

THE ITHACAN

THURSDAY, DECEMBER 6, 2018 • VOLUME 86, ISSUE 13



SOUNDCLOUD RAP

Ithaca College students share their music on SoundCloud, an online do-it-yourself audio sharing platform.

Page 13

SHUT DOWN SODEXO

After disappointing students for years, the college should consider other dining options.

Page 9

PREVENTING INJURIES

Bombers Helping Bombers is a program on campus that educates club sport athletes about protecting their muscles.

Page 19



Parents create petition to review dining services

BY RYAN KING
STAFF WRITER

A petition circulating social media calling for changes to Ithaca College's dining practices has garnered over 500 parent and student signatures in recent weeks.

The petition, which was posted before Thanksgiving Break on Nov. 14, included a picture of a moldy hamburger bun that the petition claims was served to a student in Terrace Dining Hall on Nov. 9. The petition appears to have originated from a parent, but the author posted the petition anonymously. *The Ithacan* made several attempts to reach out to the author for comment but received no response. The petition calls on the college to conduct a comprehensive review of food services on campus and to explore the possibility of partnering with the Cornell University food studies program in that process.

"Over the past few years, there have been numerous complaints by our students attending Ithaca College regarding the quality and safety of the food served at on-campus dining halls," the petition read in part. "Issues ranging from moldy bread to spoiled milk to contaminated meat continue to be raised. We hear these complaints from our children via text and texted photos."

Jeff Scott, director of Dining Services, said that Dining Services was not contacted right away about the moldy bread mentioned in the petition but that it investigated the moldy

bread incident as soon as they found out. He said they checked their inventory and reviewed best practices with their employees.

"I certainly understand the concerns, and there are opportunities to plan for the future, and I'm all for that," Scott said. "One of the things we always try to stay on top of is monitoring the quality of the ingredients that are being put into service. And we want to make sure that frontline staff and their supervisors are following our guidelines and our standards for doing that."

Scott said that he is open to working with the Cornell food studies program and that Dining Services is constantly evaluating its work and working toward change.

Scott said Dining Services takes a number of steps to get student feedback on how the services could be improved, including comment cards, online feedback, formal surveys and food advisory committee meetings, in which Scott meets with a group of students on the Food Advisory Committee regularly to get feedback.

He also said he appreciates getting feedback from students and parents and is always open to suggestions.

Senior Anthony DiBernardo, who previously worked in the dining halls, said he felt the petition could create positive change.

"A lot of people complained that the food wasn't safe to eat," he said. "I feel that it's important because the school will listen more to the parents." Freshman Wesley Smith said he

Ithaca Food Services

Nov 14 2018 • Anonymous • Like 423 • Share • 657 Signatures

#Ithaca Food Services

Target: Ithaca Parent Community
Region: United States of America

Would you eat this for dinner?
It was served to an Ithaca College student Nov. 9th at the Terraces dining hall. So was a raw chicken thigh. And curdled milk. The list goes on.

Over the past few years, there have been numerous complaints by our students attending Ithaca College regarding the quality and safety of the food served at on-campus dining halls. Issues

Sign the petition

Mr, Ms, Dr, etc

First name Last name

Email

Select your country or region

State, county or province

City or town

Street address

Zip code or post code

Comment to target

Hide my comment

Hide my name from public

Keep me informed

I'm not a robot

reCAPTCHA

The petition to review dining services was created by parents of students at Ithaca College. It began to circulate Nov. 14, claiming that the moldy hamburger bun was served in Terrace Dining Hall on Nov. 9.

COURTESY OF GOPETITION.COM

West Tower residents return after flooding

BY RACHEL HELLER
STAFF WRITER

Residents of the 10th floor of West Tower at Ithaca College have moved back into their dorms after they were displaced by a flood that occurred Nov. 30.

Five rooms on the 10th floor of the residence hall experienced water damage because a student snapped the head off of a fire sprinkler.

The residents could not return to their rooms until the college's Office of Facilities staff finished extracting the water. Students were instructed that they could stay in friends' dorms or in certain rooms on campus that the Office of Residential Life confirmed were vacant.

Ronald Trunzo, director for Residential Life and Judicial Affairs, said the residents received an email Dec. 1 that their floor would reopen at 5:30 p.m., with the exception of three rooms that did not finish drying.

The residents of the three rooms were able to move back to their rooms 4 p.m. Dec. 2. Trunzo said the cleanup process for removing the water went smoothly. The water was extracted in time for the majority of students to return to their rooms a day earlier than he expected.

Students were informed at a floor meeting Dec. 1 that they should contact their personal property—insurance provider or their renters insurance company if their personal property was damaged, as the college will not cover the damaged items. Freshman Julia Henderson said she moved back into her dorm on Sunday. Henderson and her roommate stayed in a hotel while they waited for their floor to open because they thought it would be easier than bringing all of their belongings to another residence hall.

Read the complete story online at theithacan.org/westtowerflood

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Cortaca '19 sells over 20,000 tickets

BY JACK MURRAY
ASSISTANT SPORTS EDITOR

On Dec. 1, tickets for the 2019 Cortaca Jug between Ithaca College and SUNY Cortland, a game that is being played at MetLife Stadium in East Rutherford, New Jersey, officially went on sale. As of Dec. 4, the ticket sales have already exceeded 20,000, which was the minimum number needed to host the game at the venue.

The ticket count officially confirms that the game will be played at MetLife Stadium next year. Susan Bassett, associate vice president and director of the Office of Intercollegiate Athletics and Recreational Sports at the college, said she believes this milestone is a step in the right direction toward breaking the Division III football attendance record, which was set by the University of St. Thomas vs. St. John's (Minn.) University on Sept. 23, 2017, at Target Field in Minneapolis when 37,355 people attended the game.

Bassett said she believed the majority of the ticket sales were from



Ithaca College announced Nov. 7 that the 2019 Cortaca Jug will be played at MetLife Stadium in East Rutherford, New Jersey.

COURTESY OF METLIFE STADIUM

alumni, but they are currently not able to tell exactly who bought the tickets. According to an Intercom announcement posted by Dave Maley, public relations officer at the college, on Nov. 27, students, staff and faculty will be able to purchase the tickets only available to them next fall. These tickets will be valued at \$15 and will be in the end zone

dedicated to the college. Bassett said that tickets are being reserved for students to buy and does not suspect that many have already bought their tickets.

Read the complete story online at theithacan.org/cortaca19tickets

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NATION & WORLD

New York Police Department utilizes drones to reduce risks

The New York Police Department has shown off its first fleet of drones. The department said Dec. 4 that potential uses for its 14 drones include search and rescue, hard-to-reach crime scenes, hostage situations and hazardous material incidents.

It says drones can reduce risk to officers and bystanders during a response to potentially dangerous situations. They will be operated by officers who are specially trained and licensed.

The NYPD says the drones will not be used for routine patrol or traffic enforcement.

Little Rock poised to elect first African-American mayor

Voters are casting ballots in an election that could result in Little Rock's first popularly elected black mayor, six decades after Arkansas' capital city was the center of a school desegregation fight.

Frank Scott and Baker Kurrus are in the Dec. 4 runoff for the nonpartisan, open seat.

If Scott wins, he would be the first African-American elected mayor of Little Rock, where divisions linger long after nine black students were escorted past an angry white mob into Little Rock Central High School in 1957.

Chicago charter school teachers put on first private-school strike

Teachers employed by a Chicago charter school network took to the picket lines Dec. 4 in what their union described as the first strike at any of the privately run, taxpayer-funded

schools in the U.S.

The strike at Acero's 15 charter schools in Chicago following months of failed contract negotiations comes amid an increase in educator activism nationwide. Teachers in Kentucky, Arizona, Oklahoma, West Virginia and elsewhere converged on state capitols this year to fight for more pay and other funding issues.

Classes were canceled for Acero's 7,500 predominantly Latino students, and Jesse Sharkey, Chicago Teachers Union president, said the strike would last "until they come back with an offer that respects our students."

Israeli military launches operation to destroy alleged attack tunnels

The Israeli military launched an open-ended operation Dec. 4 to destroy what it said was a network of attack tunnels built by Hezbollah, saying it had foiled a plot by the Iranian-backed militant group to carry out a deadly infiltration in northern Israel.

Israeli forces did not enter Lebanese territory, and there was no immediate reaction from Hezbollah. But the Israeli announcement threatened to push the bitter enemies closer to an open confrontation for the first time since the bruising 2006 war.

United States enacts presence in Somalia for first time in 27 years

The United States says it has re-established a "permanent diplomatic presence" in Somalia for the first time in 27 years. The State Department said Dec. 4 " ... this historic event reflects Somalia's progress in recent years and is another step



Campaigners protest UK-EU divorce bill

An anti-Brexit campaigner waves British flags in Westminster in London on Dec. 4. Britain's Prime Minister Theresa May addressed Parliament on Dec. 4 before the Dec. 11 vote on the bill that would allow the U.K. to leave the European Union.

KIRSTY WIGGLESWORTH/ASSOCIATED PRESS

forward in formalizing U.S. diplomatic engagement in Mogadishu."

The U.S. closed its Somalia embassy in January 1991 as the country collapsed into civil war, with the military airlifting out the ambassador and others.

French government delays increase in energy taxes after Paris protests

The French government caved in after Paris' worst rioting in decades and delayed an increase in energy taxes Dec. 4, but it was seen as "too little, too late" by many protesters whose anger

seems increasingly focused on embattled President Emmanuel Macron.

Demonstrators were back in the streets wearing their signature yellow vests.

They blocked several fuel depots and, on a highway near the southern city of Aubagne, commandeered a toll booth to let motorists pass for free near a sign reading "Macron dictator."

The protests began Nov. 17 with motorists upset over the fuel tax increase but have grown to encompass a range of complaints.

SOURCE: ASSOCIATED PRESS

MULTIMEDIA

THERE'S EVEN MORE MULTIMEDIA ONLINE. VISIT THEITHACAN.ORG/MULTIMEDIA



Athlete transfers from Division I school

Junior basketball player KellyAnne O'Reilly transferred from Manhattan College to focus on her studies in exercise science.

ICHowItWorks: Eco-Reps

Eco-Reps works toward improving sustainability on campus by promoting environmental awareness and implementing new programs.

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LGBTQ clubs provide platforms for trans voices

BY MOLLY BAILOT
STAFF WRITER

In the wake of a New York Times article that revealed a memo written by the federal government to redefine gender based on one's sex assigned at birth, transgender and nonbinary individuals from Ithaca College and the surrounding community shared their experiences in an open mic-style event in IC Square on Dec. 3.

Leaders of Spectrum, PRISM and IC Proud, LGBTQ clubs on campus, came together to organize the event, "Elevating Trans Voices," after discussing their frustration with the memo and the way it was discussed in the media.

Twelve students and community members spoke about their experiences. The Ithaca College chapter of Planned Parenthood Generation Action also tabled at the event to act as a resource for people with questions about the transgender community, and there was a letter of solidarity that event attendees could sign to express support. Approximately 40 people gathered to listen to the stories of transgender and nonbinary people. Sophomore Sam Haney, treasurer of Spectrum, said he noticed problems in the media coverage following the memo.

"It was being reported on and talked about by cis folk, and it wasn't focusing on transgender and intersex people who are affected," he said. "It was cis people doing the reporting, and I saw a couple of frustrating instances of cis people targeting and seeking out trans people and using wrong terminology."

In an attempt to do more activism-based work on campus and to address the memo, the leaders of Spectrum reached out to the other

LGBTQ groups and started planning the event.

"I want to have an event put on by trans people for trans people, with trans people speaking to cis people and cis people listening," Haney said. "So, we worked hard to do this with as many different voices as possible, and we tried to make it as comfortable as possible for everyone."

Junior August Miguez, treasurer of PRISM, spoke onstage about the importance of giving trans people a public place to share the truths they live, especially in the context of President Donald Trump's administration's proposal to redefine gender as biological and remove workplace protections for transgender and intersex people.

"We as a community have always been here," they said. "We as a community will always be here, and we ask for support and understanding that we desperately need if we are to exist in a society that disenfranchises, dehumanizes and seeks violence against us."

Sophomore Luis Valderrama, co-president of IC Proud, spoke about the high standards and lack of representation existing in the trans community.

He said that when he first came out, he was living in Colombia and his only connection to the trans community came from the internet.

"Looking at different trans people, men specifically, on the internet, the people that I saw were all white, big and masculine — not at all the way I envisioned myself," he said. "It didn't fit how I looked or acted then, and it didn't really fit with the kind of man or person that I wanted to be. I felt very alienated by the representation that existed and I had access to."



From left, sophomores Sam Haney, treasurer of Spectrum, and Luis Valderrama, co-president of IC Proud, were the emcees of the speakout event, "Elevating Trans Voices," which was held Dec. 3 in IC Square.

ELIAS OLSEN/THE ITHACAN

Valderrama said that when he found an essay written by another young, Latin American trans man, he felt liberated and comforted. He said diverse representation of trans people is important to him in part because not all trans people want to be held to high gender standards.

"There are so many rules about what trans people should look like and act like," he said. "They're unspoken in a weird way, but I still know that I don't fit them. I like clothes a lot — I plan my outfits days in advance. When I think about what clothes I want to wear, it's not just about fun but also about how other people will perceive me."

Freshman Jacqueline Laferriere said she attended the event as an audience member as a part of her journey to become a better ally to the trans community.

"I'm still trying to figure out what being an ally means, and I think this is a good space to be in for that," she said. "I was very moved by the personal stories. It made me sad hearing about the things trans people have to go through on a daily basis that most cis people never have to think about."

Vanessa Taylor, a member of the Ithaca community who spoke at the event, asked the audience to raise their hands if they put on a seatbelt in the car without thinking about it.

Most of the room raised their hands in response.

"It took the federal government 30 years to get the thinking of an entire nation to shift into a mode of instinctively putting on a seatbelt in the car," she said. "The reason I'm telling you that is because, as LGBTQ+ people, we've made a lot of progress in the last few years, but we still have a long way to go."

Read the complete story online at theithacan.org/elevatingtransvoices

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SGC discusses upcoming student engagement survey

BY ALEXIS MANORE
STAFF WRITER

Representatives from the Office of Analytics and Institutional Research at Ithaca College spoke to the Student Governance Council at its Dec. 3 meeting about the 2019 National Survey of Student Engagement (NSSE).

Chief Analytics Officer Yuko Mulugetta, Senior Research Analyst Elijah Earl and senior President's Fellow Anna Gardner presented their plan to increase the student response rate of the 2019 NSSE to the SGC to get the council's feedback.

The NSSE is an annual survey that collects information concerning freshmen's and seniors' participation in programs and activities offered by the four-year college or university they attend.

The results would be used to analyze and better understand levels of student engagement at the college but have not been used in previous years because of the low response rate.

Earl said the college participates in the NSSE every three years because only freshmen and seniors are allowed to take the survey. The three-year cycle allows the same cohort of students to take the survey, and the Office of Analytics and Institutional Research can see how students' perceptions have changed from freshman to senior year.

Earl said student engagement is divided into two parts in the survey — the effort put in by the student and the opportunities provided by the college — that work together to engage the student.

"It's both the amount of time and effort that you as a student put into your studies, but it's also the amount of opportunities and ease with which the college allows you to do that," Earl said. "There's both the student part and the

college part of it, and together we try to get the students as engaged as possible in meaningful academic activities."

Mulugetta said the college has been participating in the NSSE since 2003 and has administered six surveys in total.

She said that even though the college has been collecting this data for the past 15 years, none of the data has been used from any year because of the perception that the response rate was too low. Mulugetta said the response rate to the 2016 NSSE was 29 percent of freshmen and 32 percent of seniors.

Mulugetta said the Office of Analytics and Institutional Research is working to get the response rate to the 2019 NSSE to be high enough so it accurately represents the surveyed population and so the data can be utilized.

"This time, we really want to coordinate our efforts so we can make the response rate as high as possible and we can use the information as a really good way to improve student learning, student life and the overall picture," Mulugetta said.

Earl said that if the response rate is high enough, the data from the NSSE can be used to help make improvements with the strategic plan and the Integrative Core Curriculum. The strategic plan is the college's five-year plan that is currently in the early planning, drafting and feedback stage. The ICC is currently under review by a committee comprised of faculty members and students evaluating its effectiveness.

Earl said the office is collaborating with the Office of the Provost, the Division of Student Affairs and Campus Life, Information Technology and other offices to raise awareness for the NSSE.

