

PLAYING WITH PRIDE



Junior golfer Alex Perry and junior swimmer Cody Conte are both openly transgender student-athletes competing for Ithaca College. The two are also close friends.

KRISTEN HARRISON/THE ITHACAN

TRANSGENDER STUDENT-ATHLETES RECONCILE SPORT AND IDENTITY

BY EMILY ADAMS

Junior golfer Alex Perry said he knew he was a transgender male when he was 12 years old after watching a documentary on YouTube about a transgender adolescent. However, when he committed to play for the Ithaca College women's golf team during his senior year of high school, Perry knew he would not be able to fully transition any time soon.

"I came out to my mom, and I was like, 'I don't think I can really do anything because I had to choose between golf and being trans,'" Perry said. "I came to school under the same name and used she/her pronouns my first year."

Perry is one of two openly trans varsity athletes at the college. Junior swimmer Cody Conte identifies as transgender masculine, and the two have become close friends since they met approximately a year ago.

The college does not have a men's golf team, so Perry did not have the option to compete with his gender identity. In May 2018, after Perry's freshman

year on the golf team, Perry reached out to Will Rothermel, associate director of athletics, and golf head coach Keith Batson about transitioning publicly. For Perry, this meant using he/him pronouns, changing his first name to Alexander and wearing longer shorts than his female teammates. However, he cannot begin the process of physically transitioning because of NCAA regulations that would prevent him from competing with women.

Perry said he has been interested in pursuing hormone treatments since he came out and has struggled to decide between fulfilling his identity and continuing to compete with the college's golf team.

"For a while, I didn't know if medical transition was something that I wanted, but I think golf getting in the way just really clouded my vision," Perry said. "I was very close to walking away last fall, and it was a very tough decision, but I felt that the community was what made me decide to retain my eligibility."

INCLUSION, PG. 22

Students express concerns at Dining Services town hall

BY RYAN BIEBER

Four students attended an open forum to offer feedback about the change in meal service providers, an event that was hosted by Ithaca College Dining Services on Oct. 15. The college started its own dining program in August 2019 after dropping its long-term food provider, and student reactions have been mixed.

The college announced it was cutting ties with long-time food provider Sodexo in March 2019, after receiving complaints from the campus community. The college had three months to put together a new dining system.

Dave Prunty, executive director of auxiliary services, said he was not sure that holding the forum before fall break was a good idea because of low attendance. At the forum, students questioned quality assurance and the lack of vegan and vegetarian options.

While some students agree the food is improving, long lines and the closing of Towers Dining Hall and Late Night at Terrace Dining Hall have sparked student critiques.



Some students have critiqued Ithaca College Dining Services for long lines and the elimination of services.

IMANI TURNER-WELLS/THE ITHACAN

Junior Eden Strachan asked why there are differences in the food quality in the dining halls and in the retail markets if both are cooked on the same campus.

"In some cases, I've seen undercooked meat, and then at Towers or any other retail place, I've never had that experience," she said. "That's a major problem, and that's why a lot of my friends only have like two dollars left in bonus bucks, and we're in October."

Prunty said quality assurance is harder in the dining halls because so much food is being cooked at one time.

Sophomore Brigita Przybylski said she is upset by the insufficient amount of vegan food in Towers Marketplace. Prunty said the college is figuring out what students want and hopes to add healthy options like soups and salads.

"As a vegan, I haven't really

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College begins dean searches for Park and music schools

BY ALEXIS MANORE

Ithaca College is beginning two national searches for new deans of the School of Music and the Roy H. Park School of Communications.

In an email sent to the college's faculty, Chris McNamara, Faculty Council chair and clinical associate professor and clinic director in the Department of Physical Therapy, wrote that the college will conduct open searches beginning in late October or early November. La Jerne Cornish, provost and senior vice president for academic affairs, will select the members of the search committees for the new deans.

Consultants from Witt/Kieffer, an executive search firm that has consulted the college on searches in the past, will be helping with the search. Witt/Kieffer will meet with the search committees and members of the

campus community in listening sessions Oct. 28 and Oct. 30 to discuss the search process.

Cornish announced Sept. 13 that Karl Paulnack, current dean of the music school, will leave the college at the end of the 2019–20 academic year.

Cornish announced Oct. 8 that Diane Gayeski, current dean of the Park School, will step down from her position at the end of the 2019–20 academic year. Gayeski will take a sabbatical during Fall 2020 and then return to the college to teach in the Department of Strategic Communication.

The search committees will conduct the first rounds of interviews in February 2020 and will invite finalists to visit the college in March 2020.

The co-chairs of the search committee for the dean of the music school will be Sara Haefeli, associate professor in the Department of Performance Studies, and Baruch Whitehead, associate professor in the Department of Music Education.

The search committee will also include Michael Caporizzo, assistant professor in the Department of Performance Studies; Mark Radice, professor in the Department of Music Theory, History and Composition; Ivy Walz, associate professor in the Department of

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NATION & WORLD

Justin Trudeau wins second Canadian prime minister term

Canadian Prime Minister Justin Trudeau begins his second term facing an increasingly divided Parliament and country with his rock-star appeal from four years ago diminished by scandals and unmet expectations. Trudeau was re-elected in a stronger-than-expected showing in national elections Oct. 21. But while his Liberal Party took the most seats in Parliament, it lost its majority. With results still trickling in, the Liberals had 157 seats — 13 short of the 170 needed for a majority in the 338-seat House of Commons — while the Conservatives had 121.

Riots in Chile leave 15 dead after subway fare increase

Chile's government said Oct. 22 that 15 people have been killed in five days of riots, arson and violent clashes. Approximately eight of Chile's 16 regions remain under an emergency decree, and some are under military curfew. Riot police used tear gas and streams of water to break up marches by rock-throwing demonstrators in several streets Oct. 22 in Santiago, Chile. Many stores, subway stations and banks were burned, damaged or looted over the weekend, and some people reported problems getting cash at ATMs. The unrest was sparked by a

less-than-4% increase in subway fares, causing students to jump subway station turnstiles in protest.

US to require DNA samples from migrants and asylum seekers

President Donald Trump's administration is planning to collect DNA samples from asylum-seekers and other migrants detained by immigration officials and will add the information to a massive FBI database used by law enforcement to hunt for criminals, a Justice Department official said. The Justice Department issued amended regulations Oct. 21 that would mandate DNA collection for almost all migrants who cross between official entry points and are held even temporarily.

President Trump compares Democratic probe to lynching

Stirring up painful memories of the United States' racist past, President Donald Trump compared the Democratic-led impeachment inquiry to lynching, a practice once widespread across the South in which angry mobs killed black people, Oct. 22. The use of such inflammatory imagery to lash out at the House of Representatives' investigation into Trump's dealings with Ukraine triggered an outcry from Democratic legislators, with agreement from Republicans.



Demonstrators rally for independence

Catalan pro-independence protesters hold a demonstration Oct. 22 in Barcelona, Spain, by pouring liquid soap into a fountain in response to allegations by police that protesters used soap to make police slip.

BEN CURTIS/ASSOCIATED PRESS

Teenage gunman goes to class after allegedly shooting student

A teenage gunman blended into a classroom Oct. 22 after allegedly shooting a fellow student outside a California high school, an incident that prompted an hourslong lockdown of

approximately 10,000 students and staff in a complex with three schools, authorities said. Using surveillance footage, officers tracked the 17-year-old shooter to a physical education classroom at Ridgway High School in Santa Rosa, California.

Source: Associated Press

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Farm-to-table: Where we get our food

Students learn how their food gets to their tables in a freshman seminar.



Tea and tarot at the Alley Cat Cafe

On Oct. 22, the Alley Cat Cafe held tarot card readings for customers interested in their futures.

THE ITHACAN

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The Ithacan

Program promotes student wellness

BY JULIE DANNEVIG

THRIVE at IC held its first wellness workshop Oct. 8 with the aim of offering tips to students on how to balance the social, emotional and physical aspects of their lives.

The workshops meet from noon to 1 p.m. on the second Tuesday of every month at the Muller Chapel and are open to all Ithaca College students. The program is organized through the Center for Health Promotion in partnership with the Dean's Office and the Office of Case Management. Kelley Cook, case manager in the college's case management office, said the program was introduced to the college to create a more accessible outlet for students to learn about maintaining emotional and physical wellness in college. Cook said the workshops offer a welcoming environment and require no registration or preparation. No students were in attendance at the first session.

THRIVE workshops differ from other counseling options at the college because they are drop-in options that aim to be more accessible to students, said Kristen Lind, health promotion specialist for the Center for Health Promotion. Other programs offered at the college — like individual meetings with counselors and group therapy sessions at the Center for Counseling and Psychological Services — must be scheduled in advance and have limited availability.

"We don't automatically figure all of this out when we graduate college," Lind said. "It's about becoming aware about how



Kristen Lind, health promotion specialist for the Center for Health Promotion, illustrates some of the relaxing breathing techniques used through THRIVE at IC, a new wellness workshop.

ABBEY LONDON/THE ITHACAN

[balance] works and giving people a chance to explore that for themselves."

Every workshop has self-reflection and group discussions that focus on different coping methods and finding balance to maintain overall wellness, Cook said.

Lind said the program works with a "Resilience Pyramid" that focuses on the needs of students at the college. The pyramid, which was adapted from a similar model used at Cornell University, organizes basic needs like maintaining a balanced diet, getting enough sleep and allowing time for self-reflection and a social life. The pyramid functions as a guide for students to find ways to balance these sectors in their own lives.

She said the goal of the program is to find actionable and realistic ways to help students create better habits in their everyday lives.

Lind said that all students can benefit from the workshops and that she hopes more will find time to fit them into their schedules.

"Nobody coming that first time is not a sign that it's not a topic that's needed or that people want to talk about," Lind said.

Senior Kelly Madden, Active Minds Student Advisory Committee member and co-president of the college's chapter of Active Minds — a nonprofit organization that works to advocate for and educate students about mental health — said the college can do more to promote the workshops.

"I don't see anyone promoting [the wellness workshops] other than when I walk into Hammond, and I see there's a pamphlet in the corner," Madden said.

Lind said the workshops are flexible and cover information that is relevant to students' lives. She encourages students to come in with questions or concerns to discuss at the meetings.

For students who are looking for additional or more individualized guidance, Lind said she recommends wellness coaching, which is confidential and free through the Center for Health Promotion.

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Poster content called racist

BY ASHLEY STALNECKER

An advertisement created by students that hangs in a classroom in the Roy H. Park Hall at Ithaca College was marked with comments, first reported seen Oct. 7, accusing the ad of being racist because it perpetuates negative stereotypes about men of color.

The poster is an advertisement for Coca-Cola products that depicts a man of color bullying a white man of smaller stature. Another white man wearing a Coca-Cola bandana is tying the bully's shoelaces together in an attempt to thwart the bully. The comments, which were written on pieces of paper and taped to the poster, state "This is stereotypical," "This is racist," "Negative stereotypes surrounding men of color are perpetuated by imagery in which they are criminalized," and "Why is the bully a person of color?" The comments appeared around Oct. 7 in Park 228 and were still on the poster as of Oct. 20. It is unknown who taped the comments to the poster.

The poster was created by the 2007 Ad Lab team, said Scott Hamula, associate professor and chair of the Department of Strategic Communication. Ad Lab is a capstone course for integrated marketing communication majors. At the end of the course, the students compete in the American Advertising Federation's (AAF) National Student Advertising Competition (NSAC). In 2019, the college's Ad Lab team won first place at NSAC.

Diane Gayeski, dean of the Roy H. Park School of Communications, said via email that the poster will be left up with the comments attached to give context for the poster and with comments from the alumni who created it. She said she hopes the poster can serve as a resource for teaching.

"Ideally, in a professional communications school like Park, we not only pay attention to the changing norm, professional practices and cultural sensibilities that impact our field in order to prepare our students to be ethical media-makers, but we also hope to influence those already out in industry," Gayeski said via email. "It's my hope as dean that this situation has given us an opportunity to do both."

Junior Mateo Flores, student chair of Diversity Advocates of Park, said that the poster should be taken down and that it should be used as a reference for teaching diversity in the future. Gayeski established DAP in Spring 2018.

"I want the discussion to continue about this," Flores said. "Obviously, having these kinds of conversations now before you go out into the professional world will impact the way you go about creating stuff like this. So I hope that we in Park as a whole can take this as a learning experience."

Mike Mooney, assistant professor in the Department of Strategic Communication, said he and his students discussed the comments on the poster in his Advertising Copywriting and Art Direction class. Mooney said most students had not noticed the racial implications in the poster before, but, once the comments appeared on the poster, students took notice.

Julie Friedman '07, who was on the 2007 Ad Lab team, said in an email that she applauds the students who raised concern about the advertisement's content.

"At the time [the advertisement] was created race was certainly not considered," Friedman said via email. "Chris, the bully in the ad, was simply a friend of the group making the ad and volunteered to be in the shoot. We didn't recognize or select him because of his race. Chris was just a great friend willing to help out."

She said the team should have paid more attention to the poster's racial implications.

"I do believe there is a social responsibility when creating an ad that needs to be considered," Friedman said via email. "As a group, this was overlooked."

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College celebrates 50th anniversary of HEOP

BY SYDNEY KELLER

The Arthur O. Eve Higher Education Opportunity Program (HEOP) — a statewide program that aims to increase college accessibility — is celebrating 50 years at Ithaca College.

HEOP was founded in 1969 to provide support for academically and economically disadvantaged New York state residents who do not have the resources to attend private colleges and universities in the state. The college is one of over 50 colleges that offer the program. The college has a contract with the New York State Department of Education to allow 65 students in the program every year. Over 100 students, alumni, faculty and staff filled the McHenry Lobby in the James J. Whalen Center for Music to celebrate the 50 years of the program Oct. 12 during Alumni Weekend.

Sophomore Jada Rojas is a member of the HEOP program and said it is an amazing opportunity to be a part of such a supportive program.

"It's like home away from home for me," she said. "They provide so many good opportunities and so many good resources that could be helpful for me as a student and in the future as well."

Lynn Cortese, director of the Office of State Grants, has worked with the HEOP program for over two years and said she believes the program helps navigate students through the higher-education landscape. Cortese said the program allows students from all over the state to come to the college to earn their degrees and move onto successful careers. She said many of the students in HEOP are first-generation students.

"It's a privilege to get to work with our students every day," Cortese said. All the better to really make those connections big between our students and our alumni."

Cortese emphasized the importance of alumni coming back to the college and talking to current students in the program.

"They've been in their shoes," Cortese said. "To have that other layer of support and encouragement for our students is a great feeling. To just share in their successes and to see where



From left, Traci Hughes '85 and Carlos Velez '85, look at pictures Oct. 12 at the Arthur O. Eve Higher Education Opportunity Program's 50th anniversary celebration.

ANA MANIACI MCGOUGH/THE ITHACAN

their careers took them and where they went after IC, it's really, really special."

Tanya Hutchins '89 was a member of the Educational Opportunity Program (EOP), a program similar to HEOP that was run through the college and was later turned into the Ithaca Opportunity Program. The program no longer runs at the college.

"Without the Educational Opportunity Program and the scholarship I received, I would not have been able to attend Ithaca College," Hutchins said.

Hutchins said she could not afford a two-credit internship and would not have been able to have the opportunity she did if it were not for Nicholas Wharton, former director of EOP. Wharton said that over the past 50 years, the program has served to help students of color to feel accepted and welcomed at the college. Hutchins said that when she attended the college, less than 4% of students were people of color. In Fall 2018, the percentage was 21.7%, according to the Office of Analytics and Institutional Research.

