

THE ITHACAN

THURSDAY, NOVEMBER 15, 2018 • VOLUME 86, ISSUE 11



CRAZY FOR KAVA

The Sacred Root Kava Lounge & Tea Bar serves up calming kava tea and offers a place to talk, work and play.
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ERASING CULTURE

Moving the Cortaca Jug to MetLife Stadium alienates the game from the college culture surrounding it.
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MOVING TO METLIFE

Students and alumni have mixed reactions to Cortaca being moved to MetLife Stadium.
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Chapel aims to become more inclusive

BY MAGGIE MCADEN
ASSISTANT NEWS EDITOR

One day about nine years ago at his local church in Washington, D.C., Hieraal Osorto, the newly appointed director for religious and spiritual life at Ithaca College, remembered watching an interaction that stuck with him. He saw a high-profile politician taking

communion next to a homeless woman. He watched as two people with drastically different lives were still able to connect and share their faith with one another.

“For me, that was my moment of feeling to believe in something and to trust something means to create that kind of possibility where

people gather and come together and understand each other’s humanity,” Osorto said. “And to see that enacted in that ritual form is what brought these pieces together, and I have not experienced that before.”

The experience articulated for him the unique unity religion can provide people, and this principle is ingrained in the way that Osorto is approaching his work inside Muller Chapel and the changes he is pursuing.

There is a series of new initiatives in the works, including an entirely new budget that aims to increase inclusivity in Muller Chapel. These initiatives include physical changes to the chapel, bringing speakers

to campus to discuss issues of intersectionality, workshops and listening sessions.

The new budgeting furthers efforts the campus pushed for last semester to create more equitable funding and inclusive spaces for religious and spiritual groups. This is in an attempt to make the chapel an interfaith space that reflects the diversity at the college and within its religious communities. Now, the three groups already housed in Muller Chapel — the

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The three communities within Muller Chapel — the Protestant Community, Hillel at Ithaca College and the Catholic Community — will receive less college funding with the changes.

ELIAS OLSEN/THE ITHACAN

IC wins Cortaca Jug in back-to-back years

BY DANI PLUCHINSKY
SPORTS EDITOR

As snow fell and fans shivered in the stands, the Ithaca College Bombers defeated the SUNY Cortland Red Dragons in the 60th annual Cortaca Jug football game 24–21.

The crowd of 10,000 at the Cortland Stadium Complex was buzzing with enthusiasm despite the chilly conditions. Sophomore wide receiver Andrew Vito said that while the stadium was overwhelming at first, the team was able to put the big crowd behind them.

“You don’t usually play in front of double-deckers [stands],” Vito said. “It was a great atmosphere, and I’m glad we came in here and played the way we did.”

The scoring got started for the Bombers on their second possession of the first quarter. At the 46-yard line, junior running back Kendall Anderson had a 5-yard run with a facemask penalty called on senior Cortland linebacker Kyle Richard to push the Bombers to the 34-yard line.

Sophomore quarterback Wahid Nabi then completed an 18-yard pass to Vito. After several runs by Anderson

and Nabi, it was third and 1, and Anderson was stopped at the goal line.

On fourth and 1, Nabi pitched the ball to Anderson, who scored on a 1-yard touchdown run. With an extra point by freshman kicker Brian Fallon, the Blue and Gold were up 7–0.

After Cortland did not score on its next possession, the Blue and Gold got things rolling on offense again. Vito caught a 23-yard pass from Nabi down the middle of the field. On the next play, Nabi ran to his right and threw a touchdown pass to sophomore wide receiver Hayden Frey. With the extra point good, the South Hill squad went up 14–0.

At the end of the first quarter, Nabi was 3–5 with 65 yards and one touchdown. The Bombers had 114 yards of offense compared to Cortland’s 42 yards of offense.

In the Bombers’ first drive of the second quarter, Nabi passed to Vito for 32 yards to put them at the 25-yard line for a first down, but an offensive holding penalty pushed them back to the 35-yard line. In the next play, Nabi was

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Public Safety looks into burglaries

BY ASHLEY STALNECKER
STAFF WRITER

The Office of Public Safety and Emergency Management is currently investigating three burglaries that occurred at the Ithaca College Circle Apartments during the night of Nov. 9 and the morning of Nov. 10.

One burglary occurred at Circle Apartment 12 between 11 p.m. Nov. 9 and 6 a.m. Nov. 10. Two additional burglaries were reported at Circle Apartment 10 and Circle Apartment 180 between 11:30 p.m. Nov. 9 and 9:30 a.m. Nov. 10, according to emails sent out to the college community.

The Circles residents reported that someone entered their apartments while they were sleeping and stole televisions, gaming equipment and laptop computers. There were no signs of forced entry. Tom Dunn, associate director and deputy chief in the Office of Public Safety and Emergency Management, said he could not reveal any further specifics about the possible motives of the suspect(s) or how they entered the buildings.

The victims of the burglaries cannot be compensated by the college because the college



Tom Dunn, associate director and deputy chief in the Office of Public Safety and Emergency Management, said the investigation is open.

ELIAS OLSEN/THE ITHACAN

is not responsible for the crimes, Dunn said.

Dunn said the burglaries occurred within close proximity to one another, within a similar time frame and similar possessions were stolen, pointing to a possible connection. However, Dunn said he cannot confirm if this is the case because the investigation is still open and a suspect has not yet been confirmed.

“There is a pattern to the behavior and a pattern to one, the location, and two, the types of

items stolen,” Dunn said. “There are consistencies. We, at this point, not knowing who’s responsible, can’t rule the possibility out if it was the same person or different persons. Both are possible.”

One victim from Circle 12 said most of their roommates went to bed around midnight, earlier than normal for the apartment, on Friday night into Saturday. They said one roommate thought they had heard something

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NATION & WORLD

Family arrested for 2016 murder stemming from custody battle

A family of four was arrested Nov. 13 for the gruesome 2016 slayings of eight people from another family in rural Ohio in a crime that prosecutors suggested stemmed from a custody dispute, authorities said.

Ohio Attorney General Mike DeWine said a grand jury indicted the four on aggravated murder charges, and the suspects could be sentenced to death if convicted.

DeWine gave scant detail about why the victims were killed but said the custody of a young child played a role. He said they had carefully planned the killings for months.

Alderman calls for investigation following death of security guard

A suburban Chicago alderman called Nov. 13 for Cook County prosecutors to investigate the fatal shooting of a black security guard by a white police officer outside the bar where the guard worked. Authorities have said little about the death of 26-year-old Jemel Roberson, which occurred Nov. 11. Roberson was apparently wearing a hat emblazoned with “security” across the front when he was shot outside Manny’s Blue Room in Robbins, Illinois, a predominantly black community just south of Chicago.

CIA looked into truth-serum drug when examining terror suspects

A once-classified report that was provided to the American Civil Liberties Union under a judge’s order and was released by the organization Nov. 13 has revealed that the CIA

looked into utilizing a sedative in the interrogation of terror suspects. Shortly after 9/11, the CIA considered using a drug it thought might work like a truth serum and forcing terror suspects to give up information about potential attacks. After months of research, the agency decided that a drug called Versed, a sedative often prescribed to reduce anxiety, was “possibly worth a try.” But in the end, the CIA decided not to ask government lawyers to approve its use.

Israel and Hamas have cease-fire after two days of intense fighting

Hamas and other militant groups said Nov. 13 they have accepted an Egyptian-brokered cease-fire to end two days of intense fighting with Israel that had pushed the sworn enemies to the brink of a new war. The sudden announcement brought relief to a region that had been paralyzed by hundreds of Palestinian rocket attacks in southern Israel and scores of Israeli airstrikes on targets in the Gaza Strip. But it did not address the deeper issues that pushed Israel and Gaza’s Hamas rulers toward their latest violence and left doubts about international efforts to forge a broader truce agreement.

Archaeologists locate lost city referenced in ancient Greek texts

Greece’s culture ministry said Nov. 13 that archaeologists have located the first tangible remains of a lost city that the ancient Greeks believed was first settled by Trojan captives of war after the sack of Troy.

A ministry statement said excavations from September to early October in the southern



Protest calls for arrest of former first lady

Martial law victim Danny Dela Fuente shouts Nov. 13 outside the anti-graft Sandiganbayan court in Manila, Philippines. Protesters called for the arrest of former first lady Imelda Marcos following corruption charges filed against her.

AARON FAVILA/ASSOCIATED PRESS

Greek region of the Peloponnese turned up “proof of the existence of the ancient city” of Te-ne-a, until now known mostly from ancient texts.

Findings included walls and clay, marble or stone floors of buildings, as well as household pottery, a bone gaming die and more than 200 coins dating from the fourth century B.C. to late Roman times.

Chinese leader promises reform for economic growth in region

China’s premier sought Nov. 13 to reassure its neighbors that Beijing will push ahead with

reforms needed to support growth across the region and also keep the peace in contested waters in the South China Sea.

Premier Li Keqiang said his government will favor reforms over temporary boosts from economic stimulus as China copes with a gradual slowing of growth and a trade war with the United States. The countries are locked in a dispute over complaints that China uses predatory tactics to get technologies that could undermine U.S. industrial leadership.

SOURCE: ASSOCIATED PRESS

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Sacred Root Kava Lounge & Tea Bar

The Sacred Root Kava Lounge & Tea Bar provides an alternative nightlife option for students and the Ithaca community.

#IChowItWorks: Ithaca College’s greenhouse

Take a look inside Ithaca College’s greenhouse and see how it is maintained and utilized at the college.

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THE ITHACAN IS PRINTED AT BAYARD PRINTING GROUP IN WILLIAMSPORT, PA.

Admired Spanish lecturer dies

BY RACHEL HELLER
STAFF WRITER

Richard Rainville, lecturer in the Department of Modern Languages and Literatures, died at age 53 Nov. 9.

Rainville taught at the college from 1990 to 2003 and returned for Spring 2018 to teach Spanish courses part time. He died due to a medical emergency. In an email sent to the college community about Rainville's death, Michael Richardson, interim dean of the School of Humanities and Sciences, said Rainville remains for him "an inspiration and an ideal of the dedicated teacher." Dave Maley, public relations officer at the college, said he cannot release what the medical emergency was without family permission.

The college held a remembrance service in Muller Chapel on the afternoon of Nov. 9 to honor Rainville's memory and provide support for the community.

Originally from Rochester, New Hampshire, Rainville received his B.A. from Colby College and his M.A. from Cornell University. In addition to teaching at the college, Rainville taught at Cornell University from 1989 to 1990, Hobart and William Smith Colleges from 2003 to 2007, St. Thomas Aquinas High School from 2007 to 2012 and at Ross School, according to Rainville's LinkedIn.

Rainville also spent time helping others to become teachers. At the college, Rainville led the training sessions for all teaching assistants for language courses.

He also served as a student-teacher supervisor at Ithaca High School.

Richardson said Rainville was one of the first faculty members he met when he began working at the college in 1998. Rainville helped him get settled in and start his teaching career.

"He played a really important role in my development as a teacher," Richardson said. "He was someone who had such a clear interest in talking about teaching and talking about pedagogy that it was very easy for me as a new faculty member to engage him in conversations."

Rainville always seemed to be in good



Richard Rainville, lecturer in the Department of Modern Languages, died Nov. 9. Rainville taught at the college from 1990 to 2003 and returned to teach in Spring 2018.

COURTESY OF FACEBOOK

spirits and energized any room that he entered, Richardson said.

"Sometimes, it would be Friday, and he'd come in, and he'd have on a Hawaiian shirt or a colorful shirt, and he would just lighten the mood," Richardson said. "You could tell when he was in the room or not in the room because he had a real presence to him."

Paula Twomey, lecturer in Department of Modern Languages and Literatures, said she knew Rainville since the 1990s, back when he worked as the college supervisor for student teachers and she taught Spanish at Ithaca High School.

When Rainville returned to teach at the college, his office was right next to Twomey's. Twomey said they were both "early birds" and would spend the mornings talking to each other about pedagogy, Spain,

Latin-American movies and how to be effective teachers. Twomey said Rainville was devoted to his students and acted as an advocate for them.

"Rick was a very dedicated teacher throughout the time I knew him," she said. "I admired him for his energy and enthusiasm in the classroom."

Several students at the college who were enrolled in one of Rainville's classes in Fall 2018 said he was both a passionate and energetic teacher.

Junior Charles Novack said it was clear that Rainville loved teaching Spanish. Rainville would even spend time on his days off to meet with his students, Novack said.

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Voter turnout sees increase

BY RYAN KING
STAFF WRITER

In keeping with national trends, voter turnout for Tompkins County increased dramatically in the 2018 midterm elections when compared to the previous midterm in 2014.

Stephen Dewitt, Tompkins County Board of Elections Democratic commissioner, said the official vote count from the election will not be certified until sometime around the week of Thanksgiving but that turnout increased substantially.

"We should hopefully certify the election and the results before Thanksgiving — that's our goal," he said. "By law, we have to do it by the 30th of November."

He said early indications show that approximately 63 percent of registered voters in Tompkins County voted on Election Day compared to 53 percent of Tompkins County voters who voted back in 2014.

In 2016, for the presidential election cycle, which typically has higher turnout, 79 percent of registered voters cast a ballot.

In addition, Dewitt said the county issued over 3,900 absentee ballots and has received over 3,100 absentee ballots so far, a number that marks a significant increase from the last midterm-election cycle. In 2014, the county received 1,483 absentee ballots, according to Ithaca.com.

He said he believes younger voters, in particular, had a significant increase in voter turnout from the previous midterm, but he added that the final data on that is not available yet.

"There's a sense, but it's mostly anecdotal at this point, that there was much more interest in participation by younger people under 35 years old than in the past," Dewitt said. "It's only a feel at this point, so it will be interesting to see what happens when the data comes out."

At the state level, data from the New York State Board of Elections shows that over 50 percent of registered voters in the state voted. That percentage will likely increase a little when the remaining ballots have been counted.

The total number of votes cast in 2018 increased by 42 percent statewide from the 2014 midterms.

At the national level, some experts said voter turnout in the 2018 midterm election is the highest it has been in the midterm elections since 1966.

Donald Beachler, associate professor in the Department of Politics who has co-authored two books about the 2004 and 2008 elections and has taught classes on election politics, said he believes a driving force in voter turnout this election cycle was President Donald Trump.

"He fires people up in both directions," Beachler said. "People feel intensely positive about him, and people feel intense hostility towards him."

