining program is in the

preliminary stages, the exact cost is not yet known and will not be known until the end of the year, Guerrero said. He said most of the funding for these changes came from what the college would have been paying Sodexo. For the 2017–18 fiscal year, the college paid Sodexo \$9,991,337, according to the college's 990 form. According to the 2019–20 fiscal year budget, the college budgeted \$1 million for the Department of Auxiliary Services for "small renovations, furniture replacements and equipment purchases to support new Dining initiatives." The budget also states that the revenue of dining is calculated over the course of the fiscal year as students select their meal plans.

Prunty said that since the announcement at the end of Spring 2019, the college has been building its new program, Ithaca College Dining Services, primarily focusing on establishing a staff and getting a main food provider. Prunty said that when building a dining program, basic requirements like uniforms, permits and safety standards — all things that were provided by Sodexo — need to be reestablished. One of the challenges was that the dining hall employees could not help with the transition until June 1 because they were still working under Sodexo. Prunty also said that when other colleges transition to self-operated dining, most do

it in about a year or two, not three months.

#### Cultivating Partnerships

Such a huge change required some assistance. In July, the college announced it would be partnering with Cornell University, whose self-operated dining program is nationally recognized. Dustin Cutler, executive director of Cornell Dining, reached out to the college after the new dining program was announced to offer guidance and share Cornell Dining's standards and menus to help make the transition smoother.

"I saw this as an opportunity to be a great neighbor and community partner," Cutler said via email.

Karen Brown, senior director of campus life, marketing and communications at Cornell University, said via email that the benefit of an in-housing dining program is the ability to make decisions locally rather than through a corporate office. She also said that moving to a self-operated service provides the opportunity to incorporate seasonal and local produce rather than following a menu set by a larger corporation.

#### New Food and Facilities

Under Sodexo, the college's main food provider was Sysco, a multinational food distribution company.

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From left, junior Maria White and sophomore Peyton Fleming eat in Towers Marketplace, formerly a dining hall.  
KRISTEN HARRISON/THE ITHACAN

## Sophomores stress over housing selection

BY ASHLEY STALNECKER  
ASSISTANT NEWS EDITOR

At 9 a.m. July 9 — an hour and a half after housing selection opened for Ithaca College's Class of 2022 — sophomore Amanda Trahant and her roommate were ready to select housing. Trahant said she hoped to get a room in Emerson Hall. But, even with the seemingly prime selection time, Emerson and the Terraces Residence Halls, primarily sophomore dormitories, were completely booked. They selected a room on the sixth floor of East Tower, which is primarily a freshman dorm.

By the second day of selection, the housing portal shut down completely due to limited housing options. Sophomores who did not get their desired housing were able to apply for the summer waitlist after being placed in dorms that are not typically for sophomores, like East Tower or the Circle

Apartments. The Office of Residential Life was unable to fulfill 32 of 92 summer waitlist requests by the time the waitlist closed July 31. Currently, seven sophomores have signed up for the fall waitlist; applications for the waitlist must be submitted by Aug. 30. All sophomores were ultimately provided with a room, but for some it was not their top picks.

Dean of Students Bonnie Prunty said housing fills up quickly for two main reasons. She said students have been notifying the college late that they will not be returning to the college after they have already selected housing. If a student does not inform the office, a spot in housing will be held for them. She also said the size of the class factors into the rate at which housing fills up. The sophomore class is the last class to select housing, so students are picking the last

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## Strategic plan outlines goals for college over next five years

BY SAM HAUT  
SENIOR WRITER

After approximately a year of planning, committee meetings and working groups, Ithaca College's five-year strategic plan — called *Imagining Ithaca* — was released to the campus community Aug. 16. The 36-page document outlines the college's plans for investing in college employees, building off-campus relations and increasing the endowment and revenue streams while lowering the cost of attendance.

The plan was released over the summer and was unanimously approved by the Ithaca College Board of Trustees at its June 2019 retreat. Over the course of two semesters, beginning in September 2018, the steering committee — led by co-chairs La Jerne Cornish, provost and senior vice president for



Members of the campus community voiced their thoughts to the strategic plan steering committee Sept. 27 at the kickoff event.  
FILE PHOTO/THE ITHACAN

academic affairs, and Jason Freitag, associate professor in the Department of History — held forums and meetings to find out what the campus community wanted to see

improved at the college.

The plan lists nine goals: becoming a model for student

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# FALL SPORTS PREVIEW

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# NATION & WORLD

## New Sri Lankan army commander denies war abuse accusations

On Aug. 26, Sri Lanka's newly appointed army chief denied accusations of rights abuses under his command during the country's civil war. Lt. Gen. Shavendra Silva, who became army commander last week, faces allegations of grave rights abuses during the war, which ended in 2009 after government forces defeated Tamil rebels who fought to create a separate state. The U.N. human rights chief, the United States and the European Union expressed concern last week about Silva's selection, saying it undermines the post-war justice and reconciliation process that the government has promised to undertake.

## Brazilian government sets constraints on Amazon fire aid

Brazil insisted Aug. 27 that it would set conditions for accepting any aid from the world's richest nations to help fight Amazon fires after President Jair Bolsonaro said France could not protect the Notre Dame Cathedral from fire devastation and should focus on its own problems. Bolsonaro has bristled over what he views as neocolonial interference by Europe on matters of sovereignty and economic development. The acrimony appears to be undercutting hopes of united action to protect the Amazon's rainforests.

## Migrants die when boat capsizes travelling in Mediterranean Sea

A boat carrying dozens of migrants bound for Europe capsized Aug. 26 in the Mediterranean Sea

off Libya. At least 40 people are missing and presumed drowned, U.N. officials said, as a support group reported it had gotten a call from someone on the vessel "crying and shouting" that passengers had died already. At least 65 migrants, mostly from Sudan, were rescued, said Ayoub Gassim, spokesman for Libya's coast guard, with a search halted for those still missing. The coast guard gave a lower estimate for those missing and feared drowned, saying it was 15 to 20 people.

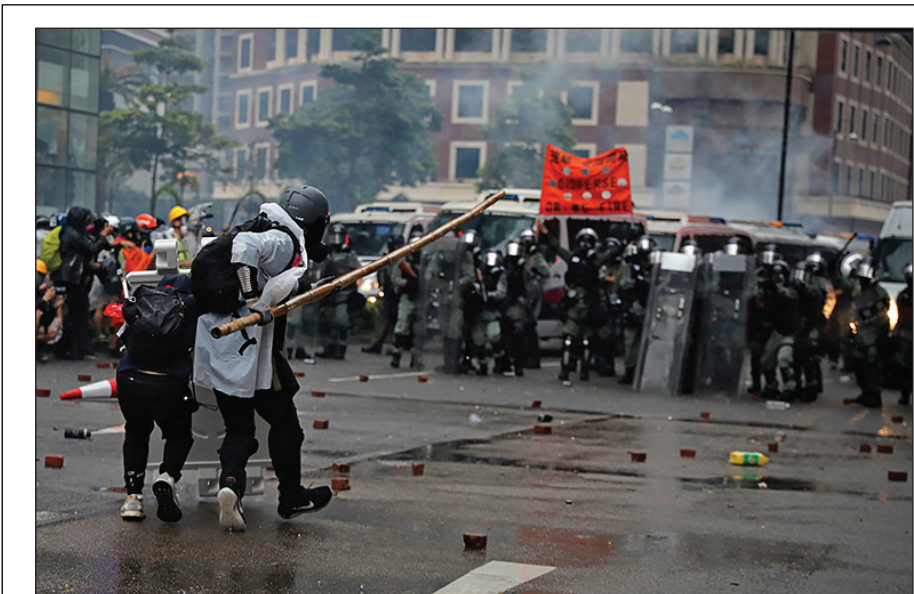
## Accusers testify against Epstein in court after his jailhouse suicide

One by one, 16 of Jeffrey Epstein's accusers stood before a judge and poured out their anger toward the financier Aug. 27, taking advantage of an extraordinary opportunity to be heard in court after his jailhouse suicide denied them the chance to testify against him at his sex-trafficking trial.

In addition to the women who spoke, statements from over a dozen others were read in court by their lawyers. The hearing was convened by U.S. District Judge Richard M. Berman, who presided over the case after federal prosecutors had Epstein arrested last month.

## Federal judge temporarily blocks Missouri eight-week abortion ban

A new Missouri ban on abortions at or after eight weeks of pregnancy will not take effect Aug. 28 after a federal judge temporarily blocked it from being implemented. U.S. District Judge Howard Sachs put a pause on the law as a legal challenge against it plays out in court, which could take months.



## Hong Kong protesters demand democracy

Protesters use bamboo sticks as they face off against riot police during a protest in Hong Kong on Aug. 25. Police combatted protesters in Hong Kong for a second consecutive day Sunday following a pro-democracy march in an outlying district.

KIN CHEUNG/ASSOCIATED PRESS

He added that Planned Parenthood and the American Civil Liberties Union of Missouri likely will succeed in their lawsuit alleging that the law is unconstitutional. Similar laws have been struckdown in North Dakota and Iowa. Missouri already has some of the nation's most restrictive abortion regulations.

## OxyContin manufacturer offers settlement to local governments

State attorneys general and lawyers representing local governments say they are in active

negotiations with Purdue Pharma, maker of the prescription painkiller OxyContin, as they attempt to reach a landmark settlement over the nation's opioid crisis.

The privately held company has offered to settle for \$10 billion to \$12 billion, according to an NBC News report Tuesday. Purdue has been cast by attorneys and addiction experts as a main villain in the crisis for producing a blockbuster drug while understating its addiction risk.

SOURCE: ASSOCIATED PRESS

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## New students welcomed at Convocation

New students gathered in the A&E Center on Aug. 27 for Convocation, where they were welcomed by President Shirley M. Collado.

## IC begins new orientation setup for Fall 2019

Freshmen and transfer students gathered the week before classes began for various activities as a part of Ithaca College's new orientation.

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# Foundation endows Park award

BY FALYN STEMPLER  
SENIOR WRITER

Ithaca College received its largest endowment donation — worth \$30 million — from the Park Foundation, which will lay the foundation for the Park Scholar program to be funded internally.

The Park Scholar program is a competitive full-ride scholarship to the Roy H. Park School of Communications. For the 2019–20 academic year, the Ithaca College Board of Trustees approved a 4.5% payout, which means the scholarship will only have approximately half of the yearly funds it previously got — at approximately \$1.35 million per class. The initial cut to funding will reduce the size of the cohort to approximately 7 or 8 students and will temporarily discontinue the rising junior program after the Class of 2022. The terms of the program will remain the same, providing a full-ride scholarship covering room, board and tuition, the college announced Aug. 14.

Having its own pool of resources, the college will no longer have to rely on the Park Foundation for yearly grants to fund the scholarship. The endowment money is a sum of donations from Roy and Dorothy Park’s estate and the Park Foundation.

The Park Foundation said via email that it made this decision because of “a commitment by the [Park] family and Foundation to secure the long-term health and stability of the Park Scholars program.”

The number of students per class receiving the scholarship has fluctuated throughout the years since its inception in 1996, said Nicole Koschmann, director of the Park Scholar program, but there are typically around 10



Nicole Koschmann, director of the Park Scholar program at Ithaca College, speaks to Park Scholars and finalists for the scholarship during the Park Scholar Finalist Weekend in Spring 2019.

COURTESY OF ANDREW HALLENBERG

students per class. Additionally, she said, approximately three to five students join the program as rising junior scholars. Now, the program will have 28–32 students per year, which means selecting approximately seven to eight students per class, Koschmann said.

Diane Gayeski, dean of the Park School, said the endowment will provide more financial stability to the program while not drastically changing the terms of the program.

“I think it’s such an exciting time, and even though it doesn’t markedly change what the program has always been, it’s just a moment to step back and say, ‘Yes, this is something that we really believe in,’” Gayeski said.

The Park Foundation has funded the program for over 20 years by annually granting the college between \$2.8 to \$3.3 million per academic year, Koschmann said. The yearly grant would entirely fund every scholar class’s four-year education, including stipends for

books and other expenses, she said.

In 2016, the Park Foundation gave four separate payments to the college for the Park Scholar program for Classes of 2017–20 totaling \$3.3 million, according to the Park Foundation’s 2016 Internal Revenue Service 990 forms. These are the most recent tax forms available.

The endowment will allow the college to internally fund the program by investing in the stock market with the money from the endowment under guidelines approved by the board of trustees. Koschmann said the endowment is being managed by the college’s investment consulting firm. Other programs in the Park School will not be affected by the terms of the endowment.

Gayeski said that the college intends to continue fundraising for the scholarship to ensure a stable flow of funding and that the endowment gives the college momentum for fundraising

from other donors. Gayeski and Koschmann both said the hope is to reinstate the rising junior program in the future, once there is more funding for it. Gayeski also said she hopes to add on to the program or create other similar scholarships.

Senior Tara Eng, a Park Scholar student, said that she is disappointed to see the rising junior program discontinue and the size of the cohorts shrink but that she thinks the endowment will benefit the program overall.

Senior Andrew Hallenberg similarly said that the short term results are upsetting but that he thinks it will overall help the longevity of the program.

“There was some negative side effects to this, but the fact that the program can be a little bit more stable and have the ability to look in the future is giving everyone a little more confidence,” he said.

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# Class of 2023 size increases

BY MADISON FERNANDEZ  
NEWS EDITOR

Ithaca College has enrolled approximately 50 more students to the Class of 2023 — which is more than anticipated at the end of the 2018–19 academic year — but the class still falls short of the enrollment target.

In May, President Shirley M. Collado announced that the budget for the 2019–20 fiscal year needed to be adjusted to account for the college not meeting its projected enrollment of between 1,619 to 1,630 incoming freshmen. At the time of Collado’s announcement, the college was expecting the incoming freshman class to be approximately 1,450 students. In a later email sent July 30 by Collado to the campus community welcoming students, faculty and staff to the start of the academic year, she stated that the Class of 2023 has approximately 1,500 students.

Laurie Koehler, vice president for marketing and enrollment strategy, said via email that the number of freshmen is not official until the fall census — which is usually released in early October — is complete but that she anticipates this number to be accurate.

Since the exact number of freshmen has not been determined, she said it is too early to assess the additional students’ impact on revenue.

Koehler said that the college worked to not only enroll additional students but minimize summer melt — students who commit to enroll at the college but decide not to attend. According to the Brookings Institution, 10 to 20% of high school seniors who commit to a college or university do not attend that fall. She said it is also too early to determine the college’s melt rate for the Class of 2023.

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# New orientation elicits mixed reactions

BY ALEX HARTZOG  
STAFF WRITER

The 2019 Ithaca College freshman orientation received mixed reviews after it was condensed into eight consecutive days of events held before classes began instead of occurring across multiple weekends throughout the summer.

For the first time, in Fall 2019, orientation spanned eight days and included all freshmen and international students, as opposed to previous years in which students came to the college throughout the summer for three-day orientations and a separate orientation was held for international students.

These changes were made so families would not have to make multiple trips to the college before the semester starts and to allow more departments, offices and organizations to be involved with orientation, as previously reported by *The Ithacan*.

One major difference between this year’s orientation and those in prior years is the volume of activities, both mandatory and optional, that were offered to the incoming freshmen and international students. The schedule involved events from 7 a.m. to midnight with many being mandatory. Short breaks were scheduled in between the events.

Kevin Perry, associate director for the Department of New Student and Transition Programs, said via email that the schedule was intentionally packed because NSTP intended for students to be engaged throughout the day.

“We have a lot of information to cover to make sure that our new students are set up for success here at Ithaca College, and we were very intentional in making these engaging sessions,” Perry said.

Many events were planned late into the evening, like an event called Midnight Madness,



Orientation leader and sophomore Mark Gregory, left, rallies the crowd at Club Glow, a dance party and orientation event for the Class of 2023 on Aug. 24 at the Dillingham Fountains.

KRISTEN HARRISON/THE ITHACAN

which was intended to run from 9 p.m. to midnight, and social programs hosted by every dorm cluster that ran from 9 to 11 p.m. Other events included a food truck event that ran from 9 p.m. to 1 a.m.; Club Glow, which took place from 10 p.m. to 1 a.m. at the Dillingham Fountains; and a silent disco from 8 to 11 p.m. in Muller Chapel.

Perry said NSTP purposely scheduled several evening programs per night so students could choose to attend the events they were interested in.

To divide the work of handling the incoming freshmen and international students, students held the positions of orientation mentors (OM), with each overseeing four orientation leaders (OL), who each oversaw approximately 15 students in small groups. Four OMs were assigned as orientation coordinators and arrived at the college earlier in the summer to plan the

events the student leaders would conduct. In total, there were 100 orientation student groups. Perry said there were approximately 100 staff members, 20 OMs and 77 OLs who participated in orientation.

Filling the students’ days with consecutive events led to many feeling fatigued, freshmanaleigh Clarke said.

“The worst part was having too many events,” Clarke said. “There was no time to breathe and realize you’re in college.”

Freshman Lauren Levesque said the busy schedule made her feel overwhelmed.

“I felt like I had no free time,” Levesque said. “I felt like I had to ditch orientation things to have free time.”

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# College hires two new VPs

BY ASHLEY STALNECKER  
ASSISTANT NEWS EDITOR



KOBLER



KOEHLER

Ithaca College President Shirley M. Collado announced the addition of two administrators over the summer months: Wendy Kobler as vice president for the Division of Institutional Advancement and Laurie Koehler as vice president for marketing and enrollment strategy.

Kobler joins the college Sept. 1. The duties of the position include engaging with the campus community and working to fundraise for the college. Kobler currently serves as vice president for institutional advancement at Kentucky State University.

Koehler began her position Aug. 7. In this role, Koehler is responsible for ensuring that the college’s marketing strategies are sustainable. Koehler most recently served as senior vice provost for enrollment and the student experience at The George Washington University in Washington, D.C.

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From DINING, Page 1

Now, the college is using Maines Paper and Food Service. Guerrero said he hopes Maines will cost less than Sysco because it is a provider for Cornell, so it is already delivering to Ithaca. Prunty said Maines is giving the college a price break while dining services determines how much and what kind of food it needs to purchase, so the exact price is not known yet.

One of the most notable changes is the absence of Towers Dining Hall; instead, the space is now Towers Marketplace, an area that mirrors the layout of IC Square in the Campus Center, including tables to eat and work at as well as a stage for programming and events. The marketplace will be open from 11 a.m. to 1 a.m. every day.

Prunty said that because Towers Dining Hall had the smallest capacity of the three dining halls and was often the least used — over half of dining hall swipes came from the Campus Center Dining Hall — it had the most potential to be changed. He said Terrace Dining Hall has such a large capacity — approximately 700 people — that he does not anticipate overcrowding now that there are only two dining halls.

On the first day of classes at around noon Aug. 28, the typical lunchtime for students, the Campus Center Dining Hall was filled to capacity. Spencer Harper, assistant manager of the dining hall, said the staff was not allowing students in until tables opened up. Approximately 30 students were waiting in line.

The marketplace features local providers Ithaca Coffee Company and Purity Ice Cream Company offerings, as well as South Hill Smash Grill, a burger station with options of beef, chicken and Impossible burgers. The marketplace also has Towers of Pizza, a pizza location run by Hicham Oulida, who owned Due Amici, a pizzeria formerly on The Commons. Prunty said the college bought its first pizza oven, which will allow members of both the campus community and the Ithaca community to order pies made on-site. A 16-inch cheese pie is \$15, a cheese slice is \$2, a 16-inch gourmet pie is \$19 and a gourmet slice is \$3.25. At Casablanca Pizzeria on The Commons, a 16-inch cheese pie is \$12.99, a gourmet pie of the same size is \$18.99, a regular cheese slice is approximately \$2.50 and a slice with toppings starts at approximately \$3.

