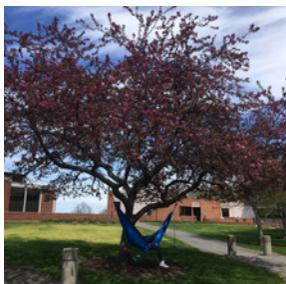


A photograph of two young men in a library. They are standing in an aisle between tall bookshelves filled with books. The man on the left is wearing a plaid shirt and glasses, and is holding an open book. The man on the right is wearing a light-colored jacket and is looking at the book. The scene is lit with natural light from a window in the background, creating a warm and studious atmosphere.

# 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](http://ithaca.edu/visit)

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# 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:

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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.

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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.

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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.

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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.

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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.**

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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.***

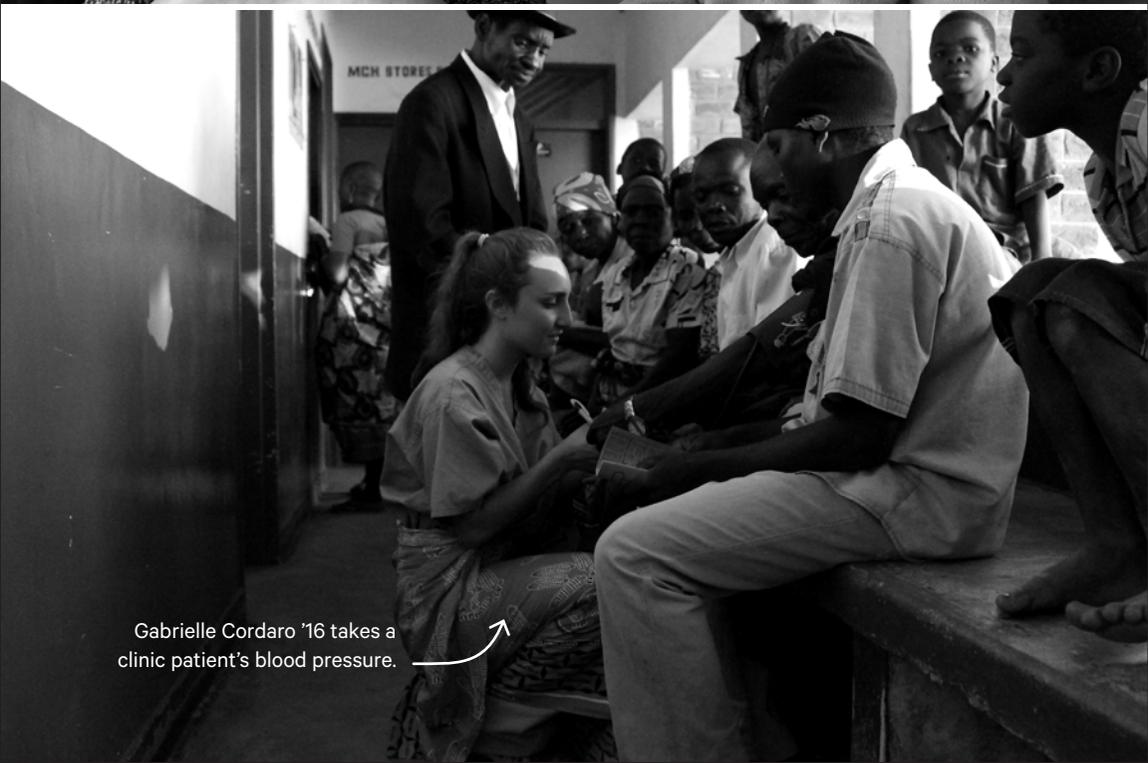


Every November, the IC Bombers compete against the SUNY Cortland Red Dragons in an **annual football grudge match.** The winner takes home the coveted Cortaca Jug, a trophy that chronicles the history of wins and losses between the rivals.

**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](http://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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