"We were really trying to help and empower students to have a different sense of themselves on a campus that was predominantly white oftentimes, and quite frankly, sometimes they didn't always feel welcomed," Wharton said. "What we were trying to do was make sure that students felt a deep and profound ownership in their own institution and their own education."

Hutchins said that she believes the program has helped students over the past years.

"I can't believe that 50 years have gone by since this whole program started," Hutchins said. "That means thousands of students had access to college, like me, for 50 years. I'm hoping that this will continue another 50 years."

Rojas said she liked seeing the alumni and hearing about what they have accomplished as HEOP students.

"I'm just grateful to have the people in the program, ... having them to guide me and help me," Rojas said.

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FROM DINING, PG. 1

found many options other than ordering an Impossible Burger, and, while it's great, I would also like to have a healthier option that I could get at Towers," she said.

A concern among students in general is long lines at Terraces and at the Campus Center dining halls, specifically during lunch and dinner hours.

Since opening for the semester, the Terraces line has repeatedly extended to the salad bar, with approximately 30 students waiting in line. At the Campus Center Dining Hall, students have to wait outside the dining hall to avoid filling it past its maximum capacity of approximately 425 people during the main lunch hours from 11 a.m. to 2 p.m.

"There are lines — I'm not going to say that there are not," Scott McWilliams, director of Dining Services, said. "It happens every year."

Prunty said he is confused by the lines because there has been a decrease in the number of people being swiped into Campus Center compared to last year. In the fourth week of September at Campus Center, approximately 1,000 students were swiped in between 11:30 a.m. and 12:30 p.m. At that same time last year, approximately 1,200 students were swiped in, according to graphs provided by Prunty.

During Fall 2018, approximately 120 students were swiped into Terraces between 11:30 a.m. and 12:30 p.m. on the fourth Tuesday of September. On the fourth Tuesday of September this semester, approximately 190 students were swiped in.

Prunty said he does not think the lines are related to the closing



Dave Prunty, executive director of auxiliary services, discusses the changes made in Dining Services at an open forum Oct. 15. The forum was held to get feedback from students.
ELEANOR KAY/THE ITHACAN

of Towers Dining Hall.

The closing of Late Night and the change from Towers Dining Hall to a retail location have also been sources of concern for students. Prunty said the goal to decrease the meal plan cost and underutilization of Towers Dining Hall affected the decision to eliminate Late Night.

"You can't do that without trying to find some money in your budget to actually offset that loss of revenue," Prunty said.

Sophomore Joel Duval said he was so unhappy with the changes that he emailed the college's President Shirley M. Collado with his concerns about the new marketplace and lack of Late Night.

Duval's email was redirected to McWilliams, who offered to meet to discuss Duval's complaints, but Duval said he chose not to respond because he felt it would not change anything.

"The main thing is that they got rid of a dining hall, and now 6,000-something students have to go to two dining halls that aren't even open that late," Duval said. "You're limiting our options of swipe meals."

A petition to bring back Late Night began circulating online Sept. 27. To date, 1,178 people have signed. *The Ithacan* could not verify the identity of the campaign organizer.

Students who commented on the petition said it is necessary for a nonretail late-night dining option. Prunty said the college cannot reinstitute Late Night without ensuring the college can afford it.

Sophomore Jonah Robertson, a student worker at Terraces, said he signed the petition because he was unhappy with the lack of late-night options. He said Towers Marketplace was no longer an op-

tion for him because he used all of his Bomber Bucks.

"I'm kind of condemned to not eating past nine if I don't have food already," he said.

Junior Carmen Enge, a founder of Not Another Bite, a student organization dedicated to improving Dining Services, said she believes the issues are because of staffing shortages.

Prunty said he thinks the workers seem overwhelmed because of the shift to in-house dining. He said 457 students and 157 staff work in dining halls and catering. He said a few workers left during the switch. He said the college is specializing its staff, including recently hiring a vegan chef to run the vegan station at Campus Center.

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FROM SEARCHES, PG. 1

Performance Studies; Catherine Weidner, professor and chair of the Department of Theatre Arts; Becky Jordan, manager of the Library of Ensemble Music and Kinyon Music Education Collections; Gretchen Van Valen, associate director of Constituent Relations; Ian Woods, associate professor in the Department of Biology; Melanie Stein, dean of the School of Humanities and Sciences; seniors Wren Murray and Daniel Yapp; and sophomore Becca Emery.

Caporizzo said via email that he is honored to serve on the search committee for the new dean for the music school.

"It is a rare and humbling privilege to engage at this capacity in the selection of a leader," he said via email. "I believe I bring a unique perspective, and I am looking forward to working with my excellent colleagues on the committee."

Haefeli and Baruch declined to comment.

The search committee for the dean of the Park School will be composed of four faculty members from the Park School, two faculty members from outside the Park School, a staff member, a Division of Institutional Advancement member, one dean and two students in the Park School. The co-chairs of the committee have not yet been determined.

The members of the committee will be announced Oct. 25.

Cornish did not reply to requests for comment.

Dave Maley, director of public relations, said via email that this is not the first time the college has held two simultaneous dean searches. He said the college will update the campus community on the search processes as it progresses.

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Entertainment MBA program launches new music company

BY EMILY HUNG

Lynx Entertainment, a limited liability company created by Ithaca College graduate students and faculty members in the inaugural Entertainment and Media Management Master of Business Administration (MBA) program, is looking to sign its first artist.

Fourteen students are working on the company, including two students who did not attend the college for their undergraduate degrees. Phil Blackman, assistant professor in the Department of Accounting and Business Law and director of the MBA program, and Johnine McCartney, assistant professor in the Department of Marketing, assist the students as they develop Lynx Entertainment.

The company is looking to record and mix an artist's music at Pyramid Sound Studios and distribute it to major labels, managers and publishing companies. The artist must be 18 years old or older.

Graduate student Alisar Awwad helped launch the company at the beginning of Fall 2019. She said the company is looking for artists in any area of music production, whether it is singing, songwriting or playing instruments. Interested individuals and groups can sign up online.

"Our goal as Lynx Entertainment is to elevate artists and to respect their identity and work," Awwad said. "You don't have to have a million followers for us to find you, but we look for someone that we can provide a platform for and help them shine."

Blackman said the company was created as part of the experiential component of the 10-month MBA program. The program is based on three pillars: traveling and networking, experiential learning and doctrinal classes. He also said he is the CEO

of the company.

"I make sure that all our goals are met, our timelines are met, and I work to make sure that the company runs smoothly," he said. "But I do defer to the students a great deal first. Then I help guide them on kind of what decision-making they have or where they end up."

Blackman said Lynx Entertainment allows students to learn the creative process of running a company.

"We designed the program to appeal to creative students who want to work on the business side of the entertainment media industries, as well as business students who want to move into the industry so they can learn the creative side," he said. "That's part of why the production company is there."

In addition to developing an artist, the students are working on other projects for the company.

Blackman said one project includes signing a number of artists who have finished products to help with distribution, marketing and promotion.

The company is also collaborating with DSP Shows, an Ithaca-based concert promotion company, and it was able to be involved in planning the Bob Dylan concert, which will occur Nov. 17 at the Athletics and Events Center. It is also working on an artist showcase and concerts at The Haunt and the State Theatre of Ithaca.

Graduate student William Fowler is the leader of the State Theatre project. He said he will work with undergraduate students from the Roy H. Park School of Communications and employees at DSP Shows to shoot a TV show for the Public Broadcasting Service that will take place at the



Students in the new entertainment and media management master of business administration created a music management LLC called Lynx Entertainment.
KRISTEN HARRISON/THE ITHACAN

State Theatre. He said he hopes to begin working on the project in Spring 2020 after they pick an artist who will be performing at the State Theatre.

"We would spend a day and follow an artist who is touring through Ithaca or starting their tour," Fowler said. "We would see them rehearse, get ready for the show and chat with them about what it's like to be on the road. It'll also include footage of their performance at the State Theatre."

Blackman said the company will create short promotional videos for television and film and produce television show and movie ideas pitched by students.

He said alumni are playing crucial roles in the startup of Lynx Entertainment by serving as guest speakers. Blackman said he also works with the deans from the Park School, the School of Business, the School of Music and President Shirley M. Collado to collaborate on projects.

"Working with alumni is tremendous," he said. "The people who have come out of the woodwork — I'm talking

to people from FOX, CBS and Netflix — are willing to help us. Even current parents are willing to jump in who have very successful careers in the entertainment and media industry."

Awwad said she wants to start her own production company after graduation to emphasize diversity and tell different stories.

"In an era where we're just rebooting and remaking different movies and TV shows, it's really boring and restricting to different groups of people who don't necessarily fit the status quo that once was," she said.

She said she hopes to use the skills she acquires in the program to work in a managerial role.

"I want to be an advocate for myself and everybody else who are artists," Awwad said. "Especially those who are systematically oppressed have not had the same opportunity or kind of believe that the first offer they get is the last offer that they'll have."

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Students visit local farms with seminar

BY ALEX HARTZOG

Ithaca is surrounded by vast farmland and boasts a diverse culinary culture, yet faculty like Jill Loop and Carl Penziul feel that many Ithaca College students never experience any of it, so they created a class to change that.

Loop, instructor in the Department of Journalism, and Penziul, lecturer in the Department of Media Arts, Sciences and Studies, teach the Ithaca Seminar (ICSM) Farm to Table: Conscious Cuisine for the 21st Century, which aims to teach freshmen at the college about sustainable agriculture and the Ithaca area through practical experience.

Most weeks, the class visits a local food producer and tours the location, learning about topics ranging from ethical treatment of livestock to the differences among types of wine, Penziul said. The seminar was first offered three years ago and enrolls up to 17 students every fall semester. The class is intentionally kept smaller than most ICSMs to keep travel costs low, Loop said. Loop said the class takes two school-owned vans on excursions, with Loop and Penziul driving each vehicle.

Freshman Rachel Kostival said the class visited a goat farm and traveled to a pig farm in one day to learn how goat cheese and pork products were made and how the



Freshman Kelly Sgombick and the rest of the Farm to Table: Conscious Cuisine for the 21st Century seminar visit Finger Lakes Distilling to learn the process of producing wines.

CORA PAYNE/THE ITHACAN

animals are raised.

"The goats were extremely cute, but it's also interesting to see how goat cheese was produced and the differences between cow and goat cheese," Kostival said. "And I also did goat yoga with the goats, so that was fun."

Starting this semester, students were charged a \$50 course fee, which Penziul said was intended to offset the cost incurred from going on tours around the area. While the college provides a \$200 stipend for all ICSMs and transportation costs are covered by the Center for Civic Engagement, Loop and Penziul often pay out of pocket for the tours and tour guide tips, Penziul said.

The final project involves cooking a meal from scratch with fresh ingredients at a local kitchen, usually Coltivare, a farm-to-table restaurant located in downtown Ithaca.

On weeks where the class does not go on a trip to a local food producer, Loop and Penziul pay for speakers like representatives from Heart & Hands Wine Company to lecture the class on topics like food science and the importance of soil on the growth of plants.

Every year, the course trips are changed to offer new experiences to the incoming freshmen, Loop said. Some examples of trips are pig and goat farms, Ithaca Beer

Company, Six Mile Creek Vineyard and Distillery and various wineries in the area. Penziul said that every year they attempt to return to Coltivare as they feel it offers a good venue for students to have their final exam.

Junior Juliette Vetare said she fell in love with the course when she took it her freshman year.

"I remember all my friends were jealous of me my freshman year because they were in seminars that they hated, and I was in one I literally could not wait to go to every single week," Vetare said.

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Ithaca Firsts adds members

BY SAM HAUT

The Ithaca Firsts Committee added three new Ithaca College faculty and staff members during a recent search to help build a larger community of support for first-generation students.

The committee has 15 faculty and staff members who represent the different schools at the college.

Lia Muñoz '15, assistant director in New Student & Transition Programs (NSTP), is co-chair of the Ithaca First Committee, which works to improve the experience on campus for first-generation college students at the college. Muñoz said the committee, which was formed in June 2018, defines first-generation students as "students and their siblings who are the first in their family to attend and graduate from a four-year residential college in the United States."

Muñoz said the committee allows students to self-identify as first generation, and the definition is intentionally ambiguous so the committee can accommodate as many students as possible.

"It's a pretty broad definition, so we can accommodate the lived experience of many different people who are, for example, international," Muñoz said. "The higher-education system of the United States is very different from other countries, and so you're experiencing an entire new world."

Muñoz said that there are approximately 600 first-generation students at the college but that the college does not have the numbers for how many first-generation faculty and staff work at the college.

Muñoz said the committee members, many of whom are first generation themselves, help train other faculty members about the first-generation experience so they can better address issues first-generation students may have. The committee also has the opportunity to assist with programs put on by NSTP but so far has not done so.

NSTP hosts the FIRST Look program, which is a preorientation program that helps acclimate first-generation students to college.

Muñoz said the committee does not plan on adding students. Instead of adding students, Muñoz said, the committee meets with The First Generation Organization, which is run by students, to help coordinate its outreach to first-generation students. Muñoz acts as the adviser for The First Generation Organization.

Junior Michaela Jackson identifies as a first-generation student, and she has attended several events hosted by The First Generation Organization but has not interacted with the Ithaca Firsts Committee. She said her experience as a first-generation student has made her value her time at the college more than she would have otherwise.

"In being a first-generation student, I do very much appreciate the opportunities I've been given, and I definitely prioritize academic excellence above all else," Jackson said.

Jackson said being a first-generation student pushed her to work harder.

"I've always wanted to go to college," Jackson said. "It's been my lifelong dream, and I just want to continue advancing."

Senior Nikkole Mora said that being a first-generation student left her unprepared to tackle the challenges of college and that she wishes she knew more going into the process.

"I didn't really understand how much more difficult it gets once you leave your home state and how much you get impacted by not being in an area that you're comfortable with," Mora said. "If I had known about college visits or more scholarship programs, I might have been more prepared for where I am now or doing certain programs to prepare myself. I just feel like there was a lack of what I was doing and how I should be doing college."

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SGC discusses sustainability with publications

BY ANNA DE LUCA

The Ithaca College Student Governance Council Appropriations Committee partnered with the Office of Energy Management and Sustainability to meet with editors of campus publications to discuss how they can be more sustainable.

On-campus magazines Embrace, Buzzsaw Magazine and Passion Project were at the SGC Appropriations Committee meeting Oct. 9 to discuss decreasing the number of issues that they print.

Junior Allison Kelley, SGC vice president of business and finance, said she wanted to start a conversation about sustainability with the people who are in charge of the on-campus magazines.

"We've seen so many organizations come in asking for between 800 and 1,500 copies of these magazines and publications," she said. "We just wanted to start having the conversation about how can we be more sustainable."

Rebecca Evans, campus sustainability coordinator for energy management and sustainability, said publications need to track their readership and how many print publications are being picked up.

"Saying, 'How many do you need?' to a new publication is really, really hard to do, especially if you don't know how many you're printing or how often and how many are left over because I bet none of the publications here are going around and counting how many are leftover on a monthly, weekly, biweekly, whatever basis," Evans said.

Sophomore James Baratta, upfront editor of Buzzsaw Magazine, said that after the meeting he felt more comfortable with the goals the committee had in mind.

"We're open to change, and we want to come to the same page and compromise," Baratta said.

Sophomore Julia Batista, social media and web editor for Buzzsaw Magazine, said that sustainability has never been a focal point for the magazine and that the meeting with the



Junior Allison Kelley, SGC vice president of business and finance, talks about campus magazines and sustainability at the SGC Appropriations Committee meeting Oct. 9.

KRISTEN HARRISON/THE ITHACAN

committee introduced the idea to them.