Democrats won control of the U.S. House of Representatives and made gains in some of the governor's races. Beachler said a big part of the reason why Democrats had success was higher voter turnout.

"We had more than a normal midterm electorate," he said. "High turnouts generally benefit the Democrats. ... It's not how we pick the president, but Democrats have won six out of the last seven popular votes when there was high turnout."

Carlos Figueroa, assistant professor in the Department of Politics, said he believes a lot of the social movements that grew under the Trump presidency helped create an increase in voter turnout this election cycle.

"In general, the trends with people who were involved in the post-2016 election [activities], like the second version of the MeToo movement ... and all that discussion, led to more [involvement] at the local level, which lead to more people turning out," he said. "You don't usually see turnout like this in midterm elections."

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Panel discusses food insecurity on campus

BY MAIA NOAH
CONTRIBUTING WRITER

A panel discussion on food insecurity and food injustice was held Nov. 13 at Ithaca College to emphasize the presence of the issues on campus and highlight ways students can help.

This panel discussion was attended by approximately 30 students and hosted by junior Kelly Madden, a self-identified food-insecure student and member of the Poor People's Campaign, and Lyndsey Lyman, community education coordinator for the Food Bank of the Southern Tier. It was sponsored by the college's Office of Student Affairs and Campus Life. This discussion was organized through a collaboration of Food for Thought, Ithaca College Environmentalists, Swipe Out Hunger, Challah for Hunger and the Poor People's Campaign and took place during the week of Nov. 12, which is Hunger and Homelessness Awareness Week.

Through the Poor People's Campaign, Madden works to address the increasing issue of food injustice. Food injustice is a state in which access to sufficient means of food is limited by a lack of money and other resources. The organization works to unite people to fight and challenge issues that affect people nationally.

Madden said that being a food-insecure student at the college has created a constant concern for her. She said she constantly has to weigh her options when picking between spending money on food or on other necessities.

"It's something that's always there, on top of dealing with academic stress, job stress, and friendship and relationship stress," Madden said.

She shared her story to shed light on the extent to which food insecurity is present on the college's campus. According to the 2016 Campus Climate Survey, 47 percent of the 3,000 student respondents reported struggling with financial hardship while attending college, and 36 percent of that 47 percent reported having



Event hosts facilitated group discussions about the prevalence of food insecurity at Ithaca College during a panel discussion on food insecurity and justice that was held Nov. 13.

ELIAS OLSEN/THE ITHACAN

difficulty affording food. Lyman works to address the same issues through the Food Bank of the Southern Tier, a local nonprofit organization. This organization works to eliminate hunger in the six counties of the Southern Tier through the distribution of food donations. She also discussed how food security is an additional stress for many college students to think about.

"It can be very distracting, constantly weighing those options, the cost-benefit analysis of, 'Do I choose to eat, or do I choose to cover this bill?'" Lyman said.

The two panelists also provided attendees with strategies to address food insecurity in the community. Madden said education is crucial in remediating food injustices.

"I know that a lot of people, especially on the campuses in this town, come from affluent backgrounds where they've never had to think, 'Oh, am I going to eat dinner tonight?'" Madden said.

"And I think being mindful that that's a problem and explaining that to some of your friends who might not be aware is where it starts."

Senior Jenna Mortenson, SGC vice president of campus affairs, said that becoming aware and maintaining a nonjudgmental mindset toward food insecurity for those who struggle with it is crucial to creating positive change.

"A really important takeaway is that this issue can seem that it's kind of far away from our campus, but it's important to realize that even inside this bubble, food insecurity is a very real issue, and it's something that needs to be addressed," Mortenson said.

Freshman Jason Starkman said he was surprised by the number of students on the college's campus who suffer from food insecurity.

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From FUNDING, Page 1

Catholic Community, the Ithaca College Protestant Community and Hillel at Ithaca College — will have to figure out how to move forward with less support from the college. Additionally, Osorto said he adds a paradoxical narrative to these adjustments as a queer, Latino Lutheran whose parents emigrated from El Salvador.

“The paradox that I speak to is the mess, the chaoticness, of ‘How do you embrace who you are alongside with how the world sees you?’” he said. “And then, the choices that you make to be not what the world is seeing you as. I think that comes easier for folks on the margins because their lives are paradoxical.”

Osorto said these changes are necessary to better meet the needs of a more diverse student body. He said he wants everyone to be reflected in the chapel.

Osorto said the new budget for the Office of Religious and Spiritual Life will follow a zero-based budgeting process that will only distribute funds to meet programmatic needs and will not be used to fund salaries of chaplains and personal expenses. He said that if a smaller organization is struggling to get funding because of its size, he would help them access funding for their initiatives this academic year until the budget is restructured for the 2019–20 academic year.

“A zero-based budgeting process requires that you build a budget based on what your needs are,” he said. “It’s collaborative, and it represents or speaks to the larger strategic efforts of an institution, and so I’m tasked for creating that for this office.”

The way that funding worked previously, Osorto said, is that the college allotted funds, called chapel disbursements, to the three religious communities housed in Muller Chapel.

Other religious organizations at the college that are not included in Muller Chapel can receive funding through the Student Governance Council. This is how many clubs on campus receive funding. He also said the budget will allow students from smaller communities to access resources to hold events that align with their faith traditions, such as Diwali, a Hindu festival of lights.

Osorto said he

could not disclose the exact groups that he plans on providing funding to for the 2019–20 academic year because the budget has not yet been approved by the college. He said funding will also go toward religious literacy initiatives for the campus by providing training sessions and bringing speakers to campus. Additionally, he said, it will go toward interfaith collaboration among religious communities.

Osorto said he could not disclose the amount of money that the religious communities housed in the chapel currently receive. The ICPC received \$53,378 from the college for the 2016–17 academic year, according to previous reporting by *The Ithacan*. Osorto said each community receives the same amount of money from the college each year. This means that the Catholic Community and Hillel at the college received that same amount during the 2016–17 academic year. The college’s allocations to the ICPC, combined with donations, compose the community’s budget and fund the chaplain’s salary. He also said neither the board of directors nor the college provides the chaplain with benefits.

Osorto said the college has already shifted funds for the current academic year. The college shifted \$8,635 in funding from the ICPC to the Christian Community Church, a religious community housed in the chapel with worship services rooted in the style of the contemporary black Pentecostal Church.

The \$8,635 in funding shifted from the ICPC was in response to the demands of a petition presented to the administration last academic year by IC Color, a campaign aiming to make the ICPC more inclusive for LGBTQ students and students of color. The group was formed in Spring 2018 after many students disclosed that they felt the ICPC was exclusive for various reasons.

Reactions around changes in funding

James Touchton, chaplain of the ICPC, said via email that while he supports the new budget plan, he is concerned that equal allocation will dismiss the fact that some communities at the college have significantly more members than others. Touchton announced his resignation and will be leaving at the end of the semester, in part because of the budget redistribution. Osorto said equitable funding means ensuring that every community member has access to the resources they need.

Touchton also said that because the funds



Hieraal Osorto, director for religious and spiritual life, is helping to further efforts that have been made to disperse funding more equitably among religious communities.

TENZIN NAMGYEL/THE ITHACAN

will not be used for salaries or personal expenses, the ICPC will no longer be able to afford to have a full-time chaplain. He said he thinks the new funding structure fails to provide for the needs of students.

“This change is being implemented without any period of transition and without sufficient dialogue,” he said. “While the goal of equity is certainly to be lauded, what it fails to truly take into account is the nature of

religious and spiritual needs of college students.”

Senior Josh John, student chair of the ICPC council, said he is worried about the impact the changes will have on students because of the community’s inability to have

a full-time chaplain.

John said that the ICPC is trying to figure out how it could afford a new chaplain but that no official plans are currently being pursued. John also said he is worried about the pressure of responsibility that could be put on student leaders in the ICPC to be spiritual leaders in place of a more experienced chaplain.

Osorto would not comment on whether or not funding was used to pay chaplains’ salaries by each community. He said he would be willing to help students in the ICPC find religious affiliates in other ways, such as connecting with local pastors and funding a pastor through alumni donations.

Osorto said he thinks that the loss of the ICPC’s chaplain is not a cause for concern for the other religious communities in Muller Chapel. The other communities included enough outside sources of funding in their budgets so they do not rely as heavily on the college’s allocations.

A zero-based budgeting process requires that you build a budget based on what your needs are.”

– Hieraal Osorto
Director for Religious and Spiritual Life

“I think the way that it’s been articulated, or inferred, that by changing the way that we distribute funding for communities, it’s essentially eliminating the Protestant chaplain role,” he said. “I think that’s misinformed, and it doesn’t speak to the fact that we exist on this campus because the religious and spiritual needs of this community are essential.”

Osorto said he is committed to helping the ICPC and other communities in the chapel have access to resources with the new budget.

Carsten Martensen, Catholic chaplain and director of campus ministry, said the Catholic Community received money from the college and currently receives funding from the Diocese of Rochester — a subset of the Roman Catholic Church — as well as from savings and fundraising through sending appeal letters to parents and alumni. The Catholic Community is a nonprofit corporation, and Martensen acts as the secretary-treasurer. He said the community also pays stipends to campus ministers, student ministers and music ministers in addition to his stipend and other staff members’ salaries. Martensen said that with an overall decline in the mental health of students, he thinks having religious leaders to support students is important. He said that although he supports the goal of equity, the new budget leaves the future of the Catholic Community uncertain.

Lauren Goldberg, executive director of Hillel at the college, said most of Hillel’s budget is supported by donations from alumni, parents, grants, philanthropic foundations, the local Jewish community and family foundations.

Staff Writer Krissy Waite contributed reporting. Read the complete story online at theithacan.org/religiousinclusivity

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Panelists analyze midterm election results

BY SAM HAUT
STAFF WRITER

A panel of Ithaca College faculty members discussed the winners and effects of the recent midterm election, as well as the role the media played in key races, Nov. 12 in Textor 103.

The event was hosted by Raza Rumi, director of the Park Center for Independent Media, and a panel was made up of professors from the college including Carlos Figueroa, assistant professor in the Department of Politics; Thomas Shevory, professor in the Department of Politics; and Allison Frisch, instructor in the Department of Journalism, who analyzed the results of the midterm elections. Approximately 20 people attended the event.

After the midterm election, Democrats won a majority in the House, while the Republicans kept their majority in the Senate. The election also resulted in a large number of women candidates being elected, along with several firsts for the LGBTQ community and people of color.

Figueroa, who votes for the Democratic party, said he thinks the election exemplifies the partisan divide in the United States.

“What first came to mind in terms of the midterm election is the way that this is a fight for the broader narrative for what it means to be an American,” Figueroa said. “This idea that now living in a very partisan society at various levels is something that these elections allowed us to see.”

Despite the division, Figueroa is hopeful because the Democrats now have a majority in the House, which will give them more power than they had for the past two years.

“Because of the results, the

divided government that we have now is something that is promising,” Figueroa said. “The Democrats now have real power, not only in subpoenaing power, but also legislative, and I want to see the pushback a little more.”

Shevory said when President Donald Trump was elected, many thought the Republicans would be able to expand their voter base, but that has not happened.

“One of the things about Trump, when he was elected, was that he was going to be a different kind of Republican,” Shevory said. “He was going to transform the Republican Party in such a way as to bring in traditional Democratic voters in the Midwest and that this was going to create a new Republican majority that was different than the Republican Party that existed previously. Trump hasn’t really done anything to foster that realignment. The Republicans made huge advances on the state level in 2010, and the Democrats have started to reverse that in places where Trump was supposed to transform the Republican Party.”

In 2008 and in 2012, Obama won several states in the Midwest, including Iowa, Ohio, Wisconsin and Michigan — all states that Trump won in 2016.

Shevory said it is important to consider many of the referendums that were passed, especially in states that most would see as solidly conservative. Shevory mentioned referendums in red states like Missouri, which passed minimum wage and medicinal marijuana laws, as well as the restoration of voting rights for felons in Florida.

Frisch said she felt that the mainstream media outlets covered the



From left, Raza Rumi, Allison Frisch, Thomas Shevory and Carlos Figueroa were panelists for an event held by the Park Center of Independent Media on Nov. 12 in Textor 103 to discuss the midterm elections results.

CAROLINE BROPHY/THE ITHACAN

midterm elections as a horse race, while independent media outlets had more substantive coverage.

“I jumped onto cable television news the night of the election, and I watched everyone with their graphics and their maps, and it’s kind of this show of burlesque meant to keep our attention,” Frisch said. “And then I switched over to Amy Goodman on ‘Democracy Now!’ She had Jeremy Scahill and Glenn Greenwald and folks from The Intercept, and they were around a table and they were actually talking about issues.”

Frisch said mainstream media’s coverage of midterms was standard.

“I do think that the media did a fairly good job of covering some of the voter suppression topics,” Frisch said. “And actually covering the Kemp-Abrams governor race in Georgia, in terms of him being the secretary of state and not recusing himself from the election. But overall, my grade of the mainstream media is pretty low. It’s like a C or C minus. Not as bad 2016 but not good.”

Throughout many states, such as Georgia and North Dakota, instances of voter suppression were reported. In North Dakota, the Republican-controlled legislature implemented voter ID laws — which

were approved by the Supreme Court — which require voters to show a form of identification with their current residential street address, which blocked many Native American voters who live on reservations from voting because reservations do not have P.O. boxes. Many of these Native Americans were blocked from voting in crucial districts for Democrats.

Read the complete story online at theithacan.org/pcimelectionsevent

CONNECT WITH SAM HAUT
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Faculty Council discusses student programs

BY BEN KAPLAN
STAFF WRITER

The Ithaca College Faculty Council discussed possible changes to freshman orientation and the course registration processes at its meeting Nov. 13.

The council also discussed the results of the 2018 Faculty Service Load Survey, which found that faculty perform much more service outside of the courses they teach than is required or expected. La Jerne Cornish, provost and senior vice president of academic affairs, was also at the meeting to further discuss the dean of faculty position she proposed at last month’s meeting. Council members also voted on the faculty justices for this academic year and debated an amendment to the college’s attendance policy.

Revisions to freshman orientation may include the addition of more preorientation resources, said Kevin Perry, associate director of New Student and Transition Programs and chair of the steering committee of the August Orientation Planning Committee. He said these may include online modules that would help new students better understand their first course registration process and provide a rolling access-based system for students to sign up for classes before they have even arrived on campus.

