

HOW DID WE GET HERE?

Art exhibit
showcases
community
perspective
on migration

BY EMILY HUNG

A blue poster with a drawing of a crying child hangs on the wall in the Community Arts Partnership (CAP) ArtSpace Gallery on The Commons. The poster simply states, “5,100 children in U.S. foster care due to the deportation of immigrant parents.” The art piece is part of an exhibition, “How Did We Get Here?,” organized by the People’s Pop-Up Project and hosted by the WEAVE Community, a local organization that creates programs to work toward a more inclusive and just society.

Students and professors from Ithaca

College were invited to contribute artwork and curate stories for the exhibit. Neil Schill, a member of the WEAVE Community and an organizer of the People’s Pop-Up Project, said the exhibit is a social platform where the community can come together and hear individual stories of immigration and migration.

“The idea is to take a particularly relevant question or issue that everybody in our society essentially knows about or is dealing with in some way and show different perspectives through art,” Schill said. “Art is a wonderful mechanism

FROM IMMIGRATION, PAGE 4

Community member Catherine Potter visits the “How Did We Get Here?” exhibit. The show features work made by members of the Ithaca College community.

REED FREEMAN/THE ITHACAN

College conducts precautionary drills to prepare for emergency

BY CAITLIN HOLTZMAN

Ithaca College has started conducting routine shelter-in-place drills and installed a new Emergency Notification System (ENS) to prepare the campus community in case of an emergency situation.

Shelter-in-place drills at the college occurred Aug. 29 in Muller Chapel, Oct. 11 in the Hill Center and Center for Health Sciences, and Oct. 15 in the Office of Career Services.

The Office of Public Safety and Emergency Management conducts these drills to help inform the campus community of the proper procedure during a shelter-in-place situation, ranging from severe weather to chemical spills to an active shooter.

Terry O’Pray, lieutenant in Patrol and Security Services, said the drills are meant to prepare the campus community for any kind of event that would elicit the need to shelter in place.

Elyse Nepa, coordinator for Public Safety, said the drills begin by asking those involved to enact their emergency action plan. These



The Office of Public Safety and Emergency Management has been conducting shelter-in-place drills on campus.

FILE PHOTO/THE ITHACAN

plans have already been developed as part of the Emergency Readiness and Response program, Nepa said.

The drill lasts for approximately 15 minutes and involves no simulated active shooter. During the drill, designated shelter spaces are checked to make sure they are secured, Nepa said.

Dave Maley, director of public relations, said the first drill was held Jan. 10. Maley

said a debrief takes place following the drills.

“At the debrief, people get to talk about their experiences and ask questions and learn more from one another,” Maley said.

According to Public Safety’s Emergency Response Training document, in a shelter-in-place situation, students and staff should look for the best place

DRILLS, PAGE 4

Suspect still at large after forcible touching reports

BY ASHLEY STALNECKER

There were two reported incidents of forcible touching — with one being classified as rape — approximately four miles from the Ithaca College campus in October, according to a statement from the Tompkins County Sheriff’s Office.

The Tompkins County Sheriff’s Office initially reported Oct. 29 that a man had forcibly touched two women on separate occasions. The first incident occurred Oct. 14 in the 2600 block of Danby Road, and the second occurred Oct. 28 on the Thayer Preserve Trail on Sand Bank Road.

Both incidents were potentially related, according to a statement from the Sheriff’s Office. The Sheriff’s Office issued an update Oct. 30 stating that the Oct. 28 incident involved a forcible rape.

Sheriff’s Office Lieutenant Kyle Koskinen said that the suspect has not been found and that there have not been any reports of his whereabouts since the initial reports.

Koskinen said the Sheriff’s Office has added extra patrols to the areas where the incidents took place, particularly in the evening.

The suspect is described as a white male between 20 and 30 years old. He is described as being between 5’6” and 5’8” with a stocky build.

In both incidents, the suspect was wearing dark clothing and a ski mask.

The suspect reportedly pointed a knife at the female victims.

The Office of Public Safety and Emergency Management issued an Intercom announcement Oct. 31, two days after the original report from the Sheriff’s Office, to warn the campus community about the incidents.

Tom Dunn, associate director for Public Safety, said the office wanted to notify the campus because students use trails such as the Natural Lands and the South Hill Recreation Way.

Dunn said there is no known connection between the college community and the incidents.

“That’s obviously alarming, and that’s why the sheriff’s department put the message out,” Dunn said. “Getting the message, seeing the message from the sheriff’s department, we thought it was prudent to let our community know as well.”

Dunn said that since the warning was issued, no one in the campus community has reported a sighting of the suspect in these incidents to Public Safety.

“We just want people to take the normal precautions that we would always recommend, ... to travel in groups and not travel alone,” Dunn said. “Read the regulations on the trails that you’re on. If they close at dark, make sure you’re off trails by dark.”

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AGING INSPIRES A NEW SENSE OF LIBERATION



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VARSITY TEAMS CHASE SUCCESS IN POSTSEASON

NATION & WORLD

El Salvador government orders Venezuelan diplomats to leave

The Salvadoran government ordered the expulsion of Venezuelan diplomats, joining the U.S. and approximately 50 other countries that said opposition leader Juan Guaidó is Venezuela's rightful president. The Salvadoran government said Nov. 2 that the diplomats, who are loyal to Venezuelan President Nicolás Maduro, had 48 hours to leave the country. Venezuela responded Nov. 3, ordering Salvadoran diplomats to leave Caracas within two days.

Protestors demonstrate to end killings of women in Mexico

Relatives of women and girls murdered or missing in Mexico marched through the capital Nov. 3, carrying purple crosses inscribed with the names of victims and demanding justice for their loved ones and improved efforts to investigate their cases. The demonstration set out from the independence monument and headed for Mexico City's main square to set up an offering near an altar erected to mark Día de los Muertos, or Day of the Dead. The holiday is observed Nov. 1–2, and the demonstration was billed as a "Día de Muertas" march, or "Day of the Dead Women," to call attention to the killings of women and girls — nine per day in the country on average, according to

the United Nations.

US diplomat says he knew why Ukraine aid was withheld

A top U.S. diplomat revised his testimony in the House impeachment inquiry of President Donald Trump to acknowledge he understood that U.S. aid to Ukraine was withheld until the country promised to investigate corruption. The update from U.S. Ambassador Gordon Sondland, released Nov. 5, provided insight into Trump's push for Ukraine to investigate Democrats and Joe Biden. Sondland said he now recalls telling a top aide to Ukraine President Volodymyr Zelenskiy that military aid to the country likely would not resume until Ukraine had provided a public anti-corruption statement, as Trump wanted.

Beto O'Rourke ends campaign in Democratic presidential race

Former Texas Rep. Beto O'Rourke announced Nov. 1 that he was ending his presidential campaign, which failed to recapture the enthusiasm and fundraising prowess of his 2018 Senate bid. Addressing supporters in Iowa, O'Rourke said he made the decision "reluctantly" and vowed to stay active in the fight to defeat President Donald Trump.



Germans celebrate fall of the Berlin Wall

A woman walks beside an art installation Nov. 4 showing the former border demarcation prior to the 30th anniversary of the falling of the Berlin Wall at the German-German Museum in Moedlareuth, Germany.

JENS MEYER/ASSOCIATED PRESS

McDonald's CEO fired after relationship with employee

McDonald's CEO Steve Easterbrook was fired after violating company policy by engaging in a consensual relationship with an employee, the corporation said

Nov. 3. The corporation said McDonald's forbids managers from having romantic relationships with direct or indirect subordinates. In an email, Easterbrook acknowledged his relationship and said it was a mistake.

Source: Associated Press

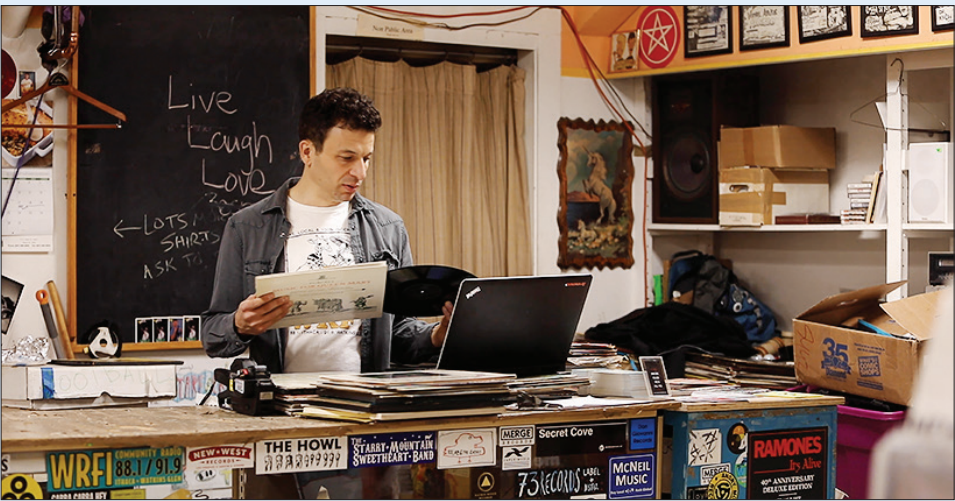
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Emerson Halloween 2019

Ithaca community members and Ithaca College faculty and staff brought their children to trick-or-treat and make crafts in Emerson Hall.



Inside Ithaca: Angry Mom Records

The Ithacan goes behind the scenes to see how one of Ithaca's favorite record stores operates.

THE ITHACAN

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The Ithacan

Students volunteer for campaigns

BY ALYSHIA KORBA

Not many college students can say they have had a phone call with Vermont Sen. Bernie Sanders, a presidential candidate, but Ithaca College sophomore Vedant Akhauri has twice. Akhauri is a volunteer for the Sanders campaign and was recently promoted to be a campaign moderator.

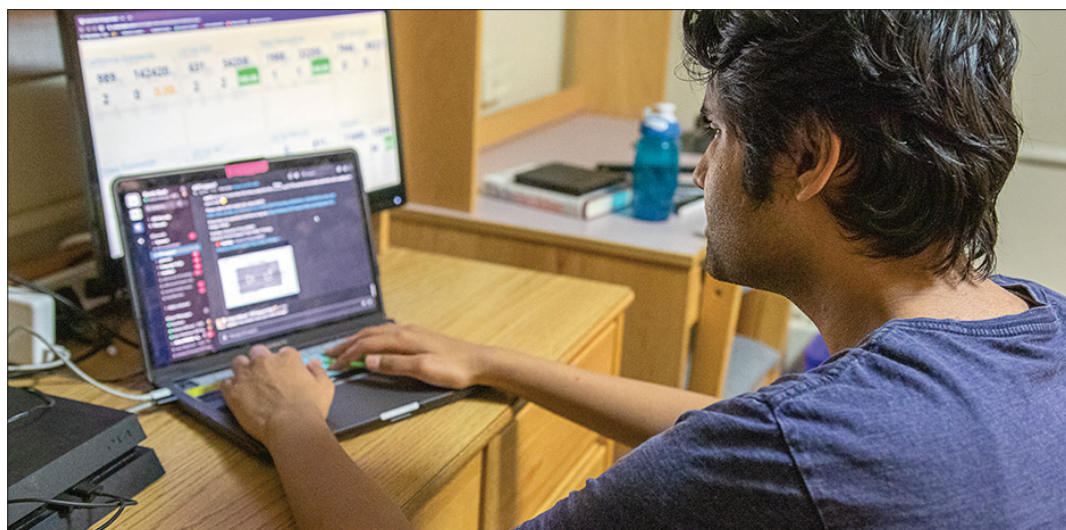
Akhauri began working with the campaign in April 2019 and spent the summer texting and calling voters and helping people organize rallies for the Sanders campaign. In October, he was promoted to campaign moderator, and he supervises other volunteers.

Akhauri said he has viewed politics differently since Sanders' 2016 presidential campaign.

"I've supported Bernie Sanders since 2015 during his previous campaign," Akhauri said. "I didn't expect to like Bernie, but I ended up agreeing with him on a lot of policies. It's interesting how the campaign has opened me up to so many viewpoints of people across the political spectrum."

In August, Akhauri had the opportunity to speak with Sanders on the phone with other campaign volunteers, and they spoke with Sanders again in October. Sanders talked with the students about strategies for promoting the campaign on college campuses during the first conversation and discussed the campaign strategy during the second phone call.

"Young people in this country hold the future of the nation and the world in their hands," Sanders



Sophomore Vedant Akhauri supervises a team of Bernie Sanders campaign callers. Akhauri has been working as a volunteer and moderator for the Sanders campaign since April 2019.

MOLLY BAILOT/THE ITHACAN

said to the volunteers. "Years from now, your children and your grandchildren will look back on this moment, and they're going to say 'Thank you.'"

Junior Michael Deviney also spent his summer as an intern in Washington, D.C., for Rep. Tom Reed. Deviney said he began working with Reed in Fall 2018 during Reed's congressional campaign.

After Reed won the election, Deviney said he was offered an internship position to work for Reed in the Rayburn House Office Building, which is Reed's congressional office. In Washington, D.C., Deviney said, he guided tours of the Rayburn building, answered phone calls and did research for proposed bills.

He said he decided to get

involved with the Reed campaign to make his college experience productive.

He said that during his internship, he attended speeches by other politicians, including Rep. Dan Crenshaw, Sen. Ted Cruz and Vice President Mike Pence.

Deviney said he first learned about the volunteer opportunities in the Reed campaign through Ithaca College Republicans.

Senior Elaina White, president of IC Republicans, said she believes it is important for students to be involved in politics.

"I think getting involved in a campaign, speaking your voice and relaying your opinions to other people like-minded on campus would inspire you to go out to vote more," White said. "Political

campaigns are a great way to do that because you get more involved."

The voting rate for registered voters at the college has increased by 31.3% between 2014 and 2018 with a 41% voting rate in 2018. Groups at the college such as IC Republicans and Ithaca College Democrats encourage voting on campus.

Don Beachler, associate professor in the Department of Politics, said via email that participating in campaigns is important for students to obtain experience in politics.

"There is the opportunity to gain experience and contacts that can be useful in seeking postgraduation employment," Beachler said.

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Dining works with students

BY SKYLAR EAGLE

Students and professors have partnered with Ithaca College Dining Services to study nutrition and the physical demands of working in the dining halls.

There are three collaborative projects between Ithaca College students and Dining Services. Julia Lapp, associate professor in the Department of Health Promotion and Physical Education, is working with students to rebuild the nutritional allergen database, which previously belonged to Sodexo, the college's former food provider. Julie Dorsey, associate professor in the Department of Occupational Therapy, is leading a group of graduate students in the occupational therapy program to assess working conditions in the Campus Center Dining Hall. Joseph Ungco, assistant professor in the Department of Occupational Therapy, is working with a group of students to look at Dining Services from an overall organizational perspective.

The college announced last spring that it would end its contract with Sodexo. The plan to provide in-house dining services is tied to the strategic plan, Ithaca Forever. Dave Prunty, executive director of auxiliary services, said the main goals of in-house dining services were to reduce the cost of the meal plan, bring local businesses on campus and accommodate students who struggle with food insecurity.

Students began working on the projects at the beginning of Fall 2019. Prunty said Dining Services hopes to expand on these projects throughout the academic year.

Prunty said one of the goals is to have students working on editing the nutritional menus and database available in the dining halls to provide nutritional information.

Graduate students in the occupational therapy program are working with Dorsey to assess ergonomic risks associated with repeated motions and regular duties in the dining halls, beginning with Campus Center. Dorsey said ergonomics is the study of people's efficiency in their working environment. Students are examining conditions at the work stations in Campus Center and studying how repeated motions and activities dining hall staff are asked to do could contribute to work-related injuries.

The goal of this project is to have recommendations that can be implemented to support the employees and help them complete their jobs without risk of injury.

"This process is helping the students to learn about the food service industry within the context of IC and to learn how to make evidence-based recommendations to mitigate risk factors," Dorsey said.

Mindy Pasternak, a fifth-year occupational therapy student, is one of the students involved in this project.

"This initiative gives students a great opportunity to experience something nuanced in occupational therapy and also gives dining hall services great feedback from a population perspective on how they can better serve their hardworking employees," Pasternak said.

Lapp helps run another project and said students are helping with data entry in the college's menu database.

"They are adding information about allergens and nutrients for the hundreds of foods that Dining Services uses," Lapp said.

Sophomore Samantha Wheelwright is a public and community health major at the college working with Lapp on the nutritional data entry.

Wheelwright works in Terrace Dining Hall to enter nutritional information about the meals offered.