Gardner said that even though she is a senior and the usage of the data will not affect her, she feels it is important for her to take the survey



From left, Senior Research Analyst Elijah Earl, Chief Analytics Officer Yuko Mulugetta and senior President's Fellow Anna Gardner discuss NSSE response rates with the SGC.

MAXINE HANSFORD/THE ITHACAN

because the information collected can be used to improve the college in the future.

She said that by participating in the survey, students who believe they are being overlooked can make their voices heard and help the college make improvements.

"By you and your peers responding to this, it is a way that the college can use and hear your voice, and a lot of people are always complaining that no one's listening," Gardner said. "Well, this is one way that the college will listen to you. It's going to be very valuable for the way that we move forward."

Gardner said gift cards from Amazon will be offered as an incentive to participate in the survey, and reminders will be sent by email starting when the NSSE is launched in February 2019.

Gardner said the Office of Analytics and Institutional Research is considering holding a

launch party during which food will be served and students can fill out surveys.

Freshman Anna Costa, Class of 2022 senator, suggested the office reach out to the Residence Hall Association to have resident assistants help advertise the NSSE to the students in first-year residence halls.

Sophomore Allison Kelley, senator for the School of Business, said the office should create a board for students to put stickers on once they have finished the survey in order to publicly display that they have completed it.

"When they fill it out, they have the opportunity to put a sticker on something, like a leaf on a tree or something, to show that they've participated, played a part in the school and owned their due diligence as a student," Kelley said.

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From PETITION, Page 1

cross-contamination and improper handling of food. There have also been petitions for Sodexo, which is the contractor for the college's food services, to diversify its food selections and for the college to drop Sodexo altogether.

Some of the social media comments on this recent petition suggested that the college should stop using Sodexo.

William Guerrero, vice president of the Division of Finance and Administration, said he has been reviewing the dining program and considering the cost and student satisfaction with the program.

He said this review began in July 2018, before this recent petition.

"Ithaca College has partnered with Sodexo for a very long time. We have many long-term and very valued employees," he said. "The feedback from our students and parents has been very much appreciated and taken seriously."

Guerrero said major changes, such as switching contractors, would be difficult to do, but he said the college is continuing to review its program.

"Besides the continued review of the program quality and staff training, we are working on some real exciting possibilities for the spring semester," he said.

In the past, Sodexo has been a

focal point of student complaints.

According to *The Ithacan's* archives, there was a series of protests in Fall 2000 related to Sodexo's connection to private prisons.

The previous semester, the college had announced that Sodexo would be its new food services contractor, replacing Chartwells, which previously had a contract with the college since 1987.

Protests against Sodexo reached a climax in early December 2000 when students organized a 34-hour sit-in in the Office of Admission, which was located in Job Hall at the time.

Some of those protesters were judicially referred after the sit-in.

Then, former President Peggy Ryan Williams reached a temporary agreement with the protesters, agreeing to review the college's contract with Sodexo.

The following March, she announced that the college would keep its contract with Sodexo.

Sodexo serves food to private prisons and runs at least 87 private prisons outside the U.S. in countries

that do not have the death penalty.

In the past, it has also owned large stakes in private prison firms but shares in

response to student protests.

Some college students criticize private prisons and the business model associated with profiting on incarceration, so they do not

"The feedback from our students and parents has been very much appreciated and taken seriously."

– William Guerrero
vice president of the Division of Finance and Administration



Terrace Dining Hall is one of three dining halls on Ithaca College's campus, along with Campus Center Dining Hall and Towers Dining Hall. All of the dining halls serve a combination of Sodexo food and local food providers.

FILE PHOTO/THE ITHACAN

like their college or university's supporting organizations involved in that business.

Criticisms of Sodexo are not just limited to Ithaca College. There have been student protests about Sodexo in campuses across the country for decades.

The company has also faced several scandals over recent years.

In 2010, Sodexo reached a \$20 million settlement with New York state for overcharging New York school districts.

In 2013, it briefly suspended some of its frozen beef products after it discovered horse DNA in one of its suppliers' beef samples.

Recently, it has faced several lawsuits for serving undercooked beef to at least two military bases in California.

Most of the criticisms of Sodexo center around its food quality and business practices.

Other major food caterers also have a history of receiving backlash on college campuses. One example is Aramark, which is also involved with food catering for private prisons.

There have been at least two prison riots that started, in part, because of concerns about food quality in prisons that Aramark served.

The student government at New

York University recently took steps to stop purchasing food from Aramark, which has a contract with that institution.

This would not be the first time parents have gotten involved with campus activism.

In Fall 2017, a parent petition for the college to have students walk during commencement garnered over 2,000 signatures.

During the following semester, the college announced that students will be able to walk and have their names read during commencement.

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College wraps up staff compensation restructuring

BY RYAN BIEBER
STAFF WRITER

The Ithaca College Staff Compensation Program is in the final stretch of its structure and program redesign after staff and faculty surveys revealed concern regarding limited room for job growth and a lack of competitive salaries.

Cindy Reckdenwald, executive director of total rewards and workforce strategy in the Office of Human Resources, said that approximately every 10 years, the college reviews its staff compensation program.

According to an Intercom announcement, employees were invited to participate in online surveys covering compensation and benefit programs during the initial stages of the redesign to find the issues at hand.

Reckdenwald said over 50 percent of the staff participated in the surveys and that greater staff input would help to better realize potential issues with the pre-existing program.

She also said that after reviewing staff concerns, Sibson Consulting identified two main issues: Employees felt that there was a limited opportunity for job growth and that their salaries were not market competitive.

A 2017 climate survey titled "Assessment of Climate for Learning, Living and Working" also revealed 57 percent of staff members at the college said they had seriously considered leaving the college in the past year. Additionally, some staff members said they feel undervalued at the college.

The concern about job growth was addressed by creating clearer job titles and defined job groups, changes that would create concrete steps for advancement, Reckdenwald said.

Reckdenwald said there are now four main job groups — management, specialized, support and service professional — each with subgroups

based on the scope of the work and the skills required for the job.

"This is a completely new concept for the program," Reckdenwald said.

She said that there was not much consistency in job titles in the past but that the defined job groupings have addressed the issue.

"We're really hopeful our staff and supervisors will embrace this new structure and employees will begin to see there are opportunities available for them to move within their current positions," Reckdenwald said.

To address the other major staff concern regarding noncompetitive salaries, Reckdenwald said, the college went from having 15 pay bands to 10 pay bands with new salary ranges associated with each pay band. Pay bands are the range of compensation a staff member can receive for their work.

"Staff will not have to worry about salary deductions," Reckdenwald said. "No one will be paid less."

Reckdenwald said that although many staff members view their salaries as nonmarket competitive, Sibson Consulting stated most salaries were already in line with the market. Still, the college made changes.

Reckdenwald said a small number of people, approximately 20 workers, who received a below market-competitive salary would receive a pay raise, which will go into effect next semester.

According to an HR announcement in June 2018, the college has also changed its compensation philosophy to reflect the college's commitment to "transparency, inclusion and unity."

"We need to make sure our compensation program is supporting the college's overall vision and mission," Reckdenwald said. "The college is committed to paying

"The college is committed to paying market competitive salaries ..."

– Cindy Reckdenwald
executive director of rewards and workforce strategy



Ithaca College is in the process of redesigning its staff compensation program following concerns about potential job growth and market competitiveness of staff salaries.

CONNOR LANGE/THE ITHACAN

market-competitive salaries, and we want to provide salaries and benefits that help to attract and retain high-quality staff and faculty."

The college held information sessions throughout October and the beginning of November in order to educate the staff and campus community about the ongoing changes and the next steps to be taken.

During a staff information session in the Emerson Suites on Nov. 7, staff members were informed about the new program and told that division meetings would be held throughout the month.

Each staff member will meet with department leaders to discuss the placement of their position within the new job groups and the salary adjustment in the coming month.

"For the most part, people seemed to understand," Reckdenwald said. "There wasn't really any negative responses."

Lab Instrument Coordinator Chun Li

attended a staff meeting in November. She said that, at the meeting, she was informed about the salary structure.

Although Li said the meeting was confusing, she said she agrees it is time to make a change to the salary structure.

"I think the old salary structure is outdated for sure, but the new structure sounds better," Li said.

Bridget Bower, librarian and college archivist, said she also received very few specifics at the meeting she attended.

While pay bands were discussed, she wondered how the college compared her unique position with other jobs to see if her pay was competitive, Bower said.

"In the library, we have different specialists," Bower said.

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Professor and students research plastic bag ban

BY ALEX HARTZOG
CONTRIBUTING WRITER

The Tompkins County Legislature will be receiving a proposal — supported by Ithaca College students and a professor's research — in early 2019 to ban all single-use plastic bags in the county.

The plastic bag ban would be a total ban in Tompkins County of single-use plastic bags and would also enforce a tax on single-use paper bags paid by the customer. This would mean that no vendors will be allowed to use or sell plastic bags in Tompkins County.

This ban will be proposed by the Tompkins County Waste Reduction Committee, of which Susan Allen-Gil, professor in the Department of Environmental Studies and Sciences, is a member.

While work on the legislature of the ban has been halted while it is reviewed by a team led by a Tompkins County administrator, Allen-Gil and her team hope to continue their work in April after a six- to eight-month hold period is over. Following this holding period, the proposal will be given to the Tompkins County Legislature in the first half of 2019.

Currently, Tompkins County administrators and attorneys want six months to review Allen-Gil's team's toxicology research on Cayuga Lake; to figure out how to word the resolution; and to conduct shareholder meetings with retailers, legislators and the Environmental Management Council, the official citizen advisory board on local environmental issues in Tompkins County, Allen-Gil said. Once a verdict has been given, Allen-Gil's team will be able to continue pursuing getting the ban proposed and passed in Tompkins

County. Efforts to make shopkeepers comply with the ban will fall on the Tompkins County government. At this stage, the county is deciding on which entity should enforce the ban as multiple departments could be held responsible for the enforcement, Allen-Gil said.

She said that if the ban is enacted, there will be a six-month grace period where stores may begin transitioning to more sustainable bagging options such as reusable bags.

Allen-Gil is also assisted by three students at the college: juniors Anna Bornstein and Julia Keene and sophomore Sophie Becraft. The students are helping to conduct an electronic survey to assess public support for the ban, as well as educational outreach about the ban. As of Nov. 28, the survey has been taken by over 1,000 residents, Becraft said.

In April, the Tompkins County Legislature voted 10–2 in support of a statewide ban on single-use plastic bags. This decision demonstrates Tompkins County's support for a plastic bag ban, but the ban was never enacted as it was decided that the motion should be given at the state level.

The three students are receiving research credit for their part in helping Allen-Gil with the ban. Keene worked over the summer to collect microplastic samples from Cayuga Lake. The microplastics would be left from items such as plastic bags, Bornstein said. Microplastics are small pieces of plastic less than 5 millimeters in size.

The results of that research were then put into pamphlets that the students passed around to members of the community to make them more aware about the harm plastic bags can do to the environment.



From left, Susan Allen-Gil, professor in the Department of Environmental Studies and Sciences, and Trevor Strother '18 conduct research on microplastics. The research is being used in a plastic bag ban proposal.

COURTESY OF SUSAN ALLEN-GIL

A primary aspect of Allen-Gil's team's research centered around the effect of plastic bag bans in other cities, counties and states in the United States. Also included was Keene's research conducted with Allen-Gil on the microplastic concentration in Cayuga Lake.

These microplastics severely damage marine organisms like daphnia, commonly known as water fleas, Keene said. However, no known side effects of microplastics on humans have been proven, she said.

Allen-Gil said the success of plastic bag bans in other areas of New York

makes her hopeful that Tompkins County will be able to successfully implement a ban as well, especially because those involved in the project are committed to being mindful and intentional.

"We think that Tompkins County is a prime area for this kind of legislation," Allen-Gil said. "There are other counties in New York and many across the country that have already implemented single-use plastic bag bans. So it seems like Tompkins County is a good place to do it, and we're just trying to make sure we get it right."

Juliann LeBlanc, a shopper on The Commons, was given her leftovers in a plastic bag while eating out and said she hates when restaurants give her plastic bags. She said she would support a ban.

"I try to bring reusable bags, but I think [the plastic bag ban is] a really good law for them to pass," LeBlanc said. "I hate when people give me things that can't really be recycled that I then don't know what to do with."

CONNECT WITH ALEX HARTZOG
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HR to install new software for college employee payroll

BY MARY RAND
STAFF WRITER

Parnassus, the human resources software used by Ithaca College employees for hiring and payroll, will be replaced by a new system in Spring 2019.

The new system is called Human Capital Management and was created by the software company Oracle.

Oracle HCM will include typical functions for payroll such as changing work hours, jobs or employee information, according to an email from the Office of Human Resources.

Oracle HCM will offer mobile support and a more streamlined interface, said Kirra Franzese, associate vice president of engagement and talent management in the Office of Human Resources.

The college has used Parnassus for 15 years and has consistently updated it in that time, Franzese said. She said it became necessary to change systems given the advanced age of Parnassus.

Parnassus will not be phased out immediately, said David Weil, associate vice president in the Office of Information Technology. In Spring 2019, applications for employee or managerial self-service will go live. These services include the ability for an employee to change their address or bank information and for managers to change pay rate or hours.

At the start of the fiscal year in July 2019, the complete set of applications, including payroll and benefits, will be ready, Weil said.

The decision to implement the system in phases is an attempt to prevent confusion over the whole system changing.

"There are so many opportunities with

this new platform, but we want to make sure we don't tackle too much too soon," Franzese said. "We're being very diligent about our rollout of the modules to try and avoid as much difficulty as possible throughout the transition."

Because Oracle HCM and Parnassus are both licensed systems, the process of transitioning between them has more to do with transferring information than with development. Currently, the records for all full-time, part-time and student employees must be examined and converted for Oracle HCM, Weil said.

"That's not trivial," Weil said. "There's a lot of history there. There's a lot of information there."

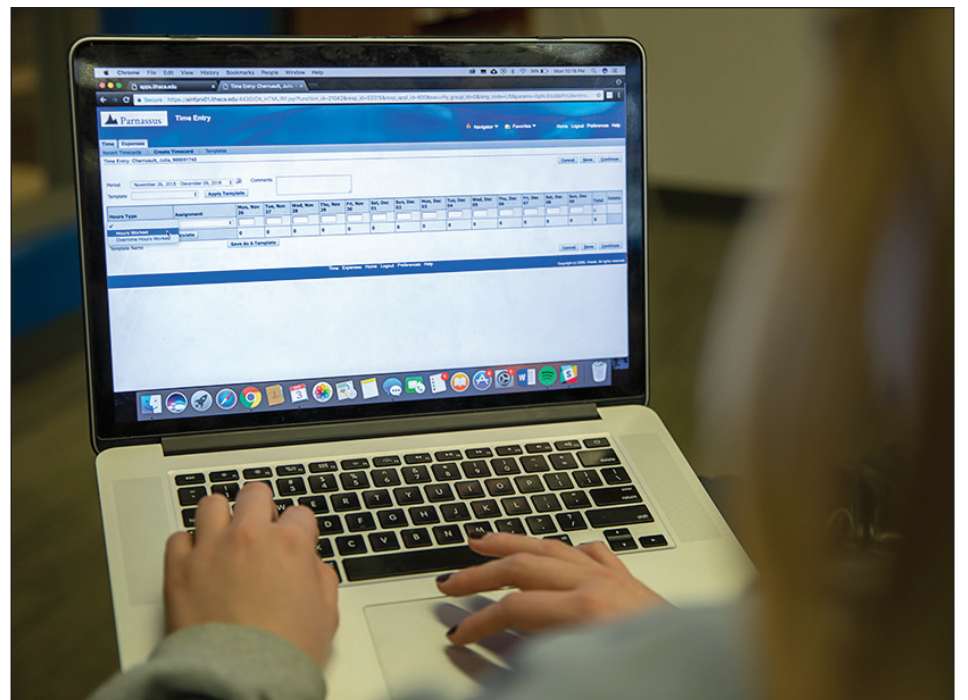
Specific rules for the pay schedules and benefits of individual college institutions must also be implemented in the new system, Weil said.

In the college's administrative sphere, Oracle HCM will also bridge the gap between Human Resources and the Division of Finance and Administration, said Beth Reynolds, controller for the Office of Business and Finance.

Currently, the Division of Finance and Administration uses one Oracle system for its duties, with Human Resources using another. Both require an IT support team and the regular passing of information between them.

In an example, Reynolds said all payroll information sent by Human Resources to the Division of Finance and Administration must be sent and downloaded, a process that takes a day of an employee's time.

