Cancer
Confusion

New recommendations raise questions about early mammograms and other cancer screenings

PHOTO ILLUSTRATION BY ALISON USAVAGE

THE DANGERS OF DETECTION

According to the “Screening for Breast Cancer” recommendation statement, problems resulting from breast cancer screening include:
- psychosocial harms
- inconvenience because of false-positive screening results
- psychological harms
- radiologic tests

For a complete summary of the report, visit the U.S. Preventive Services Task Force Web site at www.uspreventiveservicestaskforce.org.

The USPSTF's recommendations, however, do not apply to women with a family history of breast cancer. The guidelines state that women with a high risk of getting cancer should consult with their doctors about screenings.

Senior Laura Thornton, chair of Colleges Against Cancer at the college, said the recommendations have made her think about her family history. Her great-grandmother passed away from breast cancer, her grandmother was a breast cancer survivor and her mother has undergone testing for "susicious" cancer screenings.

"I don't see why prevention should be avoided," she said. "I'll get a mammogram as soon as possible." As for breast self-exams, which the USPSTF recommended doctors do not recommend.
Help from the home front

U.S. soldiers patrol in Kabul, Afghanistan, yesterday, U.S. President Barack Obama, in a defining moment of his presidency, announced Tuesday he would deepen the U.S. involvement in Afghanistan, sending 30,000 more troops to fight the Taliban despite Americans’ growing pessimism about the war.

China’s Communist government requires all Protestants to worship in the nondenominational Three-Self Patriotic Movement. Unregistered congregations suffer harassment from authorities.

Intent of D.C. party crashers found

Copies of e-mails between the White House party crashers and a Pentagonal official undermine their claims that they were invited to President Barack Obama’s first state dinner.

Tareq and Michelle Salahi pressed the friend-

ly Pentagon aide for four days to score tickets to the big event. By their own admission in the e-mails, they showed up at the White House gates at 6:30 p.m. on Nov. 24 without an invitation — “to just check in, in case it got approved since we didn’t know, and our name was indeed on the list”!

In an e-mail sent just hours after last week’s din-

ner to Pentagon official Michele Jones, the Salahis declared a dead cell phone battery prevented them from hearing Obama’s voice mail earlier that day advis-

ing them they did not make the guest list.

SOURCE: Associated Press

College & City

Ithaca College students to attend UN convention

Representatives of Ithaca College will be observers at the United Nations Framework Convention on Climate Change’s 15th Conference of the Parties being held from Saturday to Dec. 18 in Copenhagen, where world leaders will try to reach an agreement for combating climate change.

Twenty students from the International Environmental Policy course, five alumni of the college and Susan Allen Gill, associate profes-

sor and chair of environmental studies and sciences, will attend the conference.

For more information, contact Susan Allen Gill at sallen@ithaca.edu.

Politics professor to talk about diversity in election

Zillah Eisenstein, professor of political science, will give a public lecture from her book, “The Audacity of Races and Genders: A Personal and Global Quest to Build the Obama Election,” at 6 p.m. today at Buffalo State College’s Pentecostal Church.

In “The Audacity of Races and Genders,” Eisenstein examines the presidential election in the context of issues like the global economic crisis, Islamic femi-

nisms and new secularisms.

Eisenstein also examines other books such as “Sexual Decays,” “Against Empire,” “The Color of Gender” and “The Female Body and the Law.”

For more information, visit http://us.macmillan.com.

Workshops on unemployed to be held during holiday

Free workshops, “Unemployed for the Holidays: Two Workshops for Coping,” sponsored by the Men-

tal Health Association in Tompkins County, will be held to offer unem-

ployed individuals help with coping with the holidays.

The workshops will be held at 6 p.m. Wednes-

day in the Annex of the Unitarian Church of Ithaca, located at 306 N. Aurora St.

The sessions’ goals are to help the unemployed and marginally employed get through the holi-

days positively.

The session will focus on ways to cope with children during this time of year.

For more information, call 273-9250.
Violent spam e-mail sent to listserve

BY JESSICA DILLON
STAFF WRITER

Internet and Public Safety Services and the Office of Public Safety at Ithaca College are investigating a threatening e-mail sent to several users on the Ithaca listserve. Six people reported the e-mail, but ITS said they have not been able to determine the sender.

Beth Rugg, manager of User Support Services at ITS, said six people received a threatening e-mail from a person named “Scott” saying he was going to assault them.

“Hope is very necessary when it comes to slavery because there would be no other way to get through it,” said Senior Emma Tanner, co-president of IC STAND. “It’s getting women aware of all alternatives and make people aware of the cause.

The group plans to show how to make organic health and beauty products. Tanner said ingredients will be provided for guests to make their own facials and hand scrubs using brown sugar, honey, clay and other natural ingredients.

Kathrein said she hopes the event will promote such a great cause. “It’s getting women aware of all alternatives and make people aware of the cause. “It’s a disturbing e-mail that takes the scam to the absolute limit,” she said.

Invisible Children

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no longer teach, Dr. Jamie Loehr, a physician at Cayuga Family Medicine, said the medical community has been moving away from breast self-examinations for years because women find more lumps that are insignificant.

“If you happen to find a lump, you want to treat it seriously,” he said. “But this concern that women do monthly regular exams may find more lumps but don’t end up living longer because they don’t find more cancer.”

Leigh Hurst ’92, founder and president of Feel Your Boobies — an organization that promotes breast awareness in women — said fewer doctors are using the clinical term breast self-examination, the medical process that doctors teach women, including teens, to feel their breasts for a circular pattern, because it was being ignored or seen as too complicated.

For Hurst, promoting “breast awareness” makes more sense. She found a lump in her left breast in her early 30s. Hurst was diagnosed with stage one breast cancer in April of 2004.

“I wasn’t doing a formal self breast exam,” Hurst said. “I was just sort of poking around like you do when you shower and soap up, and I noticed something different.”

Hurst said more doctors are encouraging women to be aware of their breasts, but not getting put on a broom.

“Let’s not overcomplicate this — just feel your boobies,” she said. “How can you know if something’s changed if you don’t even know what it felt like to begin with?”

But confusion of the two terms in the recommendation may make some people think they don’t need to worry about breast cancer until they are 50, Hurst said.

Separate from the controversy over breast exams are the new guidelines regarding cervical cancer screenings, or pap smears.

Hall-Rhodes said the Health Center currently follows the World Health Organization’s recommendations regarding cervical cancer screenings — starting at 21 or three years after sexual activity.

She said members of the Health Center are expected to discuss ACOG’s recommendations to wait until age 21, regardless of sexual activity today.

“Those are kind of the recommendations ourselves to make sure that we agree with the interpretation of the evidence,” she said. “It’s going to take awhile for us to do that.”

In cervical cancer screenings, the ACOG said that 30 percent of new cases of cervical cancer are false negative tests each year that result from errors in the screening. The ACOG also said screening should not take place until 21 because the sexually transmitted infection human papillomavirus, which causes the development of abnormal cervical cells, is cleared by the immune system in one to two years.

Loehr said that though HPV causes cervical cancer, it takes 10 years for it to progress to cancer. He said abnormal cells are seen as “steps” or “stages,” progressing from a normal cervix to cancer. He said most women in their teens and early 20s have a very low chance of getting cervical cancer.

“Each step along the way you have a very good chance of it going backwards to normal,” he said.

Hall-Rhodes said cervical cancer screenings are recommended later for women because it makes more sense now under- stands that HPV can cure itself.

“[In a different era we thought HPV was permanent],” she said. “We used to think that it lived there and we could not get rid of it, so now we know that’s not true. It’s unusual for people under the age of 21 not to find HPV!”

Hall-Rhodes said in 2007-08, when the Health Center did 97 pap smears, three were abnormal. In 2009-10 out of 40 pap smears, five were abnormal, and so far this year seven out of 33 were abnormal. She said these numbers follow the national trend and expect fewer abnormal pap smears as more women get the HPV vaccination.

She said these recommendations do not mean that sexually active women should not still have sexually transmitted diseases screenings and a yearly gynecological exam to discuss risk factors.

Galbreath said the best thing women can do in any situation, regardless of age or family history, is just know their own bodies.

“We don’t want people to be obsessing on cancer all the time,” she said. “Have a good relationship with your doctor and your body so that you know when something has changed and you can talk to your doctor about it.”

“[We want to make it as great as we possibly can],” she said. “The kickoff invited students to come and sign up for a team or create their own teams for the Relay in February. It included performances by KC Hip Hop, TC Tap Dance Club and CAC members who played a game of ‘Don’t forget the lyrics.’”

Thorton said the kickoff successfully started up three new Relay teams whose captains were eager to start fundraising. She said having the event in the Campus Center was a definite advantage because of the student traffic in and out of the building.

Sophomore Sherez Iqbal said this is his second year participating in the relay and thought the kickoff was a great way to get more people involved.

“I continue to do it because I had close people pass away from cancer,” Iqbal said. Because the Relay is so early this year, Kaplan asked students to kick their fund- raising into high gear and work hard for the cause.

“It’s a big deal because we come back to school, and it’s only four weeks until the Relay,” she said. “We come back from break sprinting towards the finish line.”

College Against Cancer’s events honor survivors

BY GILLIAN SMITH

As students walked through the Campus Center on Tuesday night, people in neon yellow shirts with “Relay Stair NS” printed on the front might have caught their eye.

The second official kickoff for this year’s Relay for Life was under way to remind the college community to sign up to help remember survivors and celebrate survivors of cancer. Junior Shari Kaplan, College Against Cancer co-chair, said the goals of the event were to remember survivors and promote team fundraising.

Relay for Life will be held Feb. 27 at Cornell University, a month earlier this year than usual. A kickoff event will be held Oct. 2, Kaplan said the event was such a success in October that the group decided to hold it earlier this year.

“We want to get people excited,” Kaplan said. “We want to make people realize why it’s so important.”

CAC also held its third annual Relay for Life dance game of “Don’t forget the lyrics.”

From left, freshmen Meredith Bilsky and Andrea Sienta attend College Against Cancer’s Kickoff Event on Tuesday in the Campus Center.

COURTESY OF LEIGH HURST

Leigh Hurst, third from the left, and Ithaca College students talk for Feel Your Boobies in April 2008 on The Commons. Hurst ’92, is the founder and president of Feel Your Boobies.

COURTESY OF LEIGH HURST

We’re never going to have an online-only faculty development environment because we know that face-to-face interaction is really important,” she said. “[But] there are many reasons why people can’t come here to do it, so we need to extend those events so that they are accessible online.”

Carol Henderson, associate provost of academic policy and administration, said the online environment would offer a place for faculty members to only link together on activities, but share resources for information.

“Even if they would have 24/7 access to training materials,” she said.

Ali Erkan, assistant professor of community health policy, said this year there are not funds established for the program. Erkan and other faculty members are part of a faculty advisory group of the planning phase of the Ithaca Faculty Commons in response to funding and support.

“Things are really hard for schools across the country because there aren’t a lot of funds to establish new programs at this point, he said. “Instead of waiting idle, we want to get a kind of infrastructure going” he said.

Erkan said one challenge of the program is getting faculty to take time out of their busy schedules.

“Those that are interested are not go- ing to be as engaged as we would like,” she said.

Erkan said the Faculty Commons would add another level of support for faculty.

Faculty members are able to get support from each other,” he said. “They are able to provide ideas for each other, eventually the benefit of this trickles down to the students in terms of exciting projects, so it helps everyone.”

Provost interviews for provost position at Southeast Missouri

BY ITHACAN STAFF

Kathleen Rountree, provost and vice president of academic affairs at Ithaca College, interviewed for the provost position at Southeast Missouri State University on Tuesday, according to a press release from Southeast.

Rountree is one of three final candidates for the position. The other two can- didates are Thomas Eckmann, dean of the College of Business and Technology at Western Illinois University, and Ronald Fichter, provost at the University of Akron.

The candidates were selected after a nationwide search and semi- finalists’ interviews with the search committee. The current provost, Jane Sirpet, announced her retirement in May.