Lapp said that in the future, she and the students plan to help with special events, tours and educational services related to dining services.

"Through this experience, I am learning more about healthy eating and the wide variety of options that are actually available but didn't even know myself that existed," Wheelwright said.

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Organization aims to bring TEDx to college

BY JULIE DANNEVIG

Ithaca Talks, a new student organization, is working to bring the TEDx event back to Ithaca College in Spring 2020.

TEDx is a branch of the TED speaker series. Its purpose is to facilitate the process of hosting TED conferences within smaller communities with local speakers. To use the TED name and host a TEDx event, the host must apply and be accepted to receive an organizer's license.

The club is planning a one-day TEDx event in March with a lineup of students, faculty and members of the greater Ithaca community and will officially be announced in the spring semester. Speakers will be focusing on topics pertaining to the event's "2020 Vision" theme, which involves social or environmental issues that speakers deem important to think about for the upcoming decade, said sophomore Lizzie Smith, Ithaca Talks secretary.

"I think it's really great to pause and think about where we're heading in the future and where our planet should be and what our society should be," she said.

The TEDx speaker series was first held at the college in 2014. Sophomore Dan Mailloux, Ithaca Talks' license coordinator, said that because of issues with organizing the event, it was not offered after 2017. He said his goal for the 2019-20 academic year is to effectively and thoroughly organize the event to bring it back successfully.

"We want to raise enough funds to have the event be as professional and as clean as possible," Mailloux said. "I know in years past it has been successful, but it hasn't been to the level that they wanted."

Mailloux said that he received a TEDx organizer's license after applying last spring. With this, he is helping to organize and host the conference. Every year, the license must be renewed to continue hosting the events.

"I think a lot of students, faculty and staff have these stories and these ideas that they don't usually have a platform for, so that's what we're trying to provide," Mailloux said.



The last TEDx event that was held at Ithaca College took place in 2017. Ithaca Talks, a new student organization, is planning to organize a one-day TEDx event in March 2020.

COURTESY OF ELENA HASKINS

The TEDx organizer's license offers resources like instructional guides and videos with tips on how to host the conferences. It also allows organizers to promote by using the TEDx name.

Junior Kat McSherry, president of Ithaca Talks, said the club was created as an outlet for students who are looking to speak publicly about issues they are passionate about.

McSherry said Ithaca Talks is looking to host the conference on March 1. The event will be held in the Emerson Suites. Due to licensing regulations with TED, space will be limited to 100 people per act, and tickets, which will be available to buy in the spring semester, will be required to attend. Students must pay for the tickets, but the price has not been determined yet.

Mailloux said the theme is broad and speakers can interpret it how they wish. He said topics with a focus on social or environmental issues pertaining to Ithaca or the greater world are all possibilities.

"The issues we see now and how we want

to address them going forward, how we see the world ahead of us," Mailloux said. "I think that opens the door for a lot of speakers in a lot of different fields with a lot of ideas."

Mailloux said speaking roles are open to students, faculty and members of the community. Students interested in speaking must apply through an application that will be on IC Engage next semester.

"We want students to come forward who have these thoughts and ideas and put them on display," he said.

Edward Schneider, associate professor in the Department of Strategic Communication, was a speaker at the college's TEDx event in 2017. Schneider said the presentation allowed him to share an aspect of his field with professors and students who may not encounter that topic in their day-to-day lives.

"It helps you learn about other people's research, and for our students, it's a great chance to put something on your resume," he said.

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FROM IMMIGRATION, PAGE 1

to communicate the issue and personify it.”

The exhibition was curated in response to the Cornell University Herbert F. Johnson Museum of Art’s exhibition “how the light gets in” and features work from local community members. The Johnson exhibit is about the movement of people across the globe, and it presents post-9/11 artworks created by an international group of 58 artists, artist teams and collectives that address conditions of mobility, vulnerability and the loss of and yearning for home.

The “How Did We Get Here?” exhibit officially opened with the First Friday Gallery Night on Nov. 1. Visitors had the opportunity to view artwork created by Pedro X. Molina, visiting international scholar-in-residence in the Honors Program and current Ithaca City of Asylum (ICOA) resident. In addition, there are posters created by five students from the Graphic Design II class at Ithaca College: seniors Jack Reilly, Nikkole Mora, Maya Lazar and Alianna Becerra and junior Jared Dobro. Paul Wilson, associate professor in the Department of Art History, also curated stories from the Their Story is Our Story (TSOS) project to be displayed in the gallery. TSOS is a nonprofit organization dedicated to collecting stories of refugees around the world and disseminating them.

Molina is a political cartoonist who fled Nicaragua after the Nicaraguan government began targeting government critics and took over Confidencial’s newsroom, where he worked, in December 2018. He is the first cartoonist and resident from Latin America to be hosted by the ICOA.

He created and curated over 15 political cartoons speaking to the issues immigrants and migrants tend to face, particularly in the U.S. One of

his cartoons displays President Donald Trump touching a border wall with a speech bubble that said, “5 billion dollars on the American taxpayer.” On the other side, a ladder leaned against the wall. A migrant points to the ladder with a speech bubble that said, “100 dólares en Amazon Prime.”

On the other side of the room are seven posters created by the students in the Graphic Design II class at the college.

Patti Capaldi, assistant professor in the Department of Art, said that after she took her students to see the exhibition “how the light gets in,” their prompt was to make a poster responding to the artwork they saw at the museum.

“I think the posters were very conceptually based,” Capaldi said. “[My students] are being citizen designers with this project. They are not making logos for some corporation or a poster for an event at a music venue. They’re doing posters to instigate thinking and thought processes around these important issues.”

One poster Dobro created was completely orange except for a butterfly. It says “legal immigrant” in the top right corner.

“I was really surprised by the use of natural imagery throughout the [‘how the light gets in’] exhibit,” he said. “A lot of people used birds or showed the ocean to symbolize people traveling, and so when thinking about it, I thought what a good symbol would be for immigration. I immediately thought of the butterfly because people think of it as beautiful, and it’s something I noticed that naturally immigrates.”

Dobro said he hopes his art can shift the public’s negative perception of immigration.

“I want people to take away that immigration and traveling places, migrating to places, is all part of life,” Dobro said. “It’s a natural process that everything goes through. It’s not something to fear. It’s something to



Students from the Graphic Design II class at Ithaca College created art in response to the “how the light gets in” exhibit.

COURTESY OF MAYA LAZAR

be proud of.”

In addition to the political cartoons and posters, there are photographs and excerpts from the TSOS project. Wilson, who curated the stories, said they give a wide range of different types of refugee experiences.

“There are lots of reasons why people have to leave their homes and seek refuge somewhere else,” he said. “It can be anything from conflicts with the expectations of a culture or society, political violence, economic distress or lack of opportunities.”

Wilson said the stories aim to humanize an issue that has been dehumanized lately.

“Oftentimes when immigration or refugees are discussed — not just by President Trump, but by people in the U.S, people in Europe, journalists — they use words like ‘swarm of refugees,’ ‘hordes of refugees’ or ‘tide of refugees or immigrants,’” Wilson said. “And all of those words, they dehumanize. It makes it sound like insects. When you dehumanize someone else, it makes it easier for you to then support policies that further dehumanize them.”

The “How Did We Get Here?” exhibit runs through Nov. 30. A number of other activities will be taking place as well, including speakers and discussions about migration. The next event will take place Nov. 9 at the CAP ArtSpace Gallery, where residents will share their migration stories in a conversation moderated by Raza Rumi, director of the Park Center for Independent Media.

Ithaca has taken steps to support immigrants. In 2017, the City of Ithaca officially declared itself a sanctuary city. In February 2019, locals protested the expansion of the Ithaca Tompkins Regional Airport because of the fear that the new customs inspection station could lead to more U.S. Immigration and Customs Enforcement raids in the area. Sue Chaffee, program director of the Immigrant Services Program (ISP) in Ithaca, said ISP typically assists approximately 200 immigrants per year by providing legal services and helping connect

people with limited English proficiency and cultural barriers to resources in the Ithaca community.

In addition to using art to humanize the discussion of immigration and migration, the People’s Pop-Up Project hosted a panel Nov. 3 — called “A Sense of Home” — in which immigrants and migrants who came to Ithaca shared their individual experiences. The panel consisted of four people who moved to Ithaca either from another country or from another city: Khandikile Mvunga Sokoni, an attorney for True, Walsh & Sokoni, LLP; Tuuliki Tammi, a freelance writer; Elizabeth Demisse, executive vice president and director of Bridges Cornell Heights; and Chris Holmes, a writer, filmmaker and artist.

Aimée Lehmann, a local writer and moderator for the panel, said recent discussions around immigration have been very narrow and focused on walls and borders.

“We were trying to find a way to get back to humanizing this question,” Lehmann said. “One of the ways that we thought could do that was reaching out to talk to as many people and trying to get away from stereotypes and to delve into some of the more personal topics around immigration.”

Mvunga Sokoni said immigrants face struggles when they move to a new country. For instance, she explained the difference between having citizenship and having a green card is that a green card holder is not permitted to vote and can be deported.

“Getting a parking ticket is OK, but getting a traffic ticket, depending on what kind of ticket, you could get deported,” Mvunga Sokoni said. “Suddenly everything you’ve built here for 30 years, you could lose all that over something so simple.”

Tammi, who immigrated from Finland, said that approximately a year after she moved to Ithaca, she took a walk along the Cascadilla Gorge Trail and came across graffiti on a wall.

“I don’t know if anyone else saw this,” she said. “But it says, ‘I am a citizen of the world.’ ... I was like, ‘This is Ithaca.’”

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FROM ASSAULT, PAGE 1

Dunn said students can call Public Safety or activate a blue light to have an officer or a member of the Student Auxiliary Safety Patrol escort them if they feel unsafe on campus.

Junior Alexa Reickert said she was frustrated with the lack of notification to the campus community and took to the Facebook page “Overheard at IC” to share her concerns.

Reickert said she lives off campus and often runs on the trails where the incident took place. She said she heard about the incidents from her roommate rather than Public Safety or an official source.

“First of all, a lot of students don’t read Intercom,” Reickert said. “And second of all, this guy hasn’t been caught yet. So maybe more girls are on the trails. ... Again, it’s more so just frustrating that people are out there that don’t know about it.”

Instead of an announcement on Intercom, Reickert said, she would have preferred a direct email or phone call.

The college has an Emergency Notification System, but, Dunn said, it is reserved for situations in which the campus community is considered to be in imminent danger and for incidents that occur within a close distance of campus. Dunn said that he did not know the exact distance but that four miles would be too far.

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FROM DRILLS, PAGE 1

to seek shelter. For example, a room with windows would not work during a severe weather scenario but could be ideal in other situations. Any doors and windows should also be locked.

Tom Dunn, associate director for Public Safety, said the college recommends following a “run-hide-fight” strategy in an active-shooter situation.

The Public Safety website links a “run-hide-fight” video done by SUNY New Paltz that recommends first checking if it is possible to safely exit the building. If not, then the video recommends seeking out a room to take shelter as well as locking the doors and windows. The strategy calls for fighting as a last resort.

Kristin LiBritz, executive director of the Office of Career Services, took part in the Oct. 15 drill.

“While we hope to never need to implement an emergency response procedure, it was well worth the time dedicated,” LiBritz said via email.

The deadliest school shooting in the United States was at Virginia Polytechnic Institute and State University on April 16, 2007, which left 33 people dead, including the shooter. In August, there were two deadly shootings back to back in El Paso, Texas, and Dayton, Ohio.

As previously reported by *The Ithacan*, Ithaca College is also adopting a new security app. The app is called Rave Guardian, and it will be implemented over the next few months, Maley said.

“What we will be rolling out is additional opportunities for putting emergency information before the campus community,” Maley said.

The app will also allow for push notifications, Maley said. If a student does not download the app, they will still receive updates from ENS.

Public Safety strongly encourages all students who are not currently signed up for ENS to sign up so they can receive important updates.

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Junior Jared Dobro is in the graphic design class and said he hopes his art can shift negative perceptions of immigration.

COURTESY OF JARED DOBRO

Professor studies trees in Mexico

BY KRISSY WAITE

For the past nine years, Paula Turkon, assistant professor in the Department of Environmental Studies and Sciences at Ithaca College, has been working on creating a timeline that can be used to date environmental and cultural changes in Northwestern Mexico using trees.

Turkon's research, "Chronology, Climate, and Culture in Prehispanic Mesoamerica: Contribution of Tree-Ring Studies," aims to understand climate events — like droughts and heavy rainfall periods — and cultural changes in Northwestern Mexico using dendrochronology, or the study of tree rings. She said she became interested in this region when she was invited by her graduate school adviser to work there. Once there, she said, she wondered how people lived and produced food in such a dry environment.

The research is funded through a grant from the National Science Foundation. Turkon also works through Cornell University's Tree-Ring Laboratory. She also works closely with colleagues at the National Institute of Forestry, Agricultural and Livestock Research and the National Institute of Anthropology and History in Mexico.

Turkon said her original research focused on understanding the degree to which people in this region were dependent on agriculture, which correlates with the amount of rainfall in the desert. She said she had trouble answering questions related to how



Paula Turkon, right, assistant professor in the Department of Environmental Studies and Sciences, and junior Rachel Volkin, third from left, are conducting research using trees in northern Mexico.

COURTESY OF PAULA TURKON

agricultural and cultural changes happened because the data she had to reference were food remains, which are hard to put a date on. She said she also wondered if the variability of rainfall in the arid area was a factor in the past. She said she thought she could answer both questions using dendrochronology.

Turkon said she examines tree rings by traveling to the sites in Mexico, taking a small sample of the wood, bringing the sample back to Ithaca, putting it under a microscope and measuring every individual ring.

Using the different samples, she overlaps the tree ring width measurements to create a timeline of good and bad growth years, which could indicate years with good or

bad rainfall. She said she hopes to eventually create a timeline going back to the fourth century A.D.

Carol Griggs, senior research associate and lab manager at the Laboratory for Aegean and Near Eastern Dendrochronology in Cornell's Tree-Ring Laboratory, said the use of dendrochronology is expanding to new fields, like the studies of climate change, fire and glacial movement.

Junior Rachel Volkin has been working with Turkon on the research since January 2019. She found out about the opportunity through an email and applied for the research position. While Volkin and Turkon have been working together for approximately a year, sophomore Sarah Kennedy and

junior Jenny Larios have recently joined the team as well.

Volkin said the experience has helped open her mind to jobs in similar fields of science. Ithaca College does not currently have a specific plant science program.

"I've always had a big interest in plant science," she said. What's been really cool is we've used this project to aim at my specific interests, and it's sparked interests for me in other fields too. ... It's helped me figure out what I want to do with my life in general."

Turkon and Volkin are gearing up for their third trip to Mexico in November to take more samples.

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SGC

VPs to resign in December

BY ANNA DE LUCA

Two members of the Student Governance Council executive board will be stepping down from their positions at the end of Fall 2019.

Both sophomore Reed Pollard, vice president of academic affairs, and junior Connor Shea, vice president of campus affairs, are leaving their positions on the SGC to participate in study abroad programs.

Pollard and Shea were elected to the SGC executive board in April 2019. Executive board positions are typically held for a full academic year.

Pollard said he will be participating in the Disney College Program next semester. The program allows for students to gain on-the-job experience by working in Disney's theme parks and completing college-level coursework.

"The Disney College Program is something that I've always really wanted to do," Pollard said. "I wanted to do it since I was a kid. ... If I got it now, I might not get it in the future, so I thought I should take this opportunity as it comes."

Pollard said he hopes to return to the SGC next year.

He said it was hard for him to choose between the Disney program and his position in the SGC.

"It was very difficult," Pollard said. "It was very stressful. I couldn't decide right before I had to commit I almost didn't do it. It was very back and forth."

He first joined the SGC during his freshman year as the Class of 2022 senator. As Class of 2022 senator, he was part of the Campus Affairs Committee and passed bills restructuring the committee.

Shea said he first joined the SGC because he was a transfer student from Boston Conservatory at Berklee in Boston, and his mentor, Jessica Gallagher '19, was aware of his previous involvement with student government in high school.

She suggested that he apply for the transfer senator position in the SGC. Shea said he liked the community of the SGC and speaking up about what he believes in.

As transfer senator, Shea said, he learned about the resources available for transfer students.

He said he used the platform to speak with heads of the New Student and Transition Programs and collaborate on ways to improve transfer students' experiences.

