A dangerous obsession
Students struggle to overcome problems with eating disorders

BY KELLI R. GRANT
News Editor

When Lindsey Rabinowitz arrived at Ithaca College three years ago, the Colorado native was forced to make major adjustments to her new life that she felt eating was the only part she could control.

"All I really wanted to do was lose weight, but then it turned into an obsession," she said. "Once I found I could lose the weight, I wanted to keep it off."

During her first year, her obsession led to anorexia. Rabinowitz said she began to exercise frequently and eat only once a day, limiting her total food intake to a bowl of cereal and an apple. When people started to notice, she would push it aside.

"I think I knew I had an eating problem. I just didn’t really care,” Rabinowitz said. "At my house, I’d say to my roommates, ‘Look at my stomach from the gym,’ and she’d say, ‘Those aren’t your muscles. They’re part of your ribs.’"

At the end of her freshmen year, she entered an anorexia treatment plan because she couldn’t stand to not eat anymore, but turned to bulimia instead.

"I would go to the dining hall and have a blue bag," she said.

Rabinowitz stopped her bulimia at the end of her sophomore year because she couldn’t handle hiding her problem from people. A supportive group of friends helped her to stop obsessing over food, Rabinowitz said. She initiated a campus group last spring called Body Related Issues, Discussion Groups, Education and Support, or BRIDES.

"I decided, ‘That’s it!’ She said. "I have to pull myself back together. I have to go back to the person that I am."

According to the National Eating Disorders Association, there are an estimated 11 million people in the United States suffering from eating disorders.

RHA’s resolution stated that it is important to note that the student government association makes or represents, Katz said.

"One of the main reasons for this resolution is that students have a right to question SGA’s actions," Katz said.

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Bringing Back Tradition

By Pamela Consaline

HAMDANA, LEFT, AND Farishta attend a required Arabic language class for women at the Islamic Law School at Kabul University, which is working to redevelop pre-Taliban moderate traditions of Islam.

Bush plans to reduce prescription costs

President Bush plans to propose new rules designed to make it easier for Americans to buy generic medicine by requiring large drug-sold chains and some pharmaceutical companies to keep lower-price drugs off the market.

Administration officials estimated that the plan, which could take effect within the next several months, could shave $3 billion a year off the nation's rapidly growing prescription-drug costs.

The officials, speaking on condition of anonymity, said Bush will essentially call for a new interpretation of a law that covers the brand-name drug industry and preserves patents for the therapies that it develops.

The White House is responding to criticism of the industry, including a recent federal study that has accused the companies of marking up drugs in the law to thwart competition and thus increase the price of medicine for patients, employers and government-run insurance programs.

Officials put pressure on North Korea

The Bush administration has warned that Asian allies to deprive North Korea of hard currency, other economic sanctions to go along with international efforts to end Kim Jong II's nuclear weapons program.

The administration is putting pressure on North Korea to open its deadly arms库, which could contain the world's largest concentration of weapons-grade plutonium and enough enriched uranium for a nuclear bomb. North Korea has given no indication it will cooperate.

President Bush is trying to increase pressure on North Korea this week after a meeting with his South Korean counterpart. Bush said that the United States and South Korea are closely coordinating their policies on North Korea and have no plans to restart or join a six-party nuclear dialogue with North Korea, South Korea, China, Japan and Russia.

The United States and South Korea have been cooperating for years to put pressure on North Korea, but Bush's administration is trying to increase its leverage by threatening to take action against North Korea if it does not comply with international agreements.

President Bush is also meeting with South Korean President Roh Moo-hyun, who has been pushing for a diplomatic solution.

Bush, who met with Roh last week, is expected to press him for a more vigorous approach to North Korea.

The two leaders are expected to discuss ways to increase economic pressure on North Korea, including a possible boycott of the 2018 Winter Olympics.

The United States and South Korea have been trying to build pressure on North Korea to return to the six-party nuclear talks, which have been stalled for months.

Bush, who is expected to release a national security strategy next month, is also expected to announce a new approach to combating global terrorism.

The strategy is expected to include a more aggressive approach to preventing and disrupting terrorist attacks, including more robust law enforcement and intelligence-sharing.

Bush is also expected to announce a new approach to dealing with Iran, which is suspected of trying to develop nuclear weapons.

The administration has been trying to increase pressure on Iran, which has been increasing its nuclear program in recent months.

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Finding a healthy balance

Students search for nutritious foods

BY KELLI B. GRANT
News Editor

During the noon lunch hour, students pack into the three dining halls across campus, lining up for chicken fingers, French fries, bacon cheeseburgers and other favorite treats.

For Justine NicosCarroll, choosing healthy foods amid so much temptation is tough. Carroll said it is sometimes difficult to find foods that are low in fat.

"I've been eating salad after salad," she said.

Good nutrition is essential to maintaining health and preventing disease, but that doesn't mean all students are getting what they need to be healthy, said Jeannie Lawless, assistant professor of health promotion and human movement.

"When college students are home for the holidays, they have more control over the food they eat, but when they're thinking about getting into their summer clothes, it's relatively easy to determine how much to make," Wescott said.

Newman said he often receives complaints about dining hall food when students process medical requests for accommodations, which either exempt a student from the meal plan or provide specific dietary modifications, which either exempt a student from the meal plan or provide specific dietary requirements for Dining Services to follow.

One student said he has been off the meal plan for medical reasons since his freshman year. He asked not to be identified because of the nature of his medical problem.

"The student said he is required to be on a high-protein diet, and all the dining hall food is too high in carbohydrates for him to eat," Wescott said. "He said he's spending less money and getting the nutritious foods he needs."

Dining Services Director Gene Wescott said the dining halls face the difficulty of providing a menu mix that satisfies what students need, but don't often get, said Health Center Director David Newman.

"This is really more of an apples-to-apples kind of adv orse, but it's true," he said. "If you don't sleep enough hours at night, you'll feel crappy. If you don't eat well, you feel like crap."

"I've been eating salad after salad," she said. "If you don't eat well, if you live on junk, you won't feel well. You won't perform well physically and mentally."

Dining Services Director Gene Wescott said the dining halls face the difficulty of providing a menu mix that satisfies what students want and that is also healthy. He said the three food staples — pizza, pasta and burgers — are always provided for people's convenience.

"The trick is getting enough variety and healthy foods in the rest of the menu," Wescott said.

"The healthy choices are there, but I haven't found a magic recipe for students to eat healthy," Wescott said.

To determine the day's menu, Dining Services looks at menus from the previous year to determine which foods were eaten, and how much was made of each item, Wescott said. Students tend to eat in cycles, he said, so it's relatively easy to determine how much to make.

As exams approach, "comfort food" becomes very popular he said. People tend to seek, low-calorie foods in the spring, "when they're thinking about getting into their summer clothes," Wescott said.

"Instead of going on a diet, students should establish a diet for a lifetime," said Jeannie Lawless, assistant professor of health promotion and human movement.

"I've been eating salad after salad," said Nicole Carroll. "I've been eating salad after salad," she said. "If you don't eat well, if you live on junk, you won't feel well. You won't perform well physically and mentally."
Finding a healthy balance

National statistics reflected on college campus

Continued from Page 1

ders, most of who either do not recognize their problem or do not seek help for it. Counselling Center Director David Spano said problems with eating disorders and body image are on the rise nationwide.

"Out of the Counselling Center's 600 cases last year, 45 were primarily related to some kind of body or eating issue. He said students come in with a range of problems. I feel very real in the presence of one who is really not happy with the way I look," to "I'm starving myself to death." Other times the problem comes out through the sessions.

Health Center Director David Newman said the Health Center does not see as many patients with eating disorders as it should, given the statistics. He said the staff currently tracks a small number of students — less than 10 — with eating disorders.

Bad eating habits and eating disorders often stem from low self-esteem and poor body image, said Spano and Deb Harper, assistant director of the Counseling Center. Not all bad eating habits become full-blown eating disorders, Spano said. Behaviors must reach a certain level before they can be classified as clinical eating disorders.

Junior Michelle Smith, who is fund-raising and budget coordinator of MTHRUSS, said she first had serious issues with body when she came to college. Between gaining a little weight and supporting her high school friends who had developed eating disorders, Smith said she had a tough freshman year.