Perry presented the group’s progress in preparation for the Class of 2023’s summer orientation to the council alongside Dean of Students Bonnie Prunty, and Faculty Representative Catherine Weidner, professor and chair of the Department of Theatre Arts.

Weidner said orientation can be one of the most impactful moments in the early stages of a student’s college life because it is the first time students interact with their college community and start to make their own choices.

“We want to preserve that excitement and connection that faculty and students make from that first lunch to that moment when they leave



Members of the Ithaca College Faculty Council discuss potential changes to the freshman orientation and course registration at the meeting Nov. 13. There were no bills passed.

BRIANNA MOTTEY/THE ITHACAN

with their schedules in hand and a gleam in their eye, walking out and feeling like they’re ready to get started,” Weidner said.

Prunty said one of the goals is for students to arrive on campus for orientation with a class schedule already prepared. To do this, the college would offer phone-based and online advising services and open registration to students over the summer, Prunty said.

“Whatever advising time during orientation will really be dedicated to making adjustments,” Prunty said.

Perry said the finalized date for orientation as decided by the steering committee will be Aug. 21, 2019 and will consist of a six-day program that will conclude Aug. 26 with Convocation and classes beginning Aug. 28.

He said the committee has found a lot of support for condensing orientation into one event. Perry said having a singular orientation will put

less stress on students because they will not have to adjust only to leave and come back again to move in. He also said the preorientation registration work will take a large amount of pressure off of faculty those first few weeks when classes begin. Previously, students would sign up and come to the college over the summer for a few days during scheduled orientation sessions.

“There are not a lot of opportunities to be able to bring 1,633 students together,” Perry said. “We really liked the idea of Convocation being a wrap-up for orientation. You’re finishing this program, and this is your transition right into your first day of classes.”

Read the complete story online at theithacan.org/facultycouncilnov13

CONNECT WITH BEN KAPLAN
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From CRIME, Page 1

that night but had disregarded it as noise from outside because the windows are typically left open in the roommate’s room.

They said a big TV and a WiiU remote that had been visible through the windows in the main room of their apartment had been stolen.

They said the perpetrator might have entered through the back door, which had given them trouble in the past. The anonymous source said the roommates sent in a request to have maintenance fix the door after the burglary.

“The back door has always been a bit janky,” they said. “It was hard to tell when it was locked or not.”

They said they suspect more than one person burglarized the house because the television was a large object for one person to carry out. Since the incident, the victim said their roommates have made sure to lock all their doors and be diligent in preventing future burglaries.

“I’d say leave the blinds down if you’re not really looking out the doors or anything,” they said.

A post circulated in the Facebook group Overheard at IC on Nov. 10, after the burglaries occurred, showing a student climbing on to the balcony of a Circle Apartment building. The post was captioned “Don’t lock the balcony door, they say. NOBODY could get in from there. . . .” Dunn said that Public Safety has looked into this video and the person captured in the video was not the one who committed the crimes. Public Safety is still searching for suspects in the burglaries, Dunn said.

“We’re looking for any assistance the public could provide to identify the person or persons responsible,” Dunn said.

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SGC tables Jewish holiday accommodations bill

BY ALEXIS MANORE
STAFF WRITER

The Student Governance Council tabled a bill proposal for Jewish holiday accommodations from Hillel and hosted a Tompkins Consolidated Area Transit focus group at its Nov. 12 meeting.

Senior Rachel Steinmetz, president of Hillel at Ithaca College, proposed a bill to the SGC that recommends that campuswide events should not be scheduled on Jewish holidays. The SGC tabled the bill for revision and discussion at the next meeting because it lacks a decisive plan for action.

Steinmetz read a message from Raquel Belkin '18, who was unhappy about the fact that the college's 2018 graduation coincided with a major Jewish holiday, Shavuot.

In the letter, Belkin said her family members were forced to choose between attending her graduation or practicing their faith.

She said she wanted her whole family to attend her graduation because she experienced many hardships while attending the college.

"It would have meant a lot to me to have my whole family there," she said in the letter. "It took me five years to graduate due to medical leaves that I had taken for depression. ... Graduation became a symbol that I managed to overcome those challenges."

Junior Matthew Feiler, Hillel's religious life co-chair, said it is not fair to force students to choose between religion and feeling like valid, contributing members of the college's community.

"I am one of the more religious

students on campus," Feiler said. "I keep kosher, keep the Jewish Sabbath, keep all of the holidays we have mentioned in this bill, and I also like to be a part of the college's community. Having these holidays and not being able to feel included and like I'm not a valid member of this campus is very hard and not fair."

Feiler said he was not able to attend the All-Student Gathering on Oct. 1 because he was observing the holiday Simchat Torah, which began on the evening of Oct. 1.

The bill recommends that the administration checks whether planned events coincide with major Jewish holidays.

It also proposes that if an event is held on a significant Jewish holiday, an alternate event will be held to make the members of the Jewish community feel included.

Junior Farwa Shakeel, SGC vice president of academic affairs, said she was concerned this bill could make the SGC and the college seem denominational.

She also said other religious holidays coincide with campus events, so it is also a problem for other religious students.

"We have to remember that there are a number of student organizations whose holidays, very similarly, fall on campus events," Shakeel said. "Speaking from experience, Ramadan has fallen on finals week and another number of important events for the past two years."

Sophomore Jordan Stecker, communications chair of Hillel, said he hopes this bill sets a precedent of inclusion for all religious groups on campus.



From left, junior Matthew Feiler, Hillel's religious life co-chair, and senior Hillel President Rachel Steinmetz present a bill about Jewish holiday accommodations to the Student Governance Council during its meeting.

JULIA CHERRUAULT/THE ITHACAN

Senior SGC President Alyse Harris said her biggest concern with the bill is that no specific implementation plan was included.

The SGC decided to table the bill, and senior Senate Chair Joe Cruz said the bill will be revised and brought up for discussion in the next meeting.

The SGC also hosted TCAT Operations Manager Mike Smith and Service Development Manager Matt Yarrow for a focus group during which students asked questions, gave critiques and presented suggestions about how TCAT could increase its ridership on Route 11 because of student concerns surrounding the possibility that

TCAT is considering a future reduction in the Route 11 schedule. Route 11 ridership has decreased from 215,172 rides in 2016 to 193,620 in 2017.

Yarrow said he thinks it is important to talk to the students at the college, the main riders of Route 11, about what they think can be improved.

Senior student-at-large Michael Moritz said the college should consider reducing the number of parking passes it gives out in order to increase TCAT ridership and decrease carbon emissions.

"In order to cut carbon, a lot of students have to not drive their cars," Moritz said. "IC should say 'We're

going to give out less parking passes,' because honestly, all of us should be taking the bus."

Yarrow said TCAT is considering changing the portion of Route 11 that travels to the college Circle Apartments, Longview and South Hill Business Park.

He said TCAT is currently considering merging these routes into one.

Yarrow said more direct routes to shopping areas, which only run once an hour rather than the current half-hour schedule, is a change TCAT may make in 2019.

CONNECT WITH ALEXIS MANORE
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Students pitch new ideas at IC Demo Day event

BY RYAN BIEBER
STAFF WRITER

On the second floor of the Rev Ithaca Startup Works building on East State Street, seven teams of Ithaca College students donned their entrepreneurial hats to pitch original ideas and products.

Each student group had the chance to win funds for their own business, and it was all part of the third annual Demo Day, an entrepreneurial competition for students at the college held at Rev: Ithaca Startup Works on Nov. 13.

Elise Steele '16, executive director of Community Faith Partners; William Guerrero, vice president for finance and administration; and Brian Bauer, entrepreneur in residence at Rev, served as the judges for the competition and decided how the \$5,000 prize would be divided among the groups.

Senior Nicole Marino, environmental studies major, won a total of three awards with her product, Twenty Eight, a travel cleaning kit for menstrual cups with an emphasis on sustainability and convenience.

Marino was awarded \$1,525 from the judges and also received \$200 for the Sustainability Award as well as an additional \$200 for the Audience Choice Award.

Marino said that while she was confident in herself and her product, she was afraid the sometimes-sensitive subject of cleaning menstrual cups would make it hard to earn support.

"I think I worked really hard on my presentation, so I was expecting to get a little bit of support from the audience," Marino said. "It's a really hard topic to discuss to a lot of people. I wasn't really expecting the resounding approval."

Steele said Marino was given the most funding due to her clear-cut presentation and ideas

for the future.

"She was very well-rounded," Steele said. "She had a good plan, and she knew exactly how she wanted to use the money."

Marino also competed in last year's Demo Day and won a total of \$700 for her other company, Positively Mystic, which sells affordable, durable Ouija boards.

Sophomores Madison Cardinal and Sunny Singh and senior Alexa Ubada were awarded \$1,000 for their product Verse Box, a subscription-based service that delivers specialized cosmetic product packages directly to consumers' doors.

Though the judges pointed out there are major competitors in the industry, the team said it aimed to set itself apart by creating a community for women centered around sharing diverse beauty products from around the world.

The three students came up with the idea for a project in their class about entrepreneurship and innovation and were encouraged to pitch their product at Demo Day.

Edward Catto, lecturer in the Department of Management, encouraged all of his students, including those involved with Verse Box, to compete in the event. Out of the seven teams, all but two were from his class.

"I'm thrilled by the students," Catto said. "I'm inspired by them, too. They rolled up their sleeves and worked very hard."

Cardinal, co-founder of Verse Box, said that though the idea was originally just an assignment for a class, the group wants to continue to work on the company.

"We came up with the product for the class, but it is something that we were actually willing to move on and pursue," Cardinal said.

Bauer also said it was evident that the power of entrepreneurship was able to bring the



Junior Lily Dickinson presents her pitch about collapsible containers for clean and dirty pocket tissues. She gave prototypes to the judges so they could see how the idea worked.

JULIA CHERRUAULT/THE ITHACAN

college and community together.

"I was very impressed with the diversity of the pitches," Bauer said. "The fact that they represent all five schools up at Ithaca College is great."

Another pitch was made by junior Lily Dickinson, communication management and design major. Dickinson's product was Flatbox, a collapsible container for clean and dirty pocket tissues.

Dickinson came up with the idea after she caught a cold and was riding a bus. She realized she had nowhere to put her dirty tissues and came up with the idea for Flatbox.

Dickinson pitched her product last month at Park Tank and won \$100. This time, she walked away with \$500 to spend toward making new prototypes and speaking with a patent attorney.

Another product presented was Cartsmart, created by senior Stetson Doggett, juniors Miles Bettinelli and Malcolm Mauro and sophomores Sam Smith and Malik Sadiki-Torres. Cartsmart is an app that compares prices of the same items at

different grocery stores, allowing consumers to find the cheapest options. Cartsmart won \$575.

Chris Marinaccio '18 pitched the idea of creating a business to give baseball lessons to kids while incorporating technology to improve their skills. The long-term goal was to open a complete player-training facility. In the end, Marinaccio won \$300.

Senior television-radio major Nick Gianni pitched his music-video company, Gickway, as a means to provide underground and new rap artists with their own quality yet affordable music videos. Gianni won \$500 to go toward building a new editing computer.

The last group to pitch consisted of two physical therapy majors, senior Brandon Ho and junior Jonathan Ripic.

Read the complete story online at theithacan.org/demoday

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COLLEGE

Oracle Honor Society welcomes new students and faculty member

One hundred and sixty-one students were inducted into the Oracle Honor Society on Nov. 5 at a ceremony held in the Emerson Suites.

The Oracle Honor Society is a historic Ithaca College honor society that recognizes academic excellence. New students who achieved a GPA within the top 10 percent of students in their academic schools after completing two full semesters at the college were invited to accept membership into the society.

Each year, the inductees nominate and select a faculty member to be inducted with them. This honor recognizes the faculty member's excellence in teaching, willingness to assist or mentor students and involvement in the campus community. This year's faculty inductee is Sean Reid, dean of the School of Business.

IC Italian professor publishes article about animals in literature

Julia Cozzarelli, professor in the Department of Modern Languages and Literatures, has had an article published in the journal "Quaderni d'Italianistica."

The article, "Between Reality and Symbol: Fierce Dogs and Ferocious Wolves in the Decameron," focuses on portrayals of canines in Italy's 14th-century masterpieces by Giovanni Boccaccio and Dante Alighieri. The significance of animals in these texts is multifaceted, including their use as tools for the interpretation of human behavior and a reflection of shifting views on the purpose of animal portrayals in literature at the time.

Associate professor earns award at occupational therapy ceremony

Lynn Gitlow, associate professor in the Department of Occupational Therapy, will receive the International Service Award from the American Occupational Therapy Association at the Annual Awards and Recognition Ceremony on April 6, 2019, in New Orleans.

The AOTA International Service Award

recognizes occupational therapists and occupational therapy assistants who have made significant contributions to the OT field. This includes individuals who demonstrate a sustained commitment to international OT service, advance occupational therapy abroad in regards to occupational health and occupational justice in underserved countries and provide incentive to extend international relationships and contributions to address global health issues.

Student groups highlight hunger at college's food insecurity week

Swipe Out Hunger, Challah for Hunger, Food for Thought and other student organizations are raising awareness about student food insecurity during Ithaca College's Homelessness and Hunger Awareness Week 2018, which is from Nov. 10 to Nov. 18.

There is a graffiti board in the library and tables in the Campus Center where students can sign up to volunteer with Swipe Out Hunger, and there was a Student Leadership Institute session about food insecurity which was held Nov. 13.

Applications now being accepted for Exploratory Program director

Applications are being accepted for a three-year appointment as director of the All-College Exploratory Program at Ithaca College. The person in this position will provide leadership in the ongoing implementation and assessment of recruitment, programming, curriculum and services for exploratory students and will work collaboratively with faculty, staff and administrators across campus.

The position is open only to tenured or senior faculty. The appointed individual will teach two courses each academic year.

HR constructs new mobile program to answer employment questions

The Office of Human Resources has launched its Mobile HR Program for Fall 2018. Each month, the office will host open office hours across



College honors veterans with annual event

Ithaca College held its 16th annual Veterans Day Celebration on Nov. 8 in Ford Hall in the James J. Whalen Center for Music. The music was performed by the Ithaca College Brass Choir, and the presentation of colors was provided by the Tri-Service Color Guard.

SABRINA CHANG/THE ITHACAN

campus to better serve college employees.