Shea said he is participating in the college's Los Angeles program for communications major or minor students to gain professional experience and take classes at the James B. Pendleton Center.

He said he hopes to return to the SGC next year.

Shea said the decision to choose between the SGC and the study abroad program was difficult for him.

He said in no way was his resigning due to negative experiences with the SGC. Shea said him leaving the SGC is unrelated to Pollard's resignation at the same time.

Senior SGC President Farwa Shakeel said the applications for both vice president of campus affairs and vice president of academic affairs will be available this week on Intercom so it can be public.

"My goal was to have somebody confirmed before the end of the semester so that next semester we can jump right in and establish new goals," Shakeel said.

Shakeel said she respects both Pollard and Shea's decisions to take leaves of absence from the SGC and pursue study abroad programs.

"I think they are both making decisions that are best for them in their careers," Shakeel said. "I respect that, and I never want to hold them back from pursuing what's best for them."

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Apartment development to move forward

BY ALEXIS MANORE

A proposed housing development located on South Aurora Street, which is aimed at Ithaca College students to provide an alternative to on-campus apartments, is going to be built after developers faced a lawsuit that attempted to prevent construction.

The housing development is being developed by Modern Living Rentals and Visum Development Group, two Ithaca-based real estate companies. The building will be made up of 66 apartment units and 153 total beds, said Charlie O'Connor, owner of Modern Living Rentals. O'Connor said he hopes the development will begin construction in Spring 2020 to be open for occupancy in August 2021. Although the apartment complex is meant for the college's students, other Ithaca residents can live there.

The project, located at 815 S. Aurora St., is approximately a 2-minute drive or a 13-minute walk to campus. The project received preliminary site plan approval in July 2019. However, three property owners who live in buildings adjacent to 815 S. Aurora St. filed a lawsuit Aug. 21 that attempted to appeal the approval. The lawsuit was filed against Visum Development, Common Council, the City of Ithaca and the City of Ithaca Planning and Development Board. The project received final approval from the board in September.

The lawsuit alleged that the defendants ignored state and local laws and that the project would endanger the health, safety and well-being of the neighborhood. The lawsuit asked for the planning board to revoke the preliminary site plan approval that it granted to the project.

Todd Fox, owner of Visum Development, an Ithaca-based development company that was one of the targets of the lawsuit, said via email that he was disappointed about the lawsuit.

Modern Living Rentals first proposed the housing development in 2015, but a city law stated that no habitable structure or outdoor area could be built within double the radius of a communications tower. The parcel of proposed



The City of Ithaca Planning and Development Board approved the development of the proposed student housing on South Aurora Street. Rendering shown above.

COURTESY OF STREAM COLLABORATIVE

land fell within the radius of the nearby cell phone tower.

In 2016, the law was amended to state that no habitable structure or outdoor area could be built within the height of a communications tower plus 20%, allowing the development to continue.

O'Connor said the price per bed will be approximately \$1,000 per month — approximately \$10,000 for one academic year — to compete with the cost of the Circle Apartments. A double room in a Circle apartment for the 2019–20 academic year costs \$10,952, and a single room costs \$12,720. A Garden apartment costs \$10,684 for the 2019–20 academic year. O'Connor said he wanted students to have apartments with new facilities, like an on-site gym, media lounges and study rooms. The college began renting apartments from the Circles, which were independently owned at the time, in 1995, and it purchased the units in 2010. Construction began on the college's Garden Apartments in 1969 and finished in 1971.

O'Connor said he decided to develop on South Aurora Street because it is close to both the college and downtown Ithaca. A walk from 815 S. Aurora St. to the college is approximately

2 minutes, and a walk to The Commons takes approximately 15 minutes.

Cathy Crane, associate professor in the Department of Media Arts, Sciences and Studies and a South Hill resident, said she began to oppose and protest the development after learning about it in April 2019. She said she opposed the development because she thinks it is unsafe and unfair to the South Hill residents who live near the development area.

She said she supports the growth of affordable housing in Ithaca but thinks the development's architectural design does not fit in with the rest of the buildings in Ithaca.

"It might be developing and expanding, which is great for the city, but it's faltering in ... really understanding how the developments are going to fit with what makes Ithaca so amazing, which is quaint streets, which have historically, aesthetically compelling buildings," Crane said.

Dean of Students Bonnie Prunty said the development of the apartment complex pushes the college to maintain the quality of its on-campus apartments but provides an alternative for students who want to live off-campus.

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Localify app generates local music for Spotify users

BY CORA PAYNE

Doug Turnbull, associate professor in the Department of Computer Science at Ithaca College, and a team of students at the college have been working diligently since 2018 to develop Localify, a service meant to “make Spotify local.”

Through Localify, users sync their Spotify accounts, and Localify then generates playlists based on the users’ music tastes, integrating local music into the users’ frequently played tracks. Localify currently has 200,000 artists, 500,000 tracks, 50,000 events and 1,300 cities with at least one local music event in the current database. Websites and news outlets are scoured for performances in the area, and artists that play a high percentage of their shows within a particular region are considered local. The project is made up of three services: a web app with event recommendations, a Spotify playlist generator and a personalized weekly email digest. Localify launched in early August.

Turnbull feels strongly about the importance of local music, he said.

“We live in an age where professional radio has been replaced by celestial jukeboxes,” Turnbull said. “People aren’t being introduced to new music as frequently anymore because it’s so easy to hear their popular favorites.”

Localify’s current team includes Ithaca College Affiliate Vianca Hurtado, Tim Clerico ’19 and juniors Nicolas Wands, Connor Shea, Erich Ostendarp and Brontë Cook.

Wands is a member of Turnbull’s team and focuses on coding the user interface of the site. As a

local music fan, Wands was drawn to Localify’s mission.

“One of the most important things when you work on this project is that the vision matters to you,” Wands said. “We’re really trying to give a platform to local artists.”

Wands said he took an introductory level computer science class and developed a passion for coding. As a cinema and photography major, Wands is primarily self-taught, he said.

“I saw the passion Nic had,” Turnbull said. “I asked him if he wanted to try an aesthetic design for Localify, and after just one computer science course, he built this professional program.”

Experiential learning programs and opportunities are becoming increasingly important, as higher-education students more frequently retain information, gain passion and become more employable as a direct result of these opportunities according to IDEA, a research organization dedicated to improving learning in higher education.

Localify functions more like a true start-up than a group of students, Turnbull said. He feels as though he is the coach, but every student is in charge of something specific. It is important to give students the freedom to work, Turnbull said, because they are much more likely to be self-motivated and accomplish things creatively.

Turnbull said some students prefer to get their best work done in the middle of the night, while others work best early in the morning, and all methods are acceptable to him.

“If you’re getting it done, you’re



From left, junior Conner Shea, associate professor Doug Turnbull, Tim Clerico ’19 and juniors Nic Wands and Erich Ostendarp worked to connect users to local music based on the users’ music tastes in Spotify.

OLIVA JACKSON/THE ITHACAN

getting it done,” he said.

Shea works with Localify’s outreach and branding, and he focuses on mobile marketing consultation. Shea is responsible for the logo and spreading the app to consumers, currently focusing on a big outreach effort in the next few weeks.

“Doug has given us so much agency when it comes to really using our skills,” Shea said. “I never feel like he’s an adviser. He’s another collaborator. He listens to our ideas and then helps us elevate them.”

In the 2020 edition of The Princeton Review, Ithaca College is complimented for its wide range of opportunities for students to get

involved in their respective industries outside the classroom.

The funding for Localify is primarily sourced from the National Science Foundation, Turnbull said. The project recently received a \$1.2 million grant that was split between the college and Cornell University teams working on the project, Turnbull said. Thorsten Joachims, professor in the Department of Computer Science at Cornell University, works with undergraduates at Cornell to focus on research and data assembly, while the Ithaca College team focuses on design and marketing, Turnbull said. Students working on the project are not paid because Localify is

an “academic project.”

Students have flowed in and out of the project, Turnbull said, but a team of six individuals worked diligently over the summer to fine-tune Localify. Turnbull said he values the students’ drive.

“I notice that a lot of computer science programs at these big research universities, undergraduate students are terrified of their professors,” Turnbull said. “They don’t even talk to them. Here, we have an open-door policy with lots of communication. It benefits everyone.”

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International students discuss breaking down stereotypes

BY DIANA DELUCA

As a minority group at Ithaca College, international students — who make up less than 1% of the student body — have dealt with stereotypes based on their home countries during their time studying in the United States. International students discussed these generalizations and other issues at a panel hosted by the International Club of Ithaca College on Oct. 30.

The panel, “Breaking Stereotypes About International Students,” was held to bring awareness to some of the struggles international students face. The panel was led by five international students: sophomores Jaida Browne from Jamaica, Khangelani Mhlanga from Zimbabwe, Laura Lourenco from Brazil, and Christopher Thies from Korea and junior Charuprabha Gaur from India. Diana Dimitrova, director of international student services, moderated the event. Approximately 20 people were in attendance.

The panel was one of the events held in order to celebrate International Education Month. The club also planned other events throughout October and November, including the One World Concert, which will take place Nov. 8.

There are 130 international students enrolled at the college in Fall 2019, according to the 2019–20 Facts in Brief. Over the years, international enrollment has generally decreased. In the 2004–05 academic year, 233 international students were enrolled at the college.

Recently, one of the lowest years was during the 2017–18 academic with 113 students, according to the 2017–18 Facts in Brief.

Although international-student enrollment in the United States reached an all-time high in 2018, the growth of the enrollment rate has slowed over the years, according to the

Migration Policy Institute.

The reason for the total growth was because international students remain in the U.S. longer than in past years. The decreased growth is due in part to the rising costs of higher education and the denial and delay of student visas, according to the Institute of International Education.

Students on the panel said that they often have to field misconceptions about their countries. Gaur described how she had to answer stereotypical questions about her country, like if she only eats curry and if India has working internet. Browne said it is frustrating to hear that some people only associate her country with the common clichés.

“I like to joke and say, ‘Yeah, Bob Marley is my grandfather, and I saw him the other day, even though he’s extremely dead,’” Browne said. “That’s something I really wish people would understand like, yes, Jamaicans are laid-back, but it’s not because we all smoke weed. We don’t all have locks, because I don’t.”

Another issue brought up by students on the panel was how international students often get comments about how well they speak English. Mhlanga said the common stigma is that international students have broken English when in reality, they have been speaking English from young ages.

“Personally, coming from an English-speaking country, it’s hard to explain that I have three first languages,” Mhlanga said. “I went to school with all three languages, so I’m fluent in all three. I feel that’s not a question that anyone should ask because if I’m speaking English, I’m speaking English. It should just end there — not ‘so well,’ ‘so bad,’ or ‘with an accent.’ If you can understand me, that’s enough.”

Gaur described a stereotypical interaction she had when she first moved to the United States from India.



From left, sophomores Jaida Brown, Khangelani Mhlanga and Laura Lourenco, junior Charu Gaur and sophomore Chris Thies talk about international-student experiences.

ERIKA PERKINS/THE ITHACAN

“Junior year of high school, I moved to a boarding school in Connecticut, and I was the only Indian girl,” Gaur said. “Students there genuinely thought I came here on an elephant or a magic carpet. This one guy believed me that I got here on an elephant. I went with it for one month until they actually visited India and realized I was kidding. ... I didn’t mean to lie to them, I just saw how silly the idea was and had to joke about it.”

Lourenco said people have assumed she does not know about the U.S. political system because she is from another country.

“We were just having our own conversation, and I brought up the problems about immigration and [President] Donald Trump, and they said, ‘Ugh, don’t tell me about this, immigrant,’” Lourenco said. “And I just didn’t know how to react, and I just looked at them. I said, ‘I am an immigrant here, what do you mean by ‘Oh, this immigrant?’ They just brushed it off and it made me think for a long period of time after that. How are we supposed to react to this?’”

Thies said these assumptions can make international students feel insecure and less interested in talking to American students.

“There is a certain sort of familiarity that you have with [fellow international students] of like, ‘Oh you get it,’ because mom and dad are not just a four-hour drive away,” Thies said. “They’re a 14-hour plane ride away. You create a family here with each other because you don’t really have the option of going home during breaks.”

Sophomore Selam Kebede, an international student from Ethiopia, attended the panel and agreed that international students find kinship with one another.

“It’s been hard,” Kebede said. “I mostly met my friends from orientation. I don’t normally go up and talk to American people, just because it puts me out of my comfort zone. I do love my friends that I have made through the international program, though, because it creates a better sense of home.”

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COLLEGE BRIEFS

College celebrates local activists and indigenous peoples month

The Center for Inclusion, Diversity, Equity and Social Change (IDEAS) is hosting an indigenous peoples month event, “IC Voices: Activism is Our Legacy,” at 6 p.m. Nov. 12 in Clarke Lounge.

The event will focus on Ithaca activists and their impacts. It will feature Peyton Falk, indigenous student activist for native rights.

IDEAS is beginning a new long-term project to document the different activism activities of Ithaca College students.

For the project, IDEAS is interviewing activists, asking them about themselves, their activism and their visions for the future.

During every heritage month, IDEAS will feature one live interview for the public. The featured activist will speak about their experience and audience members will have the opportunity to ask their own questions.

Cinemapolis to host film festival for out-of-the-norm documentaries

Cinemapolis will host the Outer Docs Film Festival from 2 to 10 p.m. Nov. 10.

The theater is selling a pass for the whole day or for one of the four block showings. Tickets to stay for the entire festival cost \$25 while each individual showing will have a ticket price of \$8 if bought in advance or \$10 at the door.

The four showings will be “Searching for Community” at 2 p.m., “Nature’s Giants” at 3:30 p.m., “Life and Death” at 5:15 p.m. and “Roads Less Travelled” at 7:30 p.m.

Outer Docs is an award festival designed to celebrate documentaries that are outside of what is typically considered normal.

The Ithacan wins online Pacemaker at yearly college media convention

The Ithacan was awarded the Associated College Press Pacemaker Award for online content. The award was announced at the National College Media Convention that took place from Oct. 31 to Nov. 3 in Washington, D.C. The Associated College Press Pacemaker awards

are often considered the most prestigious in collegiate journalism.

The Ithacan was also awarded second place for the Associated College Press best of show for its website.

Hillel to host annual bagel brunch in celebration of family weekend

In honor of this year’s family weekend, Hillel at Ithaca College is organizing a kabab dinner for Shabbat and will be hosting its annual family bagel brunch Nov. 10.

The family weekend Shabbat service will begin at 6 p.m. Nov. 8 in Muller Chapel. The service for this weekend is egalitarian and designed to be accessible to individuals from both Conservative and Reform backgrounds. Dinner will be served at 7 p.m. after the service. Both chicken and vegetarian options will be offered. All food served will be kosher.

The bagel brunch will be from 11 a.m. to noon Nov. 10 inside the upper atrium of the Business School. Both hechshered and kosher-style food will be provided.

Professor launches new book with event featuring film scholar

The Park Center for Independent Media is hosting a conversation between Patricia Zimmermann, professor in the Department of Media Arts, Sciences and Studies, and Girish Shambu, film blogger, scholar and critic. The event is free and open to the public.

The event is at 8:30 p.m. Nov. 8 in Textor 103 and will be the launch of Zimmermann’s new book, “Documentary Across Platforms: Reverse Engineering Media, Politics, and Place.”

The book highlights documentary’s role as a practice to examine how the world is organized and to imagine ways that it might be reorganized with actions, community and ideas.

The book will be available for cash purchase at the event.

Zimmermann specializes in documentary, emerging nonfiction forms, amateurism and participatory media, industry studies and democratic potentials of communications. Shambu also edits Film Quarterly’s online initiative, Quorum. He teaches sustainability at Canisius



Students de-stress with sip-and-paint

Senior Diana Mejia paints as part of a sip-and-paint event Nov. 1. Students attending the event in IC Square could paint and win prizes. To implement more events, a Campus Center Planning Board was created this semester.

ALISON TRUE/THE ITHACAN

College in Buffalo.

Handwerker Gallery to host panel on artistic postnatural practices

The Handwerker Gallery will host “Postnatural Practices: A Post-Disciplinary Panel” at 6 p.m. Nov. 14 as part of its exhibition, “Ambiguous Territory: Architecture, Landscapes and the Postnatural.”

The panel will feature exhibition curators David Salomon, assistant professor in the Department of Art History; Cathryn Dwyre, adjunct associate professor in the School of Architecture at Pratt Institute; and Chris Perry,

assistant professor in the School of Architecture at Rensselaer Polytechnic Institute.

