

# THE ITHACAN

THURSDAY, MARCH 21, 2019 • VOLUME 86, ISSUE 22



David Archuleta

## NOSTALGIC TUNES

Students reminisce about tween favorites, as “American Idol” star David Archuleta is set to perform in Ithaca.

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## SO LONG, SODEXO

The termination of Sodexo’s contract is a needed change but one that puts pressure on the college.

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## COMING BACK

Junior tennis player returns to the court after suffering a torn labrum last year on an overhead serve.

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## SODEXO GETS CHOPPED

### College ends contract with widely criticized food provider



Ithaca College announced March 18 that it will not renew its contract with Sodexo. The food provider has existed on campus for nearly 20 years and has faced frequent criticism from the campus community. The college will launch its own self-operated dining program.

ELIAS OLSEN/THE ITHACAN

BY MADISON FERNANDEZ  
NEWS EDITOR

Ithaca College has decided not to renew its contract with Sodexo, the college’s widely criticized food provider.

The college has had a contract with Sodexo for nearly 20 years. During its time with the college, Sodexo has been subject to criticism on campus due to concerns about its food quality and its connections with private prisons. In its announcement, the college said that it will instead conduct its Dining Services “in house” and that the current contract with Sodexo will end June 3.

The dining halls have been criticized for cross-contamination that has caused allergic reactions among students. The college held a forum March 4 for the campus community to express feedback about the dining services at the college, at which Bill Guerrero, vice president for finance and administration, said the college was considering transitioning away from Sodexo.

The college made the decision to end its contract with Sodexo on March 15 and made the announcement to the campus community March 18. Guerrero said he, Dave Prunty, executive director of auxiliary services, and President Shirley

M. Collado were all involved in the decision.

Guerrero said the members of the food service staff were consulted about the change as well because the transition will be most impactful to them. There are currently approximately 125 Sodexo positions at the college, Guerrero said. The college is offering to keep Sodexo employees as employees at the college. If they choose to stay, they will become employees of the college and will receive benefits from the college. He said that he anticipates that much of the staff will remain but that it is ultimately up to each employee.

Jeff Scott, director of Dining Services, did not immediately respond to request for comment concerning whether or not he will remain at the college when the contract ends.

Guerrero said that while it would have been easier to switch to another food service provider, a self-operated system better suits the campus community.

“When you’re thinking about Ithaca and its unique nature, unique community, where you have places like Cornell, which is already self-operated, and when you think about all the local

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## IC honors Christchurch

BY CODY TAYLOR  
STAFF WRITER

Muller Chapel hosted a gathering of solidarity March 19 in response to the mass shooting that took place in New Zealand. Seventy people in the Ithaca College community attended to show their respect for those who were killed.

The shooting, which occurred March 15, was the worst mass murder in New Zealand’s history. The shooter attacked two mosques located in the city of Christchurch. The shooting left 50 people dead and 50 others injured, according to CNN. The shooter allegedly committed this mass shooting as a supporter of the white supremacist movement.

The reception was approximately an hour long and consisted of four speakers.

It began with an Islamic prayer shared by attendees and continued with an opening statement from Heraldo Osorio, director of religious and spiritual life, and a moment of silence.

The next speaker to address the community was President Shirley M. Collado. Collado said that the shooting left her frustrated and in disbelief but that this gathering showed her that the community can come together in hard times like these.

“It is disheartening and overwhelming that we are having this gathering and that we are, within this year, talking about another tragedy that is based on hateful violent acts,” Collado said. “I am very inspired by the fact that several members of our community devoted time to being here and reflecting on these individuals that lived a distance from us and that we wanted to take time to learn about who they were and resist any temptation to be numb.”

Following the guest speakers, people in attendance took turns honoring the victims of the hate crime by reading their names and a small description of who they were. While the names were being read, 50 candles were lit in commemoration of those who were killed.

Freshman Siddique Ahmed is Muslim and said that gatherings like the one held in Muller Chapel help show that the community members care for one another and that the gathering also helped strengthen bonds throughout the college campus.

“This is very important for us as Muslims around the world,” Ahmed said. “We are always being told that we are terrorists. With all of these things going on — there is a lot of hate — and so when bad events happen and people come together in Ithaca and around the world, it really reaffirms that no matter what happens, there is people that

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## ICC committee recommends changes

BY SAM HAUT  
STAFF WRITER

Following a multiyear review of the Integrative Core Curriculum, the ICC Program Review Committee released an updated draft March 18 of its recommendations on how to improve the ICC.

The committee previously released a draft report of the ICC on Jan. 15, which detailed how the ICC works and identified problems with it. The updated draft details the recommendations from the committee for changes to the ICC based on comments from the campus community and feedback from the external evaluators who came to campus to evaluate the program Feb. 6–7.

In the review, the committee outlined the issues that faculty, staff and students have with the ICC. According to the executive summary, the ICC failed to achieve many

of its goals, and many students and faculty at Ithaca College are not happy with the program.

“The ICC, as currently structured, has some serious flaws and lacks widespread campus support,” the report stated. “Rather than being a core organizing principle for the college, the ICC is viewed with frustration and derided by many members of our campus community.”

The committee said in the recommendations that it has unanimously voted to revise the ICC. The option to leave the ICC as it was voted down unanimously, while a plan to dismantle the ICC was rejected by the committee due to the time and resources required to create a new core curriculum.

The committee recommended changes to the biggest areas of contention that those at the college have with the ICC, including issues with the

themes and the e-portfolio.

The report stated that the themes were seen by the campus community as limiting students’ ability to take certain courses or to connect those courses to their themes.

“Many instructors mentioned the promise of Themes and the value of the idea, but expressed concern with the poor implementation and that the experience for students can feel like a random set of courses rather than a cohesive learning experience,” the report stated. “Both students and instructors commented on Themes as a restrictive element which limits students’ options/choice/interest in liberal arts courses.”

To fix the issues the college community has with the themes, the committee recommended that the college have students

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# NATION & WORLD

## Trump welcomes Brazil's leader to White House with positive praise

President Donald Trump praised Brazil's new far-right leader March 19 as he welcomed him to the White House, saying the man who has been described as the "Trump of the Tropics" has done "a very outstanding job."

Trump said President Jair Bolsonaro had run "one of the most incredible campaigns," saying he was "honored" it had drawn comparisons with his own 2016 victory. Trump predicted the two would have a "fantastic working relationship," telling reporters as he opened a joint press conference that they have "many views" in common.

## Ohio declares fish in Ohio river safe for consumption after 1969 fire

Fish in the Cuyahoga River in Ohio, which became synonymous with pollution when it caught fire in Cleveland in 1969, are now safe to eat, federal environmental regulators said.

The easing of fish-consumption restrictions on the Cuyahoga was lauded March 18 by Republican Gov. Mike DeWine as an important step toward ultimately delisting the river altogether as an area of concern.

"This is an example of the progress that can be achieved when you collaborate and dedicate resources," DeWine said in a statement.

## Hundreds of midwestern homes flood due to snowmelt and rain

Hundreds of homes flooded in several Midwestern states after rivers breached at least a dozen levees following heavy rain and snowmelt in the region, authorities said March 18 while

warning that the flooding was expected to linger.

About 200 miles of levees were compromised — either breached or overtopped — in four states, the U.S. Army Corps of Engineers said. Even in places where the water level peaked in those states — Nebraska, Iowa, Missouri and Kansas — the current was fast and the water so high that damage continued to pile up. The flooding caused at least three deaths.

## New Zealand requests public to never use shooter's name

He took away New Zealand's innocence, along with 50 precious lives. And in exchange, the country's prime minister vowed to take away the one thing the gunman so clearly craved: fame.

On March 19, in a passionate speech laced with steely resolve, Prime Minister Jacinda Ardern urged her wounded nation to remember the victims slain in last week's attacks on two mosques but to never speak the name of the white supremacist responsible.

## Kazakhstan president to resign after three decades of governing

President Nursultan Nazarbayev, the only leader that independent Kazakhstan has ever known, abruptly announced his resignation March 19 after three decades in power, raising uncertainty over the future course of the Central Asian country.

In a televised address to the oil-rich nation, the 78-year-old Nazarbayev said he has made the "difficult" decision to terminate his authority as president, effective March 20.



## Algerians demand resignation of president

Algerian women gather March 19 in Algiers, Algeria, to protest President Abdelaziz Bouteflika. A woman holds up a sign that reads, "The system must be disinfected." The protesters claim that the president has become too distant from the people.

ANIS BELGHOUL/ASSOCIATED PRESS

He did not give a specific reason for the surprise move but noted that he would have marked 30 years on the job later this year and added that he wants there to be a smooth transition of power.

## Cyclone causes severe flooding in three south African countries

Aid workers rushed to rescue victims clinging to trees and crammed on rooftops against rapidly rising waters March 19 after a cyclone unleashed devastating floods in Mozambique,

Zimbabwe and Malawi. More than 350 are dead, hundreds are missing and thousands more are at risk.

At least 400,000 people were left homeless. Mozambique's President Filipe Nyusi said the death toll could reach 1,000. Emergency workers called it the region's most destructive flooding in 20 years.

"This is a major humanitarian emergency that is getting bigger by the hour," said Herve Verhoosel of the World Food Program.

SOURCE: ASSOCIATED PRESS

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## Why representation matters

Host Sobeida Rosa talks about representation in the entertainment industry with junior film major David Petka.

## Senior attacker gains success on field

Allie Panara's elite field awareness allows her to work with her fellow teammates to succeed in lacrosse games.

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# CAPS develops new mental health program

BY ALEXIS MANORE  
STAFF WRITER

The Ithaca College Center for Counseling and Psychological Services (CAPS) is developing a new service called Let's Talk to increase the accessibility of mental health services for students.

Let's Talk is a free, informal and confidential service that allows students to talk to CAPS counselors at different locations on campus. A pilot program began Feb. 11 and will continue throughout Spring 2019. The CAPS staff will analyze data collected about how often Let's Talk is used during Spring 2019 in order to evaluate the program over the summer. The three locations where Let's Talk will be offered are the Dillingham Center, Smiddy Hall and the James J. Whalen Center for Music, and one counselor will be available in each location. It will be offered on Tuesdays, Wednesdays and Thursdays, starting at 3:15 p.m. and ending at 4:45. The program is available to all students and is a drop-in service.

Let's Talk is best suited for students who are unsure about pursuing counseling but want to talk to a counselor, students who are not interested in ongoing counseling, students who have specific problems and would like to talk with someone, and students who are concerned about friends and want to figure out what to do, according to the college's Let's Talk frequently asked questions page.

CAPS counselor Ron Dow said via email that the purpose of the Let's Talk program is to increase the accessibility of counseling services on campus. CAPS has struggled to provide adequate services for students at the college



Erin Forquer, psychologist at Cornell Health, is pictured in an athletic training office, one of the rooms on Cornell University's campus set aside for Let's Talk. Ithaca College is also implementing Let's Talk.

KRISTEN HARRISON/THE ITHACAN

for years. In 2015, the Get CAPS Ready campaign was created by students to increase the funding for CAPS after the college rejected a recommendation to add a new counselor to the CAPS staff. The campaign led to the hiring of an additional postdoctoral resident, but even after the establishment of this position, students still had concerns about the long wait times for appointments, which in the past have reached up to 14 days. CAPS currently has 10 counselors on staff but began a search for two more counselors Jan. 10.

Dow said students can go to Let's Talk for a variety of reasons, ranging from not wanting long-term counseling to just wanting to talk to someone.

"Some students are not seeking

ongoing counseling — they just want to talk about a specific issue they are struggling with," Dow said. "Some students are not experiencing a crisis but still prefer the drop-in approach to talking. Some students have never talked with a counselor, and making an initial appointment can be a barrier to seeking help."

Freshman Michelle Pei, advertiser for the college's branch of Active Minds, a nonprofit organization that supports spreading mental health education and awareness, said she thinks the Let's Talk program is beneficial because it provides a less time-consuming and more informal approach to therapy.

"I personally think it's pretty cool because therapy, in general,

can be kind of time-consuming and a commitment, while this is kind of a dipping your toes into if you want to go to therapy or not," Pei said.

However, Pei said she thinks Let's Talk is not as in-depth and cannot provide the kind of help that ongoing counseling can.

"I don't think it would be substantial enough because actual counseling takes a lot of time and effort that Let's Talk can't necessarily provide," Pei said.

Freshman Rachel Cohen, the fundraising chair for Active Minds, said she thinks the drop-in aspect of Let's Talk will help students with mental health emergencies get the help they need.

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# College fills HR VP position

BY RYAN KING  
ASSISTANT NEWS EDITOR

In an email to the campus community, Ithaca College President Shirley M. Collado announced that Hayley Harris will become the new vice president of the Office of Human and Organizational Development and Planning starting May 6.

Harris is currently the director of the Research Division of Human Resources at Cornell University. Collado said she thinks Harris will bring a wealth of knowledge and experience to the college.

"Hayley brings to Ithaca College an intimate knowledge of academic culture, a deep understanding of the importance and practice of shared governance, and tremendous experience in facing today's challenges in higher ed," Collado wrote in the email. "She is the right leader at the right time for our college's human and organizational development."

The position will replace the position that was formerly named vice president of Human Resources, which was previously held by Brian Dickens until his resignation last July. Kirra Franzese is currently serving as the interim associate vice president of Human Resources.

The role will include modified responsibilities. It will entail oversight of human resources initiatives, organizational development and workforce strategy, talent management and labor relations.

Diane Gayeski, dean of the Roy H. Park School of Communications and co-chair of the search committee, previously told *The Ithacan* that the change in the title was a response to changes in the human resources field. The search committee did not disclose the names or the number of semifinalist candidates.

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# Ithaca College hosts series of woman leader events

BY HANNAH FITZPATRICK  
STAFF WRITER

As part of Women's History Month, Ithaca College's Office of Student Engagement is hosting its seventh annual Women Leaders Series.

This series of interactive programs hosted by students, professors and other guests, which has been ongoing since Feb. 26, is designed to enhance leadership opportunities for female college students and allow all members of the college community to engage themselves in activism for the women's rights movement.

For the 2019 Women Leaders Series, Michele Lenhart, director of student engagement at the college, said she focused on getting student organizations to present on what their groups are about and how they empower those who identify as women. Each year's series has a theme. Lenhart said this year's theme is sharing personal stories. She also said the emphasis on getting student organizations involved is one of the numerous reasons that this year's series is different from previous ones.

"We're really trying to get people to tell their own stories and how they got to wherever they got to or things that have helped them become leaders in their own areas," Lenhart said. "It's more of a personalized approach to the presentations this year, which I find to be quite great about them."

One of the student organizations that will be presenting March 28 is Queen Strength, a fitness-driven organization that encourages women on campus to feel comfortable in their own skin by promoting fitness education and providing community outreach and professional and academic guidance to its members. Senior Arietou Amadou-Wattara, vice president of Queen Strength, said she felt honored to host a panel for the series because

she believes it will allow people of all backgrounds to share stories and empower and educate one another.

"Women often feel overwhelmed in many aspects of their lives because of competing priorities and societal expectations to endure everything," Amadou-Wattara said. "We think that the woman leadership series is important because events like this transform perspectives, break down barriers and drives changes that promote inclusiveness."

Lenhart said that having events like the Women Leaders Series is crucial for the college community because not only does it allow students to make connections with other women on campus, but it also gives them the opportunity to learn about their own history in leadership.

"We've had so many women who are reaching out and saying that they would like to have some programming that is specific [to] them because I think that a lot of the examples that they have been learning about within different settings have been through men who are in leadership roles," Lenhart said. "To have that opportunity to learn more about women specifically and how they've navigated the system and become leaders has been really important to the students."

The series will continue with multiple presentations from students, professors and others on campus until March 28. All students, regardless of gender identity, can sign up for these following programs on IC Engage.

**6 p.m., March 26, Cayuga Lake Room She's First — a first-generation student panel**

Join us for a panel discussion about Ithaca College experiences that contribute to first-generation female students' successes throughout college. The panelists will share stories about their own experiences as first-generation students, resources they found for support, ways



Zillah Eisenstein, emerita professor in the Department of Politics, gives a presentation about political activism and feminism during a Women Leaders Series event March 20.

JACKIE MARUSIAK/THE ITHACAN

they made connections with other women and services they used to enhance their well-being.