Reynolds hopes that information will be accessible immediately and work will be done faster in the cloud system offered by Oracle



The Office of Human Resources will be transitioning to a new software program for employee hiring and payroll. The current software, Parnassus, will be replaced Spring 2019.

PHOTO ILLUSTRATION BY ELIAS OLSEN/THE ITHACAN

HCM. Both Oracle HCM and Parnassus are designed to be licensed to institutions and carry an annual cost to renew that license.

Compared to Parnassus, Oracle HCM will incur a higher initial cost, accounting for the transition process, but in the long term, it should cost the college the same as before, Franzese said. Franzese would not disclose the cost of the new software because she said the information is confidential.

The update comes as a relief to sophomore Ny'rayah Mitchell, student manager at Towers Dining Hall. Mitchell said she has to work with other students to solve the confusing parts of Parnassus.

"Especially to set up your direct deposit, there's just certain things you need to be able to know that people don't know,"

Mitchell said. "[Or] making sure that when you hit continue and save, that when it's time to submit it you actually submit it because just because you say save, it doesn't mean it's submitting."

Mitchell said she hopes she can go to a workshop on the new system before she teaches it to students.

"If I still can't figure it out and help people, then this new system is only going to make it worse," she said.

To ease student confusion, Oracle HCM will allow different looks for timecard input depending on the type of user. It also offers a feature that lets students clock in and out of work on their phone, Franzese said.

CONNECT WITH MARY RAND
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Faculty Council reviews ombudsperson position

BY BEN KAPLAN
STAFF WRITER

The Ithaca College Faculty Council continued its deliberation about a new faculty mediator position at its meeting Dec. 4.

The Faculty Council Executive Committee has come to an agreement with La Jerne Cornish, provost and vice president for academic affairs, regarding the faculty mediator position's intended role in the college community as an advocate for faculty and an intermediary in the tenure and promotion process.

The council also received a briefing from William Guerrero, vice president for the Division of Finance and Administration, and approved language changes to the Faculty Handbook.

The faculty ombudsperson must be a tenured faculty member and will serve a three-year term. They must also maintain faculty status; teach a 1/1 load, one course per semester; and will report directly to the Division of Human and Legal Resources.

There would be a call for nominations and self-nominations, and then there would be a vetting process and a recommendation made to President Shirley M. Collado by the Faculty Council. Collado would make the final decision to select the individual. The ombudsperson's responsibilities include addressing faculty concerns about bias; providing reports of bias to the president and provost; offering guidance regarding faculty concerns to different offices; providing counsel to faculty and evaluative bodies in the tenure and promotion process; and providing feedback

and mediation for faculty employment-related concerns. The ombudsperson will also oversee faculty mentoring and retention programs and regularly attend Faculty Council meetings.

The executive committee had originally refrained from referring to the position as an ombudsperson because it did not want other factions of the community to misconstrue who the position would represent, said Chris McNamara, clinical associate professor and clinical director in the Department of Physical Therapy.

"A lot of our initial conversation centered around issues that related to the tenure and promotion process," McNamara said. "But as we talked about that, we realized we did not want the position to be specific to that process because we believe that the presence of this position would address some of faculty's concerns well before tenure and promotion are even considered."

Peyi Soyinka-Airewele, professor and chair in the Department of Politics, said she believes there is still a need for an overall ombudsperson on campus. Staff members are an integral part of the college yet are vulnerable and underrepresented in campus decision-making, she said.

"As a small university, having only one that is dedicated solely to faculty disregards other factions of the Ithaca College community," Soyinka-Airewele said.

The council also found that members still disagreed on who the position will report to and the actual language of the position's title. Claire Gleitman, professor in the Department of English, said the discrepancy was mainly between



Jana Waller, clinical assistant professor in the Department of Speech-Language Pathology and Audiology, and Chris McNamara, clinical associate professor in the Department of Physical Therapy, discuss faculty guidance.

JULIA CHERRUAULT/THE ITHACAN

whether the position would be an official dean or more of an advocate and whether they would report to the provost or directly to the college's general counsel.

McNamara said the executive committee believes it would be appropriate for the position to report directly to the general counsel.

Cornish said she agreed with the council despite originally thinking any faculty matters should inherently go through her office. Cornish also said she would also like to see the addition of two associate provosts in addition to the faculty mediator role. One, she said, would be the associate provost of undergraduate affairs and would fill in for much of the

programmatic and assessment work done by Danette Johnson, current vice provost of academic programs, who will become the provost for Kalamazoo College in July 2019.

The other would be an associate provost of faculty affairs and would be more along the lines of the ombudsperson-type role the council had originally envisioned as linked to the tenure and promotion process. Both associate provosts would be internal faculty and would serve three-year terms with the possibility for renewal, she said.

The council agreed that the provost can move forward with presenting the position to Collado and other senior administration

members as it is, with the opportunity for further revisions if deemed necessary. Cornish said the position would be an opportunity for better relationships between faculty and the administration and said she found the description drafted by the executive committee to be in agreement with her own goals for the position. She said she realized faculty and the administration have a few confidence issues to work through and working side by side on issues like this could mend distrust.

Read the complete story online at theithacan.org/facultyombudsperson

CONNECT WITH BEN KAPLAN
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Student groups design apps for first coding competition

BY CODY TAYLOR
STAFF WRITER

The Ithaca College Department of Computer Science, Women in Computing, Information Technology and Ed Tech Day held the college's first overnight code{a}thon from 4 p.m. Dec. 1 to 4 p.m. Dec. 2 in the Clark and Klingenstein Lounges.

The coding competition was organized by Jenna Linskens, associate director of learning technologies, and consisted of 10 students split into three teams.

The teams were granted a total of 24 hours to develop an app. The two main goals of the code{a}thon were to develop apps that could have a positive impact on the world and to introduce coding to people with no previous computer science experience, Linskens said.

Linskens said the event was a learning opportunity for experienced and inexperienced coders. She said she hopes participants left with more knowledge about coding and the ability to spread that knowledge to new people outside of the coding community.

"It is an opportunity for people to get together, share ideas and develop apps," Linskens said. "It is a great way to meet new people. It is a great way to learn coding if you have never learned."

A wide variety of ideas for apps were presented at the beginning of the event. Some were provided by college faculty, and others were brought to the event by the students.

After the apps were completed, the teams showcased what they had accomplished over the 24 hours to a judging panel comprised of six professors.

The projects were judged on five different sets of criteria: difficulty, creativity, usefulness, global impact and polish.

The team working on the Reddit Natural Language Processor (NLP), which was awarded first place by the judges, consisted of juniors Colin Hay and Harry Margalotti and senior Tim Clerico.

They aimed to find and organize hate speech on Reddit so that it would be easier to track down and regulate. Users of the app will type in a certain phrase and every related article will appear for the viewer.

Margalotti said his team picked this topic because they believe there is a lot of hidden hate speech on the website that is detrimental to users and that could be identified and flagged.

"There are plenty of political subreddits where a variety of political issues are discussed," Margalotti said. "From there, we thought that political discussion online seems like it is usually very hateful and unproductive, so we chose those subreddits for our Natural Language Processing."

The participants were expected to work on their apps for the entire 24 hours. The event started at 4 p.m., and at approximately 10 p.m., all of the teams had gone home because they had finished all of the strenuous, major work for their apps and only needed to put on some final touches.

Another competing team, which included John White, associate director of applications and infrastructure, graduate student Hannah Shade and junior Emily Pressman, worked on an app to improve accessibility on campus.

Shade and Pressman were already working on an accessibility project related to the app prior to the event for which Deborah Merriman, assistant director of benefit programs, received funding from President Shirley M. Collado's Seed Grant Initiative for Spring 2018.

The team's main goal was to develop a



From left, juniors Harry Margalotti and Colin Hay develop and code an app to flag hate speech on Reddit. Their team won first place at Ithaca College's first code{a}thon event.

SABRINA CHANG/THE ITHACAN

campus map for students with disabilities who have trouble traveling around campus. The map would allow students to see the pitch and grade of walkways and plan the best route for them to take. The team's design came in second. Graduate student Mara Erb, who is also working on the map, said the team is trying to determine the best routes in terms of accessibility.

"We have been identifying slopes that are accessible, and we are looking to put that into app form," Erb said. "So a user could hypothetically put in where they would like to go on campus and that would find the accessible route for them that works the best."

Another team that was initially working on an app that aimed to organize and distribute papers to professors before academic conferences was unable to finish and ultimately split up and joined the other teams. Originally, this team consisted of senior Dylan Shane and

sophomore Mark Volkov. Linskens said the first-place winners were chosen because of the number of people their app could potentially affect.

"They put in a lot of effort and chose a very challenging application to create a prototype and eventually develop," Linskens said. "The potential for scalability and global impact is extremely high. Overall, they gave a very clean and detailed presentation on the process of the development."

The prizes for the event came from Rev Ithaca Startup Works, a local business incubator, and The State Diner. All participants received a \$50 Visa gift card, and the first-place winners will present their app and share their experience during the college's Educational Technology Day conference in March 2019.

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COLLEGE

College holds annual symposium to showcase first-year seminars

Ithaca College will be holding the second annual Ithaca Seminar Symposium for freshman students from noon to 3 p.m. Dec. 12 in Emerson Suites. Nearly 400 students will present traditional poster sessions, give individual readings and share their group or individual presentations.

Students in more than 20 first-year seminar sections have been working on individual or group projects throughout the semester. This is their first opportunity to showcase their work and talents to the college community at large.

Students will use this symposium to gain experience in communication, public speaking and information sharing.

Last year, many students went on to present their projects at the Whalen Symposium.

Art displayed in Handwerker Gallery explores human-animal interactions

Carla Stetson, associate professor and chair in the Department of Art, will be sharing her research and the processes behind her work in her exhibition Human Nature at 6 p.m. Dec. 6 in the Handwerker Gallery.

Human Nature explores the ideas behind human and animal interdependence, how humans imagine animals to be and what animals mean to humans in the context of natural, cultural and societal issues of the world. The exhibition of her art began in the gallery Oct. 31 and continues until Dec. 16. Stetson's compositions depict wild animals within domestic interior spaces where they do not belong.

Politics department to show film on US arms transfers to Mexico

A public showing of the documentary "Where The Guns Go: U.S. Policy and Human Rights in Mexico" will be held 6-7:30 p.m. Dec. 10 in Textor 101 and will be sponsored by the Department of Politics, Latin American Studies at Ithaca College and the Tompkins County

Immigrant Rights Coalition. The documentary is about U.S. arms transfers to Mexico in a context of deepened corruption and human rights violations.

This documentary brings together the testimonies of human rights activists, journalists and people in Mexico directly affected by the violence carried by both government forces and organized crime in Mexico with U.S. support.

There will be discussion led by sophomore Daniela Rivero and Ute Ritz-Deutch, professor at SUNY Cortland and Tompkins County Community College, following the documentary. The discussion will be about human rights and arms transfers to Mexico.

Professor and alum publish study on Semester at Sea experiences

Gordon Rowland, professor and program director of strategic communication, and Ali Kitchner-Meyer '15 published their study on the learning experiences students gain from the Sea Education Association's Semester at Sea Marine Biodiversity and Conservation program. In the program, students conduct scientific studies while sailing. The study focused on why and how these experiences happen through interviews, data analysis and observation.

The study found that common themes of benefits and takeaways in the program were the learning of authenticity, openness, personal relationships and engagement. The relationship among these themes was found to point toward complexity and systemic design of the learning experience.

Associate professor writes paper on educational karaoke application

Doug Turnbull, associate professor in the Department of Computer Science, published a paper in collaboration with three other authors titled SLIONS: A Karaoke Application to Enhance Foreign Language Learning.

The paper focuses on the use of a mobile karaoke app to help students learn foreign



Student a cappella group holds performance

IC Voicestream, a student a cappella group at Ithaca College, held its annual block two concert at 8 p.m. Nov. 30 in Emerson Suites. The performance included a group serenade for an audience member who won a raffle to raise money for the organization.

ABBIE LONDON/THE ITHACAN

languages. Turnbull worked on the paper while on sabbatical at the National University of Singapore.

Social worker leads event in chapel with students of Muslims and Allies

The Office of Religious and Spiritual Life and Muslims and Allies will be hosting a storytelling and discussion event Dec. 8.

Sara Bawany, clinical social worker in the Dallas area and author of the organization (W)holehearted, will lead the event. Her work touches on a variety of social justice issues. The event will be held at

7 p.m. in Muller Chapel. It is open to the campus community.

Mock trial club receives awards at annual Rochester tournament

Ithaca College's student-led mock trial team competed at the annual Yellowjacket Invitational tournament Oct. 26-28 at the University of Rochester.

Senior Dozier Gardner won the Best Attorney Award and sophomore Kate Wolfel won the Best Witness Award. The college's teams competed in four trials at the competition.

Public Safety Incident Log

SELECTED ENTRIES FROM NOVEMBER 12 TO NOVEMBER 17

NOVEMBER 12

MEDICAL ASSIST/ INJURY RELATED

LOCATION: Terrace 13
SUMMARY: Officer reported injury to knee. Person transported to hospital by ambulance. Master Patrol Officer Jon Elmore responded.

MEDICAL ASSIST/ PSYCHOLOGICAL

LOCATION: Hood Hall
SUMMARY: Caller reported person with suicidal thoughts. Officer determined person had taken alcohol and medication. Person taken into custody under mental hygiene law and transported to the hospital by ambulance. Master Patrol Officer Jon Elmore responded.

CHECK ON THE WELFARE

LOCATION: Circle Apartments 170
SUMMARY: Caller reporter person not answering their phone. The officer made contact with the person and they will contact the caller. Patrol Officer Kevin McClain responded.

NOVEMBER 13

PETIT LARCENY OVER \$200

LOCATION: Williams Hall
SUMMARY: Caller reported unknown person stole computer.

Investigation pending. Patrol Officer Lance Clark responded.

ASSIST ITHACA FIRE DEPARTMENT

LOCATION: Upper Athletic Fields
SUMMARY: Tompkins County 911 center reported two car personal injury motor vehicle accident and requested landing zone set up for helicopter to airlift person involved. Helicopter canceled due to weather. Patrol Officer Corrine Searle responded.

FIRE ALARM SMOKE INVESTIGATION

LOCATION: Emerson Hall
SUMMARY: Caller reported smoke. Officer determined smoke was caused by food cooked in the microwave. Assistance was provided. Patrol Officer Mayra Colon responded.

NOVEMBER 14

MOTOR VEHICLE ACCIDENT

LOCATION: Grant Egbert Boulevard
SUMMARY: Caller reported two-car property damage from a motor vehicle accident. Patrol Officer Lance Clark responded.

SCC HARASSMENT/ INTIMIDATION/ENDANGERING

LOCATION: Williams Halls
SUMMARY: Complaint reported that a person made verbal comment that

caused alarm. Patrol Officer Corrine Searle responded.

OFF-CAMPUS INCIDENT

LOCATION: Unknown
SUMMARY: Ithaca Police Department reported one person arrested for noise violation. Master Security Officer Wendy Lewis responded.

NOVEMBER 15

TRESPASS NO DEGREE

LOCATION: Recreation Trails
SUMMARY: Officer reported people on closed recreation trails. Officer issued three people a warning for trespassing. Master Patrol Officer Jon Elmore responded.

MOTOR VEHICLE ACCIDENT

LOCATION: Conservatory Drive
SUMMARY: Officer reported two-car property damage motor vehicle accident. Master Patrol Officer Bruce Holmstock responded.

SCC DRUG VIOLATIONS

LOCATION: Holmes Hall
SUMMARY: Caller reported odor of marijuana. Officer judicially reported two people for violating the drug policy. Master Patrol Officer Jon Elmore responded.

SCC DRUG VIOLATION

LOCATION: Garden Apartment 28
SUMMARY: Caller reported loud music. Officer judicially

referred two people for excessive noise and drug policy violation. Master Patrol Officer Jon Elmore responded.

NOVEMBER 16

SUSPICIOUS CIRCUMSTANCE

LOCATION: Circles Apartments General Area
SUMMARY: Caller reported third-hand information that a person may have been struck by a motor vehicle. Master Patrol Officer Bruce Holmstock responded. Investigation pending.

CRIMINAL POSSESSION OF MARIJUANA 4TH DEGREE

LOCATION: Bogart Hall
SUMMARY: Caller reported finding marijuana and paraphernalia during health and safety check. Patrol Officer Jenny Valentin responded.

V & T LICENSE VIOLATIONS

LOCATION: Terrace 3
SUMMARY: Caller reported fictitious license found during health and safety check. Patrol Officer Dylan Hardesty responded.