The panel will also feature Caroline O’Donnell, professor in the Department of Architecture at Cornell; Martin Miller, assistant professor in the Department of Architecture at Cornell University; Jennifer Birkeland, assistant professor in the Department of Landscape Architecture at Cornell; and Jonathan Scelsa, assistant professor in the School of Architecture at Pratt.

“Ambiguous Territory: Architecture, Landscapes and the Postnatural” will be in the Handwerker Gallery until Dec. 15.

PUBLIC SAFETY INCIDENT LOG

SELECTED ENTRIES FROM OCTOBER 21 TO OCTOBER 27

OCTOBER 21

SUSPICIOUS CIRCUMSTANCE
LOCATION: 260 Coddington Road
SUMMARY: The caller reported a tree falling from college property onto private property. The officer reported that there were no trees down on college owned property. Patrol Officer Mayra Colon responded.

OCTOBER 22

OFF CAMPUS INCIDENT
LOCATION: Other
SUMMARY: The caller reported one person arrested for disorderly conduct Oct. 19. Tom Dunn, associate director for the Office of Public Safety and Emergency Management, responded.

MOTOR VEHICLE ACCIDENT/PROPERTY DAMAGE
LOCATION: Z-Lot
SUMMARY: A person reported damage to their vehicle. Patrol Officer Khiem Nguyen responded.

SCC DISRUPTIVE/EXCESSIVE NOISE
LOCATION: Circle Apartment Building 185
SUMMARY: A person reported damage to their vehicle. Patrol Officer Khiem Nguyen responded.

SAFETY HAZARD
LOCATION: Terrace 10

SUMMARY: The caller reported smoke coming from the oven. The officer determined the smoke was caused by burnt food and no longer an issue. Patrol Officer Daniel Redder responded.

OCTOBER 23

SCC UNDERAGE POSSESSION OF ALCOHOL
LOCATION: Emerson Hall
SUMMARY: The caller reported loud and excessive noise. The officer warned people for the noise and judicially referred one person for underage possession of alcohol. Patrol Officer Kevin McClain responded.

OCTOBER 24

SUSPICIOUS CIRCUMSTANCE
LOCATION: Dillingham Center
SUMMARY: The caller reported information of a suspicious incident that occurred in Fall 2018. The investigation is pending. Patrol Officer Shawn Lansing responded.

ASSIST NY ITHACA POLICE DEPARTMENT
LOCATION: Other
SUMMARY: Ithaca City Police Department requested information for persons possibly involved in a fraud. The officer reported persons found not to be affiliated with Ithaca College. Master Security Officer Amy Noble responded.

RAPE THIRD DEGREE
LOCATION: Terrace 11
SUMMARY: The caller reported third-hand information that a person was sexually assaulted. The incident was reported to Title IX. Tom Dunn, associate director for the Office of Public Safety and Emergency Management, responded.

OCTOBER 25

MEDICAL ASSIST/INJURY RELATED
LOCATION: Fitness Center
SUMMARY: The caller reported a person injured their knee while playing basketball. The person was transported to the Hammond Health Center. Patrol Officer Bryan Verzosa responded.

FIRE ALARM ACCIDENTAL
LOCATION: Rowland Hall
SUMMARY: Simplex reported a fire alarm. The officer reported the alarm activation was caused by steam from a shower. Patrol Officer Daniel Redder responded.

OCTOBER 26

LARCENY THIRD DEGREE GRAND AUTO
LOCATION: Campus Center Quad
SUMMARY: The officer observed three unknown males riding in a golf cart. The officer reported the unknown males fled on foot when the officer

attempted to speak to them. The officer was unable to locate the persons in question. Sergeant Donald Lyke responded.

ASSIST NY STATE POLICE
LOCATION: Campus Center
SUMMARY: Officer assisted New York State Police with case. Patrol Officer Shawn Lansing responded.

ASSIST NY STATE POLICE
LOCATION: Campus Center
SUMMARY: Officers assisted New York State Police to serve an arrest warrant. Patrol Officer Shawn Lansing responded.

OCTOBER 27

CRIMINAL MISCHIEF FOURTH DEGREE
LOCATION: Emerson Hall
SUMMARY: The caller reported an unknown person or persons smashed the caller’s pumpkin. The investigation is pending. Patrol Officer Kevin McClain responded.

TRESPASS NO DEGREE
LOCATION: Office of Public Safety Parking Lot
SUMMARY: The officer observed a vehicle drive onto grass by the wooded area through the Office of Public Safety parking lot. The officer observed the driver of alternate route for vehicle to access storage area. A warning was issued for judicial action.

Sergeant Donald Lyke responded.

CRIMINAL MISCHIEF FOURTH DEGREE
LOCATION: Terrace 6
SUMMARY: The caller reported an unknown person damaged an exit sign. The investigation is pending. Sergeant Chris Teribury responded.

SCHEME TO DEFRAUD SECOND DEGREE
LOCATION: Other
SUMMARY: The caller reported receiving a suspicious email from an unknown source. The investigation is pending. Sergeant Donald Lyke responded.

OFF-CAMPUS INCIDENT
LOCATION: Other
SUMMARY: The caller reported an unknown person stole a purse containing an Ithaca College ID. The person was directed to the Ithaca City Police to file a report. The Ithaca College ID was deactivated.

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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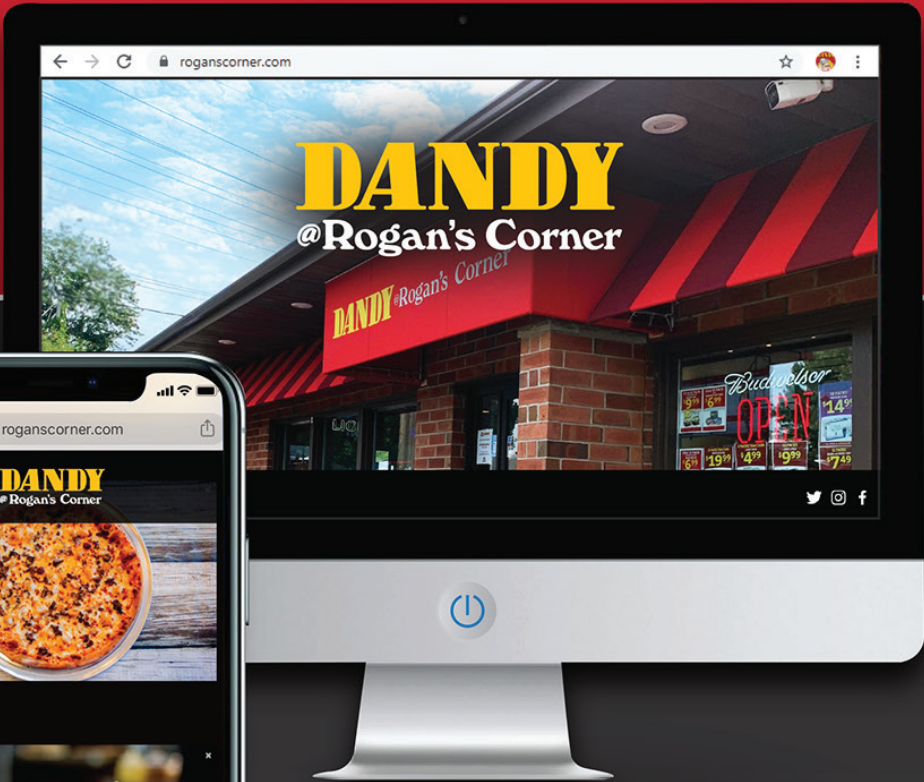
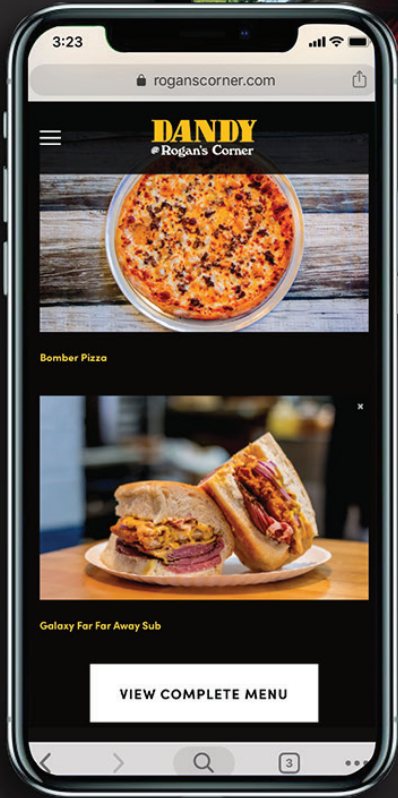


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JACOBA TAYLOR/THE ITHACAN

EDITORIALS

Art plays a vital role in social justice movements

Throughout history, the intersection of art and activism has played a crucial role in social movements against inequality, oppression and injustice. Whether it be political posters, film, photography, music or graffiti, different artistic mediums have helped countless social justice movements gain necessary traction in the public sphere. Community efforts across the globe continue to inspire social justice and awareness through artistic means. In today's divisive world, they carry more power than ever before — and they're happening right here in Ithaca.

This month, creative spaces throughout Ithaca will help host "How Did We Get Here?," an exhibition and event series about migration and displacement. The series is a community response to the show "how the light gets in" at the Herbert F. Johnson Museum of Art at Cornell University and explores the movement of people across the globe and the concept of borders. "How Did We Get Here?" will showcase the works of a number of local artists and activists, including members of the Ithaca College community.

Art has always helped social movements gain visibility. The peace symbol, now an internationally known design, was originally created to represent the efforts of anti-atomic weapons movements. In the 1960s, the artistic silhouette of a fist became synonymous with

black empowerment. Both of these symbols became accessible ways for the public to engage with and show support for the missions and values of their respective movements.

These are just two fairly simple examples of the relationship between art and social change.

Local art and social justice movements provide necessary opportunities for community members to engage with one another about prominent social and political issues. "How Did We Get Here?" creates spaces for members of the Ithaca community to further educate themselves on migration and displacement issues. Because immigration is such a hot-button political issue, representatives from the government and the media often view it as a political talking point rather than considering its impact on migrants and displaced people themselves. Art provides a platform for these people to authentically share their stories.

As members of the college and the Ithaca community utilize their skills and passions to spread messages of social change through artistic means, it is important to remember the power and weight of their efforts. Art is, and always will be, a living part of history.

As inequality continues to dominate U.S. systems and institutions, it is crucial that community members recognize the power of art as a necessary tool for cultural competency and real, lasting change.

Gun control legislation is crucial for student safety

The U.S. is currently experiencing a gun violence epidemic. Last year had the highest number of gun violence incidents ever recorded, based on data going back to 1970, according to the BBC. As part of ongoing efforts to keep students safe amid threats of gun violence in educational spaces, schools across the country are increasingly mandating shelter-in-place drills. The drills provide opportunities for those on campus to practice responding to active-shooter situations. Ithaca College has hosted three shelter-in-place drills during 2019–20 academic year so far. This included a drill for the School of Health Sciences and Human Performance in Hill Center and the Center for Health Sciences on Oct. 11. The 30-minute long drill focused primarily on securing the buildings and establishing simple safety techniques, and it did not include a simulated visual or auditory attack. The college also offers online resources, including a Run-Hide-Fight training video.

The reality of gun violence throughout the United States has deemed measures like active-shooter drills necessary. However, while helpful, these drills are only a Band-Aid for a much larger, elaborate problem. In order to truly advocate safety in schools, it is important to recognize that anti-gun violence measures go far beyond active shooter drills. In the case of gun control,

tangible change must start from the top down.

The current lack of gun control legislation is undeniably the most crucial contributor to gun violence in the U.S. Despite the admirable efforts of activist groups, the federal government has yet to pass any legislation that limits the public's access to guns.

The federal government's failure to enact policies that would even slightly decrease the likelihood of on-campus shootings is not only disappointing but extremely irresponsible. Gun violence not only has a heartbreaking impact on individuals who have lost their lives to gun violence and their loved ones but also on the entire culture in which today's youth are growing up. Today, even young children are overexposed to the reality and impact of gun violence as reports of school shootings make consistent appearances in the news cycle.

Active-shooter drills are primarily useful in that they help campus community members remain conscious of the ever-present threat of gun violence on campus and learn useful safety techniques. But students should not have to sacrifice their own time and education to make up for the federal government's lack of competency and failure to limit the impacts of gun violence. The only dependable way to ensure the safety of students on campus is to advocate gun control legislation and demand that lawmakers be held accountable.

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

New policy allows LGBTQ discrimination

BY BRONTË COOK

A new policy proposed by President Donald Trump’s administration would allow foster care and adoption groups and agencies to deny LGBTQ families on faith-based grounds.

The Department of Health and Human Services (HHS) released the proposed rule Nov. 1, which is the first day of National Adoption Month. The proposal would roll back an Obama-era discrimination regulation that included sexual orientation and gender identity as protected classes. As it currently stands, religious groups wishing to apply for HHS grants must request a waiver from the Obama-era regulation.

Under the new policy, any foster care organizations, adoption groups or other entities that get department funding are legally allowed to discriminate against LGBTQ individuals. The rule could be published in the Federal Register as early as this week. When published, it will be

followed by a 30-day comment period, after which comments will close and the rule will officially be established.

The White House released a statement Nov. 2 that defended the administration’s decision to allow faith-based discrimination within adoption and foster networks.

“The federal government should not be in the business of forcing child welfare providers to choose between helping children and their faith,” the statement said.

This policy will have a significant effect on the ability of LGBTQ couples to start families. Same-sex couples with children are far more likely to adopt children than heterosexual couples, according to a recent report from the Williams Institute at the University of California, Los Angeles School of Law. The report says 21.4% of same-sex couples with children have at least one adopted child, compared to 3% of heterosexual couples.

The proposal has received



A new policy proposed by President Donald Trump’s administration would allow foster care and adoption groups and agencies to deny LGBTQ families on faith-based grounds.

JACQUELYN MARTIN/ASSOCIATED PRESS

significant pushback from LGBTQ activists and allies.

Alphonso David, president of the Human Rights Campaign, said the Trump administration’s proposal is horrific and would permit discrimination across the spectrum of HHS programs.

“The Trump-Pence White House is relying on the same flawed legal reasoning they’ve used in the past to justify discrimination,” he said.

Since President Trump took office in January 2017, his administration has made a

number of moves that directly discriminate against members of the LGBTQ community. This includes a ban on transgender military service members.

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NEWSMAKER

College librarian receives award from library council

Sarah Shank, interlibrary loan borrowing coordinator at Ithaca College, received a “Library Worker of the Year” award from the South Central Regional Library Council. It is a nonprofit that aims to strengthen library services throughout central New York.

Opinion Editor Brontë Cook sat down with Shank to talk about the award, the work she does at the college and the benefits of library resources.

This interview has been edited for length and clarity.

Brontë Cook: Can you tell me about the work you do here and the award you received?

Sarah Shank: If we don’t have something here in the library, I will go to other institutions and libraries and try to find [resources] from them and bring them here. ... It’s pretty fun to see all the different things people are researching and to see where things come from. I’ve gotten something from Germany, Australia, South Africa, ... a lot of different places. It’s awesome. ... I actually didn’t know I was getting the award. The library director nominated me.

BC: Why is interlibrary borrowing important?

SS: We can’t possibly buy everything with the limited funds we have, so it allows us to grow and bring much more and for a lower cost. ... I also do work with other

outside libraries. We are part of a consortium called IDS, which stands for Information Delivery Services project. ... There’s a lot of technology, and that helps to improve workflow. They have a mentorship program where you take a course and then you’re able to go to other libraries and help them improve their workflows. So I took that training, and I’m an ideas mentor, they call it. Right now, we’re working on revamping the training.

BC: How has your job changed with the introduction of new technology?

SS: When I first started, the article delivery [process] was you photocopy the article and you sent it to the mail or you faxed it to somebody. But now it’s transformed, ... and we’re able to send it electronically right to your account. ... We got a lot more interesting requests. ... You’re able to discover a lot more to start with. I think it helps [students] connect to deeper resources. It’s not that we don’t have a lot in our library but maybe there is the perfect paper at another university.

BC: What are some of the main challenges of interlibrary borrowing?

SS: I kind of beat requests with a stick and keep putting them out there until I actually get something in return, so sometimes I’m not sure if [the requester] actually needs the resource anymore. And then sometimes we’re



Sarah Shank, interlibrary loan borrowing coordinator at Ithaca College, received a “Library Worker of the Year” award from South Central Regional Library Council.

