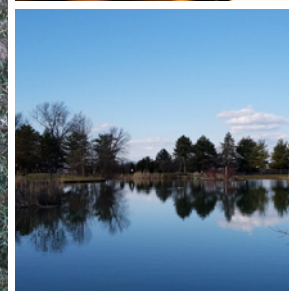


A photograph of two young men in a library. They are standing in an aisle between tall bookshelves filled with books. The man on the left is wearing a plaid shirt and glasses, and is holding an open book. The man on the right is wearing a light-colored jacket and is looking at the book. They are positioned in front of a large window that lets in bright light. The overall atmosphere is quiet and studious.

THIS IS ITHACA

A VIEW OF LIFE AT ITHACA COLLEGE



ON THE COVER

Of course you'll find books in the IC library (4,200 added every year). Plus you'll have access to e-books, subscriptions, databases, multimedia collections, and research assistance from pro librarians (basically info wizards).

Find us online

@ithacacollege    

Come see us in person

ithaca.edu/visit

It's Tradition

Every college has rituals that students have passed from one generation to the next.

Here are just a few of IC's annual traditions:

SINCE 1965

New Year's Countdown

On December 31, **the two-digit year shines in the windows of the Towers residence halls.** At midnight, light switches are flipped by IC staff to change to the new year.

SINCE THE LATE 1980S

Senior Splash

What started as a bunch of students **jumping in the fountain to celebrate** the end of classes eventually became a main event of IC Senior Week.

SINCE 1986

The VIC 50-Hour Marathon

DJs from VIC Radio stay up for **50 consecutive hours of on-air music,** events, and interviews to raise money for a local nonprofit organization.

SINCE 1987

Purple and White Balloons

At Commencement, graduating theatre arts **seniors tie purple and white balloons to their wrists** to commemorate the lives of IC theatre community members who have passed away.

SINCE 1998

Whalen Academic Symposium

Created as a tribute to former IC president James J. Whalen, this annual symposium invites students to **research and present their findings on intriguing academic topics.**

SINCE 2009

XC Lip Tattoos

A group of IC women's cross country runners get **ICXC tattooed on the inside of their bottom lip.** The (totally optional!) tattoos last about seven years.



FOUR YEARS AT IC

Monica Chen '18

HOMETOWN Carlisle, Massachusetts

MAJOR Writing

ACTIVITIES MLK Scholar, President of IC China Care Club, Asian American Alliance

FAVORITE COLLEGE EXPERIENCE Going to Dublin for a Writers Program

GOING OFF BOOK

I've always been the type of person that **tries to predict everything** that is going to happen in my life—so I have a five-year plan. I had that with college: These are the classes I'm going to take. This is the major I'm going to have.

But I enjoyed a lot of classes that

I didn't think I was going to take. I met a lot of people I didn't expect to meet. I did a lot of research that I didn't think I was going to do. **There were so many different things that I couldn't have expected to happen at all.**

first year



second year



third year



fourth year

WHAT ADVICE WOULD YOU GIVE YOURSELF FROM FOUR YEARS AGO?

I would tell myself to **not take things so seriously** and to be a little bit more flexible. It's ok that some of my plans didn't go exactly as I wanted them to.

“Some of the most incredible experiences I've had throughout college have been the ones that I didn't think were going to happen.”

If I wasn't stubborn about trying to hold onto those plans, I could have had some of those experiences earlier.

SEASONS OF WONDER

There's no bad time of year to enjoy **Taughannock Falls**, the tallest free-standing waterfall east of the Rocky Mountains.



What's That Sound?

Foley artists help create the **audio environment in TV and film** to make what's happening on screen **feel real to the viewer.**

Since microphones mainly pick up dialogue and many props don't make the same noises as real-life items, foley artists find creative ways to reproduce everyday sounds. They also create sounds for fictional characters and objects.

IC cinema and photography alum Shelley Roden is a **foley artist** with **Skywalker Sound.** She has helped create sound effects for *Doctor Strange*, *Finding Dory*, and *Alice through the Looking Glass.*



Horse Hoof Steps

Plunger Heads on the Floor



Bone Breaking

Celery Breaking



Crackling Fire

Cellophane Crinkling



Star Wars Lightsaber

Microphone feedback from a Tube TV



Lord of the Rings Orcs

Baby Elephant Seal Calls



Jurassic Park Dinosaur Egg Hatching

Ice Cream Cone Ripping Apart

The Cortaca Jug

What do you get when you take two football teams separated by only 24 miles and add a jug bought at a yard sale in 1959?

An intense rivalry—named “the biggest little game in the nation” by *Sports Illustrated.*