"I believe that it's totally attainable for us to figure out how many magazines we're putting out on the newsstands and to figure out how many people are picking up and how much we're retaining," she said.

Junior Noa Covell, web designer for Passion Project, said the publication is mostly online and uses creative marketing tactics to promote the website and organization in lieu of weekly print publications.

"For Passion Project, a lot of what we do is we have posters that promote our website and told people when our general body meeting was," she said. "We also have a print magazine that comes out once a semester, so it's like when people do get to see their work in print, it's a lot more meaningful that it's handheld."

Covell said she thinks this strategy has been successful for Passion Project and keeps people engaged while also saving paper.

Junior Yetunde Smalls, co-editor in chief of Embrace, said that if the SGC funded websites for online publications, publications could be

more sustainable because online content could supplement a physical copy.

She cited a rule in the SGC Allocations Handbook that states the Appropriations Committee does not allow student organizations to receive funding for websites. Article VI of the 2019-20 SGC Allocations Handbook says, "SGC will not fund the creation, maintenance, or anything else in regards to an organization's personal website."

Smalls said sustainability is important but that she is concerned that a potential funding decrease will cause publications to have less recognition on campus.

Kelley said the purpose of the meeting was not to convince publications to only publish online.

"We're not trying to force people to go online. It's just to try to find the balance between what the number is to be printed, to be the most sustainable, as well with whatever you all do online," she said.

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HSHP clinic provides treatment to performers

BY ANTONIO FERME

Every Friday from 10 a.m. to noon on the fourth floor of the Center for Health Sciences, the Ithaca College physical therapy and occupational therapy departments hold free injury evaluations for performing arts students.

The performing arts clinic treats musicians, dancers and any sort of actor or performer. Sports that are more aesthetically oriented like figure skating and gymnastics also fall into this category. Mike Costello, assistant professor in the Department of Physical Therapy, who oversees the clinic, said the clinic is the intersection between performing arts and sports medicine.

"The clinic is focused on any performer with performance-limiting conditions," Costello said. "The classic example is the violin player who is saying, 'I can't figure out why my left shoulder hurts.' With musicians, it's generally what we call upper neck, arm and back pain. With dancers, it can really be anything, but is more commonly lower back, hip, knee, foot and ankle conditions."

Costello took over the clinic from Nick Quarrier, retired clinical associate professor in the Department of Physical Therapy, who Costello had as a professor 20 years ago. Costello said he personally has an interest in performing arts because he is a classically trained musician and is active in the local music scene, playing the bass and guitar.

Costello said students do not have to schedule appointments for the walk-in clinic. He said most

people come in with musculoskeletal conditions, which are disorders that affect the human body's movement or musculoskeletal systems like sprains and back pain. He decides the severity of the injury within a couple of meetings.

"The concept there is to help triage these students," Costello said. "Is this person coming in with some sort of serious medical condition that needs to be assessed by a physician? So my job is to screen and facilitate that."

Costello said the clinic is a good experience for the physical therapy students who are interested in performing arts physical therapy. He said there are both sessions run by himself and sessions he has exclusively scheduled with physical therapy students.

"The walk-in clinic itself is very evaluation-oriented, so it encourages students to really work on their evaluation and overachievement skills," Costello said. "It also encourages students to work on their life prioritization skills because you can't test everything under the sun, right? You've got to make a decision, and that's where it differs from a more regular clinic session."

Costello said students' visits to the clinic are kept confidential.

Jaleel Green, a fifth-year physical therapy graduate student, is one of the student physical therapists who helped evaluate and treat students who came to the clinic last spring. He said the most interesting thing about the clinic was seeing how many of the students came in with similar injuries but got them in different ways.

Green said he is working on



Mike Costello, assistant professor in the Department of Physical Therapy, works with junior theater major Delaney Stephens at the performing arts clinic to help relieve tension in her hip flexors.

ALISON TRUE/THE ITHACAN

getting his footing within his field of study and building up his confidence.

"I am learning a lot about how to organize a treatment session, how to problem solve during the sessions and how to feel more confident when working with the patients that come into the clinic," Green said.

Samantha Seidita, a fifth-year physical therapy graduate student who worked at the clinic last semester, said she is looking forward to her future as a physical therapist and working in pediatric performing arts.

"When I think about my future as a practicing physical therapist, I do have

an interest in treating performing artists as I am a dancer myself," Seidita said. "I also have an interest in working with a pediatric population, so I would potentially love to work with pediatric performing artists."

Green also said he would love to work with performing artists in the future.

"I'd love to work with the Alvin Ailey dance company, travel with Broadway shows or even work with the performers for Cirque du Soleil," Green said.

Costello said that while he has mainly run the clinic on his own this semester, he plans on integrating

it into the curriculum more in the future. He said he reached out to different music and athletics departments to combine forces with the goal of preventing these types of injuries in the future.

"I have oftentimes gone with either myself or with students to a dance or music class and talked about injury prevention principles," Costello said. "So that's kind of the other side of it, which goes along with the saying 'an ounce of prevention is better than a pound of cure.'"

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Journalist discusses impact of immigration and borders

BY CAITLIN HOLTZMAN

Todd Miller, award-winning journalist and author, spoke about his recently published book "Empire of Borders" at an event hosted by the Park Center for Independent Media (PCIM) on Oct. 22.

Miller's work has been published in The New York Times and the San Francisco Chronicle along with Al Jazeera English, a Qatar-based news channel, and more. Miller's work focuses on issues pertaining to borders and immigration around the world. The event was attended by approximately 30 people. Miller's lecture focused on the strengthening of borders, both in the United States and abroad, and the intervention of the United States into foreign countries.



What I came across was a border story and how elastic the U.S. border is.

— Todd Miller



In addition to "Empire of Borders," Miller has written the books "Border Patrol Nation: Dispatches from the Front Lines of Homeland Security" and "Storming the Wall: Climate Change, Migration,

and Homeland Security."

Miller also won an Izzy Award in 2018 for his work. PCIM presents the award annually to independent journalists.

Miller spoke of his time at the Mexico-Guatemala border in August 2014. He said he met a family while traveling in a van from Ciudad Hidalgo to Tapachula — cities both located in Mexico. The family was going to the wake of another family member. The van then neared an immigration checkpoint where officials were questioning people.

Miller said both he and the photojournalist he was with had their immigration and travel papers while the family members did not.

He said the driver of the van took an alternate route to avoid the checkpoint.

"How many times in that very day did that happen?" Miller said. "How many times around the entire world is that very thing happening?"

In 2010, he wrote a story published by the North American Congress on Latin America on immigration from Haiti after the devastating earthquake.

In 2012, he was on the west coast of Puerto Rico visiting a Department of Homeland Security complex while researching for his book "Border Patrol Nation." Miller said that while in Haiti he learned a great deal about the U.S. border.

"What I came across was a border story and how elastic the U.S. border is," Miller said.

He said the border has been constantly growing and evolving over the past 25 years. The border has become increasingly protected through both funding and guards. Miller said that while the border have grown, it has also led to an increase



Journalist Todd Miller spoke Oct. 22 in the Emerson Suites about his experiences reporting on immigration. He recently published his book "Empire of Borders."

CHLOE GIBSON/THE ITHACAN

in the deaths of people trying to cross the border.

"The U.S. southern border has long been in a kind of massive growth and massive fortification," Miller said.

While reporting, Miller said, he began to learn about the international reach of the Department of Homeland Security. He said Homeland Security can go through programs in the Department of Defense and the Department of State to assist other nations.

Miller said that between the three programs, there are U.S.-sponsored border programs in over 100 countries. Miller said borders are growing stronger on a global scale. He said that around the world there are 77 border walls and billions of dollars spent on surveillance technology. In addition, he said, there are hundreds of thousands of border patrol agents across the globe.

Sophomore Ben DiNoia said the event was interesting because he thought Miller had a unique perspective.

"I think he's doing important work, and it was interesting and inspiring to see his insight," DiNoia said.

Sophomore Seidy Bobadilla said she had a strong interest in the topic of Miller's writing as she is from the Dominican Republic.

"I thought it was pretty informative," Bobadilla said. "I think it's really nice that he's so passionate about it."

Senior Hannah Brooks works for Raza Rumi, director of PCIM, as a teaching assistant. She said she attended the event because of her interest in the United States' international impact.

"I was interested to learn about the far reach that the U.S. has and how much it's influenced the way that other countries build up their borders," Brooks said.

After the event, Miller was outside of the Emerson Suites signing copies of his book "Empire of Borders," which could be bought for \$32.

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COLLEGE BRIEFS

College to offer trick-or-treating in annual Emerson Halloween

The 25th annual Emerson Halloween will be offered from 4 to 6 p.m. Oct. 27 in Emerson Hall at Ithaca College .

Faculty, staff and students are encouraged to bring their children to Emerson Hall for indoor trick-or-treating and Halloween-related activities.

Children will be allowed to go door-to-door to resident rooms for trick-or-treating. Student organizations will host games and activities throughout the building for children to make crafts and win prizes.

Children must be accompanied by an adult at all times.

Cornell opens up art exhibition to Ithaca College community

Cornell University has invited the Ithaca College campus community to visit the Herbert F. Johnson Museum of Art when its exhibition opens at 10 a.m. Oct. 26.

The museum will be offering an exhibition and evening activities highlighting international and global issues.

From 10 a.m. to 5 p.m., those in attendance can view the exhibition “how the light gets in.”

From 5 to 7 p.m., Adam Johnson and Nima Shirazi will host a live recording of “Citations Needed,” a podcast about the intersection of media, public relations and power. The podcast will feature special guest Shannon Gleeson, associate professor of labor relations, law and history at the Cornell University School of Industrial and Labor Relations.

Beginning at 7 p.m., Ithaca’s Journey West will perform global traditional music for the audience.

Ordained deacon to host series on queerness and spirituality

Rev. M Barclay, ordained deacon in the United Methodist Church, will speak at a series of conversations titled “The Sacred and the Strange: A Very Queer Spirituality”

from Oct. 27 to 28.

Barclay is the director of enfleshed, a nonprofit committed to creating and facilitating spiritual resources on the intersections of spiritual nourishment and collective liberation.

Barclay will serve as the guest preacher at St. Paul’s United Methodist Church in downtown Ithaca for the 10:30 a.m. services Oct. 27. St. Paul’s will be hosting a community conversation led by Barclay.

A community dinner will be hosted by the First Unitarian Society of Ithaca from 5:30 to 7:30 p.m. the same day. These events are free and open to the public, and all interested students, staff and faculty are encouraged to attend.

Barclay will be on campus for a lunch and learn event from 12:15 to 1 p.m. Oct. 28 at Muller Chapel. Attendees are asked to bring their own lunches. Barclay will talk about their ministry, enfleshed, why they launched a spiritual nonprofit to resource collective liberation and what they find hopeful about celebrating unexpected intersections of seemingly opposed identities.

Barclay will also speak at an event from 7 to 8 p.m. in Klingenstein Lounge. Barclay will speak about sacred power that can be found in reclaiming and celebrating one’s individuality, followed by a question-and-answer segment and a spiritual ritual for queer love and nourishment.

The series is supported by the Office of Religious and Spiritual Life, the Center for LGBT Education, Outreach and Services, St. Paul’s United Methodist Church and the First Unitarian Society of Ithaca.

Office to host lunch and talk on first generation students

Lia Muñoz, assistant director for the Office of New Student and Transition Programs, will lead a discussion during the noon hour Oct. 29 in Klingenstein Lounge.

Faculty and staff are encouraged to bring bagged lunches and learn about best



College officially launches strategic plan

Ithaca College President Shirley M. Collado speaks at the Ithaca Forever Launch Party on Oct. 23 at the Dillingham Fountains. The event celebrated the beginning steps of the college’s strategic plan.

IMANI TURNER-WELLS/THE ITHACAN

practices to serve first generation students in and outside of the classroom.

Muñoz will teach faculty and staff about the resources available for reference in order to inform faculty and staff interactions with first generation students.

During the discussion, she will also go over how the college and other institutions are putting theory to practice to support first generation student populations.

Light snacks and refreshments will be available at the event.

The event is co-sponsored by New Student

and Transition Programs and the Student Affairs and Campus Life Professional Development Committee.

Trustees to hold conversation with the campus community

The Ithaca College Board of Trustees will hold an open conversation available to all campus community members from 3:30 to 4:30 p.m. Oct. 25. Board of trustees chair David Lissy ’87 and vice chair James Nolan Jr. ’77 will share highlights and reflect on discussions from their meetings.

PUBLIC SAFETY INCIDENT LOG

SELECTED ENTRIES FROM SEPTEMBER 30 TO OCTOBER 13

SEPTEMBER 30

SUSPICIOUS CIRCUMSTANCE

LOCATION: East Tower

SUMMARY: The caller reported an unknown person sleeping in the lounge. The officer reported a warning was issued for judicial action for sleeping in the lounge. Patrol Officer Mayra Colon responded.

OCTOBER 1

SUSPICIOUS PERSON

LOCATION: Phillips Hall

SUMMARY: The caller reported a person pacing back and forth, staring at staff and making staff feel uncomfortable. The officer reported that the area was checked and that they were unable to locate the person. The investigation is pending. Patrol Officer Lance Clark responded.

OCTOBER 3

PETIT LARCENY BETWEEN \$50–199

LOCATION: Emerson Hall

SUMMARY: The Environmental Health and Safety staff reported an unknown person stole a fire extinguisher. The investigation is pending. Patrol Officer Mayra Colon responded.

OCTOBER 5

OFF CAMPUS INCIDENT

LOCATION: Cornell University

SUMMARY: The caller reported that while at an off-campus event, stage equipment fell on the person causing injury to both legs. The officer reported the person was transported to the hospital. Sergeant Ron Hart responded.

OCTOBER 6

CRIMINAL MISCHIEF FOURTH DEGREE

LOCATION: Circle Apartment Building 341

SUMMARY: The caller reported an unknown person threw eggs at the door of their apartment. The investigation is pending. Patrol Officer Mayra Colon responded.

OCTOBER 7

FIRE ALARM ACCIDENTAL

LOCATION: Circle Apartment Building 151

SUMMARY: Simplex reported fire alarm. The officer reported the alarm was activated because the heater temperature in the mechanical room was set too high. Master Patrol Officer John Tagliavento responded to the incident.

OCTOBER 8

PETIT LARCENY UNDER \$50

LOCATION: Emerson Hall

SUMMARY: The caller reported an unknown person stole food that was delivered from a restaurant. Patrol Officer Kevin McClain responded.

OCTOBER 10

PETIT LARCENY BETWEEN \$50–199

LOCATION: Bogart Hall

SUMMARY: The caller

reported person entered the room and stole a refrigerator. The investigation is pending. Master Patrol Officer Bruce Holmstock responded to the incident.

OCTOBER 11

SUSPICIOUS CIRCUMSTANCE

LOCATION: Phillips Hall

SUMMARY: The caller reported a person on the roof. The officers reported the area was checked and no one was in the area. Patrol Officer Shawn Lansing responded.

OCTOBER 12

DISORDERLY CONDUCT NO DEGREE

LOCATION: State Route 96B/ Danby Road

SUMMARY: A third-party caller reported a large group throwing rocks into the roadway. The officer reported being unable to locate the group. Patrol Officer Bryan Verzsosa responded.

TRESPASS NO DEGREE

LOCATION: Athletic and Events Center

SUMMARY: The caller reported a person in a restricted area. The officers reported the area was checked and no one was in the area. Security Officer Kevin English responded.