All faculty, staff and students can attend sessions with any questions regarding employment, development, benefits and more. The next session will take place from 11 a.m. to 1 p.m. Dec. 6 in Dillingham Center.

College launches public search for new vice president position

The co-chairs of the search committee for the new vice president for human and organizational development, innovation and planning announced via Intercom that the search firm Witt/Kieffer launched a public search

in late October. The co-chairs are Diane Gayeski '74, dean of the Roy H. Park School of Communications, and Marc Israel '05, assistant provost for finance and administrative operations.

Gayeski and Israel said the committee has also established a website about the search. The committee is hosting listening sessions to inform the community about the role and gain feedback. The sessions are from 9 a.m. to 10:45 a.m. Nov. 27 in the Taughannock Falls Room in the Campus Center and from 11 a.m. to 12:45 p.m. Nov. 28 in Klingenstein Lounge in the Campus Center.

Public Safety Incident Log

SELECTED ENTRIES FROM OCTOBER 29 TO NOVEMBER 2

OCTOBER 29

MEDICAL ASSIST/ILLNESS RELATED
LOCATION: Terrace 2
SUMMARY: Tompkins 911 Center reported person with groin pain. Person was transported to the hospital by ambulance. Patrol Officer Jenny Valentin responded. Assistance was provided.

UNLAWFUL POSSESSION OF MARIJUANA
LOCATION: Terrace 3
SUMMARY: During health and safety inspection, Environmental Health and Safety staff reported marijuana paraphernalia found. Officer reported one person for unlawful possession of marijuana. Patrol Officer Jenny Valentin responded.

FIRE ALARM ACCIDENTAL
LOCATION: Garden Apartment 28
SUMMARY: partSimplex reported fire alarm. Activation caused by burnt food. Patrol Officer John Tagliavento responded.

CRIMINAL MISCHIEF 4TH DEGREE
LOCATION: Circle Apartments Building 131
SUMMARY: Caller reported third-hand information that a person had violent behavior and

damaged property. Officer determined person not in imminent danger to harm themselves. Patrol Officer Jenny Valentin responded. Pending investigation.

LARCENY 4TH DEGREE OVER \$1000 DOLLARS
LOCATION: Williams Hall
SUMMARY: Caller reported unknown person stole computer equipment. Patrol Officer John Tagliavento responded. Pending investigation.

FIRE ALARM / GAS ALARM ACTIVATION - PRIORITY 2
LOCATION: Central Services Building Warehouse
SUMMARY: Simplex reported carbon monoxide alarm. Activation caused by person working on system. The alarm was accidental.

CHECK ON THE WELFARE
LOCATION: Circle Apartments Building 160
SUMMARY: Caller reported person was upset. Person was transported to hospital. Patrol Officer Jenny Valentin responded. A report was taken.

OCTOBER 30

UNLAWFUL POSSESSION OF A WEAPON ON SCHOOL GROUNDS
LOCATION: Terrace 9
SUMMARY: During health and

safety inspection, Environmental Health and Safety staff reported BB gun found.

EXPOSURE OF PERSON NO DEGREE
LOCATION: Terrace 11
SUMMARY: Caller reported unknown person exposed themselves. Master Patrol Officer Bob Jones responded. Pending investigation.

PETIT LARCENY UNDER \$50
LOCATION: P-Lot
SUMMARY: Caller reported unknown person stole sign. Patrol Officer Jenny Valentin responded. Pending investigation.

OCTOBER 31

OFF-CAMPUS INCIDENT
LOCATION: All Other
SUMMARY: Caller reported person in a vehicle had a high heart rate and blurring vision, so the driver drove this person directly to the hospital. Master Patrol Officer Bruce Holmstock responded. Pending investigation.

NOVEMBER 1

TRESPASS NO DEGREE
LOCATION: Recreation Trails
SUMMARY: Officer reported people on trails after hours. Officer issued two people a warning for trespass. Patrol Officer Kevin McClain

responded. Warning issued for judicial action.

SCC IRRESPONSIBLE USE OF ALCOHOL
LOCATION: Garden Apartment 27
SUMMARY: Caller reported intoxicated person. Person declined medical assistance with ambulance staff and officer judicially referred person for irresponsible use of alcohol. Master Patrol Officer Waylon Degraw responded.

ASSIST TOMPKINS COUNTY SHERIFF'S OFFICE
LOCATION: Central Services Building Warehouse
SUMMARY: 911 Officers met with person regarding off-campus incident. Deputy Commissioner Tom Dunn responded. The task was completed.

CHANGE IN THE CASE STATUS
LOCATION: Terrace 11
SUMMARY: Officer identified person responsible for public exposure originally reported Oct. 30. Officer immediately arraigned person in Town of Ithaca court. Person released in own recognizance. Person also judicially referred. Master Patrol Officer Jenny Valentin responded.

MOTOR VEHICLE ACCIDENT/ PERSONAL INJURY
LOCATION: State Route 96B

SUMMARY: Caller reported two-car motor-vehicle accident. One person injured and transported to hospital by ambulance. Officer issued one operator uniform traffic ticket for Town of Ithaca court for failure to yield at green light. Patrol Officer Dylan Hardesty responded.

SCC DRUG VIOLATIONS
LOCATION: Emerson Hall
SUMMARY: Caller reported odor of marijuana. Officer judicially referred one person for violating the drug policy. Patrol Officer Jenny Valentin responded.

NOVEMBER 2

CHECK ON THE WELFARE
LOCATION: East Tower
SUMMARY: Caller reported third-hand information that person may have harmed themselves. Officer determined that person had already sought mental health assistance. Patrol Officer Corinne Searle responded.

Full public safety log available online at www.theithacan.org.

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

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THE ITHACAN

APPLICATIONS FOR PAID POSITIONS ON *THE ITHACAN*'S
EDITORIAL BOARD FOR SPRING 2019 ARE NOW AVAILABLE.

Positions Include:

- | | |
|---------------------------------|-----------------------------|
| MANAGING EDITOR | ASSISTANT MULTIMEDIA EDITOR |
| OPINION EDITOR | PROOFREADER |
| NEWS EDITOR | ASSISTANT PROOFREADER |
| ASSISTANT NEWS EDITOR | CHIEF COPY EDITOR |
| LIFE & CULTURE EDITOR | DESIGN EDITOR |
| ASSISTANT LIFE & CULTURE EDITOR | ASSISTANT DESIGN EDITOR |
| SPORTS EDITOR | WEB DIRECTOR |
| ASSISTANT SPORTS EDITOR | SOCIAL MEDIA MANAGER |
| PHOTO EDITOR | |
| ASSISTANT PHOTO EDITOR | |
| MULTIMEDIA EDITOR | |

Applications are available online at theithacan.org/eboard-openings/. Forms should be submitted by Thursday, November 29, at noon. Students from all majors are welcome and encouraged to apply. Please address any questions to current Managing Editor Nicole Peter at npeter@ithaca.edu.



AVI KENDRICK/THE ITHACAN

EDITORIALS

Cortaca moving to MetLife alienates jug from college

The 2019 Cortaca Jug will be played at MetLife Stadium, where the NFL's New York Giants and New York Jets play their home games, a change that was announced Nov. 7. Part of the reason for the move is to try to make the Cortaca Jug the best-attended Division III football game in the country, said Susan Bassett, associate vice president and director of intercollegiate athletics and recreational sports at Ithaca College.

In order to fund the game, Bassett said, a minimum of 20,000 to 25,000 tickets would need to be sold. However, the college's attendance goal is to surpass 37,355 people, a goal that was achieved at a game between St. Thomas University and St. John's University — DIII institutions that have an undergraduate enrollment of 2,906 and 16,766 respectively. The game is largely being targeted toward alumni, 27,221 of whom live within a four-hour radius of the stadium.

Questions of funding aside, we also need to consider what this move is doing for students. Is it reflective of what the students at either institution want, or is it simply a

move for the sake of breaking a record and improving the reputation of the college?

The Cortaca Jug is a staple in the culture of the college and SUNY Cortland and draws attendance from both colleges regardless of where it takes place. A significant part of the culture and excitement surrounding the jug is the accessibility of it and its closeness to campus so that students can engage in celebratory activities before, during and after the game. Getting to MetLife Stadium from Ithaca involves a three-and-a-half-hour bus ride, offered by the college, a journey that many students celebrating the jug will likely not be willing to make.

Hosting the jug at MetLife Stadium feels more like a public-relations stunt than a move made to benefit students at either institution. To attend the game for the day and return to campus means students will need to spend seven hours of driving total, essentially eliminating any possibility of celebration after the game. Ultimately, the move to MetLife Stadium alienates the jug from what gives it so much significance: the community and the historical rivalry between the two schools.

Food insecurity discussions important for community

On Nov. 13, Ithaca College's Division of Student Affairs and Campus Life sponsored a panel discussion on food insecurity and food injustice. The panel discussion was also a collaborative effort of several organizations on campus, including Food for Thought, IC Environmentalists, Swipe Out Hunger, Challah for Hunger and the Poor People's Campaign.

Food insecurity has been an ongoing issue on our campus: Many students have been struggling to balance the high costs of meal plans and food with academics and jobs. As *The Ithacan* has stated before, the college needs to implement a consistent program to ensure its students are fed and to fully resolve food insecurity on campus for the long-term.

The fact that the Division of Student Affairs and Campus Life is sponsoring these critical discussions about food insecurity indicates the college is taking a step in the right direction. Conversations that allow students to publicly and honestly speak about their experiences with food insecurity, like the discussion that occurred

Nov. 13, demonstrate the college's investment in finding a solution. The Division of Student Affairs and Campus Life, as well as all other organizations involved, should be commended for starting a dialogue about an issue that affects many students at our institution.

William Guerrero, vice president for finance and administration, also communicated to the Student Governance Council that the Institutional Effectiveness and Budgets Committee is looking into ways to address food insecurity and lower the prices of meal plans. To hear that these issues are being taken seriously is reassuring because it is a confirmation that the college is looking for ways to implement structural change.

The administration and campus community as a whole should remain steadfast in their investigation of how to resolve food insecurity at the college. Dialogues about food insecurity and opportunities to speak up about it should continue, and it is the administration's obligation to see that a feasible, equitable solution is found and implemented for our campus community.

Letter to the Editor

Be heard in print or on the Web.



Send a letter to the editor to
ithacan@ithaca.edu.

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

Guest Commentary

Individuals or groups interested in submitting a guest commentary can send their writings to ithacan@ithaca.edu or to the opinion editor at mburke@ithaca.edu. All commentaries must:

1. Convey a clear and concise message.
2. Be written by an individual or group who has an educated opinion or is an authority on a specific subject.
3. Be between 500–650 words. Whether more or less space is allotted is at the discretion of the editor.

Corrections

The story "Tensions rise during LGBTQ forum," published in the Nov. 1 issue of *The Ithacan* incorrectly stated that the event was hosted by both the Ithaca College administration and the student group IC Color. Solely the Ithaca College administration hosted the event.

SCIENCE
CULTURE

MIRANDA ELLA

Cram studying: Does it work?

The end of the semester is slowly approaching, a fact that means that the final few rounds of exams are almost upon us. While every professor wants their students to thoroughly study for each of their classes, there just isn't enough time to appropriately do so for every exam. In response, students near and far employ a method that works like a GPA Band-Aid: cramming.

Many instructors, from high school teachers to professors, have explained that this isn't the way to go. You may be able to pass the exam by last-minute cramming, but, chances are, that the information won't be retained long term. The explanation for this requires a conversation about memory and the brain.

The brain is the ridiculously complex organ responsible for the overall coordinated function of the body. In order to accomplish the millions of tasks that it's responsible for, it is organized into different structures that have different purposes. There are four lobes: the frontal, parietal, occipital and temporal lobes. The frontal lobe is largely responsible for reasoning and movement. The parietal lobe processes sensory information. The occipital lobe is vital for interpreting visual information as well as recognizing objects, colors and words. Last, but not least, is the temporal lobe, which is located in the bottom part of your brain near your ears. The temporal lobe interprets auditory information and is vital for forming memories.

There are many regions within these lobes that serve a variety of functions, and, further, there are several that deal with memory specifically. I'm going to focus on the horseshoe or seahorse-shaped structure within the temporal lobe called the hippocampus.

"Hippos" means horse in Latin, and "kampos" means sea monster. Put the root words together and you get hippocampus, which you can take to mean the Greek mythological beast, the genus name of the seahorse or the similarly-shaped structure of the brain. If you opt for the neurological definition, the hippocampus serves several vital functions regarding memory. It helps process declarative memories, those related to facts and events, and spatial memories, such as a bus route. Secondly, it is the location where short-term memories become long-term memories, which are then stored elsewhere. And finally, this is one of the few areas where nerve cells are developed.

So, the hippocampus is the brain's one-stop shop for memory, especially regarding studying. A drawback of particular relevance to the college student is that this structure is impaired by stress. Because we often cram under stressful conditions, it makes the likelihood of this information being successfully stored in the long-term less likely.

Overall, the best way to study for an exam is to work with the information in multiple sessions to create more bridges and links in your mind. However, if cramming is necessary, then the least you can do is get some sleep — to not only reduce your stress but to also reach the sleep phases where memory consolidation occurs.

SCIENCE CULTURE is a column about science and pop culture written by Miranda Ella. **ELLA** is a senior biology major. Connect with her at mmeserve@ithaca.edu.

NATIONAL RECAP

CNN sues Trump administration

BY MEREDITH BURKE
OPINION EDITOR

CNN filed a lawsuit against President Donald Trump and several of his aides Nov. 13, seeking the immediate restoration of the press credentials of White House Correspondent Jim Acosta.

The lawsuit is a response to the suspension of Acosta's press pass Nov. 7. After a contentious press conference in which Acosta asked Trump multiple questions and refused to give up the microphone until he answered, Press Secretary Sarah Huckabee Sanders announced the White House suspended Acosta's "hard pass," which gives him access to the White House grounds. Sanders did not give a date for when it would be restored, only stating that the pass was suspended "until further notice."

CNN said in a statement that the suspension violates both Acosta's and the news agency's First and Fifth Amendment rights.

"The wrongful revocation of these credentials violates CNN and Acosta's First Amendment rights of freedom of the press, and their Fifth Amendment rights to due process," CNN said. "We have asked this court for an immediate restraining order requiring



President Donald Trump watches as a White House intern reaches to take away a microphone from CNN journalist Jim Acosta on Nov. 7. CNN is suing the administration for Acosta's credentials to be restored.