NOVEMBER 17

CHECK ON THE WELFARE

LOCATION: East Tower
SUMMARY: Caller reported person not answering phone. Officer determined person was safe and

will contact the caller. Patrol Officer Bryan Verzosa responded.

UNLAWFUL POSSESSION OF MARIJUANA

LOCATION: Circle Apartments
SUMMARY: During a health and safety inspection, caller reported finding marijuana paraphernalia and smoke detectors covered. Patrol Officer John Tagliavento responded.

UNLAWFUL POSSESSION OF MARIJUANA

LOCATION: East Tower
SUMMARY: During a health and safety inspection, the caller reported finding marijuana paraphernalia. Patrol Officer Bryan Verzosa responded.

UNLAWFUL POSSESSION OF MARIJUANA

LOCATION: Terrace 3
SUMMARY: During a health and safety inspection, caller reported finding alcohol and marijuana.

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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AVI KENDRICK/THE ITHACAN

EDITORIALS

Sodexo does not provide adequate food and service

Over the past few weeks, a petition demanding that Ithaca College makes changes to its dining practices has garnered over 500 signatures from students and parents. The petition calls for the college to review in-depth its current food provider, Sodexo and consider partnering with the Cornell University Department of Food Science while reviewing Sodexo.

The petition was created in response to a picture of a moldy hamburger bun that was allegedly served to a student Nov. 9, a situation that garnered the attention of the campus community via social media. In the past, the community has protested against Sodexo for the inadequate food quality, mishandling of food and dubious morality of the company, which also provides food services for and works with private prisons.

In light of the petition, William Guerrero, vice president of the Division of Finance and Administration, said he is reviewing the program and considering student satisfaction. The pressure to remove Sodexo from the college and find a new dining services

company puts the administration in a difficult position. Recently, the college's operating budget surplus dropped from \$20 million to \$4 million, Guerrero said, leaving the college with significantly less money to allocate to matters such as this. However, last year, Sodexo was the highest-paid contractor at the college; it raked in \$10,534,237 from the college's budget over the course of the 2016–17 fiscal year.

And though switching to a new food provider would be a complicated process, perhaps it is time for the college to drop the company. Given the consistent issues that Sodexo has brought to our campus, ending the college's business with it is appropriate and reflective of the community's desires.

Time and time again, the community — students most of all — has spoken out against the company, only to be met with minimal, hasty changes to the cuisine provided. Even after these changes have been made, the company still leaves much to be desired. The college needs to prove that its ever-rising price tag is worth its students' debt. Sodexo certainly is not helping its case.

Students show bravery by opposing gender policy

At an event organized by Spectrum, PRISM, IC Proud and other LGBTQ clubs on campus, nonbinary and transgender individuals from Ithaca College and the surrounding community gathered in IC Square on Dec. 3 to discuss their experiences.

This event was held in light of a New York Times article that revealed a memo written by President Donald Trump's administration. The memo proposed that the government redefine gender as solely one's sex assigned at birth. The leaders of the student organizations on campus responsible for organizing the event came together after discovering the memo and voiced their frustration at the media coverage surrounding it. The reporting of the memo when it first came out largely surrounded cisgender people, so the event was created for transgender and nonbinary people to have the opportunity to speak about the memo and how it affects them.

In-depth, authentic discussions are needed to fully comprehend the memo and transgender people's place in a

country under the Trump administration. Discussions about the LGBTQ community, held and driven by the LGBTQ community, are the only way to accurately hear about these issues and receive the full picture.

Outside of the liberal bubble of our campus and surrounding community, transgender and nonbinary people are faced with consistent disenfranchisement from the Trump administration and American society as a whole. These are difficult times for transgender, nonbinary and all LGBTQ people, a fact that the campus community should recognize.

The student organizations involved should be commended for the work they put into hosting and organizing this event. It is also important to highlight the speakers' bravery; speaking out during this time of uncertainty and exclusion requires an immense amount of courage. Events such as the one held Dec. 3 allow space for the nuanced and in-depth conversations that need to be had with communities on campus during these times.

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.

SCIENCE
CULTURE

MIRANDA ELLA

Get some zzz's or you'll get Ds

When we talk about things that you need to survive, food, water and shelter are at the top of the list. But another equally important commodity is sleep, which is a scarcity among college students. I mentioned the importance of sleep for studying and memory consolidation in my last column, but now it's time to take a step back and talk about how the complexity of sleep and the lack of it impacts overall health and functioning.

Let me first explain brain waves. These emissions come from specialized brain cells called neurons when they fire at the same time. There are six kinds of brain waves, ranging from slow waves that occur during deep sleep to fast waves when we're awake and solving complex problems.

There are several sleep stages characterized by brain activity. The exact number of these stages is disputed among sources, but they can essentially be broken into two categories: REM and non-REM sleep.

REM, or rapid eye movement, is the stage where the most vivid dreams occur and is defined by mixed, moderate-frequency brain waves that mimic wakefulness. While the purpose of REM sleep is largely unclear, some researchers consider it to be important for processing emotions.

The remaining stages occur in non-REM sleep; those include light sleep, deep sleep and the transitional stages between the two. Deep sleep is characterized by very slow waves and is considered the most restorative stage. Wave frequency increases as you move through the stages.

Throughout the night, we progress through each stage — light sleep, transitional, deep sleep, light sleep, REM sleep — in one cycle and experience several cycles throughout the night depending on how long we're asleep.

But how does your body know when to sleep? Your circadian rhythm is a fancy word for your 24-hour biological clock, and it is regulated by body temperature, hormones and environmental cues. For instance, the reduced exposure to sunlight in the evening signals the brain to release more of the hormone melatonin, causing sleepiness.

Many people ignore these nudges toward rest, and whether its due to work constraints or the release of your favorite show, it can still lead to sleep deprivation. Occasional sleep loss may only have small effects such as fatigue, irritability and forgetfulness. However, long-term deprivation can lead to chronic body pains, a weakened immune system and altered hormone levels. People in a deprived state go to sleep quicker but may skip REM and spend more time in deep sleep.

But all hope is not lost! If you have trouble sleeping, you may find some sleep-hygiene practices helpful. Reducing the consumption of caffeine, nicotine and heartburn-inducing foods in the evening helps you fall asleep faster. It's also useful to avoid activities, other than sleeping, in your bed, especially stressful ones such as studying, watching TV or using your phone. However, I understand that college dorms aren't designed with sleep hygiene in mind. Therefore, even small bedtime routines can help prepare your body and mind for rest.

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

Fraudulent ballots found in NC

BY MEREDITH BURKE
OPINION EDITOR

During the investigation of allegations that absentee ballots were tampered with in North Carolina's tight congressional race, it has been revealed that many ballots were signed by the same group of people.

The investigation began when, following the election, the North Carolina State Board of Elections and Ethics Enforcement declined to certify the election results of the state's Ninth Congressional District on Nov. 30. The results claimed that Mark Harris, a Republican and Southern Baptist preacher, had 905 more votes than his Democratic opponent, Dan McCready. For absentee ballots, Harris won 420 in Bladen County to McCready's 258.

A set of 161 absentee ballots obtained by CNN on Dec. 3 showed that the same nine people signed at least 10 ballots each. Many of the people who signed these ballots appear to know one another, and some are associates of Leslie McCrae Dowless, a North Carolina operative who worked for Harris's campaign. These findings were discovered by examining public records and social media accounts, CNN said.



Mark Harris speaks to the media during a news conference in Matthews, North Carolina. He allegedly won the North Carolina congressional race, but it is under investigation for absentee-ballot fraud.

CHUCK BURTON/ASSOCIATED PRESS

In North Carolina, a witness is required to sign an absentee ballot, and the role is typically filled by a family member or friend. A CNN review also found that three witnesses signed more than 40 ballots each, another signed 30 and three other people signed more than 10 each.

Following the election and the start of the investigation, Dowless argued that it was impossible for the outcome to be changed, even

after an investigation. He told The New York Times that it would be a disservice to thousands of North Carolina voters to change the election results.

During the 1990s, Dowless was convicted of and faced jail time for fraud and perjury, according to court records.

Jeffrey Smith, a former friend of Dowless, told CNN that Dowless has teams of people working for him to encourage people

to fill out absentee ballots and collect them.

In response to the investigation, North Carolina Democratic Party Chairman Wayne Goodwin said Dec. 3 that the Republican Party should not stand in the way of the investigation.

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GUEST COMMENTARY

Busy times in semester still call for self-care

BY MIKAELA VOJNIK

Being a college student can be extremely stressful. Especially as we get closer and closer to the end of the semester.

Between deadlines piling up and trying to take care of yourself, it can be challenging balancing the two. I have noticed this especially in the music school, but all students similarly feel the immense pressure of the demands that college expects. It can be difficult to balance mental health, stress and meeting all of the expectations of school. Many students try to overcompensate by pulling all-nighters, missing meals and giving themselves little room for breaks in between. This is not only overwhelming and stressful, but it is unhealthy for our bodies, and that only adds to the amount of stress students are feeling.

Students who have pre-existing mental health issues also struggle during this time, and even though they may have accommodations from Student Accessibility Services, it doesn't make meeting these deadlines less stressful or worrisome. Some professors are wonderful with understanding how stress can affect mental health, and others not so much, which just makes this whole process even more stressful and tiresome. We tend to keep quiet about mental health because of the stigma surrounding it, even though 1 in 4 college students have a diagnosable mental illness. Why are we not talking about this? And even if you don't have a mental illness, everyone has mental health, and it is important to take care of your mental health as much as your physical health. When students are overstressed and overworked, we tend to talk about it less because people are seen as just "complaining," but in reality, they are really struggling, and everyone deserves to be heard. Mental health is extremely important and a vital part of our lives, and it deserves to be validated and recognized.

Finals week can be the most stressful



Senior Mikaela Vojnik, the president of Active Minds at Ithaca College, writes about the impact of the culture surrounding finals and college as a whole that is leaving students overstressed.

SABRINA CHANG/THE ITHACAN

time of the semester, and many students are burnt out at this point and are struggling just to get by. Students are scrambling to get everything together and make sure that they are submitting quality work and also making sure that they are submitting it on time. When it comes to exams, many students will spend hours studying without breaks and really push themselves until they break. Students will spend hours and hours in the library, and music students will spend hours in the practice rooms to the point where they are so exhausted it can become hard to function.

For music students, there is so much going on. Between performance juries, theory hearings, exams and all of the coursework outside of the music school, it can be a lot to take on. Perfectionism is a huge issue in the music school, and I think that this mentality comes from both the professors and the students. When it comes to the arts, many students can spend hours and

hours perfecting their craft, which is a curse and blessing. Even though it is admirable to dedicate so much time to music and the arts, it can also be harmful to your mental health. Students need to be able to forgive themselves, understand that it is okay to fail sometimes and that you don't have to be perfect.

I think, as a community, we really need to encourage one another to take care of ourselves and ask for help when we need it. Resources like the Center for Counseling and Psychological Services, SAS, tutoring services and off-campus resources are great ways to go and get the help that a student may need. Asking for help is brave and courageous, and it is okay to be struggling. College is hard, and sometimes people forget that. We need to change the conversation about mental health and start talking about it.

MIKAELA VOJNIK is a senior music major. Connect with her at mvojnjk@ithaca.edu.

GUEST COMMENTARY

Palestinian conflict deserves nuanced analysis

BY STUDENT ALLIANCE FOR ISRAEL EXECUTIVE BOARD, MEMBERS OF SAFI AND OTHER CONCERNED STUDENTS

In *The Ithacan* issue dated November 28, 2018, Ithaca College's Students for Justice in Palestine (SJP) stated that "equating Palestinian activism to anti-Semitism is highly unfair." We agree with SJP in that supporting the rights and welfare of Palestinian people is not anti-Semitic. Student Alliance for Israel cares about these issues as well and considers themselves pro-Palestinian as well as pro-Israel. However, over the last several decades, we have seen instances where solidarity with the Palestinian people has morphed quickly into anti-Semitism. A historical rhetoric that questions the sheer legitimacy of the State of Israel must not be tolerated under any circumstances. Jews are indigent to this area; Israel provides self-determination to the Jewish people and is the world's only Jewish-majority state.

SJP's op-ed implies that the sovereignty of the Palestinian people has been violated. Although there was a Palestine prior to 1947, there was no officially declared Palestinian State to begin with. The plan for dividing Palestine into two states, one Arab and one Jewish, known as the 1947 UN Partition Plan, was in fact accepted only on the Jewish side. The Arab constituent opposed such a solution and responded by launching a war, later to become known as the Arab-Israeli War of 1948, against the newly

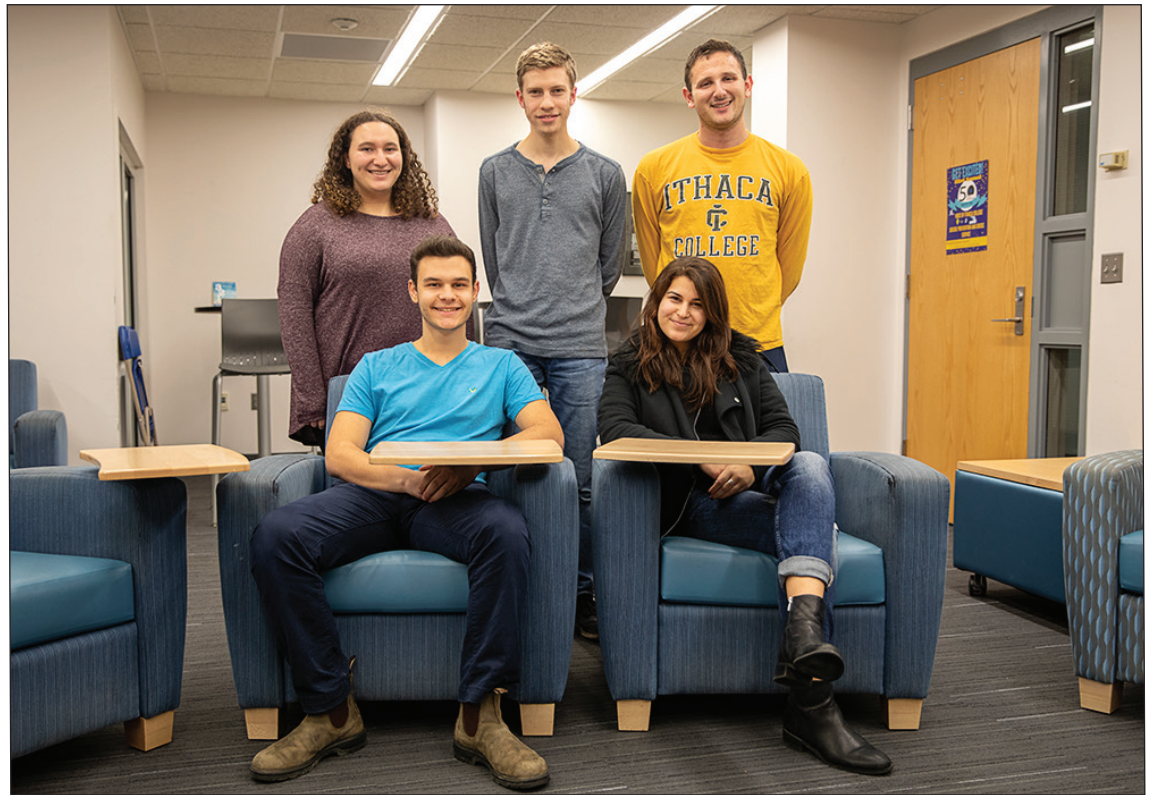
formed Jewish State.

This Arab mindset of refusing to accept Israel's existence continued until Egypt and Jordan made peace treaties with Israel after waging three aggressive wars against it in 1948, 1967 and 1973. Israel gained control of the West Bank and Gaza, which were previously occupied by Jordan and Egypt respectively, during the 1967 Six-Day War. Unfortunately, other countries like Syria and Iran, in addition to Hezbollah in Lebanon, continue to be virulent and dangerous enemies of Israel.

Then, after the Israelis withdrew from the Gaza Strip in 2005, the result became worse. Hamas, which both the European Union as well as the United States have declared to be a terrorist organization, built tunnels into sovereign Israeli territory to invade Israel. Since then they have continuously fired missiles across its border into Israeli cities and towns.