"I know this is going to be a lifelong struggle for me," she said. "The internal dialogue with body image began in early childhood. Throughout my high school, I battled first anorexia, then bulimia. After she sought counselling, Zatina began to work her way back to a healthy weight.

Soon after Zatina arrived at college, her best friend from home, who also suffered from eating disorders, committed suicide. Zatina said her friend's death sent her into the circle of disordered eating habits.

She would alternate between going to meals where she would eat nothing but celery sticks, and wild binges where she would eat "a couple hundred Tostitos rolls," said Zatina.

"I would find myself at midnight going into the woods behind Rowland Hall and purging," she said. "I didn't want anyone to see me, and I knew the bathrooms were always busy. I'd gone on these three-hour binges at night and vomiting all I could, to the point where it hurt, and I was covered in my own vomit." She had to work her way back to a healthy weight.

Zatina said she searches for justification to be hungry.

"People, you just say one thing, and it smears them the wrong way," Rabinowitz said. "Then they just continue down their path of self-hatred and celery sticks."
College offers eating disorder help

BY KELLI B. GRANT

News Editor

"My name is Michelle, and today I bought a pair of jeans," the young woman says with a smile.

"Oh," she adds, almost as an afterthought, "and I finished my annotated bibliography for Government and Media." As an outreach and education organization, BRIDGES will be organizing special events such as movies, tables for Eating Disorder Awareness Week in February and discussions in conjunction with Project Look Sharp and other organizations. Rabonowitz said the idea of "a fresh start" is both myth and fact — many students gain weight, but it is often unavoidable.

Senior Jay Tifone, BRIDGES support chair, emphasized that the group discusses eating disorders and body image as they relate to both males and females. Tifone said it frustrates him that body image is often unavoidable.

"They say 'It's not really a male issue,'" he said. "Men don't bathe and purify, men don't starve themselves — but they do. So if it's not out there, how are they supposed to know that this may be affecting them?"

As an outreach and education organization, BRIDGES will be organizing events such as movies, tables for Eating Disorder Awareness Week in February and discussions in conjunction with Project Look Sharp and other organizations, Rabonowitz said.

Throughout the year, the group will display advertisements in the Campus Center lobby portraying negative body images and collecting student comments about how the ads make them feel. Rabonowitz said those ads will then be sent back to the magazines that published them. On Nov. 8, the group will be offering President Peggy R. Williams’ parking space for two days to the student who can guess the correct number of candles in a jar.

A more private option for students with eating disorders is the Counseling Center, Rabonowitz said, and assistance director Deb Harper, the group’s facilitator.

Harper said enough students have expressed body image concerns to warrant a support system, but right now she is trying to find enough of them who can meet at the same time. Once the group is up and running, it will be discussing emotional, behavioral and physical concerns that the students have expressed.

Students who are interested in the group should contact Harper at 274-3136.

Gaining weight often unavoidable

BY KELLI B. GRANT

News Editor

The "freshman 15," a dreaded phenomenon among college students, is actually part of perfectly normal weight gain during the college years, according to health professionals. Health Center director David Newman said college students tend to gain a little weight their first year at college for many reasons, from growing into their adult bodies to a change in diet because the food is not like what they are used to at home.

Junior Lawless, assistant professor of health promotion and human movements, has done research on the "freshman 15." She said the idea of a "freshman 15" is both myth and fact — many students gain weight, but it is often unavoidable.

"When we’re doing so much, it’s difficult to pay attention to what we’re eating," she said. According to the National Institute of Health, body mass index is a way to determine if body fat is within a healthy range. The formula is weight (lb.)/height (in.)2 x 703, with 18.5-24.9 being considered healthy.

Society concentrates too much on numbers and standards to determine ideal weight, Newman said. Most tables for weight indexes come from insurance companies, he said, and the best weight for an individual depends on that individual.

"If they can look at themselves and feel comfortable with what they see and if they feel physically good — they’re energetic, they’re sleeping well, they’re well-nourished — it’s hard to improve on that."
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Funding issues won't kill 'Rocky Horror'

BY KATE SHEPARD
Staff Writer

Students still have the option of doing the "Tene Wasp" this Halloween because the Ithaca College Players have prevented the death of the annual showing of "The Rocky Horror Picture Show."

The Student Activities Board broke tradition this year, deciding Oct. 7 not to fund the show.

No one is sure how many years SAB has been holding the event in Textor 102, but "Rocky Horror" enthusiast Erin Weisburger, a junior cinema and photography major, said it was shown here in 1979, when her father was an Ithaca College student.

SAB turned away 200 people at the door last Halloween, as the lecture hall had exceeded its 236-person capacity. Despite the popularity of the affair, Executive Chair Gregg Goldstein said SAB did not want to sponsor the event this year.

"The stuff that they traditionally do at 'Rocky Horror,' it's a problem for Ithaca College," Goldstein said.

SAB Adviser Karen Coleman, assistant director for student leadership and enrollment, said she received complaints last year from five or six attendees who were upset by what she called "hazing," marking first-time attendees with a "V" for virgin, seating them in the back row and using loud, vulgar language. Students are not always aware of this before attending, Coleman said.

"Hazing is against the Ithaca College policy," Coleman said.

"Rocky Horror" organizers said they had already conceded requests to SAB and decided to do without the rituals for this year's show before SAB pulled the plug on fund-raising associated with "Rocky Horror."

SAB turned down requests to SAB and de- cast as Frankfurter for a second year the legislation that the show's customs were mandatory for attendance.

"The staff that we traditionally do at 'Rocky Horror,' it's a problem for Ithaca College," Coleman said.

"SAB-led us to believe they were going to fund it," Wagner said.

"The last-minute nature of the decision has made arrangements difficult. With just a week before Halloween, the moviersights, Student Auxiliary Safety Patrol and custodial staff are still not secured.

"The performance, which was held three nights last year, is only available on Halloween this year because Textor 102 is reserved for other purposes on other nights," Stipe said.

"Yes, our mission statement says we provide activities for the entire campus, but there is nowhere in any constitution of ours that says SAB has to sponsor this program," he said. "God bless them if this is the only tradition broken in [their] lifetime."

Wagner said they will not let the setbacks dampen their Halloween tradition.

"The passion will drive them even harder," Wagner said.
Election 2002
A political debate between the candidates for the 22nd District in New York

Tuesday, Oct. 29 at 7:30 p.m.
Center for Natural Sciences, Room 112

ERIC HALL
MAURICE HINCHHEY

Sponsored by Ithaca College Republicans, Ithaca College Democrats, The Ithacan, ICTV, Student Government Association and Office of Student Affairs and Campus Life.

Senior Class Happy Hour

When: November 25
7:30 p.m. - 10 p.m.

Where: Chanticleer
101 W. State Street

Cost: $3

DRINK SPECIALS
7:30-8:30 p.m.

Buy a Senior Card at the door for $10, and you can get in this event for FREE!!

Must be 21 or over! Please bring proper ID!!

Sponsored by the Senior Class

Planning to study abroad?

If you plan on studying abroad during the SPRING 2003, on any affiliated or non-affiliated program, Ithaca College requires that you complete paperwork, including a Study Abroad Approval form and Petitions for Transfer Credit prior to your departure. If this paperwork is not completed, you will not be able to receive credit for your study abroad program.

ALL STUDENTS PLANNING TO STUDY ABROAD IN THE SPRING OF 2003 MUST NOTIFY THE OFFICE OF INTERNATIONAL PROGRAMS BY FRIDAY, NOVEMBER 1, 2002.

STUDY ABROAD PAPERWORK MUST BE TURNED IN TO THE OFFICE OF INTERNATIONAL PROGRAMS BY FRIDAY, NOVEMBER 15, 2002.

All Spring 2003 study abroad students must attend a study abroad orientation session. There will be four orientations held. Make sure you attend one!

* Thurs., Nov. 7, 12:10-1:05, Textor 103*
* Wed., Nov. 13, 6:00-7:00, Textor 103*
* Tues., Nov. 19, 5:00-6:00, Textor 102*
* Thurs., Dec. 5, 12:10-1:05, Textor 103*

For more information, contact the Office of International Programs
214 Muller Faculty Center - 274-3906

News
Thursday, October 24, 2002

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7:30 p.m. - 10 p.m.