Faculty, staff and students will give input for the selection of candidates. A recommendation will be made to the Southeast Board of Regents on Dec. 17, according to the press release.

Rountree has worked at the college since Aug. 1, 2007.
The season to give

Gift fair offers a different way to celebrate the holidays

BY ASHLEY MAY
ASSISTANT NEWS EDITOR

Holiday shopping may look a little different for some Ithaca residents this year. Instead of giving the traditional sweater or a tie, people can give $5 for 50 servings of milk at a local soup kitchen.

The sixth annual Ithaca Alternative Gift Fair raises money for local organizations and charities by offering priced gifts available for attendees to purchase. Locally based organizations will fill two churches Saturday with more than 300 different gifts for purchase.

The gifts, beginning at $5, are donations to specific organizations that show participants exactly where their money will be going.

The Ithaca Youth Council is offering the following gifts at the fair: a $5 donation to help plant a tree to celebrate the power of teen voice in the community, a $20 donation to support a teen-led community service project, a $50 donation to sponsor an interactive youth leadership training event. A gift above $50 will support the Youth Council in working toward a goal of engaging and assisting local youth in civic education.

Anke Wessels, executive director of the Center for Transformative Action, Tompkins Community Action, said the fair first hosted about 12 organizations and made about $9,000. Last year, the organizations made about $45,000. To date, the Alternative Gift Fair has raised more than $135,000 for local nonprofit organizations.

Because of the large number of fair participants this year, the fair will be held at two adjacent locations: the First Presbyterian Church and the First Baptist Church from 11 a.m. to 7 p.m. on North Cayuga Street.

Jennifer Handy, Youth Council program leader, said this is the first year that the Youth Council will participate in the gift fair. She said she is excited to spread awareness about the program to others in the community.

“For us, it’s really a cool opportunity to tell people about what we do and the different things that Youth Council has started to do and answer questions people might have,” Handy said.

Handy said not only does the fair provide a way to create group awareness, but it is also a practical and inexpensive way to do holiday shopping.

“You never really know what $10 might mean to an organization,” Handy said. “This event makes that really tangible on what even small amounts of money can do.”

Wessels, a six-time participant and one of the main organizers of the fair, said she has seen the fair grow from a small organization led by two Ithaca College students, Angela DeFicic ‘03 and Meghan Sheehan ’03, to a large holiday event. DeFicic and Sheehan passed off the fair to Wessels and Meghan Sheehan ’03, to a large-scale holiday event.

“I am very excited!” Wessels said. “From what we can tell, what $10 might mean to an organization.”

“This event makes that really tangible on what even small amounts of money can do.”

Shoppers will receive a quarter upon exiting. Groups will be stationed at tables to answer questions about the organizations available when they enter. Groups will be stationed at tables to answer questions about the organizations available when they enter. DeFicic and Sheehan passed off the fair to Wessels upon their graduation.

It is really providing a valuable service,” Handy said. “We like people to know what we are doing and feel involved.”

Shoppers will receive a quarter card — a small card decorated by their local youth representative from Tompkins Community Action, said the fair is a clever way to generate money for local organizations.

“Instead of purchasing another tie, it is an opportunity to provide something meaningful as a gift,” Wessels said. “It is nonmaterial and is really providing a valuable service in our community.”

Those who are unable to attend the fair Saturday can shop online at www.ithacaaltgiftfair.org beginning Sunday through Dec. 20. This is the second year an online shopping option is available.

Handy said people of all ages will enjoy shopping or receiving alternative gifts this year.

“It helps someone give something more specific and say ‘I’m part of that,'” Handy said. “We like people to know what we are doing and feel involved.”

Shoppers gather at the 2006 Ithaca Alternative Gift Fair to donate money to local organizations. The sixth annual gift fair will be held Saturday at the First Presbyterian Church and the First Baptist Church on North Cayuga Street.

courtesy of Christian Neißen

Shoppers will be given a list of the organizations available when they enter. Groups will be stationed at tables to answer questions about the organizations available. After they have filled out the appropriate sheet with desired gifts, they will check out at the final service desk.

A committee composed of representatives from the Center for Transformative Action, Tompkins Community Action, Cayuga Lake Watershed Network and community members are responsible for organizing the total money received from shoppers.

Barb Nellenback, a committeee representative from Tompkins Community Action, said the fair is a clever way to generate money for local organizations.

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courtesy of Christian Neißen
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Mixing technology and religion

Professor discusses how virtual realities have changed the role of religious practices

BY TAYLOR LONG
CONTRIBUTING WRITER

Technology is changing religious worship and challenging tradition for this generation, according to Rachel Wagner, assistant professor of philosophy and religion.

At the lecture “Googling God: Religion in the 21st Century” held Tuesday afternoon in the Handwerker Gallery, Wagner discussed how technology that allows for virtual meditation guides, prayer e-mails and religious scriptures stored on iPods is different from religious practices of previous generations.

About 22 people attended Wagner’s lecture on the ethical and moral issues raised when religion and virtual reality blend. She said an example of religion combining with virtual reality would be video games, raising questions about the legitimacy of religious experiences that take place virtually online.

Junior Tina Orlandini, who coordinated the salon as part of her Introduction to Museology class, said she was glad Wagner discussed the breakdown of religion among young people and modern society as a whole. After taking a religion class this semester, Orlandini said she was drawn to the idea of personal worship changing along with modern technology.

“I’m not very religious, but more and more religion is changing with technology,” Wagner said. “It’s becoming more about spirituality and faith.”

Wagner also said another example of technology and religion combining are the virtual Buddhist prayer wheels — prayer wheels that can now be digital images online instead of being a spindle made from wood — which the Dalai Lama recently encouraged as a way to generate good karma. Even though the individual is not physically spinning the prayer wheel, many argue that the good intention of the individual is enough to legitimize the action, she said.

Freshman Mays Kachroo-Levin said learning about the Buddhist prayer wheels was the most interesting part of the presentation because it was something Wagner had not heard of before.

“I thought it was funny more than anything else,” she said. She said she came to the salon hoping to learn more about different religions and modern spirituality. She said she wasn’t disappointed when she left.

“I went to a Catholic school so we talked about this sort of thing all the time, but it was interesting hearing other people’s perspectives,” she said.

Sophomore Mark Glaser did not attend Wagner’s lecture, but is currently taking Wagner’s Religion, Ritual and Virtual Reality class. Many of the topics discussed at the lecture are part of the class curriculum.

Glaser said he appreciates Wagner’s ability to look at these issues from different perspectives, “she said.

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Did you know they ice skate in England?
In the rain.

Leading the campus conversation, even when it crosses the pond. Read Rob Engelsman’s London Calling blog on THE ITHACAN online at ithacan.org/blogs.

Network Nights 2010
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Network Night Information Sessions
Tips on How to Network at the Upcoming Events

Clare Lounge, Ag出入 Hall
Thursday, December 10, 2009 Noon-1:00 p.m.
Tuesday, December 1, 2009 5:00-6:00 p.m.

New York City
Wednesday, January 6, 2010
5:00-6:00 p.m., Women in Business Panel
6:00-7:00 p.m., Careers Panel
7:00-8:00 p.m., Networking-Recruitment

Jumariah Swan House, 160 Central Park South
(3rd Street between 4th and 5th Avenues)

Boston
Thursday, January 7, 2010
4:30-5:30 p.m., Networking-Recruitment
Hotel Commonwealth
300 Commonwealth Avenue

Philadelphia
Tuesday, January 12, 2010
6:30-8:30 p.m., Networking-Recruitment
Radisson-Renaissance Hotel-Philadelphia
1711 Locust Street

Washington, D.C.
Wednesday, January 13, 2010
6:30-7:30 p.m., Career Panel Discussion
7:15-9:00 p.m., Networking-Recruitment
Residences of M Street Hotel
142 New Hampshire Avenue NW

Syracuse
Wednesday, January 20, 2010
6:30-7:30 p.m., Networking-Recruitment
Renaissance Syracuse Hotel
701 East Genesee Street

For more information and to register, visit www.icalumni.net/networknights2010 or call 607-442-3800. There is no charge to attend Network Nights, but you must register by December 22.

Sponsored by the Offices of Career Services and Alumni Relations, and by the class of 2010.

JCVD
A “remarkable and poignant” claymation feature about two unusual penpals
SAT 12/5 • 4:30

Mary and Max
A “touching with the spirit of Godard and Wong Kar Wai… has an intoxicating quality.”
Village Voice
TUES 12/8 • 7:15

Unmade Beds
A “Coen” claymation at the same time and in the same theater as Mary and Max
SAT 12/5 • 12:00

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Connecting cultures
Five languages and knowledge of Europe help professor in class
BY LILY OBERMAN

Juan Arroyo went into kindergarten speaking Spanish, because that was what his family spoke at home. At 5, he learned the second of five languages that he would eventually speak.

"I just like languages," Arroyo said. "It's good." He eventually learned five languages: Spanish, French, German, Italian and Arabic.

Arroyo specializes in European politics at the college, where he is the Model U.N. team when it represents a European country. But that's not the only way he keeps up with his European roots. He makes trips to Europe when he can, visiting family in Spain or friends in Germany.

Arroyo says he follows European politics daily, encountering all five languages in some form over the course of a week.

"When we learn about Italy [in class], I'm reading Italian newspapers," he said. "When it's time to talk about Germany, I'm reading German newspapers. I listen to the Spanish and French news every day.

Even though he spent a large portion of his life here, Arroyo said he still appreciates the area.

"I have a brother who lives in Dallas, and he says, 'You like Itha- cat?'" Arroyo said. "But yes, I like Ithaca. I appreciate the gorges. I appreciate the green, the lake, the sun. I appreciate the winter."

Senior Lindsey Humphreys, a Model U.N. member, said Arroyo has been a helpful addition to the team.

"We all value him so much," she said. "He really is concerned about us and our futures, and he always makes an effort to be one of the greatest professors that we have at the college."

Humphreys said that Arroyo is always willing to give input on whatever topic the team may be discussing.

"Anytime someone has a ques- tion, he usually has the answer and some insight for it," she said. "If not, he's more than willing to look it up. He always gives us a lot of advice about the country we're researching, especially when we're [representing] a European country, since that's his specialty."

Arroyo encourages his students to learn another language and to study abroad because they can learn invaluable knowledge about themselves and the United States.

"They're taking their im- age of the United States abroad and looking at it in the mirror of someone else," he said.

Sophomore Sara Fitouri, another member of Model U.N. and a student in Arroyo's European politics class, said Arroyo is one of the most passionate teachers she has had — whether he is translating political slogans for his class or cooking Italian food for the Model U.N. team.

"He just has such great person- al knowledge," Fitouri said.

Fitouri said that the class is often blown away by Arroyo's language skills, even though he doesn't consider himself a pro in any of the languages but Spanish and English.

"We're in class watching a film in Italian, and he's translat- ing the Italian going, 'I don't speak Italian!'" Fitouri said.

When he isn't teaching or work- ing with the Model U.N. team, Ar- royos does work for St. Catherine of Siena, a local Catholic parish that sends aid to a sister parish in the Dominican Republic. Though he can no longer take time off to go to the Dominican Republic with stu- dent groups in the spring like he used to, he is still involved with the program, using his Spanish speak- ing skills to translate phone calls and messages so that donors know where their money is going.

Arroyo said he takes on a lot of projects but he doesn't want to give any of them up. Balancing all of these activities is busy but man- ageable for Arroyo, who considers himself a pretty organized person.

"I have my list of things to do, my priorities," he said. "I've got a bal- ance now, but I don't have time to get sick. No emergencies, please."
Professor analyzes work force

Stephen Sweet, associate professor of sociology at Ithaca College, recently published "The Pressures of Talent Management." He co-authored the study with Marcie Pitt-Catsouphes, associate professor in the Graduate School of Social Work at Boston College. The report said more baby boomers are forced to continue working as they hit retirement age. It also found that in the next three years, this will have a negative impact on the business world. Sweet studies the intersections between work, family and community. His most recent book, "Changing Contours of Work: Jobs and Opportunities in the New Economy," examines how economic transformations are reshaping work opportunities in the United States.