The Campus Center Dining Hall now has a larger vegan section in the front of the dining hall, where the omelet and grill stations used to be; the grill has been relocated to the back area of the dining hall. Prunty said this change helps send a healthier message. In February, the Division of Finance and Administration sent a survey to campus community members asking their opinions of Dining Services and what improvements they would like to see. Guerrero said many respondents raised concerns about how healthy and clean the food was, as well as about accessibility to vegan and vegetarian options.

With these new facilities come new hours. Instead of having different hours on different days like last spring, the Campus Center Dining Hall will close for an hour between 3 and 4 p.m. every day and will close at 7:30 p.m. every day. However, Prunty said these hours are subject to change.

Terraces no longer has its late-night dining. Instead, Terraces will now close at 9 p.m. with an hour closure from 4 p.m. to 5 p.m. every day. Prunty said the decision to eliminate Late Night came because it was expensive to run and there

were mixed responses in terms of nutritional value. He said there will still be late-night dining options, such as in the Towers Marketplace.

Terraces now has an allergen-free food area that requires ID-access to enter for students who sign up with Dining Services, similar to the My Zone area in the Campus Center. Additionally, Terraces has an outdoor area where students can eat their dining hall meals outside around a firepit. Prunty said part of the main mission was to transform unused spaces into places where students can spend their free time.

Bringing in Local Retailers

When the Sodexo contract ended, its retail dining options, such as SubConnection, left with the company. While there has been a Gimme! Coffee at the Business School Cafe since 2017, there is now another location at the Park School Cafe and an Ithaca Coffee Company at the Library Cafe, both replacing the cafes that served Starbucks. Instead of Neapolitan in IC Square, the space is now an Ithaca Bakery. Freshens Cafe on the second floor of the Campus Center is now the Campus Center Cafe, a location that will serve Purity ice cream and Gimme! Coffee beverages.

“It would be easier to go with a national chain,” Prunty said. “That’s not who we want to be as a college. We want to partner with the local community.”

Chris Ganger, director of coffee at the Ithaca Coffee Company, said the company has worked with other colleges before, but he appreciates how streamlined and hands-on Ithaca College has been with the transition.

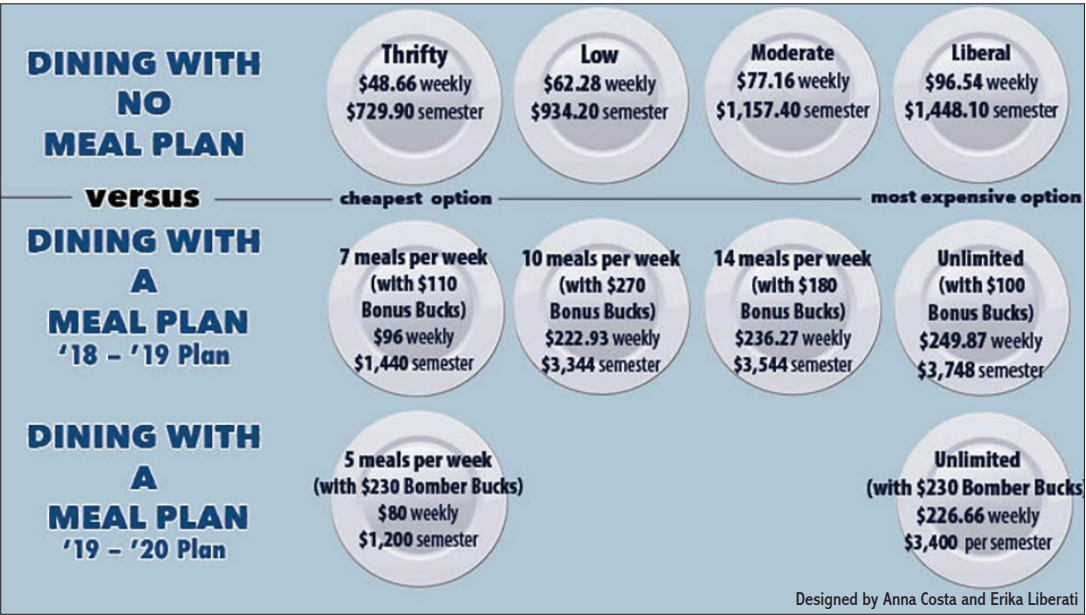
In the IC Square food court, there is now South Hill Grill, a grill station, and IC Fresh, a salad bar, both of which are similar offerings to the former facilities in the space. Additionally, Chick-n-Bap, a Korean-inspired street food restaurant with locations in Binghamton, New York, and New Paltz, New York, is in the food court; this is the only location that has staff from the company and not just college employees.

Sung Kim, founder of Chick-N-Bap, said that he is looking forward to bringing affordable — portions are around \$8 — and different options to campus and that the transition has been smooth.

“This location has been flawless in terms of partnership with Sodexo moving out,” Kim said. “I think these are probably the nicest people we’ve dealt with.”

Cost

IC Dining’s meal plans are cheaper than the college’s meal plans under Sodexo; the new unlimited plan is \$348 cheaper than the old unlimited plan per semester, and the new five-meal plan is cheaper than all of the old options. The new meal plan is divided into two tiers: a mandatory unlimited plan for students living in the on-campus dorms, which comes with 230 Bomber Bucks, or an optional 5-meals-per-week plan with 600 Bomber Bucks for students living in on-campus apartments or off campus. This change replaces the four tiers of the old meal plan that ranged from seven, 10, 14 and unlimited meals per week.



In accordance with the wider variety of retail dining locations, the new meal plans have more Bomber Bucks than last year; the previous meal plan had bonus-dollar increments ranging from 100 for the unlimited meal plan to 270 for the 10-meals-per-week plan.

Sophomore Michal Lullo said she was planning on getting the 10-meal plan due to her dietary restrictions. She said she has mixed feelings about being required to have the unlimited meal plan.

“I’m figuring out what I can eat in the dining halls and who I have to talk to to get those things that I need in the dining halls,” Lullo said.

Still, the meal plans are expensive. Every month, the United States Department of Agriculture releases food plans that provide guidelines for the cost of a nutritious diet at four different levels — thrifty, low-cost, moderate-cost and liberal. The average cost for one college-aged person with liberal food spending for two semesters is \$2,896.20; the unlimited meal plan for two semesters is \$6,800, which is over \$3,000 more than the USDA’s liberal food plan.

Approximately 3,260 students are signed up for the unlimited meal plan, and approximately 756 students are signed up for the five-meals-per-week plan, Prunty said. Prunty said he anticipates these numbers will change over the coming weeks.

Junior Kat McSherry said she is living in the Circle Apartments and decided to not sign up for a meal plan.

“I think in the past, I didn’t like any of the options that were in the dining hall, so I wasn’t sure how this new transition was going to go,” McSherry said.

Junior Mara Batt said she is living in Circles and has the five-meals-per-week plan.

“I thought it would make more sense,” Batt said. “It kind of seems like they’re leaving you on your own if you only have five swipes, but ... [the] 600 Bomber bucks is actually a lot of money to spend however you want around campus.”

There is also a price difference with the new on-campus retail dining locations. Ganger said the prices will be similar to those at the Ithaca Coffee Company’s downtown location. A medium coffee (12 ounces) at the downtown Ithaca Coffee Company is \$2.50; at the Ithaca Bakery location in the Campus Center, a medium coffee is set at \$2.45. The prices at the cafes that served Starbucks in previous years had a medium coffee priced at \$2.25. The local companies are small roasters compared to Starbucks, so their prices tend to be higher because they do not get big discounts from coffee farmers as larger companies do, Prunty said.

Campus Employees

When the college made the switch from Sodexo, it offered to keep Sodexo employees, approximately 120 individuals, as employees at the college. If these individuals chose to stay, they became employees of the college and received benefits from the college, many of which are comparable to the former Sodexo benefits, Prunty said. Food service worker Sue Whittier said that the process of rehiring the former Sodexo employees was smooth.

Prunty said less than 10 frontline staff and

managers have left.

“I thought we’d lose a lot more,” Prunty said. “It’s a big change. But people are, at least for now, staying.”

Jeff Scott, former director of Dining Services, is no longer at the college. Scott McWilliams, director of Dining Services and former operations manager, has been in the position since the college switched to in-house dining. McWilliams said three new managers have been hired, and other manager positions still need to be filled.

While some of the former Sodexo employees could not keep their same positions due to restructuring, Prunty said many were promoted. He also said he is not sure if the college will need to hire more employees as a result of these changes.

Senior cook Bernard Allen previously worked for Late Night and now works at IC Square. He said he has not noticed much of a difference because many of the cooks have remained the same, as has the food they are cooking. However, he said, they do have more flexibility with the recipes they use.

Students and dining employees will be working at the retail locations on campus, but the local vendors will provide some training in order to maintain a brand standard, Guerrero said.

Cook Stephen Swartz has worked at the college for about eight years, and he said that the transition has been smooth. He formerly worked in the dining halls but will now work at the Ithaca Bakery location in IC Square.

“I think it’s going to be good overall, now that everything is merged,” Swartz said. “Now that we work for the school, we’re more a part of things.”

Dining Services is the largest student employer at the college with over 500 students, McWilliams said. In previous years, there were opportunities for students to sign up to work for Dining Services during orientation; this is not the case this year.

Some students who worked in locations like SubConnection were unsure about their positions coming into the new semester. Prunty said that there are not currently any plans to fill the space that used to be SubConnection but that there will be similar menu options offered at the Ithaca Bakery and in Towers Marketplace further down the line.

McWilliams said students who used to work at SubConnection will be reallocated to different locations on campus.

Senior Jenna Lovejoy, former student manager at SubConnection, said that in the past, she would be asked to work around move-in day, which was Aug. 25 for returning students, but she had not been contacted about the status of her job. Although she did not reach out to her supervisors, she said, she is frustrated with the lack of communication. She said she would be open to taking a position at another retail dining location, but she is not sure if she would be able to enter at such a high position.

“The reality is, I don’t know what is happening with the Ithaca-affiliated food opportunities that are coming in,” Lovejoy said.

Prunty said the new dining program is a work in progress, but he has heard positive reactions.

“It’s going to take some time to get things right,” Prunty said. “It’s not going to be perfect. Problems are going to happen. It’s the nature of the business. But I think we’ve got a chance to do something pretty cool.”

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Members of the campus community celebrated the grand opening of the Ithaca Bakery location in IC Square on Aug. 28 with a ribbon-cutting ceremony. This is one of the new retail locations on campus. MOLLY BAILOT/THE ITHACAN



From HOUSING, Page 1

spaces available, which might not always include their top preferences.

According to numbers from Prunty, there were 1,499 students who selected housing as sophomores this year. This is an increase from the 1,447 sophomores from the Class of 2021 in 2018. In 2017, the Class of 2020 had 1,383 sophomores.

This year was the first that sophomores comprised the only class placed into the housing lottery. Laura Davis, assistant director for housing services and communications for Res Life, said the office implemented a new process for incoming freshmen to select housing; instead of the lottery system, freshmen filled out an application detailing their preferences and were assigned a room.

On the second day of housing selection, sophomore Christina Johns found the housing portal was closed, and she was asked in an email to select her preferences for housing in hopes that something would open up. The email, sent by Res Life, stated, “Earlier this morning the online process was closed. If you have not selected your on-campus housing, please submit your housing preferences by Monday, July 15, 2019, 11:59 p.m.”

Johns, who wanted to room in a single, did not have a housing assignment until she found out July 31 that she was placed into a random double in Boothroyd Hall.

Marsha Dawson, director of Res Life, said she hopes to get feedback from students through focus group discussions and other platforms in the coming months to find a solution specific to the college. Dawson started in her position the day before the selection process began.

“We know that we have work to do,” Dawson said. “We try to ensure students are having the most positive experience.”

Traditionally, the college is a residential college with guaranteed housing for all

students for all four years. For the first three years students attend the college, they are strongly encouraged to live on campus and can continue living on campus through their senior years if they choose to do so. Demand for upper-year housing has been increasing in recent years, Davis said. In 2019, 1,258 upperclassmen wanted on-campus housing compared to 1,205 in 2018 and 1,187 in 2017, Prunty said.

For Fall 2019, 405 students were approved to live in off-campus housing compared to 402 in Fall 2018. Seniors do not have to apply to live off campus.

Prunty said in an email that of the 2,790 sophomore, junior and senior students living on campus this year, 1,223 of them are living in apartment-style buildings while 1,567 are living in other buildings. Prunty said 106 sophomores live in the Circles this year. Out of these sophomores, 50 selected to live in the Circles prior to sophomore selection, and 39 students who selected on the first or second days of housing selection listed the Circles as a preference.

Sophomores who would normally room in the Terraces or Emerson were placed into the Circles, Clarke Hall and East Tower. A double room in the Circles costs \$10,952, and a single in the Circles is \$12,720 for the 2019–20 academic year compared to a standard double room in the quads or the Terraces, which costs \$8,770. A room in Emerson or a single room in the Terraces cost \$10,038.

With the cost differences, Davis said she is weighing individual complaints but has not offered price discounts to students. She said the Circles could be cheaper if the student chooses to cook food rather than have a meal plan.

Sophomore Julia Kirchgessner said she was working with Student Academic Services to be placed into a single room in the Terraces but could only find space in a double room in the Circles. While she was originally concerned with the costs, she said she dropped her meal plan and hopes she could save money



Sophomore Laura Koch moves into Clarke Hall on Aug. 25. Sophomores typically choose housing in the Terraces or Emerson Hall, but the housing selection filled up quickly.

ABBEY LONDON/THE ITHACAN

by buying groceries.

Kirchgessner said she was originally on a waitlist but took herself off because she will be studying abroad in Spring 2020 and she could make it through one semester in a less-desired housing option.

Students said that even though Res Life responded promptly to calls and emails from students and parents regarding the housing situation, some felt as though the office lacked transparency throughout the process.

At 11:30 a.m. on the first day of housing selection, sophomore Emily Dahrsnin said that she was shocked to find all the double rooms in housing designated for sophomores were booked. She would have been able to live in sophomore

housing, but in a single, meaning she would have to forgo living with her chosen roommate. The pair settled for Clarke Hall to live together. Clarke Hall is primarily freshman housing and is located in proximity to other freshman dormitories.

After putting their names on the waitlist, Dahrsnin said that she and her roommate were offered a room in the Terraces, but the housing process was never fully explained to her.

“I personally don’t really know what happened,” Dahrsnin said. “I don’t really understand the situation. So that’s something that I feel like was never communicated.”

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From PLAN, Page 1

success; becoming a year-round campus; supporting interdisciplinary studies; cultivating cross-sector and community partnerships; becoming a model for colleges committed to diversity, equity and inclusion; maintaining a sustainable size of programs; becoming an employer of choice; advancing the Campus Master Plan; and increasing alumni engagement. The plan lists objectives alongside every goal, but the specific steps that will be taken to complete these goals will be provided in the next part of the process — called Ithaca Forever — in Fall 2019.

David Perlmutter, professor and dean of the College of Media and Communication at Texas Tech University and author of the “Admin 101” column in the Chronicle of Higher Education, said strategic plans vary among colleges and universities.

“Some strategic plans are very detailed, and they will say, ‘We want to raise a billion dollars in our next campaign,’ and that’s a goal that everybody works towards, and there’s a tremendous focus on that,” he said. “Sometimes, the goals of strategic planning are general and it’s hard to attach a metric to it, like saying, ‘We want to enrich the undergraduate experience.’ It’s hard to put a weight to that saying, ‘Okay, we’ve done it.’”

Members of the campus community participated in the process, including taking part in the process design team, steering committee and work groups. In total, 47 staff members, 27 faculty members and 11 students, along with two members of the board of trustees and one college affiliate, worked on the project.

Paula Ioanide, associate professor in the Center for the Study of Culture, Race and Ethnicity, was a co-chair for the interconnections among disciplines, schools and partners working group. She said she thought the strategic planning process was successful at finding out what the community wants. She said the working groups had enough time to get all the information they needed from the community and that spending any more time would have been unnecessary.

“I definitely think we reached saturation



Jason Freitag, associate professor in the Department of History and co-chair of the steering committee, listens to feedback at the strategic plan listening session April 1.

FILE PHOTO/THE ITHACAN

because as we kept engaging different entities, organizations, people within the IC community and alums, we kept seeing the same issues being raised,” Ioanide said.

Perlmutter said colleges often take approximately a full academic year to craft a strategic plan from conception to the final release of the plan. Freitag said the three semesters the college took to come up with the plan motivated the committee to move quickly in accordance with the changing landscape of higher education.

“That timeframe was fast, and it was tight, and it was intense, but we’re very happy with what we got done and think we did a good job,” Freitag said.

Freitag said some parts of the plan are not meant to be done in five years, but many parts of the plan can be finished in that time frame. He said that the planning process for buildings in the Master Plan may take five years, but actual construction might take longer.

“The planning occurs in the first five years — getting ready for stuff that will occur later,” Freitag said. “There are things that we can’t accomplish in five years, but that doesn’t mean the framework and the foundation can’t be

done in that first period for things with longer-term benefits for the campus.”

According to the strategic plan, an implementation design team met over the summer to discuss who is responsible for implementation, what the timeline will be and how developments will be communicated to the campus community. These implementation ideas, including the cost of implementation and methods of accountability, will be presented to the board of trustees at its October 2019 meeting. Freitag and Cornish are both on the implementation team, as well as Bill Guerrero, vice president of the Division of Finance and Administration; Hayley Harris, vice president of the Office of Human and Organizational Development and Planning; Melissa Daly, chief of staff in the Office of the President; Dean of Students Bonnie Prunty; and Wendy Hankle, senior executive communications specialist.

News Editor Madison Fernandez contributed reporting.

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# College takes asbestos out

BY MEAGHAN MCELROY  
SENIOR WRITER

As part of the ongoing renovations to buildings on Ithaca College’s campus over the summer, asbestos was removed from Friends Hall and Job Hall.

The asbestos was removed during mechanical upgrades to Job Hall and Mueller Faculty Center and during updates to the boiler pipes in the ceiling of the corridor that runs between Job Hall and Friends Hall, said Tim Ryan, assistant director for environmental health and safety. The buildings were closed during the entirety of the construction projects. The asbestos was not a threat to human health and was well-monitored until its removal by certified contractors, Ryan said.

“When a material like asbestos is removed, it’s done under very strict regulations,” Ryan said.

The construction on campus was done during the summer term so that academic year classes would not be impacted, according to a July 16 announcement made by Tim Carey, associate vice president for the Office of Facilities.

The college hired LCP Group, Inc., a general contractor company, to remove the asbestos. Ryan said that the department knew the removal would cost extra ahead of time and factored the cost into the total cost of the project. Gary Lasky, who oversees asbestos projects at LCP Group, Inc., said the removal process went well and that everything was done to regulation.

Lasky said asbestos is only harmful if its fibers are inhaled — which is why it is often left in buildings if it is not a direct threat to health or if it is not going to be affected by renovations.

The majority of the campus construction projects have been completed, and the rest will be completed over winter break, Carey said via email.