Also, in order to carry out its incendiary balloon campaign, Hamas diverted helium away from their hospitals in order to fill their balloons with the helium instead. This had led to a shortage of helium for medical purposes throughout the Gaza Strip. Why? You only have to read the 2017 Hamas Charter to understand that they believe the existence of Israel is intolerable. How then is it possible for Israel to be a constructive partner in solving the deplorable situation in Gaza with such an unrelenting enemy as its neighbor?

Furthermore, the notion conveyed by SJP that "these protests, which started off peaceful but then turned violent after Israeli soldiers



The Student Alliance for Israel executive board, members and other students at the college write about the history of Israel and the nation's issues in response to a commentary by the Students for Justice in Palestine.

ELIAS OLSEN/THE ITHACAN

fired at Palestinian activists" does not reflect the reality of the situation. In fact, Hamas had people approaching the border fence throwing stones, Molotov cocktails, burning tires, and in a few instances, attempts to place explosives along the fence followed by arson kites being flown over the border fence as well as the incineration of more than 8,000 acres of forests and living creatures. Hamas had carefully orchestrated this, knowing that Israel would not allow its border fence to be violated and

its territory to be invaded by Hamas. Israel fought back to defend its own sovereign rights and its citizens from harm, just as one would hope any rational country would do.

SAFI recognizes Israel as the official, indigenous homeland of the Jewish people. Like many others, we recognize that Israel is not perfect and that it has flaws just like every other country in the world. Therefore, as individuals, we hope we can start a dialogue with SJP

members about the well-being of the Palestinian people with the understanding that Israel is not solely responsible for their dire situation or its solution. Our desire for peace and prosperity for all people in the Middle East is strong, and we hope that SJP has similar aspirations.

THE STUDENT ALLIANCE FOR ISRAEL is a pro-Israel organization at Ithaca College. Connect with its co-presidents, Matthew Feiler and Jessica Hauser, at mfeiler@ithaca.edu and jhauser@ithaca.edu.

GUEST COMMENTARY

Reducing rate of sexual assault is a priority

BY LINDA KOENIG

In response to *The Ithacan* article and editorial regarding sexual assault on campus, the Title IX Office would like to take the opportunity to invite the entire campus community to engage in continued dialogue and action on this critical issue. The more participation we have, the more equipped our college can be to create a culture that is intolerant of sexual and dating violence.

With this said, I want to correct any assertion or assumption that Ithaca College or the Title IX Office is presuming that everything is fine; that in some way we are complacent to the fact that sexual and dating violence is a problem. In fact, our prevention efforts, and the culture of reporting we are working diligently to promote, are so that we can gain more information about and further address this problem.

As noted in the article, our office received funding to add a Title IX Deputy Coordinator position this past July. This position is in response to the fact that the number of reports we receive has climbed, and as a result, we need to give greater focus to prevention efforts. These include:

The SHARE (Sexual Harassment and Assault Response & Education) presentation during New Student Orientation, an interactive program utilizing a variety of resources to begin a dialogue with incoming students about the role they can play in creating a culture of Affirmative Consent.

"Bringing in the Bystander," a program that highlights everyone's role in ending sexual violence by providing pro-social strategies for intervening safely to prevent violence.

Training and curriculum materials offered to Ithaca Seminar faculty to conduct workshops on Affirmative Consent for freshmen to help them



Linda Koenig, Title IX coordinator at Ithaca College, writes about the Title IX office's objective to reduce sexual violence in response to an editorial published by *The Ithacan*.

JULIA CHERRUAULT/THE ITHACAN

explore their own values and opinions about sexual violence.

In addition, the Title IX Office offers training to faculty and staff on various topics regarding Title IX with a focus on prevention, faculty and staff obligations as "Responsible Employees," and strategies for receiving a disclosure from an individual who has experienced sexual harassment, sexual assault, dating violence, domestic violence, and/or stalking.

If you — or someone you know — experiences sexual or dating violence, we encourage you to utilize the resources available from the Title IX Office and the Office of Public Safety. If you are not yet ready to take the step of filing a formal report and want to consider your options

or just talk to someone, a number of offices on campus can help you and provide support as confidential resources without sharing information with the Title IX Coordinator or the Office of Public Safety.

Do you want to be part of the solution? The Title IX Office welcomes all students, staff, and faculty who want to partner with us in helping create a campus environment that is safe and inclusive, and free from sexual violence, harassment, or discrimination.

Read the complete commentary at theithacan.org/koenig.

LINDA KOENIG is the Title IX coordinator at Ithaca College. Connect with her at lkoenig@ithaca.edu.

LETTER TO THE EDITOR

Juul addiction help available

BY NANCY REYNOLDS

Thank you for calling attention to the growing concerns of the Juul fad in your recent article, "Meant to help quit cigarettes, Juuls spark new addictions." In the Center for Health Promotion, we're hearing from increasing numbers of students who are worried about the addictive nature of their Juul use. What began as a pleasurable tool for feeling energized has become a habit that carries few benefits. They no longer feel the euphoric rush, or anything at all, and the Juul is draining their time and their wallets.

The BASICS Program is a free and confidential service for IC students who want to explore options for reducing Juul use, or quitting altogether. BASICS meetings are one-on-one, and the approach is supportive and nonjudgmental. Many students have found BASICS to be helpful for regaining the healthy lifestyle that they enjoyed pre-Juul (and other substances). If you or a friend is finding yourself being ruled by your Juul, email us for a BASICS appointment at basics@ithaca.edu.

Nancy Reynolds, MSPH, MCHES, CWHC Program Director, Center for Health Promotion
Center for Counseling, Health and Wellness

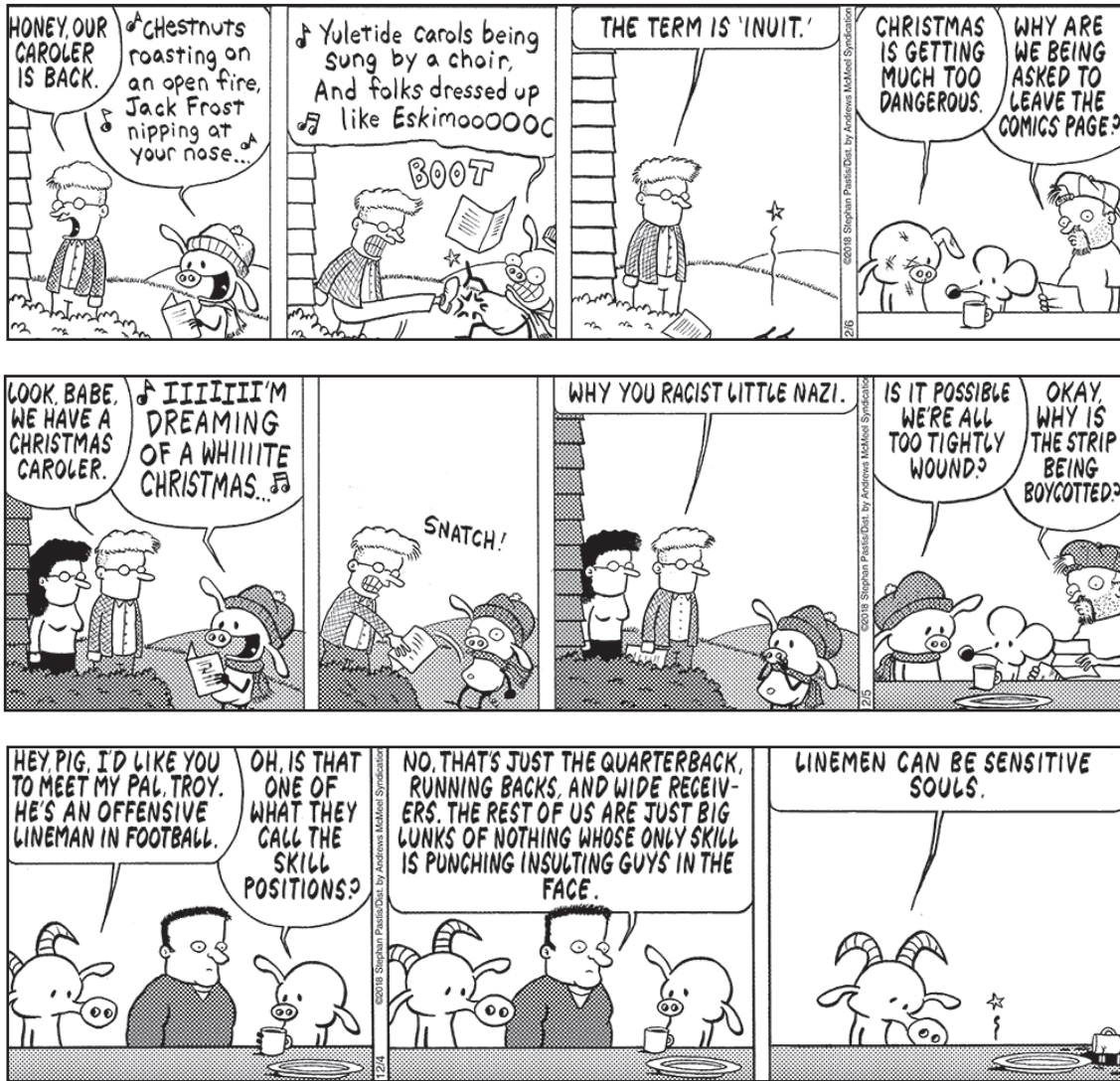
NANCY REYNOLDS is the program director of the Center for Health Promotion at Ithaca College. Connect with her at nreynolds@ithaca.edu.

DIVERSIONS

THURSDAY, DECEMBER 6, 2018

12

Pearls Before Swine[®] By Stephan Pastis



Yesterday's Pasta By Avi Kendrik



sudoku

hard

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

answers to last issue's sudoku


medium

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




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The Sudoku Source of "The Ithacan".



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12/9 DON MCLEAN
1/28 WALK THE MOON: W/ BEAR HANDS
2/9 STEVEN WRIGHT
3/14 PUNCH BROTHERS: W/ GABRIEL KAHANE
3/16 INDIGO GIRLS
4/5 GET THE LED OUT: THE AMERICAN LED ZEPPELIN
4/16 KRIS KRISTOFFERSON & THE STRANGERS



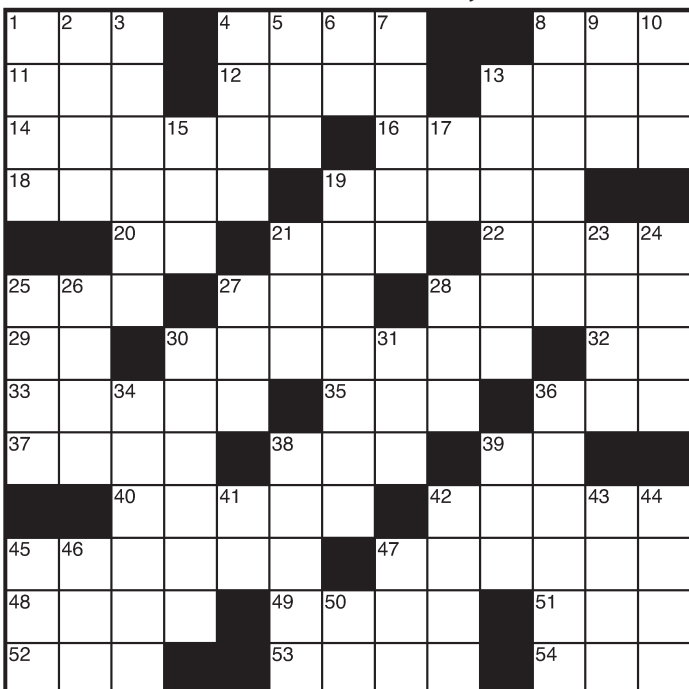
1/12 STEVE EARLE
1/27 ALEJANDRO ESCOVEDO
2/21 TOM PAPA
2/26 RACHAEL & VILRAY
4/18 ANDREA GIBSON

HAUNT

12/6 THE NATIONAL RESERVE
12/11 SABRINA BENAIM
12/13 STRANGE MACHINES
12/22 ROOT SHOCK + WEST END BLEND
12/27 TOO MANY ZOOZ
12/30 DRIFTWOOD
12/31 DRIFTWOOD NYE
1/24 CORY WONG OF WILFPECK
1/29 RAYLAND BAXTER
2/1 THRU SPECTRUMS + DANIELLE PONDER
2/2 UNLOCKING THE TRUTH
2/12 EL TEN ELEVEN
2/19 GRATEFUL SHRED
3/9 DARK HOLLOW
3/15 BOMBINO

crossword

By United Media



ACROSS

- 1 Rookie socialite
- 4 Piqued
- 8 Aleta's son
- 11 Feverish
- 12 Grain spikes
- 13 Forest part
- 14 "- Twist"
- 16 Unchanging
- 18 Motel's prices
- 19 Final authority (hyph.)
- 20 Alt.
- 21 Talkative one
- 22 Small band
- 25 Future fish
- 27 Mai tai ingredient
- 28 Noted fabulist
- 29 News agcy.
- 30 Evening service
- 32 Lawrence's inits.
- 33 Removed the peel
- 35 Boatload
- 36 Prohibit
- 37 Pivot
- 38 - Montgomery of jazz

DOWN

- 13 Takes a bite
- 15 Ex-GI
- 17 - Cobb
- 19 Took a small bit
- 21 Roast beef au -
- 23 Jot
- 24 Not fully enclosed
- 25 Knocks
- 26 Whitish gem
- 27 Blushing
- 28 It may be abstract
- 30 Turned sharply
- 31 Goddess of dawn
- 34 Caused a blister
- 36 Brambles (var.)
- 38 Stinging insects
- 39 Jungfrau
- 41 Spanish article
- 42 Italian wine city
- 43 Need an aspirin
- 44 Load cargo
- 45 Mate to 46-Down
- 46 Fleecy animal
- 47 Try to find out
- 50 Peru's cont.

last issue's crossword answers

YUK	SETS	LEA	
URN	ENYA	DARN	
LLAMAS	DEEPEN		
	VIM	CARNE	
BEET	ANT	SLAB	
ELS	BIN	ZESTY	
LE	ROD	MAR	OW
IGLOO	JUG	FLA	
EYES	CUD	DULY	
	VISAS	PEG	
SLEEPS	ASSUME		
KERR	ISMS	EEO	
YDS	OMIT	SAS	



Senior Isaiah Horton creates his own rap music and releases it on SoundCloud, an online audio streaming website. SoundCloud differs from other music-streaming sites because it offers loose regulations that allow artists to use other people's music samples and release songs without any extra cost. This has led to a growing music scene, particularly in the rap genre.

ELIAS OLSEN/THE ITHACAN

BY HARLEY MCKENZIE
STAFF WRITER

Ithaca College senior Isaiah Horton goes by another name: Isaiah Raps. His newest album, "I Broke It," explores a range of beats, with features from The Sunshine Group, Zero459 and Kyra Skye. Horton has been sharing his music on SoundCloud — a music-streaming website that functions as an online underground scene — for five years now, and he has released albums and performed at local shows in Ithaca.

SoundCloud is a music streaming website where users can upload original content and share others' music. The site gives each artist an even playing field by only asking for payment for premium memberships. SoundCloud builds profiles based on interests, allowing users to like and repost tracks. Any original music posted gets put into a category called "Tracks," which functions as a musical portfolio. The accessibility appeals to some students at the college, allowing them to present their own art.

One of the more popular genres on SoundCloud is rap, the genre to which Horton belongs. Horton said SoundCloud's design is useful for artists to get an in-depth feel for someone else's personality. To do this, he utilizes the site's features, which allow users to comment, like and share. Most of Horton's tracks include collaborations with other artists.

"Before you really meet somebody, you can kind of see what they're about, their whole repertoire, what they listen to," Horton said. "SoundCloud isn't just the music that you listen to; it's also what you like. You kind of get a sense of the person and what you're dealing with so that you can reach out and meet them if you have a similar vibe."

Zatticus Laidlaw, known as TripCity, said he feels SoundCloud is an easy way to create and share his music. He also said because the platform has so many users, he's able to spread his music to more people.

"SoundCloud is the easiest way to get your music out there for free," Laidlaw said. "Starting from ... having nobody know your name, then watching your plays go up is amazing. A lot of

rappers get noticed through there."

Sophomore Katie Husselbee, a SoundCloud listener and Laidlaw's girlfriend, said SoundCloud has been useful for Laidlaw to express his feelings in a productive way. She said it's been his most consistent way of addressing feelings he's not typically comfortable with sharing.

"I definitely think that music, in general, helps him," Husselbee said. "Music helps a lot of people. He doesn't really have another way to put his feelings. He's not very open to that, but here he's able to just express himself and put any sort of energy and emotion into his music and his lyrics. He just loves it. He goes into it like it's a whole other world."