OCTOBER 13

CRIMINAL MISCHIEF FOURTH DEGREE

LOCATION: Emerson Hall

SUMMARY: The caller reported an unknown person or persons placed gum in the door keyhole. Patrol Officer Khiem Nguyen responded to the incident.

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

KEY

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

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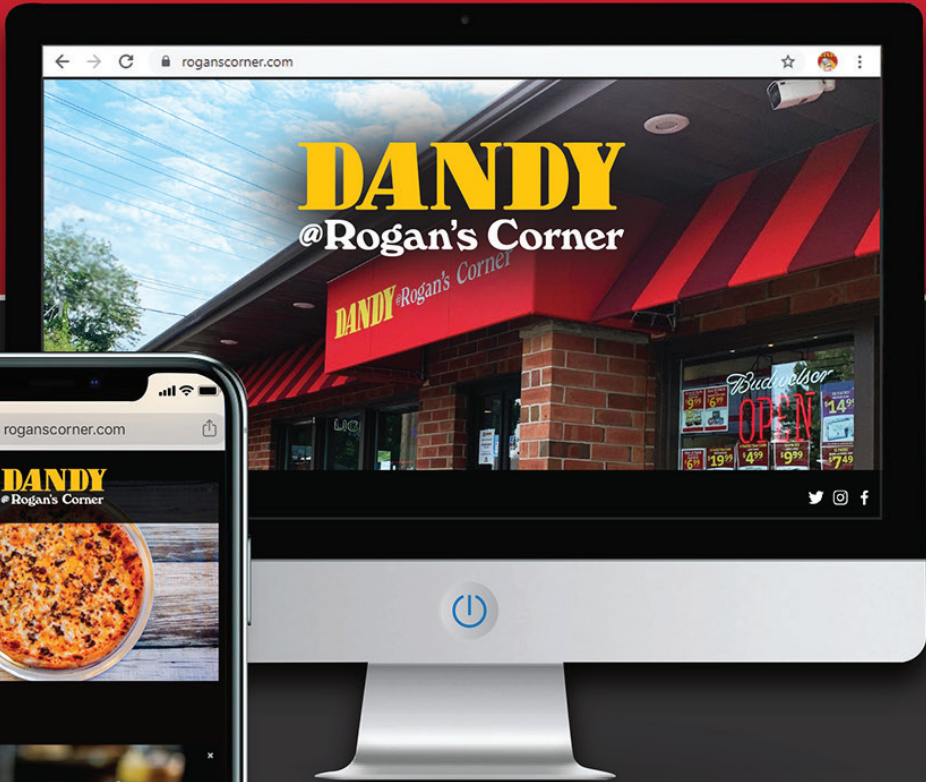
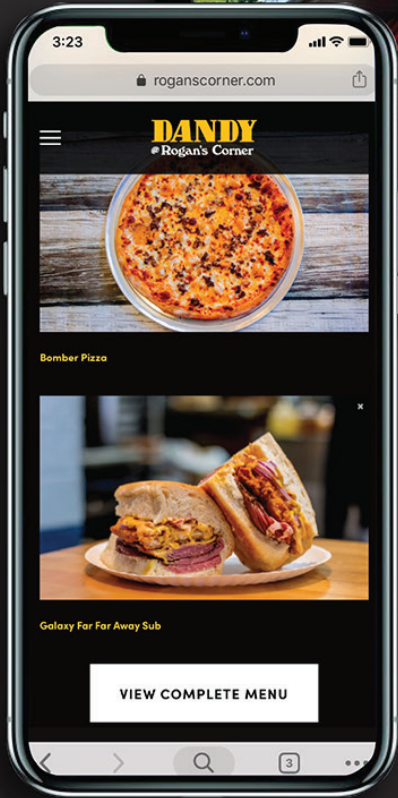


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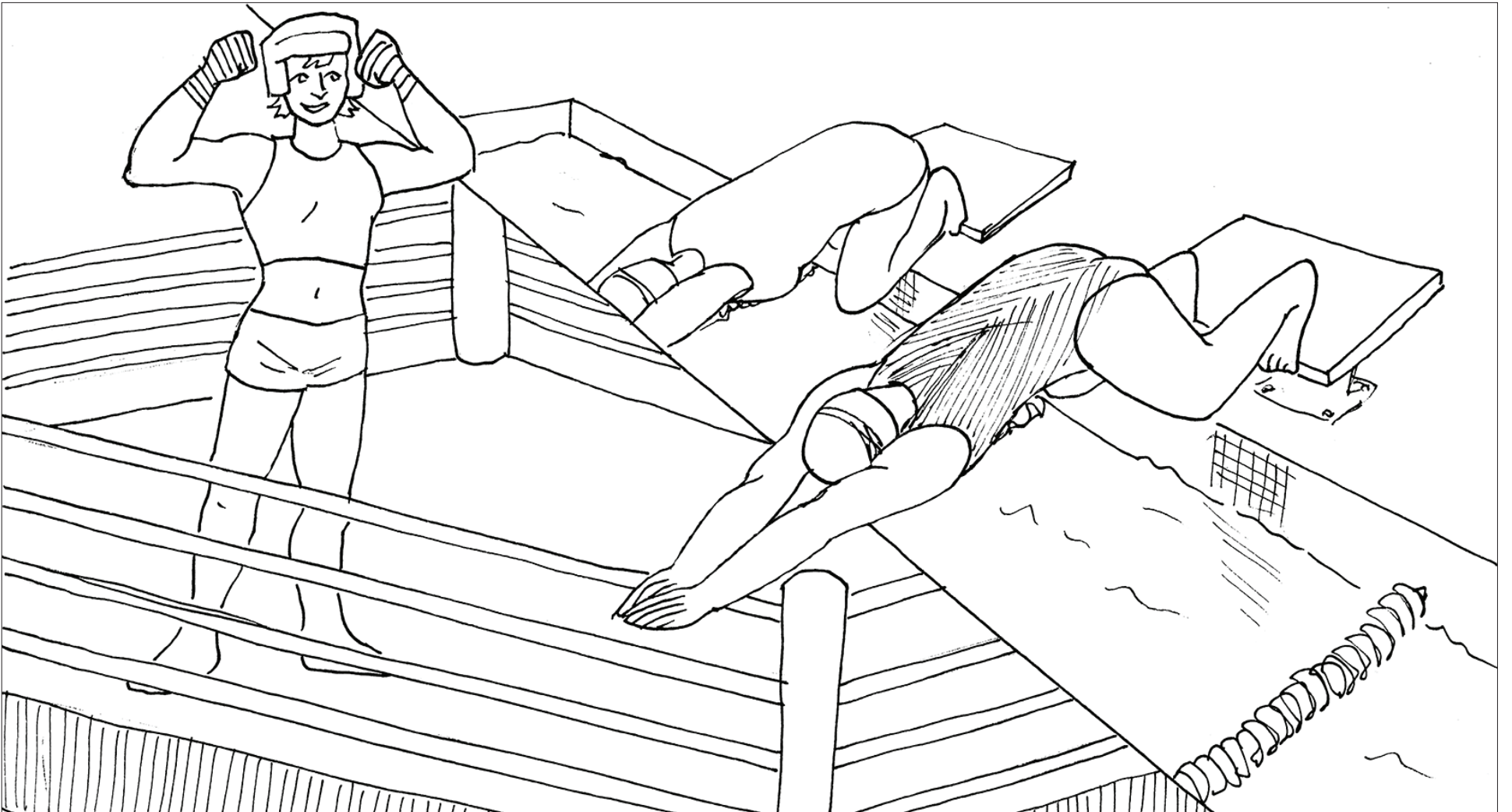
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EDITORIALS

Transgender athletes face added barriers to acceptance

Throughout the last several years, the increase in the visibility of transgender athletes in the United States has prompted widespread dialogue on the ethical and legal implications of trans people's athletic participation. Prominent transgender athletes like Schuyler Bailar, NCAA Division I swimmer, and high school sprinter Andraya Yearwood have drawn attention to the struggles trans athletes face in sports of every level, including collegiate athletics. Disagreements on whether or not trans individuals should be allowed to join the teams that best match their gender identities have entered the mainstream, prompting debates over where the line should be drawn in terms of the athletic divisions of the sexes.

The national conversation around transgender athletes is unquestionably complicated and raises many issues of fairness and equality. As transgender athletes continue to be the targets of these polarizing conversations, we must remember that these are people who are going through complicated, emotional times in their lives. Taking away their ability to participate in their sports also prevents them from engaging with a primary part of their identities and will likely make matters more complicated.

The binary nature of athletic organizations in the United States frequently limits

opportunities for transgender individuals to publicly and comfortably explore their own gender identities. Medical transitions and physically transformative surgeries impose additional complications, raising questions about whether or not physical transitions grant certain trans athletes an edge over their competitors.

Despite popular rhetoric that condemns transgender athletes, the last few years have seen significant achievements in terms of trans athletes' rights. A growing number of state high school athletic organizations now allow trans athletes to play on the teams that best match their gender identities, and the NCAA has set guidelines for transgender athletes.

This year, the Office of Intercollegiate Athletics at Ithaca College introduced its first official Diversity and Inclusion Policy. The policy supports trans athletes' expressions of their individual gender identities through names and pronouns, locker and bathroom use and travel and uniforms. The college's decision to establish transgender-inclusive policies is a crucial step toward cultivating a safe, secure and uplifting campus environment for transgender athletes.

As people continue to engage in dialogue around trans rights in athletics, it is absolutely crucial that the college community remains conscious of the issues faced by trans athletes and continually supports their identities as they navigate the collegiate athletic world.

Students must take advantage of open campus discussions

Just before Ithaca College students left campus for fall break, the college held an open forum in which students could discuss the college's recent transition to an in-house dining plan. The hourlong discussion, held from 6 to 7 p.m. Oct. 15 in Klingenstein Lounge, was organized to provide a space where students could voice their concerns, ask questions and offer feedback about the new dining plan directly to the Ithaca College Dining Services team.

The open forum provided a crucial opportunity for students to engage in constructive dialogue with Dining Services team about dining options. However, this particular discussion prompted a disappointing response from the campus community. Despite the recent rise in student concerns about the college's dining services, only four students attended the discussion.

The discussion was organized after students aired complaints about the changes. Though the new dining plan has a number of benefits, including locally sourced food options, it also eliminated a handful of resources, including late-night dining services. Recently, students have raised concerns on campus and via social media about the new meal plan, primarily relating to food accessibility. Someone at the college even created a Change.org petition that asked the college

to reinstate the late-night dining options.

Students were quick to take to social media to air their concerns about the new dining plans. Over 1,000 people signed the Change.org petition. However, in order to influence tangible change, students must also take their activism efforts offline and take advantage of opportunities to engage with the campus directly.

Constructive conversations about campuswide issues are absolutely necessary and play a crucial role in creating positive change at the college. The failure of students to show up and engage with the campus community during open discussions makes it significantly more difficult for the administration to understand, recognize and address students' concerns. It also creates a harmful disconnect between students and the administration.

Forums like this clearly show the administration's desire to build its relationship with the campus community and its commitment to addressing students' concerns. However, the responsibility to curate positive change cannot fall on the administration alone. If the college community truly wants to move forward and generate a healthy relationship among students, faculty, staff and the administration, it is absolutely crucial that students take advantage of opportunities to engage with decision-makers in the college community.

LETTER TO THE EDITOR

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

ALL LETTERS MUST:

- Be 250 words or fewer
- Emailed or dropped off by 5 p.m. Monday in Park 220.

GUEST COMMENTARY

Individuals or groups interested in submitting a guest commentary can send their writings to ithacan@ithaca.edu or to the opinion editor at bcook4@ithaca.edu. ALL COMMENTARIES MUST:

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

NATIONAL RECAP

Chicago Public Schools teachers continue strike

BY BRONTË COOK

Teachers in Chicago Public Schools, the nation's third-largest school district, continue their citywide strike that has canceled classes indefinitely for more than a quarter of a million students. The strike comes after months of negotiations between the Chicago Teachers Union and Chicago Public Schools on pay and benefits, class size and teacher preparation time. Throughout the last few months, the groups have failed to resolve their disputes, prompting union members and their allies to take direct action.

On the evening of Oct. 16, the group confirmed that its 25,000 members would not return to their classrooms the following day. Instead, they would participate in a citywide walkout, canceling classes for approximately 300,000 teachers, students and staff. Despite canceled classes, children can still receive three meals a day from their schools. Children who are unable to stay at home all day are able to remain in the schools under the

supervision of nonunion members, like principals.

The Chicago Teachers Union and Chicago city officials negotiated contracts through the weekend. While they reached agreements on certain aspects of the dispute, including school counselors and student homelessness, they have yet to reach agreement on major issues including classroom sizes and teacher pay.

Chicago Public Schools has long struggled with entrenched financial problems and a general lack of resources. The school district serves a high percentage of students from low-income communities and struggles to maintain graduation rates. Chicago public schools are also highly segregated.

The union used the strike as an opportunity to draw widespread attention to these issues.

The union has also voiced the need for mental health resources for students in the district who live amid daily violence. It also emphasized the necessity of housing resources for students in a city where home prices have



Thousands of Chicago Public Schools teachers participate in a citywide walkout. The Chicago Teachers Union canceled classes for approximately 300,000 teachers and students as it negotiates contracts.

ASHLEY REZIN GARCIA/CHICAGO SUN-TIMES VIA AP

skyrocketed and many have been forced to relocate.

The strike is Chicago's first major walkout by teachers since 2012. In September of that year, approximately 26,000 joined picketing efforts to resolve contract disputes with school district officials.

Recently, there has been a resurgence of strength among

teachers' unions. Throughout the last decade, educators nationwide have increasingly used strikes and walkouts to bring their voices to the forefront of dialogue around education.

Stacy Davis Gates, vice president of the Chicago Teachers Union, said the strike aims to bring attention to the need for systemic change within the school district.

"It cannot be about politics and personalities," she said. It's got to be about shifting and transforming the infrastructure of inequity."

The strike was initially expected to last through Oct. 18. The strike will likely last through the week.

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NEWSMAKER

Cuban American professor presents on 2017 Cuba trip

In the summer of 2017, Raul Palma, assistant professor in the Department of Writing, was one of 10 Cuban American writers invited to Havana under the mentorship of Cuban writer Richard Blanco. The trip was sponsored by the CubaOne Foundation and aimed to build collaborative bridges between Cuban American writers and writers in Cuba. On Oct. 24, Palma will present his experiences at the Tompkins County Public Library (TCPL).

Opinion editor Bronte Cook spoke with Palma about his trip to Cuba and his upcoming lecture at TCPL.

This article has been edited for length and clarity.

Brontë Cook: Before your trip, what was your relationship with Cuba?

Raul Palma: My mother and father are both from Cuba, and I was born in Miami. ... Prior to this trip, I'd never gone. I was largely forbidden from traveling to Cuba. ... My grandfather, he spent time in a Cuban jail around the time that [Fidel] Castro came into power. He was part of a group of people that were protesting. So he was put in jail and eventually got out and went to Miami. ... The CubaOne Foundation came in, and they were really interested in getting people like myself to the island to meet other Cuban artists. ... They led this trip to Cuba. ... Prior to the trip, ... they reached out to a bunch of Cuban writers and artists, including Richard Blanco, ... and they asked them what advice they would offer us about going to Cuba for the first time, so these letters were just coming in the mail.

BC: How did you feel when you would get those messages in the mail?

RP: Nervous, just because I've heard all kinds of things from my family, but mostly excited. It was a cool opportunity ... to go with people like myself to meet other Cuban artists and writers. ... We were also given a reading list. ... I felt that it was my responsibility to be as prepared as I possibly could.

BC: How did your relationship to Cuba change during and after your visit?