ELYSE KIEL/THE ITHACAN

able to get things to them so quickly, I’m worried that they’ll expect immediacy every time. Sometimes it does take time to bring back, especially articles that haven’t been printed or published in an issue yet or sometimes hard or new books. I can’t tell you how many requests I’ve gotten for something that’s going to be published in a month from now.

BC: What is your favorite part of the job?

SS: I think my favorite part of the job is getting to see the types of things that come in. I’m always amazed at what we can get in. There was a professor in the music school who was trying to get an article that she had published. All the other articles from the issue were available

on the web, but for some reason, hers was password protected. So I spent a long time trying to get it from different places, but I couldn’t get it, and I eventually gave up. But a long time later, a student requested the same article. ... I was reminded that it’s available on a website and somebody must be up keeping the website, so we were able to get in touch with that person, and they were able to take the password protection off and she was able to get it. So that was really neat to be able to see that. ... It really impacts the research that people are doing here.

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LETTER TO THE EDITOR

Thank you for covering one facet of my visit to this week’s SGC meeting. The headline and story would lead readers to believe the purpose of my attendance was to raise the issue of availability of menstrual products in campus restrooms. However this was one small part of a complete presentation I provided about the history, programs and resources of the LGBT center, its philosophical grounding in supporting students through recognizing intersectionality and dismantling white supremacy and misogyny, and strategies for acting in allyship and solidarity. All told, a robust 45 minute conversation covering a variety of topics and themes. Ironically, during the Q&A portion I quipped that some think restrooms are the focal point of my work at IC. Somehow this became

the sole focus of the Ithacan’s coverage, too. While coverage of other guests have titles like “Representative of Office/Department Discusses Resources at SGC,” this wide ranging session was reduced to a singular, restroom based subject. To be clear, access to menstrual products is critical. I support it 100%. And the purpose of my time at the SGC meeting reached well beyond restrooms. Many thanks to SGC for inviting me to spend some time with them.

Luca Maurer
Director of LGBTQ Education, Outreach and Services

GUEST COMMENTARY

Aging is an opportunity to find freedom

BY ELIZABETH BERGMAN

How I wish that when I was a young adult someone had told me to take a long view of life. I wish someone told me that I would change profoundly and yet stay the same, that I would overcome challenges that would fundamentally alter the course of my life and that life would grace me with the opportunity to reinvent myself many times over.

I wish someone had told me not to fear aging – that it is not just aches, wrinkles and discrimination. That it is also freedom – freedom from the anguish of worrying about what others think of me, from imposter syndrome and from the expectation that my life plays out exactly according to plan. Freedom to live in the moment, to revel in the accomplishments of others and embrace interdependence.

It can be difficult to imagine ourselves at age 90, or even 100, but the odds are that many of us will live this long. The demographic changes that lead to this longer life expectancy also means that our social institutions will need to undergo major changes. Our health care, pension and family systems cannot maintain the status quo in the face of our nation's changing demographics.

So, too, will the course of our individual lives need to change. The age-segregated structure of our lives – transitioning through life in distinct stages from education, to work, to retirement – may no longer be sustainable, or even desirable. Longer lives bring the



Elizabeth Bergman, associate professor and chair of the Department of Gerontology, writes that young people should not fear getting old. Rather, they should value their paths in life.

SURINA BELK-GUPTA/THE ITHACAN

opportunity to reimagine their structure. It can be liberating to think of our lives as having many opportunities to change course. To invest our energies in our relationships, our communities and ourselves in fulfilling and creative new ways.

In our youth, we often feel pressure to “figure out what we want to do with our lives,” as though in our teens or 20s it is possible to anticipate our interests, motivations and circumstances for decades into the future. Adopting a long view of life relieves us of some of that pressure. Yes, the decisions we make today are important, but there is time to change course and retool. A long view of life encourages us to embrace

possibility and keep an open mind to the future.

One great way to broaden our views – to take the long view – is to learn about aging. The Ithaca College gerontology department offers the opportunity to do just that through interdisciplinary social science courses examining different aspects of the aging experience. Another great way to learn to take the long view is to spend time with elders. Longview is a senior housing community across the street with which the college has had a formal partnership for 20 years. This internationally recognized intergenerational partnership offers students the unique opportunity to glimpse their future and learn from those who

have come before them through curricular and extracurricular programs, field placements, volunteerism and work-study opportunities. In learning about aging, we are guaranteed at the very least to gain knowledge that will be of direct benefit to us and our loved ones in very real ways. In addition, however, we are very likely to gain a transformative new long view of life and gain treasured new friends in the process. To learn more about how you can gain a long view of life, contact the Ithaca College Gerontology Institute or visit us in Job Hall.

ELIZABETH BERGMAN is an associate professor and chair of the Department of Gerontology. Connect with her at ebergman@ithaca.edu.

GUEST COMMENTARY

Students with foreign accents face microaggressions

BY COLETTE RENARD

“Oh my God! I love your accent! Where are you from?” As soon as I introduce myself to someone, this kind of exclamation or question pops up about my French accent. Usually, the person asking is merely curious, or it is intended as a compliment. However, these comments are often actually microaggressions – a vague comment or question that unconsciously excludes a group of people. When receiving comments about my accent, it makes me and other students with accents feel as though having an accent is abnormal. I was born and raised in France and lived there until I left to come to college. It is always a sudden change when I go back home for break and feel “normal” and more comfortable speaking.

I have experienced microaggressions throughout my time at Ithaca College. Once, I was having a conversation with a few American students. It was late, I was tired, I was starting to say something about my day and stopped midsentence as I forgot one word. I apologized for it, still trying to find the word I was looking for. One of the friends I was talking to said, “It’s OK. It’s because English might be confusing.” I ignored that comment even though I found it offensive, as it made me feel that my English was not good enough and that I could not hold a conversation.

I have received similar comments from my professors. In one of my freshman classes, the professor asked a room full of international students if they knew what a chocolate bar was. We all looked at one another with surprise. Did the professor actually ask that question? I felt that the professor thought we were unaware of the simplest things in the country. It made me feel even more uncomfortable to



Colette Renard, an international student, writes that students with accents often face microaggressions. This isolates students both in and out of the classroom.

ABBEY LONDON / THE ITHACAN

speak. Even though the intention of the professor was not harmful, it just made me feel as if I was not knowledgeable and that I maybe did not have a place here.

Another time, a professor asked me to read a slide of a presentation. I was sitting far away from the board and had lost one of my contacts so, essentially, I was only seeing out of one eye. I started to read the slide slowly and hesitantly. I felt as though people were bored, so I stopped and apologized for reading too slowly. “That’s fine, it’s English,” the professor said, which prompted me to murmur, “No, I just lost my contact.” I was almost done reading the slide, so I finished, but I feel as if the professor would have not hesitated to ask someone else to read if the slides were longer. He wanted to go faster and did not have the

patience to hear someone read slowly.

These types of comments can have a significant impact on someone’s level of comfort during social gatherings. Often, I simply do not want to feel judged or have everyone else notice I sound “different.” When I receive a comment about my accent, I would like to respond “Well, so do you!” Everyone has a different accent depending on what country they are from, what region they are from or even their family lingo.

I do understand one’s curiosity to know where someone is from, although there are more polite and engaging ways to ask than to do it by pointing out one’s differences.

COLETTE RENARD is a junior integrated marketing communications major. Connect with her at crenard@ithaca.edu.



INTO IDENTITY

MAHAD OLAD

Racial politics in higher education

On Sept. 30, Harvard University won a lawsuit against Students for Fair Admissions (SFFA), a conservative legal organization hell-bent on wiping out affirmative action programs on college campuses in the U.S. The plaintiffs in the SFFA case accused Harvard of using racial preferences to discriminate against qualified Asian applicants who applied for undergraduate degrees.

As I’ve noted in previous columns, educational policies that promote racial and ethnic diversity, such as affirmative action, are beneficial to students from underrepresented backgrounds. However, there does seem to be a troublesome gap between the theoretical aims of racial justice initiatives and their practical applications.

I spoke with several Asian students on campus to get their perspectives on this particular case. Most feel as if Harvard admissions officers, despite their good intentions to produce a diverse class, lump together all Asian applicants into a broad category: “Asian American.” Just like any other racial group, Asians retain tremendously diverse cultures, languages, religions and histories. However, it seems as if none of the unique personal attributes and experiences of Asian applicants make it through a murky admission process that Harvard calls a “holistic review.”

The most controversial aspect surrounding this lawsuit pertains to the “personal ratings” Harvard officials use to cast away academically qualified Asians. They argue that this “personal rating” is race-neutral and unaffected by their personal biases. However, the data plainly demonstrates that, on average, Asian applicants consistently scored the lowest points on this highly subjective and ambiguous admission criteria. No matter the academic and extracurricular successes of Asian applicants, they could simply be rejected if admission representatives do not find them to be sufficiently “likable,” “kind,” “helpful” and “positive.”

African American and Hispanic students receive much higher points on the personal rating metric, even though they, on average, possess lower academic qualifications compared to Asian and white applicants. Here, it seems as if the personal ratings create a racial pecking order that Harvard believes is bureaucratically necessary to create an ideal campus environment.

Harvard, just like most other selective schools that use preferential treatment, is not going to sacrifice its academic caliber for the sake of diversity. But if admission officers are going to continue fetishizing diversity, it should not come at the expense of Asian students or any other minorities.

The condescending language Harvard uses toward Asian applicants should not be overlooked. These administrators implicitly argue that Asians are inherently less likable and personable. Harvard’s discrimination against Asian Americans should be denounced, not championed in the name of racial progress.

INTO IDENTITY is a column about identity written by MAHAD OLAD. Olad is a senior politics major. Connect with him at molad@ithaca.edu.

DIVERSIONS

crossword

By United Media

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
			18	19			20	21				
22	23	24					25					
26				27	28	29		30		31	32	33
34			35		36		37		38			
39				40		41		42		43		
			44		45			46	47			
48	49	50					51					
52					53	54			55	56	57	58
59					60				61			
62					63				64			

ACROSS

- 1 Force
5 Swear solemnly
8 Secure
12 State definitely
13 Cousteau's summer
14 Marched along
15 Memory unit
16 Road map info
17 Hit the books
18 Campground initials
20 Romantic
22 Tibet's capital
25 Swerve off course
26 Puppy sound
27 Served the meal
30 Tee partner
34 Slashes
36 Folk song mule
38 Pharmacist's weight
39 "Crocodile Rock" composer -- John
41 Thou, today
43 Dik-dik cousin
44 Stadium cry
46 Hurry off
48 Babble away
51 Fiddle idly

- 52 Clarinet kin
53 Potsdam pronoun
55 Safekeeping
59 Wilcox or Raines
60 Clean air org.
61 Perjurer
62 Uris or Spinks
63 -- Juan
64 Ms. Thompson of films

- 28 Enrique's "is"
29 Week unit
31 Cornstarch brand
32 Prefix for second
33 Grass fungus
35 Vegan protein source
37 -- and behold
40 Once named
42 Club for GLs
45 April sign
47 Go biking
48 "Uptown Girl" singer Billy --
49 Well-qualified
50 Type of tie or knife
51 Lighter- -- -air
54 Auditor
56 Objective
57 Woolly animal
58 Time period

DOWN

- 1 Bit of paint
2 Creeping vine
3 Food server's need
4 Goes on safari
5 Flo's coworker
6 Old-time slugger Mel --
7 Overgrown
8 Threw here and there
9 Caller's code
10 Froth
11 Circular current
19 LummoX
21 British rule in India
22 Orpheus' harp
23 Rain icy pellets
24 Client mtg.

last issue's crossword answers

MONA	NEV	CLAW
AUEL	ICE	LILY
SCAM	COG	OTTO
SHRANK	ALI	
	YET	ASWAN
DEBACLE		STARE
YARD	SAD	EDIE
EVADE	MIS	READ
DENIM	SAO	
	TUB	DUFFEL
PALI	ATE	LULU
OLEO	DAM	AJAR
PLAN	EDS	KINK



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STATE


11/19 DARK STAR ORCHESTRA
1/17 AN EVENING WITH MIKE GORDON
1/22 GREENSKY BLUEGRASS
2/29 THE MACHINE *PERFORMS PINK FLOYD*
3/7 AN EVENING WITH GRAHAM NASH
3/12 O.A.R. *SPRING FLING TOUR*
3/14 TIG NOTARO
3/20 DAKHABRAKHA
3/25 BÉLA FLECK & THE FLECKTONES
4/5 DAVID SEDARIS
4/14 WHOSE LIVE ANYWAY!

HAUNT

11/7 NORTH MISSISSIPPI ALLSTARS
11/8 JUICE
11/9 SATISFACTION
11/12 THE DIP
11/13 HISS GOLDEN MESSENGER
11/14 PALEHOUND
11/15 START MAKING SENSE
11/16 MIHALI

HANGAR

11/9 MARC COHN
3/13 HOWARD JONES
3/18 TOM PAXTON
4/23 ALASDAIR FRASER & NATALIE HAAS
5/9 CHRIS SMITHER



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sudoku

easy

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

answers to last issue's sudoku:

medium

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

hard

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

medium

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

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SMALL BUSINESS PIONEERS

STUDENTS BUILD BUSINESSES FROM PERSONAL PASSIONS

From left, freshman Massaran Cisse and sophomore Luna McCulloch started businesses in Fall 2019 based on their passions. They sell their products online.

LEXI DANIELSON/THE ITHACAN

BY HANNAH FITZPATRICK

Before sophomore Luna McCulloch came to Ithaca College to study film, she said, art was already a huge part of her life. She learned how to paint and make sculptures out of wood at a young age from her parents, who are both artists. Her most recent artistic venture of painting hats was a spontaneous hobby that she turned into a business.

"My roommate and I were looking for something to do one night and she was like 'Let's go to Walmart and get a bunch of paint,'" McCulloch said. "I didn't really feel like painting on a canvas, so I bought a couple of white hats as my medium. They came out really well, and I really enjoyed painting them, so I figured why not run with it?"



Cisse sells handmade, gluten-free and cruelty-free lip gloss in a variety of scents for \$6 each or \$10 for two.

LEXI DANIELSON/THE ITHACAN

McCulloch is just one student who has started a business out of a personal hobby. McCulloch said that she only started painting and selling hats at the beginning of Fall 2019 but that she has previous business experience from selling some of her art on the popular craft website Etsy.

McCulloch buys hats and paint at Walmart and sells her customized hats for \$40 each to the general public and at a discount of \$30 for Ithaca College students and staff. McCulloch's business is commission-based, meaning she paints and sells hats based on requests submitted to her by customers.

"I think by making the hats myself instead of buying a premade graphic online, more people are willing to spend a little money on something that was created just for them," McCulloch said. "Plus, it's been fun playing with different designs and figuring out what people would actually wear and what people would want to see."

Freshman Massaran Cisse also started her own business this semester. Her brand, Belle Gloss, specializes in selling vegan, gluten-free and cruelty-free lip glosses at affordable prices.

Cisse uses Instagram to promote her products and offers an array of lip glosses in different, fruity scents. Cisse sells her products for \$6 a tube or \$10 for two tubes. She said she was inspired to create her own lip glosses because she struggled to find a brand-name lip gloss that worked for her.

"Most of the time, I can't find a lip gloss that's long-lasting, doesn't have any animal products in it and looks really good when you wear it," Cisse said. "There are some products that claim to be vegan and gluten-free, but it only applies to their base and not the glitter in the gloss. At that point, I decided to take matters into my own

hands, do the research and start making glosses myself."

As it turns out, homemade lip gloss is not an easy item to make. Cisse said she spent over a year researching different tools and methods to make lip gloss and spent approximately four hours in the laboratories at the Center for Health Sciences mixing the right amount of gloss base, scented oils, Vitamin E oil and glitter to create her lip gloss shades.

She said she spent \$134 on the supplies for her first batch of lip gloss. So far, she has sold over 25 lip glosses in three different shades. Her shades are called MC, a clear and lemon-scented gloss; Bubbly Vibes, which has light pink glitter and is peach scented; and Purple Reign, which is a pomegranate-scented option with purple glitter.

To promote her business and products, Cisse presented her brand at the business model competition Park Tank on Oct. 11. Park Tank is an event hosted by the Roy H. Park School of Communications that replicates the television show "Shark Tank" in which people with sales ideas compete for endorsement and recognition. Cisse won the audience favorite award at the event.

"I had all of the judges try my glosses, and they said they loved it," Cisse said. "I also had the crowd laughing, and they just really liked my personality. Seeing everyone have a fun time definitely made me feel a lot less nervous when I was presenting."