**7:30 p.m., March 26, Textor 102 TIME for ILHAN Screening and Discussion**

On Nov. 8, 2016, a young, hijab-wearing mother of three named Ilhan Omar made history by becoming the first Somali-Muslim woman to be elected to state office in the United States. She was hailed by *The New York Times* as "one of the bright lights in the post-election darkness," and the documentary "TIME FOR ILHAN" intimately chronicles her hard-fought campaign for state representative in Minnesota's Senate district 60B, home to the nation's largest Somali community. Join IC Feminists United for this film screening and discussion with a special guest.

**5 p.m., March 27, Ithaca Falls Room Started from the Bottom ... Now We're Here**

This session will feature a panel of members from the Women in Business Network executive board as well as general body members who

will share their experiences in internships. They will discuss where they first started compared to where they are now, how they got there and what has challenged them along the way. Join this conversation about women in the workplace to learn more about stories, how various internship experiences made the panelists stronger candidates for future roles and how they navigated sexism in the workplace.

**3 p.m., March 28, Cayuga Lake Room Queen Strength Panel Presentation**

Learn about what Queen Strength means and what the overall mission of the group is and listen to members share their stories about fitness and how it is important in their lives. There will also be an opportunity for attendees to share their experiences and stories if they wish.

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## From SODEXO, Page 1

community members, what's the best fit for here was a self-operated model," Guerrero said. "Albeit it could be one of the harder steps, but I think it's going to be the best opportunity for what the community deserves and wants."

Guerrero said that although the college will no longer be working with Sodexo, many of the food vendors will remain the same. For instance, Sysco, a wholesale food distributor, will likely remain. Still, Guerrero said, he would like to move toward alternative providers that can supply the college with locally grown food. He said the college may also look into getting food from the supply chain Wegmans uses.

Guerrero said that specific changes to the dining program are not yet solidified but that he is planning to find local partners to work with, like Ithaca Bakery, Gimme Coffee and Moosewood Restaurant. He said these changes would likely not be an additional cost because partnering with other brands does not add labor. Additionally, he said he does not anticipate that the employees' wages will change.

According to the college's 990 form for the fiscal year ending May 31, 2017, Sodexo received the highest compensation from the college — \$10,534,237. Guerrero also said he does not anticipate that the change will cost the college additional money.

In a statement to IC News, Colorado endorsed the decision, saying that the switch will give the college's Dining Services more flexibility. Guerrero said chefs will not have to stick strictly to the program that Sodexo has set.



Last fall, parents petitioned for the college to review its dining practices after a student was served a moldy hamburger bun. The dining halls have also been criticized for cross-contaminating food.

MAXINE HANSFORD/THE ITHACAN

Guerrero also said he would like to create more student spaces, which would be similar to the cafes in the library and IC Square. Guerrero said a challenge in these spaces currently is the limited variety of food offered and the limited hours the locations are open. He said that while new areas will not necessarily be opened with this initial transition, he wants to improve the current spaces already on campus by changing the hours of operation and what is being served.

In February, the Division of Finance and Administration sent a survey to the campus community asking its opinions of Dining Services and what improvements it would like to see. Guerrero said there were approximately 1,900 responses and provided insight on what community members both valued and disliked about Dining Services.

"The best takeaway was that most community members valued the staff," he said. "They ranked them really high in customer service and caring for our students."

Many respondents also raised concerns about how healthy and clean the food was, as well as accessibility to vegan and vegetarian options, issues that Guerrero said he plans to address.

Freshman Emily Altschuler said she is disappointed by the lack of variety in meal options under Sodexo's contract and hopes that the new dining program moves away from heavily processed food.

"I would hope that the new food is more locally sourced and is at least made sure it doesn't have any contaminants or anything and that there's more options for different types of allergy needs," she said.

A new price for meal plans has not yet been determined. Guerrero said he wants to create a cheap-

er unlimited meal plan to address food insecurity at the college and to make the dining experience simpler and more affordable and accessible.

However, some students raised concerns about the proposed changes. Senior Katie Musci said that changing the food provider will not necessarily improve the quality of the food. She said that if the workers get paid adequately, it will give them the incentive to provide good service to the campus community.

"It's mass food production, and any mass food production is not going to be amazing," Musci said. "It really depends on the happiness of the workers. So if the workers are treated well, then the food will be good."

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## From GATHERING, Page 1

support you and that love you."

Sophomore Orian Fitlovich attended the event and said she felt the gathering was important because it allowed the community to connect and strengthen during hard times. She said she believes community members need to support each other and come together as a whole, especially after the Muslim community supported the Jewish community last semester after the Pittsburgh synagogue shooting.

"I thought it was important for us to show our respect and solidarity — to know that if something happens that IC comes together to support each other," Fitlovich said.

Samantha Bobbe, BOLD program director in the Office of the President, said that she feels nothing can change what has happened to the innocent victims but that Muller Chapel and the gathering offered a needed space for the community to grieve.

"I think it is very important to have time to feel after things like this happen in our world and recognize that there are people around the community that can share in that space with them and to be there for them," she said. "There are not enough words to make what happened OK, but to have that space and that solidarity for people on campus is very important."

At the end of the gathering, Katherine Mulligan, associate professor in the Department of Theatre Arts, led the group through an activity in which attendees joined hands and one by one took turns letting one another know that they are not alone.

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## From ICC, Page 1

connect their ICC courses to one another during their sophomore or junior years and that the college eliminate the theme requirement from most courses.

"The first pathway, which we recommend, would shift the responsibility for establishing interconnectedness among ICC-related courses to the student," the report stated. "The student-driven approach will permit us to eliminate the requirement that courses be affiliated with specific themes."

The report also stated that many students had a negative view of the e-portfolio and waited until late in the process to do their e-portfolio work.

"Students saw the e-portfolio requirement in the capstone as stressful busywork," the report stated. "A few of them were diligent in archiving artifacts along the way, but struggled to reflect on them so far removed from the class in which the assignment occurred. Many others did not engage with the e-portfolio at all until the capstone."

For the e-portfolio, the committee recommended that the e-portfolio graduation requirement be eliminated. The proposed action plan stated that the e-portfolio is not useful for students and acts as more of a hindrance than a help.

The review also pointed to the freshman seminar and the administrative aspects of the ICC as in need of change. The program review suggested that the seminar be changed from a four-credit class to a three-credit class, with the extra credit being put toward a second- or third-year course on connecting the ICC courses. The review said the current system for running the ICC needs changes to improve efficiency and reduce redundancies.

The review recommended that the ICC director be made into a full-time administrator and not a faculty member. The review said the director should have greater control over how the ICC is structured — like with seminar courses — to more easily address the program's shortcomings.

The external evaluators had similar recommendations for fixing the ICC at the college. They gave several different

possibilities for how the college could address issues, such as removing the e-portfolio or decoupling themes from the classes they are currently associated with. The evaluators also expressed concerns with the confusing nature of how the administration of the ICC is structured and suggested that it be altered to better allow administrators to address the needs of the ICC.

Amy Jessen-Marshall, vice president of the Office of Integrative Liberal Learning and the Global Commons at the Association of American Colleges, who was one of the external evaluators of the ICC, said she felt most of the recommendations by the committee were "spot on."

"I think they pretty clearly understood what the strengths and weaknesses were," Jessen-Marshall said. "I think they did a good job and were very open to what the next step might be."

Jessen-Marshall said most of the concerns that she and her partner raised were related to the themes and the e-portfolio. She also added that the challenges the college faces with its core curriculum are common in higher education.

"The issues that Ithaca has been challenged with are not surprising around the innovative curriculum they are proposing," Jessen-Marshall said. "It is hard to do it well. It's always a challenge at institutions to navigate the scheduling issues that come with it."

Christina Moylan, co-chair of the committee and associate dean of the School of Health Sciences and Human Performance, said that with the updated draft, the committee will be accepting comments from the campus community until March 25 before a final review is created. Moylan said that after the final program review is released, the provost and the ICC director will decide what changes to make to the ICC.

Moylan said the college will most likely take action on some of the proposals made by the committee due to the time and resources the committee invested in developing them.

"This was a large time investment on all of our parts," Moylan said. "I don't



From left, Christina Moylan and Susan Witherup, co-chairs of the Integrative Core Curriculum Program Review Committee, shared the updated ICC review March 18.

MAXINE HANSFORD/THE ITHACAN

think they would have asked for that level of commitment and investment from all of us if they weren't serious about considering the action plan items we're proposing. I think the other is that we can't ignore as an institution is how the ICC is structured right now is problematic."

Moylan said the committee does not have a timeline for when potential changes to the ICC will occur.

Danette Johnson, vice provost for academic programs, who is leaving the college to become the provost for Kalamazoo College in July 2019, said that the college has not committed to specific changes yet but that she anticipates that La Jerne Cornish, provost and senior vice president for academic affairs, and Susan Delaney, ICC director and associate professor in the Department of Writing, will conduct

meetings soon after the final review is released in April.

"My guess is that some of the changes would be pretty noncontroversial among the faculty, so I think they will go through pretty quickly," Johnson said.

She said she has been impressed with the work that the committee has done so far and felt that the report covers a good pulse of the campus community.

"With the drafts that I've seen so far, I've been really impressed with the thoroughness and comprehensiveness of the reviews," Johnson said. "I think the committee did a really nice job getting a good range of folks around the community."

### CONNECT WITH SAM HAUT

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# Chamber of Commerce plans to retain graduates

BY MADISON FERNANDEZ  
NEWS EDITOR

The Tompkins County Chamber of Commerce has launched a new initiative called Live in Ithaca, a campaign to recruit and retain a diverse local workforce, including recent graduates of Ithaca College.

The initiative aims to connect job seekers with resources to better understand the careers, community and quality of life in Tompkins County, Jennifer Tavares, president and CEO of the Tompkins Chamber, said at the launch event held March 18. Some of the leading funders and partners include the major employers in Ithaca and Tompkins County, including Ithaca College and Cornell University as well as Cayuga Medical Center and Tompkins Financial Corporation.

Tavares said Tompkins County follows national trends in struggling to identify and retain a suitable workforce. She said that while there are around 15,000 people who commute to Tompkins County daily to work, predictions for the future show continued job growth but not continued workforce growth, due to changing demographics.

Several of the major employers in the county, such as the colleges and universities, consistently have over 100 job openings. Tavares said startup companies and small businesses have a similar issue. She said there are at least 10 openings for executive director positions in the county for nonprofit organizations.

Greg Hartz, president and CEO of Tompkins Trust Company, a local bank, said the goal of the project is to connect the demand for jobs with the supply of job seekers, specifically people who have either lived in Ithaca and moved away or students who have graduated from one of the

colleges in the county.

"We have a growing company — we're often looking for professionals," he said. "The local pool is not sufficient enough, and we find ourselves casting the net further and further all the time."

The website component of the initiative launched March 18. The website is separated into three categories: careers, community and quality of life. The careers section provides networking opportunities with local employers. The community section provides information about neighborhoods in the county as well as resources about transportation, health care facilities, volunteering opportunities and places of worship. The quality-of-life section links to local restaurants, entertainment and nightlife, recreational activities and events. The website also highlights the stories of residents who work in the community. From the college, the stories of Sean Eversley Bradwell, director of the Center for Inclusion, Diversity, Equity and Social Change, and Nicole Eversley Bradwell, interim vice president and director of admission, are highlighted.

Dominick Recckio '16, director of strategic communications and partnerships at the Tompkins County Chamber of Commerce, said a magazine will be released twice a year featuring the stories of residents who work with the partner employers, as well as new features of Ithaca and the Tompkins County area.

He said the initiative has been in development for approximately three years. As an alum of the college, Recckio said he is excited to share this initiative with his fellow alumni who no longer live in the area.

"I was really excited about the



Dominick Recckio '16, director of strategic communications and partnerships at the Tompkins County Chamber of Commerce, presents about Live in Ithaca, which aims to build a stronger local workforce.

MADISON FERNANDEZ/THE ITHACAN

opportunity to take the things I learned in [communication management and design] at IC and sort of bring that together and help bring this forward," he said.

Recckio said there are no concrete studies regarding the number of alumni who stay in Ithaca after graduating. In 2014, the Cornell Daily Sun reported that 17 percent of graduates chose to stay in Tompkins County, while 14 percent chose to stay in Ithaca. Over 5,000 students graduate each year from the three local higher-education institutions.

"If a certain percentage stayed, it would absolutely help fill the needs of

our workforce," Recckio said.

Bill Guerrero, vice president for finance and administration, said the initiative is important for the college because it is one of the main and large employers in the county, with approximately 1,700 employees. He said the sense of community fostered in Ithaca is a driving factor in recruiting and retaining employees.

Heather McDaniel, president of Tompkins County Area Development, said she thinks the project will help the community partners target better talent, including people who have a connection to Ithaca and may want to come back.

"It really displays all of the career opportunities that are available here as well as all of the community and extracurricular opportunities that we all love about Ithaca," she said.

Gary Stewart, associate vice president of Cornell University community relations, said the initiative is an opportunity for prospective students to learn more about Ithaca. He said hundreds of millions of dollars are put into the local economy from student and visitor spending.

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## Club hosts discussion about IC dining

BY ALYSHIA KORBA  
CONTRIBUTING WRITER

Not Another Bite: An Ithaca College Coalition for Better Dining Services, a newly formed student organization, hosted a discussion March 19 with Ithaca College faculty and students about the future of Dining Services at the college.

The event included a panel of representatives from the college that discussed the future of Dining Services and addressed concerns brought up by the students at the event. Approximately a dozen members of the community attended. The college announced March 18 that it will be transitioning to an in-house dining service operation instead of continuing its contract with Sodexo. This decision was made after complaints from students about the quality of the food.

Sophomore Carmen Enge, one of the students who founded the organization, said she started the group in the hopes that it would start a discussion between faculty and students regarding Dining Services.

"My main goal of this discussion was to increase transparency, honesty and openness in the college community," she said. "Having this discussion is a way to bring people together to talk about food service."

Bill Guerrero, vice president for finance and administration, said during the forum that the college is still in the process of planning the new dining program.

"It's really exciting but really scary, too," Guerrero said. "This decision wasn't begun as the result of a moldy piece of bread — this was a long going process."

Dave Prunty, executive director of auxiliary services, said the new program will not maintain the practices of Sodexo.

"The whole point of going self-operated was so we can determine what the best practices are for our students," he said. "We need to look at things in a new light, and this is a chance to



Sophomore Carmen Enge, one of the founders of Not Another Bite: An Ithaca College Coalition for Better Dining Services, a new student club, presents at a forum March 19.

JACKIE MARUSIAK/THE ITHACAN

really do something different."

At the event, Jeff Scott, director of Dining Services, said he hopes to improve the options available for students who have dietary restrictions. He said he plans to have more inclusive entrees that cater to the average student as well as students who have food allergies or are vegans or vegetarian.

"We're trying to be more inclusive so that there's food that students like, and it happens to be gluten free and soy free, so many people can enjoy it," he said.

One student who attended the event asked whether employees in Dining Services' management would be continuing their work at the college despite the canceled contract with Sodexo. Scott, who is employed by Sodexo, did not comment about his future at the college but did say the college is allowing all Sodexo

employees to become employees of the college.

Prunty said the college plans to continue engaging with students and the local community about the changes. He said students will have opportunities to give feedback about changes during the transition process as well as get involved with meal planning and food preparation. Prunty also said the college will look into opportunities to collaborate with local businesses including Ithaca Bakery, GreenStar and Purity Ice Cream.

Enge said Not Another Bite is planning to host similar discussion events for students to communicate feedback and suggestions about the changes being made throughout the college's transition to self-operated dining services.

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## Alum acquires Fountain Place

BY MADISON FERNANDEZ  
NEWS EDITOR

On March 12, an Ithaca College alum purchased 2 Fountain Place, the residence that has housed the past six Ithaca College presidents.

Ashleigh Zimmerman '99 and her husband, Cornell University alum Ryan Zimmerman, purchased 2 Fountain Place and the adjacent 2 Willets Place for \$1.7 million. The money will be used to construct the new on-campus presidential residence where President Shirley M. Collado will live, according to a post by Dave Maley, director of public relations.

The on-campus presidential residence is currently in the design phase and is the first major construction project on campus since the construction of the Athletics and Events Center, which was completed in 2011. Tim Carey, associate vice president of the Office of Facilities, said there are no developments to report beyond being in the design phase. The final cost for the project has not yet been determined.