Where: Chanticleer
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DRINK SPECIALS
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214 Muller Faculty Center - 274-3906
Canadian education, eh?

BY JULIE STEPHENS  Staff Writer

Increasing numbers of American students are heading north—choosing to cross the border to attend Canadian universities. The Canadian Embassy in Washington D.C. estimated earlier this month that the number of U.S. citizens enrolled at major Canadian universities increased by 86 percent over the last three years, to about 5,000 students. It reported that students are drawn to lower tuition costs, high academic standards and Canadian urban centers.

Betsy Wang, a resident of Niskayuna, N.Y., was drawn to all these factors and enrolled as a freshman at McGill University in Montreal this fall.

"I chose McGill partly because of the location," Wang said. "Montreal is a great city."

The high academic standards at McGill, which calls itself the "Harvard of Canada," and the diversity of the student body drew her to McGill, she said.

Wang said tuition, room and board cost $9,000 to $10,000 in U.S. dollars for international students, about the same amount that a New York resident pays to attend a state college in New York.

Bruce Smith, associate professor of biology at Ithaca College, taught at the University of New Brunswick in Fredericton from 1985 to 1990. The significant difference in cost plays a role in students choosing Canadian universities over American universities, he said.

Smith said that while the cost of attending Canadian universities is significantly lower, the degrees offered are different from those offered at many of the American liberal arts colleges.

"Many students do not want to take courses outside their majors," Smith said, so they are drawn to universities like the University of Toronto and the University of British Columbia, where there are no liberal arts requirements.

Canadian officials claim that academic integrity has not been sacrificed for the experience of driving drunk. For students who missed the demonstration she drives a golf cart through an enclosed course wearing goggles that simulate the experience of driving drunk. For students who missed the demonstration Tuesday, another will be held today from 11 a.m. to 2 p.m. in the Academic Quad.

Driving Drunk

Patrol Officer Richard Curtiss guides freshman Maria Karastergiou as she drives a golf cart through an enclosed course wearing goggles that simulate the experience of driving drunk. For students who missed the demonstration Tuesday, another will be held today from 11 a.m. to 2 p.m. in the Academic Quad.
Speakers discuss alcohol problems

BY SHARON BRANDMAN

Faculty should educate themselves about campus alcohol use and work with students to help solve alcohol-related problems, said speakers at a faculty colloquium presentation Tuesday.

Director within the Office of Student Affairs and Campus Life highlighted consequences of alcohol abuse in the open discussion with faculty held as part of Alcohol Awareness Week.

Priscilla Quirk, coordinator of health promotion and substance abuse prevention programs, moderated the presentation.

"I think sometimes faculty members might not be aware of what happens on the weekends," Quirk said.

According to the Core Alcohol and Drug Survey given to students in February 2001, 30 percent of Ithaca College students are frequent, heavy drinkers.

Quirk said the college offers a good network of services that address high-risk drinking, but faculty awareness needs to increase across the campus.

Speakers from the offices of Residential Life, Judicial Affairs and Public Safety as well as the Counseling and Health centers provided background on how each sector deals with alcohol problems.

Residential Life and Judicial Affairs Director Bonnie Bolt Prunty identified dramatic increases in judicial referrals over the last year. As a result of the college's heightened policy on alcohol use, put into effect in Fall 2001, the number of reported alcohol-related incidents more than doubled, she said.

During the 1999-2000 school year, 293 cases involving alcohol use were reported. The following year, that figure reached 721 cases. Although statistics are not yet available for this year, Prunty said she expects them to be similar to last year's statistics.

Alcohol-related referrals made up 14.5 percent of judicial affairs cases in 1999-2000. That number increased to 36.5 percent in 2000-2001.

One of the Office of Judicial Affairs' newest programs is the Substance Use Reduction Education (SURE) program, in which it collaborated with other health-promoting offices.

SURE, which began this fall, offers students with repeat offenses group meetings to discuss reducing their alcohol use.

"We are very excited to see what kind of impact the program will have," Prunty said.

Public Safety Director Robert Holt discussed the enforcement of alcohol policies. Public safety officers wrote more than 400 tickets already this academic year for alcohol-related violations, doubling last year's number.

Holt said officers must deal with assaults, property damage and theft, which often occur because of alcohol consumption.

The officers often transport students to the Health Center when their intoxication levels become dangerous, he said.

Health Center Director David Newman presented statistics on students admitted to the Health Center for alcohol use and said the majority of the cases were freshmen. They were most often admitted between the hours of midnight and 4 a.m.

Newman said the significant number of freshmen raised flags among the Health Center staff.

"We need to do more work in follow-up," Newman said, wanting to look into family history and other possible risk factors of incoming students.

Newman said college staff had no way of knowing the alcohol problems that many freshmen had in high school.

Sophomore Sheila Katz, president of the Residence Hall Association, said familiarizing faculty with the available services for students helps faculty be a responsive outlet for students.

Professors who routinely face hung-over, high-risk students can help them if they are more aware of the plans of action available on campus, Katz said.

"The first step is recognizing that students who have problems with alcohol do not just affect residence halls," she said. "The problems can also affect academics, and that is where faculty members come in."

Susanne Morgan, associate professor of sociology, stressed the importance of faculty involvement. She said many professors are concerned about student alcohol problems and would like to offer better guidance.

"We are community members, so at some level whatever is going on anywhere, we are a part of that," she said.

Morgan said that by educating themselves about the alcohol programs and facilities available on campus, faculty members will be better able to help students address alcohol problems.

Halloween isn't Complete without a Pumpkin!!

Enter to win one of six pumpkins when you purchase one of the following: 

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- Taco Salad
- Any grill combo
- Special of the day
- Deli Special of the day
- grande central cafe Smoothie

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Select Public Safety Log

Incidents

Oct. 6
• Criminal mischief
  Location: Emerson Hall
  Summary: Caller reported damage to an exit sign. Case under investigation. Sgt. John Federation.

Oct. 7
• Criminal tampering
  Location: Lyon Hall
  Summary: Fire alarm. Officers found an activated smoke detector. No smoke or fire. Detector appeared to have been hit. System reset. Case under investigation. Patrol Officer Bruce Holmstock.

• Criminal mischief
  Location: College Circle Apartments
  Summary: Caller reported damage to fence. Case under investigation. Patrol Officer William Kerry.

Oct. 8
• Conduct code violation
  Location: Clarke Hall
  Summary: Officer reported excessive noise. One referred for judicial action for alcohol policy and noise violation. Security Officer Amy Chilson.

• Larceny
  Location: West Tower
  Summary: Caller reported a couch stolen from the kitchen. Case under investigation. Patrol Officer William Perry.

• MVA
  Location: College Circle Road
  Summary: Caller reported MVA with property damage. Patrol Officer William Perry.

• Suspicious person
  Location: Garnett Center
  Summary: Caller reported seeing a suspicious person Sept. 30 at about 6 p.m. Case under investigation. Investigator Thomas Dunn.

• V&T violation
  Location: I-lot

• Conduct code violation
  Location: L-lot
  Summary: Caller reported subjects refused to comply when asked to leave a restricted area at the soccer field. Three referred for judicial action for failure to comply with college official. Sgt. Kevin Lee.

• Larceny
  Location: Terrace 12
  Summary: Caller reported parking sticker stolen from vehicle. Case under investigation. Patrol Officer Robert Highchew.

Oct. 9
• Found property
  Location: Hill Center
  Summary: Caller found jacket. Property turned over to Office of Public Safety.

• Criminal mischief
  Location: West Tower
  Summary: Officer found damage to exit sign. Case under investigation. Patrol Officer Richard Curtiss.

• V&T violation
  Location: E-lot
  Summary: Officer reported that a vehicle appeared to have been hit by another vehicle. Officer observed hi-and-run with owner. The second vehicle is unknown. Case under investigation. Patrol Officer Donald Lyke.

• Assist other agency
  Location: Route 96B
  Summary: 911 center requested assistance with complaint about an injured deer. Officer located and dispatched animal. Patrol Officer Frederick Thomas.

Oct. 10
• Criminal mischief
  Location: Eastman Hall
  Summary: Caller reported vending machine damaged by unknown persons. Case under investigation. Patrol Officer Richard Curtiss.