Staff Writer Gillian Smith spoke to Sweet about the findings in his report and the future of the work force.

Gillian Smith: Why did you decide to do this study?

Stephen Sweet: In the latter part of the 20th century, one of the big questions was women's integration into the labor force. My colleagues and I think that the issue of the aging of the work force — particularly how the changing of ways in which people have children and also the transition of the baby boomer generation into retirement — is going to be one of the big stories of the 21st century, and the challenge that poses to employers and the ways employers adjust to the new imperatives.

Gillian Smith: What is your research "The Pressures of Talent Management" about?

Stephen Sweet: We surveyed nearly 700 companies representing the 10 leading sectors of the economy, and we asked for the extent to which they understand the pressures that an aging population might pose for their enterprises, the ways in which they are implementing practices that might help them maintain a multigenerational work force and also their level of understanding of composition of their own work forces. The overarching goal was to get a sense of the extent to which employers recognize that age and aging concerns are on the horizon and the way in which they are working to address these concerns.

Gillian Smith: What is the most significant finding of your study?

Stephen Sweet: Sizable proportions of the employers really don't know the composition of their labor force. Many employers don't know the proportions of their workers that are older workers. This lack of knowledge is going to affect their ability to develop and implement strategies to attract and retain workers in later life.

Gillian Smith: Because of the decreased work force, what kind of work opportunities will be lost?

Stephen Sweet: A labor shortage can benefit workers. From an employer's perspective, an inability to find the talent and to be able to keep the talent that one needs presents itself as a big problem. If there are plentiful jobs, then that is good for the people in the labor market. If there is a lack of talent, then that is a real challenge for employers.

Gillian Smith: Do you see the work force improving anytime soon?

Stephen Sweet: Right now we are in a challenging position because we have a lot of people that are out of work. We've got a lot of people that are working longer than they would have liked. One of the big challenges that we have to address is the way in which we redistribute work to individuals throughout the life course. A way of reworking how people commit to work is one of the key ways in which we can solve this problem.

War on the home front

Ithaca College professor emeritus Garry Thomas attends a demonstration Tuesday on the corner of Green and Cayuga streets to support the people of Afghanistan and protest President Obama's announcement about sending tens of thousands more troops to Afghanistan.

HANNAN RASHID / THE ITHACAN

Have you checked out Ithaca's best restaurants lately?

Use Your ID EXPRESS Account
OFF CAMPUS At:

Ameritalia Pizzeria – 273-1000
DP Dough – 277-7772
Italian Carry-Out – 256-1111
Confection Connection – 256-3278
Papa John’s Pizza – 273-7272
Wings Over Ithaca – 256-9464
Jade Garden – 272-8880
Rogan's Pizza – 277-7191
Sammy's Pizzeria and Restaurant – 272-2666

For on site purchases or delivery! Delivery is easy. Simply call one of the participating vendors, use your ID Card over the phone, and then present your card to the delivery person when they bring your order! It's that simple.
SAFETY HAZARD
Location: Substation Road
Summary: Officer reported a bicycle causing a safety hazard. The bicycle was confiscated. Identification of owner pending. Fire and Building Safety Coordinator Ronald Clark.

UNLAWFUL POSSESSION OF MARIJUANA
Location: Terrace Quad
Summary: Officer issued one person an appearance ticket for the Town Court for unlawful possession of marijuana. This person was also restricted from the dormitory as all people were judicially referred for responsibility of guest. Patrol Officer James Landon.

V&T VIOLATION/LEAVING SCENE
Location: L-List
Summary: Officer reported an unknown vehicle damaged a parked vehicle and left the scene. Investigation pending. Master Patrol Officer Erik Merin.

EXPOSURE OF PERSON
Location: Circle Apts
Summary: One person judicially referred for indecent conduct. SAPS

CCV/IRRESPONSIBLE USE OF ALCOHOL
Location: Upper Campus
Summary: Two people judicially referred for irresponsible use of alcohol. Patrol Officer Chris Teribury.

CCV/COMPLY WITH DIRECTIONS
Location: Terrace
Summary: Two people judicially referred for failure to comply with directions. SAPS

CCV/UNDERAGE POSS. OF ALCOHOL
Location: Circle Lot 8
Summary: Officer reported people with alcohol. Two people judicially referred for underage possession of alcohol. Patrol Officer Jeffery Austin.

OCTOBER 31
CCV/IRRESPONSIBLE USE OF ALCOHOL
Location: East Tower
Summary: Person transported to CMC by ambulance and judicially referred for irresponsible use of alcohol. Master Security Officer George Whittle.

CASE STATUS CHANGE
Location: Office of Public Safety
Summary: One interview, person was judicially referred for violating college policies for an incident that occurred in 0-Lot on Oct. 16.

UNLAWFUL POSSESSION OF MARIJUANA
Location: Circle Lot 4
Summary: Five people were judicially referred for unlawful possession of marijuana. One person was referred for failure to comply and underage possession of alcohol. Patrol Officer Chris Teribury.

CCV/UNDERAGE POSS. OF ALCOHOL
Location: Circle Lot 3
Summary: One person judicially referred for underage possession of alcohol. Patrol Officer Jeffery Austin.

V&T VIOLATION/PERMITTING
Location: L-List
Summary: Two people vehicle stop, officer issued the operator uniform traffic tickets for Town of Ithaca Court for unrestricted vehicle, unagreed unsafe operation, and a campus summons for a thru stop. Patrol Officer Chris Teribury.

FOUND PROPERTY
Location: Center for Health Sciences
Summary: Key found and turned over to Public Safety. Unknown owner.

CRIMINAL MISCHIEF
Location: Boothroyd Hall
Summary: Officer reported an unknown person judicially referred for violation of drug policy. Master Patrol Officer Bruce Holmstock.

CRIMINAL TAMPERING
Location: West Tower
Summary: Two people judicially referred for violation of drug policy. Master Patrol Officer Bruce Holmstock.

CRIMINAL MISCHIEF
Location: L-List
Summary: Officer received a report from a caller concerning an unknown person who damaged a vehicle. The incident occurred between 4:30 and 10:23 a.m. Investigation pending. Master Patrol Officer Donald Lyke.

CRIMINAL MISCHIEF
Location: Towers Concourse
Summary: Officer reported an unknown person maliciously discharged a dry chemical fire extinguisher. Investigation pending. Sergeant Ronald Hart.

CRIMINAL MISCHIEF
Location: L-List
Summary: Officer reported an unknown person damaged the face plate of an pet. Investigation pending. Sergeant Ronald Hart.

CRIMINAL MISCHIEF
Location: Campus Center
Summary: Officer reported an unknown person damaged a car in a vehicle sometime between 4:30 and 10:23 a.m. Investigation pending. Master Patrol Officer Donald Lyke.

UNLAWFUL POSSESSION OF MARIJUANA
Location: Lyon Hall
Summary: One person judicially referred for unlawful possession of marijuana. Sergeant Bill Kenny.

LARCERY
Location: Lower Quad
Summary: Officer reported an unknown person stole a bicycle sometime between 2 p.m. Oct. 30 to 9:45 a.m. Nov. 2. Investigation pending. Master Patrol Officer Donald Lyke.

LARCENY
Location: Campus Center
Summary: Officer reported an unknown person stole a dollar bill holder containing a debit card, cash, and a set of keys. Investigation pending. Master Patrol Officer Donald Lyke.

CVP/COMPLY WITH DIRECTIONS
Location: Terrace
Summary: Three people judicially referred for failure to comply with directions. SAPS

IDENTITY THEFT
Location: Unknown Location
Summary: Officer received a report from a caller concerning unauthorized use of a debit card by an unknown person. Investigation pending. Master Patrol Officer Donald Lyke.

LARCENY
Location: Campus Center
Summary: Complainant reported a two-car MVA, which occurred earlier this date. Investigation pending. Sergeant Terry O’Reilly.

SUSPICIOUS CIRCUMSTANCE
Location: Unknown Location
Summary: Officer reported a person removing harassing掺as and notes from another person. Investigation pending. Patrol Officer Jeffery Austin.

November 5
MEDICAL ASSIST/INJURED PERSON
Location: Ennen Hall
Summary: Officer reported a person having difficulty breathing and chest pain. Person declined medical assistance with ambulance staff. Sergeant Ronald Hart.

SAFETY HAZARD
Location: K-Lot
Summary: Officer and facilities reported an odor of natural gas from an exhaust pipe off the boiler room. Facility to re- crieve duity. Fire Protection Specialist Mark Duke.

FOR THE COMPLETE SAFETY LOG, go to www.tthiance.org/news/news/.

KEY
CCV – Campus Public Safety
CVC – Campus Center
CCV – Campus Public Safety
CCV – Campus Center
DV - DWI - Driving while intoxicated
FD – Fire Department
IPA - Police Investigator
MVA - Motor vehicle accident
NA - Resident assistant
SAPS - Student Academy of Public Safety
V&T - Vehicular and Transportation

NEWSCOMMENTS: West Tower
Summary: Two people judicially referred for violation of drug policy. Master Patrol Officer Bruce Holmstock.

EXPOSURE OF PERSON
Location: Circle Apartments
Summary: One person judicially referred for indecent conduct. SAPS

CRIMINAL MISCHIEF
Location: Terrace
Summary: Officer reported an unknown person tore a poster off of a door. Investigation pending. Sergeant Terry O’Reilly.

SAFETY HAZARD
Location: Garden Apartments
Summary: Officer reported a bicycle causing a safety hazard and it was confiscated. Identification of owner pending. Fire and Building Safety Coordinator Ronald Clark.

UNLAWFUL POSSESSION OF MARIJUANA
Location: L-List
Summary: Officer reported suspicious possession of vehicle. Four people judicially referred for unlawful possession of marijuana. Master Patrol Officer Bruce Holmstock.

CRIMINAL TAMPERING
Location: L-List
Summary: Officer reported a person attempting to tamper with a vehicle. One person judicially referred for responsibility of guest. Master Patrol Officer Bruce Holmstock.

CRIMINAL MISCHIEF
Location: Campus Center
Summary: Officer reported an unknown person damaged a car in a vehicle sometime between 4:30 and 10:23 a.m. Investigation pending. Patrol Officer Jeffery Austin.

OFF-CAMPUS INCIDENT
Location: Unknown Location
Summary: Complainant reported an unknown vehicle damaged a parked vehicle Oct. 29. Investigation pending. Operations Manager Steve Yovel.

LARCENY
Location: West Tower
Summary: Complainant reported an unknown person stole a vacuum cleaner. Investigation pending. Operations Manager Steve Yovel.

CASE STATUS CHANGE
Location: Office of Public Safety
Summary: Officer reported one person was arrested for criminal possession of marijuana in the fifth degree and issued an appearance ticket for the Town of Ithaca Court in reference to an incident, which occurred in L-Lot on Nov. 3. Master Patrol Officer Bruce Holmstock.

MVA/PROPERTY DAMAGE
Location: S-Lot
Summary: Complainant reported a two-car MVA, which occurred earlier this date. Investigation pending. Sergeant Terry O’Reilly.

SUSPICIOUS CIRCUMSTANCE
Location: 2 Fountain Place
Summary: Officer reported an unknown person stole an iPod. Investigation pending. Master Patrol Officer Bruce Holmstock.

RECLASSIFICATION OF CRIME
Location: Circle Apartments
Summary: Due to a new investigation, officer identified person responsible for the incident originally reported as a burglary that occurred earlier this date. Officer identified no burglary occurred and no larceny occurred, and one person was judicially referred for criminal mischief. Original incident redclassified as an misdemeanor in the fourth degree. Master Patrol Officer Donald Lyke.

CV/HAZARDS
Location: Terrace
Summary: Officers received a report from a caller concerning a person making a harassing remark. Investigation pending. Patrol Officer David Amaro.