RP: It was almost immediate. ... Something that really struck me was the moment we landed at the airport, ... I noticed that there was no advertising. I remember when I realized that, it really struck me. There was only one, I think it was leaving the airport. It was a giant billboard for an iPhone or something. ... I began to realize fairly early on that ... I was in a different world. I think none of my parents' stories or grandparents' or family stories could have prepared me for just that small observation. I was with a cohort of others. It was 10 playwrights, fiction writers, journalists. We were hanging out with each other, ... experiencing Havana together. That was interesting too because we were led from one artist to another on a daily schedule. As we did these trips, it felt very much curated, ... like there wasn't, at times, a lot of room to ... step out and really explore, kind of get lost. ... There were a lot of surprises in that sense.

BC: What was it like coming back to the U.S. after your trip? How did you bring back



Raul Palma, assistant professor in the Department of Writing, was invited to Havana under the mentorship of a Cuban writer. He was one of 10 Cuban Americans on the trip.

LEXI DANIELSON/THE ITHACAN

what you learned?

RP: Being in Cuba, ... I felt a moral and ethical responsibility to my family, who were not really excited about my visit to Cuba, but also to the Cuban people. ... And as somebody who loves reading about Cuba, Cuban history, Cuban literature, I'm always cautious right when I see the way that Cuba can be ... made to seem strictly exotic, like a tourist destination. ... I felt the responsibility to ... honor what I had experienced there.

BC: What will your TCPL presentation be like?

RP: I'm going to talk about the role that I played, what it means, the responsibility that I carry, ... but doing so with the purpose

of trying to heal or build bridges between Cuban Americans and Cubans. I'm going to talk a little bit too about my family history. ... I'm also going to read some of the work that I've produced as a result of the trip, ... going there and really looking, really observing, writing about it ... and bringing it back here. ... What I hope it does is offer a chance to kind of look beyond popular images and see that they're real people, real lives, ... really looking as an act of love at one another, a dialogue exchange as opposed to ... reducing communities and societies. ... I think we could all benefit from that.

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GUEST COMMENTARY

CSCRE promotes intersectional dialogue

BY ASMA BARLAS

This October, the Center for the Study of Culture, Race and Ethnicity celebrated its 20th anniversary, and I was among the people invited to speak about its history and our roles in helping to establish it. (I chaired the nine-member faculty and staff committee that recommended the Center’s creation in 1999 and was its founding director, a position in which I served for 12 years, 1999–2002 and 2006–2015).

An early challenge was figuring out what the curriculum should look like. While some committee members favored a U.S.-centered approach, I was one of those who felt it would reaffirm the myth of American exceptionalism.

More crucially, U.S.-centrism is a variant of Eurocentrism, a legacy of 500 years of Europe’s colonization of Latin America, Asia and Africa (in that order). This racialized epistemology also extols the exceptionalism and supremacy of “Western civilization” while ignoring that it was built on the labor, learning, and achievements of enslaved peoples, the colonized, peasants, working classes and immigrants. It was many of these people whose natural resources the European colonizers stole and depleted and whose histories they rewrote and silenced.

Ultimately, our committee agreed that the Center’s courses would focus on ALANA people but would also interrogate borders and boundaries. However, I don’t believe most courses succeeded in doing this.



Asma Barlas, professor in the Department of Politics, writes about her experience as the founding director of the Center for the Study of Culture, Race and Ethnicity at the college.

TENZIN NAMGYEL/THE ITHACAN

Once the Center was set up, I found that protecting a shared sense of purpose among students and faculty of color often discouraged self-doubt/critique since, in the face of racism, POC can default into embracing a model of unity-as-uniformity. At worst, this model silences dissent and devolves into policing one another. I experienced such moments as suffocating and, over time, came to reject certain iterations of racial unity as self-defeating.

I discovered that anti-racist work in the academy pivots between a politics of resistance and recognition. I find the margins more habitable ever since I became aware of how I was included/assimilated into the British colonial order, or disorder. This effectively involved educating me right out of my own religion, culture and history as a Muslim. I am, therefore, wary of POC demands for inclusion, and I also opposed the Center’s forc-

ible assimilation into the School of Humanities and Sciences by former president Thomas Rochon. It was established as a collegewide unit, both at the heart of the college and sufficiently removed from it, to have some independence of vision. That is where it needs to be.

ASMA BARLAS is a professor in the Department of Politics. Connect with her at abarlas@ithaca.edu.

GUEST COMMENTARY

Modern rock influences music across genres

BY LEXIE THOMAS

As humans, it is our natural instinct to categorize things. Lizzo playing on the radio? That must be pop music. As music director of the modern rock station WICB-FM, I’m here to tell you that’s wrong. Perhaps our narrow method of categorizing music is outdated. Lizzo is modern rock.

Modern rock is a genre that is meant to encompass many kinds of music. Generally, it is described as rock music that has been released from the 1990s to the present day. However, with music today changing and shifting so much, who is to say what really distinguishes a modern rock song from a pop song, or an indie rock song, or even a rap song?

In most of the songs that you hear on the radio or on Spotify, you can hear the modern rock influence. It can almost be guaranteed that when you hear a song released in the past year, it was influenced by a rock artist either from the past or the present day. However, sometimes it’s not easy to look past heavy drumbeats and synth sounds. Pop music tops the charts every day, standing for “popular music,” it is what is promoted to listeners the most. In this day and age, when you ask someone their favorite song, it usually has been, or is, on the top of the pop charts. When asked to describe this music, people will tell you that it is in fact pop music. What if it’s not that easy?

Modern rock is a term meant to encompass many genres — a term to represent all of the newest releases in a way that they’ve never been represented before.

Back in the day when rock was coming to be, it was all about defying the system. Rock music was about making a statement and going against the grain. What is so different about



WICB Music Director Lexie Thomas writes that the influence of modern rock music expands across all genres and that the genre itself is constantly changing.

ATHINA SONITIS/THE ITHACAN

that and the music that comes out today? It is about people taking a stance, especially in our current political and social climate. The way I like to think about it is simple: I believe all indie rock, another term for alternative music, can be considered modern rock, but not all modern rock can be considered indie rock. Take this same principle and apply it to other genres of music, and you will begin to see a pattern. While there are many new artists with genre-bending music, there are always rock influences. It is everywhere and can be seen in music that you may have never expected.

The key word here is modern. Modern is new, modern is the present. This new genre of rock is whatever you want it to be. It can be the new Brockhampton album, the new single from Soccer Mommy or Sofi Tukker’s most recent EP. It is always expanding.

So next time you hit shuffle on your favorite Spotify playlist, try listening outside the confines of your typical music genres. Do you hear the modern rock?

LEXIE THOMAS is a junior integrated marketing communications major. Connect with her at athomas6@ithaca.edu.



THE GRAY AREA
ISABEL BROOKE

What exactly is The NYT up to?

In the days leading up to the Democratic primary debate last Tuesday, The New York Times and CNN reported on the unwanted attention that Rep. Tulsi Gabbard’s isolationist foreign policy positions have attracted. Their coverage implied, without evidence, that the support for her campaign from alt-right and white nationalist groups — which Gabbard has denounced — indicates that Russia is “grooming” her as a third-party candidate.

Her decision to fire back at these claims onstage, especially because The New York Times and CNN were the co-hosts of the debate, made for one of the more interesting moments in what was otherwise a largely predictable debate.

Given that she chose to deliver the attack in response to a very legitimate question about how she would manage to peaceably withdraw troops from Syria, her execution was not exactly tactful. But she made her point nonetheless, pointing out the major role of news outlets in shaping and even engineering public perception of candidates. For many, this moment was easy to dismiss as a petty aside from an unserious candidate — but I think it is a mistake to do so.

The Democratic National Committee’s function is to have a political agenda that nominees are expected to align with and advance. The link between a candidate’s relationship to the establishment and the way they are framed by the media is easy to draw. Lisa Lerer’s New York Times article “What, Exactly, Is Tulsi Gabbard Up To?,” which posited Gabbard as a Russia-aligned, Republican-favored enigma, was an intentional effort to mischaracterize her campaign to the benefit of the DNC’s agenda.

Gabbard, historically, has charted a different course than the one that the DNC wants her to follow. The motivation behind Gabbard’s political career is no mystery: After two post-9/11 deployments to Iraq and Kuwait, she is unwavering in her belief that unnecessary interventionist wars are not worth their fiscal and human costs.

For Gabbard, this principle trumps partisan interests and takes precedence over the DNC’s expectations. Throughout her political career, Gabbard has remained committed to her personal beliefs, often putting her at odds with the DNC. So while her recent point was made haphazardly, she wasn’t wrong that her unwillingness to prioritize party establishment over personal principles is likely damaging the image that media draws of her.

I’m not saying that Gabbard should be the nominee. But she’s not a Russian plant or an alt-right-sympathizer as news outlets and even Hillary Clinton have speculated recently. She’s a principled politician, driven foremostly by her military experience. Gabbard isn’t an enigma, she just isn’t a puppet of the DNC. She highlighted last Tuesday that we need to be vigilant and critical of media in this formative part of the election. The narrative that consumers are fed is through a framework of establishment interests and biases — even in The New York Times.

THE GRAY AREA is a column that looks at modern issues through a philosophical lens. **ISABEL BROOKE** is a junior philosophy-religion and politics double major. Connect with her at ibrooke@ithaca.edu.

12 THURSDAY, OCTOBER 24, 2019

By United Media



- | | | | |
|----|---------------------------|-------------|------------------------------|
| 1 | Valentine word | 46 | Goodall subject |
| 5 | Billiard sticks | 47 | Long time |
| 9 | For | 48 | Make a profit |
| 12 | Survey finding | 51 | Dessert choice |
| 13 | Calcutta nanny | 55 | Sticker |
| 14 | Years on end | 56 | Technical sch. |
| 15 | Trials and tribulations | 57 | Southwest art colony |
| 16 | Polynesian staple | 58 | Fan's shout |
| 17 | Ben & Jerry rival | 59 | Like before |
| | | 60 | Tanker or ferry |
| 18 | April 15 org. | | |
| 20 | Expensive watch | DOWN | |
| 22 | Inexpensive watch | 1 | Statute |
| 25 | Pocket bread | 2 | Pizarro's quest |
| 27 | Hound's trail | 3 | Geese formation |
| 28 | Winter interjection | 4 | Less trouble |
| 29 | Honshu volcano | 5 | House pets |
| 33 | Having had many birthdays | 6 | Thurman of "The Golden Bowl" |
| 34 | Drivers' org. | 7 | Sense organ |
| 35 | Bossie's chew | 8 | Not tall |
| 36 | Enthusiastic | 9 | Skin |
| 38 | Rustic lodging | 10 | Caught the bus |
| 39 | She, in Cherbourg | 11 | Deep black |
| 40 | Give a lecture | 19 | MD's order |
| 42 | Neutral tones | 21 | Ill-mannered one |
| | | 22 | Borrowed without |


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|----|-------------------------|---------------------------|----|------------------------------|
| 43 | Wash | permission | 41 | Patronage |
| 46 | Goodall subject | 23 Laid off | 42 | JAMA reader |
| 47 | Long time | 24 Method | 43 | Pamper |
| 48 | Make a profit | 25 Trick | 44 | Feverish chill |
| 51 | Dessert choice | 26 Cyrus' realm,
today | 45 | Prefix meaning
"trillion" |
| 55 | Sticker | 28 Use a
parachute | 46 | -- up (pay in) |
| 56 | Technical sch. | 30 Stanford rival | 49 | Ms. Gasteyer |
| 57 | Southwest art
colony | 31 Fireworks time | 50 | Belief |
| 58 | Fan's shout | 32 Time to beware | 52 | Pleased sigh |
| 59 | Like before | 37 -- degree | 53 | Garden-pond
fish |
| 60 | Tanker or ferry | 39 Constructs | 54 | Sixth sense |

DOWN

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|----|------------------------------|
| 1 | Statute |
| 2 | Pizarro's quest |
| 3 | Geese |
| 4 | formation |
| 5 | Less trouble |
| 6 | House pets |
| 7 | Thurman of "The Golden Bowl" |
| 8 | Sense organ |
| 9 | Not tall |
| 10 | Skin |
| 11 | Caught the bus |
| 19 | Deep black |
| 21 | MD's order |
| 22 | Ill-mannered one |
| | Borrowed without |

last issue's crossword answers

P	E	E	R		F	A	R	E		V	I	E
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9	1	4	3	8	2	6	5	7
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6	5	1	8	4	3	9	7	2
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very hard

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THE MAGIC OF COSPLAY

Annual Wizarding Weekend event hosts rich costuming culture

Sophomore Brooke Bernhardt cosplays as Lup from “The Adventure Zone.” She and many others attended Wizarding Weekend in cosplay last year.

ELYSE KIEL/THE ITHACAN

BY ARLEIGH RODGERS

In the lounge of Terrace 12, sophomore Brooke Bernhardt brushes strands of a cascading platinum blonde wig with a small hairbrush. She runs her fingers through its locks between strokes of the brush, working out knots and ensuring its uniformity.

“You are very fluffy!” she said to the wig, attempting to untangle the long mane. “I love this wig, but it’s a lot.”

Bernhardt was combing the wig she will wear when she cosplays as the elf Lich Lup — the undead femme fatale of “The Adventure Zone,” a Dungeons and Dragons podcast — at the annual Wizarding Weekend festival, this year joined by the newly formed FanUnity.

Wizarding Weekend is an all-ages event focusing on science fiction and fantasy. The event was founded in 2015, and since its conception, it has gained more popularity, growing from 8,000 attendees in its first year to 20,000 in 2017. The event, which runs Oct. 26–27 on The Commons, allows cosplayers like Bernhardt to experiment with characters’ personas and exhibit their creations.

Costumes at Wizarding Weekend vary from wand-bearing witches to wizards in wigs to armor-clad knights defending The Commons’ alleyways. Cosplay is one of the foundational layers of Wizarding Weekend, festival director Darlynn Overbaugh said.

“Every year

there’s just an incredible amount of creative energy that gets put on display,” she said. “It really does take everyone’s engagement. It’s an interactive festival, and it’s very much because of that element of costume and character that people bring with them.”

Overbaugh’s familiarity with cosplay comes from costumes she has fashioned for herself, including variations of the 13th Doctor from Doctor Who and a gender-bending Doctor Strange.

“My only regret about Wizarding Weekend is that I’m so busy working it that I don’t get a chance, really, to do my own costuming,” Overbaugh said.

This is not Bernhardt’s first Wizarding Weekend — nor is it her first time cosplaying. Her wish to dress up as her favorite characters came from the “My Little Pony” watch parties she and her friends organized. When Bernhardt attended conventions local to her home in Maryland, she quickly uncovered the widespread cosplay community. Dressing up as her favorite characters soon turned into a shared aesthetic experience, she said, rather than just a hobby.

“Seriously cosplaying, it’s been about six years,” she said. “Whenever I’d find a character that I liked and thought that the outfit was reasonable enough to cosplay, then I would. ... It’s only recently that I started getting into making armor with foam, making accessories and makeup, which is the biggest part of cosplay for me.”

Bernhardt went to Wizarding Weekend in 2018 and entered the festival’s annual costume contest as a shot in the dark. She was not sure what to expect, she said, but her second-place win in the contest awarded her \$100. Bernhardt also dressed as Lup for her winning cosplay, but, this year, her depiction of the character is based on a different part of the podcast in which a few of the main characters and Lup are robbing a bank.

To create this look, Bernhardt will match a mid-length, velvet black dress with a pair of velvet opera gloves and place a wide-brimmed hat atop her wig, two items she said captured Lup’s mysterious spirit. Bernhardt will also nestle a

pair of elfin ears over her human ones.