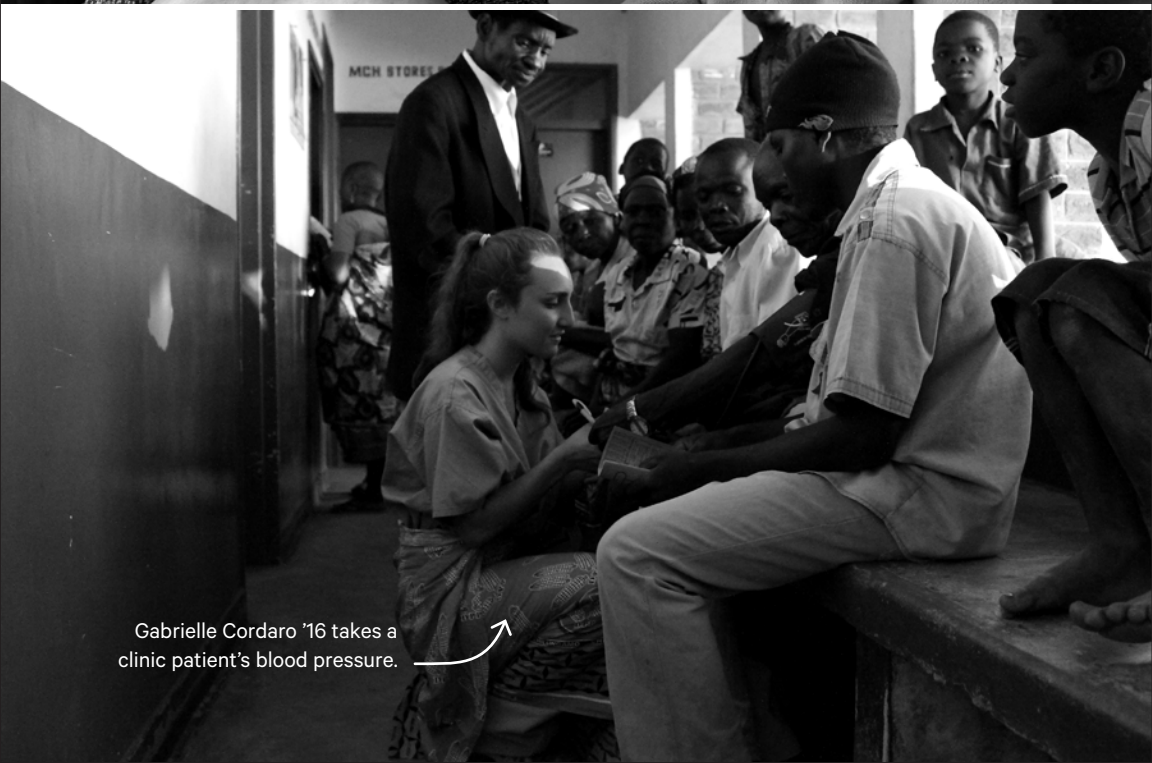


Every November, the IC Bombers compete against the SUNY Cortland Red Dragons in an **annual football grudge match.** The winner takes home the coveted Cortaca Jug, a trophy that chronicles the history of wins and losses between the rivals.

After a seven-year losing streak, the Bombers won in 2017 thanks, in part, to freshman quarterback Wahid Nabi. Wahid set a school record with six touchdown passes in one game (and earned the title of Liberty League rookie of the year).



Mary feeds a child at the Ministry of Hope Crisis Care Nursery in Lilongwe, Malawi.



Gabrielle Cordaro '16 takes a clinic patient's blood pressure.

MEET THE IC STAFF

International Healing



Mary Taylor '08
Registered Nurse, Hammond Health Center

“If one student gets it, feels a deep connection and compassion, we’ve done it.”

Inspired by her own **fieldwork in Malawi, East Africa**, Mary designed a **short-term study abroad course** for IC students.

Every summer, she brings about seven students to **work in medical clinics** and **volunteer with orphaned children**—providing physicals, helping with school supplies, feeding babies, and playing.

Mary hopes that the experience will **make an impact** on students and **change their perspective**.

The students also have the opportunity to **explore the area**, swim in local lakes, and go on safaris to see the wildlife.

GET TO KNOW MARY TAYLOR

Traveling to Africa was her **childhood dream**. She earned a **bachelor's degree in community health** while working full-time in IC's health center. She helped establish a **free medical clinic** for Grindstone Island residents in the Thousand Islands.

MARY'S SERVICE ACTIVITIES

- Heart to Heart International volunteer
- Disaster relief worker in New Orleans and Haiti
- Medical care provider in Malawi, East Africa

Raising Each Other Up

At the IC Student Organization Fair, you'll find **passionate groups** that are **empowering women**—especially in fields where representation has historically been low.

Girl Up

As young advocates who work to make lives better and empower girls in the local community, this group holds leadership and team-building activities and raises money to help girls around the world access opportunities.

Women in Business Network

An organization dedicated to helping women be their best professionally and succeed in the career they choose, this group offers workshops, conferences, service, and connections.

Women in Computing

Tech-minded women who are challenging the low number of women in computer science and programming, this group hosts hackathons, social events, and professional development opportunities.

Women Empowered

A support and discussion group for anyone—especially, but not exclusively women—seeking help, feedback, and a safe space to talk and grow, this organization also fundraises for nonprofit foundations on and off campus.

MORE...

Association of Women in Sports Media, Feminists United, Her Campus Ithaca, Ithaca College Unites for Her, Ithaca College Women in Communications, Ithaca College Women in Music, Sister 2 Sister, Premium Blend, Wheels for Women, Queen Strength, She's the First

A NIGHT OUT IN ITHACA

Whether it's date night or roomie bonding time, there are tons of options for a fun evening out in Ithaca.



THE CLASSIC

Dinner and a Movie

Watch an **independent film** at Cinemapolis on the Commons, and then walk to nearby **restaurant row** to choose a spot for dinner.



THE COSMIC

Observatory and Celestial Cookies

Ponder the universe at **IC's Clinton B. Ford Observatory** during a public viewing night, and then head to Wegmans grocery store for upstate New York's **iconic half-moon cookies**.



THE IDOL

Makeovers and Karaoke

Hit up a thrift store or the mall to star in your own **teen-movie-style makeover montage**, and then go to K House for an evening of **karaoke jams**.



THE WANDERER

Exploring and a Picnic

Pack a basket with some goodies, and head downtown with no destination in mind. Get lost in deep discussion and **discover some new favorite places**.



ITHACA COLLEGE

Office of Admission

953 Danby Road • Ithaca, NY 14850

**Find Out What Your Life
at IC Could Be**

 ithaca.edu/life

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Photos by Adam Baker, Giovanni Santacroce, Brian Maley '13, Shai Eynav,
Noah Levin '18, Jacob Bell '15, and Carl Heyerdahl '16
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