Horton said SoundCloud can serve a rapper by allowing them to develop their craft. He said the platform connected him with other musicians to collaborate with and has given him a better chance to have his music shared.

"Most artists that have become who they are started on that kind of a platform, where they were able to release their music for free," he said. "It's a great feeling to have artists be able to grow and develop their sound and audience."

SoundCloud offers prerecorded samples of music that users can add to their own tracks and loose regulations to give artists enough freedom to get the sound they want. The site doesn't monitor and censor content, and rappers are free to exchange and use one another's beats or features. Horton said he appreciates these options because getting music onto platforms like Spotify and Apple Music can be difficult without the money to clear music samples and get the songs uploaded. This accessibility makes it possible for unknown musicians to break into the scene: Rapper Post Malone released his first ever single on the site in 2015.

"Especially in hip-hop, a lot of the music is sample-based, beat-based and taken from other places," Horton said. "It's harder to post on these other streaming forms when you have those roadblocks in the way unless you have the capital and can pay for it. SoundCloud kind of just lets you do whatever. It exists to be free."

Senior Cal Goodin said he has taken photographs for SoundCloud artists' album covers. He says he has also listened to Horton's music and noticed his flow was much different from more

mainstream artists he has heard. He said the freedom of SoundCloud may be partially to thank for the notable sound.

"I imagine you don't make a lot of money being a SoundCloud rapper," Goodin said. "I imagine that there's a lot of freedom with it though, because as far as I'm aware, SoundCloud censorship policies aren't that much."

Because SoundCloud is such a simple and accessible site for so many, it draws in a crowd of unknown artists. Husselbee said she thinks SoundCloud can be useful for local artists even if they don't wish to put out their own tracks.

"Even people that I didn't even think would be into making music are able to create beats and just give it to someone else," Husselbee said. "Basically all local artists are on SoundCloud, so everyone is supporting local artists and friends. It's easy to share that link out."

SoundCloud does have its flaws, however. Because the service is mostly free, it has brought in over 175 million monthly listeners. The vast majority of these users do not subscribe to its Pro Unlimited package, which offers additional features like unlimited upload time. Nonpaying users can upload a total of three hours worth of content, but for \$12 a month, users can upload unlimited hours of content. This means an artist has to work hard to get notoriety, and the music itself can suffer from the cheap production process due to its do-it-yourself nature.

Senior Joey LoPiccolo often listens to artists

on SoundCloud. He said he was initially bothered by the sound of most SoundCloud music because the quality wasn't as clear as songs by experienced artists. He also said finding recognition on SoundCloud must be especially challenging given the user stats.

"The sound itself, I don't know if it's supposed to be that muddled," LoPiccolo said. "As someone who likes a nice, clear, crisp sound, it kind of bothers me. I think the style is fine, but what they use to sample seems a little low in fidelity. I also feel like there's a lot of trudging you'd have to do to find some songs. It might be an overly saturated genre."

Similarly, LoPiccolo said part of the glory of SoundCloud is the product that comes out of making a project without high expectations.

"You're doing that for you," LoPiccolo said. "I think when you go into it with the mindset that you're making this music that's not necessarily gonna get you paid, it just might get you recognized, that facilitates an area for good music and music that people might really like to rise up."

Laidlaw said for him, rap music is about community and how it can connect individuals.

"Rap has allowed me to connect with other people, where I'd usually keep everything in my head before," Laidlaw said. "To me, rap is about bringing people together. It can be about vibing, chilling, having a good time or having a party. In general, music brings people together. Nothing quite gives the same feeling as rap."



Horton released his album "I Broke It" on Spotify. COURTESY OF SOUNDCLOUD



SoundCloud rappers often use their personal computers and sound systems to produce their songs, contributing to a do-it-yourself sound.

KAYLA ZEGLIN/THE ITHACAN

CULTURED

Neil deGrasse Tyson denies sexual assault claims



Twenty-First Century Fox Inc. and National Geographic said they will conduct a thorough investigation of sexual misconduct allegations against astrophysicist Neil deGrasse Tyson. DeGrasse Tyson was the host of the science series “Cosmos: Possible Worlds” on Fox in 2014 and was set to host another iteration of the show on National Geographic next year. Patheos.com recently published allegations from two women who said he acted inappropriately toward them. He denied these accusations and agreed to cooperate fully in the investigation.

Instagram allows sharing with fewer followers

In a world obsessed with garnering likes and follows, Instagram is making it easier to share content with fewer followers. The new Close Friends feature allows users to share Stories — photos and videos that disappear after 24 hours — with a select list of close friends. Social media companies are recognizing that bigger audience sizes may make users reluctant to share personal content with Facebook beefing up its Groups feature and direct messaging apps growing in popularity.



‘Handmaid’s Tale’ sequel to release in 2019



Margaret Atwood’s 1985 dystopian novel “The Handmaid’s Tale” was a bestseller when it first came out and rose back onto the charts in 2016 after President Donald Trump’s election. “The Testaments,” a sequel to “The Handmaid’s Tale,” is set to come out in 2019. Atwood said she was inspired to write the sequel because of readers’ questions and “the world we’ve been living in.”

Dolly Parton’s music career recognized by MusiCares

Musicians Willie Nelson, Vince Gill, Don Henley, Mavis Staples and more will perform at the 2019 MusiCares awards in tribute to Dolly Parton, who has been named MusiCares 2019 Person of the Year by the Recording Academy. Parton will be recognized for her musical career and support of causes through the Dollywood Foundation. Other artists including Pink, Norah Jones and Kacey Musgraves are also on the lineup. The event will take place in Los Angeles on Feb. 8.



Students study and sail around the world

BY VIVIAN GOLDSTEIN
STAFF WRITER

Picture listening to your professor's lecture on the Vietnam War as you stand in Vietnam. Imagine taking a class about slavery and then visiting slave dungeons in Ghana. Semester at Sea, a study-abroad program that allows students to live on a cruise ship, makes all of these learning opportunities a reality.

Semester at Sea is a nonaffiliated program with Ithaca College and is sponsored by Colorado State University to combine traditional classroom and experiential learning for 500 to 700 students living on a cruise ship. The ship has two general routes that change depending on the semester: One explores Europe, Africa and South America, usually in the fall, and another focuses on Europe, Asia and Africa, usually in the spring. In both programs, the ship will dock at 10 to 12 ports for field trips that coincide with the classes taught on the ship.

Between Fall 2013 and Spring 2018, a total of 24 Ithaca College students participated in Semester at Sea. Rachel Gould, director of study abroad in the Office of International Programs and Extended Studies, said the college usually sends an average of two to five students each semester. Although the program is nonaffiliated, meaning students from the college cannot fund the program with scholarship money and credit transfers for some coursework are not guaranteed, the process for sailing away for a semester at sea is generally the same as studying abroad in a program stationed in a specific country.

Senior Arietou Amadou-Wattara sailed from San Diego, California, to Asia and South Africa in Spring 2018

with the program.

Amadou-Wattara is from Togo, West Africa, but she hadn't traveled outside of the United States for seven years before her Semester at Sea experience. She said the ability to wake up in a new country every week exposed her to new ideas and people.

She said one of her favorite memories was in Myanmar, exploring Bagan's 1,000 pagodas — sacred Hindu and Buddhist temples — with friends. While there, she met a 15-year-old tour guide and many hard-working female artisans creating a yellow cosmetic paste called "thana-ka." She said the people she met throughout the trip left an impact on her and allowed her to feel closer to her home country.

"I have seen poverty at close range," she said. "... In many ways, I felt closer to some places than others, because in the locals I could see the citizens of my country, Togo, with little possession, but with so much love, compassion and dream."

Before senior Rachel Steinmetz participated in Semester at Sea in Fall 2017, she said, she hadn't really wanted to go abroad. Then, a friend mentioned going to several different places through the Semester at Sea program, and Steinmetz was hooked.

Although her journey was filled with a lot of fun, not every moment lacked seriousness. She said that visiting various countries around the world widened her global perspective.

"I really think people need to get out of their own bubble and really explore the world because it has so much to offer," Steinmetz said.

Frederik Kaufman, professor in the Department of Philosophy and Religion, taught for Semester at Sea and said the program allows students to question the ideologies and values



Ithaca College senior Arietou Amadou-Wattara set sail from San Diego to participate in the Semester at Sea program in Spring 2018. Amadou-Wattara stands in front of the program's cruise ship docked in India.

COURTESY OF DONNA FLEMING

they've been taught and develop a deeper sense of compassion for others. He said the concepts and theories taught in a traditional classroom may not affect students as much as when they actually see and experience them. He said his own experience, teaching theory in class and then seeing those effects in real life, opened his eyes and shook him out of his complacency.

"I have a unit on war," Kaufman said. "So I'm standing at ground zero of Hiroshima teaching about nuclear weapons. ... It has such an impact on people," he said.

On top of the traditional classroom

learning, Semester at Sea offers a variety of field trips tailored to certain subjects. Because of Steinmetz's film class, she was able to visit Bollywood, India, and watch actors and actresses who performed so close she could almost touch them, she said. For the same film class, she also saw the set of Game of Thrones season six in Girona, Spain, and for her intercultural communications class, she got to meet and talk with Chinese students.

It can get boring on the ship. The boat didn't have a regular internet connection, just email and a phone.

For some, it can also be difficult to stay on the sea for so long. Kaufman said he was sensitive to getting seasick, and sometimes that became difficult. By the end of Steinmetz's first lecture on her first day, people were running out of the room to throw up.

Despite stumbling around her cabin and having the occasional bout of homesickness, Amadou-Wattara said she misses it all.

"I miss wobbling my way around the hallways," she said.

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Ice carvers to compete for prizes during Ice Fest

BY ARLEIGH RODGERS
STAFF WRITER

Ithaca is no stranger to freezing winds and frosty nights. Although the cooler months are already in full swing, the city will bundle up this weekend to celebrate the cold rather than combat it.

Standing beside the bustle of chilly college students and community members will be ice sculptors cutting, chiseling and smoothing out masterpieces from the previously unexceptional block of ice before them, all for the attendees of Ice Fest — Ithaca's annual ice-carving competition and showcase.

In its 12th annual appearance on The Commons, the festival will host sculptors from around the country. They will compete for \$9,000 in prizes over three days of ice carving contests from Dec. 6 to 8. The speed carving competition will take place Dec. 7 when sculptors will compete to craft an elaborate sculpture from one block of ice in approximately 20 minutes. The two-block showpiece challenge Dec. 8 — the festival's main event — will loosen the sculptors' time restraints, allowing them the entirety of the final day to forge artwork from two slabs of ice.

Summer Keown, special events director for the Downtown Ithaca Alliance, said each sculpture in the competitions is limited by the sculptor's imagination, the time they have to sculpt and the weather at the festival.

"It's really up to their own creativity," she said. "Their main requirement is time. ... The one on Saturday, they have more time, so they can really do some incredible artwork. They'll be all throughout The Commons

working, and people can come and watch them work all day."

One sculptor returning to compete is Aaron Costic, last year's first-place winner for the championship title. His winning sculpture, titled "Wind," depicted a headless male body with angel wings. Costic is an Olympic gold medalist and won at the 2006 Winter Olympics in Turin, Italy, for ice carving.

"He always puts out these spectacular, detailed sculptures," said Darlene M. Donohue-Wilber, communications manager for the Downtown Ithaca Alliance. "The detail and the time he puts into his sculptures, it's just incredible to watch him work with the different tools. He's definitely got a lot of experience under his belt."

Keown also said that before Ice Fest, many local businesses will have custom ice sculptures made that will be placed outside their storefronts during the festival. Some restaurants on The Commons will also be featured in the annual Chowder Cook-off, which kicks off its ninth year at noon Dec. 8. Prizes will be awarded in the categories of best meat, best seafood or best vegetarian chowder. The Chowder Cook-off gives attendees the opportunity to taste the local flavors of the city, Donohue-Wilber said.

The chowders are served at the festival's famous Ice Bar, where attendees can order beer, wine and hot cocoa from a bar whittled entirely from ice.

For some attendees, Ice Fest will run to the melodies of the silent disco, a dance party with music played through individual, synced headphones. The DJ's music, instead of being piped out through speakers, will be transmitted to the listeners' wireless



An ice sculpture stands in front of shops on The Commons during last year's Ice Fest. The 2018 Ice Fest will run Dec. 6 to 8 and will coincide with the annual Chowder Cook-Off.

RAY BOLKIN/THE ITHACAN

headphones, said Ben Ortiz, known as DJ ha-MEEN. Ortiz will be running the silent disco for the second year in a row.

"It was a big success," Ortiz said. "People had a lot of fun. Obviously, it's kind of a counterintuitive thing for a lot of people to think that they could go outside and dance in the cold, but, you know, cold is a funny ... phenomenon. The more you move, the warmer you feel."

Sophomore Whitney Rosenfeld said that last year, she heard about Ice Fest on the Downtown Ithaca Alliance Facebook page. The event details sparked her interest, and she said she went to The Commons with a couple of friends to enjoy the festivities. Rosenfeld said she plans to attend the festival this year as well.

"I thought it was really cool that they were having all of these wintery-themed

events, and I had gone down with two other friends, and we took pictures by the ice sculptures," Rosenfeld said. "I've been to the Bronx Zoo, where they have ice sculpture contests and a whole winter-themed event at the zoo, but I really haven't, beyond that, ... seen anything like it."

Ortiz said he enjoys the excitement around Ice Fest because it gives the winter-bound city the opportunity to revel in the cold rather than reject it.

"I think it says something that this city doesn't just hibernate over the course of the winter months," he said. "It's a reason to get outside and feel good about the outdoors, no matter what the weather."

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Animation builds expansive internet world



“Ralph Breaks the Internet” is the sequel to “Wreck-It Ralph” and the most recent animated movie released by Walt Disney Studios. “Ralph Breaks the Internet” follows the story of fantasy video game characters Wreck-It Ralph and Vanellope von Schweetz. They traverse the wide expanse of the internet, visit popular websites and meet iconic pop-culture figures and characters.

WALT DISNEY STUDIOS

BY AVERY ALEXANDER
STAFF WRITER

“Ralph Breaks the Internet,” the sequel to Disney’s “Wreck-It Ralph,” is a perfect movie for this internet generation as it paints a colorful, lively picture of the internet while providing a heartwarming story about friendship and personal growth.

“Ralph Breaks the Internet” follows the story of Ralph (John C. Reilly), the lovable video game villain with a heart of gold from the fictional ’80s game, Fix-It Felix Jr.; and Ralph’s best friend, Vanellope von Schweetz (Sarah Silverman), a racer in the fictional racing game Sugar Rush. After Sugar Rush’s steering wheel breaks in half and the game is put out of

commission, Vanellope starts to wonder what she’ll do without racing. To help save her game, Ralph and Vanellope head into the internet to order a new steering wheel from eBay.

The movie portrays the internet as a massive futuristic city: Towering skyscrapers and buildings represent major websites, flying cars represent web surfing and shady back alleys represent the dark web. Every location in the movie captures the essence of each website or app it’s supposed to embody. Disney did a perfect job capturing the size of the World Wide Web, making the setting seem mind-bogglingly vast and nearly impossible to navigate. This adds to the peril of the situation, often

making Ralph and Vanellope’s quest seem insurmountable.

The main plot juggles intense topics of insecurity, anxiety and unhealthy relationships. It focuses primarily on the lack of trust between Ralph and Vanellope and highlights the importance of being honest and understanding in friendships. “Ralph Breaks the Internet” doesn’t shy away from its own dark tones. Instead, it dives headfirst into its troubling and visceral message.

“Wreck-It Ralph” also stands out for its references to pop culture. “Ralph Breaks the Internet” takes that element from the first movie and amplifies it, moving away from exclusively referencing video games and expanding into a wider range of media. The movie depicts familiar

websites and apps like Pinterest, Instagram and Twitter. “Ralph Breaks the Internet” features recognizable characters, memes and people like Grumpy Cat, Chewbacca Mom, YouTubers Miranda Sings, iHasCupquake and even the Disney princess “family.” By bringing in all of these fun Easter eggs for viewers, the movie almost becomes a game for viewers to play. It’s exciting to see a favorite website or internet icon woven into the plotline. It’s even more engaging to be able to relate to the internet experience depicted on screen. Many people have a connection to what “Ralph Breaks the Internet” references, and it heightens the enjoyment exponentially.