• Unlawful parking
  Location: Terraces — all
  Summary: Caller reported person hanging unauthorized plaques. Person located and restricted from campus. Patrol Officer Bruce Holmstock.

• Found property
  Location: Center for Natural Sciences
  Summary: Caller found two keys with a vehicle remote. Items brought to Public Safety.

• Medical assist
  Location: Terrace 6
  Summary: Caller requested assistance for person with severe abdominal pain. Ambulance transported person to CMC. Patrol Officer Robert Highchew.

• Conduct code violation
  Location: College Circle Apartments
  Summary: Caller reported loud noise. One referred for judicial action for underage possession of alcohol and responsibility of guests. Patrol Officer Donald Lyke.

• Fire alarm
  Location: Terrace 8
  Summary: Fire alarm. Officers found activation of smoke detector was caused by burned food. System reset. Patrol Officer Richard Curtiss.

For the complete Public Safety Log, visit www.ithaca.edu/policesig.
Editorsials

Deflating grades

School should remove A+ from scale

Ithaca College needs to raise the academic bar. The statistics speak for themselves: Nearly half the grades awarded in the 2001-2002 academic year were A range. Students are encouraged to think long-term about what constitutes A-level work. To counter this, it is crucial to vote — and vote wisely — to change the course of the world. Students need to change their attitudes and realize that they are not entitled to an A for anything but the best. Faculty proposals to index transcripts and change the pass/fail system should move forward. And it may be time for every academic department to have a chance to weigh in and constitute A-level work. Educators must reach a consensus about the definition of excellence at Ithaca College. Because students are influenced by averages for average work, if Ithaca College might as well change its motto to "commitment to mediocrity."
Saddam Hussein loses in battle of character

Today's popular chorus from the smug intelligentsia on the issue of Iraq is the suggestion that George W. Bush and Saddam Hussein are now equivalent. That idea on its face is laughable.

Saddam has used chemical weapons upon his own citizens. Bush used a deadly tax cut, showering money upon taxpayers. Think of all the dangers for Americans. Our leaders could acquire with their rebate check.

Saddam has a prison for infants in Baghdad where their crime being their parent's opposition to the regime. Bush has no such facility in which he plans to incarcerate Al Gore Jr. In fact, Bush's own children are more likely to end up with an overnight in the tank as opposed to any of his political enemies.

Is there any doubt that Iraq is willing to spout the most absurd untruths, as per the previous president? Saddam Hussein is outside the law, and we have a responsibility to make our point clear: Saddam Hussein is the ultimate evil.
This year, members of the Senior Class will discover some of the best things about being Alumni!

We think it's important for current seniors to get a taste of the benefits alumni enjoy, so, for the first time ever, we'll be extending some of our best benefits to the senior class.

NEW Online Community!
Features include:
- Searchable Online Directory
- IC Email for Life
- Career Center
- Class Notes
- Message Boards
- Group discounts on insurance
- Kaplan testing discounts
- Travel discounts and More!

Watch for our information table in the campus center beginning in November. We'll be answering questions and giving seniors access to the online community.

In the meantime, we'll be working hard to design programs to keep your connection to Ithaca strong after graduation!

The Office of Alumni Relations: 210 Alumni Hall
274-3194 • www.ithaca.edu/alumni • alumni@ithaca.edu

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**FILMS** presents...

**MR. DEEDS**

"Small town kid, big time right hook."

**Textor 102 ~ $3**
Friday 10/25 @ 7 p.m., 9:30 p.m., midnight
Saturday 10/26 @ 7 p.m., 9:30 p.m., midnight
Sunday 10/27 @ 8 p.m.
Monday 10/28 @ 8 p.m.

[More information at www.ithaca.edu/sab.]

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**SAB Comedy and Music Present...**

**A Night in the Coffeehouse**

with

**comedian**

Michael Dean Ester

and

**acoustic guitarist**

Ari Hest

Sunday, October 27

Pub/Coffeehouse

7:00 pm

FREE!!

[More information at www.ithaca.edu/sab.]

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**PUB/COFFEEHOUSE**

**with comedian Michael Dean Ester**

**and acoustic guitarist Ari Hest**

Sunday, October 27

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7:00 pm

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**Multicultural music**

Visiting composer combines sounds of the East and West.

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**The Ithacan**

**Accent**

**Feast or famine**

Vegans struggle to find food that fits their diet

**BY PAIGE WILIAMS**

Staff Writer

Sophomore Jessica Murray walks through the Terrace Dining Hall. Her mission? To find something she can eat.

She stops first at the general food station, passing up pasta containing cheese and rice made with chicken base. The only thing this line has to offer is steamed vegetables that are “usually overcooked and not very tasty,” she says.

She considers going to the deli but knows that it only occasionally offers soy cheese or hummus. The only thing she can eat there is seitan, a vegetarian form of deli meat that is basically tasteless, Murray says.

She heads to the pasta section where she can eat noodles and plain sauce, but cheese pizza and meat sauce are out of the question.

Murray travels finally to the salad bar, but even here food choices are closed to her. None of the salad dressings is appropriate for her diet.

Clearly, her options are limited, and it isn’t because she is overly picky. Murray practices veganism, a form of eating that forbids the consumption of animal products, including egg and milk products. She said this frustrating walk through the dining hall is a daily obstacle for her and other vegans.

Considering the difficulty that their diets bring to their lives, why don’t vegan students just give up and eat like “normal” college students?

Some vegans, such as Murray, choose to abstain from animal products because of ethics. She said people do not realize how awful conditions in animal farms and pastures are.

“It is not a farm like you would think of with cows out on the pasture that get to go home at night,” Murray said. “It’s cows that live in steel cages that don’t get to see their babies and are fed on hormones and drugs. It’s uncomfortable for the animals, and it’s unnatural.”

Other students, such as sophomore Liz Klier, choose to eat vegan for health reasons. Although she has always been very active, Dalpiaz noted that she has a long history of heart disease and high cholesterol in her family.

“Eating vegan just seemed like one of the healthiest things I could do,” she said. In fact, veganism is a phenomenon that is catching far beyond the borders of Ithaca. Celebrities like Alicia Silverstone, Bryan Adams, Moby and even the character Agro from “The Simpsons” are all vegans.

But for those who aren’t movie stars, eating a vegan diet isn’t always that easy.

“If there is something every few days [in the dining hall] that we can eat and they make it seem like they are doing us some huge favor,” Murray said. “How do they think we feel every day when we go in and only have two things to choose from?”

Dining Services Director Gene Wescott said that Ithaca College has made a concerted effort to satisfy the needs of the vegan community. There is a vegan and vegetarian station at the Campus Center Dining Hall and many of the stations offer vegetable substitutes for meat products.

But Dalpiaz said she has only been practicing veganism for a few weeks, and she has already faced difficulties.

“It’s expensive to eat vegan here, especially because you can hardly eat vegan in the dining hall,” she said.

Both Dalpiaz and Murray are forced to cook in their residence halls frequently. The dining hall requires that each student living on campus buys a meal plan with at least 10 meals and a la carte.

Murray said that she only eats in the dining hall about five times a week, so she loses money daily.

-Murray added that it is fairly easy to eat vegan on campus. She said that most restaurants are happy to accommodate vegan diets. There are also several grocery stores with vegan products.

Bob Klier, assistant professor of writing, has eaten a vegan diet for the past four years and has been a vegetarian since attending college. Klier was required to purchase a meal plan in college, but he knew he was not receiving the vitamins he needed in the dining hall.

“Pepperoni pizza without the pepperoni just wasn’t giving me what I needed in nutrients,” he said.

Although it took great effort and much research to prove that he couldn’t healthily eat a vegetarian diet in the dining hall, eventually Klier was released from the meal plan, he said.

Writer and public speaker Erik Marcus, an Ithaca resident who has been eating vegan for 18 years, said Ithaca College students need to be more proactive.

Marcus’ book “Vegan: The New Ethics of Eating” is available to download online. Marcus also maintains the Web site www.vegan.com, which has a nutrition column and daily food and animal rights news.

“Many things served on campus are vegan or would easily be vegan with just a little communication between the vegans and the dining hall staff,” he said.