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# Students serve over summer

BY ALYSHIA KORBA  
STAFF WRITER

A young bear stood at a safe distance in the forests of Montana, watching as Ithaca College junior Charlie Winston hauled his chainsaw toward his target tree. Winston may have not known how to operate a chainsaw before this summer, but that did not stop him from joining Montana Conservation Corps.

Like Winston, many Ithaca College students spent their summer breaks giving back to their communities while volunteering across the globe. Approximately 20.8 percent of New York college students participated in volunteer work in 2015, ranking the state 49th in the country, according to the Corporation of National Community Service.

On the other side of the world, junior Emily Rosato spent her summer in south China teaching English to six- and seven-year-old children. She said that she wanted an inexpensive way to travel over the summer when she discovered Gotoco, a company that aims to improve understanding between China and other regions in the world. Accepted applicants to the program receive funding for housing, food and training.

Rosato said it was a good opportunity to explore another country while helping students learn more about other cultures. She worked with other volunteers from around the world as she taught physical education, art and cooking in English.

“I’ve never met so many people from so many different places,” Rosato said. “I think it definitely opens your eyes to different issues that are going on around the world.”

Sophomore Brynn Smith gave back to her hometown for the fifth summer by volunteering as a camp counselor for underprivileged and at-risk youth at Camp Discovery in New Hope, Pennsylvania. As a camp counselor, she was partnered with one youth deemed at-risk or less likely to transition successfully into adulthood, whom she mentors for the week.

“You feel like you’re really bonding with kids and making a difference,” Smith said. “Sometimes the counselors get more out of the camp than the kids because through volunteering you tend to meet a lot more people who are in different situations than you are.”

The camp gives Smith experience she will use in the workforce since she said she hopes to be a teacher. She said volunteering gives her the opportunity to try new things while she pursues her degree.

Don Austin, assistant director of community service for the Office of Student Engagement and coordinator for Service Saturdays and the Alternative Spring Break programs, said volunteering allows students to explore their passions and possible career paths while contributing to their community.

With the approaching 2020 presidential election, sophomore Vedant Akhauri hopped on the campaign trail volunteering for the Bernie Sanders presidential campaign. Akhauri spent the summer polling people through phone calls and texts for the Sanders campaign and joined three volunteer teams. On the texting team, he recruited support from voters, and on the event support team, he helped people plan campaign events such as debate watch parties. He also joined the friend-to-friend team where he taught people how to recruit volunteers.

Akhauri said he wanted to get involved with the Sanders campaign because it gave him the opportunity to make an impact in the election.

For Rosato, she said that she found a sense of belonging in an unfamiliar country with children who did not speak her language. Despite their differences, Rosato said she developed a connection with her students.

“I didn’t really know what I was getting myself into, but it was a really great experience,” Rosato said. “The kids were so much fun, and they were so curious about all the foreigners. I really miss them a lot.”

Austin said volunteer work is especially important for college students as they try to find their place in the world.

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# Ad Lab relishes its first place win

BY MAIA NOAH  
STAFF WRITER

Ithaca College’s Ad Lab was named the 2019 winner of the American Advertising Federation’s (AAF) National Student Advertising Competition (NSAC) for its campaign about hot dogs.

Standing out among over 2,000 advertising and marketing college students, its campaign for Wienerschnitzel took home first place in June, with Liberty University coming in second and Syracuse University in third. This year, the competition tasked teams with creating a campaign for Wiener-schnitzel — the world’s largest hot dog chain — focused on dismantling negative perceptions surrounding hot dogs; these include the notions that hot dogs are made from leftover remnants of animals after they are slaughtered and that hot dogs are unhealthy. The team’s campaign, titled “Defend the Dog,” put the hot dog on trial and thus found the hot dog innocent of charges and guilty of being delicious. It has been 26 years since the college last won this competition.

Carlie McClinsey ’19, co-chair of the Ad Lab team, said that coming in first place and having the team’s work pay off were some of the greatest moments of her college career.

Amanda StClair ’19, director of the brand activation team of the Ad Lab team, said that hearing the college’s name called at nationals gave her an overwhelming feeling of success. She said that hearing



Carlie McClinsey ’19 holds the first place award for Ad Lab’s Wienerschnitzel campaign at the American Advertising Federation’s National Student Advertising Competition on June 7 in Florida. COURTESY OF SCOTT VAN OSDOL

the college declared the winner at districts was the moment she realized that its campaign could ultimately win it all.

“When we won nationals, everyone was sobbing,” StClair said.

Beginning Fall 2018, some of the college’s students joined AAF’s NSAC by enrolling in a one-credit mini-course for integrated marketing communications students taught by Lisa Farman, assistant professor in the Department of Strategic Communication. Farman said this course was designed as a platform to conduct research prior to the college’s Ad Lab capstone course, which was offered in the spring semester.

Farman said this was the first year a course has been offered as a preliminary option for Ad Lab. She said she thinks this course was beneficial in creating a comprehensive campaign that impressed Wienerschnitzel.

Over 20 students took part in the Ad Lab course. Scott Hamula, associate professor and chair of the Department of Strategic Communication, said that, initially, his Ad Lab students decided not to focus on the misconceptions because they thought the misconceptions were going to be difficult to incorporate into the campaign. However, Hamula said they realized that focusing on the

misconceptions would help them achieve the client’s goal.

Hamula said that by the time the Ad Lab students decided on their final idea, the team only had two to three weeks left before the deadline.

“It was so last minute and just serendipitous,” he said.

McClinsey said the team of students worked arduously to create a campaign that impressed the client.

“I can say for every member of the team, you put your blood, sweat and tears into an entire semester,” McClinsey said.

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# Honors program immerses scholars in nature

BY HANNAH FITZPATRICK  
STAFF WRITER

During her week at Bryce Canyon National Park in Bryce, Utah, junior Jessica Tornai backpacked through the park’s Rainbow Point Trailhead, hiked to Riggs Spring and camped under the stars. However, Tornai said, her favorite part of the trip was being able to share these once-in-a-lifetime moments with people she had only met the first day of the trip.

“Going out, kind of on my own, to go seek new knowledge and realizing that even though I felt alone in the beginning, there were so many other people there that had the same kind of drive and enjoyment of this wondrous park and natural lands — it was just incredible,” Tornai said.

Tornai was one of two honors students from the college selected to take part in the Partner in the Parks program, a national outdoor experiential learning program primarily coordinated by the National Collegiate Honors Council. This program allows college honor students and faculty from across the country to visit national parks while collaborating with top historians, geologists, anthropologists and other professionals to learn more about the area they visit.

The other student selected for the Partner in the Parks program was junior Jackie Marusiak, podcast editor for *The Ithacan*.

Tornai said her love of adventure and desire to get more in touch with nature inspired her to take a leap of faith and fill out the application.

“I really wanted to try something new, and the honors program has so many good opportunities, and I always try to take advantage of them,” Tornai said. “I’ve always wanted to go backpacking and visit more national parks, so this seemed like the perfect opportunity for me to do that.”

Though the program has been around since 2007 and had their first trip in 2015. Alicia Swords, associate professor in the Department



Junior Jessica Tornai branches out during her summer trip to Bryce Canyon National Park in Utah with Partners in the Parks, an experiential learning program for honors students. COURTESY OF JESSICA TORNAI

of Sociology and honors program director, first heard about Partner in the Parks when she became director of the college’s honors program in 2017. She said her background in environmental studies and her appreciation for hands-on learning instantly caused her to want to get more involved with the program. Swords also said Partners in the Parks is a great stepping stone for students to participate in sustainability efforts.

“With programs like Partners in the Parks, students can allow themselves to come to the same conclusion — that humans aren’t separate, but rather part of nature, through such a unique and fun experience,” Swords said.

The selection process for this program is competitive — only one to four students from the college are chosen to take part in the program each year due to funding limits within the college’s honors program. The cost of the program varies by the trip, but usually falls in the range of \$500–\$2,000. The college pays for part of the program, while the student selected pays

for the other part.

Though certain trips, like Tornai’s trip to Bryce Canyon, are consistent for every year of the program, the number and locations of trips sponsored by the National Collegiate Honors Council changes each year. Senior Olivia Forker chose to travel to Glacier National Park in West Glacier, Montana, when she was selected as a Partners in the Parks scholar in 2018. She said her favorite part about her experience was camping near some of the wildlife in the park.

“Our campground in the back country did not have running water or toilets, and you had to hang up your food in packs overnight because otherwise, bears would come and eat it,” Forker said. “It was certainly intimidating and a little scary, but it was also kind of the most incredible part of the trip because I wasn’t observing these animals or the nature around me; I was in it.”

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# COLLEGE

## Professor co-authors publication for the journal ‘New Phytologist’

Peter Melcher, professor in the Department of Biology at Ithaca College, coauthored a study to understand the relationship among the signaling mechanisms that are involved in regulating stomata in plants.

The study appeared in the New Phytologist journal July 31 and was the result of several years of collaboration by authors including a Ph.D. student and Cornell University faculty members.

## Review Board to hold workshops to lessen potential risks in research

The Institutional Review Board (IRB) will be holding two training workshops from noon to 1 p.m. Sept. 3 and 19 this semester for faculty, staff and students.

The IRB is a standing committee at the college responsible for reviewing all research and teaching activities conducted by college faculty, staff and students that involve the use of human participants to ensure that these activities minimize the potential for risk.

The Sept. 3 workshop will be geared toward faculty and staff while the Sept. 19 workshop will be geared toward students, but all are welcome to attend both workshops.

The workshops will include lessons on inclusionary language and adverse events for faculty, staff and students.

## Faculty member publishes essay in Journal of Advertising Education

Lisa Farman, assistant professor in the Department of Strategic Communication, published an invited essay, “Media planning in the foreground: Comparing the Washington Media Scholars case competition and the NSAC,” in the Journal of Advertising Education.

The Journal of Advertising Education is dedicated to research and commentary on instruction, curriculum and leadership in advertising education and is the official

journal of the Advertising Division of the Association for Education in Journalism and Mass Communication.

## Swim team offers fall swim lessons for children all ages and skill levels

The women’s swimming and diving team is offering its annual fall swim lessons for children to work on refining strokes, turns, starts and diving.

A member of the team will teach participants in either private lessons or in groups of two. The sessions are from 10 to 10:30 a.m., 10:45 to 11:15 a.m. and 11:30 a.m. to noon Sept. 7, 14, 21 and 28 and Oct. 12. Families can register by going to the Ithaca College Recreation web page.

## Psychology professor receives award to recognize his career contributions

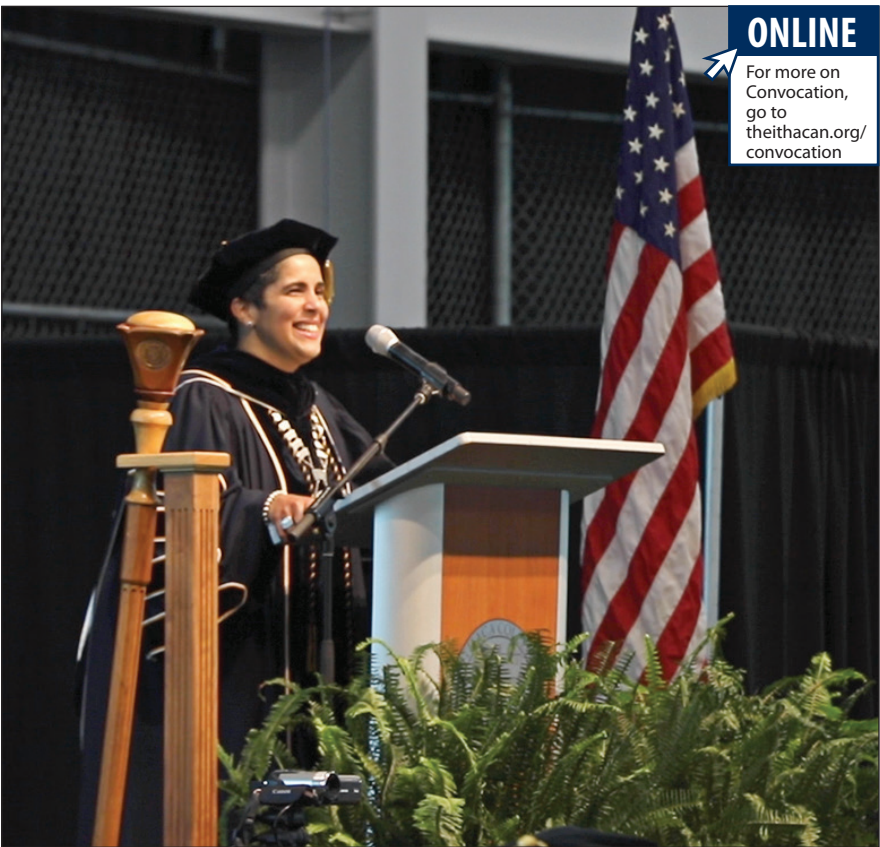
Bernard Beins, professor in the Department of Psychology, received a presidential citation from the Society for the Teaching of Psychology (STP) in recognition of significant career contributions to STP, American Psychological Association (APA), and the Teaching of Psychology.

STP President Richard Miller presented the award at the annual convention of the American Psychological Association in Chicago. The society is a division of APA, of which Beins is a fellow.

Beins also took part in a symposium on the history of psychology, “Hidden, Overshadowed, and Forgotten — Little-Known Legacies of 20th Century Psychology.” His presentation was titled “Early psychological perspectives on African Americans: Hidden assumptions and conclusions.”

## School of Music announces artists visiting Ithaca College this year

The School of Music announced its concert series including several acclaimed artists. The Manley and Doriseve Thaler Vocal Concert Series performance, featuring mezzo-soprano Stephanie Blythe with pianist Craig Terry is at 8:15 p.m. Sept. 17 in Ford Hall. Blythe will give a master class at 7 p.m. Sept. 18 in the Hockett Family Recital Hall.



**ONLINE**  
For more on Convocation, go to [theithacan.org/convocation](http://theithacan.org/convocation)

## Ithaca College celebrates Convocation 2019

Ithaca College President Shirley M. Collado spoke Aug. 27 at Convocation, the ceremony that marked the official start of the 2019–20 academic year and welcomed the Class of 2023 and transfer students to the college.  
ADRIANA DARCY/THE ITHACAN

The season will continue with a guest recital from violinist Benjamin Baker. Baker will perform at 8:15 p.m. Oct. 29 with pianist Daniel Lehardt in Ford Hall. Baker will offer a master class at 7 p.m. Oct. 30 in the Hockett Family Recital Hall.

The Louis K. Thaler Concert Violinist Series will return at 7 p.m. Nov. 19 in the Hockett Family Recital Hall with Isabelle Faust on violin and Alexander Melnikov on piano. Faust will perform an all-Beethoven program in honor of the anniversary of the composer’s birth.

The winning jazz composition in the David P. ’60 and Susan Wohlhueter Composition

Contest will be performed at 8:15 p.m. Dec. 7 in Ford Hall by guest saxophonist Braxton Cook and the Ithaca College Jazz Ensemble under the direction of Mike Titlebaum.

Artists in the spring semester will include Nikolai Lugansky and Cuarteto Latinoamericano.

The Shirley and Chas Hockett Chamber Music Concert Series will take place at 4 p.m. March 1 in Ford Hall with The King’s Singers.

The King’s Singers will also hold a master class after the concert at 7 p.m. in the Hockett Family Recital Hall. The vocal sextet recently celebrated the 50th anniversary of its founding from King’s College, Cambridge.

# Public Safety Incident Log

## SELECTED ENTRIES FROM AUGUST 5 TO AUGUST 18

### AUGUST 5

#### SUSPICIOUS PERSON

LOCATION: Roy H. Park School of Communications

SUMMARY: The caller reported finding a person who appeared to be asleep. The officer determined the person was on a break, taking a nap. Patrol Officer Bryan Verzosa responded and provided assistance.

### AUGUST 6

#### SUSPICIOUS CIRCUMSTANCE

LOCATION: Not reported

SUMMARY: The caller reported a person posted an alarming message on social media. Patrol Officer Sophia Dimkos responded, and the investigation is pending.

#### ACCIDENTAL PROPERTY DAMAGE

LOCATION: Center for Natural Sciences

SUMMARY: The officer reported unknown person damaged exit sign while moving equipment. Patrol Officer Kevin McClain responded.

### AUGUST 7

#### ACCIDENTAL PROPERTY DAMAGE

LOCATION: Garden Apartment 29

SUMMARY: Environmental Health and Safety reported water

leaking from the ceiling. Patrol Officer Lance Clark responded to the incident and determined a water pipe has a pin hole that was causing the leak.

### AUGUST 8

#### CHANGE IN CASE STATUS

LOCATION: Not reported

SUMMARY: The officer reported a Law Enforcement Agency interviewed person regarding alarming message posted on social media. The circumstance, originally reported Aug. 6, does not need any further action. Sergeant Don Lyke reported that the case is closed.

### AUGUST 9

#### TRESPASS NO DEGREE

LOCATION: The Peggy Ryan Williams Center

SUMMARY: The officer reported person used another person’s ID to access a room. One person was judicially referred for improper use of ID and trespassing by Security Officer Joe Oppen.

### AUGUST 12

#### SUSPICIOUS CIRCUMSTANCE

LOCATION: Towers Marketplace

SUMMARY: The caller reported finding a substance that was suspected to be drugs. The item was turned over to the Office of Public Safety and Emergency Management. Patrol

Officer Bryan Verzosa responded to the report.

#### MEDICAL ASSISTANCE/INJURY-RELATED

LOCATION: Tower Marketplace

SUMMARY: An officer reported injuring their shoulder while performing work duties and was transported to the hospital. Patrol Officer Sophia Dimkos responded.

### AUGUST 13

#### FIRE ALARM ACCIDENTAL

LOCATION: Hood Hall

SUMMARY: Simplex reported fire alarm. Patrol Officer Lance Clark reported the alarm activation was accidental due to custodial staff working in the area.

#### MOTOR VEHICLE ACCIDENT/PROPERTY DAMAGE

LOCATION: Academic Quad

SUMMARY: Person reported a car accident that occurred Aug. 12. Security Officer Joe Oppen responded.

### AUGUST 14

#### SUSPICIOUS CIRCUMSTANCE

LOCATION: Circle Apartment Building 110

SUMMARY: The caller reported an unknown person inside the residence. Sergeant Don Lyke responded and reported the caller had not

been notified of a new resident moving in.

### AUGUST 16

#### ACCIDENTAL PROPERTY DAMAGE

LOCATION: The Athletic and Events Center

SUMMARY: Caller reported water in a light fixture causing a smell of smoke and the IFD was notified. Patrol Officer Kevin McClain and the IFD determined the light ballast had burned slightly.

#### ASSIST ITHACA POLICE DEPARTMENT

LOCATION: Office of Public Safety and Emergency Management

SUMMARY: Ithaca City Police Department requested information, which Master Patrol Officer Jon Elmore provided for an active case.

#### FIRE ALARM ACCIDENTAL

LOCATION: Clarke Hall

SUMMARY: Simplex reported a fire alarm. Environmental Health and Safety Fire Protection Specialist Enoch Perkins reported alarm activation due to panel malfunction.

### AUGUST 17

#### FIRE ACTUAL FIRE/FLAME/IGNITION

LOCATION: Circle Apartment

Building 131

SUMMARY: Simplex reported a fire alarm. The officer reported the alarm activation was due to smoke from a malfunctioning air conditioner. Master Patrol Officer Jon Elmore responded.