CASE STATUS CHANGE
Location: 2 Fountain Place
Summary: Complainant reported plastic flammagings were posted on the town with authorization from the residents. Incident originally reported as Master Patrol Officer Bruce Holmstock.

BURGLARY FORCED ENTRY
Location: Circle Apartments
Summary: Officer reported a person damaging a door, entered a residence and stole cash. Investigation pending. Master Patrol Officer Donald Lyke.

SAFETY HAZARD
Location: Garden Apartments
Summary: Officer reported an unregistrer moped causing a safety hazard. The owner respondd and removed the moped. Master Patrol Officer warned person for causing a safety hazard. Sergeant Terry O’Reilly.

UNLAWFUL POSSESSION OF MARIJUANA
Location: Upper Quad
Summary: Five people judicially referred for unlawful possession of marijuana. Patrol Officer Daniel Bechtold.

MEDICAL ASSIST/INJURED PERSON
Location: Terrace
Summary: Officer received a report from a caller concerning sustaining a leg injury. Person transported to the Health Center. Patrol Officer James Landon.

SUSPICIOUS CIRCUMSTANCE
Location: J-Lot
Summary: Officer received a report from a caller concerning an ongoing theft. Patrol Officer Donald Lyke.

LARCENY
Location: Towers Dining Hall
Summary: Complainant reported an un- registered person stole a Phd. Investigation pending. Patrol Officer Jeffery Austin.

NOVEMBER 4
MEDICAL ASSIST/INJURED PERSON
Location: Ennen Hall
Summary: Officer reported a person having difficulty breathing and chest pain. Person declined medical assistance with ambulance staff. Sergeant Ronald Hart.

SAFETY HAZARD
Location: K-Lot
Summary: Officer and facilities reported an odor of natural gas from an exhaust pipe off the boiler room. Facility to re- crieve duity. Fire Protection Specialist Mark Duke.
OPINION

THURSDAY, DECEMBER 3, 2009

EDITORS

CLEANING UP THE AIR

Ithaca College is urged to designate campus smoking areas to prevent fires and exposure to cigarette smoke.

A response to the recent campus fires that have occurred on campus this semester and complaints about secondhand smoke, the Ithaca College offices of Public Safety and Residential Life are taking measures to create designated campus smoking areas—a smart move if executed correctly.

New York state law mandates smokers must stay at least 25 feet from a building. The college has no formal policy about smoking near residence halls but has designated locations near academic and administrative buildings where people can smoke. The proposed policy would create areas away from residence hall dumpsters, where eight of the 12 fires have occurred.

Designated smoking areas prevent nonsmokers from exposure to secondhand smoke, moving smokers away from building entrances and areas of heavy student traffic. If such areas are not isolated, however, the benefits are null.

The college is encouraged to create designated smoking areas near residence halls if such conditions can be met without creating a burden of accessibility for those who wish to use the areas. Smoking areas should be within a reasonable walking distance but far enough from residence hall entrances. These areas should be monitored in order to enforce the new policy is implemented and that members of the campus community are using these areas.

Additional campus fires by creating designated smoking areas is not enough, though. The college should also make more cigarette disposal boxes and move forward with its plans to educate the campus community about fire safety and awareness.

Creating designated smoking areas on campus is a productive measure toward ensuring healthy air quality for all and preventing more campus fires.

BREAST DECISION

Female students encouraged to educate themselves about women’s health issues.

New recommendations relating to breast cancer and cervical cancer screenings have caused much debate surrounding women’s health issues, especially when the recommended reform bill is up for debate in Congress. Young women, and students especially, must stay up to date about cancer prevention and monitor their own health.

The new guidelines from the U.S. Preventive Services Task Force advise against breast self-examination and suggest mammograms at 30 instead of 40 years old, and the American College of Obstetricians and Gynecologists recommends women get cervical cancer screenings at 21 regardless of sexual activity. The new recommendations conflict with current practices and with advice from the American Cancer Society.

Regardless of new and old guidelines, such changes should serve as a reminder to women—especially students—to stay up to date on women’s health issues.

Students are encouraged to stay informed about changes in mammogram and cervical cancer screenings as well as self-examination and talk to their doctors about what is right for them. Women should discuss their medical histories with mothers, grandmothers, other family members and doctors to learn about their risk of breast and cervical cancer. It is crucial that women of all ages recognize changes in their bodies.

Preventative measures such as screenings and self-examination have saved thousands of women’s lives. Knowing one’s risks and taking precautions earlier in life rather than when it’s too late will save many more.

YOUR LETTERS

Column doesn’t speak for students.

Reading Lilly Miller’s recent column, titled “Surveying the Shelves,” left me dumbfounded. As a weekly columnist in our newspaper, Miss Miller is, in theory, a voice of the student body here at Ithaca College. I think it is time someone pointed out that she is sending the wrong message.

What Miss Miller chooses to write about has always struck me as embarrassingly out of place in a news source, even in the opinion section, but “Surveying the Shelves” has gone too far. It is insulting that someone would think this story acceptable for the college’s readership.

We are supposed to be adults. We are supposed to be growing up, gradually at least, and learning to deal with the world around us. And yet, speaking for us is a girl who seems steadfastly to refuse to comprehend anything other than what she already believes—a girl who writes of contrived difficulties founded on tired stereotypes. I want so badly to believe it is all a joke. But even if it is, it isn’t funny.

Realistically, what Miss Miller’s column does is point to a larger problem than “Surveying the Shelves” itself, and that is a fundamental lack of editorial rigor. The real problem, as I see it, is that someone, somewhere along the line, read through a draft of this column and said, “OK.” I cannot understand how this came to pass, because frankly, Lilly Miller is a natural Napoleon Dynamite when it comes to writing. Whatever that means.

BART COMEDIES ‘L2’

LGBT rights are a community issue.

While I appreciate the good intentions of your recent editorial encouraging the Ithaca College LGBT community to sponsor more events on campus that will educate and inform us about same-sex marriage issues and initiatives, I want to note the importance of other people (i.e., allies) doing the same, either in collaboration with the LGBT community or on their own.

What you have done with your editorial is place responsibility for educating about an important and controversial issue at the feet of those who are most victimized by the injustice being addressed. Not only is this ineffective, it’s offensive.

We have long done this in our society, on our campus and in our classrooms around a number of important issues, such as racism, anti-Semitism, homophobia and more, and what’s missing in this approach is an awareness that the problem lies in the majority. Change must come from the majority and, thus, members of the majority must stand up and take responsibility for participating in and contributing to the education and action required to achieve social justice and change.

JEFF CLAUS

Associate professor of education

LETTER POLICY

The Ithacan welcomes correspondence from all readers. Please include your name, graduation year, organizational or college title/position and phone number. Letters must be 250 words or less. The Ithacan reserves the right to edit letters for length, clarity and style. All letters must be received by 5 p.m. Monday before publication. All letters must be signed, submitted in writing and either e-mailed to ithacan@ithaca.edu or delivered to Park 269.

SPEAK YOUR MIND.

Write a letter to the editor

It hasac@ithaca.edu

269 Roy H. Park Hall, Ithaca College

ithacan@ithaca.edu

Ithaca, NY 14853-2728

http://www.ithacan.org

LETTERS

Your letters must be signed, submitted in writing and either e-mailed to ithacan@ithaca.edu or delivered to Park 269. They must be 250 words or less. The Ithacan reserves the right to edit letters for length, clarity and style.
Student argues health care is a basic right

The following is an excerpt from senior Lindsay Stafford's award-winning speech that won Ithaca College's 2009 Poetasis Prize for Oratory.

War in Afghanistan repeats America's past mistakes

This is an excerpt from senior Naeem Inatullah's ethnographic report on the U.S. occupation of Afghanistan.

Little fish, big pond

The following is an excerpt from senior Lilly Miller's term paper on the ethnographic report on the U.S. occupation of Afghanistan.

All opinions expressed do not necessarily reflect those of The Ithacan. To write a guest commentary, contact opinion Editor Elizabeth Sile at 274-3208.
If you are a senior who wishes to live on campus for the 2010-2011 school year, you must fill out a senior intention form in order to select housing for the Fall.

Students with Senior Standing who secure a Fall room relinquish their senior status and must remain on campus for the entire year. Any senior who relinquishes their senior exemption status must apply for off-campus status if and only if the Off Campus process is still open. Seniors who relinquish their off campus exemption status and non-seniors should not sign any leases without written off campus approval from the Office of Residential life.

The Ithaca College Alumni Association Advisory Board of Directors announces an exciting leadership opportunity:

student director

This multiyear position offers a unique opportunity for a current freshman or sophomore to:

- Be a full voting member on IC’s Alumni Association Advisory Board of Directors
- Provide firsthand knowledge on student activities, concerns, and issues to the alumni board
- Participate in alumni board committees and serve as a liaison to the student body

Interested?

Send a letter of interest and résumé by December 10 to:

Gretchen Van Valen, M.M., ’93
Director of Alumni Relations
252 Alumni Hall, Ithaca College
gvanvalen@ithaca.edu

The Ithaca College Alumni Association Advisory Board of Directors helps develop and support programs that connect alumni to the College and to one another.
Alum styles her own line for Ithaca's vintage shop

BY ALEXANDRA MITTON
CONTRIBUTING WRITER

Natasha Keller '04 can be found focused on the hum of her sewing machine in a studio above Petrune that houses her clothing and accessory line completely handcrafted and sewn to perfection.

Though the sea of mismatched fabrics, mannequins and racks of clothing resembles an amateur version of Project Runway, Keller's studio is quickly obtaining professional status. It's the site of One Swell Gal, Keller's new brand of original housewares, accessory and clothing designs — which includes dresses, small purses, linens, napkins and cloth baskets, all ranging in price from $20 to $80.

Keller said she bases her fashion line off her passion for social advocacy and her curiosity about art.

"I'm interested in homemade art and supporting its production, fashion, recycling, art, society and the places where they all intersect," she said.

After graduating from Ithaca College, Keller began working at Planned Parenthood, where she gained knowledge about women's rights. Keller's interest in the community opened her eyes to staying connected to Ithaca. Her passion for social advocacy shows through her designs in her reconstruction of old and recycled materials into stylish clothes in the store with new elements of fabric and design.

"I saw this niche for this vintage-modern chic and began making dresses in-house," Keller said.

The goal is to be appealing across the generations, " Keller said. "That's why we stick to classic styles that apply to all generations."

For more than a year, Keller has been showing her line at the Ithaca Farmers Market. Now she is making her mark on Petrune and is working on her new Web site, www.OneSwellGal.com. She said she plans to strengthen the brand by branching out to craft fairs and trade shows.

As a novice in the fashion and design field, Keller has positioned herself as a serious business owner hoping to introduce something different for the everyday woman. Keller said she is not the typical designer trendy hipsters might be used to. She said she had no formal training before she started her line.

"One has to have a certain 'style sense' and be aware of the evolution of style. "You learn to know what you're wearing and the history of the garment and have to be able to generate clothing for the clients' needs," she said.

Natasha Keller '04 sews one of her signature miniature handbags Nov. 20 at Petrune. Keller's collection consists of linens, handbags and dresses that range in price from $20 to $80.

"The Commons would want to check out. "Keller has certainly had a big impact here," Brockman said. "She has a very classic sense and is a total perfectionist." Brockman said this is great for Keller's line.

With so many vintage dresses hanging on Petrune's racks, there is plenty of room for Keller to create new designs for the store. Keller said her custom-made dresses cost about $80 because of the fabric she works with. Brockman said Keller transitioned to using high-end materials that enhance the quality of each piece sold.

"It's overwhelming to take on," Keller said. "Keller has certainly had a big impact here," Brockman said. "She has a very classic sense and is a total perfectionist." Brockman said this is great for Keller's line.
It’s about time to whip out the wreaths and menorahs to decorate for the holiday season. Assistant Accent Editor Aaron Edwards gives some Martha Stewart-style tips on how to deck those dorms and halls on campus.