Wescott said that there is an open-door policy in the dining halls and if students want to offer recipes, the chefs would be more than happy to use them. Wescott also said the student feedback cards are a viable tool in communicating with dining hall staff.

Wescott said that 8 to 10 percent of students on campus are practicing vegans or vegetarians.

Marcus said these people are not going away.

“The number of vegans is only going to increase,” Marcus said. “And the world needs to prepare for that.”

News Editor Kelli B. Grant contributed to this story.

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**Mushroom Ragù**

2 cups onion, diced
2 cups red pepper, deseeded, deseeded, and diced
2 lbs. olive oil
2 lbs. garlic, minced
1-1/2 lbs. baby bella mushrooms, washed, cut into half, and sliced
1-8 oz. shiitakes or button mushrooms, washed, cut in half, and sliced
1-28 oz. can crushed tomatoes
1 bunch leaf
1/2 tsp. salt
1/4 tsp. freshly ground black pepper
1/4 tsp. crushed red pepper flakes
1/4 cup freshly chopped basil
1/4 cup freshly chopped parsley

In a large saucepan, sauté the onion and red pepper in olive oil for three minutes.

In a large bowl, place the assorted greens, red cabbage, carrots, mung sprouts, cucumbers and green onions, and toss well to combine. Drizzle 1/2 cup Peanutty Miso Salad Dressing over the vegetable mixture and toss gently to coat them with the dressing. Add the edamame, seasoned tofu and parsley, and toss gently again. Drizzle additional Peanutty Miso Salad Dressing over individual servings.

Serves six to eight.

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**Double Soy Happiness Vegetable Slaw**

6 cups assorted greens, washed and torn into bite-sized pieces
1 cup green cabbage, cut into quarters lengthwise and diced
1 cup red cabbage, cut into quarters lengthwise and diced
1/2 cup fresh or canned green beans, rinsed
1 cup mung bean sprouts, rinsed
1 cup carrots, cut into matchsticks
1 cup cucumber, cut into matchsticks

In a large bowl, place the assorted greens, savoy cabbage, red cabbage, carrots, mung sprouts, cucumbers and green onions, and toss well to combine. Drizzle 1/2 cup Peanutty Miso Salad Dressing over the vegetable mixture and toss gently to coat them with the dressing. Add the edamame, seasoned tofu and parsley, and toss gently again. Drizzle additional Peanutty Miso Salad Dressing over individual servings.

Serves six to eight.
Composer speaks her own language
Chen Yi celebrates cultural roots of music

BY EMILY R. BROWN
Assistant Accent Editor

Even though the music of composer Chen Yi is performed by ensembles around the world, she still remembers the days when she could only practice with the windows shut and a mute attached to her violin.

Chen, this year’s Karel Husa visiting professor of composition, was introduced to the work of Western composers at a time when their music was forbidden in China. Under her parents’ guidance, she began to practice the violin when she was 3 and developed perfect pitch by listening to classical records during meals.

But her parents’ plans for her musical career were interrupted by a visit from the Red Guard, the enforcers of China’s Cultural Revolution. The soldiers knocked on her door and searched her family’s house. They destroyed her parents’ collection of records, knocked over the piano and sent the family into outrun.

“...but that was my childhood,” Chen said, telling the story to music students in the Iger Lecture Hall of the James J. Whalen Center for Music Oct. 13.

Dana Wilson, Ithaca College Dana professor of music theory, history and composition, recognizes that Chen is a complex person.

“There’s a lot of joy and life in her,” Wilson said. “But it’s not from having an easy life. It’s from having a difficult life and knowing that to grab the most out of life, you have to put a lot of positive energy into the world.”

During the lecture, Chen explained the importance of her musical inspiration — a unique combination of Eastern and Western music — and encouraged students to return to their cultural roots.

Chen had no choice but to return to her roots when in 1966, the schools in China were closed and she was sent to the mountains to do hard labor. For two years, she got up at 4 a.m. and carried 100-pound baskets of rocks to construction sites. This grueling experience taught her some valuable lessons.

“It taught me to realize that education is important, civilization is important, bringing up the poor is important,” Chen said. “After you overcome a hardship, you know what to do in the future.”

Years later, as a student at the Beijing Conservatory, Chen returned to the countryside to collect folk music. She and other composition students walked for miles into the mountains. There they photographed the farmers in their traditional costumes and recorded them singing songs in their native dialects.

“And that was my childhood,” Chen said, laughing. “They wondered what we had done with their music.”

As she described the scene, Chen drew pictures of traditional instruments in the air, sang the syllables of the ancient songs and demonstrated the reaction of the surprised farmers. Her talent for storytelling comes across in her compositions, which often include theatrical elements: choreography, lighting, costumes and sets. Her subjects range from the lightness of occupation of players during World War II to the creation myths of ancient China.

During the lecture, Chen introduced her music to the students and faculty of the college. She explained the importance of education and civilization.

“...but even her most elaborate pieces are based on the same simple folk melodies,” Wilson said. “I figured out that we have to speak out in our own language in order to have a distinct sound.”

Chen said, “If everybody writes the same, then you don’t work as a bridge.”

Thus her music is more than a translation of Eastern melodies and rhythms into Western key signatures and time signatures. It is a retelling of Chinese tales in Chen’s unique musical dialect, which she had been developing since 1963.

In the Karel Husa Gallery the next morning, Chen continued to work with composition students. She read the score of Michael Nyby’s triptych for oboe and string quartet, the way some might read a story — pointing to places where she could see musicians struggling with fingering, breathing or phrasing.

“...but everyone works very picky,” she said with a smile.

Nyby said that working with such a celebrated composer was a real boost to his self-esteem.

“As a composer you need constant reassurance,” Nyby said. “So hearing a really good composer say, ‘This is good,’ gives you this warm, fuzzy feeling.”

Wilson said Chen also brought a sense of the outside world to the “cocoon” of the Ithaca College School of Music.

Chen’s visit to the college culminated with a performance of her work at 8:15 p.m. on Oct. 14 in Ford Hall of the James J. Whalen Center for Music. She will return in February to continue her work with students and faculty.

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DISPATCH: UNDER THE RADAR

"An evening with Brad Corrigan"
Up close and personal

Saturday, October 26
Emerson Suites
8 p.m.

$5 w/ Ithaca College ID
$7 General Admission

ON SALE NOW!!!
Taking a walk for health and education

BY STACEY COBURN
Staff Writer

It was the kind of morning that makes you look outside and want to hop back into bed. Yet, at 7:15 a.m. on Oct. 9, members of the Health Promotion and Human Movement Club braved the elements and met at the Hill Center to walk South Hill Elementary students to school.

Their mission was to promote health and safety, a mission members plan to make their career. "The goal of the whole program, the National Walk to School Program, is to increase exercise in the morning and increase safety in the community," said junior Kristin Sweeney, president of the club.

Sweeney organized the event to help teach members how to interact with children and set up $1,000 for the club, which the national program offers to participants.

Matthew Boedo, 7, a student at South Hill Elementary, showed off his motorcycle toy for Ithaca College students — "fore he would leave for school.

"I've been walking to school all the time," Mathew said. "I've been walking to school since I was a child.

"Kids used to walk everywhere all the time and didn't even think about it," Stine said. She said she hopes this program will make the community more aware of the hazards involved in walking to school. Ithaca College students were required to fill out checklists with the students about the community's "walkability." They were asked to rate how much room they had to walk, how drivers behaved, how easy it was to cross the streets, how drivers behaved, how easy it was to abide by safety rules and whether the walk was pleasant.

Emily Lewis, vice president of the club, said the streets need much improvement.

"The sidewalks are cracked," Lewis said. "In some areas there are no sidewalks at all, which would mean the kids would have to walk on the street. Sometimes there were no crosswalks.

"Lewis walked with Amanda Braton, 9, from near the Storetop Deli to South Hill Elementary School. A change in the public bus schedule has forced Anouska and her mother to walk the entire way to school. They used to be able to walk to The Commons and then take the bus.

Lewis cited garbage, discourteous drivers, discouraged drivers, broken glass as safety concerns for kids walking to school.