Bernhardt’s makeup for Lup will include warm eyeshadow colors contrasted with shocking white eyeliner. She also will use the eyeliner to draw little stars on her cheeks and temples. This look is not set in stone, however, because Lup is from a podcast and does not have a defined character design. Bernhardt said she enjoys this aspect of Lup because it allows her artistic license.

“With a character like Lup who doesn’t actually have a canon design, ... every time I do the makeup, it changes,” she said. “And it’s just fun to experiment.”

This year’s costume contest will not be voted on by a panel of judges but rather by the attendees of the festival. Overbaugh said she was inspired to make this change to the costume contest based on a convention she attended in Germany where participants engaged with the judging as a form of support and respect.

Senior Eden Dodge started cosplaying in high school when she first dressed as Thor, a major character in the Marvel Cinematic Universe. She said that though her first costume was haphazard and nightmarish, cosplaying was more about immersing herself in a community that transcends language and culture.

“There’s a stigma to it with that we haven’t completely escaped, but it is becoming more and more popular and more widely accepted as the hobby and creative outlet that it is,” Dodge said. “My cosplay friends live in Louisiana, Arizona, Kentucky, Ohio. I have one person in Finland who went to a con with me in Texas last year. It’s been a wild ride, and you get better slowly, too.”

On the Wizarding Weekend Instagram account, cosplayers make frequent



In 2018, Wizarding Weekend hosted a costume competition for anyone in cosplay to enter and compete for prizes and money.

MAXINE HANSFORD/THE ITHACAN

appearances. Often they act as visual accompaniments to promotional material, including the \$25 Magical Passport, which gives holders access to a magic treasure hunt, a potions crawl and Wizarding Weekend merchandise — the event, otherwise, is free.

One post highlights a pirouetting attendee in a shimmering crimson and black dress, a pleated gold cape attached to their hands. Another shows a young boy in wizard’s garb staring into the wide mouth of a smoking cauldron.

Seeing these costumes off the screen is what makes conventions so thrilling, Dodge said. This exuberance is especially pronounced at Wizarding Weekend because cosplayers can balance art, performance and inquiry with little judgment, Dodge said.

“Going to a convention adds a whole other level of engagement that you wouldn’t have anywhere else, ... real life, even though online is real, interaction that makes cosplayers who they are,” Dodge said. “And I think that has been what I’ve seen in every single one of these Wizarding Weekends that I’ve gone to. ... People are willing to get up and strut what they have. And that’s powerful, especially when you’re in public.”

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ELYSE KIEL/THE ITHACAN

CULTURED

The Life & Culture Editor’s recap of current mainstream and alt culture.
Compiled by AVERY ALEXANDER



QUOTE^{OF THE} WEEK

“I really tried to adopt this British sensibility of a stiff upper lip. I tried, but I think that what that does internally is probably really damaging.”

MEGHAN MARKLE,
on the difficulties of living as a British royal

SPOTLIGHT

JENNIFER LAWRENCE TIES THE KNOT

Over the weekend, Academy Award-winning actress Jennifer Lawrence and art gallery director Cooke Maroney were married in Rhode Island after being engaged for eight months. The couple wed at the Belcourt of Newport, a historical mansion in Newport. The wedding had 150 guests, including big-name stars like Adele and Emma Stone. The two kept their relationship and their upcoming wedding widely out of the public eye, but the news about their engagement and marriage was released after they were spotted together at a marriage bureau in New York City. Lawrence opened up about her relationship on the podcast “NAKED With Catt Sadler.” She said, “I just met Cooke, and I wanted to marry him. We wanted to marry each other.”



HOT

- Television personality Wendy Williams received a star on the Hollywood Walk of Fame. She spoke to the crowd at her induction and said, “This is one of those monumental days that makes me say, you know, if you don’t believe in yourself, who will believe in you?”
- Stephen King is converting his home in Maine into a museum and writing retreat location. The main house will function as a museum while a guest house next door will serve as a living space for up to five writers at a time. King has not shared when the museum and retreat will open.
- Disney released new details for its upcoming ride, Star Wars: Rise of Resistance, in its Star Wars: Galaxy Edge locations. The ride will open Dec. 5 at Disney World in Florida and Jan. 17 at Disneyland in California. The ride will last approximately 15 minutes and will feature the iconic villain Kylo Ren.



NOT

- An art piece created by Salvador Dalí was stolen from a San Francisco museum. The etching, titled “Burning Giraffe,” is valued at approximately \$20,000. The thief reportedly walked into the museum, grabbed the painting and left the premises. Security cameras from the hotel next door caught the unknown perpetrator walking down the street with the art in hand.
- The owner of the New York City restaurant The Little Owl is speaking out about “Friends” fans defacing his business with quotes from the popular show. The restaurant was in “Friends” as the main hangout spot. The owner, Joey Campanaro, said to the New York Post, “They’re behaving as if there’s zero accountability.”
- During the filming of Netflix’s live-action adaptation of the anime series “Cowboy Bebop,” lead actor John Cho sustained an on-set knee injury, halting production. Deadline reported that the injury was caused by a “freak accident” during a well-rehearsed action scene.



Table top gaming creates community for students

BY CONNOR AHERN

Inside Emerson Hall at Ithaca College, eight friends sat wrapped in blankets and sweatshirts around a table in a warmly lit room. The narrator of the game told them of a massive gas planet they must land their starship on. The group focuses on one player because rolling the dice low could jeopardize the whole mission. The dice tumble into a total of seven. The narrator smirks, and everyone goes quiet, directing their attention and preparing for whatever is next.

Every Saturday, these students play “Stars Without Number,” a tabletop role-playing game (TTRPG) set in a sprawling, open universe, together. Games like these have existed since 1974, when Dungeons and Dragons (D&D) was published as the first tabletop role-playing game. Hundreds more TTRPGs have been published since then as the community of players continues to grow. In the past five years, the TTRPG community has skyrocketed in popularity after the release of D&D Fifth Edition in 2014. There are an estimated 13.7 million players worldwide of D&D alone.

At the college, the TTRPG community exists through organized clubs and small, personal groups. Personal groups outside club activities are few and far between. One of these groups has been meeting weekly for almost a year now.

Sophomore Danny Igoe, the game master (GM) of the group, is in charge of running the game and telling the story. A GM builds the world, formulates the story and fabricates the nonplayer characters that the players interact with.

Within the game, every player designs their own character with individual personalities and backstories.

“Looking at the choices people make, how their personas impact their characters, all these small attributes, I get to see them played out,” sophomore Cade Ferreras said.

Their characters demonstrate the expansive and peculiar elements of the “Stars Without Number” universe. Every character was developed by the students who play. The band of colorful characters includes Chen, a birdman who is addicted to reading and substance abuse; Gordon “The Ram” Z, a universally known chef who became a space pirate; Aquilla, an archaeologist and religious fanatic; Winnie, an ex-guard of a space prison; August, an extremely smart sharpshooter and revolutionary; Caspian, an aspiring artist-turned-thief; and Atlas, a household android that started a robot revolution.

The players had in-character talks about what to do now that their pilot was dead, that they had an odd bird person stowaway and that they were stuck out in space. The group members laughed and talked as they played, and afterward, they said that “Stars Without Number” is a way to destress for them.

Recent studies have shown that playing TTRPGs can help reduce depression and improve mental health among players. They are reportedly so effective that some psychologists use them as therapy.

Igoe said it is easy to let go of stress when he is placing his focus on the game.

“As the session goes on, the characters start to meld with the individuals playing with them, and you get into a



From left, sophomores Maddy Martin, Brooke Bernhardt and Danny Igoe, University of Rochester freshman Marion Deal and Ithaca College sophomore Jason Langford play “Stars Without Number.”

ALISON TRUE/THE ITHACAN

really good groove,” Igoe said. “Once you get past that first hour or so and everyone gets really into it, it becomes this almost seamless story. It’s really excellent.”

Although players have their individual sessions with their friends, TTRPGs have also become a way for people to connect with other like-minded individuals, especially because of the internet and the rise of online TTRPG resources like Roll20. These tools helped establish TTRPGs as an element of cultures all around the world. Marion Deal, a freshman at the University of Rochester, said that playing TTRPGs helps him connect to people outside of the United States.

“I was staying in China studying at a kung fu academy for a few months, and there were people from all over the world with different backgrounds, but there were a few people who knew D&D and RPGs, and that was a very delightful community,” Deal said.

Sophomore Anna Niedzielski is another member of the “Stars Without Number” group, and she said that being a part of the TTRPG community has also helped her connect with people in surprising ways.

“Even if you make a joke about something like alignments, chaotic neutral jokes or dice, you can start this instant connection with certain types of people,” Niedzielski said.

The internet has also made it possible for people to become involved in the TTRPG community without having ever played a game. Shows like “Critical Role” and podcasts like “The Adventure Zone” garnered massive followings and allowed people to become familiar with the culture.

“It’s how people interact with myth and with character in these fantastical situations,” Igoe said. “This is part of why humanity does these kinds of stories and why we’ve done it for thousands of years. This is a part of that storytelling tradition.”

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Mental health meets meditation in newly formed club

BY JULIA DIGERONIMO

Soft, soothing music plays as members of the Ithaca College Mindfulness Club color mandalas and drink tea. The students sit at desks in silence as they focus on their coloring.

The Mindfulness Club meets at 7 p.m. every Wednesday in Room 202 in Williams Hall, and meetings often involve coloring and tea. The first meeting had a turnout of approximately 20 students.



We want to normalize anxiety and stress and depression, ... and we want to help students cope.

– Dara Spezial

Co-presidents juniors Camille Wrege and Dara Spezial started the club this semester. They said their goal for the club is to create a safe place for students where they can go to forget their troubles and focus on themselves. They said that as college students themselves, they understand all of the anxieties that come with school and want to help students learn about tools to make college easier.

A survey of counseling center directors by the Association for University and College Counseling Center Directors showed that 41.6% of college students reported having issues with anxiety. The survey also demonstrated that 21%

of counseling center students suffer from severe mental health concerns and 40% have mild mental health concerns.

Hugh Stephenson, associate professor in the Department of Psychology, studies mindfulness and its benefits. Stephenson said he and his research team found that mindfulness is commonly linked to treating anxiety and depression.

“One definition is different strategies for achieving mindfulness,” Stephenson said. “Most of them involve a focus on the here and now. It takes people away from anxious concern, from the future or thinking about things in the past.”

Wrege and Spezial said they hope the club can promote strategies for coping with mental health issues because they are commonplace in the lives of college students.

“We want to normalize anxiety and stress and depression, ... and we want to help students cope with these feelings,” Spezial said. “It’s hard to do this, but if we implement mindfulness [and] meditation, I think this will benefit a lot of the student population.”

During the meeting, Wrege talked to the group about methods to relieve stress. She highlighted that one way to control stress is by putting sole focus on one thing, like coloring mandalas or making a craft. Wrege said this is a type of mindfulness practice that helps people by having them forget about everything outside the activity that may be causing them stress.

Spezial said that because students are bombarded with schoolwork and dedicate much of their free time to extracurricular activities, they never have time for themselves.

“There are a lot of people who don’t know about mindfulness here at IC who really should know the benefits and incredible attributes,” Spezial said. “It really helps a lot of people, even the slightest bit.”

Junior Kristen Stanley, social media coordinator for the club, said that being able to step away from all of the stressful elements of her life is one of the most appealing aspects of the club.



From left, juniors Jamie Osman and Camille Wrege, senior Joey LoPiccolo and juniors Dara Spezial and Kristen Stanley are the Mindfulness Club board members.

REED FREEMAN/THE ITHACAN

“I like the club because a lot of the times people feel guilty and feel like it isn’t okay to do nothing,” Stanley said. “It’s an hour to just do nothing.”

At the end of the meeting, Spezial asked the group if she could lead them in a guided meditation. Spezial sat in the center of the group and instructed everyone to close their eyes and get comfortable. For the next five minutes, she talked about releasing stress from the body and allowing muscles to relax. The music was off, and the only sounds in the room were Spezial’s voice accompanied by the soft breathing of the club members around her.


Spezial said she has been interested in meditation since she learned about mindfulness in middle school.

“I practiced and practiced the tone of my voice and volume, and I found out that I can additionally help others besides me,” Spezial said.

When the meditation ended, Spezial bid the students goodnight as they all finished their tea. Their hour for the week came to a close, but, Spezial said, the lessons the students learned in the room would hopefully carry over to the rest of their lives.

“Our slogan, ‘Train your brain to unwind,’ is such an important part of mindfulness, and we hope to spread our knowledge and passion to whoever would like to earn,” Wrege said.

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Netflix sequel is cooked to perfection

MOVIE REVIEW: “El Camino,” Netflix ★ ★ ★ ★ ☆

BY ANTONIO FERME

Six years ago, “Breaking Bad” creator Vince Gilligan left his viewers with an explosive conclusion to one of the best television series ever created. The writers seamlessly wrapped up the main storylines and arcs for most of the main characters. However, there was one major loose end that was left open: What happened to Jesse Pinkman (Aaron Paul)?

The series finale ended with Jesse escaping the neo-Nazis compound where he was tortured and forced to cook crystal meth. He was liberated by none other than his former partner, Walter White (Bryan Cranston), who was killed during the rescue mission. “El Camino: A Breaking Bad Movie” starts right where the series ended and shows Jesse speeding away to freedom in a 1978 Chevrolet El Camino. Gilligan knew Jesse’s character never had it easy during “Breaking Bad,” so it was only fitting to reveal the misadventures he had to go through to receive a quieter life.

It turns out that there were many obstacles in Jesse’s way of becoming a free man: He has nowhere to go, has no cash and is traumatized from being locked up in a cage as a prisoner and abused for so long. So while the beginning of the film depicts Jesse as a fractured man dealing with post-traumatic stress disorder, he quickly puts himself together and begins his quest for freedom.

It’s hard to label this “Breaking Bad” project a film because it feels more like a compilation of episodes from a limited series rather than a movie. This is most likely why it had a limited theatrical run and debuted as a Netflix film, but it probably would have been better if it was

formatted as a miniseries.

Having said that, “El Camino” sticks closely to its roots and plays like an episode of “Breaking Bad” or its spinoff series, “Better Call Saul.” It builds up suspense in a slow yet satisfying way. The film switches between the present and flashbacks that take place during the timeline of the show. Some flashbacks also show more of what Jesse went through when he was held prisoner, while others explored his relationship with deceased characters. These all managed to expand on Jesse’s character development while moving the main plot forward.

Aside from Jesse, it was delightful to see Gilligan bring back many familiar faces into the fold, making “El Camino” feel like a quaint high school reunion. Former drug runners Skinny Pete (Charles Baker) and Badger (Matt Jones) were the first recurring characters to make appearances after Jesse. They brought an element of levity with their bickering but also surprisingly had their own heartfelt moments. Key characters Mike (Johnathan Banks), Jane (Krysten Ritter) and Walt himself all returned in flashback form in their own respective scenes. Seeing these old faces was great fan service because it thickened the storyline and hinted at which direction Jesse should take morally and spiritually in his new life.

One way that “El Camino” transcends “Breaking Bad” is by fully embracing the spaghetti Western style and tone that was sporadically featured on the show. Aside from the evident wide-angle desert panoramas, Jesse is presented as the anti-hero that the viewer is rooting for as he diligently maneuvers through tension-filled situations. And while he has certainly matured — notice how he does not



“El Camino,” sequel to “Breaking Bad,” trails Jesse Pinkman as he grapples with the explosive events of the series.