**Hot**

**Miniature decorations**

There’s nothing more inviting than a color-coordinated dorm room with tasteful knickknacks and fixtures warming up the space. Since most dorms are not spacey enough for full-sized Christmas trees and lighting the menorah is a safety no-no, students can still bring holiday spirit to their dorm door with some of the best arts and crafts for an evening with friends can produce. Copy paper. Watercolors, stencils and rub-on letters are easy to use and can be a quick and simple way to change the atmosphere of a dorm room from post-Thanksgiving drab to Christmas fab. Other accessories. Wrap a strand around a bedpost or outline a favorite painting or photos. This simple decorating technique can be a quick and simple way to change the atmosphere of a dorm room from post-Thanksgiving drab to Christmas fab.

**Not**

**Boring 8x11 printouts**

Printing a sheet of paper with a Photoshopped wreath and “Merry Christmas” plastered on the front in bold font can be a quick and simple way to change the atmosphere of a dorm room from post-Thanksgiving drab to Christmas fab. Not only can it be boring, but it’s also easy to uninvite and standard with a line of sparkling lights slapped on the wall. This simple decorating technique can be a quick and simple way to change the atmosphere of a dorm room from post-Thanksgiving drab to Christmas fab. Not only can it be boring, but it’s also easy to uninvite and standard with a line of sparkling lights slapped on the wall. This simple decorating technique can be a quick and simple way to change the atmosphere of a dorm room from post-Thanksgiving drab to Christmas fab.

**Lukewarm**

**Christmas light strands**

The Office of Residential Life’s one-strand-only light restriction may be limiting, but it’s no excuse to be uninviting and standard with a line of sparkling lights slapped on the wall. This simple decorating technique could be a quick and simple way to change the atmosphere of a dorm room from post-Thanksgiving drab to Christmas fab. Not only can it be boring, but it’s also easy to uninvite and standard with a line of sparkling lights slapped on the wall. This simple decorating technique could be a quick and simple way to change the atmosphere of a dorm room from post-Thanksgiving drab to Christmas fab.

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**OMG!**

With the increase of security in the country because of heightened terrorism alerts, you’d think the White House would be able to prevent a couple from crashing a high-class Obama party. Apparently not. Last week, Michelle and Tareq Sahali, a couple from Virginia, made headlines after sneaking into the president’s first state dinner. The couple is also gunning to be cast on the upcoming season of “The Real Housewives of D.C.” While their stunt may have helped raise their scandal factor for the Bravo TV show, it also sparked a full Secret Service investigation. Talk about being the life of the party.

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**MINI-MICHAEL JACKSON UPSTAGES SANTA MONICA STREET PERFORMER**

The kid in this YouTube gem is living proof that classic, killer dance moves are still alive in tiny toddlers. He must have been feeling his own groove while a performer on stilts at the Santa Monica Pier gave a lackluster dance rendition of “Don’t Stop ‘Til You Get Enough” because out of nowhere, the toddler busted out smooth MJ moves. With the facial expressions and pelvic thrusts down pat, this little tyke stole the show and the audience’s attention before moonwalking back to morning.

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**VIRGINIA COUPLE CRASHES OBAMA’S STATE DINNER**

Driftwood and Hee Haw Nightmare, an acoustic blues and jazz instrumental band, will perform at 9 p.m. at Castaways on Inlet Island. Admission is $7.

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**FRIDAY**

D-Rock Memorial Benefit Concert, featuring The Sutras and The Family Knife, will start at 9 p.m. at Castaways on Inlet Island. Suggested donation is $10.

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**SATURDAY**

1616 Holiday Party, featuring music from The Tundra Toes and Caution Children, will start at 9 p.m. at Castaways on Inlet Island. Admission is free.

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**SUNDAY**

Eurydice, a contemporary retelling of the classic Ovid tale, will be performed at 2 p.m. in the Clark Theatre in Dillingham Center. Ticket prices range from $4.50 to $10.
Don’t forget! Date night tomorrow in the common room! 😊

Left: From left, freshmen Emma Garrison and Jason Wilber read a magazine in Garrison’s dorm room Tuesday in Terrace 13 before they separate to study and work on group projects.
Right: Garrison jumps on Wilber’s back Tuesday as they walk down the hall of Terrace 13.

CONTRIBUTING WRITER

Freshman Jason Wilber came to Ithaca College to focus solely on his schoolwork. But after meeting freshman Emma Garrison, in their dorm, Terrace 13, things changed. Before he knew it, Wilber was in a relationship.

“There’s something magical about T13 and the way it brings people together,” Wilber said.

Garrison, according to Wilber, was around him a lot because he lived in the same building. But after meeting Garrison, he started to see her more and more. Soon enough, Garrison and Wilber only need to walk through the common room to get to one another’s doors.

“I wanted to see him when he was there all the time,” she said. “He had become such a big part in my life. T13 enforced it, and we couldn’t stay away from each other.”

Sophomore Nina Davidson first met sophomore Brendan Green when they lived in Bogart Hall together freshman year. Davidson and Green now live in Terrace 6 and Terrace 9, respectively. Green said living in separate dorms puts a strain on the relationship.

Davidson said when she saw Green without needing to plan to hang out. “It was easier when we could run up or down one floor to see each other for just five minutes before class,” Davidson said. “It’s a pain and just so much work to do something so little that we took for granted last year.”

Davidson said making the relationship work was hardly an issue when they lived in Bogart together. Now, putting in the effort makes dating less enjoyable.

“But living in the same dorm can cause problems for couples that have not set boundaries, Hudenko said. For Garrison, living in the same building as her boyfriend is easy and convenient.”

Bill Hudenko, assistant professor of psychology, said students who see each other more often are more likely to try dating.

“The mere exposure effect is the more you are around someone, the more likely you are to favor them,” he said. “Proximity is one of the variables that will increase the way people will develop a romantic relationship.”

But living in the same dorm can cause problems for couples that have not set boundaries, Hudenko said. For Garrison, living in the same building as her boyfriend isn’t always easy.

“It can’t escape seeing him when we are in a fight,” she said. “It’s awkward.”

Conrad-Salt Prunty, director of Residential Life, said Residential Life neither encourages nor discourages students from dating within the same dorm, but students should consider the consequences.

“I would encourage students to think about what it will be like to live in the same building if the relationship does not continue,” she said.

Garrison said she believes living down the hall from Wilber is what brought them together, despite tensions felt before they made the relationship official and were casually dating.

“I wanted to be with him because he was there all the time,” she said. “He had become such a big part in my life. T13 enforced it, and we couldn’t stay away from each other.”

Sophomore Nina Davidson first met sophomore Brendan Green when they lived in Bogart Hall together freshman year. Davidson and Green now live in Terrace 6 and Terrace 9, respectively. Green said living in separate dorms puts a strain on the relationship.

Davidson said when she saw Green without needing to plan to hang out. “It was easier when we could run up or down one floor to see each other for just five minutes before class,” Davidson said. “It’s a pain and just so much work to do something so little that we took for granted last year.”

Davidson said making the relationship work was hardly an issue when they lived in Bogart together. Now, putting in the effort makes dating less enjoyable.

“But when you live in separate buildings you just take any chance you can,” she said. “It’s not like when you want to. It’s when you can. It’s not as appealing.”

Hudenko said relationships can be strained when situations like living arrangements change and couples move farther apart.

“Moving farther away from your partner can create a significant amount of stress because it requires an individual to adapt to a number of different changes,” he said.

Basing a relationship on proximity can create an uncomfortable environment when things end. Sophomore Tim Lewis started casually dating a woman in his dorm, East Tower, earlier in the semester. Eventually Lewis made the relationship official, but within three days his girlfriend broke it off.

Now Lewis said he feels awkward seeing her around campus and fears running into her in East Tower.

“When I see her from a distance on campus, it sucks,” said Lewis. “I saw her once at the Fitness Center. The close proximity is hard because I want to see her, but I wouldn’t know what to say.”

If a conflict were to arise between a couple living together, Prunty said Residential Life would handle the situation like any other rooming conflict.

Some couples choose to live together because they are compatible and work well as roommates. When juniors Meg Malone and Zach Tomanelli moved into a Circle Apartment together this year, they had no worries about how the living arrangement would play out.

“We aren’t living together because we are dating,” Tomanelli said. “We have lived together anyways. We knew each others’ living habits, so the transition to living in the same Circle was smooth.”

Prunty said Residential Life allows larger Garden Apartments and all Circle Apartments to have coed roommates without members of the opposite sex sharing a room, but Residential Life does not know whether roommates are dating.

“We have no way of knowing if the students requesting to live together are part of a relationship or simply good friends,” Prunty said.

Malone said she and Tomanelli have made their living situation work for the last three years because of their compatibility.

Malone said keeping their couple issues behind closed doors allows them to have a positive living situation with all of their roommates in the apartment.

“It’s not like we’re on the couch making out while our friend is doing homework,” she said. “We do fight occasionally, but it mostly takes the form of venting after a long day.”

Tomanelli said living with Malone is easy, but not everyone is cut out for that much together time.

“Living with my girlfriend and friends is a positive experience,” he said. “But this type of living is not for everybody.”

From left, Juniors Meg Malone and Zach Tomanelli play a game of Trivial Pursuit Nov. 18 in their Circle Apartment. Malone and Tomanelli spend their Friday nights playing board games. 

LAURYN DEEDCO/ THE ITHACAN
Planning to study abroad?

Spring 2010 study abroad students must attend both orientation sessions.

Winter 2010 students need only attend the "Traveling Abroad" Session.

Choose the session(s) that work best with your schedule.

Ithaca College Details
Thursday, Dec. 10
12:10-1:00
Textor 101

Traveling Abroad
Tuesday, Dec. 8
12:10-1:00
Textor 101

ALL STUDENTS WHO PLAN TO STUDY ABROAD DURING THE WINTER or SPRING of 2010...

ATTENTION!

☞ IF YOU HAVE NOT YET SPOKEN WITH SOMEONE IN THE OFFICE OF INT'L PROGRAMS ABOUT YOUR WINTER/SPRING 2010 STUDY ABROAD PLANS, PLEASE CONTACT US IMMEDIATELY!

Any student* who will be studying abroad on an affiliated or non-affiliated program during the WINTER or SPRING of 2010 must complete and submit IC study abroad paperwork. This paperwork must be completed in order to receive credit for your study abroad program. If you plan on studying abroad but have not yet notified the Office of Int'l Programs, contact us at 274-3306 right away!

*This deadline pertains only to students studying on an exchange, affiliated or non-affiliated program, not to those studying at the Ithaca College London Center.

For more information, contact the Office of International Programs
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January 11-22, 2010

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ITHACA

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IC Players’ new show portrays real world

BY CONOR HARRINGTON

Ithaca College has ended. The diploma has been achieved, and there is an excitement about life after. Welcome to the “real world.”

Ithaca College Players’ latest production, “Boys’ Life,” examines the “what next?” aspect of moving out into the real world in a drama about growing up and discovering what it means to be a man.

Written by Howard Korder, “Boys’ Life” is set in the 1980s. The story revolves around three “boys” who have just graduated from college and are stuck in limbo trying to find themselves and their purpose.

The hour and a half show will be performed at 8 p.m. tomorrow and Saturday in Clark Lounge. The round theater experience will feature a special collection of popular music from the 1980s between scene change.

With minimal props and simple costumes, the focus of “Boys’ Life” will be on the acting and Korder’s story.

The title comes from the Boy Scout magazine that had tips and information for young boys. This title is fitting because the three boys in the show are just learning what it means to be a man and the responsibilities that come along with that.

Junior Andrea Bichan, director of the show, said “Boys’ Life” will provide laughs and will allow the show to deliver a sobering message — especially for college students navigating the job market in the current tumultuous economy.

“These characters have become adults by entering the working world, but still have the mentality of being in college and of being boys,” said the director. “We think that when we graduate from college we find out we are, but we’ll probably still be as lost as ever. This play is essentially the realization of our greatest fears.”