#### FIRE ALARM ACCIDENTAL

LOCATION: Circle Apartment Building 190

SUMMARY: Simplex reported fire alarm. Patrol Officer Bryan Verzosa responded and reported the alarm activation was caused by steam from a shower.

### AUGUST 18

#### UNLAWFUL POSSESSION OF MARIJUANA

LOCATION: U-Lot

SUMMARY: The officer reported a marijuana odor and issued an appearance ticket for unlawful possession of marijuana to the Town of Ithaca Court. Master Patrol Officer John Tagliavento responded.

Full public safety log available online at [www.theithacan.org](http://www.theithacan.org).

#### KEY

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



# STUDY ABROAD INFO SESSIONS

## Explore your options!



### Ithaca College London Center

Wed. 9/4, 6:00-7:00, Textor 101  
Thurs. 9/5, 12:10-1:00, Textor 101  
Mon. 9/9, 7:00-8:00; Textor 101

### Australia & New Zealand

Textor 103 for both sessions  
U. of Sydney: Tues., 9/3, 5:00-6:00  
U. of Auckland: Wed. 9/4, 5:00-6:00

### Study Abroad Basics

Wed. 9/4, 7:00-8:00, Textor 101  
Mon. 9/9, 6:00-7:00, Textor 101  
Tues. 9/10, 12:10-1:00, Textor 101

### Around the World in 60 Minutes

Study Abroad Panel & Ice Cream Social  
Thurs. 9/19, 6:00-7:00, Klingenstein

## STUDY ABROAD FAIR – All the info you need, all in one place!

Thurs. 9/26, 11:00-2:00, North Foyer & Emerson Suites

- Raffle prizes including campus store gift cards and travel gear;
- London Center, ICNYC, and LA programs;
- Ithaca College-sponsored summer, winter & exchange options;
- IC's study abroad partners, offering affiliated & non-affiliated program options;
- Study abroad planning assistance and advising;
- International refreshments.

### Study Abroad Fair – Affiliated Program Partner Sessions (all in Textor 103)

#### Wednesday, September 25<sup>th</sup>

- SIT Study Abroad: 5:00-5:50 pm
- CEA Study Abroad: 6:00-6:50 pm
- Spanish Studies Abroad: 7:00-7:50 pm

#### Thursday, September 26<sup>th</sup>

- CISabroad: 5:00-5:50 pm
- IES Abroad: 6:00-6:50 pm

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\*\*The account must have direct deposit at least once per month OR at least 12 debit card transactions per month OR the primary account owner is under 25 years old; otherwise, a monthly fee of \$3 will be assessed. Debit card transactions must post and settle to the account to be included in the monthly count. ATM transactions are not included. Minimum opening deposit \$25. Membership eligibility requirements apply. Federally insured by NCUA.





JACOBA TAYLOR /THE ITHACAN

## EDITORIALS

### New in-house dining plan supports local businesses

In March 2019, Ithaca College announced its decision not to renew its contract with Sodexo, a food service management company. The change was based on a full review of its dining programs, which included a campus-wide survey, an open forum and collaboration with nationally recognized food consultants. In June, the college took dining operations and services into its own hands. The new in-house plan will introduce a number of cost-saving benefits, including simplified meal plan options. The college-operated service will also bring local food providers to its dining areas, including Ithaca Bakery and Purity Ice Cream.

The introduction of local food providers to college dining services is an exciting step for the college community — and a smart move for the college. Its relationship with Sodexo prompted frequent complaints, primarily relating to accessibility for those with food restrictions. The college's new plan not only addresses these concerns but innovates dining services through the promotion and appreciation of local businesses.

The larger Ithaca community strongly

revolves around the idea of local living. The city often encourages “buy local” and “shop local” initiatives that, through the new dining plan, the college now shows support for. Its five-year strategic plan, released July 2019, voices commitment to building community partnerships that will help optimize resources, model stewardship of shared resources and serve the public good. The new dining plan does just that.

The college has yet to identify the exact cost difference between its former contract with Sodexo and the new dining plan; what is certain, however, is that the new program will be cheaper for students who opt into the meal plan. This lowered cost is the first step in helping to alleviate food insecurity among students.

The expanded presence of local food providers at the college will help alleviate a sense of isolation that often plagues students “up on the hill,” encouraging familiarity among students, Ithaca residents and businesses. The change will promote the local economy and help students better understand and appreciate the culture of the larger community itself.

### Lack of gun control worries students across the country

As fall approaches, schools across the country open their doors for students buzzing about their summer vacations and forgotten summer reading assignments. Department stores advertise “Back to School!” promotions, and freshman college students prepare for their next big adventures. However, students aren’t just riddled with the typical “back to school” anxiety — but the fear that a new school year will also bring a new string of mass shootings.

It’s been a year and a half since a gunman killed 17 people at Marjory Stoneman Douglas High School in Parkland, Florida, the deadliest high school shooting in U.S. history. In the wake of the Parkland shooting, survivors organized “March for Our Lives,” a nationwide call to end mass shootings. Youth activists continue to change the conversation around gun control — but have yet to see an end to gun violence in schools, including college campuses.

There were 190 college campus shooting incidents between Fall 2001 and Spring 2016 in which 437 people were shot, according to a 2016 study. Earlier this year, a gunman opened fire on the University of North Carolina Charlotte campus, reminding college students nationwide that the threat of mass shootings on campus is only too real.

When school let out in the spring, students were temporarily released from active shooter drills in the classroom — but summer brought no relief from gun-related tragedies. On Aug. 3, a gunman opened fire in a Walmart in El Paso, Texas, killing 22 people. The next day, a mass shooting was carried out in Dayton, Ohio. Now, as students head back to school, school shooting-related worries return. Since the August shootings, the sale of bulletproof backpacks has increased over 200%.

After the tragedies, President Donald Trump issued statements that claimed mass shootings are a mental health issue rather than a result of inadequate gun control. This attitude, echoed by many right-wing lawmakers, is extremely dangerous and promotes misconceptions about the realities of gun violence.

On Aug. 21, a group of students from Parkland proposed gun control measures that aim to halve the rate of gun deaths in the coming decade. Their efforts to hold politicians accountable and end the deadly epidemic of gun violence are praiseworthy — and we should take note. As college students, and as human beings, we have a responsibility to call for an end to anger-driven violence against those in our own communities and nationwide.

### Letter to the Editor

Be heard in print or on the Web.



Send a letter to the editor to [ithacan@ithaca.edu](mailto:ithacan@ithaca.edu).

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

### Guest Commentary

Individuals or groups interested in submitting a guest commentary can send their writings to [ithacan@ithaca.edu](mailto:ithacan@ithaca.edu) or to the opinion editor at [bcook4@ithaca.edu](mailto:bcook4@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.



NATIONAL RECAP

# States file lawsuit over POTUS regulation

**BRONTË COOK**  
OPINION EDITOR

A coalition of 19 states and Washington, D.C., announced a lawsuit Aug. 23 against President Donald Trump’s administration’s proposed regulation that would allow the administration to detain children with traveling migrant families indefinitely. This proposal would replace an existing agreement that puts court-imposed time limits on the detention of migrant children.

The existing agreement is known as the Flores settlement, and establishes a set of minimum standards for holding facilities that contain migrant families with children.

It requires the government to release children to their parents without unnecessary delay and enforces a 20-day holding period.

Imposed in 1997, the settlement also ensures that a specified level of care be provided for children in holding. In 2015, the rule was expanded to apply not just to unaccompanied children but also to those traveling with parents.

Trump issued statements claiming current detention limits offer a “catch-and-release” option for immigrants, and administration officials say it is a “pull” factor for migrants who show up at the border expecting temporary asylum while they wait for an immigration lawsuit. Last year, the administration faced criticism for separating of families at the border.

The proposed rule would specifically abolish the 20-day detention limit for children and families. The rule would also form new minimum standard conditions in detention centers where families are kept.

The lawsuit argues the regulation proposed by the Trump administration will endanger migrant children by removing state licensing requirements for detention centers. It also contends the new rule will likely lead to the expansion of for-profit detention centers, thus creating a financial incentive for the detention of migrant families. The lawsuit is led by the states

**“This new Trump rule callously puts at risk the safety and well-being of children.”**  
– Xavier Becerra



Protestors carry posters outside the Homestead Temporary Shelter for Unaccompanied Children in Florida. A new Trump administration proposal would remove state licensing requirements for detention centers.

LYNNE SLADKY/ASSOCIATED PRESS

of California and Massachusetts; it’s the 13th lawsuit against the federal administration led by the state of California on immigration-related issues. In July, the state sued the federal government over the lack of soap, clean water and toothbrushes available to detained migrant children and families.

California Attorney General Xavier Becerra, one of the primary lawmakers behind the current

lawsuit against the administration, said the coalition is battling the Trump administration to protect children from irreparable harm caused by unnecessary detention.

“This new Trump rule callously puts at risk the safety and well-being of children,” the statement said. “It undermines a decades-old agreement reached in court by the federal government to prevent the unlawful

detention of immigrant children.”

The states also allege the proposal violates the Administrative Procedure Act and the due process clause of the Fifth Amendment to the Constitution.

If Trump’s regulations are executed, the new guidelines will take effect in October.

**CONNECT WITH BRONTË COOK**  
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@BRONTECOOK1

NEWSMAKER

# Professor spearheads music app–development project

Doug Turnbull, associate professor in the Department of Computer Science at Ithaca College, spent the summer working with a group of students to create Localify, a web app designed to help people discover local artists. The app monitors a user’s Spotify account and uses their “heavy rotation artists” to recommend local events and to send them weekly email updates on the latest local tunes.

Opinion Editor Brontë Cook spoke with Turnbull about the app, his inspiration and the impact he hopes it will have on the community.

*This interview has been edited for length and clarity.*

**Bronte Cook:** So, what is Localify?  
**Doug Turnbull:** It’s a web app, a personalized weekly email and a Spotify playlist generator that connects your heavy rotation artists on Spotify with artists playing shows in the local community. That community could be anywhere in the country or in Canada. ... The playlist that we generate is based on your heavy rotation artists, ... so you have music that you like and then music that is maybe strange or unfamiliar at first. Research in music psychology shows that if you are exposed to music, you’re more likely to like it over time, so then you realize maybe there’s a lot of great musicians sort of all around us. ... And if we learn to appreciate their music more, we will be more willing to go to their shows and support local venues and make it more possible for local artists to subsist off of the community.

**BC:** For those who might not know, what’s the difference between a web app and a mobile app?  
**DT:** There are things called native mobile apps, and there are also web mobile apps — we’re a web mobile app. ... It’s not something you need to go to the app store and download. You can go on your mobile browser like Safari or Chrome and just go to the URL. You might go once and set up your Localify account. ... You set that up, then you just kind

of walk away from it. You can see the event recommendations ... you might also use the weekly email digest, which is personalized to you, and listen to the Spotify playlist that updates every Wednesday for you. Spotify does “New Music Mondays” and “Throwback Thursdays.” We’re trying to do “Local Music Wednesdays.”

**BC:** This is a collaboration with you and some of your students. ... Tell me more about that.  
**DT:** The best part about Ithaca College is that we have many students with orthogonal skill sets, which means we have students in Park that are good at designing interactive experiences, students that are good at advertising and branding. We have students in computer science that are excellent programmers and can build apps that are intricate, so they can connect to apps like Spotify. ... You know, everyone has a role to play. It’s like coaching a team. I write the grants, do some of the coding ... [and] make sure everyone is communicating. But everyone is responsible for a part of it, and it only works if they all step up and do their job, and they have been really responsive. This summer has been one of the most productive summers at producing something end to end that we’ve ever had.

**BC:** When did the Localify web-app launch?  
**DT:** At the beginning of August, we had sort of a quiet launch and had friends and family test it out. ... We’ve done some user testing, and we’re hoping to sort of have a more public launch at the beginning of the school year internally at Ithaca College and in the City of Ithaca. That’ll give us some time to work out bugs and things that aren’t correct, ... but you really can use it anywhere in the country. We’ve been toying around with the idea of not doing paid advertising and hopefully letting it go word of mouth. ... We’re sort of committed to this being a community project. Getting artists to support it, and getting people to support these small, local artists,



Doug Turnbull, associate professor in the Department of Computer Science, collaborated with students to create Localify, an app that helps people discover and keep up with local musicians.

BRONTË COOK/THE ITHACAN

that would be great. So we’ll see where it goes, and then, after this fall, we will see where we’re at.

**BC:** What impact do you hope the app will have on people and artists in the community?  
**DT:** I grew up in Ithaca. I play music in Ithaca. I play guitar in a dad rock band. It’s a lot of fun. ... Participating in art is really good for quality of life. Every study shows that playing music and participating in the local community adds a lot for the individual who is playing but also to the people who are watching. By supporting other small artists, having that become a lifestyle for people, that would be really great — to have people appreciate and value local music, especially in this day and age where a lot of people feel like

music has lost a lot of its value due to streaming. There’s a lot of articles about the devaluation of music. ... In Ithaca in particular, we have a very local-centric community, ... and we have a lot of artists. Ithaca is a special place because we value those things, but not every place in the country values those same things. So getting the idea that people should be spending time listening to local music is maybe just as important as supporting local businesses or eating from local farms. ... Creating that advocacy for local art is the overarching philosophy behind the project.

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GUEST COMMENTARY

# SGC hopes for positive change

BY FARWA SHAKEEL

If there is one thing I've learned in college, it's that change is the only constant. Change sometimes moves us backward before it moves us forward. But ultimately, change is the only thing that reminds us that we're moving at all. As a college, we are riding a wave of change.

We've transitioned from So-dexo to in-house food production and distribution. Following student feedback given in a Student Governance Council meeting, the TCAT has added a direct route to popular destinations on the weekends including Wegmans. We have new leadership all across campus.

This is an exciting time. This is time for us to take what exists in our imaginations as possibilities and turn them into realities.

When I decided I wanted to run for SGC president for the 2019-2020 school year, I focused every decision I wanted to make on change. It started with assembling my Executive Board, which consists of five vice presidents. I thought it was important to include a healthy balance of veterans and newcomers. All five vice presidents have served on SGC in some capacity in the past, but their varying levels of



Farwa Shakeel, a senior politics and economics major, writes that the 2019–20 SGC board hopes to build relationships with students throughout all schools in the college and implement positive change.

KRISTEN HARRISON/THE ITHACAN

experience provide the perfect balance of institutional knowledge and zest for change.

“As a college, we are riding a wave of change.”

– Farwa Shakeel

I made my best effort to recruit students from as many academic schools as possible, and I'm proud to say that four of the college's five schools campus are represented on our board. We all come

from very different backgrounds, with very different interests, but we are all sure of one thing: We need change.

Change looks like bringing SGC closer to the people we represent: students. Change is having some meetings in more accessible rooms throughout the year. Change is making a commitment to increasing student engagement in the election process. Change is implementing civic engagement as a priority in SGC. Change is opening ourselves to criticism and learning from it. Change is slow. It is hard.

But we're committed to it. And we hope that you all aid us as we seek to change the campus community.

What we need most is for students to tell us what we need to change, and what we're doing right.

So I hope you'll join us, IC. Let's create new realities together.

**FARWA SHAKEEL** is a senior politics and economics major. She is the 2019–20 SGC President. Connect with her at [fshakeel@ithaca.edu](mailto:fshakeel@ithaca.edu).

GUEST COMMENTARY

# IC students must combat climate crisis

BY KYLE REITH

I originally applied to Ithaca College as a documentary studies major. But, in the last few weeks of high school, I became fascinated by the complexity of our climate crisis and wanted to fully understand it. I changed my major to environmental science. I am completely baffled by the damage we are doing to this planet and even more confused by the people who argue that climate change “isn't real.”

In the last 15 years, sea levels have risen an average of 2.4 millimeters per year. In the last decade, this accelerated to approximately 3 millimeters per year. This year, the recorded sea level height is 81.9 millimeters above what it was in 1995.

Although those numbers don't seem like a lot, they are — and they create a big problem. Glaciers are melting, which distributes fresh water into the ocean. This causes desalination, which is the dilution of the salt concentration in the oceans. When this process occurs, it makes it extremely difficult for our oceans to sustain life.

The average global temperature of our planet has been consistently recorded since 1880, and today we are 1.9 degrees above the healthy average. The cause of the increase in the global temperature of our planet is partially due to the introduction of carbon dioxide into our atmosphere from the burning of fossil fuels. Carbon dioxide in the atmosphere traps heat from the sun, making our planet warmer. This process, known as the greenhouse effect, is accelerating the heating process of our planet — essentially turning earth into a giant oven.

The warming of our planet causes a multitude of problems: extreme weather patterns, water shortages and, if it gets bad enough, global extinction. NASA even has a page where you can track the rate of global warming. It shows you in real time exactly what is happening to our planet.



Kyle Reith, a junior environmental science major, writes that there are many ways students can help fight the climate crisis, like washing laundry in cold water to limit carbon emissions.

PHOTO COURTESY OF KYLE REITH

As I write this, thousands of climate-related issues are taking place — one of the more notable ones being the forest fires currently ablaze in the Amazon. The lungs of our beautiful planet are burning down. Meanwhile, our government officials are more worried about getting their hands on Greenland. To me, this is unacceptable behavior for such a crucial time in our history. If our government officials don't want to make a change, why should you?

There's a lot you can do to help, quite literally, save the world — more than just recycling and turning off the lights. For example, turning off your computer at night can conserve up to 83% of its carbon emissions. And using cold water to wash your clothes can save carbon emissions. (I never really understood why

it was necessary to use warm water in the first place!) It's so easy to make these little changes in our lives — but it makes a world of difference. Another great thing I love to do is heading to a local reuse center to see what they have lying around that you might find of use. They even have one right here in Ithaca!

We're told to recycle because it's “a good thing to do.” We're told to take short showers to conserve water because it's “a good thing to do.” Well, it's more than just that. We are the future. It's not too late to slow the pace of climate change as long as we act today; with your help, we can attack this challenge together.

**KYLE REITH** is a junior environmental science major. Connect with him at [kreith@ithaca.edu](mailto:kreith@ithaca.edu).

INTO  
IDENTITY



MAHAD OLAD

## Identity politics go beyond race

Fact: President Donald Trump's racist and xenophobic rhetoric inspires white nationalism. The recent mass shootings in El Paso, Texas, and Dayton, Ohio, were committed by deranged men whose motives ranged from anti-Hispanic bigotry to an obsession with mass violence. However, conservative commentators argue that one of the left's favorite topics — intersectionality — isn't useful for understanding why disaffected white young men become infatuated with Trump.

To get a better sense of this critique, I spoke to a politically moderate friend of mine who is white, straight and male. He grew up in an extremely poor, white town where his white privilege didn't come in handy because everyone looks the same. Although he acknowledges the importance of social justice activism, a part of him can't help but feel that the left's heavy-handed focus on race can overlook the struggles that less privileged white Americans endure. When he recounts these realities — working at grueling minimum wage jobs and seeing friends and relatives die of drug overdoses — he's told to shut up and “check his privilege.” There's not much this friend of mine can say that'll make his painful realities legible to progressive activists because many don't particularly care to listen to white men. Being constantly denounced as an oppressor, my friend told me, can sometimes heighten white people's sense of insecurity and marginalization — particularly when their economic situation makes them feel powerless.