EVAN VUCCI/ASSOCIATED PRESS

the pass be returned to Jim, and will seek permanent relief as part of the process."

In response to the lawsuit, Sanders said the White House will defend its case and claimed CNN was only seeking media attention. Sanders also said Acosta is not the only CNN reporter who has access to the White House grounds and that he is not any more or less deserving than any other journalists or news agencies.

"This is just more grandstanding from CNN, and we will vigorously defend against this lawsuit," Sanders said.

This is not the first time the Trump administration has clashed with reporters. Throughout his presidency, and even while campaigning, Trump has called reporters the enemy of the people.

After filing the lawsuit, CNN acknowledged that it is fighting

for the credentials of a CNN reporter but said the case is critical to journalism in the U.S. as a whole.

"If left unchallenged, the actions of the White House would create a dangerous, chilling effect for any journalist who covers our elected officials," CNN said.

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NEWSMAKER

Professor awarded for gerontological work

In recent years, ageism — the prejudice against a specific age group, namely the elderly — has garnered attention. With society's current disdain for and fear of aging, ageism has led to one of the major social disparities of the 21st century.

Mary Ann Erickson, associate professor in the Department of Gerontology, was recently given an award for her efforts to change this narrative. The State Society on Aging in New York (SSA), an interdisciplinary organization dedicated to improving the lives of elderly people, gave Erickson the Warren M. Beattie, Jr. Award for two decades' of outstanding contributions to the organization and its cause at its 46th annual conference, held Oct. 24–26.

Opinion Editor Meredith Burke spoke with Erickson about her contributions to the SSA, the current issues surrounding ageism and why they are relevant today.

This interview has been edited for length and clarity.

MB: Could you give a brief overview of some of your contributions to the organization?

ME: Most recently, I was president for two years. So I wasn't president this year, but in 2016 and 2017, I was president of the organization. ... That means being in charge of or overseeing two conferences because we have a conference every year. In 2016, we actually held a conference here at Ithaca College, so it was a fair amount of work, but it was also nice to bring people here. Often, the conference is either in Saratoga Springs ... or we've had a few downstate, so bringing it to this area of New York was important to me.

MB: What usually happens at these conferences?

ME: Like most professional conferences, people will present posters or papers they've written or programs that they've developed. Our



Mary Ann Erickson, associate professor in the Department of Gerontology, recently won an award for 20 years of excellent contributions to the State Society on Aging of New York.

SABRINA CHANG/THE ITHACAN

society has a strong commitment to students, so there's always student paper awards. ... There's actually a strong past presidents' group, and they usually do a symposium on a topic of interest. ... This year, the topic was aging and social inequality. There's also usually a town hall, which is an opportunity for policymakers in the state to inform us what's going on ... so we can hear about kind of what's happening in the world of aging in New York.

MB: You mentioned there's a social justice aspect to gerontology. How do you think that's becoming more relevant today?

ME: I think as we become aware of all the ways in which we unthinkingly perpetuate differences and distance between groups, thinking about age and ageism is maybe not easier, but relevant for everybody. Everybody knows elders. Everybody has the potential to become an

elder. ... I think it's an opportunity to bring that experience closer to people who might have trouble imagining themselves in the shoes of someone from a very different background.

MB: How does the SSA try to combat these misconceptions or marginalizations?

ME: I think as an organization of professionals that are in many different arenas, ... we have the capacity to kind of share research and programs that might get lost if lawyers only talk to other lawyers, and educators only talk to other educators. By informing ourselves across professions, I think we get a bigger picture.

Read the complete interview at theithacan.org/erickson.

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GUEST COMMENTARY

Tokenism causes damaging relationships

BY SEGARO BOZART

As a black boy who grew up in a predominately white environment, being the “token black friend” is a familiar feeling. Obviously, there are other students of color at IC, but with over 70 percent of undergrads identifying as “white,” calling Ithaca College a “predominately white institution” (PWI) would be an understatement. For some, this shift in demographics can be jarring. As someone who’s acted as the token black friend for a regrettably long portion of my life, here are a few things I’ve learned along the way. Hopefully, someone finds this helpful.

Lesson 1: Know your white friends

Simple enough, but I feel it’s important to expand on what “knowing your white friends” means in practice. Knowing where they grew up, how they grew up, and what they want to do in life may seem like information you would take for granted. In reality, this information could be vital to your future conversations about race, politics, and society in general. Try to get a rough sense of your friend’s political preference, including and especially if they avoid political topics. Ask them why they believe what they believe. If they don’t follow politics, ask them why not.

If they follow politics but refuse to discuss it, why don’t they want to talk about it? Asking questions is the simplest way to get a sense of what they believe in and what they are comfortable discussing, and ultimately, it will give you a sense of how to approach potentially sensitive conversations.

Lesson 2: Know what’s not okay

This might be the most difficult step, but it’s crucial to maintain your sense of self-respect. Different things offend different people. Knowing where to draw the line will make it easier to set boundaries and communicate your feelings

“Ultimately, if you sense no change, it might be best to cut them off entirely.”

– Segaro Bozart

with your friends. If you’re not sure how you feel about something, that’s okay. If you feel uneasy about something, bring it up. Don’t assume “you’re being soft.” If something pisses you off, it pisses you off. Don’t let your feelings get dismissed.

Lesson 3: Know when to push, stay quiet, or snip-snip

At the end of the day, you can’t change people, and trying to will erode your sanity. As much as you feel the personal responsibility to help your friend or to show people how to act, remember: IT IS NOT YOUR JOB TO POLICE THEIR BEHAVIOR. Odds are, you have too much going on to effectively devote your time and effort to changing someone who



Segaro Bozart, a senior integrated marketing communications major, writes about the lessons he has learned from being a token black friend in white friend groups that he wants other people of color to know.

JULIA CHERRUAULT/THE ITHACAN

doesn’t want to be changed. It is their job to seek out information and to better themselves. That said, if you feel you can be a helpful nudge in the right direction, do it. If you feel they are on the brink of a racial/societal epiphany, listen to them and let them figure it out. It could be beneficial for them to put themselves in the right mindset instead of having you coach them because, again, IT IS NOT YOUR JOB.

Ultimately, if you sense no change, it might be best to cut them off

entirely. It seems cruel and maybe even a little childish, but at the end of the day, it’s all about self-worth. I’ve had friendships that, in hindsight, degraded my sense of pride, and it made it hard to embrace my culture and identity as a black man. It doesn’t have to be as overt as white boys saying “nigga.” It can be as subtle as, “Everyone knew you’d win. Black people are just better at basketball.”

Little things like this can chip and chip and chip away at your

identity until you simply believe the lies people tell you about yourself. I’m not “good at basketball because I’m black” (for one thing, I’m only all right at basketball). I’m better than you because I practiced and played for most of my life, while you dismiss that hard work by pointing at my skin tone.

SEGARO BOZART is a senior integrated marketing communications major. Connect with him at sbozart@ithaca.edu.

GUEST COMMENTARY

Small company internships provide valuable experience

BY COLLIN KANE

In the U.S., approximately 543,000 new businesses are started each month, according to Forbes. New and experienced entrepreneurs alike eagerly look to make the jump from a small-time operation to being a household name, racking in as much profit as they can. Every business starts small. However, I feel as though these small businesses and startups are looked down upon when students search for internship opportunities. As we all look to mark down any of those big Fortune 500 companies onto our resumes, I suggest taking a step back and starting small.

I have worked for a few new startups, including Ashana Health and Total Home Manager, so far throughout my college career and each experience has been a different adventure. As an integrated marketing communications major, I love to think about how diverse my education has been so far with learning many of the ins and outs of the marketing and communications world. However, some of the most diverse learning I have ever done has been while on the job.

Being a part of startup companies requires you to wear a lot of different hats. Personally, I have done not only marketing, but also sales, analytics, finance and some accounting for the startups I have worked for. Being exposed to all of these crucial business functions has taught me so much about every aspect of business

and has given me the chance to take on more responsibility. There is no better setting to get real-world exposure to the daily life of working in any business sector than working for a startup company.

On top of having more responsibility, startups offer you the chance to watch businesses grow. Being exposed to the groundwork and long hours that are put into getting a business off the ground and making it successful is a valuable experience. The startup I worked for this past summer, Ashana Health, was quite literally in the very beginnings of the business cycle. When I signed on, the company’s logo had just been finalized. Between that day and my return to school, the company had launched its website and had begun testing and actively looking for partners to join its pilot program. Within three months, the business went from barely having a logo to an active, online and recognizable brand. Being a part of that growth taught me just how quickly the business world moves and the opportunities that startups offer.

Opportunities are endless with startups as they are always looking for help. I think I can speak for a lot of people when I say that as an upperclassman in college, now is about the time where we all start freaking out about landing that stellar internship for the upcoming summer months. Much of this stress is caused by the desire of many students to compete with hundreds, if not thousands, of other



Collin Kane, a junior integrated marketing communications major, writes about the experience he has had interning at small business startups and their unique benefits.

ABBEY LONDON/THE ITHACAN

well-qualified students for limited positions at big companies.

Many big companies can make the intern experience more of a competition to impress. Due to this, a lot of interns miss out on valuable experiences. These bigger companies also show how bureaucracy can play a role in your experience as an intern. Because of the size of the organization and the tasks you are given, you may feel as though you are not doing the amount of work you are capable of doing. Why stress over this when there are always new and promising businesses looking for help? There are always opportunities with startups, and they can offer a lot to interns, whether

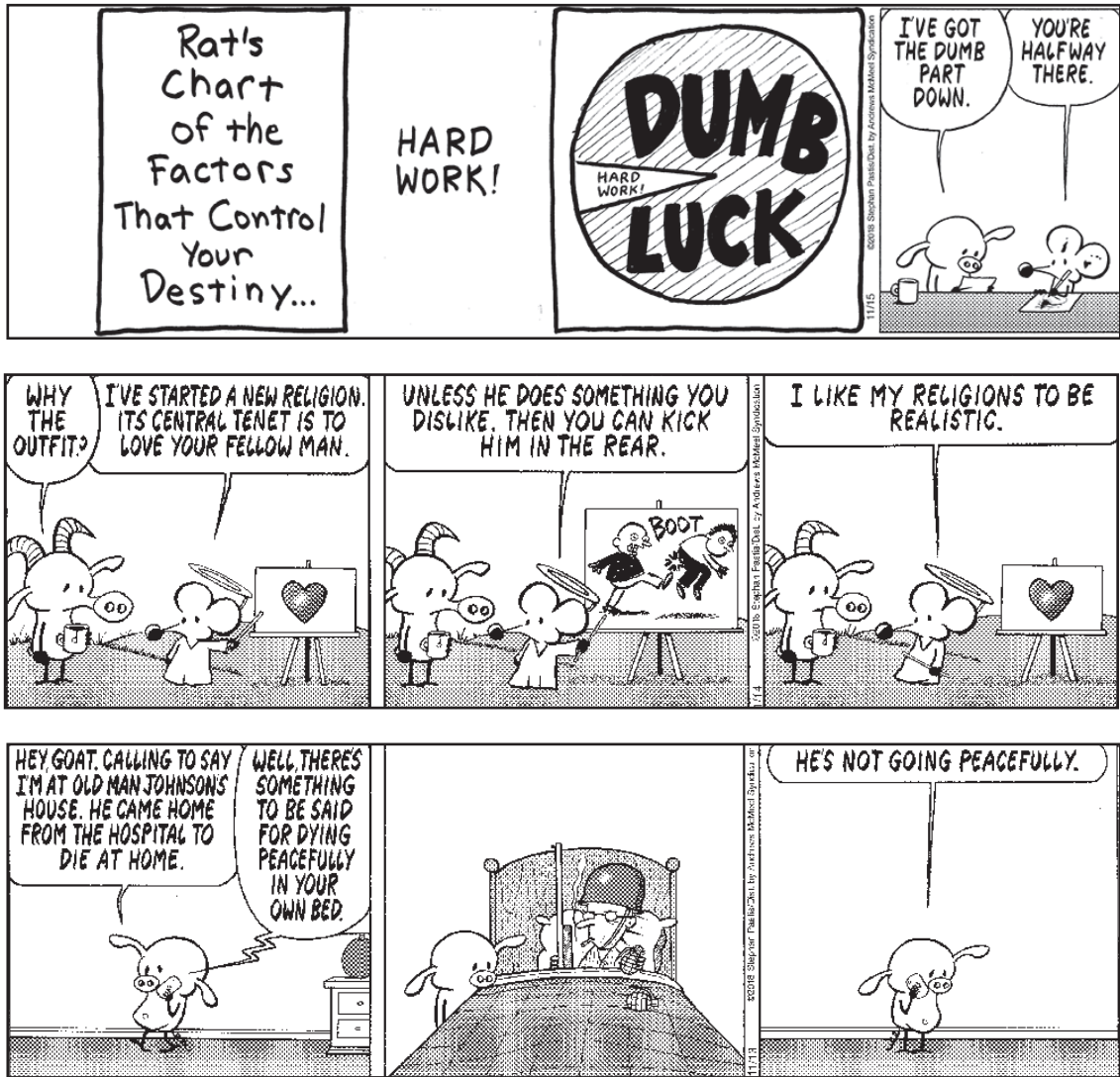
it be more responsibility or more meaningful work.

My advice: look small before planning big. Doing research can help you decide what size company is best for you. You may value having a big name on your resume or you may like being valued more at a smaller company. Before you start applying to big companies, just remember that startups offer hands-on experience in every aspect of business; you see the business grow and there are always opportunities with them.

COLLIN KANE is a junior integrated marketing and communications major. Connect with him at ckane3@ithaca.edu.