The show’s main character Jack, played by freshman Garrett Thoen, acts as the leader. Jack proves to be stuck in the mentality of a fraternity boy who thinks he is invincible.

The character Don, played by sophomore Bart Comegys, transforms the most throughout the play. Don starts out as a lost college graduate and turns his life around by becoming an engaged man with a newfound direction.

Sophomore Dan Jones plays the role of Phil, who turns to different vices such as alcohol and promiscuity to fill the void in his life. Jones said his character deals with a lot of insecurities.

“Phil is an interesting guy with a lot of existential angst and the belief that life is meaningless,” said Jones. “[He] goes after a series of girls to bring him some sense of meaning or joy.”

“Boys’ Life” relies heavily on women to influence the male characters and serve as guides in the three lives. The wives and girlfriends of each character have already made plans and are waiting for their partners to do the same.

Sophomore Addie Davis, who plays Maggie, Jack’s wife, said the female characters have matured and understand their responsibilities and roles in society, yet they have to hold the bands of the boys to help them also mature.

“The characters are desperately clinging to being young, and when you’re young you get conflicting messages on what it means to be mature,” said Davis. “It asks what it means to be mature, to be masculine and to be an adult.”

Junior Lexie Braverman plays the role of Lisa, who is dating Don in the play, and said the three boys are stuck in “Peter Pan mode” and the women either throw responsibility at the men or offer to take it away. She said audience members will be able to relate to “Boys’ Life” easily.

“Ithaca is the perfect atmosphere for this show because I haven’t talked to anyone who isn’t nervous about what they will do with their futures,” she said.

Assistant director Alison Ehrenreich said audiences will leave the play thinking about their own lives.

“Even older audiences will look back at that time in their own life and think of how they’ve changed,” said Ehrenreich. “There are many characters that audiences will recognize from their own lives.”

Jones said students will enjoy the show if not for the comic relief than for the its realistic value.

“It’s almost a cautionary tale for college-aged students who don’t know what they are going to do when they get out of here,” he said.

“Boys’ Life” will be performed at 8 p.m. tomorrow and Saturday in Clark Lounge.
‘Precious’ depicts raw Harlem hardship

BY MATT ROSEN
CONTRIBUTING WRITER

In “Precious,” newcomer Gabourey Sidibe gives one of the most compelling performances of the year. The young actress is the true soul of director Lee Daniels’ film, which portrays its heroine’s emotional struggle with a brutal honesty that will immediately capture audiences.

Sidibe, who plays Clareece “Precious” Jones, redefines what it means to become a star. Her performance of a 16-year-old girl who has been physically, sexually and mentally abused for years holds the audience with an overwhelming power.

When she’s not caring for her first child Mongoo (short for Mongoloid), who was born with Down syndrome, Precious is trying to pass junior high school. At home, she avoids the whip of a frying pan to the head as her mother, Mary (Mo’Nique), brutally beats her and verbally degrades her. At times, the scenes are nearly impossible to watch.

Mary is a half-bent monster who inflicts physical violence on her daughter. Behind Mary’s dark heart is a deep tragedy that comes in a swirl of emotions during the film’s heartbreaking climax. Mo’Nique’s towering performance will have the Oscars calling for her. Her portrayal is terrifyingly real with no sign of remorse or sympathy.

The supporting players bring humor and warmth. Singer Lenny Kravitz plays a male nurse with a compassionate personality, watching over Precious while she delivers her second child.

As Precious is transferred to an alternative school for reading and writing, she meets Ms. Rain, a teacher with an affectionate heart. She is a person Precious has never met before — someone who will listen, and cares. Ms. Rain, wonderfully played by Paula Patton, provides the film with a genuine spirit that gives Precious the courage to maintain her integrity.

Patton’s soft-spoken yet firm acting choices show how her character links Precious to the joy of the real world and her inner feelings.

The other shocking performance of the film is Mariah Carey. Playing a welfare counselor who interrogates Precious about her home life, Carey acts with a fierce honesty and is unrecognizable without her usual glitzy makeup. She holds her own on the screen with an ease that makes it seem as if “Glitter” never happened.

Her questioning of Mary’s abusive nature at the end of the film shows the tension and dynamic juxtaposition between Carey and Mo’Nique.

Cinematographer Andrew Dunn stays true to the grim atmosphere of Harlem. The shaky tracking shots during the scenes of abuse give the film an extra punch that makes its depiction all the more real.

Director Lee Daniels changes the tone of the film frequently, injecting small pieces of comic relief to combat the tragic emotions seen on screen. It’s only through her imaginary dreams of being a gorgeous diva or a supermodel does Precious find shelter from her pain. Though Daniels sometimes overdoes the recurring structure of the story, his unvaried vision is still poignant and precise.

“Precious” repeatedly breaks audiences’ hearts only to slowly put the pieces back together again. Through the actors’ on-screen struggle, the triumph of the human spirit comes alive.

“Precious” was written by Geoffrey Fletcher and directed by Lee Daniels.
By Melanie Sherman

Taylor Lautner's intense workout and diet regimens over the past year have paid off. But while he looks more than stunning in "New Moon" — in which he plays Jacob Black, Bella Swan's (Kristen Stewart) vampire boy friend,after talking with Bella Swan (Kristen Stewart) — he’s pecs, delt and abs are not enough to save the film from its less-than-stellar plot.

"The Twilight Saga" — his pecs, delt and abs are not enough to save the film from its less-than-stellar plot.

"The Twilight Saga" — has its problems. Edward leaves Bella with her unmoved were-wolf best friend, Jacob Black (Lautner). Bella gets closer to Jacob in Edward's absence, leaving the characters in a fantastical love triangle — a girl, a vampire and a werewolf.

"New Moon" succeeds in many places where its predecessor failed. The film is rich in colors and scenery, compared to the somber blue tint of "Twilight." Bella also deviates from the documentary-style filming Hansons used, giving the film a more polished look.

The film is filled with red and green hues, giving it a deep, autumnal feel. Compared to the somber blue of "New Moon" after talking with Bella Swan (Kristen Stewart), the vampire genre.

The quality of acting is vastly deeper meaning for adults, for whom the finer details — Mr. Fox feeling unfilled with the more mundane career when he becomes a father — strike a realistic tone.

Though there is depth to the story's content, the film never fizzes levity, with jokes both simple and profound. One of the most hilarious is the ongoing use of the word "cuss" in place of phrases that would normally include profanity.

Anderson expands the much shorter story in the original novel, but none of his additions feel forced. From the hilarious dazed expression of a character and the comedy of Dahl's original book.

Anderson uses a star cast led by George Clooney and Meryl Streep as Mr. and Mrs. Fox. They are supported by actors who have worked with Anderson in the past, such as Jason Schwartzman, Bill Murray, Owen Wilson and Anderson's brother Eric. Anderson's captivating storytelling prevents the stars from overpowering the animation. Clooney is not his usual debonair movie-star persona, but he is Mr. Fox — all wily whistles and foxy wiles to survive. Another standout voice actor is Schwartzman, who infuses the Foxes' eccentric son, Ash, with quirky attitude and genuine frustration at the arrival of his much more talented cousin, Kristofferson.

Subtly dominating "Fantastic Mr. Fox" is the beautiful puppets and scenery designed by Nelson Lowry. His height-earth-toned sets, from the outdoor farms and valley to the cozy animal homes complement the warmth of the story.

For those who can affectionately recall the original story, this adaptation is every bit as whimsical, with all the clever additions to make it a surprising and entertaining film for children, adults and the kid in everyone. A review of "Fantastic Mr. Fox" was written by Noah Baumbach and director Wes Anderson.

"Fantastic Mr. Fox" is written by Noah Baumbach and director Wes Anderson.

<iframe src="https://www.youtube.com/embed/ncf11TR5W78" frameborder="0" allow="accelerometer; autoplay; encrypted-media; gyroscope; picture-in-picture" allowfullscreen></iframe>

adjacent story line

by Anne Gould Northgraves

"Fantastic Mr. Fox" may appear to be nothing more than a children's movie — it's animated, full of talking animals and based on a children's novel by famed author Roald Dahl. But the whimsical film has just as much humor for adults as it has vibrant imagery and positive messages for children.

The film is filled with red and green hues, giving it a deep, autumnal feel. Compared to the somber blue of "New Moon" after talking with Bella Swan (Kristen Stewart), the vampire genre.

The music of the film is equally effective. Alexandre Desplat's original score matches the story and visual design with folk, French, bluegrass, big-band and Old West compositions through-out the film.

For those who can affectionately recall the original story, this adaptation is every bit as whimsical, with all the clever additions to make it a surprising and entertaining film for children, adults and the kid in everyone. A review of "Fantastic Mr. Fox" was written by Noah Baumbach and director Wes Anderson.

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Excellent ★★★★★

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Fair ★

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Thursday, December 3, 2009

Attention Residents!

Vacancy Request Forms Available

Winter Break Vacancy Forms are available in the Office of Residential Life beginning November 30, 2009. These forms should be filled out by everyone - even if you do not think a vacancy will occur in your room over the break or next semester. Vacancy Forms are due to the Office of Residential Life by January 1, 2010 at 5:00pm.
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THANKS FOR MAKING ME A FAILURE.

WELL, IT’S NOT REALLY SELLING IF WE BOTH WIN.

I’M STEPPING DOWN AS CEO BECAUSE I ALREADY MILKED ALL OF THE CASH OUT OF THIS DYING COW.

MY REPLACEMENT IS A DRIED-UP CORPSE, BUT DON’T WORRY, HE’S JUST A PLACEHOLDER UNTIL A NEW CEO CAN BE FOUND.

THE FAINT BREEZE IS BLOWING AWAY HIS HEAD.

MY CUBICLE IS SURROUNDED BY LOUD IDIOTS WHO MAKE IT IMPOSSIBLE FOR ME TO CONCENTRATE ON MY WORK.

DID YOU CREATE A PRESENTATION ON WHY YOU COULDN’T DO THE PRESENTATION YOU’RE SUPPOSED TO BE DOING?

WOULD YOU HAVE JUST AS EASY TO CREATE THE ACTUAL PRESENTATION?

I’M HOPING TO USE THIS ONE MORE THAN ONCE.

ACROSS
1  Alpine refrain
2  Alpine refrain
6  Spook
8  Spook
11  Just bought
13  Stockpiled
14  NE state
15  Santa’s winds
16  Pacino and Hirt
17  Silver, in formulas
18  End of some URLs
20  Not skimp
21  Not skimp
22  Not skimp
23  Unfold, to a poet
25  Sushi fish
26  It runs on runners
27  Host’s plea
28  Become wrinckled
31  Spleen
33  - Paulo
34  Ancient (h.yph.)
37  Soak up the sun
40  Lingerie items
41  -. “la la”
43  Heavy metal
45  CPR exper
46  Basilica parts
47  Silver, in formulas
48  Deli bread
49  A moon of Jupiter
52  Wish undone
53  hooks
54 -johnau
55  Regions
56  Ohio Amerindians
57  Ohio Amerindians
58  Ohio Amerindians
59  Regions

DOWN
1  Agape
2  “Stormy Weather” singer
3  Fad
4  NASA counterpart
5  Mail attraction
6  Vaccine army
7  Sigh of relief
8  Harvesting machine
9  Moved inch by inch
12  Slangy lady
13  Thickened skin
18  Rh’s bosses
21  Kind of rally
22  Olsen of vaudeville
24  Leafy vines
26  Chees!
28  Old hand
30  City conveyance
32  Married in haste
33  Horrified
34  Famous canal
35  Gangster’s gun
36  John - Passos
38  Min. fraction
39  Kung fu cousin
40  John - Passos
42  Famous canal
44  Horrified
46  Famous canal
47  Famous canal
48  Famous canal
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Senior guard mixes skills and knowledge to lead team

BY THOMAS ESCHEN STAFF WRITER

The brown sphere bounces back and forth on the hardwood, moving faster with every touch of the fingertips. It moves between the legs of its owner, senior Katherine Bixby, as if on a string.