The Ithaca College Board of Trustees announced in May 2017 that Collado would not live in the 120-year-old mansion because of the cost and maintenance issues. In April 2018, the mansion was listed at an asking price of \$1.5 million for 2 Fountain Place and \$450,000 for 2 Willets Place. The college has been negotiating the sale with the Zimmermans since October 2018. The properties will be turned into a bed-and-breakfast.

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# Mock trial team advances to championship

BY RYAN BIEBER  
STAFF WRITER

The Ithaca College mock trial team competed at the Opening Round Championship Tournament (ORCS), a national competition hosted by the American Mock Trial Association March 16–17 in Richmond, Virginia.

Although the team finished last, this was the farthest it has gone in competition since its inception eight years ago.

Mock trial is a program that combines law with elements of theater and public speaking. Each year, teams are assigned to a side of a civil or criminal case and then must develop and rehearse scripts and build a substantial legal arguments to prove their points.

Unlike debate teams, which argue for or against certain issues, mock trial teams follow specific legal cases and have teammates act out the roles of attorneys and witnesses.

"It's basically a performance," said junior Kelsey Shaffer, communications director of the college's mock trial team. "We put on a fake trial."

Although the college's mock trial A team, which features upperclassmen, was knocked out of the competition at the regional tournament Feb. 8, the B team, which features underclassmen, qualified for ORCS after another team dropped out of the competition. Both the A and B teams were enrolled in the same competition.

Shaffer said that though the college's A team was unable to beat Cornell University's A team, the college's B team was able to beat Cornell's B team, putting it

in seventh place overall.

Even though only the top six teams qualify for ORCS, one team dropped out, and the college's A team was placed back in the competition.

Shaffer said that despite making it to ORCS due to a dropout, the team was excited to make it to the national tournament.

"A lot of us didn't think a team would drop out," Shaffer said. "We were really shocked but really happy."

Junior Alicia Armstrong, captain of the team, said the members were really excited to make it to ORCS. She said the team was at a disadvantage because it received a late notice that it qualified and, as a result, only had two weeks to prepare while most of the other qualifying teams had four weeks. During that time, the members had to get the team organized, get approval from the college and process new material for the ORCS case.

"We were going into a competition against other big-named colleges who had more time to practice," she said. "While we obviously were pushing to qualify for nationals, at the end of the day, our goal was to learn from this opportunity."

Armstrong said that parts of the experience were intense, similar to a real-life courtroom trial, but that the team has learned from this experience and will be more prepared for next year.

"You get excited with every objection and argument that you make and become even more excited when the judge agrees with you," she said. "[We're] thinking about next year and what the future has in store



The Ithaca College mock trial team competed in the Opening Round Championship Series Tournament, a national competition hosted by the American Mock Trial Association in Virginia from March 15 to 17.

COURTESY OF ITHACA COLLEGE MOCK TRIAL

for our team."

Senior Cole Abell, finance director of the college's mock trial team, attributes much of the team's success to new members of the team.

"The reason I think we're here is because of the freshmen," Abell said. "We had a lot of freshmen interested this year, and they stepped up."

Shaffer said freshmen usually only play witness roles, but this year, a few acted as attorneys. Abell said six out of the nine members who went to nationals were freshmen.

Andrea Mooney, clinical professor of law at Cornell, began coaching the team this year. She said she has been continually impressed by the team's work ethic and has high hopes for the future.

"I can't believe how hard they work," Mooney said. "I think they have a really good shot for next year."

Angela Rulfes, assistant professor in the Department of Communication Studies, teaches a mock trial class at the college titled Courtrooms and Communications. Although Rulfes

is not officially associated with the college's mock trial team, she has provided support and ideas to strengthen the team's arguments throughout the semester.

"I helped them here and there, but this is their accomplishment," Rulfes said. "I'm really proud of what they've done, and they should be proud of themselves."

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## IC students volunteer with elementary kids

BY ASHLEY STALNECKER  
STAFF WRITER

Making a difference can start on an empty basketball court.

On the South Hill Elementary School basketball court, fifth-grader Sir Ntombela finds the comfort and attention he needs from Ithaca College sophomore Megan Yawman. The two play a quick game of basketball during their time together. Other days, they simply talk, do some homework or bond through a variety of other activities. Yawman said the one hour she spends with Ntombela is one of the best parts of her week.

"It's an hour to forget about school, get to know them as a person, not care about what grades they get," Yawman said. "We're going to have a good time. We're going to bond. We're going to connect."

Yawman is one of many students at the college who mentor children at South Hill Elementary School. The partnership between South Hill and the college is part of The New York State Mentoring Program run out of Gov. Andrew Cuomo's office. Matilda Cuomo, first lady of

New York state from 1983 to 94, initiated the program while her husband, Mario Cuomo, was governor of New York state. Her son, Andrew Cuomo, reinstated the mentorship program in 2015.

Rev. Carsten P. Martensen, former director of campus ministry at the college, first entertained the idea of bringing The New York State Mentoring Program to the college when he met Matilda Cuomo at an event a little over a year ago. Martensen passed on information to David Harker, director of the Center for Civic Engagement, who started the college's program in Spring 2018.

The South Hill Mentorship Program connects 15 college students with fourth- or fifth-grade students at South Hill Elementary School, Harker said. Harker said the Center for Civic Engagement started the program in Spring 2018 to help elementary students transition from elementary to middle school. Harker said that since the program started last year, it has recruited more mentors. Having more college-student mentors has allowed the program to expand to fourth- and



Ithaca College students who volunteer in the South Hill Mentorship Program gather at a meeting to talk about methods for mentoring fourth- and fifth-graders at the South Hill Elementary School, located in Ithaca.

CONNOR LANGE/THE ITHACAN

fifth-graders after previously helping only fourth-grade students. Because of this, mentors like Yawman now have two years rather than one to connect and grow with their mentees.

"It's hopefully the start of a two-year model to continue to grow that relationship even stronger and reach more students with it," Harker said.

Harker said he is involved in

getting programs like the South Hill Mentorship Program off the ground and in connecting college students with the program.

Yawman and Ntombela were paired together because he has several older brothers and could use a female role model in his life. She started mentoring him in Spring 2018 and has continued mentoring him this year as he transitions into his fifth year of elementary school.

"My favorite part is that, for the whole spring semester, I'm going to get to work with the same kid, and I'm not starting from scratch," Yawman said.

Harker said that the elementary students are usually excited when the college students visit.

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# COLLEGE

## Ithacan receives national honor from Columbia Press Association

The *Ithacan* was honored by the Columbia Scholastic Press Association on March 8, when it was presented with a Silver Crown Award at the Spring 2019 College Media Convention at the Marriott Marquis Hotel in New York City.

The Crown Awards, first presented in 1982, are the CSPA's highest recognition of overall excellence. This year's award was for work produced during the 2017-18 academic year under former Editor-in-Chief Aidan Quigley '18.

In addition, *The Ithacan* took the second-place Apple Award for Best Newspaper at the conference's annual Best in Show competition. The CSPA was founded in 1925 and is owned by Columbia University.

## Professor presents on her film about India-Pakistan Partition

Kathleen Mulligan, associate professor in the Department of Theatre Arts, and her husband, David Studwell, were guest speakers at the The Indian Subcontinent Partition Documentation Project, Inc. on March 9 in New York City.

Mulligan and Studwell screened their film, which documents their project, "This Stained Dawn: Voices of Partition," an original theater piece based on interviews with survivors of the 1947 partition of India and Pakistan. "This Stained Dawn: Voices of Partition" was a collaboration among Mulligan, Studwell, Sarah Morrisette '13 and Theatre Wallay in Islamabad, Pakistan. The film was supported by the U.S. Embassy in Islamabad, The Fulbright Specialist Program and Ithaca College.

## Politics professor invited to UN panel about world response to Boko Haram

Peyi Soyinka-Airewele, professor and chair of the Department of Politics, has been invited to participate in a panel event at the United Nations headquarters in New York City, alongside three other panelists.

The panel will focus on the international response to Boko Haram and explore how the UN and the international community could play

a more effective role in efforts against Boko Haram's mass abductions and gender-based violence. The event will be moderated by the co-founder of the "Bring Back Our Girls" movement, Aisha Muhammed-Oyebode, and it serves as a precursor to the annual UN Commission for the Status of Women event series. The panel event will focus on female empowerment and the UN's wider commitment to the Women, Peace and Security agenda.

## Catholic Community to host retreat with the Sisters of St. Joseph in April

The Catholic Community is offering a weekend service retreat with the Sisters of St. Joseph in Rochester, New York. Participants will travel to Rochester on April 5 and participate in a day of service and reflection April 6. Students will return 12:30 p.m. April 7. Transportation to and from Rochester will be provided. There is a \$30 registration fee.

## Professor directs Dallas play and gets praised by TheaterJones

Wendy Dann, associate professor in the Department of Theatre Arts, directed the Dallas Theater Center's production of Sarah DeLappe's "The Wolves." The Dallas Theater Center won the 2017 Tony Award for Best Regional Theatre. Dann directed "Constellations" in that award-winning season, and "The Wolves" was a finalist for the 2017 Pulitzer Prize in Drama. TheaterJones, a newspaper that reviews plays, said it was "fierce" and "game-changing."

## College tells students and faculty to update Google Chrome browser

Google has recently announced a serious security vulnerability with Chrome on all platforms including Mac, Windows and mobile devices. Though many devices will automatically update, the college recommends that students and faculty ensure they are running Chrome 72.0.3626.121 or higher. The college began pushing the update out to its Mac computers March 14. Most Windows computers update automatically.



## College creates new weekly Bingo Night event

Freshman Helen Reyes plays bingo at the Campus Center Bingo Night on March 18. The event is new and will take place every Monday for the rest of the semester. The event series will feature prizes including cash, gift cards and more.

JACKIE MARUSIAK/THE ITHACAN

## College makes LinkedIn Learning available for students and faculty

The Teaching and Learning with Technology team announced all Ithaca College faculty, staff and students will have access to LinkedIn Learning, an on-demand learning solution designed to help individuals gain new skills and advance their careers.

## Handwerker Gallery starts Block II with new exhibits about social issues

The Handwerker Gallery opened two new exhibitions March 20: "Get Real: Seeking Authenticity in African Art," a

student-curated exhibition of works from Africa, and "The Protest Banner Lending Library" by Aram Han Sifuentes. In her work, Sifuentes uses a needle and thread as tools to examine immigration, citizenship, race and craft. Seniors Yarra Berger, Anna Gardner and Suzanne Tang created "Get Real: Seeking Authenticity in African Art." In their exhibit, they seek to unpack societal associations of truth with originality as they relate to Africa and the art world as a whole.

There will also be a public celebration for the exhibits from 5 to 7 p.m. March 21. Both exhibits will be on display until April 19.

# Public Safety Incident Log

SELECTED ENTRIES FROM FEBRUARY 25 TO MARCH 1

### FEBRUARY 25

#### FIRE ALARM ACCIDENTAL

LOCATION: Terrace 7  
SUMMARY: Simplex reported fire alarm activation caused by burnt food. Master Patrol Officer John Tagliavento responded.

#### DISORDERLY CONDUCT NO DEGREE

LOCATION: Hammond Health Center  
SUMMARY: Caller reported third-hand information that a person was being verbally abusive and derogatory. Master Patrol Officer Jon Elmore responded.

#### V&T LICENSE VIOLATIONS

LOCATION: Terraces  
SUMMARY: Caller reported wallet found and was turned over to Public Safety. Patrol Officer Neena Testa responded.

#### SCC DRUG VIOLATIONS

LOCATION: West Tower  
SUMMARY: Caller reported an odor of marijuana. Patrol Officer Dan Redder judicially referred two people for violation of drug policy and failure to comply.

### FEBRUARY 26

#### DISORDERLY CONDUCT

LOCATION: Garden Apartment 28

SUMMARY: Caller reported third-hand information that two people had an argument and that one person threw an object at the other person and left the area. Sergeant Ron Hart responded

### FEBRUARY 27

#### CHANGE IN THE CASE STATUS

LOCATION: Office of Public Safety and Emergency Management  
SUMMARY: Officer identified the person responsible for damage to exit sign originally reported Feb. 24. Master Patrol Officer Waylon Degraw responded.

#### SUSPICIOUS CIRCUMSTANCE

LOCATION: Campus Center  
SUMMARY: Caller reported unknown person made comment toward another person. The officer was unable to locate the person. Master Patrol Officer Bruce Holmstock responded to the incident.

#### COMPUTER TAMPERING

LOCATION: Terrace 5  
SUMMARY: Caller reported person made unauthorized access to another person's email account. Master Patrol Officer Bruce Holmstock responded to the incident.

#### MOTOR VEHICLE ACCIDENT

LOCATION: Alumni Circle  
SUMMARY: Caller reported one-car property damage motor-vehicle

accident. Master Patrol Officer John Tagliavento responded.

#### V&T LEAVING SCENE OF AN ACCIDENT

LOCATION: F-Lot  
SUMMARY: Caller reported vehicle damaged a parked vehicle and left the scene. Officer issued operator a uniform traffic ticket for the Town of Ithaca Court for leaving the scene of an accident. Patrol Officer Neena Testa responded.

### FEBRUARY 28

#### MEDICAL ASSISTANCE/ ILLNESS-RELATED

LOCATION: Landon Hall  
SUMMARY: 911 Center reported sending an ambulance for a person that fainted. One person was transported to the hospital by ambulance.

#### OFF-CAMPUS INCIDENT

LOCATION: All other  
SUMMARY: Caller reported a one-car property damage motor-vehicle accident occurred Feb. 27. Seneca County Sheriff's officer investigated the incident.

#### MEDICAL ASSISTANCE/ ILLNESS-RELATED

LOCATION: Gannett Center  
SUMMARY: Caller reported person having an asthma attack. One person was transported to the

hospital by ambulance. Assistance was provided to the individual. Master Patrol Officer John Tagliavento responded to the incident.

#### UNLAWFUL POSSESSION OF MARIJUANA

LOCATION: West Tower  
SUMMARY: Caller reported person in possession of and selling drugs. Officer judicially referred one person for unlawful possession of marijuana. Patrol Officer Kevin McClain responded to the incident.

#### SUSPICIOUS PERSON

LOCATION: Tower Skyline Drive  
SUMMARY: Caller reported being stopped by a visibly upset person who asked them for a ride. Officers were unable to locate the person.

### MARCH 1

#### SUSPICIOUS PERSON

LOCATION: U-Lot  
SUMMARY: Caller reported person who appeared to be out of place. Officers determined the person was an employee. Master Patrol Officer Jon Elmore responded.

#### OFF-CAMPUS INCIDENT

LOCATION: All other  
SUMMARY: Ithaca Police Department reported investigating an unknown person making a concerning comment.

#### HARASSMENT 2ND DEGREE

LOCATION: Dillingham Center  
SUMMARY: Caller reported one person had reckless physical contact with another person. Master Patrol Officer Jon Elmore responded to the incident.

#### SCC DRUG VIOLATIONS

LOCATION: West Tower  
SUMMARY: Caller reported odor of marijuana. Officer judicially referred two people for failure to comply and violating the drug policy. Master Patrol Officer Bob Jones responded to the incident.

#### CHANGE IN THE CASE STATUS

LOCATION: West Tower  
SUMMARY: Officer followed up and identified one person responsible for the odor of marijuana reported March 1. Officer judicially referred one person for unlawful possession of marijuana and underage possession of alcohol. Master Patrol Officer Bob Jones judicially referred the person responsible.

Full public safety log available online at [www.theithacan.org](http://www.theithacan.org).

#### KEY

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

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## EDITORIALS

### New dining arrangement introduces potential risks

**O**n March 18, Ithaca College announced that it will not be renewing its contract with Sodexo and will be taking the campus dining program operations “in house.” This change is intended to improve dining programming, simplify meal plans, lower costs and better address food insecurity. The current contract will end June 3, meaning all dining halls and retail establishments will no longer be stocked or operated by Sodexo for the start of Fall 2019.

The conclusion of the college’s contract with Sodexo marks a momentous change for the campus community and is one that should be celebrated. For over a decade, students have made numerous complaints about the Ithaca College Dining Services and have repeatedly asked for a change. Over the years, Sodexo has contributed to food insecurity, caused allergic reactions and failed to meet students’ dietary needs. These issues have been a source of contention at the college for quite some time, and it is encouraging to see the college begin to rectify the issue.