Although discussion about the rise of white identity politics aren't new, it has come into sharp focus following the two consecutive mass shootings that killed 31 people. The usual policy solutions to white nationalist violence include gun reform, strengthening domestic terrorism statutes and funneling more money into mental health research. I think these are all necessary, but U.S. Rep. Alexandria Ocasio-Cortez offered another suggestion that slightly surprised me: We should actively listen to the concerns of aggrieved white men and not vilify them. Obviously, Ocasio-Cortez isn't calling for white men with far-right sympathies to be coddled. I understand her to be saying that an effective political resolution to white supremacist attacks should acknowledge the structural concerns that cause these men to become resentful and resort to violence.

This message is incredibly hard to heed, especially for communities of color that have been targeted by white domestic terrorists. When I initially heard Ocasio-Cortez asking us to be compassionate toward men who most likely despise my existence, I was annoyed and even enraged. But I don't think what Ocasio-Cortez is asking us to do is completely impossible. We should relentlessly call out Trump for giving legitimacy to white nationalists. We should continue to inform white folks about the significant legacy of oppression in the U.S. and how they continue to benefit from it. But progressive leftists might need to reconsider this crude form of intersectional politics — a form of politics that's only about morally condemning the white oppressor — that seems to elicit a more dangerous and violent form of identity politics among white men and women.

**INTO IDENTITY** is a column about identity written by **MAHAD OLAD**. Olad is a senior politics major. Connect with him at [molad@ithaca.edu](mailto:molad@ithaca.edu).



# THE ITHACAN

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9/28	CAT POWER w/ ARSUN
10/5	PAULA POUNDSTONE
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10/18	KIP MOORE w/ TUCKER BEATHARD
10/25	ST. PAUL & THE BROKEN BONES
10/26	ELVIS COSTELLO & THE IMPOSTERS
10/29	JENNY LEWIS: <i>ON THE LINE TOUR</i>
11/1	RUFUS WAINWRIGHT: <i>OH SOLO TOUR</i>
11/3	GREGORY ALAN ISAKOV
11/19	DARK STAR ORCHESTRA

### HAUNT

8/29	IZZY TRUE
9/5	JD SIMO
9/6	MOON HOCH
9/13	STEVE'N'SEAGULLS
9/14	DEFUNK & MARVEL YEARS
9/16	BUILT TO SPILL
9/18	SLAUGHTER BEACH, DOG
9/21	UPSTATE
9/23	SOUTHERN CULTURE ON THE SKIDS
9/26	OLIVIA GATWOOD
9/27	ZACH DEPUTY

### HANGAR

10/12	RICKIE LEE JONES
10/18	TOM RUSH
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## NEW ISSUE

## EVERY THURSDAY



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For Business students Tues. 9/24, 12:10, BUS 204	For H&S students Thurs. 9/26, 12:10, Friends 210
For HS&HP students Thurs. 9/26, 12:10, CHS 200	

**\*\* Application deadline for Spring 2020 is October 11 \*\***

International Programs – Job Hall, 2<sup>nd</sup> floor – [studyabroad@ithaca.edu](mailto:studyabroad@ithaca.edu) – 274-3306









KRISTEN HARRISON/THE ITHACAN

## REBUILDING A WINNING TRADITION



JESS FRITZSCH SARAH RUDGE

BY DANI PLUCHINSKY  
STAFF WRITER

After 15 consecutive conference championships, winning became the norm for the Ithaca College women's cross-country team — until last season.

In 2018, the team finished in fifth place at the Liberty League Championships and did not qualify to compete at the NCAA championships, which it had done the previous two seasons. The Bombers struggled following the loss of All-Americans Taryn Cordani '18 and Denise Ibarra '18, both of whom placed in the top 40 at the 2017 NCAA Championship.

Senior Sarah Rudge was the highest finisher for the Bombers at the 2018 Liberty Leagues with an eighth-place finish with a time of 22:32.5. Joining her in the top 15 was classmate Annie Morrison, who finished in 22:46.2.

Rudge said last year's finish at the conference meet does not negatively affect the team's morale heading into the 2019 season.

"Last year was a rebuilding year, and we have a lot of returners and a lot of new people that we're really excited about," Rudge said.

There are two ways a team can qualify for the NCAA championships. A team can qualify automatically by placing in the top two at the regional championships. At-large bids are also awarded to squads that place well at regionals

and have good out-of-region competition throughout the season. The Bombers will be attending a new meet this season Oct. 19 at Connecticut College. Head coach Erin Dinan hopes it will be a strong out-of-region race.

"I've heard really good things about the meet, and I know there's really good competition there," Dinan said. "We'll be able to build and develop and be ready at that point that when the Connecticut College meet comes up, we can shine and do what we need to do."

Leading the way for the Bombers is a returning class of nine seniors. Three of those nine placed in the South Hill squad's top five at last year's NCAA Regional Championship. Rudge and Morrison were the top two finishers for the South Hill squad, and Parley Hannan was fourth with a time of 23:54.1.

The Bombers also have a strong core of underclassmen. Leading the returners are juniors Kelly Farrell and Lizz Eberhardt. Last year, Farrell was the Bombers' third finisher at the Liberty League Championship, and Eberhardt finished 10th.

Dinan said she is excited about potential newcomers on the team. She said 15 freshmen are expected to try out this season. Senior captain Jessica Fritzsch said the younger athletes round out the team in a positive way.

"They brought a really great energy and were so enthusiastic and were really supportive teammates," Fritzsch said. "They definitely have the talent, and I think they will only get better with more training and more experience."

Dinan said she designs a training plan at the beginning of every year and adapts it to the athletes throughout the season. She said she plans harder workouts for the beginning of the season. At the end of the season, she develops less intense workouts, so the athletes' legs will be fresh for postseason competitions.

Fritzsch said that Dinan understands when the athletes need to rest, which Fritzsch credits as a big part of the team's success.

The South Hill squad will begin its season at the Jannette Bonrouhi-Zakiam Memorial Alumni Run at 11:15 a.m. Aug. 31 in Ithaca.

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## STRONG RETURNERS LEAD SQUAD



SAM SHAPIRO DANNY JAGOE

BY TYLER EVANS  
STAFF WRITER

After a fourth-place finish at the Liberty League Championship in 2018, the Ithaca College men's cross-country team's large returning roster is primed for a new and improved season.

All five of the Bombers' top finishers from NCAA Regional Championship will be on the squad this year. Junior Sam Shapiro said the returners will be a major advantage for the Bombers.

"The teams in front of us lost All-American talent this season," Shapiro said, "Since Rensselaer Polytechnic Institute and Rochester Institute of Technology both lost top pieces, I really feel like we have a shot to make the top three or top two in the conference for this season."

Head coach Jim Nichols said that while the team suffered a few losses to graduation, the incoming class will more than compensate.

"Losing our senior captain Daniel Hart was tough, but we added transfer Zach Wachs from the University of Kentucky, who is a top addition for the team," Nichols said. "We also added freshman Alex Whatley, who ran an impressive 4:28 mile in high school."

Junior Chris Singer was the team's

lone qualifier to the NCAA championships last season.

The South Hill squad also has a strong senior class. Forest Stewart, Garrett Bampas and Christopher Tinti were top-four finishers for the Bombers at last year's Liberty Leagues.

Nichols said that the team struggled with injuries last season, and he has high expectations for the athletes who will be back this season.

"We return two seniors in John Blake and Jeff Montgomery," Nichols said. "Blake is one of our top runners and will make a big impact on our team. Montgomery, who was out with an injury last season, will also be a big addition to the team, providing strong senior leadership."

Blake took a leave of absence from the college due to an injury last fall. During the 2019 outdoor track season, Blake qualified for the NCAA Track and Field Championships in the 3000-meter steeplechase and also broke the school record in the event.

"Blake coming back is really big for us," Shapiro said. "We all feel he's going to be one of our top performers this fall season."

Sophomore Danny Jagoe was the fifth finisher for the squad at Liberty Leagues and was awarded 2018 Liberty League Cross-Country Rookie of the Year. Jagoe said he expects the team to continue improving with experience.

"I was lucky to be able to stay healthy and have some good races at the right time," Jagoe said. "I know we'll all be pushing each other and improving as a team as our sophomore year rolls around."

Shapiro said unity among the squad will be crucial to the team's success and also keeps morale high throughout the grueling season.

"Last year we all got wristbands that said ICXC on them, which was another cool way of how we are all one big family," Shapiro said. "Our goal is obviously to improve and win, but we really have a great time along the way."

The team opens its season at the Jannette Bonrouhi-Zakiam Memorial Alumni Run at 11:15 a.m. Aug. 31 in Ithaca.

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# S O C C E R



PHOTOS BY  
MOLLY BAILOT &  
JILL RUTHAUSER /THE ITHACAN

WOMEN'S

CONTINUING STRONG MOMENTUM

MEN'S

AIMING FOR POSTSEASON WINS



ALEX  
EPIFANI

GABRIELLA  
MIHALE

BY ARIEL DOWDY AND EMILY ADAMS  
STAFF WRITER AND SPORTS EDITOR

With 14 wins and a trip to the NCAA regional championship game, 2018 was one of the Ithaca College women's soccer team's best seasons in recent years.

Last year's team rebounded from the program's first-ever losing season in 2017. The Bombers had three athletes selected to All-Liberty League teams in 2018, and head coach Mindy Quigg and her staff earned Liberty League Coaching Staff of the Year honors.

The Bombers graduated six seniors last season and will feel the loss, especially on the defensive end. Sam Robinson '19 and Reid Garner '19 started all 20 games last season on the back line, and Garner was named to the United Soccer Coaches All-East Region Team.

What the squad lacks in veteran defenders will be compensated by offensive strength. The South Hill squad returns almost its entire midfield and attack, including stand-out scorers in team captains junior Alex Epifani and senior Gabriella Mihale.

Epifani earned United Soccer Coaches Third Team All-America honors last year and was the team's leading scorer with nine goals. Mihale was the second-best scorer with five goals and was named to the United Soccer Coaches All-East Region Third Team.

With 15 freshmen expected to try out for the squad, Epifani said that team bonding will be a big part of the season.

"Our team has a huge focus on our bond

together," Epifani said. "That's why we always work so well — because we know each other as people and as players."

Mihale said preseason provides a crucial opportunity for the team members to connect with one another on and off the field.

"For two weeks, we're with each other basically every day," Mihale said. "We do a lake run and then we have breakfast together on the lake. We do little activities where there is time for us to get a good idea of each other's personalities."

Mihale said that because of their large incoming class this year, the Bombers are emphasizing leadership and flexibility in the team's mentality.

"This season we want to work on accepting your role," Mihale said. "If you're not playing, you need to take on a different role. If you're playing, you need to step up in your role and lead in a way that's going to benefit everyone."

Mihale also said the South Hill squad is focused on improving its fitness and endurance for the season. She said some of these fitness tests include the beep test, a 300-yard test and a 100-yard test. When preseason begins in the fall, every player has to meet certain standards in every test to make the team.

Quigg enters her 26th season as the women's soccer head coach this year. She said the squad's schedule this year will provide an excellent challenge throughout the season.

"We are looking forward to every match on our schedule," Quigg said. "We have a strong and competitive nonleague schedule, and the competition in the Liberty League is some of the best in the country."

Liberty League opponent Hobart and William Smith College is ranked fifth in the country on the United Soccer Coaches preseason poll, and Rochester Institute of Technology did not make the top 25 but received votes. The Bombers will also compete against the Endicott College Gulls in a nonleague matchup. The Gulls are the preseason favorite to win the Commonwealth Coast Conference this year.

The Bombers will kick off their season at 4 p.m. Aug. 30 against Endicott College in Beverly, Massachusetts.

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JONATHAN KYRIAKIDIS

BY WILLY WRIGHT  
STAFF WRITER

After a disappointing ending last season, the Ithaca College men's soccer team is hungry for redemption.

In 2018, the South Hill squad suffered a heartbreaking loss in penalty kicks at the Liberty League Championship final to St. Lawrence University. The Bombers hoped to receive an at-large bid to the NCAA Division III Tournament, but they were not selected.

Despite a disappointing conclusion, the team had one of its strongest seasons in years. It was undefeated against out of conference opponents in the regular season and posted a record of 14–2–4.

Junior striker Jonathan Kyriakidis said the team is focused on controlling its destiny going into the postseason this year.

"We were all sitting in the same room together and not seeing our name come up on the board; it was really heartbreaking because that was the official ending of our season," Kyriakidis said. "I know from that point on, Coach Dezotell got us together and told us, 'Remember this feeling, and use this, because we'll be here next year.'"

Kyriakidis will be a key returner for the Bombers. He led the team offensively in 2018 with five goals and 13 points, and he received All-Liberty League Second Team accolades.

Senior defender Justinian Michaels said the team's unity will be vital to its success this season.

"There's not just one single class that looks over the others," Michaels said. "It's always either a freshman coming in and pushing a senior or a sophomore pushing a junior. There was not just one single voice — it was everybody. I think that was a really big difference this offseason."

The captains for the Bombers feature a trio of seniors in striker Max Barish, goalkeeper Max Lichtenstein and striker Kevin Turi. In 2018, Lichtenstein was named a second team All-American, while Barish and Turi were key on offense. Kyriakidis said strong leadership from these captains will shape the squad.

Head coach Kyle Dezotell is returning for his third year at the helm of the program. He said this season's team has the potential to be the most successful group he has ever coached. Dezotell said that a crucial change this offseason was adding better competition to its schedule.

"The national committee decided we weren't a bid primarily on our strength of schedule," Dezotell said. "We've cleaned that up: We added NYU, who was in the NCAA tournament; we added Messiah, who is one of the best teams in the country, so we've really just increased our strength of schedule. At this point, it's up to us to win a lot of games and lose very few."

Along with New York University and Messiah College, three other teams were added to the Bombers schedule: Morrisville State College, United States Merchant Marine Academy and Nazareth College.

The sophomore class will be a major factor for the South Hill squad. Midfielder Alex Leahy contributed as a freshman in all 20 games last year and started 18. Defender Thomas Pierce also stepped up, starting in 19 of 20 games and scoring two goals. Dezotell said many sophomores will have their chances to continue to lead the Bombers to success this season.

"I think a lot of the guys who will be sophomores played some important minutes for us and changed the direction of the program with their playing background and also their commitment and expectations," Dezotell said. "We expect this class to continue to play a big role."

The South Hill squad kicks off its season against NYU at 3:30 p.m. August 30 at Carp Wood Field.

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F O O T

Senior running back Isalah D'Haiti catches the ball at a preseason practice. The team is preparing for the annual Cortaca Jug, which will be held at MetLife Stadium in East Rutherford, New Jersey.  
PHOTOS BY ABBEY LONDON / THE ITHACAN



# BALL



ISAIAH D'HAITI



WILL GLADNEY



DILLON PRESTON

## STRIVING FOR EXCELLENCE

BY JACK MURRAY  
STAFF WRITER

An 8–3 record and a bowl game appearance could be considered a banner year for many Division III football teams across the country. For the Ithaca College football team, it was considered a letdown.

The 2018 Bombers held a strong defense and had moments of success, including sealing their second consecutive Cortaca Jug over SUNY Cortland. The monumental Cortaca win gave them a chance at an at-large bid for the NCAA tournament.

However, the selection committee decided that the South Hill squad had not done enough to qualify. Senior captain Will Gladney believes that at its core, the team is doing all that it can to avoid this outcome for the 2019 season.

“We look at last season like we underachieved,” Gladney said. “A lot of the guys who have come back have worked harder than ever before, and that made us more hungry for this upcoming season.”

Gladney, who was named the Liberty League Offensive Player of the Year and was named to the D3football.com All-East Region second team, is the highlight of an offensive unit that is returning most of its starters from the previous season. Joining Gladney on the receiving corps is junior Andrew Vito, who had 691 receiving yards and four touchdowns on the season and was named to the Liberty League Second Team All-Conference.

Other significant returning receivers include seniors Kyle Smith and Ben Scarpa, junior Hayden Frey and sophomore Kevin Schoch. Gladney said that the entire wide receiver-position group made significant strides during spring practices.

The Bombers have two senior running backs who both logged significant minutes last season. Kendall Anderson led the team with 647 rushing yards, added five touchdowns and was named Liberty League First Team All-Conference. Isaiah D’Haiti was also a force in the red zone, scoring eight touchdowns and 253 rushing yards. D’Haiti said that he and Anderson are planning on setting a precedent for the younger running backs on the team.

“I have a lot of trust and faith in Kendall Anderson,” D’Haiti said. “We are going to do our part on the field. We also have a lot of upcoming backs that are sophomores and freshmen. We need to do our part and make it happen.”

D’Haiti said that sophomore AJ Clifford stood out to him during spring practices and that he believes Clifford could be primed for a breakout year.

“One member of the running back team who has stood out is AJ,” D’Haiti said. “AJ is fast and played a couple of games for us last season. He is going to be a great asset for our offense, and I feel that he will do a great job.”

Also returning is junior quarterback Wahid Nabi. Nabi threw for 2,249 yards with 16 touchdowns during his second season as a starter. He was also named Liberty League Second-Team All-Conference. The Bombers also acquired senior quarterback Joe Germinerio, who is a transfer from the College at Brockport. Germinerio was named an All-American by D3football.com in 2017 and was a finalist for the Gagliardi Trophy in 2018.

Defensively, the Bombers will be losing much of their outstanding 2018 unit, including Pat

Minogue ’19, who was the 2018 Liberty League Defensive Player of the Year. Still, the Bombers will be returning senior linebacker Nick Garone, who was named Liberty League All-Conference First Team. D’Haiti said sophomore linebacker Miles Haynes could be one player to benefit from more playing time.

Head coach Dan Swanstrom is entering his third season as head coach for the Bombers, and he said that while many players have had success in this program, nobody’s position is completely secure, especially on offense.

“They have a lot to prove to themselves, and certainly to the coaching staff, that they are capable of scoring more points than they did last year,” Swanstrom said. “We have a lot of work to do, so I’m hoping that through competition and position battles, we will figure it out. Nothing is safe within the program at this point, and the position we are in really feels like everything is wide open.”

Swanstrom said he hopes the increased emphasis on competition will help to bring out the best in every player.

“Competition is the root of everything — not just within the football program, but everything with being successful,” Swanstrom said. “That is how you get to be the best. It’s just that simple. It is the root of all success stories.”

While no spot is necessarily safe, Swanstrom said, he is leaning on his team’s leaders to take pride in the culture of the football program at the college and promote these values to the new additions to the team.

“We have a core group of seniors coming back, and how quickly they can get the young players assimilated to the program and built into the culture and get them playing the way they are supposed to play as an Ithaca Bomber is everything,” Swanstrom said. “There’s only so much I can do, and if it comes from within the team, then that is the best way we will be able to go to work.”

Swanstrom said every conference game will be vital toward the team’s chance at the playoffs since one loss within the league determines who goes to the NCAA tournament.

One notable matchup will be Nov. 9 against No. 19 Rensselaer Polytechnic Institute, which was the 2018 Liberty League Champion. The following week is the 61st Cortaca Jug against SUNY Cortland; the game is being played at MetLife Stadium in East Rutherford, New Jersey.

Gladney said that while these games carry a significant amount of importance, the team is looking at each week as a must-win.

“Coach Swanstrom, and us as captains, preach to just focus week by week,” Gladney said. “We don’t really look forward to the game that is even two weeks ahead of time. Every week is a different week, and we need to go 1–0 each week.”

The Bombers will kick off their fall season at 1 p.m. Saturday, Sept. 7 as they take on Saint Vincent College in Latrobe, Pennsylvania.