COURTESY OF NETFLIX

use his catchphrase, “bitch,” once throughout the film — his impulsive and naive attributes get him into some close calls with the police or other characters.

Fortunately, his familiar street smarts and wit kept him out of too much trouble. The third act also features an exciting Wild West-like showdown between Jesse and another integral character, a scene that undoubtedly goes down as a stand-out moment. This is all accompanied by Gilligan’s stylish cinematography that

never fails to disappoint. Even when it’s as clear-cut as cop cars rolling down the street or dirt swirling down a shower drain, every shot looks stunning.

“El Camino” successfully builds on the “Breaking Bad” mythology in a way that does not feel tacked on or like an unnecessary sequel to make a quick buck. Most importantly, Gilligan finally gives Jesse Pinkman a satisfying and well-deserved ending.

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‘Insatiable’ is a bizarre romp through society’s toxicity

SHOW REVIEW: “Insatiable: Season 2,” Netflix

★ ★ ★ ★ ☆

BY GABRIELLE TOPPING

“Insatiable” is a wild and satirical Netflix series. In season one, Patty Bladell (Debby Ryan), who has been bullied all her life for being overweight, was punched in the face by a homeless man after she punched him for trying to steal her candy bar. This encounter resulted in her jaw being wired shut, which caused her to lose 70 pounds. Now that she is skinny, Patty is hungry for revenge.

After Patty was kidnapped twice in season one by Stella Rose (Beverly D’Angelo) and Roxy (Chloe Bridges) while being stalked by her ex-boyfriend Christian (James Lastovic), Patty takes control. In an empowering moment, Patty decides she will no longer allow other people to dictate how she feels about herself and escapes from her kidnapping, but she still has an evil streak. In the season one finale, Christian lured Patty to a parking lot where he wanted her to kill Magnolia Barnard (Erinn Westbrook) with a crowbar. Christian claimed

he wanted Magnolia dead because then she would not be competition for Patty in the pageants. Instead, Patty murdered Christian.

Season two picks up where the previous season left off. Christian is dead, and Patty must decide what to do with his body. Patty swaps one vice for another. Although overeating is a continuous struggle for Patty, now she has bigger problems — disposing of bodies. The viewer can sympathize with Patty’s need to protect herself and Magnolia against Christian. However, she did hit him with the crowbar far too many times.

In the midst of seeking revenge against all who have wronged her, Patty is also competing in beauty pageants with Bob Armstrong (Dallas Roberts) as her coach. Patty irrationally believes that by winning beauty pageants, her problem with overeating will be solved. To add another layer of drama to the show, there is a beauty pageant killer on the loose. This dynamic causes the viewer to become more invested in the series because Patty would be



COURTESY OF NETFLIX

the obvious suspect if the show did not detail all of her crimes.

Although it’s not realistic to eat away your problems or kill your enemies, “Insatiable” is a crazy show that will make any problems of viewers seem small in comparison. The concept of violence sparking weight loss is a dangerous message to be conveyed to the audience. While the show focuses an unhealthy amount of time on the concept that being skinny is a superpower, the finale leaves the viewer wondering what Patty will do next. She will never be satisfied regardless of how much she eats, how many pounds she loses, how many beauty pageants she wins or how many times she seeks revenge.

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QUICKIES



COURTESY OF BLONDED

“DHL” Frank Ocean, Blonded

Frank Ocean returns from a two-year hiatus with a laid-back single. His voice, distorted as ever, nearly disappears into the single’s hazy backdrop, swirling pleasantly among the drums and the bass.



COURTESY OF CAPITOL RECORDS

“HARLEYS IN HAWAII” Katy Perry, Capitol Records

Bubblegum pop with a trap backbeat seems to be the recipe for success — but not in Katy Perry’s case. No matter how sweet her vocals are, her lyrics fail in this repetitive new track.



COURTESY OF BIGHIT ENTERTAINMENT

“MAKE IT RIGHT (FEAT. LAUV)” BTS, Bighit Entertainment

Lauv’s smooth vocals match the low-key, electronic-heavy beat of his collaboration with the increasingly popular BTS. However, the song quickly grows tedious following a formula that takes little artistic reaches.



COURTESY OF SONY MUSIC ENTERTAINMENT

“PLUTO PROJECTOR” Rex Orange County, Sony Music Entertainment

Preceding his highly anticipated new album, “Pony,” Rex Orange County dropped the visceral “Pluto Projector.” His strong vocals gently accompany the single, which is driven by a soothing electric guitar.

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THE ITHACAN

THURSDAY, MARCH 7, 2019 • VOLUME 86, ISSUE 21



ART IN THE OFFICE
The Office of the Provost displays student art on the third floor of the Peggy Ryan Williams Center.
Page 13

TAKING SHAPE
As the strategic plan begins to solidify, it is essential that the community provides concrete feedback.
Page 9

MULTITASKING
Athletic training student-athletes must balance their sports with clinical hours.
Page 19



Community plans IC's strategic future

Strategic Plan
Key Milestones



BY KRISSE WAITE
ASSISTANT NEWS EDITOR

Ithaca College's strategic planning steering committee hosted three interactive brainstorming sessions titled "Themes Idea Generation" on Feb. 25, 26 and 28. The sessions were open to all members of the campus community to share their feedback and ideas about

and record ideas. Each of the different groups at the sessions was tasked with developing a goal and objective for each theme and steps or ideas for how the college can reach that goal. The working groups and committee will take the ideas generated from these sessions into account when moving forward with developing the strategic plan.

Priest faces
abuse claim

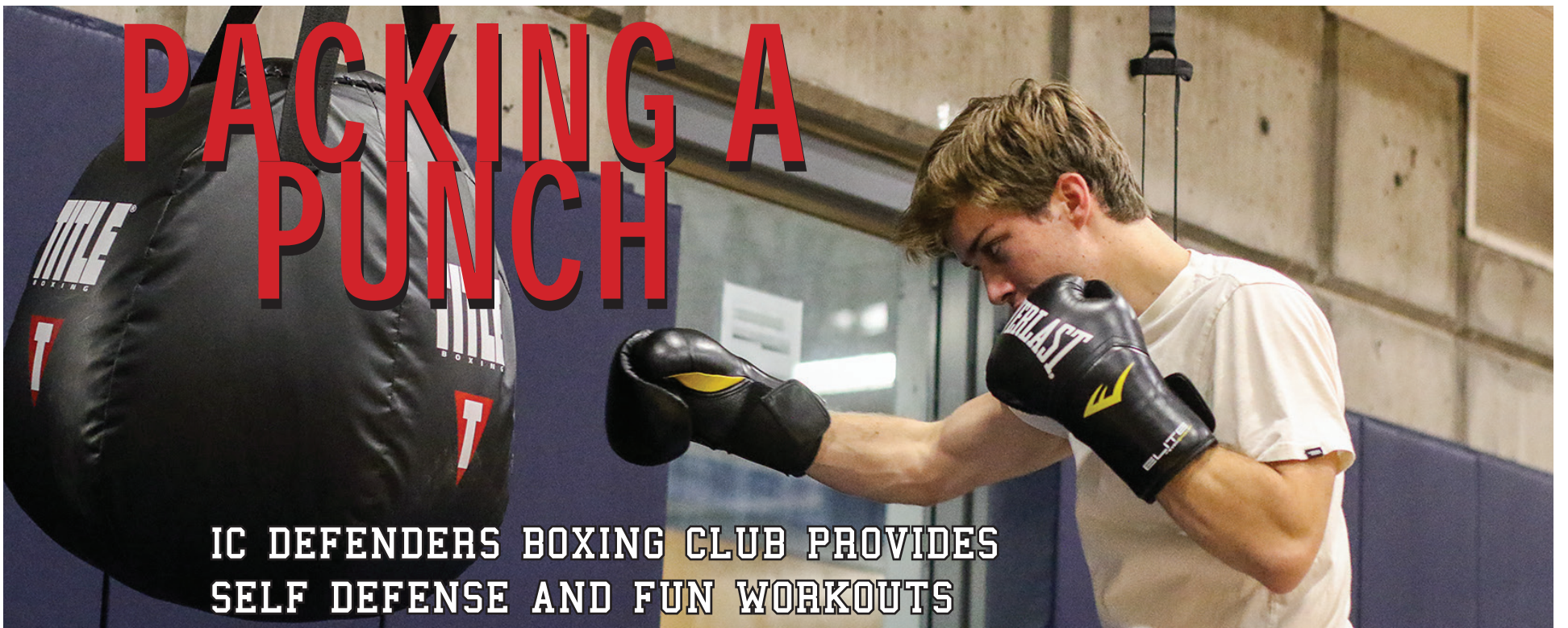
BY MADISON FERNANDEZ
NEWS EDITOR

Rev. Carsten Martensen, Catholic chaplain and director of campus ministry, has stepped down from all current assignments after being accused of sexually abusing a minor in the 1970s.

SPORTS

THURSDAY, OCTOBER 24, 2019

19



Ithaca College Defenders aims to teach boxing to students of all levels every Monday in the Fitness Center. Pictured above, freshman Gavin Watt sends a blow to a bag.

PHOTOS BY FRANKIE WALLS/THE ITHACAN



Junior Tommy Pagano uses one of the punching bags. Boxing gloves are provided.



Freshman Hannah Villasin practices punching at a club boxing session Oct. 21.



Juniors Lily Dearworth, left, and Julia Cohen, right, attend for the first time to learn the basics of boxing from sophomore Marc Fletcher, IC Defenders president.



Sophomore Benjamin Goldberg grips boxing mitts as students alternate punching.



THE BOMBERS ROUNDUP

The *Ithacan* provides statistical updates on all the Bombers’ varsity squads during the season.

Ithaca College goalkeeper Sara Jakobsze dives to block a shot during a game against Clarkson University on Oct. 12. The Bombers won 2–0.
FRANKIE WALLS/THE ITHACAN

FOOTBALL



34–0



ITHACA

OCT. 19

HOBART

NEXT GAME:

12:05 p.m. Oct. 26 against University of Rochester in Rochester, New York

WOMEN’S SOCCER



1–0



ITHACA

OCT. 18

UNION



4–0



ITHACA

OCT. 19

SKIDMORE

NEXT GAME: 3 p.m. Oct. 26 against Vassar College at Carp Wood Field

FIELD HOCKEY



2–3



ITHACA

OCT. 18

SKIDMORE



5–2



ITHACA

OCT. 20

ST. LAWRENCE

NEXT GAME: 5 p.m. Oct. 23 against SUNY Oneonta in Oneonta, New York

MEN’S SOCCER



3–2



ITHACA

OCT. 18

UNION



1–1



ITHACA

OCT. 19

SKIDMORE

NEXT GAME: 2 p.m. Oct. 26 against Vassar College in Poughkeepsie, New York

SCULLING

BOAT	PLACE	TIME
Varsity 8	4th	17:57.7
4x + ‘A’	6th	18:32.0
2x + ‘A’	1st	19:28.1

NEXT RACE: TBA Oct. 26 at the Head of the Fish Regatta in Saratoga Springs, New York

WOMEN’S CROSS-COUNTRY

NAME	PLACE	TIME
Parley Hannan	1st	20:52.2
Annika Morrison	74th	23:06.4
Sarah Rudge	98th	23:19.9
Maggie Nickerson	105th	23:24.8
Lindsay Scott	111th	23:27.8

NEXT MEET: noon Nov. 2 at the Liberty League Championship at Bard College in Annandale-on-Hudson, New York

MEN’S CROSS-COUNTRY

NAME	PLACE	TIME
Chris Singer	13th	24:57.0
Forest Stewart	23rd	25:17.7
Danny Jagoe	50th	25:40.4
John Blake	67th	25:49.9
Alec Hofer	101st	26:07.6

NEXT MEET: Noon Nov. 2 at the Liberty League Championship at Bard College in Annandale-on-Hudson, New York

WOMEN’S SWIMMING AND DIVING

NAME	PLACE	EVENT	RESULTS
Josie Holman	1st	1000-yard freestyle	11:16.30
Jane Pfeufer	1st	50-yard backstroke	28.25
Jess Ford	1st	100-yard butterfly	1:01.31
Ashley Warren	1st	100-yard breaststroke	1:11.82
Eliana Wallock	1st	1-meter dive	246.50

NEXT MEET: 2 p.m. Oct. 26 against Rensselaer Polytechnic Institute in Troy, New York

MEN’S SWIMMING AND DIVING

NAME	PLACE	EVENT	RESULTS
Holden Shatouhy	1st	1000-yard freestyle	10:38.24
Anthony Porto	1st	200-yard freestyle	1:49.87
Spencer Brownell	1st	50-yard backstroke	25.26
Andrew Mikhailichenko	1st	50-yard breaststroke	27.77
Stanley Zaneski	1st	50-yard freestyle	21.41

NEXT MEET: 2 p.m. Oct. 26 against Rensselaer Polytechnic Institute in Troy, New York

Barrack's Bracelets honors deceased athlete

BY ARLA DAVIS

Junior softball player Erin Copozzi placed one small order of bracelets last May to give her teammates, friends and other sports teams a way to remember former student Jase Barrack. However, that single order has turned into a cause that has spread throughout the country.

Barrack was a member of the club soccer team and athletic training program at Ithaca College who unexpectedly died last spring. Senior soccer player Justinian Michaels, senior softball player Shannon Grage and Copozzi were all friends with Barrack. They currently spearhead Barrack's Bracelets, which has sold approximately 250 bracelets and 50 keychains at sporting events and through social media and has raised over \$1,500.

Michaels and Barrack were both recruited to play for the Bombers' varsity soccer team and met for the first time at orientation. They were also in the athletic training program together, and Michaels said they became close friends who did almost everything together.

"Pretty much my whole life was around Jase and his life around me," Michaels said.

Copozzi and Grage became close with Barrack when he served as a student athletic trainer for the softball team last spring. Both Copozzi and Grage sustained injuries and spent time in the training room with Barrack. Grage said Barrack helped her get through her torn bicep.

"I was in so much pain, but

he would joke around with me, get me to smile and see different sides of it," Grage said.

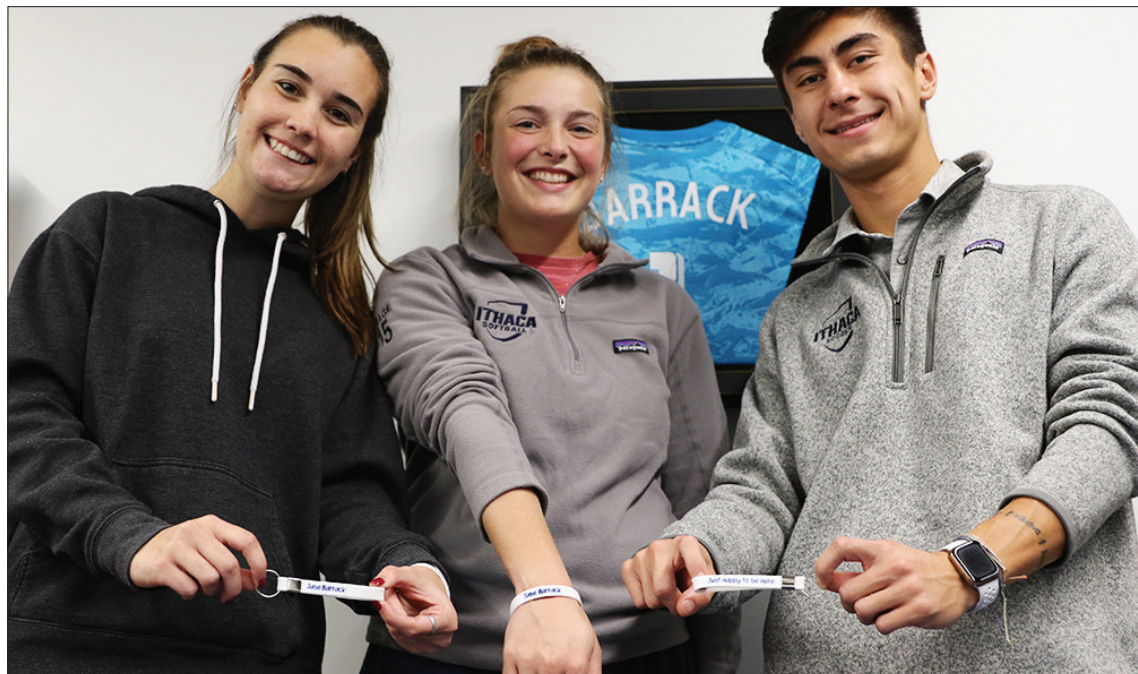
After Barrack's passing, Copozzi said, she wanted to create something physical that she could look at to remind her that Barrack was there for her even if he could not be with her. She decided that bracelets were the best option.