Finally ending the contract with Sodexo demonstrates the college’s understanding of the issues and its desire to cooperate with students. Bill Guerrero, vice president for finance and administration, was at the forefront of the initiative to improve Dining Services. The administration listened intently to students’ issues and perspectives, a foundation that will give this new initiative some much-needed guidance. The speed at which this change is being implemented also means the change will benefit many of the students currently afflicted by issues in the college’s Dining Services.

However, this short time period to make big changes raises a question: How will the college pull this off?

The contract officially ends in June, meaning the college has less than three months to solidify a new dining program. By keeping the program “in house,” the college’s responsibility is to ensure it is equipped with the proper resources to fully provide food for its students. Though the program will be changed, Guerrero said, many

of the vendors providing the college’s food will remain the same. Considering one of Sodexo’s most prominent issues was its quality of food, the college will need to take further steps to ensure that the issue is actually resolved.

All of these tasks will also need to be completed while remaining in a certain budget. While the funding for the college’s new dining services has yet to be disclosed, handling this initiative economically is perhaps more important now than ever. The college’s budget and spending have been a source of contention for students and the administration in recent years due to the inflation of tuition prices, especially the recent breaching of \$60,000 of the cost of attendance for the 2019–20 academic year. The college is also expected to make significant budget cuts in the next year due to projected low enrollment, further limiting the program’s funding.

Sodexo employees should also be at the forefront of the college’s decision-making while enacting this change. In the announcement, Guerrero said that all current Sodexo employees who would like to continue working at the college will have the opportunity to and that their wages will not change. In 2011, after a series of protests, Sodexo raised its employees’ wages to a living wage. This was a change that members of the campus community fought hard for, and the college is right to uphold those wages even as the dining services adjust. In order to create a sustainable dining program, the college will also need to balance the costs of improving and expanding the dining services while continuing to pay its employees fair wages.

Ultimately, the termination of the college’s contract with Sodexo is positive for our campus community, but the college should be careful as it moves forward with establishing its new dining services. The objective of this change is to be an improvement, not a degeneration, of students’ experiences when eating on campus. While the new dining services have the potential to revolutionize dining on campus, with that also comes the risk of worsening the program.

### IC’s mentorship program mends community divide

**R**ecently, students at Ithaca College have begun volunteering through the South Hill Mentorship Program. The program allows students to connect with fourth- and fifth-graders at South Hill Elementary School to help them transition to middle school. The program was started in Spring 2018 by David Harker, director of the Center for Civic Engagement, and is a branch of the New York State Mentoring Program.

The Center for Civic Engagement has implemented a program that will help many members of the Ithaca community. The program is specifically geared toward children who could benefit from more attention and care — which their mentors can provide — and serves to help their development in all facets of life. The program is not exclusive to any one type of development, aids mentees academically and socially, and provides support in any areas of their lives in which they may need it. The program serves not only as a way to help schoolchildren and give them role models but also as a way for students at the college to get more involved in their community and do work that matters.

Considering the college’s at times contentious relationship with the surrounding Ithaca community, the mentorship program is a crucial way of demonstrating the college’s interest in giving back to the community. In the past, students at the college have been consistently criticized for disrupting surrounding neighborhoods and citizens of Ithaca. Additionally, the college widely benefits from the surrounding community due to its residing on tax-exempt land and utilizing its emergency facilities, making students’ poor treatment of it even more unacceptable. This mentorship program is a way to begin to rectify that, and students should take advantage of the opportunity to serve their community.

Ultimately, the mentorship program positively impacts both students at the college and members of the surrounding community. Although the mentees will benefit from the new role models in their lives, being a mentor is also an undeniably enriching experience. Perhaps most importantly, the mentoring program serves to improve the college’s relationship with the surrounding community, an improvement that is much-needed at the moment.

## Letter to the Editor or Guest Commentary

Letters must be 250 words or fewer and commentary must be between 500-650 words. Be written by an individual or group who has an educated opinion or is an authority on a specific subject. Must be emailed or dropped off by 5 p.m. Monday in Park 220. Send to the [ithacan@ithaca.edu](mailto:ithacan@ithaca.edu).

Comment on any story at [theithacan.org](http://theithacan.org).

## NATIONAL RECAP

# West Virginia attorney general sues diocese

BY MEREDITH BURKE  
OPINION EDITOR

On March 19, the West Virginia attorney general sued the state's Catholic diocese and a former bishop, claiming that they "knowingly employed pedophiles and failed to do adequate background-checks" for employees of Catholic schools and camps.

The suit alleges that the Catholic diocese of Wheeling-Charleston and former Bishop Michael J. Bransfield violated the state's consumer protection laws by not alerting Catholics to the potential dangers of sending their children to schools and camps. The specific law the suit references is the Consumer Credit and Protection Act, a law stating that a company needs to fully inform its consumers of the products they are buying. The suit is seeking a judicial order restraining the diocese from continuing this conduct and a judgment and imposition of monetary penalties against Bransfield and his former diocese.

Bransfield resigned from his position as bishop in September amid accusations of sexual misconduct with adults. The lawsuit accuses him of advertising a safe environment for children via the church's camps and recreational programs — a false promise given its history of

employing people convicted of sexual assault. No former attendees of the diocese's schools or camps have come forward with claims of assault.

Attorney General Patrick Morrissey said in a statement that the diocese needs to increase its transparency and its protective measures for its children and community.

Although the lawsuit was filed in March, Morrissey opened the investigation of the state's diocese in the fall, shortly after the grand jury of Pennsylvania filed a report that more than 300 Catholic priests had sexually abused children since the 1950s. The report prompted a slew of investigations of different dioceses across the country, including one by the attorney general of Washington, D.C., who launched an investigation of whether or not the Archdiocese of Washington violated the law by covering up sexual abuse.

One of the alleged cases in the suit involves Father Patrick Condron, a priest employed by the West Virginia diocese. The suit alleges that Condron admitted to sexually abusing a child, was sent to treatment and was later employed at a local elementary school. According to the suit, the parents of the children who attended the school were not notified of Condron's past convictions or treatment. Several cases of similar instances were also



Michael J. Bransfield, former West Virginia bishop, attends a Wheeling-Charleston diocese event June 3, 2015. He was recently sued by the state's attorney general for his role in hiding priests' sexual abuse of children.

SCOTT MCCLOSKEY/ASSOCIATED PRESS

highlighted in the suit.

West Virginia's investigation of its diocese is only the latest of a series of investigations of the Catholic Church across the country; however, it is one of the first to use consumer protection laws as a means of investigating. In the past, many investigations of the Catholic Church's sexual abuse epidemic have been limited by the statute of

limitations for sexual assault. However, attorney generals from several states have found ways to investigate their respective dioceses by launching civil investigations.

After filing the suit, Morrissey said that although the lawsuit is upsetting, he is confident that the diocese will cooperate for the sake of the community.

"Today is a sad day," Morrissey

said. "But the Attorney General still believes there are so many priests and deacons in the Catholic Church — who are good men — who will support this effort so we can really seek meaningful changes in how the church handles sexual abuse."

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## GUEST COMMENTARY

## Gluten-free trend harmful to people with intolerances

BY DEVON TYLER

All my life I have struggled with various allergies. As a baby, I had frequent bouts with the croup, which is essentially an upper-airway infection that blocks breathing and has a distinctive barking cough. The croup turned into seasonal asthma and a host of other allergies, including allergies to peanuts and birch trees, making me unable to eat certain fruits and vegetables, and a gluten allergy that was genetically predisposed. I've been to dozens of allergists who all have different opinions as to why I have so many allergies and why they have been increasing as I get older. They also tell me that I am not alone.

My most annoying allergy is my gluten allergy. I was instructed not to eat gluten by my doctor when I was 10 years old, shortly before my grandmother and father were officially diagnosed with

celiac. Gluten wreaks havoc on my digestive system, ruins my skin, gives me headaches and makes me extremely lethargic. Eating gluten-free has become easier in recent years. Twenty years ago, you couldn't find anything "gluten-free" at restaurants or in grocery stores. Between 2005 and 2010, gluten-free products grew by nearly 80 percent, according to a recent study by Mintel Global New Products Database. Today gluten-free options are in abundance. But at what cost?

**"If you're buying gluten-free products in the hope of losing weight, you haven't done your research"**

— Senior Devon Tyler

On average, gluten-free products are 242 percent more expensive than regular products according to Canada's Dalhousie Medical School that compared prices of 56 gluten-free items with ordinary grocery items containing gluten. Studies have shown that in North America, the average unit cost of the gluten-free product is \$1.71 versus \$0.61 for non-gluten products. Canada's Dalhousie Medical School found Betty Crocker gluten-free chocolate brownie mix costs 22 cents more per ounce than the regular mix. A study from the Journal of Human Nutrition and Dietetics said that not only is gluten-free food far more expensive than regular food, but the specific qualities of gluten-free foods (like gluten-free pretzels) are often processed with more saturated fats, sugar and salt than the regular items. If you're buying gluten-free products in the hope of losing weight, you haven't done your research.

Gluten-free products should not be more expensive than regular products, especially for those who don't have a choice. One of the reasons gluten-free products are so expensive is because they have been labeled as a luxury fad item. They are so expensive because the government makes companies bend over backward to get their products gluten-free certified. Companies also claim that alternative flours, such as rice flour, are more expensive than wheat flour, causing the prices of gluten-free products to be higher. I cannot be the only one who is frustrated with this price inflation.

I recently found out that Canadians



Senior Devon Tyler writes about her experiences with a gluten allergy. Gluten-free diets have become increasingly trendy over the years, causing the food industry to unfairly overprice food.

JACKIE MARUSIAK/THE ITHACAN

diagnosed with celiac disease can claim the cost of gluten-free foods as a medical expense. After doing extensive research, I found out you can do the same in the U.S., but the restrictions are incredible. In order to qualify, you'll have to have a blood test and a biopsy of your gut to ensure the government that you can't handle gluten. You also cannot claim more than 10 percent of your adjusted gross income and you must document every expense and keep all the receipts for gluten-free products purchased. You can ONLY claim deductions if you have celiac disease. This is discriminatory for people like myself who have a gluten allergy that affects me differently from people with celiac. Also, some people just feel better when they don't eat gluten. They shouldn't have to pay more money

to feel healthier. Gluten-free products shouldn't be twice as expensive as normal products; if they must, the Food and Drug Administration should give people an easier way to track receipts and gluten-free intake.

My suggestion for people who get frustrated with the price of gluten-free products is to eat truly gluten-free. Eat primarily veggies, rice, proteins and legumes without the overpriced, processed and frozen gluten-free products sold. Stop buying packaged products until the government and FDA can cut us a break.

DEVON TYLER is a senior communication management and design major. Connect with her at dtyler@ithaca.edu.

## GUEST COMMENTARY

## US women toil with contradiction

BY ASMA BARLAS

A few weeks ago, my Islam class read two sets of verses about sexual modesty and dress in the Qur'an that are addressed to Muslims living in a non-Muslim, seventh-century, slave-owning patriarchy. In such societies, female slaves weren't allowed to cover themselves and were considered "fair game" by men, which is why free women had to abide by "the law of the veil," as Gerda Lerner writes in "The Creation of Patriarchy." To Muslims, the Qur'an forbade such behavior. Thus, one set of verses instructs men and women to lower their gazes, dress modestly, and guard their chastity in the public arena. Regrettably, we Muslims have yet to develop such ethics of mutual restraints and responsibilities. The other set counsels Muslim women to wear a jilbab (shawl) in public so that non-Muslim men don't molest them. And, regrettably, most Muslim men now see the jilbab as a symbol of female morality rather than a negative commentary on sexually predatory men in seventh-century Arabia.

In discussing the link between dress and sexual abuse, some students noted that many men today also think that an "indecently" dressed woman is "asking for it." Clearly, what a woman wears can't protect her these days, unlike in the seventh century. But in some cases, what women and/or people of color wear can endanger them — consider the shooting of Trayvon Martin in 2012. However, whenever I've broached the subject of women's dress, many of my students, always white, have



Asma Barlas, professor in the Department of Politics, writes about the contradiction American women face while having conversations about freedom and victimhood when it comes to sexual abuse.

MAXINE HANSFORD/THE ITHACAN

rejected the idea that they should have to worry about things like dress or behavior since they see it as negating their agency, freedom, and right to make whatever choices they want. This sense of freedom is also what allows many Americans to feel that women here have it better than Muslim women who they see as abject victims of "Islamic" violence.

Such views aren't surprising given that the U.S. has legalized the principle of sexual equality and that women here enjoy many rights women elsewhere do not. Yet, when the chips are down, they aren't any safer from men's sexual predations. Indeed, I feel American women's right to equality exists only up to that point where

it comes into conflict with the rape culture and toxic masculinity of patriarchy. At this juncture, neither law nor freedom can shield them from men's sexual violence, as the stories of the women who fell victim to men like Harvey Weinstein reveal. Even so, some were better able to fend for themselves than others, though pointing this out is seen as victim-blaming, and here our class conversations invariably flounder.

Perhaps I'm not going about it the right way, or perhaps there are irresolvable tensions in white women's worldviews, or both. Thus, on the one hand, they feel free to do as they please, and they think freedom is absolute, not relational, while failing to realize that

self-protection is also a condition of freedom. At the same time, the post-MeToo moment reveals that many young women feel men are to blame for all sexually complex situations which get out of hand and women are just hapless victims. At this point, mentioning their sense of agency sounds like a rebuke to them. It could be that unrestrained freedom and inexorable victimhood have always coexisted. At a personal level, though, such a polarized view of oneself is unhelpful for navigating a culture of pervasive sexual abuse. If there's a way out of this stalemate, I haven't yet found it.

ASMA BARLAS is a professor in the Department of Politics. Connect with her at [abarlas@ithaca.edu](mailto:abarlas@ithaca.edu).

## GUEST COMMENTARY

## Student athletes face misconceptions

BY MEG DOWD

Ithaca College athletes place value on the Division III philosophy. Competing at a collegiate level is no small feat. According to the National Collegiate Athletic Association, only 6 percent of high school athletes play in the NCAA. However, there is a large disparity between Division I athletics that is more frequently seen in the media compared to Division III schools such as our own. The NCAA Division III philosophy emphasizes the priority of academics, as does the Office of Intercollegiate Athletics. However, students often question student-athletes' roles on campus. Since my time at IC began, I have observed several instances of students' misconceptions about campus athletics that are beyond the athletes' control. Students complain that athletes get to choose classes first and major in easy degree programs and that coaches find scholarship money for undeserving reasons.

This is just not true. While the majority of classes offer sections before 4 p.m. for athletes to avoid conflicts with practices and competitions, there is no priority for athletes in these sections. In fact, this fall one of my teammates had to go in front of a class and personally ask for someone to switch into a later section that conflicted with practice because the early section filled before her selection time.

The 800 student-athletes at Ithaca College are extremely hardworking. Scholarships awarded to our student-athletes are highly merited by academics with zero sway from the coaches. Approximately 37 percent of our student-athletes have majors within the School of Health Sciences and Human Performance, which includes many academically rigorous and clinically intensive programs, such as physical therapy, occupational therapy and athletic training. The average GPA of the college's student-athletes was a 3.32 last



Senior Meg Dowd plays field hockey against Utica College on Sept. 5, 2018. Dowd writes that stereotypes about Division III student-athletes are not reflective of their experiences.

MAXINE HANSFORD/THE ITHACAN

semester, with 65 athletes being recognized as scholar-athletes for holding a cumulative GPA of 3.75 or above after completing five semesters.

These misconceptions are not just present at IC but occur for student-athletes countrywide. The NCAA works to clarify these misconceptions with the help of student-athletes with Diversity and Inclusion Week, which happens in the fall. Many Ithaca College teams participated via social media. Day two of this week is themed "Beyond a Label," which gives a platform to debunk athletics-related stereotypes. Athletes on our campus discussed taking advantage of campus opportunities beyond athletics, such as study abroad and other extracurriculars, as well as other

misconceptions that spread throughout our campus. The NCAA continues this effort year-round with Division III Week in the spring.

Many misconceptions surrounding athletics on our campus often have little to do with student-athletes themselves. A challenge in the classroom does not keep our student-athletes off the field of play. We are not the coddled athletes that many believe us to be. IC student-athletes truly value the Division III philosophy and work extremely hard on and off the field to maintain that integrity.

MEG DOWD is a senior integrated marketing communications major. Connect with her at [mdowd@ithaca.edu](mailto:mdowd@ithaca.edu).