However, at times, the references to internet trends can seem superfluous. At certain points, the story takes

a serious route, but unnecessary references just keep getting thrown in. During the movie’s climax, Ralph uses the Pinterest pin logo as a weapon. It’s comedic, but the last thing a decisive cinematic moment needs is needless comedy. It would be nice if the movie could take a break from the onslaught of references to let audiences breathe.

It’s great to see these memorable characters kicking butt once again. The expansive and beautiful setting, dynamic story and engaging characters ensure that “Ralph Breaks the Internet” lives up to its predecessor. The Walt Disney Studios does not disappoint with this breathtaking animated film.

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‘Wildlife’ shows pain with graceful beauty

BY PHOEBE HARMS
STAFF WRITER

“Wildlife” follows the brutal tale of a failing marriage and struggling family, but Paul Dano’s graceful direction and Carey Mulligan’s magnetic performance turn the harrowing story into something beautiful.

Based on Richard Ford’s 1990 novel by the same name, “Wildlife” takes place in 1960 Montana and follows the story of the Brinsons — a family consisting of father Jerry (Jake Gyllenhaal), mother Jeanette (Carey Mulligan) and their 14-year-old son Joe (Ed Oxenbould). The family has just moved to Montana and is seemingly adjusting well. Jerry has a job at a local golf course, while Jeanette stays home with Joe. At the beginning of the film, the lives of the Brinsons are simple, almost bland. The only out-of-the-ordinary aspect of their lives is the raging wildfires spreading miles away from their home, a tragedy that is mentioned but rarely seen except for a smoke in landscape shots.

Things go south for the family when Jerry loses his job, causing the first signs of tension seen between him and Jeanette. To compensate, Jeanette takes up a job teaching swimming. The only career Jerry’s injured pride allows him to pursue is assisting in fighting the wildfires. It is a dangerous job that takes him away from home, leaving a furious Jeanette with a distraught Joe.

Jerry’s absence triggers a spiral

with Jeanette’s character. She changes her image by taking up smoking, wearing clothes from her college years and beginning an affair with one of her wealthy swimming students, Warren Miller (Bill Camp). The transition Jeanette goes through is hard to pinpoint: She hasn’t quite lost her mind but she’s lost sight of what has brought her life value thus far.

Mulligan conveys this to the audience with staggering talent. This is noticeable in a confrontational scene between Jeanette and Jerry in which Jeanette is initially calm in her stance but quickly snaps at her husband in her own defense, a quick shift in mentality that Mulligan effortlessly executes.

This talent is especially highlighted in scenes with Oxenbould. There’s an almost uncomfortably realistic dynamic between the two actors. Both of their characters need guidance, and neither can provide it for the other — especially right after Jerry leaves the house. Jeanette is attempting to find her own purpose without her husband while Joe is simply trying to figure out life as a teenager without his dad. Mulligan and Oxenbould succeed in conveying how lost their characters are — to the point where resolution feels almost hopeless.

Similar to the Midwestern life it conveys, the storyline of “Wildlife,” is fairly slow-moving, but Dano keeps it interesting with assistance from the scenery; the film is loaded with breathtaking shots of the Montana



“Wildlife” adapts Richard Ford’s 1990 novel of the same name and follows a struggling family in 1960 Montana. Jerry (Jake Gyllenhaal) and Jeanette (Carey Mulligan) attempt to navigate a failing marriage and a loss of purpose.

JUNE PICTURES

landscape. In addition, Dano manages to stay loyal to the time period without making it obvious — the fashion, setting and lifestyle are that of the 1960s, but there is no reliance on clichés, and the time period doesn’t carry strong significance. In several scenes, Dano keeps the camera still in a wide shot while action occurs between characters, almost as if someone sat a camera on a table and left it to pick up footage. This quality makes

the scenes feel as if the audience is sitting with the characters and watching them in person, an effect that takes advantage of the beautiful landscape and the talented cast.

While it succeeds in realistically illustrating the ups and downs of the Brinson family, “Wildlife” can’t help but get tedious. Dano gives each character time to identify their flaws and go through dramatic development, a process that gets repetitive and

almost frustrating. A climax isn’t seen until near the very end when Jerry returns home.

Even still, “Wildlife” succeeds in depicting the fall of a seemingly perfect family but also leaves the audience with a reminder: Life can be the hardest it’s ever been and still be beautiful.

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Acting in 'Creed II' lands emotional punches

BY LIAM CONWAY
STAFF WRITER

After the success of Ryan Coogler's "Creed," with its surprisingly layered characters and deep emotional punches, "Creed II" continues the "Rocky" franchise with just as much gusto and flash.

The film follows Adonis Creed (Michael B. Jordan), who lost a major exhibition match at the end of "Creed." "Creed II" opens with Adonis in a much different place: winning the heavyweight world championship for boxing and thus continuing the legacy of his dead father, the famous Apollo Creed.

The film progresses when Ivan Drago (Dolph Lundgren) and his son, Viktor Drago (Florian Munteanu), challenge Adonis and his coach, Rocky Balboa (Sylvester Stallone), to a fight. Adonis has a choice to make when deciding whether or not to fight Viktor, the son of the man who killed Apollo. Along the way, Adonis faces challenges in his developing relationship with Bianca (Tessa Thompson), and he has to deal with a lack of guidance from his trainer, Rocky. "Creed II" struggles when it tries to shoehorn in copious amounts of interpersonal drama, which make the film feel aimless. Fortunately, it has an exciting visual style, utilizing handheld camerawork and contrasting colors, along with grip-

ping performances that make up for most of its shortcomings.

"Creed II" is yet another demonstration of Jordan's dynamic acting ability. Jordan has ascended to superstardom between "Creed" and "Creed II," much like Adonis does between films. Jordan is believably sensitive when he shares intimate moments with Bianca, but when he's in the ring, his intensity is gripping. Jordan's physicality is impressive. He has gone above and beyond to be faithful to the sport of boxing by training to become a strong boxer himself. Because of this, there is no need to edit around the action. Training and fighting sequences are shown in wide shots, showcasing the almost superhuman ability of elite athletes.

Thompson shines once again as Bianca; her chemistry with Jordan is electric, and her journey is paralleled with Adonis' when she reaches fame through her music career. Even when Bianca's arc feels overcomplicated, Thompson does the best she can with the material she's given. And, much like his role in the first film, Stallone gives the most impactful performance as he reprises the role of Rocky Balboa for the eighth time. Rocky is the sweetest, most wholesome version of himself, and every time Stallone appears on screen, his emotions are so genuine that it's hard to believe Rocky

MOVIE REVIEW

"Creed II"
Metro-Goldwyn-Mayer
Our rating:
★★★★☆



"Creed II" continues the "Rocky" franchise with another impressive boxing film. Michael B. Jordan stars as the boxer Adonis Creed, with Sylvester Stallone as Rocky Balboa and Tessa Thompson as music star Taylor Bianca.

METRO-GOLDWEN-MAYER

is a fictional character.

Unfortunately, when Adonis' mother, Mary Anne (Phylicia Rashad), suddenly arrives, the quantity of roadblocks the characters face makes the film feel overcomplicated. The film feels rushed to tie everything up by the end and has to answer the many questions posed at the beginning, like whether or not Adonis will fight Viktor, make up with Rocky or die in the ring like his father. As if this film didn't have enough going on, "Creed II" also

has to provide answers for questions posed at the end of "Creed," like how Rocky overcame cancer. This overcrowded plotting makes moments feel empty when they are supposed to be emotionally resonant.

Thankfully, the third act of "Creed II" returns to Ivan and Victor. The bloodthirsty antagonists are well-developed, and Ivan explains why he and his son are on a revenge crusade. The ending of this film almost completely makes up

for its earlier shortcomings. The music from "Rocky" makes a triumphant return, Rocky and Adonis' relationship comes to a head and the intense, gritty cinematography all work in perfect synergy to create a moment that feels grand, and its importance to the characters is clear. The ending of this film is emotionally impactful and has the viewer biting their nails and gasping with every punch.

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Though brief, album bursts with emotion

BY KARA BOWEN
LIFE & CULTURE EDITOR

Earl Sweatshirt has always been ahead of his time.

At just 16, he was recruited to the rap collective Odd Future by Tyler, the Creator and became known for his rapid-fire wit and sharp rhymes. His 2015 album, "I Don't Like Shit, I Don't Go Outside: An Album by Earl Sweatshirt," was the first look at a more introspective Earl. But his most recent release, "Some Rap Songs," is more experimental and emotional than any of his previous records, sharing 2-minute bursts of vulnerable lyricism with the backdrop of lo-fi hip-hop beats.

What makes "Some Rap Songs" so dynamic is how hard it is to puzzle out. Earl's monotone delivery and just slightly out-of-sync lo-fi loops make it difficult to dig out the main melody, and the core of each song is nebulous at best — but the more you listen, the more fascinating each of the separate elements become. Each song has a strong, off-kilter sense of rhythm that's bizarre in the best way.

Though consisting of 15 songs,

"Some Rap Songs" is only 24 minutes long. The opener "The Mint (feat. Navy Blue)" is the longest at 2 minutes, 45 seconds; the shortest track, "Loosie," clocks in at a meager 59 seconds. Each song ends as quickly as it begins with no transitions to speak of. Though the instrumentals start and stop abruptly, the album still feels like one long, continuous song. Transitions between songs sound like a record skipping to the next groove over. This effect provides a calming flow and unified front, providing needed balance to songs chopped up beyond recognition. Drum loops, synth and vocal samples cut in and out, each track sounding like a confusing but effective collage of a song.

This cut-and-paste style is most obvious in Earl's well-used vocal sampling. The voice of his father, Keorapetse Kgositse, permeates the entire album. "Playing Possum" (feat. Cheryl Harris & Keorapetse Kgositse) juxtaposes Earl's mother delivering a speech with his father reading a poem. Kgositse, a South African poet, died in January 2018, a fact that makes his voice and poetry hit even harder and provides a deeper emotional backbone to the album.

The album's strongest moments are when the tempo speeds up and Earl injects more life into his delivery. "Nowhere2go" strips back the layered instrumentals to showcase emotionally

ALBUM REVIEW

Earl Sweatshirt
"Some Rap Songs"
Columbia Records
Our rating:
★★★★☆



COLUMBIA RECORDS

evocative lyrics, and powerful verses and dark synth are crammed into the minutelong "Loosie." Just as effective, however, are the slower, gentler moments on the album. "Ontheway!" relies on crashing cymbals and indie guitar before slowing down into hazy bedroom pop, and "Azucar" is sweetened by fuzzy background singing and dreamy synth.

After his three-year hiatus, Earl Sweatshirt is more mature than ever. "Some Rap Songs" is ambitious and unexpectedly artistic, presenting a fusion of influences and emotional verses without fanfare. The album's 24-minute run time is tantalizing, each promising track cutting out when it sounds like it's just getting started, but Earl knows exactly what each song needs to do and doesn't overstay his welcome, making what he does say all the more impactful.

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Ski Mask serves fans

BY DAVID WEST
STAFF WRITER

It's no secret in the rap game that talent and success are not directly correlated. If that were the case, Ski Mask the Slump God would be dominating the charts, and he would be popular well beyond the realm of hip-hop fans.

The truth is that the coarse, chaotic rhymes of the rapper are an acquired taste. His self-titled debut studio album, "Stokeley," only further demonstrates that claim and further illustrates Ski Mask as a polarizing figure with a flare that can be difficult to appreciate yet incredible.

Riding the wave of distorted hardcore trap that was creeping into the mainstream spotlight, Ski Mask distinguished early on in his first three mixtapes between 2016 and 2018 that he was bringing a whole new sound to the scene. With the voice of a middle-aged chain-smoker, his flow is erratic yet meticulous, and trying to follow it is like chasing a zigzagging jackrabbit on steroids. His voice is his instrument, and though he's

not a skilled singer, he uses that instrument to craft lyrical rivers with currents far too wild to overlook.

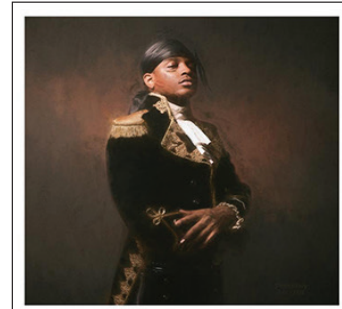
Ski Mask knows he's not reaching out to any new audiences, and he's OK with that. It's perfectly understandable that such a hoarse voice on such choppy beats isn't infiltrating the playlists of club DJs or charting on Billboard. Ski Mask rewards his fans by giving them what they like and capitalizing on flow rather than melody.

"Stokeley" is an album for the fans. It's not for listeners trying to get into rap music nor is it for anyone who wants an easygoing, relaxed listen. With this project, Ski Mask plants his feet firmly in the ground of his loyal fanbase and reminds the world that he's not Ski Mask the pop star or Ski Mask the mumble rapper. He's Ski Mask the Slump God.

ALBUM REVIEW

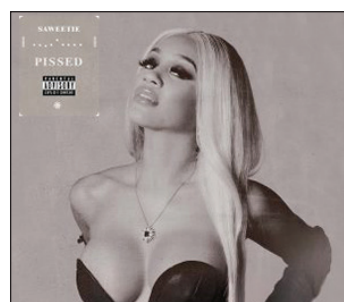
Ski Mask the Slump God
"Stokeley"
Decca (UMO)
Our rating:
★★★★☆

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DECCA (UMO)

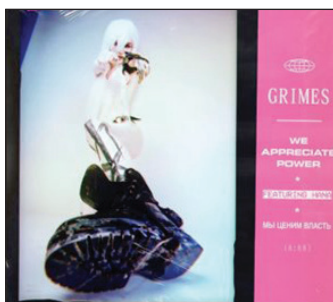
QUICKIES



ICY/ARTISTRY RECORDS

"PISSSED" Saweetie ICY/Artistry Records

Saweetie's verses are fun, consistently clever and aggressive. Her beats rely on more than just trap stutters to stay interesting: Synth, a rumbling electronic bass and even jingle bells elevate the song's attitude.



4AD LTD

"WE APPRECIATE POWER" Grimes, HANA 4AD Ltd

Grimes' feminine voice meshes perfectly with hardcore electric guitar. One grows concerned for Grimes' vocal cords, though, after she spends the 5 1/2 minutes shrieking.



DOMINO RECORDING CO. LIMITED

"ANYWAYS" Arctic Monkeys Domino Recording Co. Limited

Alex Turner has listened to "Starman" too many times — his voice sounds like a weak imitation of '70s David Bowie, lacking the energy from the hard-hitting bass line that the band relied on at its inception.

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Simon has written widely on press freedom issues for *The New York Times*, the *Washington Post*, *The Guardian* and dozens of other publications around the world. He is the author of three books, "Endangered Mexico," "The New Censorship" and "We Want to Negotiate: the Secret World of Kidnapping, Hostages, and Ransom" (forthcoming, January 2019).

Individuals with disabilities requiring accommodation, please contact Brandy Hawley, bhawley@ithaca.edu or 607-274-3590 as soon as possible.



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EDUCATING EVERY ATHLETE

Physical therapy students provide training to club athletes



Members of the Ithaca College men's club volleyball team participate in a workshop with Bombers Helping Bombers on Nov. 27. Bombers Helping Bombers is a program formed last year to educate club athletes on strengthening and protecting the muscles used most often in their respective sports. Club sport teams do not have trainers while varsity teams do.

ELIAS OLSEN/THE ITHACAN

BY JACK MURRAY
ASSISTANT SPORTS EDITOR

When sixth-year physical therapy students Andrew Ward and Robert Allen were treating athletes at the physical therapy clinic in the Hill Center at Ithaca College, they noticed substantial differences in body awareness between varsity and club athletes.

Ward and Allen thought the divide in knowledge was unfair, so, last year, they founded a new program at the college, called Bombers Helping Bombers, which supplies club athletes with exercises to strengthen and protect the muscles used most often in their respective sports. Ward said the purpose is to try to prevent injuries from happening in club sporting events.

"Varsity athletes have coaches and strength training while club athletes are just going back to play each day without any guidance," Ward said. "I thought this was unfair; they are both getting hurt and playing really hard."

The college offers 14 varsity-level sports for women and 11 varsity-level sports for men. The college also offers 27 competitive sports clubs and 14 performance and recreational clubs. While there are 16 more club programs than varsity programs, the disparity in available resources for club athletes and varsity athletes is immense. For example, every varsity program has a head trainer who works directly with the team while club teams are student-run and any trainer advice and usage is on an individual basis and is not team-sponsored.