DIVERSIONS

Pearls Before Swine® By Stephan Pastis



Yesterday's Pasta By Avi Kendrik

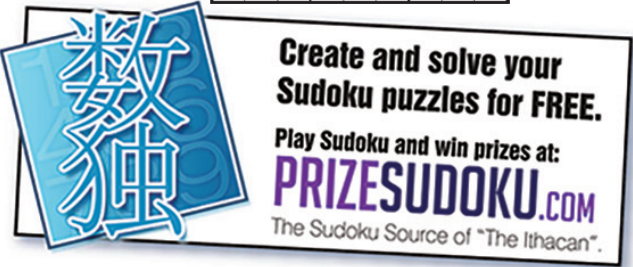


sudoku very hard

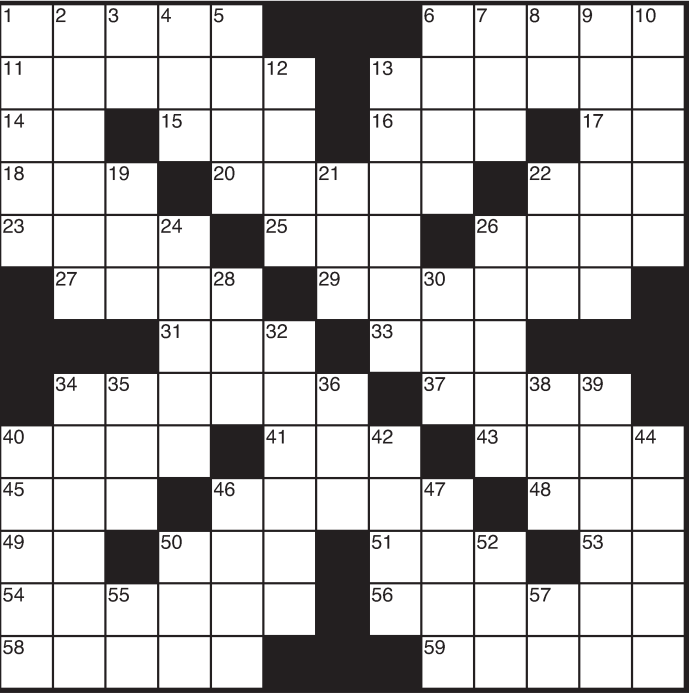
		2						1
	8	3			5		9	4
	9		2	6		5		3
		5		9		8		
	6			5		9		
				7		3	2	
	5	1				6		8
							5	
4							3	

answers to last issue's sudoku medium

6	9	1	5	4	3	2	8	7
8	7	4	2	9	1	5	6	3
5	3	2	6	7	8	4	1	9
2	6	9	4	3	7	8	5	1
4	5	7	8	1	2	3	9	6
1	8	3	9	6	5	7	2	4
3	4	8	1	2	6	9	7	5
9	2	6	7	5	4	1	3	8
7	1	5	3	8	9	6	4	2



crossword By United Media



- ACROSS**
- 1 Employs
 - 6 Oater showdowns
 - 11 Mild acid
 - 13 Elvis' hometown
 - 14 Mo. fraction
 - 15 O.T. judge
 - 16 "Arabian Nights" bird
 - 17 Little Rock's st.
 - 18 Joke with
 - 20 Desert havens
 - 22 Check fig.
 - 23 Make watertight
 - 25 German physicist
 - 26 Slant
 - 27 Pitcher Nolan -
 - 29 Alpine calls
 - 31 Total failure
 - 33 Give it the gas
 - 34 Hot dog
 - 37 Faint
 - 40 Watch over
 - 41 Novelty
 - 43 Wildlife den
 - 45 And, for Wolfgang
 - 46 Raga instrument
 - 48 Weed whacker
 - 49 Business abbr.
 - 50 Catwoman, to Batman
 - 51 - and cry
 - 53 Retirement income, briefly
 - 54 Mounds
 - 56 Bowling feat
 - 58 Google rival
 - 59 Rip-off
- DOWN**
- 1 Atlanta cagers
 - 2 More yucky
 - 3 About
 - 4 Summer, in Cannes
 - 5 Fodder storage
 - 6 Twosomes
 - 7 Checkout ID
 - 8 MIT grad, perhaps
 - 9 Cousins of camels
 - 10 Varieties
 - 12 Hi or bye
 - 13 Small earthquake
 - 19 Celine Dion's "A New - Has Come"
 - 21 Not outgoing
 - 22 Have a cough
 - 24 Put cargo on board
 - 26 Slanting edge
 - 28 Wimple sporter
 - 30 Drops on the grass
 - 32 Won't obey
 - 34 A Ryder
 - 35 Swing voter (abbr.)
 - 36 Scoundrel
 - 38 Pleased sigh
 - 39 Mall booths
 - 40 Sticky
 - 42 Morse-code syllables
 - 44 Adjust, as a timer
 - 46 Without aid
 - 47 "Bambino" of baseball
 - 50 Ziegfeld nickname
 - 52 Before, to Blake
 - 55 Fun house cry
 - 57 Two, for Livy

last issue's crossword answers

DEUX		GRIT		SHH
ALMA		OBOE		HIE
PLAN		BIND		ODE
	AMI		DOWEL	
KIDDY		BUYER		
ECRU		KEG		ROAM
POE		ILL		ROBI
INST		ELY		SMUT
	SUAVE		BASTE	
EYING		TOY		
DOE		LAMA		INCA
ADS		ORES		NEAP
MAT		WINK		GONE



ONLINE

For more on Sacred Root, go to theithacan.org/kava-bar

Patrons play chess at the Sacred Root Kava Lounge & Tea Bar, a late-night, downtown tea lounge. It serves kava, a root from the Pacific Islands used socially, ceremonially and medicinally for its relaxing effect. Kava's popularity has grown in the U.S. throughout the past few decades, but the owners of Sacred Root work to maintain its cultural integrity.

ELIAS OLSEN/THE ITHACAN

BY AVERY ALEXANDER
STAFF WRITER

A flight of stairs leads to the Sacred Root Kava Lounge & Tea Bar, an underground treasure trove of bright tapestries, paintings and rugs.

The air smells strongly of earth and the sweet aroma of tea. Sage burns behind the bar where rows of brightly patterned mugs rest. The bar opens into an area with a stage at one side and a chess table at the other. Bean bags lay in the center of the room, circling a table adorned with crystals and candles. Friends sit at the bar, on couches and at tables, chatting. Some people are engrossed in quiet work.

Unlike Ithaca's other cafes, which close in the evening, the Sacred Root Kava Lounge & Tea Bar opens at 3 p.m. and closes at midnight, making it one of the only late-night establishments that doesn't involve alcohol in the area.

The lounge was the idea of married couple and co-owners Paul Galgoczy and Judi Galgoczy. Using his experience in live-event management and her background in cafe management, the couple started their business in Sept. 2014.

Paul Galgoczy said he first tried kava at Judi Galgoczy's sister's wedding. Judi

Galgoczy has siblings who also own kava bars elsewhere in the country.

The walls are covered in beautiful, kaleidoscopic art pieces. The tables are as colorful as the walls, embedded with shining gemstones. A tiny room sits to the side of the bar, filled with shelves lined with crystals, henna and other spiritual goods. This is the sacred altar. Tea and kava are not for sale to take home at the sacred altar, but there are plenty of other items aimed at centering the soul and bringing about serenity.

Judi Galgoczy, an artist, chose the decor for the cafe, while Paul Galgoczy set up the space to accommodate large events.

"My wife is behind the aesthetic and the appearance of the space and the decor," Paul Galgoczy said. "I helped build the area for performances and music and that kind of thing. Then we combined that with kava, which we thought was a really healthy alternative to alcohol as a way for people to come and gather and to share their talents, art, performance, ideas, conversation and connection."

Kava is a plant found in the Pacific Islands. For centuries, Islanders have used it for medicine, social interactions and religious ceremonies. The root is harvested, ground up and turned into a beverage. It's a nonalcoholic drink that allows for psychological and physical relaxation. Kava bars have grown in popularity throughout the U.S. within the past few decades. Paul Galgoczy said he believes there are now over 100 kava bars in the country, whereas a decade ago, there were fewer than 30.

"The island nations consider kava to be a gift of the earth and a national treasure of their islands, but it's something that they are always ... wanting to share," Paul Galgoczy said.

Kava's popularity throughout the Western world has raised questions of cultural appropriation. Paul Galgoczy said neither he nor his wife has roots in the Pacific Islands, but that the Sacred Root Kava Bar & Tea

Lounge works to respect the intentions of those who kava originates from. In June, Native Hawaiian Jon Lovgren visited the cafe to give a talk and lead a kava ceremony.

"Kava is something that all of the island cultures hold very dear, but it's not something they feel exclusive ownership of," Paul Galgoczy said. "Any experience that we've had with guests who come into the business who are from the islands, they're always very pleased to find what they call kava culture being spread."

In addition, Paul Galgoczy said because kava has not become corporatized, it is grown sustainably. Its export benefits the farmers who grow it.

The drink itself is a light brown liquid that resembles chicken broth, and many describe the flavor as earthy. The bar serves the beverage in a coconut shell along with a pineapple slice. The pineapple slice serves as a chaser to the bitter, intensely-flavored kava, but customers can order flavored versions of the kava, like chocolate.

"We serve traditional kava as well as flavored versions, but most people don't drink kava for its flavor," Paul Galgoczy said.

Ithaca resident Jamie Shehu is a regular at the Sacred Root Kava Lounge & Tea Bar and said she has been frequenting the establishment at least once a week for about two months.

"I'm fairly new to kava," Shehu said. "I find it relaxing. Like if I have a whole lot of homework to do, I come here and drink some. It makes me feel completely relaxed."

Patrons can indulge in kava's natural relaxation agent, which many refer to as "nature's Xanax," along with other teas the bar offers.

Other options include standard green, white and black teas. There are also some uncommon choices as well, including a tea made of goji berries and one made of white peony. There are three menus to choose from. Under each selection, the menu describes, in detail, the tea's particular flavor profile, from earthy to floral. Besides teas and kava, the Sacred Root Kava Lounge & Tea Bar offers vegan desserts.

The cafe hosts events that wouldn't normally be held at any other cafe. On Sundays, the bar hosts reiki sessions in exchange for donations. Reiki is a Japanese healing practice where practitioners manipulate the body's energy centers, or chakras, to help relieve stress and pain. The cafe



Kava, often dubbed "nature's Xanax," is served as a bitter, brown drink that can be flavored.

ELIAS OLSEN/THE ITHACAN

also hosts meetings of the Red Tent,

a group of women who gather to discuss various facets of womanhood in society. Aside from these more unconventional events, the bar also holds game nights, chess matches and scheduled open mics.

Ithaca College freshman Cade Ferreras said he visited the bar for the first time hoping to buy loose leaf tea, but instead, he discovered that he enjoyed the atmosphere. Ferreras said he is planning to return to the establishment to play chess with the instructor and try kava.

Although the kava is a central aspect of the bar, community and acceptance also play a role in the experience.

"I've met a lot of nice people here from different backgrounds," Shehu said as she gestured toward two men chatting across the bar. "They're all really friendly and nonjudgmental."

Ferreras said he also found a comfort in the community of the business.

"Just from the seven people that were there, I could tell how the community came together in this place just to relax and how welcoming they all are," Ferreras said. "I came out with ... a sense of the community that exists here, ... and I am happy to be a part of it."

Assistant Life & Culture Editor Olivia Riggio contributed to reporting.

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Customers use the Sacred Root Kava Lounge & Tea Bar to do homework, talk, play chess and relax.

ELIAS OLSEN/THE ITHACAN

CULTURED

‘Breaking Bad’ creator planning offshoot movie



Actor Bryan Cranston appeared on “The Dan Patrick Show” and confirmed rumors that a “Breaking Bad” offshoot film is in the works. He said the show’s creator, Vince Gilligan, reached out to him about his ideas, but it is unclear whether Cranston’s iconic character, Walter White, will have a role in the film. Gilligan will write, produce and possibly direct the film, but Gilligan has not released any information about a possible plotline. Additionally, the “Breaking Bad” prequel series, “Better Call Saul,” is set to air its fifth season in 2019.

Missy Elliott nominated for Songwriters Hall of Fame

Missy Elliott is the first female rapper to be nominated for the Songwriters Hall of Fame. Elliott, who achieved stardom throughout the ’90s and early 2000s, is also a producer and songwriter who has written for Beyonce and Whitney Houston. If inducted, Elliott would be the third rapper to be granted the honor, alongside Jay-Z and Jermaine Dupri.



Whitney Museum of Art opens Andy Warhol exhibit

The Whitney Museum of Art in New York City is holding a retrospective exhibit of Andy Warhol’s life and works until March 31. The exhibit will include some of Warhol’s most iconic paintings but will also incorporate research on the artist and his contributions to corporate and pop art. It also attempts to put Warhol’s influence into a 21st-century lens. This exhibition will be the first Warhol retrospective organized in the U.S. since 1989.



Amazon Music introduces new feature for Alexa

Amazon’s smart speaker, Alexa, now has the ability to follow artists and notify users when their favorite musicians release new content. With the feature enabled, the Echo device will light up when music news awaits. Users can also opt to receive new music notifications on the Amazon Music app. Alexa is now also content-aware, meaning users can ask the device to follow a song’s artist while it’s playing.

Students discuss fashion and self-expression

BY MATILDE BECHET
STAFF WRITER

Sophomore Angel Sohu walks confidently to class wearing a crop top, bell-bottom jeans and red heels. She tops off her outfit with a puffy winter coat. The chilly autumn does not stop her from showing some skin. Sohu said she uses fashion to express her identity.

College can serve as a time for students to step out of their comfort zone and explore certain aspects of life, fashion included. While fashion can sometimes be a means of status expression, many students at Ithaca College use fashion to explore their identities.

Sohu said she challenges her culture's expectations by wearing outfits that make her feel confident and feminine.

"Indian culture is just known to be conservative," Sohu said. "Don't get me wrong, I love my culture. ... I love being Indian. But part of why I wear revealing clothing sometimes, [is] obviously, at the end, for myself, but also just to kind of fight that whole conservatism clothingwise in Indian culture."

Sohu has learned to embrace her style despite having encountered hostility for wearing certain clothes.

"I know growing up, ... my extended family would be like, 'Angel, what are you wearing?'" Sohu said. "It's just very empowering for me to be able to take my own sexuality and my own ... display of myself into my own hands."

Culture and fashion also interlace for sophomore Maya Lewis. She wears black, rainbow-striped tracksuit pants with her newest pair of Nike Air Max sneakers: an addition to her collection of Nikes that has grown to

include five pairs.

"In terms of sneakers playing a major role in black culture, my older brother, who's 28, put a lot of emphasis on his sneakers when he was in high school," Lewis said. "He would custom design his Nikes. As I got older, I started to also emphasize my sneakers. And also just caring about them while looking at them as more than just shoes but also a major part of my outfit and appearance."