SCIENCE  
BREAKDOWN

MIRANDA ELLA

Multitasking:  
does it work?

How often do you dedicate 100 percent of your attention to the subject at hand when it's time to study or take notes in a lecture? For me, it's a rarity. When I need to focus, I typically listen to music, doodle or drink hot cocoa, but I always end up getting distracted during the time that I intended to be learning.

As you may have already guessed, multitasking has many negative impacts on studying, including frustration and poor retention of information. Things like texting or watching television while doing homework may seem like harmless time-wasters, but you may not realize how much time you're really spending focusing on the distractions and straining your brain.

It turns out that while we think we're effective at multitasking, we can't truly do multiple things at once. Our brain must switch between tasks — so quickly that the brain makes us think we're multitasking.

Multitasking puts your executive functions — such as planning, organizing and completing tasks — to the test. Because this means rapidly switching between tasks, productivity drops every time you shift from trying to memorize flash-card terms to texting a friend. This also interferes with long-term memory, which is vital for proper learning.

I mentioned that listening to music helps me study, but is this true? Well, there are mixed results depending on the complexity of the task and the type of music. Music becomes less helpful as the task becomes more difficult, but, overall, music has either no effect or a positive one.

As a whole, music can help ease stress, aid in performance and increase your focus. When you are listening to music, there are many areas of your brain that become engaged, including focusing, anticipating events and updating your memory.

The frontal lobe houses our executive functions, and listening to music can enhance these functions. The temporal lobe, which is around our ears, is responsible for language and hearing — this is where we process and interpret music. Music helps the hippocampus, in the center of the brain, aiding in memory and emotional responses — meaning that music improves memory and the building of neurons.

In these ways, listening to music while studying can help your brain in several ways, but it can also be distracting if you're trying to do a difficult or more abstract assignment.

Before signing off, I'd like to briefly talk about another form of multitasking we engage in that benefits the learning process: doodling.

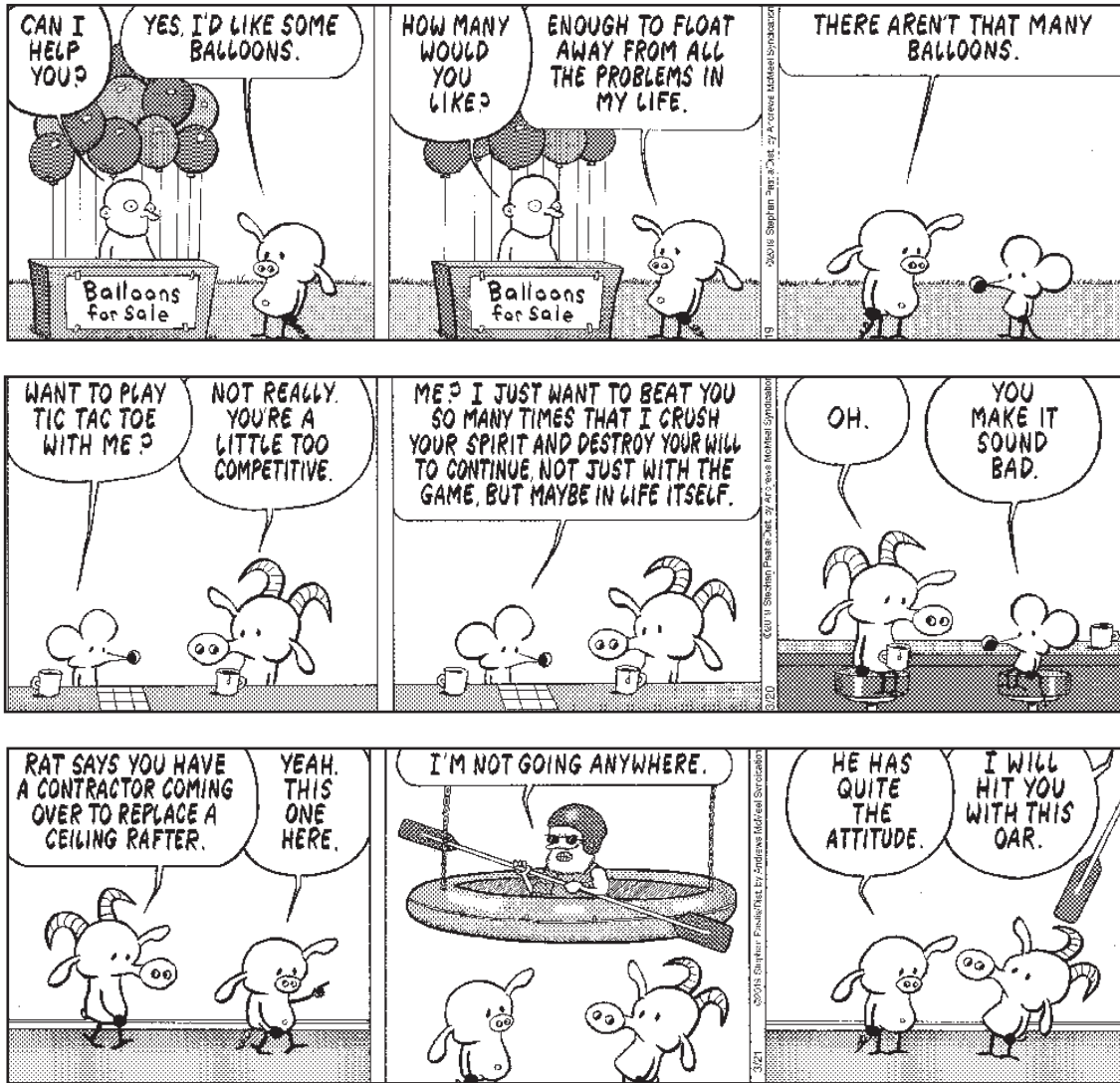
Doodling was once thought to be distracting, but it turns out that doodling helps individuals focus. Instead of zoning out completely, you can use doodling as a way to keep you attentive and listening. People who doodled while listening to a boring voice message remembered 29 percent more information than nondoodlers. Doodling also serves as a break from continuous focus that can strain the brain and aids in relieving stress.

All in all, if you find the need to multitask while studying or in class, try music or doodles rather than texting or scrolling.

SCIENCE BREAKDOWN is a column about applying science to everyday life written by MIRANDA ELLA. Ella is a senior biology major. Connect with her at [mmerse@ithaca.edu](mailto:mmerse@ithaca.edu).

# DIVERSIONS

## Pearls Before Swine® By Stephan Pastis



## Yesterday's Pasta By Avi Kendrik



## sudoku medium

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

## answers to last issue's sudoku very hard

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



Create and solve your Sudoku puzzles for FREE. Play Sudoku and win prizes at: [PRIZESUDOKU.COM](http://PRIZESUDOKU.COM) The Sudoku Source of "The Ithacan".

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- 4/4 BLACKBERRY SMOKE w/ IDA MAE
- 4/5 GET THE LED OUT: THE AMERICAN LED ZEPPELIN
- 4/16 KRIS KRISTOFFERSON & THE STRANGERS
- 5/10 GORDON LIGHTFOOT
- 5/12 NEEDTOBREATHE w/ TRENT DABS
- 5/14 SHAKEY GRAVES w/ ILLITERATE LIGHT
- 6/5 ST. PAUL & THE BROKEN BONES w/ TANK AND THE BANGAS
- 9/13 STEVE HACKETT: GENESIS REVISITED
- 10/26 JENNY LEWIS

## HAUNT

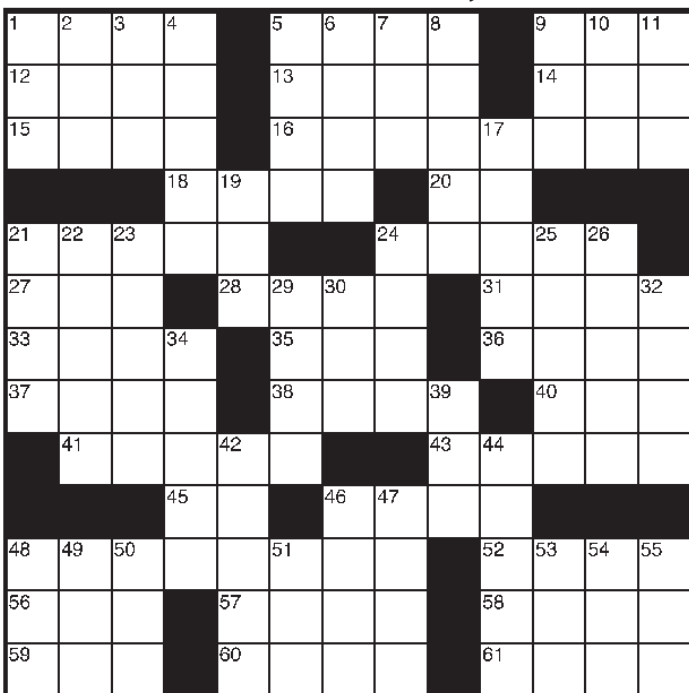
- 3/25 DAVID ARCHULETA
- 3/26 JUKEBOX THE GHOST + THE MOWGLI'S
- 3/29 DEADGRASS
- 3/30 NOBLE VIBES
- 4/6 NTH POWER
- 4/11 TURKUAZ WITH BUTTER
- 4/12 THE COMMONHEART
- 4/13 THE CHURCH
- 4/17 SQUIRREL NUT ZIPPERS
- 4/18 PAPANOSIO

## HANGAR

- 3/22 ROBERT EARL KEEN
- 4/3 JOHN POPPER
- 4/5 NEIL HILBORN
- 4/12 DARLINGSIDE
- 4/18 ANDREA GIBSON
- 5/18 LEO KOTTKE

## crossword

By United Media



### ACROSS

- 1 Site to speak your piece
- 5 Put on board
- 9 Farm abode
- 12 New England campus
- 13 Actress - Bancroft
- 14 - been had!
- 15 Business VIP
- 16 Sudden and violent release
- 18 Smooch
- 20 MI neighbor
- 21 Klondike's territory
- 24 Storage space under a roof
- 27 Whichever
- 28 Karate move
- 31 Cameo, maybe
- 33 Not so fast!
- 35 Sweater letter
- 36 Pretty soon
- 37 Diet
- 38 Superman's alias
- 40 Mdse. list
- 41 Bess' beau

- 43 Not smooth
- 45 Midwest st.
- 46 Young men
- 48 Decorative bedspread
- 52 White House staffer
- 56 "Ante-" relative
- 57 Romantic island
- 58 Furrowed
- 59 Tyrannosaurus -
- 60 Makes choices
- 61 Zenith

### DOWN

- 1 "So long!"
- 2 Permissive
- 3 Pamplona yell
- 4 Tropical lizard
- 5 Neighbor of Thailand
- 6 Responsibility
- 7 Grasshopper's rebuker
- 8 Red-ink entry
- 9 British title
- 10 Sony or RCA products

- 11 Up till now
- 17 Very
- 19 Shirt-pocket stain
- 21 Ketch's cousin
- 22 Out of it
- 23 Temple city of Japan
- 24 Quite similar
- 25 Column order
- 26 Dull sound of impact
- 29 Gooney
- 30 Ernesto Guevara
- 32 Jealousy
- 34 Nest on a crag
- 39 Endeavor
- 42 "Ninotchka" star
- 44 Honshu port
- 46 Powerful blow
- 47 Elevator guy
- 48 EMT's skill
- 49 Natural resource
- 50 Provoke
- 51 Racetrack circuit
- 53 Small-business mag
- 54 Shadowy
- 55 Riviera summer

## last issue's crossword answers

FOOD	BAKE	AYN
ARIA	ETON	MOO
DELL	EMIT	ERS
	AUF	RISKY
AWAIT	KEYS	
YIP	ALEX	MAMA
ELS	HOPED	LIP
SEED	LISA	ALP
	OWLS	MOIST
GRETA	TSP	
AUG	RILE	RIOT
FLA	DOES	ALDA
FED	SUET	HEED

# Tween dreams

Artists of the 2000s return to satisfy millennial nostalgia

BY OLIVIA RIGGIO  
LIFE & CULTURE EDITOR

David Archuleta was just 16 when Americans fell in love with his smooth voice, fresh face and endearing disposition as the runner-up on the seventh season of “American Idol” in 2008. Soon after competing on the show, Archuleta released his single “Crush,” which reached No. 2 on the Billboard Hot 100 chart. Eleven years later, Archuleta has 10 albums under his belt, though most of his latest work is relatively unknown in comparison to “Crush.”

Some of Archuleta’s earliest fans were tweens who watched him on “American Idol” and voted for him on their clunky landlines or, if they were lucky, their pink Motorola Razrs. Following his time on the reality show, Archuleta also appeared on the popular Disney Channel and Nickelodeon shows “Hannah Montana” and “iCarly.” These fans are now college-aged and have the opportunity to relive their tween dreams when Archuleta comes to Ithaca to perform at The Haunt on March 25 as part of his nationwide tour.

Archuleta isn’t the only musician taking advantage of fans’ wistfulness for his earliest hits. For example, the Jonas Brothers, who were Disney heartthrobs in the early 2000s, just reunited and released their single “Sucker.” The ‘90s boy bands New Kids on the

Block and the Backstreet Boys are also back in the spotlight.

Millennials seem eager to revisit the music that guided them through their awkward years. Leah Taylor works as the talent buyer for DSP Shows, the local agency that booked Archuleta at The Haunt. She said she is noticing a trend in young adults’ rediscovering music from their childhoods, both locally and nationally.

“We’re really seeing it everywhere,” she said. “I had some friends go to the \*NSYNC and Backstreet Boys tour last year. ... We’re even noticing it at The Haunt. ... We did a ‘90s event that Cayuga Radio Group promoted, and that sold out way in advance. ... We also did an emo night, which we played a lot of early 2000s music. ... People just want to have fun and sing along to songs they grew up with.”

Ithaca College senior Sophie Johnson was one of these former superfans — she bought several copies of Archuleta’s albums, posted on his online fan pages as an elementary and middle schooler and met him twice at his shows when she was a tween. She even dressed up as him for Halloween when she was in sixth grade. She said she remembers being on her home phone in a four-way call with her friends the night of the seventh season finale of “American Idol” and abruptly hanging up in shock when Ryan Seacrest announced that David Cook — not Archuleta — had won.

“We would burn his CDs for our friends and hand them out to people,” Johnson said. “We watched him every single week on ‘American Idol.’ ... I was definitely known in my grade of like 300 people for being obsessed with him.”

Though Johnson said her music tastes have changed since she was 10 years old, she is excited attend Archuleta’s show in Ithaca.

“He used to mean the whole world to me when I was younger,” she said. “I feel like fifth-grade me and middle-school me would



David Archuleta appeared on “American Idol” in 2008 and became known for his hit single “Crush” soon after. He is performing March 25 at The Haunt.

have been so disappointed in myself if I didn’t go.”

Archuleta was a star who appeared on national TV as a teenager but said he enjoys playing small shows. Taylor said she thinks many artists who have played in theaters and stadiums prefer small venues because they provide them with a certain amount of nostalgia as well.

“I think that for some, they like to go back to how it was when they were first starting out,” she said.

Archuleta’s publicist, Ken Phillips, worked with the Jonas Brothers even before Disney picked them up and has also aided other “American Idol” stars like Cook, who won the show’s seventh season, and Lee DeWyze, who appeared on the ninth. He said that some artists grow frustrated when the public pays more attention to their old hits than their new creations but that the enduring popularity of their first hits comes with the territory of stardom.

“I think every artist is always going to keep trying to create and make new music, so of course they want people to listen to their latest creation, but they understand,” he said.

Archuleta said he is grateful for his fans’ support and enjoys connecting with them, even if on a nostalgic level.

“I don’t really feel pigeonholed by it,” Archuleta said. “I still sing the songs that bring people that nostalgia — you know, ‘Crush,’ specifically. ... They’ve always just been really open to what I have to offer now, and it’s fun that they still remember ‘American Idol’ and they remember ‘Hannah Montana’ and ‘iCarly.’”

Archuleta is amused by people that vaguely remember him for “Crush” or for his guest roles on Disney and Nickelodeon shows.

“I think it’s funny more than anything,” he said. “I think it’s flattering that they even recognize my name, that they still remember it. ... I think it’s always nice to know that people still remember.”

Phillips said the singing-competition era on TV in the 2000s resonated with people who got to vote for who they loved and watch people tell their stories.

“It was a phenomenon,” Phillips said. This phenomenon is something people want to relive.