When Copozzi designed the bracelet, she wanted to keep it simple so that she never has to take it off. She made them Bomber colors: A white band with blue lettering that reads Barrack's name on one side and the phrase "Just happy to be here" on the other. Copozzi was looking for something to match Barrack's optimism when one of her friends suggested the saying.

"He would be there at 5 a.m. practice with two cups of coffee and say, 'Just happy to be here,'" said Copozzi.

During the softball team's post-season in May, she ordered a small amount for her teammates and sold them at games for \$5. The bracelets quickly became popular as the club and varsity soccer teams requested them. Copozzi said she had to order approximately 500 bracelets by the end of the first week. She decided to team up with Michaels and Grage for extra help as demand grew.

"We wanted to spread awareness and get the bracelets further than just the varsity sports teams and his immediate family," Michaels said. "Later on, we want to go into the Ithaca community and have everybody wearing them, not just the people who were touched by Jase."



Jase Barrack was a member of the club soccer team and athletic training program. From left, junior Erin Copozzi and seniors Justinian Michaels and Shannon Grage started Barrack's Bracelets.

KRISTEN HARRISON/THE ITHACAN

So far, the organization's profits have primarily been used to buy and ship more bracelets. The trio managing Barrack's Bracelets said it hopes to use its future funds to give back to the college in Barrack's honor. Michaels said they hope to put a bench in front of the Hill Center Athletic Training Room where he used to sit before going to class.

He also said a portion of the money went into a framed jersey of Barrack's, which hangs in the training center, and they have recently ordered a gold-plated plaque to

accompany it. Barrack's mother, Lisa, said she hopes to see the profits continue to benefit the college and its students.

"I hope they find a way to use this money towards making [the students] tighter and closer and feeling like they are a part of something big because Ithaca always supported Jase," she said.

Barrack's sister, Sara, said her family was shocked to see how many people wanted the bracelets.

"It's just so meaningful to know that all the people who love him will have this and wear it," Sara said.

"Even people who didn't know him but now know his story and they know who he was wear them. It's just amazing."

Michaels said he has kept Lisa updated on when they were selling bracelets or ordering more. Sara also keeps her family in the loop with the happenings on the Barrack's Bracelets Instagram account.

"It's craziness," Lisa said. "I can't believe that it just took off and people want to support his memory in that way. I was speechless."

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Unite for HER games raise funds to aid cancer patients

BY LAUREN WHITE

Before every game and practice, all of the players on the Ithaca College women's field hockey team say their motivations for being out on the field. For the team's Ithaca College Unites for HER (ICUFH) pink game, senior captain Kendall Keil said, the reason was shared among the girls — play for those affected by breast cancer.



I think it's so important to be aware that this exists no matter where you are or where you're from.

— Hannah Roa



Unite for HER is a national organization that fundraises to support those affected by breast cancer. The foundation branches out to smaller communities to offer more personal and effective support systems to women in specific areas. The college's chapter, which was founded in 2016, partners with other programs on campus, including the varsity sports teams, to set up a table at events to fundraise and raise awareness.

For the 2019–20 academic year, there

are currently nine scheduled games. The volleyball, football and women's and men's soccer teams have already competed in their Unite for HER games, and several winter and spring sports will play for the organization in their coming seasons. The next ICUFH varsity event will be at 1 p.m. Nov. 2 when the swimming and diving teams kick off the first Pink game of the winter playing season.

On Oct. 20, the field hockey team participated in its Pink game, and Keil said that the Bombers were excited for the game for weeks prior. Similar to other varsity teams, the players wore pink T-shirts for warm-ups and tried to sport as many pink accessories in their game uniforms as they could, including headbands and shoelaces.

"It's a friendly reminder that at the end of the day, it doesn't matter who wins or loses," Keil said. "It's about coming together as a family and being there for one another. Being able to help and support those in need is such an amazing feeling."

Sophomore Hannah Roa is the current communications chairperson for ICUFH. Roa said the organization tries to be as active as it can on campus by frequently posting on the club's Instagram, Facebook page and bulletin boards. ICUFH partners with the varsity sports teams for Pink games to fundraise money and raise awareness. Roa said that in May, after raising money at all of the games, the organization gives a grant to someone in need.

Roa said that after the fundraising during the 2018–19 academic year, ICUFH was able to give its grant recipient a check of \$5,000.

"The money we raise throughout the year at the sports games goes to an individual in the Ithaca community that suffers from breast cancer or is surviving from it," Roa said. "I think it's so important to be aware that this exists no matter where you are or where you're from."



From left, sophomores Anna Rebechi and Chloe Beaver, senior Cassandra Hoover and sophomore Hannah Roa table the at Ithaca College Unites for HER soccer game.

SHEHANE FERNANDO/THE ITHACAN

Roa is a physical therapy major, and she said many of the other current and past board members have been PT majors as well. Roa said that being a part of the club is not only enjoyable and rewarding but also ties into her education.

"Being able to work hands-on with Unites for HER really teaches you a lot about how wellness therapies like nutrition and staying healthy can improve your health as well," Roa said.

Mindy Quigg, women's soccer head coach, said the team has been collaborating with ICUFH since it began partnering with the varsity programs in 2016. Quigg said the women running the club have always been very professional and well-versed while running a class act and showing that they're happy to be there.

"We try to pride ourselves in being good community people," Quigg said. "I

always think that when you can join in with other members and peers on campus and help support them, I always think it makes Ithaca so much stronger."

Quigg said the strong relationship between the organization and the varsity programs highlights the culture of the athletics office. She said the partnership brings out the leadership of students and proves unity among Bombers and Ithaca community members.

"I always think it helps give you a perspective on things, like how fortunate we are to be able to go out and compete on a daily basis doing something we love," Quigg said. "We're physically able to do it, and some people can't do that. It's always good to have reminders of how fortunate you are."

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FROM INCLUSION, PG. 1

Perry said he is still deciding if he will continue to compete on the golf team for the upcoming spring season or if he will begin medically transitioning.

The NCAA adopted its current inclusion policy for transgender student-athletes in 2011. The policy establishes separate rules for transgender men and women. Gail Dent, NCAA associate director of external affairs, said via email that the policy is currently being reviewed for potential updates and that discussions will take place later this year or early in 2020.

Under the current policy, trans males transitioning from female are able to compete with either gender as long as they are not undergoing hormone treatments. Once they start taking hormones, they immediately become ineligible to compete on a women's team, but they can receive medical exemptions to compete on a men's team while using hormones. Hormone supplements are banned by the NCAA as performance-enhancing drugs.

Trans females transitioning from male are eligible to compete for a men's team regardless of hormone use. They cannot compete for a women's team until they have completed a full year of testosterone-suppression treatment. Research cited by the NCAA in its policy indicates that most physical changes that affect athletic performance occur within the first year of hormone treatment.

Conte said that in high school, their men's and women's swim teams practiced together and felt like a single team. They said that having separated teams in college made their gender dysphoria more jarring than before.

"People referring to the team as a whole as 'ladies' or 'Lady Bombers' really bothered me," Conte said. "I didn't know why it bothered me so much."

Conte said prominent trans athletes like Schuyler Bailar, a former Harvard University swimmer, gave them the confidence to accept that they could be both transgender and an athlete. Bailar was the first Division I athlete to compete with his gender identity. He is now a motivational speaker and advocate for LGBTQ

athletes with over 74,000 followers on Instagram. He said he hopes to show transgender athletes and youth that they can be themselves and still do the things they love.

"When I was growing up and coming out as transgender, I was looking all over the place for somebody else like me," Bailar said. "Nothing was coming up, and I concluded because of that, that this wasn't possible. I don't want another kid to do that. Your identity does not have to rob you of your passions."

Paula Miller, Ithaca College women's swimming and diving head coach, said she had never worked directly with a non-cisgender athlete before Conte. She said that changing Conte's pronouns and monitoring her own use of gendered terms was challenging at first but that having Conte on her team has been eye-opening.

"It takes time," Miller said. "I really understand their situation and what they're trying to accomplish, and they've been wonderful and very open."

Conte said the swim team's support was essential to their transition. Conte began using they/them pronouns with the team during Fall 2017, and they decided to change their name to Cody after experimenting with using it among their teammates. Conte also struggled with their mental health during Fall 2018 as they attempted to define their identity. Miller said she saw Conte's performance suffer as a result.

"You could tell they weren't into it," Miller said. "There was no joy. They had no goals. We knew they were struggling, but this is a wonderful support group. This year, coming back in, their attitude has been so much better. I feel like we've gotten the real Cody back."

The Office of Intercollegiate Athletics established its official diversity and inclusion policy in 2019. Perry is the varsity sports senator for the Student Governance Council, and he sponsored a bill last spring that called for the athletics office to add a policy regarding transgender student-athletes to its webpage. The policy addresses allowing athletes to express their



Junior swimmer Cody Conte competes in distance freestyle events on the women's swimming and diving team. Conte identifies as transgender masculine and came out to their team in December 2017. COURTESY OF CODY CONTE

gender identities through names and pronouns, locker room and bathroom use, travel and uniforms in accordance with NCAA regulations.

“I don’t think that anyone should have to stop playing the sport that they love just because they’re concerned about their eligibility.”

– Alex Perry

Perry is also a member of the Student-Athlete Advisory Council, and he worked on the policy with Erienne Roberts, associate athletic

director and senior woman administrator, throughout Spring 2019. Roberts said she met with Perry every two weeks to discuss the policy until it was complete.

"When I leave here, I want this policy and this awareness to benefit future varsity athletes," Perry said. "I don't think that anyone should have to stop playing the sport that they love just because they're concerned about their eligibility."

Roberts said the athletics office communicates the inclusion policies with visiting teams and outside groups utilizing the college's facilities for sporting events, although, she said, the current policy does not directly address recreational sports at the college.

"Coaches have not only been accepting but really proactive," Roberts said. "A lot of questions that we had before the policy came from coaches asking, 'What do we do when we have teams that are visiting?' When we have transgender student-athletes, their teams have already embraced them, so a lot of it has been the visiting side."

The college is currently the only school with a perfect ranking from the Campus Pride Sports Index. Roberts is a member of the LGBTQ community, and she said that having representation on campus for minority groups has allowed for the inclusive environment within the college's athletics office.

"Students just recognizing that I hold this seat allows them to be more comfortable with who they are and in their skin," she said. "Just them seeing somebody who looks like them or represents a protected class that they're a part of allows their voices to have a little bit more courage. That's where I get the most pride about it."

Conte said one of the most significant challenges they face as a trans swimmer is with the gendered uniforms. Because they have not had any gender confirmation surgeries, they are still required to wear a women's swimsuit. Conte said they often wear a drag suit at practice, which is a loose mesh men's-cut swimsuit used to slow swimmers down for training purposes. They said this allows them to feel like they are wearing a men's suit even though it is worn over top of their one-piece.

"I definitely have a way better practice if I don't catch a glimpse of myself in the mirror

as I'm leaving the locker room," they said. "I also definitely have a better practice when I'm in and swimming instead of getting in and out. Just being in the water is comfortable for me no matter what I'm wearing."

Conte is scheduled to have top surgery in May 2020, after which they will be able to wear a men's swimsuit. Conte said they are not sure if they will wear the men's suit after surgery. They said the coaches were supportive of allowing them to wear the suit in practice and of pursuing special permission from the NCAA for them to wear it during meets.

Top surgery will provide its own challenges for swimming. Conte said they will have to wait six weeks after surgery to do any exercise. They also said many people choose not to put their arms above their heads for up to a year after top surgery to avoid stretching the scars. However, Conte said they plan to begin swimming again six to eight weeks post-surgery.

"I don't have any worry that I won't be able to swim because I'm going to make sure that I'm able to," they said. "People are so worried about stretching the scars, but my surgeon said, 'The scars are going to stretch anyway, so do what you want to do.'"

Conte said that being a member of the women's swim team has helped them feel more comfortable with taking their transition one step at a time.

"Not worrying about the things that aren't prevalent right now helps anxiety," Conte said. "Having top surgery planned out has been very helpful for me, but not worrying about the timeline of [testosterone] is okay with me because it's not something that can happen right away."

Conte is a health education and physical education major and said they plan to become a physical education teacher after graduating. They also hope to be a swim coach and teach young athletes acceptance through sports.

"Something I want to put an emphasis on in my classroom is just being respectful of others and making sure that LGBT kids are included and know they can be successful," they said. "Everybody's different, and that is an okay thing."



Junior golfer Alex Perry hits the ball out of a sand trap during a practice Sept. 12 at the Country Club of Ithaca. He is transgender and helped create the Office of Intercollegiate Athletics' inclusion policy. COURTESY OF TIM MCKINNEY/ITHACA COLLEGE ATHLETICS

THE BUZZER

The Ithacan’s breakdown of Ithaca College’s week in sports.



ATHLETE OF THE WEEK
CHRIS SINGER, CROSS-COUNTRY

COMPETITION OF THE WEEK
FOOTBALL VS. HOBART COLLEGE

Singer placed **13th** out of more than 400 runners at the Connecticut College Invitational on Oct. 19. He ran a personal-best time of **24:57.0** and became the **fifth-fastest** Bomber ever in an 8K cross-country race.
COURTESY OF ITHACA COLLEGE ATHLETICS

The No. 8 Bombers continued their six-game winning streak and shut out Hobart **34–0** Oct. 19. It was Hobart’s first shutout loss since 2000. Senior quarterback Joe Germinerio threw for **three touchdowns** and **337 yards**.
COURTESY OF ITHACA COLLEGE ATHLETICS

EVENTS TO WATCH

FOOTBALL: 12:05 P.M. OCT. 26 IN ROCHESTER, NEW YORK

The Ithaca College football team is undefeated so far this season and will aim to keep its winning streak in its fourth Liberty League matchup of the year.



ITHACA

VS.



ROCHESTER

FIELD HOCKEY: 5 P.M. OCT. 25 IN GENEVA, NEW YORK



ITHACA

VS.



WILLIAM SMITH

The field hockey team needs one more Liberty League win to qualify for the postseason tournament. The game against William Smith could clinch its spot.

QUOTE OF THE WEEK



At the end of the day, it doesn’t matter who wins or loses. It’s about coming together as a family and being there for one another.

– KENDALL KEIL
FIELD HOCKEY, MIDFIELD





Senior Rowan Whitesell plays with sheep Oct. 12 at the Youth Farm Project. Thirteen students volunteered their time at the farm for October’s Service Saturday project, helping to harvest the last of the season’s tomatoes and clean out the greenhouses. Service Saturdays are run by the Office of Student Engagement once a month.

ELEANOR KAY/THE ITHACAN