A blur now, the ball pitter-patter against the floor as it moves around her feet. One time around clockwise, then one time around counterclockwise. Silence. The ball still moves through her legs, but it is no longer hitting the floor. The silence fades away, yielding to the sound of her palms smacking the hardwood with every repetition.

Dan Raymond, head coach of the women's basketball team, stands inside her. She comes from being around the game during her childhood. In a household with three Sisters and a mother who played, but she is goofy too, which makes playing with guys really good to play with someone like that because she makes the people around her better.

Bixby, a biology major who decided on Ithaca College because of her knowledge, but it was not easy at such a young age. Raymond said she was very good about the fact that she was one of the youngest athletes on the court.

"It is about not being afraid to push yourself and have fun," she said. "A lot of athletic ability comes from playing with guys. You have to watch them and try to emulate them even though you can't do it exactly. Just challenge yourself to try and do something really crazy."

Senior Lindsay Brown, Bixby's teammate and roommate, said Bixby makes everything more enjoyable.

"She makes it fun for others to play with her," she said. "Kat is good, but she is goofy too, which makes her fun to be around."

By applying that competitive but light-hearted philosophy, Bixby has never tired of the game. That focus helps fill the box score as well.

Bixby's prowess at the game goes much further than a simple stat line. What really separates her from every other athlete on the court is her expansive knowledge of the game, which is something Raymond said he recognized early in her career, even though she was one of the youngest athletes on the floor.

"She was a little leery of stepping on toes as far as taking on too much leadership," he said. "But she was very good about the tact that she used when talking to individuals."

As a point guard, Bixby said she had no choice but to impart her knowledge, but it was not easy at such a young age.

"I came in thinking I was not going to play the whole year," Bixby said. "Fortunately, the upperclassmen I played with were really supportive in me leading the team."

Bixby learned to take on the coach-on-the-floor role quickly by being around the game during her childhood. In a household with three female basketball players, Bixby had no choice but to watch and play a lot of women's basketball. From there, her knowledge grew.

"You really have to listen to all the coaches that you have," she said. "We had males, females, some who had played the game and some who hadn't played the game. It is all about listening to everything and taking it in."

That is something she brings to Raymond, who sees her as more than just another athlete on the floor.

"It takes some pride in being older," she said. "It feels good to think I might have an effect on [the underclassmen] like my upperclassmen had on me."

Senior Katherine Bixby shoots a free throw in the Bombers' 81–54 loss to Cornell University on Nov. 15 at Newman Arena at Cornell. Bixby leads the Blue and Gold with 79 points. NATHAN BICKELL/THE ITHACAN

Bixby in the Bombers' 60–55 loss

"When recruits see her, they see someone that is a very special player and a mother who played, but she was one of the youngest athletes on the court. "It is about not being afraid to push yourself and have fun," she said. "A lot of athletic ability comes from playing with guys. You have to watch them and try to emulate them even though you can't do it exactly. Just challenge yourself to try and do something really crazy."

Senior Lindsay Brown, Bixby's teammate and roommate, said Bixby makes everything more enjoyable.

"She makes it fun for others to play with her," she said. "Kat is good, but she is goofy too, which makes her fun to be around."

By applying that competitive but light-hearted philosophy, Bixby has never tired of the game. That focus helps fill the box score as well.

Bixby's prowess at the game goes much further than a simple stat line. What really separates her from every other athlete on the court is her expansive knowledge of the game, which is something Raymond said he recognized early in her career, even though she was one of the youngest athletes on the floor.

"She was a little leery of stepping on toes as far as taking on too much leadership," he said. "But she was very good about the tact that she used when talking to individuals."

As a point guard, Bixby said she had no choice but to impart her knowledge, but it was not easy at such a young age.

"I came in thinking I was not going to play the whole year," Bixby said. "Fortunately, the upperclassmen I played with were really supportive in me leading the team."

"The times when she comes in and we just have conversations, that's the best thing," Raymond said. "We just have a dialogue — it's not me coaching her; it's her expressing her views. We usually end up coming to a pretty even consensus on the way things should be going."

Now in the twilight of her college career, Bixby said she wants to keep using that coaching knowledge to make her teammates better, much like the upperclassmen before her.

"It takes some pride in being older," she said. "It feels good to think I might have an effect on [the underclassmen] like my upperclassmen had on me."
T S C

but they came up short against The Bombers in the NCAA quarterfinal. No. 11 Rowan University had the
stopped playing. We knew we
the most thrilling games she’s ever
the Bombers won 5–4.
the seventh consecutive season.
reaching the NCAA playoffs for
and star players graduating, the
tear through their regular
and ended up leading the
goal-scoring threat, stepped into
not usually known as a major
team did not slow down, however,
of its offensive firepower. The
that, the team lost a good portion
of its offensive firepower. The
early-season ankle injury, and with
only seven games because of an
Jessica Platt.
With the loss of those players, the
the lineup, the team had to adjust
underclassmen on the roster.
The Bombers have already lost more games
this season than they did in the entire
season last year, but while starting 3–2 against a
tough out-of-conference schedule, Mullins said
our catchphrase is inexperience," Mullins
said. "But a lot will occur through banging heads with
good teams. If they stay together and stay
healthy, this group of freshmen could be one of
the best teams in school history!"
After starting the season 2–0, the Bombers
dropped two contests before beating SUNY-
Cortland 76–75 Tuesday. Their first loss was a
25-point loss to No. 25 Amherst College. But
freshman point guard Sean Rossi said the loss was
a confidence builder.

We were right with them in the first half and
you have to have the lead," Rossi said. "Staying with them
opened our eyes and showed us what we could be." Rossi
is averaging 12.8 points, 1.4 steals and
eight assists per game. "Though he is stepping into
the big shoes of Sean Burton ’09, who averaged
more than 22 points per game last season, Rossi
said he does not feel pressured.
"I was expected to come in and play right
away, so I knew I had to perform," Rossi said. "I
am not completely happy with myself and know
I need to improve in some situations, but I am
playing my role."
Senior wrestler varies style on and off mat

BY DAVE URAM
STAFF WRITER

Last season, then-senior Wil- lira Horwath sat in Head Coach Jim Nichols' office and decided to call then-senior Jon Paxos while he was at Wegmans.

"I said [to Jon], 'Oh, I'm over by the Wegmans. Can I get you over there?" Horwath said. "And I guess he walked over there and called me up and said 'Where are you at? You around here?' I said, 'Oh I went back over. I'm getting some lunch meat now and walking all over the place, and I wasn't even there. That was pretty funny.'"

Horwath eventually ended the prank and told Paxos he was just pulling his chain. Even though Horwath is quite the joker, when it comes to succeeding on the mat, he’s all business. Two weeks ago at Cornell’s Body Bar In- vitational, he went 3–3, putting his career record to 102–36. He is the 20th Bomber in program history to reach 100 career wins and the only one on the current team to do so.

"I appreciate his success on the mat, his teammates still recognize him most for his antics, such as leading a freshman to believe he was on Ithaca’s bus when he was actually on SUNY-Cortland’s," Senior Chad Winowich, the 133-pound All-American tri-captain, whose locker is right next to Horwath, said. "You’re going to have your good and bad moments on the mat."

"Day to day, he’s just got a differ- ent way at looking at things," Wino- wich said. "He’s got a different way of looking at everything actually. So you never know what he’s going to say or what he’s thinking. I wouldn’t probably the funnest thing about him [and] what keeps the whole team on our toes — because we never really know where his head is."

Horwath led the team last season with 36 wins on his way to a 15-0 dual-meet record. Head Coach Marty Nichols said his success has helped the team as a whole.

"I guess we would call him [one of] those good Pennsylvania wrestlers — good basics, always in good position, hard to score on, consistent," Nichols said. "[He’s] probably [in that] 1 percent of the guys that have wrestled [in] college ever to get 100 wins, maybe less than 1 percent. He’s one of those guys you hope you can find, and we’re happy to have him. That’s for sure.”

Senior Willie Horowich comes from behind SUNY-Cortland sophomore Eric Estrom to try to make a move during the Ithaca Invitational on Nov. 7 in Ben Light Gymnasium. Horowich has a 102–36 career record with the Bombers.

Women’s Swimming Head Coach Paula Miller leads Bombers with her 20th career win with the team

By Brennin Cumings
 come in on her; they have responsi-

bilities," Miller said. "They have decisions. I’m not on top of them all the time like a sec-

ond mom or dad. They have to learn how to accept responsibility. Even during recruit-

ing, when people come in, I let them know that if they need a lot of structure, this isn’t the program.”

Despite her success, Miller said she didn’t think coaching would be a life-long career. "I thought it was going to be 10 years, a tem-

porary position until I got a real job," she said. "I found out this is really my life’s passion, and I’m lucky I found the right spot.”

As for the future of her career, Miller said she plans to stay at the college. After

winning states last year, Miller said her big-

gest goal is to get the Bombers back in the top 10 at nationals. Miller said she is con-

fident that this year’s team could achieve those goals.

"This class is very talented," she said. "I have a feeling this is going to be one of the best."

Miller said her 200 career wins reflect pos-

itively on the college’s swimming program.

"It shows that the program is long-stand-

ing, " she said. "It shows that we’re not just a

field."

Ithaca College # Body Bar Invitational at Cornell University - Nov. 21

133 pounds

Fifth round: Chad Winowich (Ithaca) def. Seth Giron (Ithaca) 8-4

545 pounds

Third round: Jeremy Siverly (Ithaca) def. Matt Biegas (University of Maryland) 5-0

First round: Jon Tyler (Army) def. Evan Connors (Ithaca) F 4-2

Third round: Matt Crotol (Kent State Univer-

sity) def. Blake Weisman (Ithaca) F 2:53

157 pounds

Second round: Mattie Sivan (Cornell) def. Thomas Heidtman (Ithaca) 24-7; 6:15

184 pounds

First round: Brett Connell (Buffalo) def. Joe Guerz (Ithaca) 6-2

Second round: Cory Weide (Binghamton) def. Matthew Van (Ithaca) 2-2

SOURCES: SPORT INFORMATION

Ithaca College and/of College of St. Rose - November 21, 2009

125 pounds

First round: John-Martin Cannon (SUNY-

Cortland) def. John Dale (Ithaca) 15-3

First round: Ross Tus (SUNY-Cortland) def. John Mankins (Ithaca) 10-5

174 pounds

First round: Brian Sehmel (Balfour) def. David Pfeif (Ithaca) 9-8

194 pounds

First round: Shane Rassey (Balfour) def. Chris Cheerud (Ithaca) 4-0

197 pounds

Second round: Cass Saffirio (Cornell) def. Thomas Heidtman (Ithaca) 24-7: 6:15

285 pounds

First round: Brett Connell (Buffalo) def. Joe Guerz (Ithaca) 6-2

Second round: Cory Weide (Binghamton) def. Matthew Van (Ithaca) 2-2

SOURCES: SPORT INFORMATION

Women’s Swimming Head Coach Paula Miller leads Bombers with her 20th career win with the team

BY BRENNIN CUMMINGS

Before she saw the news on Ithaca Col-

lege’s sports information Web site, Women’s Swimming and Diving Head Coach Paula Miller had no idea she had achieved the 200th win of her 26-year career with the Bombers at a quad meet Nov. 11 at Hamilton College.

"I had no clue," Miller said. "I don’t pay any attention, but 200 is something I never thought I would reach."

Miller is quick to give credit for her accom-

plishment to her swimmers.

“They’re passionate about swimming,” she said. “They work so hard, they love Ithaca College … they’re good student athletes too. They love to work hard, they love Ithaca College. They’re passionate about swimming,” she said. “It shows that we’re not just a

field."

Ithaca College and/of College of St.