“It’s sort of like looking in a photo album and reliving your memories,” Phillips said.

For some, these memories can be comforting. Sophomore Alexis Bingham is a fan of nostalgic music.

“I guess it’s just comfortable and kind of comforting because it’s just something I’ve had in my life for a really long time,” she said. “It resonates with me kind of because I just grew up listening to it.”

Archuleta and other artists who came into the limelight as youngsters have grown up alongside their fans. Oftentimes, this transition into adulthood involves a loss of the innocence these child stars were loved for. Senior Holly Stoker and her family were fans of both the Jonas Brothers and Archuleta when they first emerged. Stoker grew up Mormon — as did Archuleta — and she said girls in her religious community idolized him.

“For the Mormon community, every young girl is obsessed with David Archuleta because he’s also a Mormon and also a cute young man,” she said.

Her family also adored the Jonas Brothers. These stars’ purity — the Jonas Brothers literally wore purity rings — and naivete drew a lot of young fans in. These musicians help now-adult fans remember their own childhoods.

“I think it’s also that veil of innocence, ... especially with David Archuleta and the Jonas Brothers,” Stoker said. “That is a big draw for a lot of people, including myself.”

Naturally, as time passes, these artists also change their musical styles to reflect changing times and their improving skills. Archuleta said he only had a hand in writing two of the songs on his first album, but now he co-writes all of his songs.

Archuleta’s tour is in support of his 2017 album, “Postcards in the Sky.” He is also set to release a new album this year and said he may perform some new songs at his Ithaca show. Johnson said that she is mainly excited to hear Archuleta’s old hits but that she is interested to hear his more current work.

“Music really has a way to take you back to certain moments in time when you were listening to it and when it was important to you, and it’s just something that you’ll never forget,” she said.

Archuleta said he hopes both his new and old music will connect with listeners.

“I would love to re-engage with people, reconnect with them,” Archuleta said. “And if this new album that I’m doing this year can connect with people, even at a nostalgic level, that’d be awesome.”



The Backstreet Boys had a revival in 2019 and released their album “DNA.” The boyband came to fame in the ‘90s.



From left, Nick, Joe and Kevin Jonas, the three members of the Jonas Brothers who became Disney stars in the early 2000s, reunited in 2019 and released their single “Sucker.”



# CULTURED

## Scientist will return to National Geographic after two allegations of sexual misconduct



Astrophysicist Neil deGrasse Tyson is returning to TV for the first time since he was accused by four women of sexual misconduct. In November, Tyson denied the claims and welcomed an investigation. At the time, the National Geographic Channel pulled Tyson's shows. The channel said in a statement that Tyson's show "StarTalk" will return in April and that his show "Cosmos" will return at an undetermined date. National Geographic did not comment on the allegations against Tyson or the investigation.

## Netflix removes controversial footage of train accident from film 'Bird Box'

After months of public outcry, Netflix is removing footage of a real train accident from the hit movie "Bird Box." During a newscast in the film, a train crashes and explodes in a ball of fire. This footage is documentation of an actual train crash that killed 47 people. Viewers pointed the scene out soon after "Bird Box" was released, and Netflix originally said in statements that it was not planning to cut the footage from the movie but wanted to avoid the same mistake in the future. On March 15, Netflix released another statement apologizing to viewers and announced that it will take the scene out of the movie.



## Iconic Michael Jackson memorabilia removed from Indianapolis museum

The Children's Museum of Indianapolis removed three of Michael Jackson's items — a fedora and glove that Jackson wore on stage and a Jackson poster — from its exhibits after the documentary "Leaving Neverland" raised new allegations of child sexual abuse against the singer. The movie featured two men who claim that Jackson molested them when they were children. Jackson faced other allegations of sexual abuse of children in the past, but those charges were dropped.



## Director Destin Daniel Cretton chosen to direct Marvel's first Asian-lead film

Marvel announced that Asian-American director Destin Daniel Cretton, director of "The Glass Castle," will be directing Marvel's first Asian-lead superhero film, "Shang-Chi." "Shang-Chi" is a Marvel comic from the 1970s and features martial arts master Shang-Chi. The script for the film was written by Asian-American screenwriter Dave Callahan. According to news blog Deadline, Marvel said it wants to replicate the success of "Black Panther," a movie that stood out for its portrayal of African culture. Deadline said Marvel hopes to find the same success with "Shang-Chi."



# New theater collective pushes boundaries

BY AVERY ALEXANDER  
ASSISTANT LIFE & CULTURE EDITOR

The artistic city of Ithaca has a new multimedia production house, House of Ithaca (HOI).

HOI introduced itself to Ithaca in fall 2018 at Risley Theatre at Cornell University with its first show, "Bug." The company dedicates itself to portraying stories like this, ones that are often unheard and tales that highlight true, bone-chilling fear. HOI is still searching for a permanent home but has been holding auditions at PhotoSynthesis Productions.

Christopher Teitelbaum founded HOI with his friends and collaborators Alek Osinski and Jeff Hodges. Teitelbaum approached Osinski and Hodges with this idea because he said he saw a need in the community for an outlet to spin these unusual, macabre tales. Teitelbaum said the house is also dedicated to involving the community in productions, especially students at Ithaca College because of the school's strong theater and film programs.

Teitelbaum said that when he came up with the idea for HOI, he wanted to bring his appreciation for the macabre into the works HOI produced.

AJ Sage is the artistic director at HOI and said the group aims to work with heavy, dark subjects.

"Specifically, our group's mandate is to look at dark material and put it into performance spaces," Sage said. "It's a constant conversation of when we say 'dark,' what exactly do we mean? ... The play we're doing right now is more the horror of the every day or the horror of

naturalism ... not of ghosts and ghouls and monsters, but people."

Osinski said that besides needing a place for these types of horror stories, there is also a need for a multimedia outlet that offers both theater and filmmaking in Ithaca.

"We were discussing that there's no one outlet for making visual arts ... in town that does both," Osinski said. "When Chris came up with the idea of starting a production company ... it seemed like the natural place for me to get involved."

Osinski said a major goal of HOI is to engage with the community and give people the chance to explore artistic expression in a new way.

"It was more a need in town for a place for us to do things and be a magnet for collaborating with the various people, including ... students," Osinski said.

Teitelbaum also said he wanted to create something like HOI to give college students the chance to create work outside of their schools.

"It started as a way of getting creative projects done," Teitelbaum said. "Saying, 'Hey, want to get together this weekend to shoot?' isn't the most effective way to get things done."

Sage also said HOI is dedicated to gathering the talents of students and Ithaca locals and hopes the future will bring better participation in from the community.

"Our other mandate is to collaborate with people from Cornell, IC and the great Ithaca community," Sage said. "What I hope for is that we continue to see expansion in the



From left, Abel McSurely Bradshaw plays Katurian and Dan Kiely plays Michal in "The Pillowman" by Martin McDonagh. The play tells a story about murder and human nature and is House of Ithaca's second show.

COURTESY OF WADE MCSURELY BRADSHAW

circle of artists that know us and desire to work with us."

Sage said HOI actively tries to avoid typecasting, a trend that is common in the theater community. He said one of the main goals of the house is to give all actors equal opportunities to perform.

"We have open auditions for everything because we want to cast as wide a net as we can," Sage said. "The other thing is that, so far, one thing I've really enjoyed ... giving people ... the chance to work with people who have been doing it for years and years, and vice versa.

... This is the first time I can say I've seen a really solid mix of experience levels."

Now, HOI is putting on its second production, "The Pillowman," written by playwright Martin McDonagh. This play focuses on the horrific atrocities of humanity — specifically, the play follows an author whose stories eerily mirror recent, brutal child murders in the area. "The Pillowman" is being shown at Risley Theatre at Cornell University. The remaining show dates are March 21, 22 and 23 at 7 p.m.

"We're also putting together the

framework for a horror film festival in Ithaca — hopefully for next year," Teitelbaum said.

HOI is in need of all types of participation. Volunteers will be paid and the work will bulk up students interested in helping with HOI projects can reach out to HOI at its official Facebook page, House of Ithaca; its website, [houseofithaca.com](http://houseofithaca.com); or its email [thehouseofithaca@gmail.com](mailto:thehouseofithaca@gmail.com).

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## Freshman finds feminism in local roller derby league

During Women's History Month in March, many brave women and their struggles, victories and histories are remembered. Roller derby, a sport tied to third-wave feminism, celebrates women stepping out of traditional roles.

Ithaca College freshman Harleigh Myerovich is one of the Ithaca League of Women Rollers' newest members. The Ithaca League of Women Rollers is one of many leagues that operate under the Women's Flat Track Derby Association. According to the Ithaca League of Women Rollers' website, the league began in 2008 with the SufferJets and introduced a junior league, the BlueStockings, in 2010.

Contributing writer Olivia King spoke with Myerovich about roller derby, the Ithaca League of Women Rollers, her experiences with roller derby in the past and learning to become a part of the league as an official.

*This interview has been edited for length and clarity.*

**Olivia King:** How did you learn about the roller derby, and how did you get involved?

**Harleigh Myerovich:** So I'm from [Philadelphia] originally. My mom had found the Penn Jersey Roller Derby team, the She Devils, were bouting in a warehouse really near where we live. We started going to their bouts, and I love watching them, and I thought it was so cool. And I went home and really wanted to get involved with the She Devils, but I was about to leave for college. So I looked up if there was anything in Ithaca and found Ithaca League of Women Rollers. This semester, I reached out and asked if they had fresh-meat training, and they didn't. But [a member of the team] who has been coaching me offered to have me come to open laps practices on Sundays. So I've been skating for seven or eight weeks now. I just joined the league, not on a team, though — I'm not quite ready to start

bouting. But I joined the league, and I'm going to learn to be a nonskating official so that I can attend league meetings and potentially start to run bouts.

**OK:** What makes it special to you?

**HM:** Oh my gosh, almost everything. I've really enjoyed meeting so many wonderful people through it that I would have never normally met. I love skating, I've learned. It's been a while since I've been completely new at something, so that's been really cool to work really hard at something and see my practice paying off with a fantastic group of people who are supportive and encouraging and really cool to be around. I think it's a great environment all around, and I think it's improved every aspect of my life, if I'm being honest. It's great to be a badass bitch on Sunday.

**OK:** In many sports, it is thought that men's teams get more attention than women's teams. Do you feel this true for the roller derby?

**HM:** No, I don't think so. I think when people picture it, they definitely picture women's teams. But I've definitely seen men's roller derby teams bout. There's a team that would often bout with the She Devils — the Hooligans, the Philly men's team. It is super fun to watch; I highly recommend it. But I've definitely had people ask me if there are men's teams. I think that's a lot to do with roller derby popularity in the '70s and '80s, when it would be broadcast with women's wrestling for the first time. People view it as a women's sport, which I think is really cool. It makes it a really unique space to get involved with. I think it's wonderful.

**OK:** How does roller derby empower you?

**HM:** Learning something new is always empowering, I think. I'm not a great athlete. I have



Freshman Harleigh Myerovich joined the Ithaca League of Women Rollers this semester. She is training to become a nonskating official and will eventually learn to compete in bouts.

TENZIN NAMGYEL/THE ITHACAN

a dance background, I swam, but I never really consistently stuck with something. ... So to learn something new and not be half bad at it, it has been really empowering. To start to be able to do these things I'm seeing other people master ... and being around empowered people who are encouraging me is really a really beautiful environment and energy to be around.

**OK:** Roller derbies initially faced criticism for allowing women to step into less traditional roles, and many people said it was too violent. Do you think those criticisms are still around today?

**HM:** When I tell people I've started roller derby, and I get either a 'Wow that's so cool!' or a 'Wow, are you going to die?' At the bouts, I've seen people injure themselves, but it's not [World Wrestling Entertainment] like people think it is. Most things that would really hurt you are probably a foul. It's kick-ass and difficult and a contact sport for sure, but ... there's that

perception, and I think it's hysterical. It's not the barbaric, Viking-like activity that some people have in their heads.

**OK:** Roller derbies are often tied in with third-wave feminism. Do you think feminist ideals exist in the roller derby?

**HM:** It's a group of women running their own league, which is an empowering thing. I do feel pretty badass when I'm listening to 'Boys Wanna Be Her' by Peaches and skating around really fast. ... There are these small moments when I'm like, 'Oh, I'm really powerful, and so is everyone else on this track, and we're all building each other up.' I feel like that support of other women and collaboration between other women — that's pretty feminist, if you ask me.

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### Afternoon Session Schedule

2019	12:10 - 1:00	1:10 - 2:00	2:10 - 3:00
<b>Klingenstein Lounge</b> (Main Floor)	Featured Sessions		
	Immersive Technologies Offer Infinite Possibilities for Next Generation Learning  <i>Gartner: John Girard</i>	Virtual Reality in the Classroom  <i>Becky Lane</i>	Access to education through Induction Loop Technologies  <i>Don Bataille</i>
<b>Ithaca Falls Mtg Room</b> (Main Floor)	Lightning Presentations & Code-A-Thon Student Presentations	IT Security	Virtual Reality in the Design and Construction Process
		The Cyber Threat Landscape  <i>FBI Supervisory Special Agent -(Cyber Squad)</i>	<i>Andy Page - Cornell</i>
<b>Clark Lounge</b> (Main Floor)	Teaching and Learning with Technology Symposium		
	12:10: Tech Does Not Solve It All! Teaching Soft-Skills in Our Digital Democracy --- 12:35: For the love of discourse	1:10: Building inclusive excellence & expanding access to intl education --- 1:35 Accessibility Initiatives Tool; The Need, Plan, and Roll out	2:10: App Smack Down for the College Classroom --- 2:35: Smart Textiles: Research in the Classroom and Teaching Across Disciplines
<b>Taughannock Falls Mtg Room</b> (3rd Floor)	Student Perspectives on Educational Technology  <i>Ithaca College</i>	Apple's Digital Books  <i>Apple</i>	Creating Music in Higher Education with Apple  <i>Apple</i>
<b>Six Mile Creek Mtg Room</b> (Ground Floor)	Funding Strategies for Technology Refresh Programs  <i>First American</i>	Integrated Interior Assemblies  <i>DIRTT</i>	Finance and Financial Literacy Labs in the University and High School Markets  <i>Rise Vision</i>
<b>Cayuga Lake Mtg Room</b> (Ground Floor)	I Need It Now! Gaining real-time visibility and access to learning technologies  <i>Sassafras</i>	As we transitioned from computation to big-data, whatever happened to (little-) data?  <i>Ithaca College</i>	IT Cloud for the Classroom  <i>Distributed Technology Group</i>
<b>Tours and More!</b>	<u>TOURS</u> 1) Specialized Learning Spaces 2) School of Music Departing from Registration Desk	<b>EDTECHDAY 2019</b> 29 YEARS	<u>BIRDS OF A FEATHER</u> New York Computing in Higher Education Symposium  LOCATION: Friends Hall Room 101

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# Series brings life to mental-illness awareness

BY **AVERY ALEXANDER**  
ASSISTANT LIFE & CULTURE EDITOR

Media covering mental illness is often touchy. Even with recent movements to normalize mental-health struggles, mainstream culture still ignores and ostracizes topics like suicide and depression. It is this societal deficit that makes television shows like "After Life" so crucial.

"After Life" is a short Netflix series that follows the life of Tony (Ricky Gervais), a journalist who is struggling with suicidal thoughts and depression in the aftermath of his wife's death. Tony reserves himself to his hopelessness and begins to treat everyone around him horribly. He goes around town saying whatever he wants — no matter how hurtful. Tony figures that if he is hostile to every single person he meets, eventually no one will care if he ends his life or not.

This show takes a refreshingly direct approach to conversations about mental illness. Instead of tiptoeing around the issue, "After Life" digs deep into the muck of the matter. Not once does the show pull any punches. The writers knew what they were doing, and their unabashed approach to the material gives "After Life" a major leg up when compared to other pieces of media about the same topic.

**TV REVIEW**  
"After Life"  
Netflix  
Our rating:  
★★★★★

Aside from the series' blatant approach to discussing mental illness, "After Life" makes a point of normalizing it as well. This is done through the ways the characters conduct themselves. Besides Tony, there is a cast of very mundane people living mundane lives. But "mundane" is not an insult here. The lives of the characters and the ways they interact with Tony's grief feel organic and real. Instead of being a colorful cast of wacky characters — an aesthetic that works well in other shows — the people in Tony's life are easy to understand.