With every business comes its challenges, and businesses run by students are no exception to this. Dawn Kline, assistant dean of the School of Business, said the main challenge that she often sees with student-driven businesses is the constant struggle to balance between school and work.

"There is literally always more work to do,"



McCulloch said she had the idea for her business when she and her roommate painted hats for fun.

LEXI DANIELSON/THE ITHACAN

Kline said. "It can be hard to find the balance between growing a business and taking care of schoolwork, but the ideas and the products we see from these students show that they can certainly make it work."

For others who are thinking about starting their own business but are not sure where to start, McCulloch said that they should create their businesses out of something they are truly passionate about and enjoy.

"I don't think it's worth the thought process and the planning of a business if you don't enjoy what you're creating or what you're offering," McCulloch said. "If you enjoy what you're doing, you'll never have to work a day in your life."

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CULTURED

The Life & Culture editor’s breakdown of mainstream and alt culture
Compiled by AVERY ALEXANDER

QUOTE^{OF THE} WEEK

“It’s extremley hard to get into this business, and I didn’t have any money. I was living out of a trailer park.”

ACTOR JASON MOMOA,
on struggling with money as an actor



SPOTLIGHT

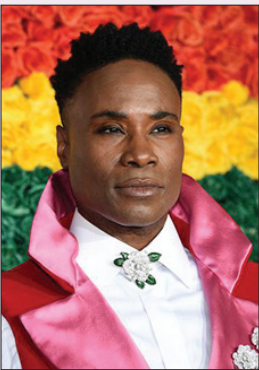
BROADWAY ACTRESS DIES FROM CANCER

Actress Ann Crumb died Oct. 31 at the age of 69. The Tony Award-nominated actress died from ovarian cancer, her vocal coach Bill Schuman said. Crumb is known for her Broadway and TV roles and her work as a jazz singer. Crumb was in the original Broadway cast of “Les Miserables” and was the in the title role in the musical adaptation of “Anna Karenina.” Her television roles include her appearances on “Law & Order.” “She had an amazing vocal instrument,” Schuman said to The Philadelphia Inquirer. “She, of course, had a famous Broadway voice. She was a belter. But she also had a very legitimate head voice. She could do legitimate operatic music. It’s very rare to find a voice that’s capable of doing both.”



HOT

- Emmy Award-winning actor Billy Porter and the Black Eyed Peas are just two artists announced for the Macy’s Thanksgiving Day Parade this year. The performers were announced Nov. 1, and the parade will air at 9 a.m. Nov. 28.
- Sony announced Nov. 1 that a sequel for “Spider-Man: Into the Spider-Verse” will be released April 8, 2022. The first film was praised for its stunning animation and was a hit at the box office, garnering over \$375 million in theaters. It also won an Academy Award for best animated feature film in 2018, beating out the equally popular “Incredibles 2.”



NOT

- Big-name designer Zac Posen’s namesake label is shutting down. Posen’s work has been recognized on the runway for decades, but, he said, his company was unable to successfully navigate the rapidly changing fashion industry, which has struggled because of fast fashion.
- Lee Ho-seok, who is known as Wonho in the rising K-pop group Monsta X, confirmed he will leave the group. The split comes after allegations from Ho-seok’s former roommate, actress Jung Da Eun, that Ho-seok owed her money and stole and sold her items.



Challah for Hunger raises money for charity

BY CONNOR AHERN

Early in the afternoon on Thursdays, select members of IC Challah for Hunger meet in the Terrace Dining Hall bakery and prepare dough for challah. Later that same day, the rest of the club will meet, measure the risen dough, weave their individual challahs and bake them to be sold the next day.

Challah is a Jewish bread that is commonly eaten on ceremonial holidays. It is woven before being baked, resulting in its special braided shape. In IC Challah for Hunger, students volunteer their time at 6:30 p.m. every Thursday to bake the bread and then sell it on Fridays from 10 a.m. to 2 p.m. Mini challahs cost \$1, and regular-sized challahs cost \$3. IC Challah for Hunger is only one chapter of a national organization.

“The goal for the national organization as a whole is to fight against hunger through acts of service, education and community,” said senior Rachel Ratner, president of IC Challah for Hunger.

In 2004, Eli Winkelman of Scripps College gathered a small group of students to bake challah and connect with the Jewish community at Scripps. What started as students baking challah for fun evolved into an expansive network of over 80 college chapters that now bake challah with one goal in mind: to take action against hunger.

According to the official Challah for Hunger website, the Ithaca College chapter was founded in Fall 2013 and has been donating to charities ever since. The proceeds from what is sold are split in half between MAZON: A Jewish Response to Hunger and the Food Bank of the Southern Tier. Both organizations tackle issues

regarding food insecurity.

The money IC Challah for Hunger donates to the Food Bank of the Southern Tier goes toward helping seniors, children, disabled people, homeless people, single-parent families, disaster victims and unemployed individuals in the southern tier of New York. They provide food and volunteers to meal programs and shelters in Broome, Chemung, Schuyler, Steuben, Tioga and Tompkins counties.

MAZON: A Jewish Response to Hunger is a nationwide group acting to end hunger in the United States and Israel that also receives support from Challah for Hunger. While its basis is inspired by Jewish values and ideals, it spreads their assistance to all faiths and people.

What IC Challah for Hunger members do every week has a real impact on the community they live in, Ratner said. She said the efforts of the organization extend to students at the college as well because it supports students who suffer from food insecurity.

“A common assumption is that students who can afford to attend college can afford food for themselves too,” Ratner said. “However, that is not always the case. Even if a student could afford three meals a day, that does not necessarily imply those are three nutritious meals.”

IC Challah for Hunger also works to educate its members on food scarcity and the importance of what the organization is doing for the community. Freshman Isabelle Marenberg, a member of IC Challah for Hunger, described how the club educated her on food insecurity.

“When we first joined, they did one meeting with a kind of game to



From left to right, sophomore Peyton Schabilion, freshman Sydney Bulla and sophomore Ellie McNeilly form and bake challah bread for the charity organization Challah for Hunger.

COURTESY OF ARAXI MEHROTRA

educate people about the issues,” Marenberg said. “So we are not just going to braid the challah, but we’re learning about why we’re doing it.”

Freshman Sydney Johnson, another member of IC Challah for Hunger, said she believes the club is spreading awareness.

“I think a lot of it is selling the bread so we can give the proceeds to helping the issues,” Johnson said. “But I also think they want to have people at the college level start to care about these kinds of issues so that in the future we will have more people

that are aware of food scarcity.”

Both Marenberg and Johnson said they want to make a difference in the community. They said that the purposes of the club are important and valuable and that the members also form a community of bakers and volunteers. Whether making the bread as a group or selling the bread in the Campus Center, they said, working together strengthens the members’ efforts in the community.

“There’s a good community aspect because you go every week, you see everybody and you talk while

you do it, so it’s very friendly,” Marenberg said.

Though the club has a Jewish background, Ratner said, it is not only for people of Jewish faith.

“Our campus club hopes to grow in membership and make our presence, cause more aware around IC,” Ratner said. “Even though the organization is Jewish based, we try to make it known that anyone can join our club or donate.”

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Ithaca native explores religion and science in her first book

Ithaca native Sasha Sagan has written her first full-length novel, “For Small Creatures Such As We: Rituals for Meaning in Our Unlikely World,” focusing on her family history, experience with religion and relationship with the scientific community. Sagan is the daughter of Carl Sagan, astronomer, author and former Cornell University professor. Sagan focuses closely on her extended family history and uses the lives her family members to contextualize complicated matters within the scientific community and society.

Sagan is currently on a tour to promote and discuss her new book, and she will return to her hometown for her book event at 4 p.m. Nov. 9 at Buffalo Street Books.

Staff writer Vivian Goldstein spoke with Sagan about her inspirations, her struggles as an author and her reasons behind the messages in her book.

This interview has been edited for length and clarity.

Vivian Goldstein: What inspired you to write this book?

Sasha Sagan: I wrote an essay in The Cut about five years ago that touched on some of the themes I explored in it. Facing mortality without religion in particular really seemed to resonate. After that experience, I knew I wanted to write a book, but the form of this book didn’t become completely clear until my husband and I started thinking about having a baby. Like any expectant parents, we had to think about what we would celebrate with our little one, what we would instill in them, how we would answer those profound questions all children ask. I thought maybe other secular people, or people who don’t fit neatly into one category or another, might be wrestling with some of those same questions, maybe also looking for ways to

celebrate and honor all the wondrous things we understand thanks to the scientific method.

VG: What was it like to discover, reflect on and write about your own personal family history?

SS: The best word I can think of is fulfilling. There was something about sharing these stories, the details of the lives of the people to whom I owe so much, that gave me a deep pleasure. I have always been fascinated with my family history, and I loved sharing it with a wider audience.

VG: Your book is proposing a small revolution in comparison to current discourse. Does this relate to why you wrote it now? What do you hope your book contributes to larger discourse?

SS: Besides astronomy, my dad taught an undergraduate course in critical thinking at Cornell. Critical thinking and rigorous questioning aren’t just useful for separating scientific fact from fiction. They are also crucial to a functioning democracy. I, quoting my parents, of course, write about this a bit in the “Independence Days” chapter. ... I hope to emphasize what our species shares on this little out-of-the-way world and highlight how superficial and minor our differences are.

VG: Were you ever nervous to publish a book that may challenge many people’s current belief systems?

SS: I was very nervous at times, but not for that specific reason. ... My fear was that I didn’t have anything original to add to these topics. I don’t know if I have or not, but I hope I’ve at least presented some ideas in my own particular way.

VG: While the book is all about finding sacred moments and rituals in normal life, are there ever moments that don’t feel sacred? How do you personally distinguish them?



Author Sasha Sagan, daughter of astronomer Carl Sagan, wrote her first full-length book that focuses on her life, family, relationship with religion and the scientific method.

COURTESY OF BRIAN C. SEITZ

SS: Essentially, time is constantly passing, changes are constantly taking place, but often we don’t even detect them. And then there are these moments when all the hair on your arms stands up and you suddenly experience it for a second. We just have to keep an eye out for those.

VG: Who did you write this book for? Why?

SS: I had a few groups in mind and people I know who I thought of often while writing. A major one was people who identify as “spiritual but not religious.” I think we all want to feel connected to the grandeur of the universe. I think we all want to feel a sense of transcendence. My parents taught me that science can provide that, revealing more astonishing beauty than humans could have ever concocted. I think we can get a lot of fulfillment from science if only it were presented with more enthusiasm

to more people.

VG: Did your own beliefs change as you wrote this book?

SS: I wouldn’t say my beliefs changed, but there was something about writing down my perspectives and experiences that did change something in me — maybe my approach. When I get into philosophical debates at dinner parties, something I’m very prone to, I think I’m a little less intense than I used to be. Maybe because I feel less urgency to express some of my strongest opinions over the course of the evening knowing I’ve organized them neatly and written them down for anyone who cares to read them.

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THE ITHACAN

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ACCURACY • INDEPENDENCE • INTEGRITY

LABOR RIGHTS

Contingent Faculty Union hosts panel to discuss local unionization efforts

BY MADISON FERNANDEZ

Although Ithaca is consistently ranked as one of the most liberal cities in the United States and Ithaca College is known to be a predominantly liberal institution, the community is not immune to labor rights issues.

"One of the things that ... I really want to touch on is the idea of working for liberal organizations and how their image of being a liberal organization is at odds with the union-busting practices that they do," said Megan Graham, vice chair of the Ithaca College Contingent Faculty Union and assistant professor in the Department of Writing, at the union's first Local Labor Discussion Panel on Oct. 28.

In addition to discussing student and faculty labor rights issues on the college's campus, the panelists spoke about attempts in the local community to form labor unions. Along with Graham discussing the union's plans for its contract renewal in 2020, other panelists included senior Alex Gray, who spoke about compensation for resident assistants at the college; Kerrie Gordon, a worker at local supermarket GreenStar, who spoke about the staffers' unionization effort; David Blatter, a graduate student at Cornell University, who discussed graduate students' unionization; and Nicholas Sedotina, a local worker who attempted to form a union at St. Regis, his place of employment. Approximately 10 people attended, including members from the community, faculty, staff and students.

Ellen David Friedman, a local activist who moderated the discussion, commented on the low turnout at the event.

LABOR, PAGE 4

Board of Trustees discusses strategic plan implementation

BY ASHLEY STALNECKER

The Ithaca College Board of Trustees visited the college for its Fall 2019 meeting from Oct. 23 to Oct. 25. At the end of the week, the board

Collado demonstrates support for undocumented students

BY EMILY HUNG

Ithaca College President Shirley M. Collado recently announced that the college filed an amicus brief along with 164 other colleges and universities urging that the Supreme Court to pass legislation to protect Deferred

"Through no choice of their own, Dreamers were raised and educated in this country as Americans," the brief said. "Yet, until DACA was announced in 2012, they lived under the threat that the government might one day come calling and

Members of the Ithaca community protest unfair working conditions for GreenStar workers during a picket Sept. 15. Employees from other local businesses are also in the process of forming unions.

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Powerful Performers: Student bodybuilders balance training and academics

By Emily Heller | Oct 31, 2019

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Awaited album is anything but divine

MUSIC REVIEW: “JESUS IS KING,” UMG Recordings ★☆☆☆☆

BY HANNAH FITZPATRICK

It is safe to say that Chicago-based rapper Kanye West is one of the biggest trolls in the music industry to date. His long-awaited ninth album, “Jesus Is King,” was delayed multiple times in the past year. In addition, his shift from secular to gospel music is questionable considering his statements to the press this past year. These statements range from West claiming in a TMZ interview that slavery was a choice to stating in his Oct. 24 interview with radio DJ Zane Lowe that he is “unquestionably, undoubtedly, the greatest human artist of all time.”

However, “Jesus Is King” shows little evidence that West is the greatest artist of this month, let alone of all time. West’s spiritual transformation does not translate into creative inspiration. Instead, he provides lazy lyrics and sloppy beats that rely heavily on soul samples and gospel features. This makes the record sound like a messy rough draft rather than a polished, finished product.

The album starts with “Every Hour,” which is surprisingly the only track that does not feature West himself. Instead, it begins with the voices of West’s Sunday Service choir. The diverse range of the choir’s vocals in addition to lyrics like “Sing ‘til the power of the Lord comes down” should ideally remind listeners how important God is, but it has the opposite effect. The song’s poor production gives a glimpse into what’s really in store for the album. The jazzy, up-tempo piano in the background feels choppy and does not flow well with the rest of the song. The layering of the choir member’s voices are also sloppy at best, making what should be a joyful song sound far from it.

The next track, “Selah,” follows in the previous track’s

footsteps. The song starts with striking organs and attention-grabbing drums in the background of West’s verse, serving as an epic buildup to the chorus. However, the instrumentals in the first verse lead to a crescendoing choir that only sings “Hallelujah” unaccompanied for 45 seconds straight. This turns what would have been a powerful song into something mundane and boring. West’s presence in this track also sets in stone what he previously touched upon in his 2018 album “ye” — borderline ridiculous lyrics. There are plenty of assertions of his faith in “Selah,” but lyrics like “Everybody wanted Yandhi/ Then Jesus Christ did the laundry” makes one question how much time and thought he put into his lyrics.

Tasked with the challenge of creating potentially chart-topping songs, West delivers a set that is lyrically as thin as Bible paper itself. In “Closed On Sunday,” he muses, “Closed on Sunday, you my Chick-fil-A/ You’re my number one, with the lemonade,” which at face value are some of the dumbest lyrics of the year, if not of all time. “Everything We Need,” which features the voices of rapper Ty Dolla \$ign and R&B artist Ant Clemons, borders on the absolutely absurd. Lyrics like “What if Eve made apple juice?/ You gon’ do what Adam do?/ Or say, ‘Baby, let’s put this back on the tree,’” make West’s reasons for pushing back the album’s release for over a year seem extremely questionable.

Surprisingly, this same chaotic track is the only song that offers any momentum to the album. The addition of Ty Dolla \$ign and Ant Clemons is a wise decision. Their sultry and smooth vocals add a crucial layer of emotional depth to the song’s lyrics. The catchy bass and synthesizer beats mixed with West’s flow provide an



Kanye West’s long-anticipated album is disappointing and bland. The tracks feature questionable lyrics and boring beats.

COURTESY OF UMG RECORDINGS

extra kick, making the lyrical mess in its second verse forgivable.