"Because, Lewis said. The club members plan to make their career in the Department of Health Promotion and Human Movement can be members of the club. Along with the Walk to School Program, the club also participates in many other health-related events, such as Jump Rope for Heart and presentations for national and state American Alliance for Health, Physical Education, Recreation and Dance.

JASPER CLARKBERG WALKS with junior Kristin Sweeney to South Hill Elementary School last week.

Washington Semester Program
INFORMATION SESSION
with IVO SPALATIN
Washington Internship Coordinator

Thursday, October 24
4:00 - 5:00 p.m.
Campus Center Conference Room

Students in the IC Washington Semester Program can earn 12-15 credits by completing the internship (6 cr.), Art & Architecture in Washington, US Foreign Policy, and a selection of three 1 credit seminars.

For additional information contact Program Director Warren Schlesinger, warren@ithaca.edu or 274-3951

The Louis K. Thaler Concert Violinist Series
ANI KAVAFIAN VIOLIN
SAHAN ARZRUNI PIANO

"Kavafian is a musician's musician... She brought a soulful intelligence to her playing."
-Hartford Courant

"Kavafian appeared to feel the music throughout her diminutive frame, throwing her body into passionate phrasing that gave visual emphasis to the musical force."
-Times-Picayune

Tuesday, October 29, 2002
8:15 p.m.
Ford Hall, James J. Whalen Center for Music

Program: Babadjanyan, Beechow, Dusicky, and Khachatourian Master Class: Noon to 2:00 p.m. October 29 Hockett Family Recital Hall, Whalen Center for Music

Individuals with disabilities requiring accommodation should contact the Office of Affirmative Action at 607-274-3909 (voice), 607-274-1767 (TDD), or thalerconcerts@ithaca.edu as much in advance of the event as possible.

ITHACA
Free and open to the public
**Movie Times**

The following is valid this weekend only. Times are subject to change.

**Cinematop**

**TIHACAN COMMONS**

- **277-4115**

- **Secretary** - 7:15 p.m. and 9:45 p.m.
- **My Big Fat Greek Wedding** - 7:15 p.m. and 9:35 p.m.

**Fall Creek Pictures**

- **1201 N. Tioga St.**
- **272-2525**

- **Eight Women** - 7:15 p.m.
- **Igby Goes Down** - 7:15 p.m. and 9:36 p.m.
- **Mostly Marya** - 7:15 p.m. and 9:35 p.m.

** Hoyt’s 10 Cinema Pyramid Mall**

- **207-2700**

- **Ghost Ship** - 7:10 p.m., 4:30 p.m., 7:20 p.m., 9:40 p.m. and 11:30 p.m.

- **The Truth About Charlie** - 1:50 p.m., 4:15 p.m., 9:40 p.m., 9:10 p.m. and 11:30 p.m.

- **Jackass: The Movie** - 7:30 p.m., 7:10 p.m., 9:50 p.m. and 11:40 p.m.

- **Halloween: Resurrection** - Midnight

- **The Ring** - 1:40 p.m., 4:30 p.m., 6:50 p.m., 9:30 p.m. and 11:50 p.m.

- **Formula 51** - 9:56 p.m.

- **Abandon** - 1 p.m., 4:25 p.m., 6:45 p.m., 9:05 p.m. and 11:10 p.m.

- **Moonlight Mile** - 1:30 p.m., 4 p.m., 6:35 p.m. and 9:20 p.m.

- **The Transporter** - 7:20 p.m., 9:40 p.m. and 11:25 p.m.

- **Knockaround Guys** - 7:15 p.m.

- **Red Dragon** - 10:30 p.m., 4:10 p.m., 4:45 p.m., 9 p.m. and 9:45 p.m.

- **Sweet Home Alabama** - 1:35 p.m., 4 p.m., 6:30 p.m. and 11:15 p.m.

**SAB Film Series**

- **Textor 102**

- **Mr. Deeds** - 7 p.m., 9:30 p.m. and midnight.

The Ithacan Rating System

- **Poor**
- **Fair**
- **Good**
- **Excellent**

**ACCENT**

**THURSDAY, OCTOBER 10, 2002**

**EMILY WATSON AND ADAM SANDLER star in Paul Thomas Anderson’s new film, “Punch-Drunk Love.” The film is a departure for Sandler, who is receiving rave reviews for his stab at a dramatic role. Anderson is the director of the earnest dramas “Magnolia” and “Boogie Nights.”**

**Sandler gets serious in new drama**

**BY MICHAEL MERLOB**

**Staff Writer**

I do not like Adam Sandler movies. They are not funny. Do not make the mistake of assuming this is a jaded, cynical critic is incapable of enjoying a simple comedy. Look again at “Punch Drunk Love,” it is really a love film, but Adam Sandler’s comic outings are just poor.

When the buzz began building for his first serious film and rumors about a great performance could be heard emanating from the film festivals at which “Punch-Drunk Love” was showing, skepticism reared its ugly head. Walking out of “Punch-Drunk Love,” however, I was overawed with emotion, giddy with joy at just having had a fantastic experience at the movies.

Paul Thomas Anderson is very clever. The writing/directing has essentially removed and deconstructed the “Sandler Archetype.” When viewed through a Sandler prism, Sandler plays the basic character in all his films: a simple, likeable, somewhat goofy loser filled with rage that manifests itself when provoked, intentionally or not. What Anderson does is reshape this character into a caricature into a tortured soul fraught with real problems and emotions.

In a wonderful, jarring performance, Sandler plays Barry Egan, a quiet businessman relegated to a dull, uneventful life. Barry, who is the only male among his seven siblings, is a rather unhappy person who faces constant ridicule from his sisters and has no real aspirations or prospects. He also suffers from rage issues, and as several poisons in the film, erupts into violent fits of anger, which are both real and scary, unlike those in his comedies.

Barry knows he is missing something. He just can’t put his finger on what it is. When Lena Leonard (the vibrant Emily Watson) enters his life, he discovers the missing element: love. From this point, the film progresses slowly yet feverishly as Barry deals with this newfound romance, in addition to dangers posed from a group of crooked artists led by Dean Trumbull (the always wonderful Philip Seymour Hoffman).

The film was written and directed by Anderson, whose three previous films have all been excellent, particularly “Boogie Nights” and the amazing, often misunderstood “Magnolia.” Anderson is without question one of the finest talents of his generation. His films, while not for everyone, see the very least always unique. “Punch-Drunk Love” is both his skewed take on the romantic comedy, though the film is neither comical nor romantic in the traditional sense and a kind of ode to neurosis. There is much of Anderson himself in Barry Egan, and the film feels like a declaration of love for all the weirdos and losers out there. Anderson adores his characters with a passion, and that is clear in the wonderful crafting and writing.

**Like-wise, the film is nothing but masterful in the visual sense, as all of Anderson’s films are. His usual affinity for close, centered frames and smooth tracking shots are punctuated here by shaky handheld work and odd, gritty lighting, which only serve to enhance the mood and themes of the story. At several points, the emotion is so potent it builds to a relentless pitch, upon which the screen becomes immersed in swirling colors. “Punch-Drunk Love” is perhaps the finest film of the year thus far, and will leave the viewer dizzy, breathless, gripped with jubilation and burning with affection. Once one sees the film, it becomes obvious why the title is an entirely appropriate and perfect description of both the film and the experience of viewing it.**

**Punch-Drunk Love** was written, produced and directed by Paul Thomas Anderson. It stars Adam Sandler, Emily Watson, Philip Seymour Hoffman and Liam Neeson.

**Creepy horror flick tries to save genre**

**BY HEATHER MATTHEWS**

**Staff Writer**

With Halloween approaching, the fall movie season is saturated with thrillers and horror films. Unfortunately, the packings are thin.

Paul Thomas Anderson is very clever. The writing/directing has essentially removed and deconstructed the “Sandler Archetype.” When viewed through a Sandler prism, Sandler plays the basic character in all his films: a simple, likeable, somewhat goofy loser filled with rage that manifests itself when provoked, intentionally or not. What Anderson does is reshape this character into a caricature into a tortured soul fraught with real problems and emotions.

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**Punch-Drunk Love** was written, produced and directed by Paul Thomas Anderson. It stars Adam Sandler, Emily Watson, Philip Seymour Hoffman and Liam Neeson.