Mental illness and the fight against suicidal thoughts are not always loud and passionate like media typically makes them out to be. Rather, the struggles of people with mental illness can be quiet and secretly self-destructive. Unlike other shows, "After Life" shows Tony's battle as being often misunderstood by outsiders and quietly shouldered by Tony himself and his closest friends.

Often, where television and movies go wrong with portraying mental illness is by making mentally ill people look completely and utterly hopeless. It is true that some sufferers can have a difficult time finding reasons to live, but media completely brushes over the fact that people with suicidal thoughts often find small, seemingly insignificant reasons to



"After Life" takes a refreshing approach to mental-health conversations, as it does not shy away from directly stating the trials real-life sufferers face. The crass comedy and manner of the characters also help.

NETFLIX

live every day. A popular piece of advice therapists will give patients is to find one thing to live for every time hopeless thoughts creep in. "After Life" does an amazing job at showing this through Tony. At many points throughout the series, Tony finds himself in the early motions of a suicide attempt — sitting in the bathtub with a sharp object or walking himself into the ocean — but every time, he takes a breath and finds something around him to stay alive for. In Tony's case, he

generally uses his pet dog and nephew as reasons to stick around.

With these tools, "After Life" is able to challenge the social stigmas surrounding mental illness, particularly in men. Honing in closely on Tony's human relationships and using stark humor — like when a man tells Tony to keep his dog on a leash and Tony responds by calling the guy fat and nosy, followed by a gasp-worthy swear — to get the point across are effective ways to spark a conversation.

Netflix's history with mental-health media hasn't always been the greatest — exhibit A, the controversy surrounding the insensitivity of "13 Reasons Why," another Netflix show that portrays a young girl who dies of suicide as vengeful and selfish — but "After Life" is the beginning of Netflix's redeeming its reputation in the mental-health conversation.

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## Raw folk-rock album is rich and evocative

BY **ARLEIGH RODGERS**  
STAFF WRITER

Perhaps the reason Patty Griffin has decided to name her latest album after herself is because nothing else complements her dulcet guitar strums quite like her voice does, as if each instrument is cut and tailored to skirt around her pleasingly raspy vocals.

The most striking piece of every song is the absence of harmonies. None are needed to make the songs powerful. Griffin has confidence in her voice as she sings alongside a collection of peaceful instruments — like soothing guitar, a lull of a cello and a tranquil piano in "Luminous Places." "Luminous Places" is Griffin's elegant meditation on love. Similar in strength to "Luminous Places" is "Had a Good Reason," though the latter is supported by a humble acoustic guitar rather than a piano. This slow-tempo pair highlights the album's mournful darkness — something that exists somewhere between heartbreaking sorrow and peaceful woe.

Griffin also ups the pace of her songs, as in the case of "Bluebeard." Her

voice twists around the song's scrappy guitar and lyrics. She winds together a fantasy about unspoken and gruesome truths, layering in a deep orchestral backdrop to sustain the haunting lullaby. "Mama's Worried," the album's first song, makes use of Griffin's evocative vocals and the radiant acoustic guitar. It introduces the listener to the emotions present in the album: redolent heartbreak, the ghosts of one's past and the ability to rise from it again.

The sturdiness of her vocals and instruments is further matched by the political messages in her songs. Griffin uses past events to bridge the gap between social justice from then and now. She attributes a verse in "The Wheel" to the 2014 death of Eric Garner, a black man who was choked to death by police officers and whose death sparked nationwide protests over police brutality. "The Wheel" brings attention to how the violence and injustice that permeated American culture in 2014 was, like the turn of a wheel, the result of an endless cycle of violence and injustice brought from the years before it. In "Boys from Tralee," Griffin places herself in the shoes of her grandfather, who immigrated to Canada from Ireland. Like in "The Wheel," the anecdotal structuring in "Boys from Tralee" allows Griffin and the viewer to draw connections between issues of



PGM

immigration of her grandfather's time and current conversations about border walls and stolen jobs. The stark and impressive "River" compares an unnamed woman — perhaps Griffin herself, who wrote these songs while battling cancer — to a rushing and elusive river. "River," with Griffin's melodic vocals and rustic acoustics, captures the rich vitality of womanhood.

These veins of social justice have a tenacious hold in Griffin's songs. This monumental 10th studio album lingers through its sadness and sits briefly in dynamic flashes of a faster-paced guitar strum. But a buoyant fizz is present in each song, no matter each melody's pace, each song's lyrics or each instrument's role. Therein lies the flavor of Griffin's album. Her past fire has been stifled with water, but "Patty Griffin" proves she can wade through the smoke and bring life from it again.

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## 'Exocraft' drones on

BY **ALEX HARTZOG**  
STAFF WRITER

Resource management games can be charming, but GoldFire Studios' "Exocraft" is a knockoff of many other sci-fi games.

"Exocraft" blends a space sci-fi aesthetics with iconic game-play elements. It has point-and-click mechanics, with the player acting as the pilot of a mining and salvaging rig in space. The main mechanic of the game is determining how to minimize expenses and maximize effectiveness when mining, which is classic resource management gameplay.

An added challenge to the game is guardians that surround the mines. Mines cannot be harvested until all guardians surrounding it have been destroyed. When facing the guardians, the game becomes one of numbers in which overpowering the enemy with as many drones as the player can buy becomes the main priority.

Apart from being the player's only way to interact with the map, drones can also be upgraded with collectible items called element cores, which drop once in a blue moon — if that —

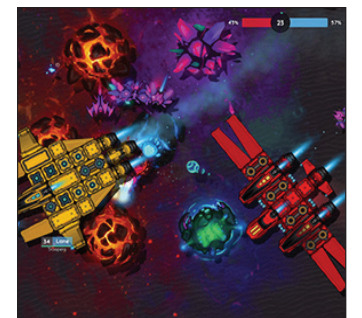
making the upgrade system rather uninteresting, as the player hardly ever gets to use it. Having such an inaccessible system for a vital part of the game makes the entire progression of the drones pointless.

The map loops back on itself, and the entire rectangular area can be traversed in less than 30 seconds.

Even though the game is marketed as a massive, multiplayer online game, the most players can do is assist others with attacking giant variants of guardians or participate in races.

To keep a player entertained in a game, there must be something for the player to be working toward. In "Exocraft," these simple concepts are nearly missing, an issue that will make this game lose most of its player-base faster than a five-second YouTube ad.

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GOLDFIRE GAMES

## QUICKIES



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**"SWEAR TO GOD"**  
blackbear  
Beartrap, LLC.

Blackbear's latest single feels sincere. It's an interesting, unexpected mix of intricate production, orchestral instruments, deep beats and builds that don't lead to heavy drops but rather serve as subtle segways. It's textured but not overdone.



SONY MUSIC ENTERTAINMENT

**"BETSY"**  
Billie Marten  
Sony Music Entertainment

Billie Marten's voice is breezy and honeylike. The song slides along at a steady pace with a simple beat and bright guitar chords. It never reaches a heavy climax; rather, its minimalism is what makes it stunning and captivating.



AIKJ

**"BREAK IT OFF"**  
AikJ  
AikJ

"Break It Off" is an honest song about jealousy over an ex. Lyrics like "I don't wanna share your body" walk the line of controlling paternalism. AikJ's vocals are accented by heavy reverb and layered harmonies.

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# NEW ISSUE

# EVERY THURSDAY



THE ITHACAN

# OVERCOMING OBSTACLES

## Junior tennis player returns from injury

BY JACK MURRAY  
SPORTS EDITOR

On Feb. 18, 2018, the Ithaca College women's tennis team faced the University of Rochester in its season opener. While the Bombers fell 2-7 to the Yellowjackets, then-sophomore Jane Alkhazov competed in an extremely competitive sixth-singles match against Rochester's then-freshman Julia Steinberg that lasted for more than two hours. When Alkhazov woke up the next morning, she could not lift her right arm at all.

Alkhazov was diagnosed with a torn labrum, which is a cuff of cartilage located in the shoulder that is adjacent to the humeral head and below the rotator cuff. The injury immediately ended her second season with the Bombers. She said the injury occurred as a result of her overhand serve that she used at the beginning of her career. She said that the constant overhead motion from the serve led to her gradually wearing away her labrum over time and that the long duration of the match led to the tear.

"It was definitely the repetitive serving motion," Alkhazov said. "I have a history of when I am serving, my shoulder will pop out of place. While it puts a little extra speed on that ball, it is not good."

The women's tennis team was able to add then-sophomore Parley Hannan, who was able to take Alkhazov's spot in the lineup for the remainder of the season. Alkhazov was not ready to return for the Bombers' first fall tournament Sept. 8 but was able to compete for their second tournament Sept. 15.

This was not Alkhazov's first shoulder injury in her tennis career. In the past, she had torn her rotator cuff, which is directly

above the labrum. Alkhazov said the injury to her labrum was definitely impacted by her previous shoulder injury.

"The shoulder is already one of the most unstable joints in the body," Alkhazov said. "Any kind of injury to it creates a higher risk of reinjury to it."

Though tearing her labrum led to a lengthy recovery time during her offseason, her background as a student in the six-year physical therapy program at the college helped guide her on how she should be recovering properly. She said she was able to take what she was learning in the classroom, especially in an anatomy course she took last summer, and transfer it to what was happening in her body.

"In [physical therapy] classes, we learn about all kinds of musculoskeletal

injuries, and one of the first things we did learn about was the upper extremities," Alkhazov said. "This involves the rotator cuff, shoulder and all of the different anatomical things that are there. Conceptualizing what was there in front of me was what was happening in my body helps me put things into perspective and identify the problem and how to solve it."

Barbara Belyea, clinical professor and associate chair of the Department of Physical Therapy, said that though having a physical therapy background will help a patient in their recovery period, seeking an outside opinion is crucial in recovering as quickly and proficiently as possible.

"Sometimes, we are injured in a way that we can't treat ourselves," Belyea said. "Sometimes, similar to physicians, we make the worst patients. We think we know what is wrong, and we might be missing something in our clinical decision making that a colleague would pick up on."

Alkhazov was able to use her knowledge of physical therapy, as well as her previous experiences with a shoulder injury, to create her own home exercise program that helped her get a head start on her recovery with a clinical physical therapist when she returned home. Belyea said a home exercise program is typical for what

professional physical therapists will assign to their patients so that they can continue healing even when they are not currently being treated.

"Most physical therapists will provide a home exercise program because we acknowledge that people are busy and may not have the time to see us, as well as insurance dictating how often a patient can see us," Belyea said. "It is a critical piece of what we do as physical therapists. It is an important piece for people to be able to integrate their therapy into their daily routine."

Alkhazov was able to return to the Bombers Sept. 15 at the Ithaca Invitational. She said that though she dropped both of her matches, it felt great to be back on the court and competing again helped her get out of the mental struggle that a significant injury can cause.

Since her return, she has had to adjust her game slightly. She previously focused on the pace of the ball on her serves but has taken a different approach to serving since her injury.

"My serve took a hit because I was scared to go my full speed and tear my labrum more," Alkhazov said. "I picked up a one-handed backhand and an underhand serve with the help of Coach Austin."

Head coach Bill Austin said Alkhazov added these shots to her repertoire so that she is not doing the same motions as consistently, thus reducing the risk for reinjury.

"The underhand serves allow her to keep from rotating the shoulder up high and irritating the rotator cuff, so it reduces stress on the area," Austin said. "The one-handed backhand was to keep reduce pain

in the hand [and] wrist of the left hand associated with hitting with two hands, so we worked on changing her grip and worked to have her contact the ball farther in front of her."

Alkhazov said the one-handed backhand return and the underhand serve help her create more backspin on the ball, which cause an unusual bounce when it makes an impact with the ground, and this can throw off an opponent. Austin said that as Alkhazov has improved her strength and gotten back to full health, she has been able to bring back elements of her old game. Still, he said that these new returns in her arsenal add depth to her game.

Alkhazov has participated in all five spring matches for the Bombers and said she has felt better mentally since returning full time to the court.

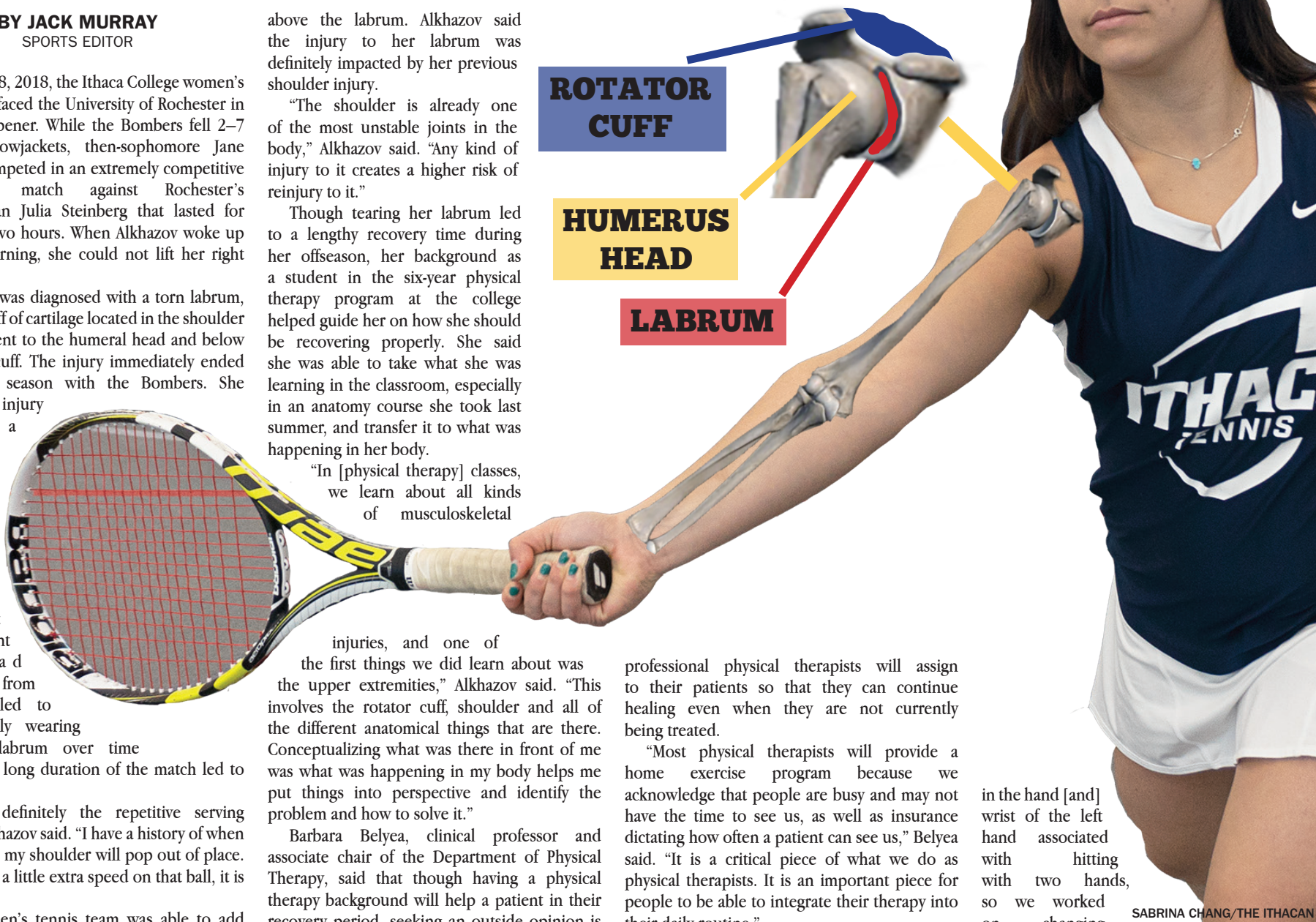
Junior Brianna Ruback said that having Alkhazov back helps the team both on and off the court. She said that her presence makes each day more enjoyable.

Ruback said that she appreciates Alkhazov's background in physical therapy, as it allows her to seek out advice for recovering from injuries that affect tennis players on a daily basis.

"If something is bothering me, I would go to her," Ruback said. "She has a lot of knowledge on recovery and staying healthy and injury prevention."

Alkhazov said that while injuries like a labrum tear can affect the mental state of an athlete, maintaining a good attitude and following directions is the best strategy for having an effective recovery.

"It's just about staying positive and keeping up with your rehab," Alkhazov said. "Being down on yourself isn't going to help. Everything is temporary."