Die-hard fans of West will contort themselves into human pretzels to defend this record, and, to some degree, they have already. The album’s listening and film screening party Oct. 23 in Los Angeles sold out within minutes of its announcement. The record itself has also been edited and updated on Apple Music since

its release, with changes made to tracks like “Selah,” “On God” and “Use This Gospel” to address its mixing issues. However, no number of changes will salvage the album’s many flaws. West proves once again what he has unfortunately transformed into in recent years: all sound and no fury.

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Horror movie’s devilish scares are well-calculated

MOVIE REVIEW: “Countdown,” Two Grown Men ★★★★★

BY CORA PAYNE

Does anyone actually read the terms and conditions before agreeing to them? Based on the plot of the horror movie “Countdown,” perhaps they should. “Countdown,” written and directed by Justin Dec, features demons and an app that can tell a person when they are going to die. While the characters can be annoying and the plot laughable at times, “Countdown” is filled with jump scares that create a truly terrifying experience.

The film opens with a high school party that features a few mediocre actors. Tired stereotypes of high school behavior set up the film for disaster. However, many of the characters in the first scene are irrelevant to the rest of the film, and the introduction is rather quick.

Individuals at the party download an app called “Countdown” onto their phones, and, after accepting the “user agreement” — without reading them — the app tells the user how long they have until they’re going to die. The app is purposefully portrayed as gimmicky, making loud noises that are startling but not

scary. When a user breaks the app’s terms and conditions agreement, a dark creature comes to drive the user to madness until their time of death arrives. Though the creature is never really seen, it exists as a darkness that intensifies the film’s scariness.

The audience finally gets to know the main character, Quinn Harris (Elizabeth Lail). Lail portrays Quinn as an average, likable and smart character, but nothing about her stands out. When Quinn downloads the app and sees that she will die in just a few days, she decides to go to an electronics store for a new phone when the app will not delete. This is where she meets Matt Monroe (Jordan Calloway), who is also desperately trying to remove the app from his phone.

The characters are not overly complex, a detail that is ideal for the nature of the film. The storyline feels secondary to the film’s purpose — to make the audience jump. “Countdown” is not a conceptually scary film. The poorly developed demon storyline, which is revealed by an especially ungodly, goofy priest, is crude at best. It feels like a thin rope



COURTESY OF TWO GROWN MEN

that barely strings together scary scenes.

However, “Countdown” excels in its jump scares. As the main characters desperately try and survive past their deemed death hours and beat the app, the demon lurks every time the lights are low, punishing them for failing to adhere to the terms and conditions. The jump scares are well placed and at unexpected times, creating a successfully scary viewing experience.

“Countdown” is mildly thought-provoking. Among a predatorial doctor and a deceased mother, “Countdown” has a mismatched plot in which, while lacking real scares, is involved enough to keep viewers engaged in the film.

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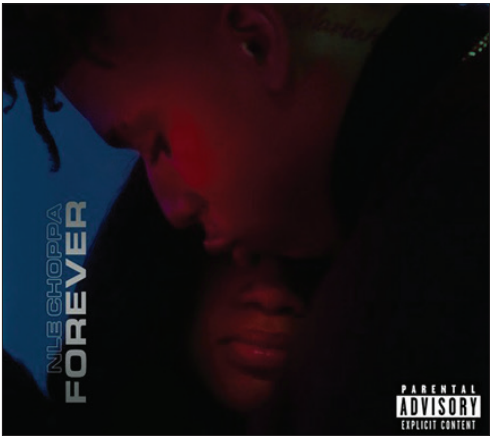
QUICKIES



COURTESY OF WARNER RECORDS UK

“DON’T START NOW” Dua Lipa, Warner Records UK

The conventional pop background to Dua Lipa’s new single is charged with an electronic beat. Unfortunately, Lipa’s smooth vocals do not blend well with the background music’s off-putting instruments.



COURTESY OF WARNER RECORDS

“FOREVER” NLE Choppa, Warner Records

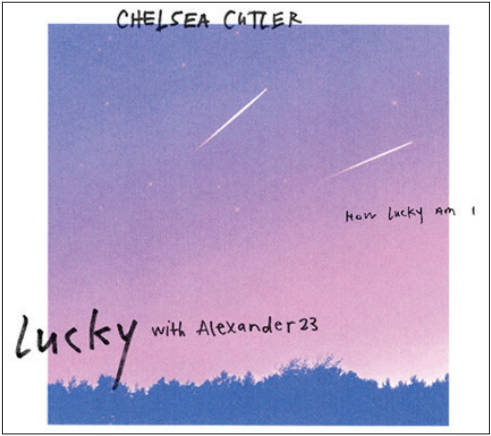
“Forever” is marked by an ordinary beat, something that perfectly matches Choppa’s mediocre vocals. His voice strains rather than sings, and his lyrics are not entertaining or noteworthy.



COURTESY OF UNIVERSAL MUSIC OPERATIONS LIMITED

“I FEEL LOVE” Sam Smith, Universal Operations Limited

Who convinced Sam Smith to use crude synth beats and wails and call it a song? Smith’s talent goes to monumental waste in “I Feel Love,” a throwaway single with no artistic substance.



COURTESY OF CC VENTURES LLC

“LUCKY” Chelsea Cutler and Alexander 23, CC Ventures LLC

Chelsea Cutler and Alexander 23’s vocals join with ease in “Lucky.” Even if the track is largely forgettable and the lyrics are additionally nothing vivid, they tell a sweet love story.

Movie is a thrillingly unpredictable experience

MOVIE REVIEW: “Parasite,” Barunson E&A Corp ★★★★★

BY ARLEIGH RODGERS

To predict “Parasite” is to ask the impossible, like erasing a memory, turning backward in time or evading gravity. But writer-director Bong Joon Ho’s shrewd narrative is sharp and grim and, most importantly, unpredictable. The story is lined with unease and balanced with stunning black humor. Joon Ho evokes both inescapable laughter and requisite squirming while following the impoverished Kim family. The unemployed family members swindle their way into working for the opulent, uptown Park family in modern-day South Korea, and everything seems calm until an unsettling discovery unravels their plan.

Their scheme begins when Kim Ki-woo (Woo-sik Choi), the family’s college-age but not college-educated son, receives the recommendation of a friend to take his place as an English tutor for the Parks’ daughter, Da-hye (Ji-so Jung). The job pays well, his friend says, and Ki-woo needs little persuasion after that. With the help of Ki-woo’s sister, Ki-jung (So-dam Park), Ki-woo fakes his college documents and arrives at the Park family’s lavish doorstep, a humorous sequence that highlights the permeating nature of Joon Ho’s comedy. As the Kims slowly weed out the Park family’s old help and place themselves in their shoes, the comical manipulation of the Parks is on full display.

“Parasite” paints the Kims’ poverty with little exposition. The narrative is tightly bound to its characters, allowing the family’s crisp but natural dialogue to curate the film’s world. And it is a world where the rich and the poor are split by a palpable gap, where the Kims live in a near-underground basement while the Parks live comfortably in their expansive home. The Kims fold and sell pizza boxes to buy food while the Parks have a Mercedes-Benz. Joon Ho brings these separate yet overlapping worlds into focus through his script’s impeccable pacing and his eye for detail.

Social divide is the underlying story to “Parasite,” and it is not easy to forget. Scene after meticulous scene, Joon Ho uses his camera to illuminate the differences — and, more importantly, the similarities — of the two families. Every shot is attentive, diligent in its execution and something spectacular to regard. Few directors could execute this delicate attention like Joon Ho, who laces together the contrasting South Korean scenery with each family. The film’s metaphors are not so permeating that they are claustrophobic. Though they lurk in mildewed basement shadows and the Parks’ polished silhouettes, the metaphors are staggeringly present and are the very roots of “Parasite.”

The glossy finish on Joon Ho’s film is the actors in “Parasite,” who bring emotion and ardor in



The visionary director behind “Okja” and “The Host” returns with “Parasite,” a pitch-black comedy that sharply becomes an intense thriller. The acting, cinematography and narrative are all stellar.

COURTESY OF BARUNSON E&A CORP

their roles. Choi and Park, the actress, pin down the film’s comedy. But the striking Kang-ho Song as Kim Ki-tack, the haunting patriarch of the Kim family, is characteristic of the film’s cascading force.

Watching “Parasite” should be like a sightless dive. The diver should know little about their surroundings or the feelings they will experience. This wild blindness will serve the film well, especially its climax. The softly

churning conclusion is explosive — a faultless finale to a perfect film. The pressure is imperceptible until, quite suddenly, it’s insurmountable.

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Indie singer satisfies with moving album

MUSIC REVIEW: “Pony,” Sony Music Entertainment

★★★★★

BY ELEANOR KAY

Alexander O’Connor, known by his stage name Rex Orange County, released his third indie-pop album, “Pony,” which consists of 10 songs. While his new album continues his same musical style, O’Connor also incorporates new themes and sounds in “Pony.”

“10/10” was the first single released and is the lead single off “Pony.” It begins with an upbeat electronic keyboard and drums. He talks about his past year and how it was not what he hoped it to be.

The electronic keyboard theme is carried through other songs on the album like “Always,” “Stressed Out” and “Never Had The Balls.”

Much of O’Connor’s music follows a similar musical theme, but there are different tempos and instruments in every song that bring diversity to his album.

“Always” starts with a slow drumline and piano theme. Like many of his other songs, it is a simple song and does not consist of a bunch of instruments. It is well put together and catchy with a strong chorus and background vocals. “Laser Lights” is also mainly piano-based with a 30-second instrumental ending. It also has a pleasant saxophone line, which is different from a lot of

music classified as pop. It comes in unexpectedly but adds to the vibe of the song positively.

“Stressed Out” begins with an electronic keyboard and slow lyrics that develop to slower guitar and eventually drums. “Never Had The Balls” is another song that starts slow and picks up to a faster pace with a happier beat. The simple guitar and drum line make it an easy song to listen to. It sounds like a happy song despite the lyrics talking about how O’Connor is not brave enough to say what he wants to say.

The second single released before the album, “Pluto Projector,” and the two songs that follow, “Every Way” and “It Gets Better,” talk about O’Connor’s girlfriend and how she protects and looks out for him. “Pluto Projector” and “Every Way” are slower and have more of a harmonic vibe to them, whereas “It Gets Better” is faster paced and has more going on with the instruments. These songs are all examples of how O’Connor effectively uses a variety of instruments throughout his album to give every song a different feel to them and ensure that know songs are too much like any of the others.

The final song, “It’s Not The



COURTESY OF SONY MUSIC ENTERTAINMENT

Same Anymore,” is a slower guitar song that talks about how O’Connor is going through a rough patch in his life and is bottling up how he is feeling. The six-and-a-half-minute song tells his story through the lyrics and shows his talent through all of the instruments involved like piano, drums and guitar.

The album tells many amazing stories and uses different styles of music to tell those stories, ranging from upbeat songs to slower ones.

This album is the same style as a lot of his other music, so fans of his other music will most likely enjoy this as well. It is well written, organized and put together.

O’Connor dives into many of his own stories to relate to his listeners. This practice is one of the best ways to relate to audiences and, more importantly, enthrall listeners.

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Album lacks substance

MUSIC REVIEW: “Three Chords & the Truth,” Exile Productions Ltd.

★★★★☆

BY ALEX HARTZOG

Van Morrison’s newest album, “Three Chords & the Truth,” makes use of his characteristic heavy folk and jazz vibes. However, Morrison’s new album feels like high-quality elevator music, a far cry from his past work. It is peaceful and easy to listen to, but some songs do not have much substance. The songs do not delve too far into any topics either, offering simple perspectives on the themes of the music.

“Dark Night of the Soul” may be the worst offender of the shallowness plaguing the album. For a song about plans gone awry, Morrison can only say, “Sitting here, but I didn’t plan it this way.” While “Dark Night of the Soul” does not impress lyrically, the constant musical breaks among every verse offer a smooth folk beat to follow, as they often last longer than the verses. The breaks feel passionate, and they enhance the feelings that the lyrics pack. This song is emblematic of a problem running throughout the album because it does not stand out. Most parts of the album are average or slightly better.

In Morrison’s six-minute song, “You Don’t Understand,” he laments the pains of fame and human nature. Set to a light jazz melody supported by Morrison’s voice, the tune feels like it could

fit right into a coffeehouse. The beat is more typical jazz, both in instrumentation and melody. The change to a jazz beat in “You Don’t Understand” helps to soften the lyrics too.

The namesake of the album, “Three Chords & the Truth,” feels separate from the rest of the tracks, as it includes an R&B melody. In case any listener gets confused, Morrison constantly reminds listeners that the song has an R&B beat, mentioning it once every verse or so. The melody is smooth but lends itself to passive listening.

All of the songs in Morrison’s album evoke a relaxed mood with soft lyrics and melodies. The highs of some songs almost make up for the lows of the others, making “Three Chords & the Truth” an album worth listening to at least once for Morrison fans.

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COURTESY OF EXILE PRODUCTIONS LTD.

POSTSEASON DREAMS

VARSITY TEAMS CHASE LEAGUE AND NATIONAL CHAMPIONSHIP TITLES

BY EMILY ADAMS

As the fall regular season winds down, several Ithaca College varsity teams are preparing for the Liberty League and NCAA tournaments. The field hockey, men's soccer and volleyball teams qualified to participate in postseason competition.

The Liberty League tournaments are played throughout the course of a week and seeded based on each team's regular season finish within the league. Based on the results of the league tournament, the winner qualifies for the NCAA tournament, and a selection committee will choose teams to receive at-large bids.

Several fall teams have already completed their competitions within the Liberty League. The women's cross-country team took second at the championship meet Nov. 2, and the No. 27 men's cross-country team claimed third. The teams are now preparing for the NCAA regional championship meet Nov. 16.

The women's soccer team ended its season after a 0-1 loss to Rensselaer Polytechnic Institute on Nov. 2. The No. 19 football team landed second place in the league after losing to No. 17 Union College in a regular season matchup 31-21.

After earning the No. 2 seed in the tournament, the volleyball team is poised to redeem last year's disappointing performance in the Liberty League semifinal. The squad, which was undefeated during regular season conference play in 2018, was defeated by Clarkson University 3-1 in Ben Light Gymnasium. This season, Clarkson will host the tournament in Potsdam, New York.

Junior outside hitter Reagan Stone has been a standout for the Bombers so far this season. She has posted 422 kills, approximately double the second-ranked hitter's total of 214. Sophomore libero Jordyn Lyn Hayashi has been equally dominant defensively, posting 467 digs.

The squad is coming off a strong pair of games against ranked opponents. On Nov. 1, it forced No. 23 Johnson and Wales University to five sets and came up just short with a 2-3 loss. However, it bounced back against No. 20 Wesleyan University on Nov. 2 and defeated the Cardinals 3-2.

Head coach Johan Dulfer said the team's strength of schedule this season will be one of its biggest assets going into the challenging competition in the Liberty League.

"They're going to handle it just fine," Dulfer said. "We've played some of the best teams in the country, so I think if they're not ready to see good teams by now, they'll never be ready."

The volleyball team will also face several new challenges during the tournament. It has two freshmen who have played in every set this year and another who has played every set except for one. None of its five freshmen has any experience with a collegiate championship. This will also be the first time in two years that the tournament has not been held on South Hill.

"Our best play has come, until this past weekend, at home," Dulfer said. "But the last two years, we hosted the championship and coughed up a hairball, so maybe being on the road will help us this year."

The men's soccer team started the season on a high note, defeating then-No. 5 Messiah College in its second game of the year. The team climbed as high as No. 8 on the United Soccer Coaches Association poll. It also concluded its regular season with an upset, defeating No. 8 Rensselaer Polytechnic Institute 1-0 Nov. 2.

However, the Bombers have been

inconsistent throughout the regular season. They went 5-3-1 in conference play with losses to Clarkson, Rochester Institute of Technology and Vassar College. Because of its struggles in the conference, the South Hill squad ended up the fifth seed in the Liberty League tournament and had to compete in the quarterfinal round Nov. 5.

The team faced off against Clarkson on Nov. 5 for the chance to redeem its regular season defeat and move on to the semifinal round. After a scoreless first half, Clarkson put away a goal off a corner kick, and the South Hill squad never responded. It has never beaten Clarkson and has tied the team only once in five meetings.

Head coach Kyle Dezotell said the team did not make many changes from its last meeting with the Golden Knights.

"Clarkson's a very similar team to us," Dezotell said. "They don't give up many goals. There's no really magical players on offense. There's no massive changes. We [both] kind of are who we are."