**The Ring** combines startling cinematography and a strong cast to create a truly terrifying tale. The show of mist-engulfed Washington state are disquieting, yet beautiful, providing the film with a desolate atmosphere.

“The Ring” is highly enjoyable and satisfyingly frightening - a perfect Halloween flick.

**BY GREG RYBENKOV**

**Staff Writer**

With Halloween approaching, the fall movie season is saturated with thrillers and horror films. Unfortunately, the packings are thin.

**The Ring** was written, produced and directed by Paul Thomas Anderson. It stars Adam Sandler, Emily Watson, Philip Seymour Hoffman and Liam Neeson.

**COURTESY OF DREAMWORKS**

**“The Ring.” The film arrives just in time for Halloween.**

**MARTIN HENDERSON AND NAOMI WATTS star in the horror film, “The Ring.”**

**COURTESY OF NEW LINE FEATURES**

**“The Ring,” directed by Gore Verbinski, is receiving rave reviews for its gripping tale of a video that, viewed will kill you in seven days.**

**“The Ring” was written by Ehren Kruger, directed by Gore Verbinski and produced by Lauren McDonald. The film stars Naomi Watts and David Dorfman.**

**“The Ring” was written by Ehren Kruger, directed by Gore Verbinski and produced by Lauren McDonald. The film stars Naomi Watts and David Dorfman.**

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Gritty rock band revs musical engines
Chevelle releases emotionally strong album

By MIKE NAGEL
Staff Writer

Although the Chicago-based rock trio Chevelle had two top-10 singles off of their debut album "3 O'CLOCK," the band was largely unknown on the national scene. But after the release of their sophomore album, "Wonder What's Next," the band is gaining national recognition in the music industry. "The album's immensely popular and the band's upcoming European tour is going to be a huge turnout. We're excited and her built for the tour," Pete, Sam and Joe Loeffler -- and takes its name from a Chicago musician's famous 1970s music industry, which will feature Chevelle's signature style, power-pop sound. is a great way to introduce the band to people across the country. The band has a sound that is a hybrid of classic rock and modern-day emo.

The album's sound is a mix of hard rock and pop, with the band's tight and powerful sound. "It's a genre that is a mix of hard rock and pop, with the band's tight and powerful sound. It's a genre that is a mix of hard rock and pop, with the band's tight and powerful sound. It's a genre that is a mix of hard rock and pop, with the band's tight and powerful sound. It's a genre that is a mix of hard rock and pop, with the band's tight and powerful sound. It's a genre that is a mix of hard rock and pop, with the band's tight and powerful sound. It's a genre that is a mix of hard rock and pop, with the band's tight and powerful sound. It's a genre that is a mix of hard rock and pop, with the band's tight and powerful sound. It's a genre that is a mix of hard rock and pop, with the band's tight and powerful sound. It's a genre that is a mix of hard rock and pop, with the band's tight and powerful sound. It's a genre that is a mix of hard rock and pop, with the band's tight and powerful sound. It's a genre that is a mix of hard rock and pop, with the band's tight and powerful sound. It's a genre that is a mix of hard rock and pop, with the band's tight and powerful sound. It's a genre that is a mix of hard rock and pop, with the band's tight and powerful sound. It's a genre that is a mix of hard rock and pop, with the band's tight and powerful sound. It's a genre that is a mix of hard rock and pop, with the band's tight and powerful sound. It's a genre that is a mix of hard rock and pop, with the band's tight and powerful sound. It's a genre that is a mix of hard rock and pop, with the band's tight and powerful sound. It's a genre that is a mix of hard rock and pop, with the band's tight and powerful sound. It's a genre that is a mix of hard rock and pop, with the band's tight and powerful sound. It's a genre that is a mix of hard rock and pop, with the band's tight and powerful sound. It's a genre that is a mix of hard rock and pop, with the band's tight and powerful sound. It's a genre that is a mix of hard rock and pop, with the band's tight and powerful sound. It's a genre that is a mix of hard rock and pop, with the band's tight and powerful sound. It's a genre that is a mix of hard rock and pop, with the band's tight and powerful sound.
Event of the week
Hear the debate between U.S. Rep. Maurice Hinchey and Republican opponent Eric Hall on Tuesday at 7:30 p.m. in CNS 112.

Weekly Calendar of Events

**FOUR-DAY WEATHER FORECAST**

<table>
<thead>
<tr>
<th>Today</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Partly cloudy</td>
<td>Showers</td>
</tr>
<tr>
<td>High: 46° Low: 36°</td>
<td>High: 49° Low: 36°</td>
</tr>
</tbody>
</table>

**Today**

Advising for Spring 2003

DWI Demonstration — 11 a.m. to 2 p.m. in the Academic Quad.

Domestic Violence Awareness Week SpokenWord — Noon to 1 p.m. at the Free Speech Rock.

Mark Parente Memorial Service — 12:10 p.m. in Muller Chapel.

“Defining Terrorism”: A Faculty Colloquium Presentation — 12:10 p.m. in Clark Lounge, Campus Center.

Washington Semester Program Information Session — 4 p.m. in Campus Center Conference Room.

Jewish Studies Reception — 5:30 p.m. in Handwerker Gallery, Gannett Center.

“Bishop’s Brazil: Life in the Country of Carnival” — 7 p.m. in Textor 101.

Global Dance Fest — 7 p.m. in Pub, Campus Center.

**Friday**

Last Day to Add/Drop Block II Courses

Jehovah’s Witnesses — 6 p.m. in Multi- Chapell.

Elective Joint Recital — Greg Beaulieu and Rebecca Proctor, piano, at 7 p.m. in Nabenhauer Recital Room, Whalen Center.

Suitcase Dance — Bring your suitcase, win a trip. 9 to 11:55 p.m. in the Pub, Campus Center.

**Saturday**

Junior Recital — Jason Macy, trombone, at 1 p.m. in Hockett Family Recital Hall, Whalen Center.

Graduate Lecture/Recital — Melody Parker, flute, at 2 p.m. in Iger Lecture Hall, Whalen Center.

Senior Recital — Cheryl Houston, flute, at 4 p.m. in Ford Hall, Whalen Center.

Junior Recital — Rebecca Minor, voice, at 7 p.m. in Hockett Family Recital Hall, Whalen Center.

Premium Blend Concert — 9 p.m. in Ford Hall, Whalen Center.

**Sunday**

Protestant Worship Service — 11 a.m. in Muller Chapel.

Catholic Mass — 1 and 9 p.m. in Muller Chapel.

Electric Jazz Recital — 1 p.m. in Nabenhauer Recital Room, Whalen Center.

Elective Senior Flute Recital — 3 p.m. in Nabenhauer Recital Room, Whalen Center.

Guest Pianist — Tony Caramia, 4 p.m. in Hockett Family Recital Hall, Whalen Center.

Voice Faculty Joint Recital — 7 p.m. in Hockett Family Recital Hall, Campus Center.

**Monday**

New Hire Session — 9 a.m. to noon in HR Training Room.

Improvisation Clinic — Tony Caramia, piano, 3 p.m. in Hockett Family Recital Hall, Whalen Center.

**Tuesday**

ACCS Instructional Support Services

Services Initiative — 12:10 p.m. in Clark Lounge, Campus Center.

Debate between Maurice Hinchey and Eric Hall — 7:30 to 10 p.m. in CNS 112.

**Wednesday**

Last Day Pass/Fail Block II Courses

Eucharist for Peace and Healing in the Celtic/Anglican Tradition — 12:10 p.m. in Muller Chapel.

Sports Field Hockey vs. Elmira 3:30 p.m. at Gates Field.

**Thursday, October 24, 2002**

**LIP-LOCKED**

SENIOR DANNY BAKER, left, and boyfriend Josh Bethia smooch at the Kiss Off held at the Free Speech Rock Oct. 10. BIGAYLA sponsored the event that encouraged same-sex affection.

**Skydive Ithaca**

**Cass Park Ice Rink & Aquatic Center**

Tel: (607) 273-1090 701 Taughannock Blvd.
For Rent

For 2003-2004 — Four-bedroom apartment, furnished, close to IC, hardwood floors, woodburning stove, garage, large living room, washer and dryer. $320 per person + utilities. 279-0960.

For 2002-2003 Laundry.