SABRINA CHANG/THE ITHACAN



**ONLINE**  
For more on Alkhazov, go to [theithacan.org/Jane-Alkhazov](http://theithacan.org/Jane-Alkhazov)

Junior tennis player Jane Alkhazov missed her sophomore season after tearing her labrum in her shoulder in a match during an overhead serve.

SABRINA CHANG AND JULIA CHERRUALT/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



The Ithaca College women's basketball team were eliminated in the Elite Eight of the NCAA Division III Tournament on March 9 by Bowdoin College. The Bombers ended 25-6.

ABBEY LONDON/THE ITHACAN

## Softball

### RESULTS

Ithaca	<b>6-1</b>	Berry	Ithaca	<b>6-7</b>	Whittier
March 11			March 14		
Ithaca	<b>6-5</b>	La Verne	Ithaca	<b>9-1</b>	Claremont-Mudd-Scripps
March 13			March 15		

Next game: 12 p.m. March 23 against Utica College in Utica, New York

## Women's Basketball

### RESULTS

Ithaca	<b>76-75</b>	DeSales	Ithaca	<b>61-87</b>	Bowdoin
March 8			March 9		

## Wrestling

### NCAA Championships

Name	Weight	Place	Results
Jake Ashcraft	184	2nd	SV-1: 5-3
Ben Brisman	141	4th	INJ: 2:47
Ferdinand Mase	125	4th	DEC: 8-5

## Men's Lacrosse

### RESULTS

Ithaca	<b>5-17</b>	Cabrini	Ithaca	<b>18-12</b>	Skidmore
March 9			March 17		

Next game: 1 p.m. March 23 against Renasslaer Polytechnic Institute in Higgins Stadium

## Women's Lacrosse

### RESULTS

Ithaca	<b>9-20</b>	Gettysburg	Ithaca	<b>14-11</b>	Skidmore
March 14			March 17		

Next game: 1 p.m. March 23 against St. John Fisher University in Rochester, New York

## Baseball

### RESULTS

Ithaca	<b>18-5</b>	Occidental	Ithaca	<b>14-4</b>	Cal Tech
March 13			March 14		
Ithaca	<b>2-17</b>	Redlands	Ithaca	<b>6-4</b>	La Verne
March 15			March 16		

Next game: 1 p.m. March 23 against Utica College at Freeman Field

## Men's Tennis

### RESULTS

Ithaca	<b>1-6</b>	Bloomsburg	Ithaca	<b>1-8</b>	Wesleyan
March 14			March 15		

Next game: 4 p.m. March 28 against Hobart College in Glazer Arena

## Women's Tennis

### RESULTS

Ithaca	<b>2-7</b>	Franklin and Marshall	Ithaca	<b>1-6</b>	Bloomsburg
March 12			March 14		

Next game: 3:30 p.m. March 29 against SUNY New Paltz in Glazer Arena

## Women's Track and Field

### NCAA Indoor Track and Field Championships

Name	Event	Place	Results
Meghan Matheny	Pole vault	9th	3.70 meters
Logan Bruce	Pentathlon	11th	3263
Sarah Rudge	800-meter run	--	False start

Next meet: 10 a.m. March 22 at the Richard Stockton Quad Meet in Galloway, New Jersey

## Men's Track and Field

### NCAA Indoor Track and Field Championships

Name	Event	Place	Results
Dan Harden-Marshall	Long jump	8th	7.04 meters
Chris Singer	1-mile run	19th	4:19.52
Dominic Mikula	Pole vault	18th	4.45 meters

Next meet: 10 a.m. March 22 at the Richard Stockton Quad Meet in Galloway, New Jersey

## Golf

### RESULTS

Ithaca	<b>3-1</b>	Nazareth
March 12		

Next game: Time TBD April 13 at the Ithaca Invitational at the Country Club of Ithaca

## Gymnastics

### NCGA East Region Championships

Name	Event	Place	Results
Victoria Gery	Floor exercise	1st	9.900
Katie Holcomb	Balance beam	3rd	9.700
Baylie Trammell	Vault	2nd	9.725

Next meet: 5 p.m. March 23 at the NCGA Individual Event Finals in Oshkosh, Wisconsin

# Rugby club primed for strong spring season

BY EMILY ADAMS

ASSISTANT SPORTS EDITOR

When the sun rises at Ithaca College, the men's rugby team is already wide awake and gearing up for a two-hour practice at 6 a.m. on the Higgins Stadium turf. The team practices four days a week to prepare for matches against colleges from around the country, including varsity and Division I programs.

While they are a dedicated group, the team is not classified as a varsity sport. Since its reinstatement in 2010, the club has performed exceptionally well, winning the Upstate Small College Rugby Conference several times — most recently in Fall 2018. They have also competed at the National Small College Rugby Organization [NSCRO] National Championships. In the fall, the team finished 10th overall during the tournament after an undefeated regular season.

Head coach Annemarie Farrell has been with the team since 2009. When she first got involved, the team was not even connected to the college, as it was banned in 1994 after developing a reputation for hazing and rowdy parties. Farrell said she saw the potential of the players and is now proud of the squad's culture.

"I was impressed by the players' dedication to the sport, desire to be good citizens of rugby and their eagerness to get back on campus," Farrell said. "After a year of working with administration and playing in an unofficial capacity, they were granted sport club status. The success the club has had is no surprise to me given how dedicated they are to excellence."

However, the spring season represents a new beginning for the

squad. Fall rugby is competed with 15 players on each side, while the spring season is played with seven. According to senior forward captain Drew Mele, sevens-style rugby requires players to be in peak shape and relies on individual performances more than the team-oriented 15s. Mele said he has high expectations for the squad's returners.

"The amount of guys that have remained on the team have become really a core group of guys," he said. "We've had a lot of the same starters since [2016–17], and they've kept that strong dynamic. There's a lot of individual leaders on the team."

Mele will be a key contributor for the Bombers this spring. At the end of the fall season, he was awarded the NSCRO Heart and Soul Award. This award is given to a player who has made selfless contributions to their club on and off the field. The squad will rely on his leadership during the intense spring competition.

Farrell also said one of the biggest challenges the team will face during the spring season is not the competition on the field but the competition for resources and field space at the college. As a club sport, the team receives less support from the athletics department than varsity squads. They often struggle to reserve practice space thanks to the unpredictable weather of early spring.

Senior Mark Hassett, president of the club, said the team has difficulty finding consistent times to practice, as the practice and competition schedules of the spring sports are constantly changing and it must adapt to work around them.

"It is much more difficult for us to



Freshman Thomas Frevele makes a pass while being pursued by junior Brendan O'Grady during practice in Glazer Arena on Feb. 26. The rugby team trains at 6 a.m. — usually the only time they can get practice space.

ABBEY LONDON/THE ITHACAN

have constant and reliable access the facilities on campus opposed to the varsity programs that are guaranteed much more favorable and reasonable hours for their training and games," Hassett said. "With that said, it is not always that easy to schedule the large amount of opportunities that IC provides, and it is certainly a give and take every step of the way."

Despite this, the team has high hopes for the upcoming season. Mele said the squad focuses on fundamentals in practice when

they are unable to train outdoors, a strategy which gives them the advantage of a stronger foundation than their competitors. They will travel to Lancaster, Pennsylvania, and Pittsburgh for national-qualifier tournaments in which they will compete against top rugby clubs in the country.

Farrell said the team's game plan will center on dynamic play and creating a positive, lighthearted experience for every athlete.

"We boast a style of play that

complements our athletic, fit and focused players," Farrell said. "It is tough to defend against and encourages players to be creative and bold. Our strategy is to have fun, work hard, laugh a lot, continue to learn and bring a lot of snacks with us to competitions. If the competition results don't go our way, at least we'll have snacks."

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# Spring sports teams travel south for warmer weather

BY TY CUNNINGTON

STAFF WRITER

Most students at Ithaca College prepared to head home for spring break after their Friday classes March 8. But most of the student-athletes competing in the spring season at the college traveled across the country to take on different competition within the Division III landscape.

For teams, spring break provides a chance to face opposing teams in other regions of the country that they do not see during the regular season. It also allows athletes to play in warmer climates. Upstate New York is known for its gloomy and sometimes snowy springs, which can keep teams indoors for workouts and cause games to take place in poor conditions.

Both men's and women's lacrosse headed to Sparks, Maryland, to play games at Tierney Field. The baseball and softball teams flew to California

to take on different opponents at various schools. The women's golf, men's tennis and women's tennis squads all headed to Florida, where the golf team competed at Baytree National Golf Links in Melbourne as well as Port Saint Lucie while both men's and women's tennis landed in Orlando

to play a number of matches at the United States Tennis Association National Campus. Lastly, the men's and women's crew teams traveled by bus down to Lake Lanier in Georgia for training purposes.

The college is not alone in sending teams away for spring break. All of the colleges in the Liberty League and the Empire 8 send teams away for the break so that they can get a start on their seasons. This is because the spring

athletic teams compete and practice outdoors, making the scheduling of games and practices a challenge due to the unruly weather in late February and March.

Junior golfer Peyton Greco said her team's trip to Port Saint Lucie provided valuable practice time for her team.

"It allows me and my team the chance to see improvements after working hard during the long offseason," Greco said. "It also gives us the opportunity to play outside, something we don't usually have the chance to do until April."

The baseball team played eight games from March 9 to 16, claiming victories over No. 18 California Lutheran University, Pitzer College, Occidental College, California Institute of Technology and the University of La Verne.

Senior pitcher Matt Eiel said the trip provides an early test for the team, as programs out west in Division III play a number of games earlier in the season due to the warmer climate.

"This trip provides us an opportunity to play good competition, but most importantly,

is that these teams are in midseason form," Eiel said. "Many programs spend their spring break trips in Florida, but Coach [George] Valesente believes playing teams with 15-plus games already played instead of competitive Northeast teams who we'll hope to play later anyway is a better option."

Senior first baseman Jackson Smith said that on top of the solid competition, there are advantages to both batting and fielding

**“It allows me and my team the chance to see improvements after working hard during the long offseason.”**

— Junior Peyton Greco



The Ithaca College baseball team's senior class enjoyed the California sun after defeating Occidental College on March 13. The team went 5–3 during its spring break trip.

PHOTO COURTESY OF GARRETT SNYDER

in warmer climates.

"The fields play a lot faster out there with drier conditions and shorter grass, which makes it easier to turn double plays on the faster surface," Smith said. "The ball also carries more in the hotter, drier air, leading to more home runs and extra base hits."

The time spent together off the field is just as important for a team. For crew, team chemistry is critical for success. Eric Stamer, a graduate student and men's crew captain, said the traveling experience brings the team together because of all the time spent around one another, whether it is while eating, sharing hotel rooms or taking bus rides.

"We are constantly trying to create bonds and build relationships between the rowers,

coxswains and coaches," Stamer said. "This trip definitely helps, since we are spending every minute together. Even between the varsity and novice or upperclassmen and underclassmen, we get to know more about each other."

Greco said that she is in her third year on the golf squad and that her experience this spring resonated with her as well as the team.

"We all loved Baytree and the other courses we had the opportunity to play on, and we would definitely come back in the future," Greco said. "For me personally, it was one of the best spring break trips I've had since being on the team."

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# Senior discusses journey with track team

After claiming its second consecutive Liberty League indoor title this winter, the men's track and field team is aiming to continue its success during the spring season.

The Bombers won the Liberty League Indoor Track and Field Championships on Feb. 22 and 23 for the second year in a row and hope to claim their first victory in the Liberty League Outdoor Track and Field Championships on May 3 and 4.

Senior Derek Howes was one of the six men's track and field athletes to be named to the United States Track & Field and Cross Country Coaches Association All-Region for the Atlantic Region. Howes finished in second place in the distance medley relay at the All-Atlantic Region Track & Field Championships and had three second-place finishes at the 2018 Outdoor Track and Field Liberty League Championships.

Staff Writer Mikayla Rovenolt sat down with Howes to discuss his origins with the sport, the team's goals and how he hopes his final season will end.

*This interview has been edited for length and clarity.*

**Mikayla Rovenolt:** Why did you choose to run track in college?

**Derek Howes:** I did it through high school, and I really loved it. It's kind of a special sport: It's very individual, but you still get that great family. I really like having control over my own zone but also having that brotherhood that goes on throughout it. I wanted to continue that through college because I knew it was going to get more serious.

**MR:** What do you feel are your main strengths?

**DH:** I think I eat really well. It's kind of hard because some things work for some people, even in racing strategy. I think the thing that works for me the best is I'm really good at not slowing down. I can just keep going, which helps me perform well, and I really like contributing to the team. Getting points in that way is really the only way I can do it.

**MR:** What are your goals for this year?

**DH:** I would really like us to perform well in the outdoor season. One of our goals was to win Liberty League Indoor, which we accomplished. We did it really well — not better than I expected, but I was really impressed with the team, and that [win] made it so the seniors this year have never lost an indoor season, which is really cool for us. I'd just like to see everyone improve outdoors and go for the outdoor title because that's something that we've never won before, so it'd be awesome to get it.

**MR:** What obstacles have you had to overcome to get to where you are now?

**DH:** One obstacle I've faced, and I know some of the other guys have faced, is getting a lot of anxiety before a race. Whenever I think about it, it doesn't make sense because it's something I've done for about eight years, but it's kind of hard to get over because it's just a snap. It's not like a game where you can come back. This is your performance, and you have less than a minute to do it. You want



Senior runner Derek Howes races the anchor leg of the 4x400-meter relay at the Liberty League Indoor Track and Field Championships on Feb. 23 in Glazer Arena. Howes also competes in the 400, 800 and 200.

JULIA CHERRUAULT/THE ITHACAN

to do it perfect and be better than the last time, and that's a lot, even though you should be able to do it because it's what you train for. It's definitely something I've had to overcome. I've worked on breathing exercises and thinking through it, and I think that's a big obstacle for a lot of people on the team, but we're working through it all the time.

**MR:** What is your favorite memory of your time on the team?

**DH:** My favorite track memory was my sophomore year at Empire 8. It all came down to the final 4x4

relay, which I was on, and our team was just going insane. We were in this dome, and they were cheering us on like they always do, but it was really intense at times, and we were going for the win and just nudged the [opposing team] out and beat them at the end of the race. Our entire team exploded. I couldn't really see that well because I was dizzy and just raced, but I could feel the energy coming from them, and it was just this amazing togetherness and victorious moment.

**MR:** As a senior, what do you hope to

leave the team with?

**DH:** My freshman year, the seniors were really great about forcing the social aspect onto us because they understood that that's what's most important for us as developing people. I really hope that the underclassmen don't get too serious about the competitive performance. I want them to prioritize the fun rather than the accomplishment because the fun is really why you're here.

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**the**  
**Buzzer**  
ATHLETE OF THE WEEK

# JAKE BINDER

## STATS FROM THE WEEK

Pitched a **one-hit shutout** against No. 18 California Lutheran University on March 9

Named Division III **Pitcher of the Week** by the National Collegiate Baseball Writers Association

First Bomber athlete recognized by the NCBWA since 2008



Senior Jake Binder pitches against the Stevens Institute of Technology on March 12, 2018. Binder was recognized by the NCBWA after pitching a one-hit shutout against Cal Lutheran on March 9.

SEÁN DULLEA/THE ITHACAN

## GETTING TO KNOW JAKE

**What got you involved with baseball?**

I started playing baseball around the third grade. My interest was through playing video games such as MVP Baseball 2005 and Mario Superstar Baseball.

**What is your favorite hobby outside of baseball?**

I enjoy a plethora of card games. I play video games and try to keep up with recent trends in the gaming world. I also am a die-hard Baltimore Ravens fan.

**What has been your favorite class at IC so far?**

My favorite class at IC is Organizational Behavioral Management because it teaches real-life happenings in the workplace.

**What is your dream job?**

My dream job, ever since I was a kid, was to play professional baseball. If not that, I have a great interest in helping others. I have interest in the financial service industry. Some type of work where I can help somebody better their lives would be ideal.



PHOTO COURTESY OF ITHACA COLLEGE ATHLETICS

# THE BIG PICTURE



Kate Wyly, 16-year-old co-concert master of the Cayuga Chamber Orchestra Youth Orchestra, watches the adult orchestra attentively at a CCO performance titled "Orchestral Series: Partners in Time." The CCO collaborative concert and benefit auction featured saxophone soloist Steven Mauk and choreography by Jeanne Goddard in Ford Hall on March 16.