Fashion has also allowed certain students at the college to challenge gendered norms. Sophomore Noah Lindsay wears baby-pink shoes, blue jeans and a baseball T-shirt that reads "Baby Slut" in pink lettering, a reference to his favorite show, "The Unbreakable Kimmy Schmidt."

"I just try to use a lot of bright colors because I don't really see a lot of men or male-presenting people wear brighter colors," Lindsay said. "But by wearing pink colors like this I feel like it already challenges a couple stereotypes put into place."

Fashion allows students to both break away from and feel connected to their culture. It's also a form of expression, allowing people to question social norms. Some male students experience judgment for putting effort into their looks.

"I feel with culture, it's kind of shunned upon when men care about their skin or care about how much effort they put into their hair," freshman Simeon Alvarez said. "I feel like that should ... stop, because I don't feel like it should be a feminine or a girly thing to care about your body and the way you present yourself to others."

Lindsay also said he uses fashion to tackle the toxic masculinity he sees. He said he takes pride in wearing clothes that can be scrutinized for being too feminine.



From left, sophomore Maya Lewis, freshman Simeon Alvarez and sophomore Angel Sohu express their individual styles. Fashion can be a way to resist norms and discover oneself during college.

JULIA CHERRUAULT AND ELIAS OLSEN/THE ITHACAN

"Speaking as a black, homosexual male that was raised in a Christian household, primarily, growing up, I know the importance of toxic masculinity, specifically within the black community," Lindsay said. "Masculinity is held to such a high standard. ... So to implement femininity within clothes or a sense of gender neutrality kind of breaks those stereotypes in a subtle way, in a way that shouldn't upset people but also in a way that makes a statement."

Sophomore Jacqueline Agahigian said society's beauty standards cause women to avoid dressing in specific looks.

Agahigian said she chooses not to wear certain clothes because of

society's judgment of women with curves. Though the fashion industry is making strides through inclusive campaigns like #AerieReal, which does not use Photoshop and aims to hire diverse models, plus-sized women still experience judgment for their bodies. Agahigian said during two incidents on campus, she was publicly shamed for her curves.

"I wear a lot of tight clothing because it shows off my curves and that's good, I love that," Agahigian said. "I was once walking on campus ... and a girl goes, 'Excuse me, I'm not trying to offend you but damn, you are curvy and thick,' and I was wearing yoga pants."

Sohu has also found herself in

judgmental situations when expressing her personality through fashion.

"I've definitely had some days where I've worn some things and people have looked at me and been like, 'What is she doing? Does she know we're not going clubbing?' and I'm like, 'Why do you guys care so much, what's the big deal?'" Sohu said.

As both a form of resistance and self-expression, fashion offers room for experimentation and forming identities.

"Fashion is self-expression," Lindsay said. "Fashion is funny. Fashion is anything you want it to be."

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Cherry Artspace to host vaudeville performance

BY ARLEIGH RODGERS
STAFF WRITER

The Cherry Artspace, named for its location on Cherry Street in downtown Ithaca, is a theater that holds art exhibitions, concerts, dance performances and literary readings. This year, the Cherry is hosting a show that dabbles in a little bit of everything — "La Cerise Noire," a neo-vaudeville show premiering Nov. 16 and 17.

The two-day debut of "La Cerise Noire" will feature eight performances. Juggling, belly dancing, magic, drag, puppets, acrobatics, boylesque — men performing burlesque — and comedy acts will be featured in the performance. Mickie Quinn '94, director of Park Promotions at Ithaca College and co-creator of "La Cerise Noire," said there will be a script and a story that connects the show's acts.

Turn-of-the-century vaudeville employed similar lineups to "La Cerise Noire." Comedians, ventriloquists, singers and acrobats all nestled into the comfortable chaos of vaudeville performances, which first emerged in the 1850s. Vaudeville even served as a pathway into mainstream showbiz for many film stars. Bert Williams, Buster Keaton and Charlie Chaplin all began as vaudevillians, and the jaunty, physical humor they perfected in their vaudeville acts shone in their silent films.

Quinn said that if the show is successful, she hopes it will be performed twice a year. "La Cerise Noire" will pay homage

to old vaudeville shows.

"There's a nod to the type of acts that would appear in the vaudeville shows from the 1920s, ... but they don't have to be vintage," Quinn said. "The music they're performing to doesn't have to be vintage, ... though there will be some acts that are a nod towards the past."

Scott Hitz, puppeteer and the show's producer, said he and Quinn worked to create a classic vaudeville without erasing modern influences. The pre-show will feature music from Postmodern Jukebox, a band that transposes modern music into a 1930s style.

"It's really harking back to that era that we're trying to get to," Hitz said. "However, it's also

not ignoring the fact that we live in the times that we live in. It's that vibe but also with a little bit of a modern twist."

Twentieth-century vaudeville was often aimed at male audiences. But Stage Manager Katt Has said there's no real target audience

for vaudeville now. "La Cerise Noire" is for anyone who wants to participate.

"I don't think there's a target audience, per se," Has said. "That's the nice thing about working with the Cherry ... is that it's for anybody."

Quinn and Hitz both said they believe the Cherry is the ideal location for "La Cerise Noir" to debut. Initially empty and featureless, the spacious theater creates an atmosphere that fosters artistic freedom, Quinn said.



Mickie Quinn, director of Park Promotions at Ithaca College, acts as the character Cherry Bomb in "La Cerise Noire," a vaudeville-inspired show performed at the Cherry Artspace.

ELIAS OLSEN/THE ITHACAN

"The Cherry Artspace, as a physical location, is a giant empty cube that you can go in and sculpt into whatever you can dream up," Quinn said. "And so, we have dreamt up this night that is basically a 360 experience for everyone. It's going to be a traditional stage, seats, but there are going to be things happening in the whole entire space, and we get to set it up that way."

Senior Benjamin Kloplic is a student member of "La Cerise Noire." A juggler for the show and co-president of ICircus, Kloplic said he had previously performed in a circus group downtown before being recruited to join the vaudeville by Quinn.

"There's an organization downtown called Circus Culture," Kloplic said. "They used to have cabarets every first Friday. They were all circus acts, so this has a little more variety."

Drag performer Dizzy DeScretion has also found a place on the show's lineup. DeScretion has performed at The Range and Lot 10, and she said she is thrilled to bring her drag to

the history, comedy and fast-paced atmosphere of vaudeville.

Has also said the cast and crew have been a delight to work with.

"We all kind of live it, in our own way," Has said. "I mean, we're putting on a vaudeville show because, quite frankly, we're all pretty surreal people to kind of begin with. ... And I love working with these people because ... step one of that approach is 'How is this going to be fun for absolutely everybody involved?'"

Friday night will include an open bar and hors d'oeuvres for \$75. A Saturday night ticket is \$25, and both nights will feature sketches and performances. Doors will open at 7:30 p.m., and the show will commence at 8 p.m. Tickets and other information can be found on the Cherry's website, <http://www.thecherry.org>.

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‘Nutcracker’ doesn’t need dancing to dazzle

BY AVERY ALEXANDER
STAFF WRITER

A well-known Christmas story, “The Nutcracker,” seems like it would be incomplete without the ballet that it’s known for, but Disney makes it work. “The Nutcracker and the Four Realms,” Disney’s adaptation of the well-known Christmas ballet, is a splendid take on the classic fairytale.

The plot of “The Nutcracker and the Four Realms” follows the basic aspects of its source material. As in the ballet, the story follows a young girl named Clara (Mackenzie Foy) who gets transported to a mystical world of sweets and magic made up of four realms: the Realm of Sweets led by the Sugar Plum Fairy (Keira Knightley), the Realm of Snowflakes led by Baron Shiver (Richard E. Grant), the Realm of Flowers led by Baron Hawthorne (Eugenio Derbez) and the Realm of Amusement led by Mother Ginger (Helen Mirren). Clara sets out to stop the villain, Mother Ginger, from destroying everyone. Clara’s mother also plays a much larger role in this version, being the creator of the four realms and the people within them. This detail is hugely different from the original, in which none of Clara’s family knows about the world of the Nutcracker.

MOVIE REVIEW
“The Nutcracker and the Four Realms”
Walt Disney Studios
Our rating: ★★★★★

Foy as Clara is a perfect choice. Foy is known for her role in “The Conjuring” as Cindy and for lending her voice to the character formally known as The Little Girl in Netflix’s adaptation of “The Little Prince” book. Foy brings confidence to Clara’s character and offers a performance packed to the brim with emotion and power.

Another standout is Jayden Fowora-Knight (Phillip, The Nutcracker). Despite being new to Hollywood, Fowora-Knight’s ability to add subtlety and believability to his character makes it seem like he’s been on the silver screen for years. Phillip starts out as a shy follower but gains confidence. Fowora-Knight compliments Foy and brings the character out of his shell.

Derbez is the one actor whose performance wasn’t quite up to snuff. Derbez spends the whole time trying to play the stuttering, flustered, airheaded Hawthorne, but the performance ends up forced and annoying. Derbez’s performance is one of the only negative aspects of the film.

“The Nutcracker and the Four Realms” has fantastic costume work, more impressive than other live-action Disney movies. In the beginning, when the setting takes place in the normal world, the costumes are satisfyingly accurate to the time



Mackenzie Foy stars as Clara, and Keira Knightley plays the Sugar Plum Fairy in Disney’s adaptation of “The Nutcracker.” Despite changing source material and omitting dance, it is a charming Christmas film.

WALT DISNEY STUDIOS

period and location. Characters don lovely Victorian-style ball gowns with flowery patterns and hairstyles with coiled curls. In the realms, the costumes are as baffling and magical as the rest of the world. The Sugar Plum Fairy’s dress is a standout among the costumes. In all shades of pink and purple, it looks yummy enough to eat.

Another aspect of the movie that stands out from other live-action Disney movies is the CGI and green screen work. Although other movies

by Disney have decent CGI, “The Nutcracker and the Four Realms” looks so real in some places that it’s scary. In the climax of the movie, Clara has to climb along the back of the castle, which hangs off a plunging cliff, with frothing, dangerous waters below. The visuals trick the eye impressively, creating the seamless illusion that Clara really is just one slip away from death. The computer effects are organic, and the fantasy world jumps off the screen.

Though the movie may stray from the story people know, it is still an amazing adaptation that deserves fair praise. From the impressive acting to breathtaking costume design and jaw-dropping CGI, “The Nutcracker and the Four Realms” is a whimsical and marvelous retelling of a Christmas classic.

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Lil Yachty goes down with his sinking ship

BY DAVID WEST
CONTRIBUTING WRITER

It’s no secret Lil Yachty is one of the most idiosyncratic rappers out there, just as it’s no secret that he’s also one of the most frustrating.

It’s not often that a rapper with such versatility fails to demonstrate it so frequently, in favor of empty, meaningless noise. “Nuthin’ 2 Prove,” Lil Yachty’s second album of this year, continues this disappointing trend of a gifted musician discarding his talent yet again for a track list of annoying, monotonous songs that lack any hint of style or substance.

ALBUM REVIEW
“Nuthin’ 2 Prove”
Lil Yachty
Capitol Records
Our rating: ★★★★★

in full effect, there’s not much that can stop him, and there’s not a beat in the world too rough for him to ride. Anyone with doubts can refer to “Up Next 2,” Carnage’s “Mase in ’97” or Tee Grizzley’s “From the D to the A” to hear Lil Boat’s talent as a genuine, capable rapper.

“Nuthin’ 2 Prove” unfortunately boasts neither Lil Yachty nor Lil Boat achieving even a sliver of what they’re capable of. His excessive auto-tune mixes with his monotone flow to create a series of mumbling, low-energy tracks that lack the youthful, vibrant spirit of his earlier music. This is an album in which, in order to find any shred of pleasure or meaning, one must first put themselves in the same emotionally hollow place that the music comes from.

The only emotion “Nuthin’ 2 Prove” evokes is frustration. Expecting to feel anything more is an unrealistic venture that the current Lil Yachty cannot accommodate. The days of “Broccoli” and “Minnesota” are long gone, as the unique artist who once brought sunshine to the ears of rap and pop fans seems to be missing in action. The Lil Yachty who makes you feel like summer only pops up for a quick second in the infectiously cheerful “Everything Good, Everything Right.”

On the eighth track on the album,



CAPITOL RECORDS

he enlists the help of power couple Cardi B and Offset, who play the role of hip-hop paramedics frantic to revive this dying project. The result is “Who Want the Smoke?” a trap powerhouse produced by the biggest name in the beat-making business, Tay Keith. Yachty’s hook is tame and forgettable, but Cardi B and Offset step forth to deliver arguably the best verses of their careers. Other features like Playboi Carti, Trippie Redd and Kevin Gates do what they can to propel the album forward, but there’s only so much they can do when Lil Yachty seems determined to sink the boat carrying his dying reputation as a real rapper.

Ironically, the one thing “Nuthin’ 2 Prove” does is establish that Lil Yachty has much to prove. He must prove his versatility and talent, however hidden it may be beneath the hills of this noise that plays to neither of his strengths as a singer or rapper.

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‘Deltarune’ delivers

BY AVERY ALEXANDER
STAFF WRITER

Every gamer worth their salt should know what “Undertale” is. The role-playing game sensation was released back in 2015 and overtook the video gaming world in the blink of an eye.

The game was developed by Toby Fox and amassed a giant fandom, but over time, players lost interest. That’s why it was so surprising when Fox posted the link to chapter one of “Deltarune,” an “Undertale” spinoff game, on Oct. 31.

VIDEO GAME REVIEW
“Deltarune”
Toby Fox
Our rating: ★★★★★

First off, “Deltarune” is not a sequel. Although the game has the same art style and characters as “Undertale,” Fox has gone on the record saying the two stories take place in different worlds. The plot of “Deltarune” is similar to “Undertale” — a genderless protagonist falls into a world of monsters and has to find their way home.

“Deltarune” is also an amazing game on its own. First off, the graphics are modeled after classic 8-bit games like “Metroid” and early “Mario” games. This stylistic choice sets “Deltarune” apart from the majority of games today, which tend to value 3D animation.

Although 8-bit games are considered old, their inspiration in “Deltarune” is pleasantly fresh.

Another outstanding aspect of “Deltarune” is its soundtrack, which utilizes synthesized sound and electronic components. The music, like the 8-bit art style, feels like a throwback to old games and is quite refreshing.