Furnished studio, close to IC, walk to Commons. $275 plus. Call 273-4430 for message.


Small 3 bedroom apt. Includes heat. 279-3090.

Nice 3 bedroom apt. Includes heat. 279-3090.

Four bedroom townhouses 212 Giles Street. Furnished one and a half baths, laundry room, wash collection and parking, $225 per person plus utilities. Available June 1 or Aug., 272-1900. Ruben Realty, 272-1970.


Two sunny rooms in lovely Victorian home, large living room new kitchen, all in a landmark Victorian brick man-

SOUTH HILL: FABULOUS PLACE FOR 10 $200

This huge new fully furnished 10-bedroom house near IC and Commons offers 4 full new baths, large single bedrooms each with its own en-suite, large living room, large kitchen, large laundry room, 2ências.

Aurora St., near Commons. 3 bedrooms, kitchen, laundry, parking. $200 per person. 273-4942.

The OLD DIGAR FACTORY 110 Dryden Rd.

Studio Apartment furnished.

NEW STUDIOS

On the Ithaca Commons TV lounge, leashing, for everyone. $40 per day. 273-4942.

LARGE BEDROOM HOUSE FURNISHED/clean & well main-

aned, 2 bath, washer and dryer, off-street parking. June 1-May 30. 273-4942.

Three bedroom house for Rent furnished close to IC. 272-0102 or 273-4911.

SOUTH AURORA St. 6 bedroom for 2003-2004, lease 2 years. 2004 school year, Furnished house with big rooms. Free parking and laundry. $320/month per person includes heat and utilities. Ideal for four people. 272-3782 or e-mail gmasdren@lightlink.com

Beautiful, large, 3 bedrooms, South Hill, close to downtown Ithaca, fully furnished, well maintained, competitively priced. 272-9613 or 345-4615.

Chas Christie

389 STORCH AVE. 2BD, 2BA, Furnished, hardwood floors, fireplace, washer/dryer, Pay TV, one car garage. 273-9260.

Hudson St. House 1-4th to 6th Apts.

Fully furnished, Large living rooms & B. parking, laundry. Call 272-8483 or 272-6185.

SUNDAY BRUNCH SATURDAY DINNER!

TW O DAYS TO ENJOY OUR GREAT BREAKFAST MENU

- GOURMET OMELETTES, EGGS TO ORDER
- WAFFLES, FRENCH TOAST, PANCAKES
- HOME FRIES, STIR FRYED, SCRAMBLED TOFU
- FRESH PASTRIES, FRUIT, GRANOLA
- BOTTOMLESS COFFEE, SPECIALTY COFFEES

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COFFEE SHOP & BAKERY

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For 2003 Spring Break - FREE Trip to Cancun, Bahamas, Mexico, Mediterranean, Caribbean, South Padre Island. Free dinner every evening. Free drinks and extra cash plus bonus prize for job promoting StudentCity.com. Call 1-800-293-1445 or e-mail sales@studentcity.com today!
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DILBERT THE INVESTMENT BANKER
HERE'S A DEAL SHEET FOR A COMPANY YOU SHOULD BUY.

THEY'RE DEFENDING AGAINST A TRILLION-DOLLAR ASBESTOS LAWSUIT, AND THEY HAVE NO EARNINGS.

BUT THAT'S OKAY. BECAUSE STOCK ANALYSTS DON'T DIG THAT FAR INTO THE MINUTIAE.

DILBERT THE INVESTMENT BANKER
WE HAVE ALL OF THE ELEMENTS TO MAKE THE MERGER A SUCCESS.

CORRUPT AUDITORS, CORRUPT CFO, CORRUPT STOCK ANALYSTS, GREEDY BANKERS AND CLUELESS BOARD MEMBERS.

AND YOU? WHAT ARE YOU IMPLYING?

NO MATTER WHAT THE REPORTERS ASK, ALWAYS GIVE THE SAME ANSWER: IT WILL BE GOOD FOR STOCKHOLDERS.

IS IT TRUE THAT YOU RAN OVER A STOCKHOLDER IN THE PARKING LOT? I'LL BE GOOD FOR HIM.

I WORRY THAT OUR UPCOMING MERGER IS NOTHING BUT A HUGE SCAM ON OUR STOCKHOLDERS.

THIS ASSIGNMENT DISTURBS ME ON MANY LEVELS.

IT WILL MAKE THE HOLIDAYS BLAH.

I MEAN... IT'S ACCOMPLISHMENT TO EARNINGS.

THIS STOCKHOLDER IS SUING US TO STOP THE MERGER. GO ROUGH HER UP.

DILBERT THE INVESTMENT BANKER
I HIRED A WAESL TO TEACH YOU HOW TO ANSWER MEDIA QUESTIONS.

DILBERT THE INVESTMENT BANKER
I'VE BEEN WATCHING MY "TAE BO" VIDEOS! I'M AFTER MY "TAE BO" VIDEOS!

Mom, you have to drop your lawsuit against my company. They fight dirty.

Bray 'em on! I've been watching my "TAE BO" videos! I'll dispatch them to hell.

They sent me. I'm dinner. Their dinner. Billy Blanks. On your butt!
Finding a healthy balance

Women who combine lifting weights with cardio are not necessarily receiving bulky results

BY ABIGAIL FUNK
Staff Writer

Junior Rebecca Stutman, a telecommunication management major, is an avid exerciser at the Fitness Center. She is one of many Ithaca women who overpopulate the cardio machines on any given day. However, Stutman is keeping up on recent studies that are showing that cardiovascular workouts alone are not enough.

"I've heard that many good long-term advantages to lifting weights," Stutman said. "I want to build muscle as well as strengthen my heart with cardio." Stutman is on the right track. The combination of weightlifting with cardio workouts is showing better results by making healthier women. Worries about "bulking up" too much stop many women from picking up a set of dumbbells, but because women have less muscle tissue and much less testosterone than men, this makes it incredibly difficult for a woman to look like a bodybuilder.

"I haven't seen myself grow bigger at all," Stutman said. "My muscles are just more toned than when I was only doing cardio." The fear of an undesired female body shape is most likely why less than 20 percent of women say they lift weights, compared to almost 30 percent of men, according to a 2002 Centers for Disease Control and Prevention study.

Every Ithaca College women's intercollegiate sport team participates in off-season training programs that includes weightlifting. This year, the field hockey team began lifting once or twice a week during its season as well. The list of advantages for women who lift weights is endless. For one, strength training helps to burn more calories than cardio workouts. Lifting weights increases energy-burning muscles, so your muscles are burning calories long after your lifting session. Though it is true that muscle weight more than fat, muscle takes up less room than fat, and a slimmer waistline becomes the end result.

There are long-term advantages to lifting as well. The National Osteoporosis Foundation estimates that some 44 million people, mostly women, are affected by osteoporosis. Lifting weights helps to prevent bone loss and make stronger bones, thus preventing the breaking a ring of brittle bones that osteoporosis causes.

"Anything that you do activity-wise will help strengthen your bones," Ithaca College athletic trainer Laura Bitting said. "They just naturally adapt to the stresses that are being placed on them."

Aside from changing bone shape and size, and preventing long-term bone and muscle injuries, lifting weights is also helpful in preventing eating disorders a student-athlete does not necessarily receive bulky results. According to statistics can't be trusted completely because those with eating disorders tend to be secretive about it. "The numbers are obviously higher than those numbers reported," said Shelley, also a sport psychology consultant. "So many people with eating disorders go undetected or without the help they need."
Ralph W. Rinz, assistant sports editor

Ithaca had been making little mistakes all season. Saturday, a team finally exploited them.

Sophomore quarterback Ryen Steenberg threw three interceptions and was sacked seven times as the Bombers lost to Brockport for the third time in a row, 21-0.

Sophomore linebacker Josh Felicetti and junior wide receiver Mike Marks and junior wide receiver Mario Fontana at the Cortaca game this week. E-mail thefont9@hotmail.com

I was wrong to lose faith in my fellow students, as the team has averaged just 5.7 points per game.

Running back Joe Datellas went to the same high school as former running back Joe Felicetti.

Sophomore linebacker Joe Colon led Ithaca, with 15 tackles.

Sophomore linebacker Joe Colon led Ithaca, with 15 tackles.