Rose - November 21, 2009

December 3, 2009

Thursday, December 3, 2009

SPORTS

THE ITHACAN 27

Coach continues winning ways

Women’s Swimming Head Coach Paula Miller leads Bombers with her 20th career win with the team

BY BRENNIN CUMMINGS

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“arated students, she can sit back more and just watch her swimmers go to work."

“We've worked real hard at this, so now it’s their turn at the competition to perform,” Miller said. “I get to evaluate where we need to tweak.”

Instead of constantly yelling directions at her swimmers at meets, Miller said her team is more successful when they’re able to manage themselves.

“They’re good at venting and show support is to cheer,” she said. “I’m a cheerleader.”

Junior Sheila Rhaude said Miller’s coaching tactics have helped her immensely since joining the Bombers.

“T’ve had nothing but success working with Paula as a coach,” Rhaude said. “She keeps our practices fun, but isn’t afraid to work us when she needs to.”

Miller said her success stems from the phi-

losophy behind her coaching.

“I try to believe in a student motivat-

ional,” she said. “I can motivate someone so far, but to put in so many hours and sacrifice so many things, they have to buy into the sport. They have to love to be able to work hard and know how to be a team player.”

Miller has also trained all of her swimmers like adults and expects them to take responsibility for their actions.

“They come in here; they have responsi-

bilities,” Miller said. “They have decisions. I’m not on top of them all the time like a sec-

ond mom or dad. They have to learn how to accept responsibility. Even during recruit-

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Michelle Bernhart, president of True Blue Communications, helps organizations achieve strategic objectives, reduce risk, enhance their brand, and strengthen their performance through comprehensive sustainability improvement programs.

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BY CHRIS LOTSBOOM
STAFF WRITER

The women’s cross country team finished 31st out of 32 teams Nov. 21 at the NCAA Championships — a slightly disappointing end to an otherwise successful season.

Once thought to be a “rebuilding year” after losing All-American Lindsey Nadolinski ’09, the 2009 season was just the opposite. The Bombers were ranked in the top 30 in national polls for 10 consecutive weeks. They finished by making the trip to Baldwin-Wallace College in Berea, Ohio, where they competed at the national championships for the 19th time in program history.

Throughout the season, the Bombers were led by freshman Jenn Randall. The eight-time Empire 8 Runner of the Week was the first Bomber to cross the finish line in every race this season before nationals.

Randall was running an excellent race at the NCAA Championships, running at 26th place at the halfway mark. But after Randall crested the final hill on the course, with about 200 meters left, she said, she began to feel awful. At that point, she collapsed and blacked out.

Randall found out a day later that she had a viral infection, which caused her to pass out. “Somehow I managed to get up and finish the race,” she said. “But I don’t really remember standing back up or moving after [falling] or even seeing the finish line.”

Someone needed to take over for Randall at the front for the Bombers, and that person was sophomore Heidi Baumbach. Baumbach, who also ran at nationals last year, began moving up the front for the Bombers, and that person was senior captain Amanda Boccio. Baumbach was senior captain Amanda Boccio. Boccio has consistently been the Blue and Gold’s second runner all year and continued the trend in the 2009 season before nationals.

Boccio said. “When I was in high school, and even during my first season as a freshman, I never would have imagined competing at the national level.”

Senior Melanie McCormick was the third Bomber to cross the finish line, finishing 166th with a time of 24:11. McCormick, along with Boccio, capped off a great cross country career at the college, running at the national championships every year.

“Our past experiences at nationals helped calm the nerves because I was confident that we could compete with the other teams,” McCormick said.

Senior Bridget Hastings finished in 24:27, good for 191st in her debut at the championships. The final scorer for the Bombers was junior Catherine Ortiz, who just missed getting under the 25-minute mark, crossing the line in 25:01 to finish 229th.

Randall and fellow freshman Megan Shanley were the final Bombers in the field. Both finished just two spots apart, as Randall crossed first in 25:10 and Shanley second in 25:16.

Even with their top runner collapsing, the Bombers scored 641 points, finishing 31st, just two spots behind last year’s result.

“Being a part of a team that has gone to the national championship meet is very special,” Boccio said. “When I was in high school, and even during my first season as a freshman, I never would have imagined competing at the national level.”

Bombers unable to finish strong in final race

NCAA Championships at Baldwin-Wallace College in Berea, Ohio — Nov. 21

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SOURCE: SPORTS INFORMATION

Seniors Melanie McCormick, center, and Amanda Boccio, right, run during the NCAA Atlantic Regional Championships on Nov. 14 in Mount Morris, N.Y., where the Bombers placed fourth.

SUNDAY • All day. Men’s swimming and diving and at Don Richards Invitational • All day. Women’s swimming and diving and at Don Richards Invitational

TUESDAY • 7 p.m. Women’s basketball at SUNY-Brockport

WEDNESDAY • 7 p.m. Wrestling at Rochester Institute of Technology

Look online for game stories from these sports:

TOMORROW • 6 p.m. Women’s basketball vs. Hartwick College in Ben Light Gymnasium • 8 p.m. Men’s basketball vs. Hartwick College in Ben Light Gymnasium • All day. Men’s swimming and diving and at Don Richards Invitational • All day. Women’s swimming and diving and at Don Richards Invitational

SATURDAY • 10 a.m. Wrestling at Spartan Classic at York College • 10 a.m. Women’s track at Cornell Relays at Cornell University • 10 a.m. Men’s track at Cornell Relays at Cornell University • All day. Men’s swimming and diving at Don Richards Invitational • All day. Women’s swimming and diving at Don Richards Invitational

THURSDAY, DECEMBER 3, 2009
Sprinting forward
Sophomore swimmer pushes himself with new training

BY BRAD KOLODNER STAFF WRITER

Focused on nothing else but the water in front of him, a determined athlete sits mentally prepared to explode into the pool.

Sophomore sprinter Antoine Connors sits calmly, eliminating all distractions while meticulously going through each individual aspect of the race. The start, the first strokes, the turn, the finish — each aspect of the 20-second race must be executed perfectly for success.

Driven by a passion for swimming, Connors has already made his mark on the Ithaca program by setting four school records his freshman year. Head Coach Kevin Markwardt said Connors’ desire to contribute to the men’s swimming and diving team has led him to this success.

“He’s the guy you build your lineup around,” Markwardt said. “A lot of the structure of where we fill in is really filled in around where we put Antoine.”

When Connors arrived on campus for the first time last year, he set his sights high, hoping to one day compete in the Olympic trials. For now, he said he is more focused on helping the Bombers build on last year’s second-place finish in the conference.

Connors said he pushes himself hard, even if he isn’t feeling well. Last season, he was set back by multiple injuries and illnesses, hampering his ability to reach his peak level of performance.

“I talked to my team, and I talked to my coach and told them, ‘Guys, I’m sick, I don’t know how well I’ll do, but if you guys want to go after this meet, I will swim,'” Connors said. “If I can swim and it’s not going to damage me any more, I will swim.”

This season, Assistant Coach Mike Arix is helping Connors train in and out of the pool by carefully piecing together a workout program that’s “short and sweet” — tailored to Connors’ abilities — to prepare for short-distance races. Arix said he recognizes Connors’ value to the team and how important his health is to the welfare of the entire squad.

“We look for him almost every dual meet to come out and be a top performer,” Arix said. “He’s also extremely important on our relays. Having someone of his caliber being able to anchor our relays in great. We need someone that can put those times down and hopefully beat out the other competition.”

Junior, sprinter Antoine Connors swims freestyle during the Bombers’ 146–91 victory against Hamilton College on Nov. 21 in Clinton, N.Y. The Blue and Gold opened the season with three straight victories and are 4–3 overall.

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Striking down the defense

From left, freshman Shelby Watson and senior Kait Peck square off during sword team practice Monday at the Fitness Center. The Sword Team of Ithaca College, SToIC, specializes in the art of goshindo and defensive maneuvers.

MICHELLE BOULÉ/THE ITHACAN

by the numbers

19

The number of points the women’s basketball team defeated No. 35 SUNY-Cortland by on Nov. 21. See story on page 24.

They said it

I’m human and I’m not perfect. I will certainly make sure this doesn’t happen again.

Professional golfer Tiger Woods on his involvement in a one-car accident last weekend when his car struck a fire hydrant and crashed into a tree. Woods was treated for facial lacerations following the accident.

– Andrew Weiser

the foul line

Weird news from the wide world of sports

The day following Thanksgiving is a time when thrifty shoppers wake up early to score the cheapest deals. The lines may be long, but even Cincinnati Bengals’ wide receiver Chad Ochocinco can’t resist getting out of bed to catch these one-day deals. Last Friday, Ochocinco, a professional athlete with a multi-million dollar contract who could have paid someone to wait in line at 2:30 a.m. to buy him a Snuggle — a fleece blanket with sleeves — took it upon himself to wake up and get to the store. Ochocinco tweeted a photo of himself, inside Target wearing the Snuggle, which was marked down from $14.99 to $5. This isn’t the first time that Ochocinco has taken part in this shopping bonanza. Last year, Ochocinco waited outside a Kentucky Best Buy to land his copy of the popular video game Rock Band 2.

– Andrew Weiser

play of the week

Jordan Marcus
Sophomore Guard
Men’s Basketball

Marcus scored 15 points and grabbed five rebounds in the Bombers’ 76-75 win against SUNY-Cortland on Tuesday at Ben Light Gymnasium.

SOPHOMORE SENSATION

Marcus started the season by pouring in 45 points in the Bombers’ opener — tying a 40-year-old program scoring record. Marcus has helped the Blue and Gold to a 3-2 start, averaging a team-leading 22.0 points per game. Marcus has recorded three 20-plus point efforts this season while posting a .325 shooting percentage. His 13 three-point field goals lead the team. In addition, he leads all players in both free-throws made (25) and attempted (37). Marcus has started every game this season for the Bombers and is averaging 32.4 minutes per game.

where we stand

W   L   W% 6

MEN’S BASKETBALL

1. Stevens 4 1 .800
2. Utica 4 1 .800
3. Alfred 3 2 .714
4. St. John Fisher 2 1 .667
5. Hartwick 3 2 .600
6. Ithaca 3 2 .600

W   L   W% 6

WOMEN’S BASKETBALL

1. Nazareth 4 0 1.000
2. Alfred 5 1 .833
3. Utica 3 1 .750
4. St. John Fisher 2 1 .667
5. RIT 3 2 .600
6. Ithaca 3 3 .500

Empire 8 Standings/Overall Records

4

WRESTLING

RECORD

1. University of Wisconsin - La Crosse 1-0
2. Augsburg College (Minn.) 1-0
3. Coe College (Iowa) 3-1
4. Ithaca 5-0
5. Saint John’s University (Minn.) 1-0
6. Hartwick College (Iowa) 0-0

National Wrestling Coaches Association DIII Ranking

by the numbers

The number of points the women’s basketball team defeated No. 35 SUNY-Cortland by on Nov. 21. See story on page 24.

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play of the week

Jordan Marcus
Sophomore Guard
Men’s Basketball

Marcus scored 15 points and grabbed five rebounds in the Bombers’ 76-75 win against SUNY-Cortland on Tuesday at Ben Light Gymnasium.

SOPHOMORE SENSATION

Marcus started the season by pouring in 45 points in the Bombers’ opener — tying a 40-year-old program scoring record. Marcus has helped the Blue and Gold to a 3-2 start, averaging a team-leading 22.0 points per game. Marcus has recorded three 20-plus point efforts this season while posting a .325 shooting percentage. His 13 three-point field goals lead the team. In addition, he leads all players in both free-throws made (25) and attempted (37). Marcus has started every game this season for the Bombers and is averaging 32.4 minutes per game.
Getting up on the competition

Senior center Tom Brown, center, goes up for a shot against SUNY-Cortland junior Ron Evans during the Blue and Gold's narrow 76–75 victory over the visiting Red Dragons on Tuesday in Ben Light Gymnasium. The Bombers rallied from an eight-point halftime deficit, outscoring the Red Dragons 40–31 in the second half to improve their record to 3–2 on the season.