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# VOLLEYBALL



CAITLYN FLOYD



REAGAN STONE

## STRIVING FOR THE NATIONAL TITLE

**BY SHEHANEE FERNANDO**  
STAFF WRITER

The Ithaca College volleyball team could almost taste the national championship last year as it made its way through the rounds of the NCAA tournament and headed to the Elite 8 match.

However, the team's season ended there with a 3–1 loss to then-No. 9 Emory College on Nov. 15. The Bombers finished with a record of 21–8 and were undefeated in the regular season against Liberty League opponents.

Junior outside hitter Reagan Stone said the team has learned from last year's successes and mistakes and plans continue its momentum into the 2019 season.

"The biggest thing we learned is perseverance, and carrying that into this year will help tremendously," Stone said. "Last year, if a few points had gone differently, we would've gotten different results, but we are not going to dwell on it. We are going to move forward knowing we are capable of anything coming our way."

Head coach Johan Dulfer said last year's defeat in the Elite 8 has served as a source of motivation for the squad.

"Losing to Emory lit a fire with the team and with the coaching staff," Dulfer said. "The players worked really hard in the off-season."

Dulfer said the team's strategy will center on a faster offense in order to beat opposing squads at the net. He said the coaching staff will emphasize quick, accurate passing and responsive defense.

Senior setter Caitlyn Floyd said she believes communication will be key for the South Hill squad to execute speed on the court. Floyd said that as a team captain with five incoming freshmen on the roster, she will emphasize team culture and connection.

"It doesn't matter who is on the other side of the net because we have learned how to put

the team's needs above your own so we can be a cohesive unit," Floyd said. "We are not afraid to hold each other accountable."

Stone and Floyd will both be key returners this season. Stone led the team offensively with 475 kills and was just as significant defensively with 59 blocks and 232 digs. She was also named the 2018 Liberty League Player of the Year. As the Bombers' go-to setter, Floyd registered 1,149 assists. She earned All-Liberty League First Team accolades in 2018.

Incoming assistant coaches Jennifer Buckman and Regan Herrington will bring fresh perspectives to the team. Buckman is coming to the college from Transylvania University in Lexington, Kentucky, where she was the primary hitter, and Herrington hails from Acadia University in Wolfville, Nova Scotia, where she played as a setter.

"I am super excited to see this season through with the Bombers," Herrington said. "I know we are an undersized team, and I think that having a fast offensive and being able to beat the blocks can help us succeed, and when we are able to do that we can bring home the title."

Dulfer said the new coaches will impact the team in everything from competition to recruiting.

"We are lucky to continue to have a setting coach with Regan and have now added some extra help for recruiting," Dulfer said. "And since they've all played at a high level, I look forward to them putting that experience into practice on the court."

The South Hill squad will kick off its season at 3 p.m. Aug. 30 against Ohio Wesleyan University at the Bomber Invitational hosted in Ben Light Gymnasium.

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JILL RUTHAUSER/THE ITHACAN



SCULLING

EXPERIENCE STRENGTHENS SQUAD

BY LAUREN WHITE  
ASSISTANT SPORTS EDITOR

The Ithaca College women’s sculling team may be small, but it is a mighty force on the water and in the world of collegiate rowing.

The number of scullers varies every year, but last season’s smaller-than-average team was made up of 12 athletes who achieved a successful season with many top finishes throughout the fall.

Senior Liza Caldicott was a standout on the sculling team as a junior last year. She was named the 2018 Cayuga Sculling Sprints Lightweight Champion, and she holds the Cayuga Inlet 2k and 1k all-time course records.

Caldicott said that heading into the fall, the team hopes to increase its competitiveness compared to the 2018 season.

“A lot of us were new last year, and now we’ve done it before, and we’re almost veterans at this point,” Caldicott said. “More than anything, we’ll notice a change within our own speed, which is so gratifying and exciting.”

Caldicott said the Bombers’ focus for the fall is less on competition and more on improvement.

“It’s more about reflecting about yourself and learning to get those nitty-gritty technique things down,” Caldicott said. “For the fall, our coaches really focus on improving within each person rather than within each boat.”

Head coach Beth Greene said she expects the team to post many top finishes in challenging races. The Bombers won the single event last year at the U.S. Rowing Small Boat Challenge on Oct. 7 in Mercer, New Jersey, and Greene said she is hoping to repeat the title.

Five of the Bombers’ 12 scullers graduated from the team last year. The most significant loss was Savannah Brija ’19, who was named a member of the All-Liberty League Women’s Rowing Team.

Dania Bogdanovic was the only freshman on last year’s squad, but she had a significant impact throughout both the fall sculling season and the

spring crew season. She said the process of earning a spot on the sculling team makes the team more competitive and motivated. In order to earn a spot on the team, the athletes have to scull in a time trial on the water, perform a 30-minute row on an ergometer that measures distance and complete a timed run.

“I think that this process puts just the right amount of pressure on everyone to be fit and ready for the season,” Bogdanovic said.

Bogdanovic said Greene is extremely dedicated to the sport and is passionate about her athletes. Bogdanovic said Greene guides every sculler so that they reach their personal goals.

Greene said that because the sculling season is shorter than the spring crew season, the coaching staff focuses training around preparing for the championships at the end of the season.

Although sculling is more of an individualized sport, Caldicott said that the squad has a mentality of competing as one team, and that is a key factor to its success.

“We really focus on the fact that no one is more or less important than anyone else, and everyone works together to reach a common goal,” Caldicott said.

There are no guaranteed returners to sculling every season, and tryouts will be held when the crew athletes return to campus for the semester. Bogdanovic said the top goal for most athletes is to secure a spot on the sculling team.

“I don’t know yet who exactly will be on the sculling team, but I do know that whoever is on it, we will all rise to the expectations,” Bogdanovic said. “Individuals who were on the team last year will most definitely look to improve their results while new members of the team will look to set their new standard.”

The sculling team will begin its competition season at 9 a.m. Sunday, Sept. 22 on the Cayuga Inlet at the Cayuga Sculling Sprints.



LIZA CALDICOTT

DANIA BOGDANOVIC

KRISTEN HARRISON /THE ITHACAN

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FIELD HOCKEY

ESTABLISHING A LEGACY OF SUCCESS

BY EMILY ADAMS  
SPORTS EDITOR

After nearly doubling its number of wins from seven in 2017 to 13 in 2018, the Ithaca College field hockey team is prepared to continue building the program into a powerhouse.

In 2018, the Bombers qualified for the East Coast Athletic Conference Championships for the first time since 2001. They made it to the semifinal in which they were defeated by Arcadia University on Nov. 10.

Head coach Kaitlyn Wahila said the squad has dubbed itself “Team 52,” as this is the field hockey program’s 52nd season at the college.

“That’s definitely something we’ve been preaching all summer long,” Wahila said. “We’re Team 52, and how are we going to define ourselves? It’ll be really interesting to see how our two seniors take the lead and how our team develops with that.”

Savanna Lenker, senior goalie and team captain, will be crucial to Team 52’s success this season. In 2018, she posted seven shutouts and earned NFHCA All-Region First Team accolades. However, Lenker will have few returners in front of her on the field.

The South Hill squad graduated eight seniors last season, six of whom started every game in the 2018 season. The team will work to replace standouts like leading scorer Maria McGloin ’19 with a strong incoming class of eight freshmen and a transfer from Division II East Stroudsburg University.

Wahila said she is excited about freshman midfielder Brianna Lennon and midfielder and striker Elizabeth Pillow. Lennon was named to the Newsday All-Long Island Second Team in her senior year of high school. Pillow captained her high school team and earned First Team All-State accolades.

This season is Wahila’s third year at the helm of the program. She said the coaching staff plans to change the team’s philosophy toward every competition.

“We’re going to talk a lot with our players about there not being two or three games that are special,” Wahila said. “Every game is important. It definitely starts at the top with our coaching staff, and if our players can understand that we’re taking it one practice and strategy at a time, that dwindles down.”

Lenker said that on the field, the defense will focus on playing cohesively.

“If we can communicate effectively, we’re going to save goals,” Lenker said. “We’re getting that dialogue set so we’re not flustered in the moment.”

Wahila said the team plans to focus on defensive pressing. She said the players will train to actively defend as soon as their opponent gains possession of the ball.

Sophomore midfielder Jacqueline Mirabile said that the front line’s biggest goal offensively is to continue the momentum of last season.

“We’re going to keep working on our corners and getting strong shots on goal,” Mirabile said. “I think as long as we can have great team chemistry, we’re going to have a good season.”

Wahila said she plans to alter the way that she substitutes her strikers during games. Based on a system often used in ice hockey, Wahila said she wants to substitute the entire offensive line in and out as a group. She said this system will allow the strikers in the lines to work better as a unit.

The Bombers will kick off their season at 5:45 p.m. Aug. 30 against Cabrini University in Madison, New Jersey.



SAVANNA LENKER

JACQUELINE MIRABILE

MOLLY BAILOT /THE ITHACAN

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Senior goalie Savanna Lenker is a captain of the field hockey team for the 2019 season. Lenker received National Field Hockey Coaches Association All-Region First Team accolades last year, and she posted seven shutouts throughout the season. Lenker also helped lead the team to the East Coast Athletic Conference tournament semifinal for the first time since 2001.

MOLLY BAILOT/THE ITHACAN

VOLLEYBALL

Ben Light Gymnasium

CROSS COUNTRY

Ithaca, NY

MEN'S SOCCER

Carp Wood Field

SCULLING

Cayuga Inlet

FIELD HOCKEY

Higgins Stadium

WOMEN'S SOCCER

Carp Wood Field

FOOTBALL

Butterfield Stadium

2019

ITHACA

BOMBERS

2020

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	31
					3 p.m. & 7 p.m. - Bomber Invitational 3 p.m. - Messiah 3:30 p.m. - NYU	4 p.m. - Bomber Invitational 5 p.m. - Messiah 11:15 a.m. - Jannette Bonrouhi-Zakiam Memorial Alumni Run

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05	06	07
						1p.m. - Misericordia University
08	09	10	11	12	13	14
		4:30 p.m. - Hamilton College	4 p.m. - SUNY Cortland 4 p.m. - Hartwick College			
15	16	17	18	19	20	21
		4:30 p.m. - Oswego State	7 p.m. - SUNY Cortland			1 p.m. - SUNY Cortland 1 p.m. - Alfred University
22	23	24	25	26	27	28
9 a.m. - Cayuga Sculling Sprints		4:30 p.m. - St. John Fisher College	7 p.m. - St. John Fisher College 7 p.m. - SUNY Cortland		7 p.m. - Union College	1 p.m. - St. John Fisher 2 p.m. - Bard College
29	30					2 p.m. - Skidmore College 6 p.m. - NYU

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		01	02	03	04	05
			4 p.m. - Hobart College			1 p.m. - RPI 2 p.m. - St. Lawrence University
06	07	08	09	10	11	12
						1 p.m. - Buffalo State 3 p.m. - Clarkson University
13	14	15	16	17	18	19
					4 p.m. - Union College	1 p.m. - Hobart College 2 p.m. - Skidmore College
20	21	22	23	24	25	26
1p.m. - St. Lawrence University						3 p.m. - Vassar College 4 p.m. - St. Lawrence University
27	28	29	30	31		
1p.m. - University of Rochester			3 p.m. - RIT			

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01	02
						2 p.m. - RPI 1 p.m. - Union College 8 a.m. - Touch-down the Bear
03	04	05	06	07	08	09
10	11	12	13	14	15	16

CORTACA JUG METLIFE STADIUM



# Comic culture and creativity collide

## Students discover niche research opportunities at Comic-Con



From left, Hanson '19 and Arianne Joson '19 outside San Diego Comic-Con.  
COURTESY OF ED CATTO



From left, business management lecturer Ed Catto, Naomi Hanson '19 and Krista Rozanski. In her panel, Hanson discussed three historical pirates and the representations of those pirates in pop culture and fiction. Catto was the mediator for the panel.  
COURTESY OF ED CATTO



From left, sophomore Julia Salvatore and Edd Schneider with their name plates.  
COURTESY OF JULIA SALVATORE



Hanson and Rozanski pose with two con-goers who are dressed as pirates.  
COURTESY OF ED CATTO



Hanson and Rozanski sit in a panelist room and speak at the convention.  
COURTESY OF ED CATTO

**BY HANNAH FITZPATRICK**  
STAFF WRITER

Between July 18 and 20, an estimated over 130,000 people attended San Diego Comic-Con. This convention, the largest comic convention in the world, offers many activities, and the highlight of every attendee's experience varies immensely. For Naomi Hanson '19, her most memorable moment was having hundreds of people — many dressed as pirates — give her a standing ovation after her panel about historical pirates and their fictional representations through pop culture.

"I've been to a lot of academic conferences where there were five or 10 people in the room, and they were all really quiet, but this was totally different," Hanson said. "I had two people right in the front who waited two hours for my panel and a line of people who were waiting to get into my panel, and everyone was so encouraging. I felt like a celebrity."

Hanson was just one of the Ithaca College students invited to attend this year's San Diego Comic-Con alongside faculty members. Anyone who wants to be a panelist at San Diego Comic-Con must fill out an online form and then submit it to the convention for consideration. Hanson said she has always been interested in pirates — her senior thesis focused on a comparative study of three historical female pirates. However, her journey to San Diego Comic-Con did not only start with her interest in pirates but rather through a class she took with business management lecturer Ed Catto.

"In that class, I would just talk about pirates because that's what I do, and he just thought that was really interesting," Hanson said. "And in the middle of class one day, he was like, 'You know, you should apply to San Diego Comic-Con. I'll help you.' ... I took his advice and went for it, but I thought there was a million in one chance that would ever happen. But boy, I was wrong because I got it."

The class Hanson took with Catto, ITHACON: Promoting and Managing Conventions, was a combined business and English class co-taught by Catto and Katharine Kittridge, professor in the Department of English. This class allows students from all majors to design and promote Ithaca's annual comic convention, which is the second longest-running comic convention. Last semester was Catto's first year teaching the course, but he has plenty of experience with comics and pop culture. Besides his work at the college, Catto is the partner and co-founder of Bonfire Agency, a consulting firm that helps brands market and engage with influencers of "geek culture." He is also a partner and cofounder of Captain Action Enterprises, a toy and comic company focused on rebranding and developing vintage comic figures. Catto has also hosted and participated in numerous panels at comic conventions throughout the country. At this year's San Diego Comic-Con, he hosted panels about licensing in the entertainment industry and how public relations firms can generate quality coverage during comic events.

Besides inspiring Hanson's interest in doing a panel on pirates, Catto also moderated it. He said he was initially drawn to Hanson's project because he related to her interest in niche topics.

"It may seem like the main things you see at comic conventions are Marvel or DC Comic fans, but, in reality, there's a ton of topics of so many things that, even to guys like me, can seem so obscure but are celebrated at these conventions," Catto said. "As long as there's a fandom to it, it makes all the sense in the world."

Catto said that participating in this convention reminds him of the enjoyment he found in comic books and at conventions when he was younger.

"When I was a kid, I bought a lot of comics, and I went to ITHACON in Ithaca before it was on campus, and that was my first time being exposed to comic conventions," Catto said. "Since then, I've had a lot of crossover within the comic and business world, so being a part of things like San Diego Comic-Con makes me feel like a kid again."

Hanson and Catto were not the only Bombers to participate in this year's San Diego Comic-Con. Sophomore Julia Salvatore also took part in the convention in which she and Edd Schneider, associate professor in the Department of Strategic Communication, presented their research project, "Heroism and Head Injury: Comic Books & Attitudes Towards Traumatic Brain Injury." Their research focused on how head injuries are represented in

popular comic-book series like Batman and Spider-Man. Fueled by her interest in psychology and her psychology minor, Salvatore said, she combed through comic books and recorded how many times there was a head injury and noted the effect it had on characters. Salvatore said she also used this information to talk about the common misconceptions behind head injuries.

Salvatore said her experience at San Diego Comic-Con changed the way she thought about research opportunities, and the opportunity to present her discoveries broadened how she thought about these kinds of events.

"I didn't even know comic conventions did research, and I never really thought of them like that," Salvatore said. "It was definitely a huge learning experience for me because ... I was able to learn about how other people did their research and what inspired them to do it so that possibly in the future I can do my own research."

For other students who may want to delve deeper into a topic and participate in major events like San Diego Comic-Con, Hanson said she encourages others to find what intrigues them and go for it.

"My niche has taken me really far," Hanson said. "If you've got something that you're really interested in and passionate about and you think other people might find interesting, totally lean into it and try to capitalize on it as much as you can."

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**"I had two people right in front of me who waited two hours for my panel. ... I felt like a celebrity." – Naomi Hanson**



SUMMER REVIEWED

Ithacan editors  
revisit a selection of the  
summer's biggest blockbusters  
and most notable  
art house films.



AVENGERS: ENDGAME

From a franchise over a decade in the making comes the superhero movie to end all superhero movies. Fans of the Marvel Cinematic Universe waited with bated breath for the better part of the 2010s for this finale, and directors Anthony and Joseph Russo did not disappoint. Despite some questionable character choices, the captivating story and special effects make “Avengers: Endgame” well worth the 11-year wait.



MIDSOMMAR

Although not as unsettling nor as nightmare-inducing as his debut feature-length film “Hereditary,” Ari Aster’s “Midsommar” brings tenacity and poise to the horror genre. Even if Aster’s new film misses a few key marks — odd plot twists that lead to a predicatble ending — it is always refreshing to see unnerv-ing and tantalizing films like this permeate the horror genre.



ALADDIN

Unfortunately, nobody can win every time, and The Walt Disney Co. is no exception. Although the cast, including Will Smith and Naomi Scott, delivers outstanding musical and acting performances, Disney could not capture the same charm as the original animated movie. The modern actor additions to the characters and plot are appreciated, but it hardly matters when the overall energy of the film is lacking.



ONCE UPON A TIME IN HOLLYWOOD

In typical Quentin Tarantino fashion, “Once Upon A Time In Hollywood” is snarky and sharp with witty characters and fast-paced, clever turns in the plot. As Rick Dalton (Leonardo DiCaprio) and his stunt double, Cliff Booth (Brad Pitt), weave through Hollywood during the era of hippies, Charles Manson and spaghetti Westerns, Tarantino spins a spectacular and herculean tale that portrays the messy side of the time period.



TOY STORY 4

This final entry in the saga of Sheriff Woody and his pals had the potential to be yet another soulless cash-grab by Disney. Surprisingly, “Toy Story 4” is a heartfelt love letter to the quadrilogy, honoring the franchise with both perfectly executed animation and an ending that will leave even the coldest viewer a blubbering mess.





# Muralist paints campus with symbolic art

**BY AVERY ALEXANDER**  
LIFE & CULTURE EDITOR

This June, the Ithaca College community received a new addition to its scenery: a vibrant mural of soaring birds on the wall next to the Free Speech Rock.

The mural is by artist Nani Chacon, who is based in Albuquerque, New Mexico. Mara Baldwin, director of the Handwerker Gallery and an acquaintance of Chacon, had the idea of collaborating to make a mural. She approached Chacon with the prospect of creating a piece for the college. Chacon traveled to the college in November 2018 to discuss injustices against women of color and speak about some of her work at the Center for the Study of Culture, Race and Ethnicity Discussion Series. Baldwin said this visit allowed Chacon to gauge what sort of art the community wanted to see.