The organization started last year on a

voluntary basis as both Ward and Allen gathered some of their colleagues and organized workshops for club teams like men's soccer and men's basketball. Last summer, they presented the idea to Sean Reilley, program coordinator of the Office of Recreational Sports, and Reilley helped the club get off the ground and hire a staff of 12 physical therapy students.

The students are paid hourly for their service at the workshops, which typically run one to three hours at a time, and the program is funded by the Department of Recreation and Leisure Studies. Ward said the organization was granted funding as a result of serving the club sports division of the recreation department.

Allen said the program helps physical therapy students because it gives them real-world experience with young athletes who could use guidance in their preparations for competing. He said the workshop setting allows the trainers to reach a large group of people in a limited amount of time and still give a personal touch.

"We have always wanted to do sports-specific

type of things," Allen said. "Having a workshop is the ideal way because, in health care, people are realizing that it's better to be preventative as opposed to reactive."

Sophomore Paul Brecht, player on the men's club basketball team and a representative for the team's coaching

I also hope it would make them more likely to reach out if they are hurt."

— Andrew Ward
Co-founder of Bombers Helping Bombers



committee, said the trainers helped the team create a warmup routine that better prepares the players' bodies for the upcoming games through various calisthenics, which are exercises that focus on various motor skills.

"With club, it's a little less formal," Brecht said. "We practice twice a week, and we didn't really have a great warmup routine, so our president last year asked them to come in and design a warmup for us, some stretching for us and, overall, stuff that translates in games and also to keep us healthy in practices before games."

The warmup consists of nine dynamic exercises such as Franksteins, which involve touching one's arms to their opposite feet and alternating after each rep, and high knees, which help engage the body to perform at a high level. The trainers also identify what muscles are commonly used to perform the actions necessary for the sport so they can train the athletes to correctly care for them and avoid overuse injuries. So far in Fall 2018, the program has worked with the equestrian club, men's club basketball, club ice hockey, IC Unbound and men's club volleyball. The organization's largest workshop has been with IC Unbound, which brought 30 participants to the event. Senior Samantha Seidita, president of IC Unbound and a physical therapy student, said the trainers kept everyone engaged and interested in the subject matter.

"We split into five different groups, and every group would have 15 minutes at each station," Seidita said. "We would work on different things such as landing mechanics, stretching and other dance-related things."

Senior Richard Evans, president of the men's club volleyball team, attended his team's workshop Nov. 27. He said the workshop focused on muscles that are important in volleyball, including exercises such as rotator cuff

exercises, leg exercises, abdominal exercises and plyometrics. In addition to the workshop itself, the team was also given sheets of example workouts that would continue to train the muscles used in volleyball.

"Typically, in practice, we will just take the ball, throw it back and forth a couple of times to each other and then we would go into a game of pepper for our warmups," Evans said. "It was less of a dynamic warmup, but they gave us sheets with exercises on them that we have implemented into our warmup routine."

Men's volleyball is not a varsity sport at the college, but the majority of the club team's athletes played the sport at the varsity level in high school. Evans said the group's ability to relate the exercises to the athletes' varsity volleyball experience helped the team stay engaged. Club sports at the college do not typically get the same resources that their varsity peers do, so this program really helps club athletes get the information they otherwise would not learn about their bodies, Evans said.

"Varsity athletes have professional coaches who really know how to train their athletes' bodies," Evans said. "With us, we are all alone. There is no coaches, no structured programs, so learning some of this will help us bridge that gap with the resources we don't normally have."

Ward said the workshops benefit the trainers because they are able to understand what they are learning in the classroom on a whole different level.

"It's so applied," Ward said. "In a classroom, you learn concepts and techniques, but it's not often that someone comes to you and says, 'I need this. Here is the sport I play. Help me break this down.' In a classroom, it is hard to come full circle with concepts, but every single workshop allows us to come full circle and really help educate people on their bodies."

Allen said he would like to see the program improve the relationship between physical therapy students and club athletes.

"I hope that this program leaves a positive impact on the college because student-athletes would be more educated about their own bodies," Allen said. "I also hope it would make them more likely to reach out if they are hurt."

Ward said the program's intentions are straightforward: The trainers just want to help their fellow students improve their physical health.

"Our name is Bombers Helping Bombers, and that is important in defining who we are," Ward said. "We are just students, and we are using what we know and love to help other students do what they love to do."



Graduate students Robert Allen and Andrew Ward co-founded the program and have a staff of 12 other physical therapy students running workshops for all of the club sports teams.

ELIAS OLSEN/THE ITHACAN

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THE BOMBERS ROUNDUP

The Ithacan's sports staff provides statistical updates on all of the varsity Bomber squads during the winter season



Senior forward Peter Ezema drives toward the basket Nov. 30. The Bombers defeated Vassar College 87-68 in their Liberty League opener and improved to 2-2 overall.

SEAN DULLEA/THE ITHACAN

Wrestling

New Standard Spartan Invitational Results

Name	Weight Class	Place
Jawan Jones	157	1st
Jake O'Brien	285	1st
Ferdinand Mase	125	2nd
Ben Brisman	141	2nd
Tito Colom	133	4th

Next match: noon Dec. 8 against SUNY Oswego and Jefferson Community College in Oswego, New York

Men's Track and Field

Greg Page Relays

Name	Place	Event
Daniel Harden-Marshall	1st	300-meter dash
Dom Mikula	4th	Pole vault
Lee Matthews	5th	Shot put
Daniel Monchek	6th	60-meter hurdles
Martin Desmery	7th	Pole vault

Next meet: 5 p.m. Dec. 7 at the Ithaca Home Dual against SUNY Cortland in Glazer Arena

Women's Track and Field

Greg Page Relays

Name	Place	Time
Maria Matkoski	1st	5,000-meter run
Sarah Rudge	4th	3,000-meter run
Grace Merchant	T4th	High jump
Estelle Yedynak	T4th	High jump
Juliann Terry	4th	Pole vault

Next meet: 5 p.m. Dec. 7 at the Ithaca Home Dual against SUNY Cortland in Glazer Arena

Men's Swimming and Diving

Ithaca Bomber Invitational - Team Results

Name	Place	Points
Cornell University	1st	1861
SUNY Geneseo	2nd	1206
University of Rochester	3rd	767
Nazareth College	4th	750.5
Ithaca College	5th	678.5

Ithaca Bomber Invitational - Individual Results

Name	Place	Event
Timothy Hector	3rd	100-yard IM
Andrew Mikhailichenko	10th	200-yard breaststroke
Jake Hewitt	11th	1650-yard freestyle
Nate Bartalo	11th	100-yard freestyle
Spencer Brownell	11th	200-yard backstroke

Next meet: 1 p.m. Jan. 12 against Hamilton College and Rochester Institute of Technology in Rochester, New York

Women's Swimming and Diving

Ithaca Bomber Invitational - Team Results

Name	Place	Points
Cornell University	1st	1705.5
SUNY Geneseo	2nd	1401
University of Rochester	3rd	951
Ithaca College	4th	744
Springfield College	5th	701.5





Ithaca Bomber Invitational - Individual Results

Name	Place	Event
Jaclyn Pecze	1st	100-yard IM
Morgan Hoffman-Smith	3rd	1,650-yard freestyle
Ashley Warren	13th	200-yard breaststroke
Hannah Parbst	14th	200-yard breaststroke
Maura Beuttel	20th	1650-yard freestyle

Next meet: 1 p.m. Jan. 12 against Hamilton College and Rochester Institute of Technology in Rochester, New York

Women's Basketball


RESULTS

 68-54 	 94-42 
Ithaca Nov. 30	Ithaca Dec. 1 Bard

Next game: 1 p.m. Dec. 8 against Stevens Institute of Technology in Hoboken, New Jersey

Men's Basketball

RESULTS

 87-68 	 83-81 
Ithaca Nov. 30	Bard Dec. 1 Ithaca
 82-73 	Next game: 8 p.m. Dec. 11 against the University of Rochester in Ben Light Gymnasium
Ithaca Dec. 4	Wells

Division I transfer makes immediate impact

BY AUDREY GAMBLE
STAFF WRITER

Junior guard KellyAnne O'Reilly spent her first two years of college suiting up in green and white for Manhattan College, a Division I school. Now, she is spending this season wearing blue and gold.

O'Reilly, who is studying exercise science, came to Ithaca College at the start of this year to play on the women's basketball team. O'Reilly transferred from Manhattan College in New York City after deciding she needed to focus more on academics but still play basketball.

"I just wanted a better all-around experience," O'Reilly said. "I saw Ithaca as a way that I could get the degree that I wanted and really put myself in a good position to go to grad school. It's a more balanced setting."

O'Reilly said focusing on her studies in exercise science is a priority, which she noticed was not being fulfilled to her liking in her time at Manhattan. Transferring as a junior was not the ideal situation for O'Reilly, but she decided that it was something that would benefit her life after college. Even so, she did not want to leave after just one season, so she stayed for another year at Manhattan.

"Much of [the transfer] was driven through exercise science," O'Reilly said. "I was leaving for basketball, but I knew I had to prioritize my education."

Over two seasons, O'Reilly played in 52 games at Manhattan, scored 89 points and had 19 assists. Her total playing time was 442 minutes.

In her first five games with the

Bombers, O'Reilly had 45 points and eight assists over 75 minutes of play.

O'Reilly said she credits the basketball program at Manhattan for teaching her lessons that could not be taught in the classroom.

"I think, primarily, I learned the importance and the ways to be a good teammate because your life is so centered around basketball," O'Reilly said. "I learned the little things to help your teammate out."

O'Reilly said she hopes to contribute to the team with knowledge and expertise and pass that on to her teammates.

"I hope I bring an intensity and competitiveness," O'Reilly said. "One of my greatest assets is my basketball IQ."

O'Reilly's teammates noticed her level of intensity almost immediately. Senior guard Annie Giannone said she believes O'Reilly's experience in a Division I program definitely influenced her basketball IQ — her ability to make the right play at a right time during a game. Giannone said O'Reilly is a smart and strategic player on the court.

"She picks up on things before they even happen," Giannone said. "She is always just giving it 110 percent when she plays, which is fun to see."

Dan Raymond, women's basketball head coach, said O'Reilly made the first move in contacting the Bombers coaching staff, a connection that happened last spring.

One thing that Raymond said he noticed immediately about O'Reilly was her knowledge and experience surrounding basketball.

"She is a very intelligent player;



Junior guard KellyAnne O'Reilly pivots against Jackie Cenon, junior guard from Vassar College, during the Bombers' 68-54 win Nov. 30 in Ben Light Gymnasium. O'Reilly averaged 9.0 points per game this season.

ABBEY LONDON/THE ITHACAN

she's always thinking and reading," Raymond said. "She looks for opportunities to score for herself but also for opportunities to get the ball to whoever has the chance to score for the team."

O'Reilly's work ethic and determination caught the eye of Raymond early on in the preseason.

"She does extra work all the time," Raymond said. "In the preseason, she was coming in three days a week at 7 a.m. to do her own workouts."

O'Reilly's personality differs from

some others on the team, a difference that Raymond noted is a positive thing for the team dynamic.

"Her personality is not as outgoing as many of the players, which is a good thing," Raymond said. "She brings a balance. We don't need all extroverts."

O'Reilly said her work ethic was the reason she was able to make it on the Manhattan roster in the first place.

"That's how I got to Manhattan," O'Reilly said. "I really took pride in how much time and dedication I put

into basketball just because I enjoyed it so much."

Giannone said she is excited to see what O'Reilly will bring to the court and to the team as a whole.

"When she started playing with us, I knew it was going to be an exciting year watching her play," Giannone said. "I knew she'd fit right in, and she'd bring so much to us. We're very lucky to have her."

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Senior wrestler discusses upperclassman leadership

In the 2017-18 season, the Ithaca College wrestling team finished in third place at the NCAA Division III Wrestling Championships. The Blue and Gold returned many key wrestlers that were national qualifiers a year ago, including senior Ferdinand Mase.

This year, Mase has started with a 7-2 record, bringing his overall record as a member of the Blue and Gold to 91-37. Mase is expected to reach the 100-win mark at some point this season.

Staff writer Jackson Lawrence spoke with Mase about what he is doing to get back to nationals this year, how important it is to have senior leadership on the team and what the team's expectations are.

This interview has been edited for length and clarity.

Jackson Lawrence: How important is having a senior-heavy team to the development of the underclassmen on the team?

Ferdinand Mase: It's critical. I feel like our class was able to develop so much because of the seniors we had in our past. I used to wrestle with Jimmy Kaishian [17] all the time, and he was this guy that worked insanely hard, and he was a role model to me. He was really what I wanted to emulate in everything I did, whether it was training or developing as a wrestler and as a person in general. You need to develop these freshmen in order to keep the legacy we have going right now. Also, you have to have a deep team, and these underclassmen need to be ready if someone gets hurt. We need to make sure they are super confident in stepping up.

JL: What do you think you personally, and the team as a whole, took away from the Northeast Duals tournament with two Division I teams, one being the University of Virginia?

FM: It was definitely a learning experience. Obviously, we would have liked to have done a little better, but these guys have been training full time the whole year, and we just started a month ago. The conditioning and the pace wasn't as developed as theirs, and they were able to do little things that kind of picked us apart, but it was good to see where we were and what we needed to work on. It was a good experience because once you get back to these Division III guys, they're not as fast and they don't seem nearly as good because we are used to these guys that are so quick and immediately take advantage of things that are presented to them.

JL: What have you personally done this season that was different from last season?

FM: I am focusing more on technique and wrestling itself this year instead of just working out and getting my conditioning super intense. I have always been in really good shape and stronger than a lot of the guys I wrestle. Focusing on being real slick, getting my setups perfect and getting everything where it needs to be.

JL: What are you doing to try to get back to nationals?

FM: We're doing the same type of thing as last year, but we just have to be better than we were. We brought back a ton of guys, and we only lost two national qualifiers. We also have a super talented freshman class, and we have a couple guys back last year that should have been national qualifiers. Things happen at regionals, and it is what it is, but these guys have this drive and they really want to be at the national tournament. It's really just making sure that everyone is healthy and making sure everyone is doing what they need to do personally so that we can perform as efficiently as possible as a unit.



Then-junior Ferdinand Mase wrestles Kordell Rush, then-sophomore from Delaware Valley University, on Jan. 27. Mase's overall record wrestling for the Blue and Gold is 91-37.

RAY VOLKIN/THE ITHACAN

JL: What can you do to have a strong impact on the underclassmen this year?

FM: I feel like I am the role model for the lighter guys. The room is really split in half, so the light guys are on one side, and the heavier guys are on the other side. I always go right in the middle of the mat and make sure that I am working harder than anyone else. I want to have such a good work ethic that it is an infectious thing that people can follow. I make sure I push it to the absolute limit every time in whatever I do. I think just seeing that itself has a positive impact on all the other guys because, all of a sudden, they feel like they can work a little harder themselves.

JL: What do you think you will take away from being a Bomber wrestler?

FM: We're a family at this point, and I'm even still really close friends with some of the guys that have already graduated. These people have really influenced me so much and cultivated my personality and my outlook on life in general. It is a true brotherhood and family. If we can make it through these four years working this hard while keeping up with grades and everything else, we can do anything. I have a lot of confidence going forward in life and whatever I end up doing. That is pretty attributable to wrestling and college itself, specifically with this team and these coaches.

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ATHLETE OF THE WEEK

GRACE CANNON



Sophomore guard Grace Cannon dribbles down the court during the Bombers' win against Vassar College on Nov. 30 in Ben Light Gymnasium. Cannon had 12 points and eight rebounds in the game.
ABBIE LONDON/THE ITHACAN

STATS FROM THE WEEKEND

Averaged **10.6** points over three games

Had team high of **8** rebounds against Vassar and Bard

Helped team to **three-game** winning streak

GETTING TO KNOW GRACE

What got you involved with basketball?

Both my older siblings had played basketball, so it was a family thing, and my dad coached all of us in elementary school.

What is your dream job?

My dream job is running the social media for a major league sports team.

What is your favorite class you have ever taken and why?

My favorite class I have ever taken is Sports Media Relations because it has taught me a lot about the industry, and I really enjoy the professor and my classmates.

What is something you are involved with on campus that you are passionate about?

Something I am passionate about on campus is I run the social media for the team. It is something I enjoy very much and I am very excited to continue for the next three years.



Grace Cannon

PHOTO COURTESY OF ITHACA COLLEGE ATHLETICS

THE BIG PICTURE



Junior forward Cassidy O'Malley jumps for the ball during a tipoff in the Bombers' game Nov. 30 against Vassar College. The Bombers took the victory with a final score of 68-54.

ABBEY LONDON/THE ITHACAN