At this point, Fox has only released the first chapter of “Deltarune,” which consists of approximately three hours of gameplay. The gaming community might have a long wait ahead of it for the next part of this mysterious game, but it should be worth it. If the rest of the experience is as well-fabricated as chapter one, then the wait will be acceptable. For the time being, “Undertale” fans will have to hang in there until Fox works his magic once again.

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TOBY FOX

QUICKIES



REPUBLIC RECORDS

“THANK U, NEXT”
Ariana Grande
Republic Records
The sheer chutzpah of name-dropping four ex-boyfriends takes “thank u, next” to another level. The song’s instrumentals are seemingly sweet and lack edge, but Grande’s confidence shines through the sticky hook.



COLUMBIA RECORDS

“SEX WITH MY EX”
Lil Peep
Columbia Records
Lil Peep’s posthumous release is a surprising masterpiece. “Sex with My Ex” starts with atmospheric guitar that combines seamlessly with a trap beat and vocals that have a pleasing, pop-punk nasality.



UNSIGNED

“OCEANS”
The Wombats
Unsigned
The Wombats are in the same radio-friendly, alt-pop vein as The 1975 and Pale Waves. “Oceans” is ‘80s-inspired and danceable but nothing more; it lacks the cohesion and distinctive vocals that characterize the other bands.

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THE BOMBERS ROUNDUP



The Ithacan’s sports staff provides statistical updates on all of the varsity Bomber squads during the fall and winter seasons



Senior outside hitter Katie Evans spikes the ball over the net against two players from Stevenson University in the Round of 32 on Nov. 10 in Ben Light Gymnasium.

ELIAS OLSEN/THE ITHACAN

Football

RESULTS		STANDINGS		
	24–21		School	Conference
Ithaca	Nov. 10	SUNY Cortland		Overall
			RPI	4–1
			Ithaca	4–1
			Union	3–2
			Hobart	3–2
			St. Lawrence	1–4
				8–1
				8–2
				7–2
				5–4
				2–8

Next game: Noon Nov. 10 against SUNY Cortland in Cortland

Men’s Crew

RESULTS		
Name	Place	Time
Novice 4+	1st	7:23.33
Novice 8	2nd	7:18.15
Varsity 8	3rd	6:22.20

Next match: 8 a.m. March 30 at the Cayuga Duels at the Cayuga Inlet in Ithaca

Men’s Cross Country

NCAA Regional Championship Results		
Name	Place	Time
Chris Singer	14th	26:47.4
Forest Stewart	33rd	27:09.5
Garrett Bampos	44th	27:19.9
Chris Tinti	45th	27:24.0
Danny Jagoe	56th	27:34.2

Next match: Chris Singer will compete at the NCAA Division III Championships at 11 a.m. Nov. 17 in Oshkosh, Wisconsin

Women’s Cross Country

NCAA Regional Championship Results		
Name	Place	Time
Sarah Rudge	26th	23:21.6
Maggie Nickerson	29th	23:27.9
Annie Morrison	33rd	23:35.7
Parley Hannan	45th	23:54.1
Kelly Farrell	58th	24:11.2

Men’s Swimming and Diving

RESULTS		
Name	Place	Event
Stanley Zaneski	1st	50-yard freestyle
Andrew Mikhailichenko	1st	200-yard individual medley
Jake Hewitt	1st	200-yard butterfly
Nate Bartalo	1st	200-yard freestyle
Justin Moczynski	1st	1-meter dive

Next meet: 6 p.m. Nov. 30 for the Ithaca Bomber Invitational at the A&E Center Aquatics Pavillion

Women’s Swimming and Diving

RESULTS		
Name	Place	Event
Genny Tripler	1st	100-yard freestyle
Morgan Hoffman-Smith	1st	200-yard freestyle
Jaclyn Pecze	1st	50-yard freestyle
Olivia Schlackman	1st	500-yard freestyle
Anna Belson	1st	1-meter dive

Next meet: 6 p.m. Nov. 30 for the Ithaca Bomber Invitational at the A&E Center Aquatics Pavillion

Wrestling

Northeast Duels Results		
Name	Weight Class	Place
Ferdinand Mase	125	T1st
Logan Ninos	125	T1st
Jawan Jones	157D	1st
Austin Whitney	165D	1st
Jake O’Brien	285C	3rd

Next match: 9 a.m. Nov. 18 at the New York State Collegiate Championships in Ithaca

Women’s Soccer

RESULTS				
	1–0			0–0 *
Ithaca	Nov. 10	Rochester	Middlebury	Nov. 11

*Middlebury won 3–0 in penalty kicks

Volleyball

RESULTS			
	3–0		
Ithaca	Nov. 9	Southern Vermont	Ithaca
	3–0		Next game: TBA Nov. 15 in Pittsburgh, Pennsylvania
Ithaca	Nov. 11	Carnegie Mellon	

Division I swimmer becomes assistant coach

BY JACK MURRAY
ASSISTANT SPORTS EDITOR

As graduate student Andrew Marsh finished his 50-meter freestyle race at the 2016 U.S. Olympic Trials, he knew his collegiate swimming career was over.

Marsh, the new graduate assistant coach for the Ithaca College men's swimming and diving team, graduated from West Virginia University in 2016 after swimming for the Mountaineers. His career highlights include winning the 100-yard backstroke at the 2016 Big XII Championship and finishing in third in both the 100-yard butterfly and the 100-yard freestyle at the same competition. He also qualified for both the 2015 and 2016 NCAA Division I Swimming and Diving Championships and the 2015 Junior Olympics, where he competed for Team Pittsburgh and finished in first in multiple events.

In the 2016 Olympic Trials, he competed in four events, with his best finish being 20th in the 100-meter backstroke. While Marsh did not qualify for any events at the 2016 Rio Olympics, he said that he always wanted to end his career with the Olympic dream in the picture.

After graduating and deciding not to train for the 2020 Summer Olympics, Marsh chose to enroll at the college so he could take advantage of its sports psychology program, which he felt would balance well with his undergraduate degree in athletic coaching. He emailed head coach Kevin Markwardt when he applied in March about becoming a graduate assistant coach. Markwardt accepted and began to give him details about the program.

While swimming became his life passion, Marsh said that his introduction to the sport was to help him stay active as a child.

"I always joked that my mama put me in swimming at nine just to get me in shape, just get me off the couch," Marsh said. "Ever since then I have kind of had an affinity for it and really enjoyed it."

Markwardt said that Marsh has been a quality addition to the program since the departure of long-time assistant coach Jake Lichter '13. Lichter, who took an assistant coach position at Cornell University, had been a four-year member of the team, as well as a senior captain. He then coached the team until the 2017 season. Markwardt said that while he did not know Lichter would be leaving until August of this year, he knew Marsh would add talent to the program. In addition to his swimming career, he also coached 12- to 18-year-old swimmers at a club program in Chicago as a volunteer assistant coach.

"After our initial conversation, I knew this guy wasn't going to be a burden, like I need to give this guy something to do," Markwardt said. "This guy is actually going to come in and help my program."

Markwardt said that Marsh is one of the first assistants he has had that came from outside the program, and that has led to some different ideas involving training.

"He got these pieces of PVC plastic and put a noodle on them," Markwardt said. "It makes a T, and you put it on the lane. We always are trying to get players to streamline when they enter the water, and this invention forces them to stay underwater."

Streamlining refers to swimming form, and it is the most efficient way to tread water. It involves keeping the body straight so that there is as little resistance as possible to slow the swimmer down. It is especially important for swimmers to be able to streamline when they start a race, as it allows them to get the fastest start possible.

Markwardt also said that Marsh has designed the team's Tuesday and Thursday workouts. Marsh devotes Tuesday workouts toward kicking mechanics. Marsh said that kicking was his specialty and that the skill is crucial to becoming a strong swimmer.

"I always joked that I wasn't that good of a swimmer, I was just really good at kicking,"



Andrew Marsh, graduate student assistant coach, helps run the men's swimming team practice. Marsh was a Big 12 champion at West Virginia University during his senior year.

ABBIE LONDON/THE ITHACAN

Marsh said. "If you look at the human body and all of our muscles, roughly 70 percent is below your waste. If you then look at how swimmers training, they are not kicking full fledged. If your lower body has that much muscle, you really have to train it so it can withstand a race."

Senior Kellen Scanlan said that the experience that Marsh has brings gives the team a different view on how swimmers are performing and what they need to work on.

"He is the former DI swimmer, so right off that bat, we knew we weren't at the same level that he was," Scanlan said. "Getting that perspective of what it was like to be a DI athlete, and hearing him notice that our set is really hard helps us feel good about what we are doing

because he swam at such a high level."

While Marsh swam at the Division I level, he enjoys the effort the Division III swimmers give at the college and admires their desire to continue to play the sport.

"At the Division I level, there are a lot of people who have to be there versus want to be there," Marsh said. "You, as a swimmer or an athlete, were really good in high school and got recruited to play Division I, which most people aren't going to say no to. They could leave tomorrow and nothing could happen to them. They come out every day because they want to be here."

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From CORTACA, Page 1

intercepted by senior Cortland linebacker Mark DeLuise, but the Red Dragons were unable to capitalize on the play, ending their drive still down by two touchdowns.

With 7:37 remaining in the half, Cortland had nine penalties for 92 yards.

Cortland head coach Dan MacNeill said the penalties played a huge role in the game.

"I thought, just too many penalties," MacNeill said. "That really kind of sums it up. Pain is the teacher once again. The uncharacteristic personal fouls, it's hard to wrap yourself around that."

On second-and-7, junior running back Isaiah D'Haiti had a 2-yard run. On third-and-5, Nabi was sacked for a 9-yard loss by senior Cortland defensive lineman Tanner Olsen and junior



Members of the team get adjusted to the weather conditions during their warmups.

JULIA CHERRUAULT/THE ITHACAN

defensive lineman J. J. Pasqualone. Fallon lined up for the 34-yard field goal but missed to keep the Bombers lead at 14.

Johnnie Akins, senior Cortland running back, picked up a 14-yard run for the Red Dragons to take over at the 47-yard line. Two plays later, a grounding penalty on junior Cortland quarterback Brett Segala pushed the Red Dragons to a third-and-21, and they were unable to convert on the next play.

On Cortland's punt, senior Bombers linebacker Pat Minogue partially blocked the punt to set the South Hill squad up at its own 49-yard line. Anderson broke a 13-yard run on the next play.

Nabi then passed to junior wide receiver Will Gladney for a 21-yard pickup. Nabi passed to Gladney again for a 17-yard touchdown reception. Fallon converted on the extra point and with 1:44 remaining in the first half, the Bombers found themselves up 21-0.

On second-and-15 for Cortland, Segala passed to senior wide receiver Nick Anderson for a 42-yard touchdown pass to put Cortland on the board for the first time in the game. With 43 seconds left in the first half, the Red Dragons trailed 21-7.

At the end of the first half, Nabi was 8-11 with 151 yards and two touchdowns. Kendall Anderson had 67 rushing yards with one touchdown. Segala was 12-19 for 136 yards with one touchdown.

The Blue and Gold started with the ball in the second half but were unable to score. When Cortland tried to convert on fourth and 7 on the next drive, Segala was sacked by junior Bomber John Hadac.

With 2:08 remaining in the third quarter, Fallon kicked a 29-yard field goal to extend the lead 24-7.

On the first play of Cortland's next drive, Akins broke a 65-yard touchdown to run. With

“We were ready to go, it was a great game, we competed till the bitter end.”

– Dan Swanstrom



Junior running back Kendall Anderson extends for extra yards on a rush. Anderson rushed for 115 yards on 26 attempts and scored a touchdown, averaging 4.4 yards per carry.

JULIA CHERRUAULT/THE ITHACAN

the extra point attempt good by junior kicker Nick Mongelli, the Bombers led 24-14 with 1:49 remaining in the third quarter.

With 11:48 remaining in the fourth quarter, Segala rushed to the right for nine yards for a touchdown. With the touchdown, Segala scored his second of the day to narrow the lead to 24-21.

With 1:43 left in the game, D'Haiti fumbled the ball on the Cortland 12-yard line. With the momentum in Cortland's favor, Segala passed on third-and-10 and was intercepted by senior linebacker Ryan Bronson to seal the deal for the Bombers.

"Our guys just prepared well," Bombers head coach Dan Swanstrom said. "We were ready to go, it was a great game, we competed till the bitter end, and I'm glad it was in our favor."

Anderson rushed for 115 yards, while Nabi

had 209 passing yards with two touchdowns. For Cortland, Akins had 137 rushing yards and one touchdown, while Segala had 161 passing yards and one touchdown.

Nabi said that winning the second straight Cortaca Jug was important to the team.

"It feels good," Nabi said. "I play for the seniors, and I want these guys to always have a lasting memory."

The Bombers are now 8-2 on the season, while the Red Dragons drop to 7-3. The Bombers will play Utica College in the East Coast Athletic Conference Scotty Whitelaw Bowl on Nov. 17 at Cornell University at 1 p.m.

Assistant Sports Editor Jack Murray contributed reporting to this article.

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KEEPING THE JUG

BOMBERS DEFEAT CORTLAND



Junior wide receiver Will Gladney dives into the endzone for a touchdown during the 2018 Cortaca Jug game, while Max Jean, Cortland senior defensive back, tries to stop him. JULIA CHERRUAULT/THE ITHACAN



Fans cheer on the Ithaca College football team during Cortaca. The Blue and Gold beat SUNY Cortland in the 60th annual game 24-21 at the Stadium Complex in Cortland. JULIA CHERRUAULT/THE ITHACAN



Freshman kicker Brian Fallon lines up for the opening kickoff of the game. Fallon averaged 53 yards in his five kickoffs during the South Hill squad's win over Cortland. JULIA CHERRUAULT/THE ITHACAN



Sophomore wide receiver Andrew Vito catches the ball during the pregame. Vito led the team in receptions with five while having 100 yards during the game. JULIA CHERRUAULT/THE ITHACAN



From left, sophomore defensive back David Nieto, senior linebacker Pat Minogue and freshman defensive back Michael Rouns celebrate at the 2018 Cortaca Jug game. JULIA CHERRUAULT/THE ITHACAN

THE BIG PICTURE

THURSDAY, NOVEMBER 15, 2018



Sophomore Justin Moczynski initiates his takeoff before a dive at a meet against Le Moyne College on Nov. 9. The Blue and Gold emerged victoriously with a final score of 174-63.

JULIA CHERRUAULT/THE ITHACAN