Chacon's early plans for the mural were displayed in the Handwerker Gallery's Spring 2019 exhibition "Process." Baldwin said that Chacon came up with three mock-ups for the mural based on the information Chacon gathered in November. Baldwin said gallery visitors were allowed to view every design and decide which one they thought represented them the most and which location on campus suited the mural.

"[Baldwin] was interested in ... fulfilling the full process of my work, taking part in the community engagement side and getting input from the students and faculty," Chacon said. "I think that was part of her vision, to really understand the power of art and how art can change a space, facilitate a space and rally and engage people within that space. So we began there."

Baldwin said that in the early stages of the mural project, it became apparent that the Free Speech Rock was the best place for the mural to go.

"Last year was actually the graduating class that undertook much of the student activism on campus," Baldwin said. "[It was] the student activism that led to the resignation of the former president of the college and a lot of other changes that really have continued to push forward since their departure from campus. ... We were really trying to both memorialize those actions but then also continue activating the space — making the space inviting for future student activism."

Besides helping to decide the location of the mural, the student feedback also helped Chacon choose which of the three designs best suited the campus. After students and faculty offered their opinions, Chacon settled on the final piece and its current location — "Congruent."

The mural features seven red-winged blackbirds flying beside yellow and blue angled shapes. Chacon said she chose these particular birds for this piece because they are native to the area and are flock birds. Chacon said that when she saw the support the campus community had for people to come together in strength, she felt the red-winged blackbird was a perfect representation of the college.

"[When] two angles are congruent, they meet in a space," Chacon said. "And I thought about that really as being the idea for the piece is having this space that is active ... but also it being this opportunity for people to bring their ideas, their aspirations, their motivations and maybe even their conflicts ...



The mural "Congruent" is a collaboration between muralist Nani Chacon and Ithaca College. The piece was painted in June and features seven red-winged blackbirds. The art is located outside Egbert Hall.

ABBEY LONDON/THE ITHACAN

and have it be met by other people."

In the City of Ithaca, there have also been efforts to create more public art projects. These efforts are primarily undertaken by Ithaca Murals, an organization that works to use murals to tell the stories of the diversity in the community.

"Murals, at worst, can be used as tools to gentrify communities," Caleb Thomas, organizer of Ithaca Murals, said. "But then, murals can also have an opportunity to be art in the public that inspires resistance. ... There's something special about that Free Speech Rock area, and

there's such a history of students' strength and engagement."

After Chacon's initial visit to the campus in November for the discussion series, Baldwin set out to find funding for the execution of the project. Baldwin said that in December, she submitted the project to the Presidential Seed Grant, an initiative to help fund innovative and collaborative ideas. When the mural was awarded the grant money, Chacon traveled back to campus, and the process of painting began.

Originally, Chacon was set to paint the mural in April, but the weather and the timing of

commencement pushed the start date back to June. Chacon said it took her approximately a week to paint the mural.

"Art has an incredible ability to add to institutional spaces and facilitate thinking," Chacon said. "And I think when that happens with my work, I'm most happiest. That's where I want it to be. I want it to be in places that can promote thoughts and promote thinking. ... Anytime that that can happen, ... I think that that makes my work the most powerful."

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# History major time travels at summer Renaissance fair

History has the potential to be highly interactive and relatable given the right circumstances, and Renaissance fairs are one way to bring history to life. Fairs often combine crafting, costuming and performance to put an entertaining and highly interactive spin on learning about the lives of people from long ago.

Daniel Igoe, sophomore history major at Ithaca College, regularly participates in Renaissance fairs. Specifically, Igoe works at The Bristol Renaissance Faire in Bristol, Wisconsin. Igoe said that through fairs, he is able to connect with the past by stepping into the life of a character who is based on history. Igoe also said Renaissance fairs are a way to build a community of people with similar interests.

Staff writer Olivia King spoke to Igoe about his experience with Renaissance fairs.

*This interview has been edited for length and clarity.*

**Olivia King:** Could you start by giving some background information on Renaissance fairs?

**Daniel Igoe:** Of course. I can't speak on Renaissance fairs as a whole, but the one that I work in Bristol, Wisconsin. It is a place with a lot of different casts doing a lot of different things. But in general, we are recreating ... Bristol, England, 1574, which is when the queen was visiting there. [We give] people a door into what life was like.

**OK:** Can you talk about your job at the Renaissance fairs?

**DI:** I play a character whose name is Neil Agripa. He is a member of the Trayn'd Bandes of Bristol. These were historical militia groups formed by the queen in the 1570s in response to conflicts among the continents. I portray someone who was in one of those bands and would have been middle class — relatively wealthy but not in the aristocracy. So, what I do is portray that, teach about military technology at the time and what it was like to be in middle class during that time and how it reflects our society with how it is different and the same.

**OK:** How did you get started doing Renaissance fairs?

**DI:** I have a friend who has been doing it for a long time. She asked if I was interested, and I was. So I auditioned, and I've been doing it for two years now.

**OK:** Does your participation in Renaissance fairs go hand in hand with your major?

**DI:** There is overlap in how I think about history through the fair and how I think about it through my scholarship. At the end of the day, a historian's job is to inform the public about what history was like. A large part of that is getting inside the head of how people thought at that time. A large part of our goal at the Renaissance fair and the Trayn'd Bandes is portraying that in a real and tangible sense. So, it is a different approach to teaching history, but it is not separate in any way: They both share the same goal.

**OK:** Are Renaissance fairs a good way to get



Third from left, Daniel Igoe marches at The Bristol Renaissance Faire in Bristol, Wisconsin, with a group of other costume-clad workers. The fair creates an interactive historical experience.

COURTESY OF WAYNE HILE

students excited about the history they may be learning about in classes?

**DI:** It's a good way to get your hands on what people were using at that time. The group that I'm in has a whole set of weapons and armor. People can get their hands on these things and try them on and feel what it was like at that time. When you have that interest, it makes it easier to ask more about that time and even know what questions to ask.

**OK:** Have you built a community

around [fairs]?

**DI:** These fairs are magnets for people who would otherwise be on the fringes of other communities. They tend to form very tight-knit, almost familial groups. It has been my experience that you have these insular communities that are very productive and healthy. ... They're very excellent communities to be a part of.

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# Book adaptation matches terror of original

BY KARA BOWEN  
STAFF WRITER

PG-13 horror movies can be hit or miss. Too often the attempt at R-rated edginess falters under watered-down pandering to a younger audience. “Scary Stories to Tell in the Dark” avoids the usual pitfalls of being a PG-13 movie in the horror genre. It’s a kid’s horror movie and book adaptation — two elements so easy to get wrong — but within its glorious, trope-ridden goofiness are genuine scares that sustain the frightening spirit of the original stories.

The film, directed by André Øvredal and co-written and produced by Guillermo del Toro, is based on Alvin Schwartz’s horror series of the same name. The film places several short stories, like “The Wendigo” and “Me Tie Dough-ty Walker,” within a larger narrative set in the small town of Mill Valley, Pennsylvania. Local teens Stella Nicholls (Zoe Margaret Colletti), Auggie Hilderbrandt (Gabriel Rush), Chuck Steinberg (Austin Zajur) and newcomer to the town Ramón Morales (Michael Garza) accidentally unleash the ghost of Sarah Bellows, whose famous horror stories come to life and pick off local

**MOVIE REVIEW**  
“Scary Stories to Tell In the Dark”  
CBS Films  
★★★★☆

children one by one. For all the originality of its source material, the movie takes place in perhaps the most stereotypical horror movie setting imaginable — a small town surrounded by cornfields on Halloween night in 1968. Equally traditional is the archetypal band of friends determined to save its town from evil. The unoriginality of the characters and premise would be frustrating were it not for the group’s irresistible likability. Sure, the kids’ dynamic and character growth are expected, but their intelligence, friendship and charmingly funny banter make you invested in their fate despite its predictability. Similarly, the setting of Mill Valley is one dimensional, but this allows the short stories to shine within the broader context.

The actual execution of the short stories is by far the most chilling aspect of the movie. The iconic illustrations come to life through almost solely practical effects. In one instance, the monster The Jangly Man is embodied by contortionist and actor Troy James. The detail put into costumes is laudable in itself and adds a gruesome, lifelike physicality to each scene. One of the film’s most haunting



The Pale Lady ominously wanders a red-lit hallway in André Øvredal’s PG-13 adaptation of the children’s book series “Scary Stories to Tell In the Dark.” The film, despite being rated for younger audiences, incites fear. CBS FILMS

scenes features the monster from the short story “The Pale Lady” — a lumbering giant with stringy black hair and skin like melted candle wax. She creeps slowly toward Chuck as he runs through endless hospital corridors lit red by an emergency light. She appears at every open exit until no matter where he turns, he’s trapped by her slowly advancing, empty, joyful smile. It’s a slow-paced,

chilling sequence with all the dread of the horror classic “The Shining.” For all the glory of the individual stories, the overarching narrative falls short of encompassing their greatness. The numerous subplots feel clunky and shoehorned in. The most unforgivable moment, however, is this regrettable line: “You don’t read the book. The book reads you.” The line and its

dramatic delivery are cringeworthy and ridiculous. Despite being aimed at a young audience, it’s not a horror movie with training wheels: It’s a respectful adaptation that inspires fear even in the now-adults who grew up reading the original source material.

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## New repetitive synth-pop album feels emotionless

BY ARLEIGH RODGERS  
ASSISTANT LIFE & CULTURE EDITOR

“Memory Emotion” is a multilayered synth-pop spectacle from Electric Youth. The group, comprised of Bronwyn Griffin and Austin Garrick, takes ’80s-style beats and combines them with Griffin’s ethereal vocals. But, however dreamy and enchanting Griffin’s voice is, she rarely deviates from her breathy style. The lack of variety makes the album a hodgepodge of seemingly endless electric tracks.

“The Life” effectively combines the duo’s romantic and cheerful sound with the swirling electric rhythm. A track with similar strength to “The Life” is “thirteen.” The tune is emblazoned with yearning lyrics and a constant electric pulse that skates around the beat’s soft chimes.

By the time the album arrives at the 11th and final track, “Memory Emotion,” the album’s vibe is more monotonous than dreamlike. Griffin’s voice is pleasant in most of the duo’s songs, but it rarely deviates from the band’s standard — echoing sighs that disappear into the music.

The album’s lyrics, like Griffin’s voice, can only be tolerated for so long. Though in many cases the lyrics fit the simple beats that define the record, in others they seem lazy. “Real Ones” falls into the former category, blending a pleasantly repetitive background with equally paired

**ALBUM REVIEW**  
“Memory Emotion”  
Electric Youth  
Watts Arcade Inc.  
Our rating:  
★★★★☆



WATTS ARCADE INC.

lyrics. But on the following track, “On My Own,” Griffin and Garrick fail to harness the same balance, mixing a tedious backtrack with monotonous lyrics. The championing track on “Memory Emotion” is “ARAWA,” the dulcet and rich track that follows “The Life.” The song brings Griffin’s vocals to the forefront, unencumbered by layered harmonies or made wispy by editing. Despite the track’s mellow resonance, it carries an energized vibrancy, and the lyrics and melody are compelling with seeming ease on Griffin and Garrick’s parts. As small creators in the pop genre, Griffin and Garrick bring refreshing synth beats to the listeners’ ears — but their unstable foundation can only go so far. Lack of variety can be the breaking point of most albums, as is the case in “Memory Emotion.”

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## Show’s feminist message gets lost in its comedy

BY GABRIELLE TOPPING  
CONTRIBUTING WRITER

“GLOW,” which stands for “Gorgeous Ladies of Wrestling,” uses ’80s televised women’s wrestling to explore the complex lives of a diverse group of female characters. However, the show’s feminist statement fails as the female lead characters are often used as punchlines.

Ruth “Zoya the Destroya” Wilder (Alison Brie) is an actress, unsatisfied with the way women are portrayed in film. Ruth’s drama-filled life lands her a role on a women’s wrestling show, also titled “GLOW,” after her best friend, Debbie “Liberty Belle” Eagan (Betty Gilpin), storms into her audition and physically fights Ruth for having an affair with her husband. In season 3, the cast and crew of the fictional “GLOW” are relocated to Las Vegas for their live show debut. The Netflix series includes stereotypical Las Vegas scenes — drinking, gambling and a mix-up with a male prostitute — that provide glimpses of humor in an otherwise dramatic series.

While “GLOW” is a comedy, the series’ humor is an acquired taste; the majority of the humor in this series is at the expense of women. For example, in one tense scene, Ruth lightens the mood by dancing topless in the dressing room and her boss, Sam Sylvia (Marc Maron), walks in on her. While it’s optimistic

to view these women as empowered and independent, the very essence of the show revolves around women physically fighting one another while wearing skin-tight clothing. The show does tackle real-world issues women face. For example, Debbie feels guilty about being a working mother and displays characteristics of bulimia. She is uber-critical of her appearance and how her figure will affect her livelihood as a performer. The characters of “GLOW” evolve throughout the season as they explore their identities and become more confident by standing up for themselves. The characters come off as real women because they are written with authenticity. The women are able to fulfill their dreams while supporting themselves, even in the unconventional fashion of dressing in leotards and wrestling.



NETFLIX

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## QUICKIES



INTERSCOPE RECORDS

**“TEETH”**  
5 Seconds of Summer  
Interscope Records  
Sweet vocals meet gritty lyrics in “Teeth,” 5 Seconds of Summer’s catchy and exciting pop-rock single. The song is sewn together by a heavy bass line and aggressive guitar strums.



ALAMO/INTERSCOPE RECORDS

**“HOT GIRL BUMMER”**  
blackbear  
Alamo/Interscope Records  
The self-titled “hot girl bummer anthem” by rapper blackbear boasts the artist’s clever lyrics and a catchy, wholly original backbeat.



KIDINACORNER/INTERSCOPE RECORDS

**“OPTIMISTIC”**  
X Ambassadors  
KIDinaCORNER/Interscope Records  
X Ambassadors cry for gun control is revealed in “OPTIMISTIC.” The song is a commentary on the negligence following mass shootings; the band criticizes the optimism through its angry lyrics and indignant instrumentals.



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# BACK ON COURSE

Senior runner took leave of absence after injury to remain eligible

BY DANI PLUCHINSKY  
STAFF WRITER

Senior runner John Blake remembers exactly when he realized something felt wrong in his ankle. What he couldn't have predicted at that moment was that a common overuse injury would take him out of school for an entire semester and away from his team for nearly a year.

While recovering from an illness over spring break in 2018, Blake was forced to reduce his running mileage, and when he tried to return to normal training, he began to feel a soreness in the back of his ankle. When he later saw the athletic trainers at Ithaca College, Blake said he learned that he had Achilles tendinitis.

Achilles tendinitis is an overuse injury in which the Achilles tendon becomes irritated. It occurs most often when a runner has an increased intensity in their runs. Blake said the athletic trainers told him he would miss approximately six weeks of running, and, at first, he did not take the severity of the injury seriously.

"When you're doing a tough workout, you don't feel it," Blake said. "I did the full workout, and then the next day I could barely walk around campus. I had severe crepitus, which is the scar tissue that builds up on your tendons. So you move around, and it feels like a creaky door. I couldn't walk, and I knew I messed up."

At first, Blake said, he planned to return before the end of the 2018 outdoor season. He said that his rehab began with aqua jogging in the pool and that he tried to transition to running on the elliptical for a more weight-bearing workout, but his injury could not sustain the intensity. He said that the athletic trainers tested out different treatments, and that after several months, the injury finally began to feel better. However, he said, when he tried to resume training for cross-country in June 2018, his condition quickly went south again.

Blake first considered taking the 2018 cross-country season off over the summer. He said he did not want to run because he knew he could not compete at his full potential. He also could not redshirt because it was his senior season, and he did not have another year of academics that would allow him to remain eligible. Instead, Blake made the decision to take a leave of absence from school so he would not use up his athletic eligibility.

"I have the rest of my life to work, and I don't want to jump into that when I'm not ready to, and I didn't want to waste that opportunity," Blake said. "I put off a year of my life to run cross country again, which is fine, and I'm more than happy to do that. It was definitely the right decision."

During the time he was taking a leave of absence, Blake lived in Ithaca and worked at the Ithaca Coffee Company. He said he tried to still be a part of the team as much as possible. He did his own practices and workouts to try to get better while the team was practicing. He would even drive himself to meets on the weekends to watch his teammates run.

Eventually, the injury subsided, and Blake returned as a student at the college in January but did not officially join the team yet because he said he knew he would not be in ideal shape to race.

To get a sense of his fitness level, Blake competed in two track meets unattached after enrolling in school again. He ran at the Ithaca College Bomber Invitational on Feb. 2 and again at the Sunday Invitational hosted by Cornell University on Feb. 10. Running unattached meant that he had no affiliation with the college when he raced, and this allowed Blake to further retain his eligibility. He said that during the meets he did not finish with the times that he wanted,

but he knew it was a step in the right direction to get back into racing.

At the start of the 2019 outdoor season, Blake rejoined the team, but he said that he was still unsure of how he would compete. He said he first began to feel good about running again after he won the steeplechase at the Greyhound Invitational on April 20 with a then-personal record of 9:28.64, beating the runner-up by nearly five seconds.

"The way I finished so strong — it was very encouraging," Blake said. "I didn't expect to win. I didn't expect to PR, and I realized that I was back and in good shape. That's when I was first confident in my ability that I was able to run again and run with people, and I felt like I deserved to be there."

Blake capped off his season with his first individual title at the Liberty League Outdoor Track and Field Championships, where he set a personal record again with a time of 9:27.17 in the steeplechase. His victory at the league championship put him on the brink of qualifying for the NCAA Division III Outdoor Track and Field Championships for the first time.

The top 20 athletes in the steeplechase qualify for the NCAA Track and Field Championships. Blake said that after the Liberty League Championships, the 20th-ranked runner had posted a time of approximately 9:12. To qualify, he had to knock off more than 15 seconds from his personal record.

Blake competed in the Swarthmore Last Chance meet in which athletes who are on the cusp of qualifying for nationals compete to lower their times. At the Last Chance meet, Blake set a personal best time of 9:09.75, which earned him a spot at nationals.

John Davis, who was the former assistant coach for men's track and field and is currently the head cross country coach at The College at Brockport, said he was especially proud of Blake qualifying for nationals.

"Not only was he injured, but he wasn't even part of the school community, so he had to overcome it, and he did an outstanding job with it," Davis said. "Everything that he did this year is just a testament to his work ethic and how committed he is and how much he believes in himself, and that's what makes him so special."

Senior Jeff Montgomery said the team was surprised that Blake was so successful in spite of his unusual circumstances.

"We all ripped on him," Montgomery said. "He gained 15 pounds, and he left school for a semester, and he was working at a coffee shop, and we would always call him the fat barista. Then he came back and made nationals, so look at the fat barista now."

Blake missed an outdoor track season and a cross-country season, and because of his choice to compete unattached for an indoor season, he still has a full year of remaining eligibility to run with the college. Even though Blake only took a leave of absence for one semester and could graduate in December, he said he is going to wait until May so he can compete for the full year.

The NCAA requires its athletes to be full-time students, except in the final semester of their degrees. In that final semester, a student-athlete only needs to take the number of classes needed for them to graduate. Blake said he plans to use his last semester to finish up his French and sports studies minors and will only take two or three classes.

After enduring so many setbacks, Blake said he is looking forward to his final season running for the college.

"The end of last year was great, but I still want to see how much better I can get," Blake said. "Plus, it's my last year, so there's a little extra motivation to give it everything I've got and make it as special as possible."

























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# GROUP FITNESS CLASSES

## ITHACA COLLEGE FITNESS CENTER

<b>SUNDAY</b>  5 to 6 p.m.  6:15 to 7 p.m.	
<b>MONDAY</b>  3:15 to 4:15 p.m.  4:30 to 5:30 p.m.  5:45 to 6:30 p.m.	
<b>TUESDAY</b>  7 to 7:30 a.m.  12:15 to 12:45 p.m.  3 to 3:45 p.m.  4:05 to 4:45 p.m.  5 to 5:45 p.m.  6 to 7 p.m.	
<b>WEDNESDAY</b>  3:15 to 4 p.m.  4:15 to 5:15 p.m.  5:30 to 6:15 p.m.  6:30 to 7:15 p.m.	
<b>THURSDAY</b>  7 to 7:30 a.m. 3 to 3:45 p.m.  4 to 4:45 p.m.  5 to 5:45 p.m.  6 to 6:45 p.m.  6:45 to 7:45 p.m.	
<b>FRIDAY</b>  2:15 to 3 p.m.  3:15 to 3:45 p.m.  4 to 4:45 p.m.  5 to 6 p.m.	
<b>SATURDAY</b> <b>NO CLASSES</b>	



### YOGA - VINYASA

Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Commonly referred to as “flow” yoga. Vinyasa classes offer a variety of postures, and no two classes are ever alike.



### RAISE THE BARRE

Raise the Barre is a fun and empowering class set to the latest music. This class will focus on dance elements to help develop postural strength and proper alignment while sculpting and toning the lower body and core muscles.



### METCON

This type of training requires maximum output of its clients but in return offers impressive results with less of a time commitment than conventional workouts. Rather than compartmentalizing training into elements of cardio, strength, muscular endurance, plyometrics and agility Metabolic Conditioning combines all of them into one program.



### GET HIIT

High-intensity interval training (HIIT) is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods. HIIT is the concept where one performs a short burst of high-intensity, or max-intensity, exercise followed by a brief low-intensity activity, repeatedly, until too exhausted to continue. This class is offered in both 45-minute and 30-minute formats.



### CYCLING FUSION

Cycling Fusion combines cardio and strength training in one class. Participants will spend half the class performing high intensity interval training on the bike and will wrap up with a bootcamp style workout. This class is sure to help you HIIT your cardio and strength goals.



### BODYPUMP

BODYPUMP™ is the original barbell class that tones and strengthens your entire body. Classes are available in both 45- and 60-minute formats. Each workout will challenge all of your major muscle groups by using a variety of different exercises.



### ZUMBA

Zumba is a dance aerobics class that is effective for building cardiovascular endurance and is open to all skill levels. Participants will be introduced to a variety of Latin and international music, making the class unique and full of energy.



### CYCLING

Using indoor stationary bikes, your instructor will guide you through a comprehensive cycling workout. Each bike is equipped with a resistance knob that you control so that you can follow the class’ resistance pattern, which simulates hills within your own comfort level. Bikes are limited, so be sure to sign up early.



### BOOTCAMP

Boot camp offers a mix of traditional calisthenic and bodyweight exercises with strength training and interval training. During this total body workout, you can expect to build up your speed, power, strength and agility with exercises like sprints and tire flips. This class will aim to push you harder than you would push yourself to ensure you get in an effective and challenging workout all within 45 minutes.



# New head coaches have history on South Hill

**BY LAUREN WHITE**  
ASSISTANT SPORTS EDITOR

The Ithaca College softball and baseball programs were led for decades by legendary coaches, and although new faces are stepping into the leadership roles this season, head softball coach Hannah Quintana '07 and head baseball coach Dave Valesente already have strong legacies at the college.

Quintana was a member of the college's softball team for all four years of college. She said that returning to South Hill to coach where she spent her collegiate athletic career playing has been her dream since the age of 18.

"This campus is my favorite place in the world," she said. "It feels fantastic to be home. I keep pinching myself to remind myself that it's reality."

Under former head coach Deb Pallozzi, Quintana majorly contributed to the success of the softball program as an athlete. While she was at the college, the team made four trips to the regional tournament and made two appearances at the NCAA College World Series. Quintana was named National Fastpitch Coaches Association Catcher of the Year, Empire 8 Woman of the Year and a First-Team NFCA All-American in 2007.

Before her return to South Hill, Quintana led the women's softball team at Skidmore College as head coach from 2013 to 2018.

Quintana said she plans to make some technical tweaks to the team's game, such as transitioning the offensive philosophy from bunting and short game techniques to more powerful hitting numbers. However, Quintana said, she plans to leave the team's culture and traditions mostly untouched.

"I think what Coach Pallozzi built was such a great legacy and had great consistency," she said. "My job is just to make sure we continue to excel on a national level."

As a graduate of the college, Quintana said she hopes to instill a sense of pride in her players about representing the South Hill squad.

"It's about family," Quintana said. "It's about hard work on the field, off the field and in the classroom and being really passionate about the privilege of being a Bomber."

Senior Abby Shields said Pallozzi instilled a philosophy in the team that was built off of the Bombers having one another's backs. As Quintana steps in, Shields said that the team's ethos will be even more emphasized.

Shields said Quintana's small changes in areas like hitting technique will positively revamp the program.

"Our team is really excited and really ready for new changes in all of the things that Coach Q has to teach us," Shields said. "I think we're all really open to new suggestions and learning and becoming the best possible player that we can."

Shields said that while the fall may be a learning period, she is confident Quintana and the players will quickly learn what makes one another unique and then let that fuel their success.

While Dave played baseball for Division I Saint Joseph's University, his father, George '66, is one of the best-known figures in the college's athletic history. The American Baseball Coaches Association Hall-of-Fame baseball coach and alum retired in August after 41 seasons. He led the Bombers to 35



Left: Dave Valesente and his father, George '66, at Ithaca College's game against Wells College on May 5, 2018. Right: Hannah Quintana settles into her new office after accepting the head softball coach position.

COURTESY OF ITHACA COLLEGE ATHLETICS AND MOLLY BAILOT/THE ITHACAN

NCAA appearances and 17 Empire 8 Conference championships out of the last 20 seasons that they were part of the conference. George also was named Empire 8 Coach of the Year 11 times.

Dave has spent the past three years as head baseball coach at Wells College in Aurora, New York. He was the first-ever head baseball coach at Wells and built the program from the ground up. Dave said he hopes to achieve the success that his father has while continuing the tradition of excellence.

"I want it to be known that it wasn't passed down," Dave said. "It's not something that [my dad] gave me.

It was something that, in my opinion, I earned from my experiences, and I went through a challenging interview process here. It means a lot that Dad wanted me to be the next coach."

Dave said that because he and his father are closely bonded through baseball, he has adopted many of the same values as his father and plans to implement them as he leads the team.

Junior baseball player Jack Lynch said the team is excited to have another Valesente at the helm of the program.

"It's tough losing a leader, really, with Val Sr.," Lynch said. "But having

his son come in and knowing that he has the same morals, same ideas, same sort of coaching style as his dad is pretty reassuring."

Lynch said that he is looking forward to Dave's progressive approach to his coaching and that a new style will be refreshing for the Bombers.

"I think it's pretty unique that a program can have that legacy built up over such a long time," Lynch said. "It's pretty amazing to be a part of it."

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# Soccer teammates secure summer championship win

**BY EMILY ADAMS**  
SPORTS EDITOR

Four members of the Ithaca College men's soccer team already had a championship win before they even set foot on campus for the year. The group competed together with Eastern FC's U23 soccer team this summer and won the Eastern Development Program (EDP) championship.

Eastern FC is a soccer club based in eastern New York that fields teams from ages 10 to 23. The U23 team competes only in the summer and is comprised mostly of college players looking to stay engaged with the sport during the offseason. This summer, the team played six regular season games from June to July and then competed in the EDP playoffs to bring home the title.

Junior striker Jonathan Kyriakidis, junior defender Luke Bugoni, sophomore midfielder Alex Leahy and freshman midfielder Alex Cabeca hoisted the EDP trophy together. Kyriakidis and Leahy both grew up playing for Eastern's high school club teams, and Cabeca attended high school with Leahy, so the group reconnected on the field over the summer. Cabeca said he chose to play for Eastern partly because he knew it would give him the opportunity to play with his fellow Bombers before his first season began.

"It's always good for a young player like myself to go into the season already feeling comfortable with some of the guys," Cabeca said. "Socially, you know people already, so it's easier to talk to them and they know how you play. You have a starting point."

Head coach Kyle Dezotell said the coaching staff highly encourages athletes to play with club

teams during the summer. "We want our guys to be sharp, so the more games they can play in the summer is really important to us," Dezotell said. "You can see some guys will come in fit but not necessarily having played a lot or at the best level in the summer, and it can take them a month to get ready."

Dezotell said he was excited to see his players win the EDP championship because it indicated to him that they were competing at the best possible level. Cabeca competed against athletes who were mostly upperclassmen in college at the tryouts for Eastern FC, and he was one of only two rising freshmen on the squad. He said that competing at the U23 helped prepare him for the demands of college soccer.

"You're playing against a lot bigger and stronger players," Cabeca said. "College soccer is totally another game than just summer league, but I think it was a good starting point to get a little bit of that feel."

Kyriakidis started playing with Eastern FC when he was 13, and he began working with the more elite U23 team during his junior year of high school. He said that playing with his teammates over the summer has helped him develop stronger connections with them both on and off the field.

"You get to know what guys like, what they don't like, what they feed off of," Kyriakidis said. "The more you play with somebody is beneficial, not only for your personal relationship but for the team as well."

Dezotell said that building relationships among players is critical for on-field success. He said that because the top teams in the



From left, junior striker John Kyriakidis, freshman midfielder Alex Cabeca, junior defender Luke Bugoni and sophomore midfielder Alex Leahy played for Eastern FC's U23 team.

COURTESY OF JOHN KYRIAKIDIS

country all have talented rosters, having strong personal connections can often set a squad apart.

The college's soccer team works on developing these bonds in-season with activities like a cookout that Dezotell hosted at his house during preseason, but he said that continuing to strengthen them over the summer can only benefit the team.

Dezotell said he expects all four members of the Eastern FC team to be contributors during the upcoming season. Kyriakidis received United Soccer Coaches All-East Region Third Team

honors last year, and Leahy saw the field in all 20 games as a freshman.

"They'll all have different roles, but the expectations are there for this team now," Dezotell said. "The talent has massively increased in the last couple years. Whatever their role may be, whether it's to be a first-team all-conference player or to be the best practice player on the team, we expect them all to have a significant impact."

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# Gus Macker tournament to fund activities center

**BY EMILY ADAMS**  
SPORTS EDITOR

The Gus Macker Basketball Tournament has traveled around the country since 1987, and Ithaca is hosting the tournament for the first time Sept. 7 and 8 at Ithaca High School to raise money for the Greater Ithaca Activities Center.

The Gus Macker Tournament is a three-on-three traveling charity basketball tournament that welcomes people of all ages and experience levels. The tournament partners with local organizations at each location and donates the proceeds from the competition to benefit the host community.

Ithaca's tournament will have a unique twist compared to the average Gus Macker event. It will be held in tandem with the Festival of Nations, which is also sponsored by GIAC. GIAC Deputy Director Travis Brooks said that combining the two events will elevate both to new levels.

"A lot of communities that do the Gus Macker do it right downtown in their community," he said. "What we're doing, because our streets aren't big enough downtown, is we're doing it at the high school. By having the festival there too, that's bringing vendors, spectators, music performances that represent cultures all around the world."

Brooks said GIAC is capping

the tournament registration at 225 teams. He said he expects approximately 900 players to compete and a total of 3,000–4,000 people to attend during each of the two days.

Brooks also said the funds raised from the event will primarily go toward GIAC's youth athletic and dance programming. GIAC offers activities ranging from track and field to a jump rope, dance and step team. He said the tournament is estimated to raise anywhere from \$12,000 to \$20,000 this year.

"Our staff has spent hours running small nickel-and-dime fundraisers to give our kids an opportunity to participate in these activities," Brooks said. "Our hope is to remove all those fundraisers and focus on this one big one and really bring in the community."

Dave Prunty, executive director of auxiliary services at Ithaca College, had three students from his Applied Event Management course during the spring semester complete their practicum experiences at GIAC to assist with planning the tournament. Prunty said his students contributed to many preliminary aspects of the event.

"Gus Macker was a dream for GIAC as recently as last spring semester," Prunty said. "Gus Macker provided them with this gigantic manual of what you need to do to actually host a tournament. They were going through that to figure

**Our hope is to remove all those fundraisers and focus on this one big one and really bring in the community."**  
– Travis Brooks



Local basketball players Kyaija Stewart, Mia Little and Tatyanna George from the GIAC Firebirds team will be participating in the Gus Macker Tournament. The tournament will be held Sept. 7 and 8 at Ithaca High School. COURTESY OF THE GREATER ITHACA ACTIVITIES CENTER

out how to interpret the manual's instructions into reality."

Paula Younger, executive director for government and community relations at the college, said that while she is not directly involved with the organization of the tournament, she has assisted in marketing the event to students. GIAC has a three-year contract with the Gus Macker organization, and Younger said she hopes to collaborate further with the tournament in the future.

"I plan to be there to take it all in and be a spectator," Younger said. "Then, hopefully I'll be able to participate in GIAC's debriefing conversations after this year and see where our interests align."

Samantha Little, Ithaca High School's athletic director, originally proposed the idea of hosting a Gus Macker event in Ithaca. Her three children have all played in Gus Macker tournaments in surrounding areas, so she offered the high school as the site for

the event. Little said she is passionate about supporting GIAC through the tournament.

"Kids playing tennis at a young age wasn't happening until GIAC did it, and kids running track at a young age wasn't happening," Little said. "This is really critical to continue the solid foundation that they have to grow new and different programs."

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# Athlete's heartwarming farewell to mom goes viral

**BY LAUREN WHITE**  
ASSISTANT SPORTS EDITOR

Like most students leaving for college, freshman football player Daniel Hutchinson said an emotional goodbye to his mom when he settled into his dorm on Ithaca College's campus. However, unlike most freshmen, Hutchinson and his mother said goodbye with a personalized handshake and posted a video on Instagram that quickly went viral.

Hutchinson and his mom, who are from West Palm Beach, Florida, were featured on popular social media accounts like Oprah Magazine and House of Highlights, and Hutchinson's original post received more than 31,000 likes on Instagram. His Instagram following also increased from approximately 3,000 followers to more than 33,000.

Assistant Sports Editor Lauren White sat down with Hutchinson to discuss the viral video, his transition to college and his relationship with his mother.

*This interview has been edited for length and clarity.*

**Lauren White:** Why did you decide to come to Ithaca?

**Daniel Hutchinson:** That's a very long story, to be honest. I played football throughout high school and during my recruiting process I got recruited by some big schools, but then my senior year I tore my ACL, and then all of those big schools went away. Ithaca really came out of nowhere and was like, "We want to give you opportunity. You seem like a good kid, and we don't want to see you fall through the cracks." They gave me the opportunity, and I'm here now.

**IW:** What is it like going to college so far away from home?

**DH:** It's actually very hard. Growing up, me and my whole family, we were all so close with my mom. I'm the youngest and last one, so me and my mom had the most one-on-one time, and it's the first time that she's alone because my father's not in the picture. So, I'm kind of worried about her, but I have faith that she's going to be all right and that she's in great hands with the man up above.

**IW:** Why was it so hard to leave your mom?  
**DH:** It was so hard to leave her because it's kind of just been me and her a lot. I was her rock through the domestic violence, through the poverty, things like that. And then she was my rock when I was going through my ACL tear, and I went through my depression and things like that. And it's just like we created that type of bond that's like it really can't be broken. Going so far away, it's just going to be so hard. I'm kind of scared we're going to lose that bond, but it's so strong.

**IW:** Tell me about your handshake.  
**DH:** We made that a long time ago. We did it before every single football game. I just came up to my mom and I was like, "Mom, we need a handshake. It's going to be so cool just trust it." So we made a handshake, and we throw up the "I love you" sign because my mom is a sign language interpreter, and at any point in the game that we can't do the handshake we just throw up the "I love you" sign and it's just like, "I see you mom" type of thing.

**IW:** How does it feel to go viral?  
**DH:** Oh man, it's amazing. I got to give God the glory, though, for it all. But no, I feel like I'm



Freshman football player Daniel Hutchinson said he and his mother have been close his entire life. The pair's goodbye handshake when Hutchinson moved in went viral on Instagram. COURTESY OF DANIEL HUTCHINSON

on cloud nine. Just like, everybody's talking to me last night, and a group of people came up and were like, "Let's take a picture." It's crazy.

**IW:** Favorite thing about Ithaca so far?  
**DH:** The views. I love the views so much. It's just so peaceful, tranquil. I just... I love that.

**IW:** How do you like being on the football team?  
**DH:** Me, personally, I'm a guy that likes to talk to everybody. So my first day, it was like I wasn't the only guy that was talking to everybody because the team welcomed me in so well. I just felt so welcomed. I was brought into a family, and it felt like I was there for five years already. Playing football brings you a lot of attention, and

I feel like now with where I am, I cannot only inspire and impact the football team but as well as the community of Ithaca College.

**IW:** What are you looking forward to this year?  
**DH:** Having a great football season, first. I want to get healthy. I want to be ready to play instead of just being clear. And, honestly, I want to impact as many people as I possibly can. I'm going to aspire to inspire, and we're going to see where that takes me, and that's what I'm really looking forward to the most.

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the

Buzzer

ATHLETE OF THE WEEK

ALLIE PANARA

Recent Achievements

Recieved the **NCAA Postgraduate Scholarship** worth **\$10,000**

Became the **16th** Ithaca College athlete to earn the scholarship



Then-senior Allie Panara fights for a draw against Katie Sergeant, Clarkson University then-sophomore midfielder, during the Bombers' game April 6. Panara is now a graduate student at Ithaca College.

FILE PHOTO/THE ITHACAN

GETTING TO KNOW ALLIE

How does it feel to be honored by the NCAA?

What are your postgraduate plans?

What are your hobbies outside of lacrosse?

What is your favorite place on campus?

It is an incredible honor to be recognized by the NCAA. I am so grateful for my athletic career at Ithaca and all the people that have been a part of my journey.

Postgrad, I plan to continue to complete the physical therapy program at Ithaca. I have one more year until I earn my doctorate.

I enjoy spending time with my family and friends, being active outdoors, traveling and listening to music.

My favorite place on campus is by the Hill Center, overlooking the fountains and the lake.

A portrait of Allie Panara, a lacrosse player for Ithaca College, smiling. She is wearing a dark blue Ithaca Bombers jersey with the number 5. The background features logos for Ithaca Bombers, NCAA Division III, and the Hill Center.

PHOTO COURTESY OF ITHACA COLLEGE ATHLETICS



# THE ITHACAN

## RECRUITMENT EVENT

**JOIN US:**  
**12:10 p.m.**  
**TUESDAY, SEPT. 3**  
**PARK AUDITORIUM**

**STOP BY PARK 220**  
**OR EMAIL US AT**  
**ITHACAN@ITHACA.EDU**  
**WITH QUESTIONS**

### OPPORTUNITIES IN:

NEWS	DESIGN
OPINION	MULTIMEDIA
ENTERTAINMENT	COPY EDITING
SPORTS	PROOFREADING
ADVERTISING	PHOTOGRAPHY
	PODCASTS