The Bombers were eliminated from the tournament and now have to wait until Nov. 11 to find out if they will receive an at-large bid to the NCAA tournament. Last season, the squad missed out on the at-large bid after losing in penalty kicks to St. Lawrence University in the Liberty League final. Dezotell said he is hopeful about the Bombers' chances.

"We're feeling good about the win [against RPI]," he said. "We feel like we're poised for an NCAA championship run regardless of the Liberty League tournament. We feel like we've earned that this year through our performance."

The field hockey team qualified for its first Liberty League tournament this season and earned the No. 2 seed with a 6-1 conference record.

Head coach Kaitlyn Wahila said it meant a great deal to the team to qualify for the tournament regardless of the outcome.

"It's a product of our student-athletes working incredibly hard and not just field hockey working hard but working hard to sustain a positive and developing culture," she said. "We've had highs and lows, but I'm confident that our culture has played a lot into where we are."

A strong defensive line and new faces on the attack have been critical for the South Hill squad. Sophomore striker Morgan Mullen transferred to Ithaca College from last year's Division II field hockey champion, East Stroudsburg University. She was the team's leading scorer with 14 goals.

Senior goalkeeper Savanna Lenker has been a dominant force in the net. She has notched seven shutouts throughout the year and has the second-lowest total of goals allowed with 22.

In the league semifinal Nov. 6, the Bombers faced off against the University of Rochester at Higgins Stadium. The squad's regular season game against Rochester ended in a 2-1 win that clinched the second seed and the home game on South Hill. However, the Yellowjackets put away an early goal in the rematch off a corner that left the South Hill squad scrambling.

The Bombers struggled to maintain possession throughout the game and let up a second goal off a corner in the third quarter. The game ended in a 0-2 defeat for the South Hill squad. Like the men's soccer team, it will now have to wait for the NCAA selection committee to name at-large bids to see if its season will continue.

"We've attacked every single game this year as trying to get out and be 1-0 on that game day," Wahila said. "Some of those game days we're 0-1, but the next day we always have an opportunity to be 0-0 again."

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FIELD HOCKEY



Senior midfielder Kendall Keil winds up for a shot as freshman midfielder Brianna Lennon looks on during an Oct. 27 matchup against the University of Rochester.

JILL RUTHAUSER/THE ITHACAN

MEN'S SOCCER



Junior midfielder Duncan Schnur dribbles by Conor Higgins, a St. Lawrence University senior midfielder, during a game Oct. 5 at Carp Wood Field. The Bombers won 2-1.

QUENTIN BOWDEN/THE ITHACAN

VOLLEYBALL



Junior Sarah Jennison, a captain and outside hitter, reaches for a kill during a game Sept. 25 against SUNY Cortland in Ben Light Gymnasium. The Bombers won 3-1.

PETER RAIDER/THE ITHACAN









THE BOMBERS ROUNDUP





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

Senior wide receiver Will Gladney leaps to make a catch during the Bombers’ game Nov. 2 against Union College at Butterfield Stadium.
ABBEE LONDON/THE ITHACAN

MEN’S SOCCER

	1–2			1–0	
ITHACA	OCT. 30	RIT	ITHACA	NOV. 2	RPI
	0–1				
ITHACA	NOV. 5	CLARKSON			

WOMEN’S SOCCER

	1–2			0–1	
ITHACA	OCT. 30	RIT	ITHACA	NOV. 2	RPI

FIELD HOCKEY

	3–0		NEXT GAME: 4 p.m. Nov. 6 against University of Rochester at Higgins Stadium		
ITHACA	NOV. 2	NEW PALTZ			

FOOTBALL

	21–31		NEXT GAME: Noon Nov. 9 against Rensselaer Polytechnic Institute in Troy, New York		
ITHACA	NOV. 2	UNION			

VOLLEYBALL

	2–3			3–2	
ITHACA	NOV. 1	JWU	ITHACA	NOV. 2	WESLEYAN
NEXT GAME: 7:30 p.m. Nov. 8 against RIT at the Liberty League semifinal in Potsdam, New York					

MEN’S CROSS-COUNTRY

NAME	PLACE	TIME
Chris Singer	1st	25:38.7
Forest Stewart	12th	26:17.6
Danny Jagoe	13th	26:19.2

NEXT RACE: 11 a.m. Nov. 16 at the NCAA Regional Championship in Canton, New York

WOMEN’S CROSS-COUNTRY

NAME	PLACE	TIME
Parley Hannan	1st	21:19.9
Annie Morrison	11th	23:28.7
Sarah Rudge	13th	23:36.4

NEXT RACE: 11 a.m. Nov. 16 at the NCAA Regional Championship in Canton, New York

WOMEN’S SWIMMING

NAME	PLACE	EVENT	TIME
Jane Pfeufer	1st	50-yard freestyle	24.88
Morgan Hoffman-Smith	1st	200-yard freestyle	2:00.47
Jo Holman	2nd	500-yard freestyle	5:30.04

NEXT RACE: 1 p.m. Nov. 9 against Le Moyne College in Syracuse, New York

MEN’S SWIMMING

NAME	PLACE	EVENT	TIME
Stanley Zaneski	1st	200-yard freestyle	1:47.60
Spencer Brownell	1st	100-yard backstroke	53.65
Andrew Mikhailichenko	1st	100-yard breaststroke	1:00.61

NEXT RACE: 1 p.m. Nov. 9 against Le Moyne College in Syracuse, New York

WRESTLING

NAME	WEIGHT CLASS	PLACE
Logan Ninos	125 lbs	1st
Jordan Wallace	174 lbs	1st
Eze Chukwuezi	184 lbs	1st

NEXT MEET: 9:30 a.m. Nov. 9 at the Journeyman Collegiate Classic in Troy, New York

*Updated as of Nov. 5

Senior runner overcomes tumultuous history

BY JULIA DIGERONIMO

Senior cross-country runner Parley Hannan has not had an easy path through her collegiate career. After overcoming an eating disorder and academic challenges, Hannan has become a star of the Ithaca College women's cross-country team.

Out of six races so far this season, Hannan won four and placed in the top three in the other two. At the Connecticut College Invitational on Oct. 19, Hannan smashed her previous personal best for a 6K course by over a minute with a time of 20:52.2. She also set a new course record.

"That was the moment I realized my full potential," Hannan said. "I always compare myself to other runners and other times, and to run in such a competitive field of runners and win, ... I think I realized who I am. ... That moment was probably the best moment of my life."

At the Liberty League championship Nov. 2, Hannan placed first with a time of 21:19.9. She also set the record for the largest margin of victory by 1:21. The record was previously held by Taryn Cordani '18.

Hannan was named the United States Track & Field and Cross Country Coaches Association National Athlete of the Week twice this season. Hannan is the first woman in Division III cross-country to earn the title in back-to-back weeks. She was honored for her victory at the 28th Annual Ronald C. Hoffmann Invitational on Oct. 12 and again for her performance at the Connecticut College Invitational.

Before Hannan began her career at the college in 2018, she attended the University of Colorado from Fall 2015 to Spring 2016 and Northeastern University in Fall 2016 before taking a medical leave for depression and anxiety the following spring. After

changing her major three times and transferring to the college, Hannan said, she believes that she belongs with the Bombers' cross-country team.

"I don't think I would have been able to or wanted to do sports at the other schools," Hannan said. "I think that Ithaca has a very special team."

Hannan said school has never been easy for her. She did not begin running competitively until she came to the college, but, she said, it has always been a way for her to forget about her struggles.

"Running has always been my therapy and my outlet," Hannan said. "I've taken two and a half years off of school, one in my sophomore year of high school and then one my sophomore year of college, and then last semester I took a medical leave. The only thing that kept me sane during it all was running."

Hannan has struggled with an eating disorder in the past, and it led to her leave of absence during her sophomore year of high school. She said she began running in high school to get into better shape but then started dieting and cutting certain foods out, and this is when her mentality shifted from staying in shape to an eating disorder.

"It really inhibited me from reaching my potential, and at that point, I didn't even know my potential because it was my first season running, so I didn't really have anything to base it off of," Hannan said.

Hannan said she took this past summer to work on herself. She also ran a 15K at the 42nd Annual Utica Boilermaker Road Race on July 14, which Hannan said gave her a positive outlook about the impending season. Head coach Erin Dinan said she was not surprised to



Senior Parley Hannan is cheered on by senior Alex Klein, junior Alec Hofer and sophomore Timothy Cook as she finishes a race at the University of Rochester Yellowjacket Invitational on Sept. 14.

COURTESY OF GARRETT BAMPOS

see Hannan's improvement.

"I don't usually have expectations of anyone going into the season because we have to see where we're at as the season progresses, but I kind of knew that she would be coming at it in a different spot than she had been," Dinan said.

Senior teammate Lindsay Scott joined the cross-country team for the first time last fall along with Hannan. Scott said Hannan has become the hardest worker on the team.

"I've gotten to watch her day in and out from the summer set her mind to her goal for the season and do everything in her power to get there," she said. "Every day she inspires each and every one of us on the team that there is no limit."

Hannan said that despite her

accomplishments on the course, she is proud of herself for becoming a better teammate. Because of her struggles with her mental health, Hannan said, she tended to isolate herself to avoid having a negative impact on the team. She said that this year, she was able to host team bonding events and spend quality time with the other runners.

Dinan said she has seen how supportive Hannan has been toward the rest of the team amid her personal successes.

"She is a very deep feeler and somebody who really wants the best for everybody," Dinan said. "Often times when people are at that different level, they would think that they are thinking only about themselves, but she's not that way at all. She's always checking in."

Hannan's season is not over yet. The NCAA regional championship will be held Nov. 16 in Canton, New York, and Hannan can qualify for the national championship if she places in the top seven at the regional meet or if the Bombers qualify as a team to compete at nationals by finishing in the top two. Hannan said she is excited about the opportunity to keep improving as meets get more competitive.

"It wasn't until my first race that I was like 'Oh, I'm on fire,'" Hannan said. "I didn't think I was going to be where I am right now, but at the same time, I can't be that surprised because this is where my heart and soul is."

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Swimming team sees double with identical backstrokers

BY ARLA DAVIS

Freshman swimmers Anna and Olivia Rubino have a lot more in common than typical teammates. The pair are identical twins, and both compete in backstroke events for the women's swimming and diving team at Ithaca College.

The pair began their swimming careers together at 10 years old. They were four-year varsity lettermen and captains of the Monument Mountain High School girls swimming and diving team their senior year. They also qualified for the 2019 Massachusetts Interscholastic Athletic Association Division I Championships in the 100-yard backstroke, 100-yard freestyle, 200-yard freestyle relay and 400-yard freestyle relay. Both also earned All-Berkshire County honors during all four years of high school.

When they began their college searches, the twins said, they knew they wanted to stay together. Both said they chose the college because of the opportunities in the swim program and their interests in the music program, as Anna plays viola and Olivia plays the violin. Olivia said that while they do not have much time to commit to music right now, they hope to get involved during the spring semester.

"We've always been very close to each other, so we knew that we wanted to be together," Anna said. "Going to the same college was always the plan growing up."

The sisters said they have always supported each other both in and out of the pool. Olivia said they hold each other accountable to perform their best every practice and meet. When they are swimming in different lanes, Anna said, they often compete against each other, even during practices.

"We're always trying to do our best," said

Anna. "I feel like we feed off of each other's energy to keep pushing, to keep going."

Both twins agreed they feel more comfortable going through the challenges of transitioning to college together. Olivia said it has been nice having someone she already knows so well with her on campus.

"We have our other friends, but having Anna here, who I already know really well, is so helpful," Olivia said.

Despite moving up to the college level with a competitive freshman class and overall team, Anna and Olivia both said they feel as though their experience as teammates has not changed, and Olivia said they are now closer than ever in terms of their relationship in the pool. The pair are competing in both backstroke and freestyle events for the Bombers.

"It's fun to push and motivate each other with a little sibling rivalry," Olivia said.

The Rubino twins have been successful in competition for the South Hill squad so far. They teamed up with freshmen Julia Young and Margaret Fox to pick up a second-place finish in the season opener Oct. 19 against SUNY Fredonia, The College at Brockport and Buffalo State in the 200-yard freestyle relay. Olivia also finished sixth in the 50-yard backstroke, while Anna took fourth in the 50-yard freestyle race and fifth in the 100-yard backstroke. The pair also competed against SUNY Cortland on Nov. 2.

Currently, Anna's time in the 100-yard freestyle is only one and a half seconds faster than Olivia's time. Their 200-yard freestyle relay time of 1:48.77 from Oct. 19 is the team's best time in that event for this season.

Head coach Paula Miller said she is excited to see the twins compete together as they begin their college careers.



Freshman swimmers Anna and Olivia Rubino are identical twins. They said they have always wanted to go to college and compete for a varsity swim team together.

PETER RAIDER/THE ITHACAN

"The Rubino twins are amazing," Miller said. "We are excited about their potential, see what they are bringing to the table."

Having identical twins on the team has been a new experience for the South Hill squad. Senior captain Alexandra Estanislau said that it was hard at first to figure out who was who but that they have already created their own identities.

"Throughout a practice, you see them come together once in a while to chat or give words of encouragement," Estanislau said. "You can tell they are sisters, but they are not attached at the hip. They have made a name for themselves on our team as individuals more than as 'the twins.'"

Estanislau said the twins are very composed at practices and meets and do not seem stressed or phased by hard sets.

"They are soft-spoken, but boy, do they swim fast," she said. "We need more people like that, that aren't afraid to go after it regardless of how much it might hurt or challenge us."

Both Anna and Olivia are currently in the exploratory program at the college. However, they do differ in their career goals. Anna said she is interested in health sciences, while Olivia enjoys writing.

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Graduate students teach mental strategies

BY WILLY WRIGHT

Every Sunday evening, members of the Ithaca College women's track and field team have a meeting with a pair of graduate students who teach them about how to cope with mental challenges as collegiate athletes.

In the exercise and sport sciences graduate program at the college, there is a concentration in sport psychology. The concentration focuses on studying the psychological components that affect participation and performance in sports. Graduate students in this program have opportunities to work with and teach athletes at the college about mental performance.

Graduate student Rachel Ford, who works with the women's track and field team, said the process begins by observing the teams and is followed by implementing their own teachings.

"My classmates and I observe practice weekly with our assigned teams to get a better picture of what their sport entails and what their needs for education on mental training might be," Ford said. "We then organize mental training education sessions to teach mental skills that can be used in their sport."

Graduate students work with the student-athletes on a wide range of topics. Sessions can focus on effective goal-setting strategies, energy management and managing stress during competitions. Discussions, hands-on activities and worksheets are incorporated to communicate topics with the athletes.

Justine Vosloo is an associate professor in the Department of Exercise Science and Athletic Training. She has taught a variety of courses to graduate students, like Counseling Student-Athletes and Exercise and Rehabilitation Psychology. Vosloo said the teams have opportunities to learn new skills and use the same skills in the future.

"For athletes on campus, they gain very real skills," Vosloo said. "Mental skills training, in a lot of ways, is life skills because being able to deal with failure, learning to be resilient as an athlete, is something that translates over into being resilient on a job."

The women's swimming and diving team has worked with the graduate students for the past three years. Head coach Paula Miller said the graduate students allow the team to cater the training to its individual needs.

"Our captains have a lot of say in the program," Miller said. "During our captains-coaches meeting, if there's a concern, it might be, 'Hey, why don't we bring it up during our mental training?' and have them approach it that way."

Senior diver Amanda Giarratano, a team captain, said that discussing mental challenges as a team and learning strategies to overcome them are especially helpful in a sport like diving.

"Most of the time, we do a workshop-style session where they prompt us with questions, and we answer them and bounce off each other," Giarratano said.

Vosloo said a number of



From left, graduate students Rachel Ford and Kathleen Oswald work with student-athletes on varsity teams on a wide range of topics, including goal-setting and energy and stress management.

EMILY SILVER/THE ITHACAN

graduate students from the college move on to complete their Ph.D.s. After that, they are able to advance in the field to work for larger institutions. Major League Baseball teams utilize mental performance coaches, as does the United States military. Jesse Michel, who obtained his master's degree from the college in 2009, is currently a mental skills coordinator for the Houston Astros.

Vosloo said that working with varsity sports teams allows the graduate students to apply what they

learn in the classroom to helping college athletes directly.

"They have an opportunity to see things in the field and then to gain insight into how these performers experience the mental challenges that could get in the way of performance," Vosloo said. "They have the opportunity to observe how to teach mental skills, how to put that into action, so performers can see change in themselves."

Last year, the graduate students met with the swimming and diving team every two weeks

during its season. The team recently opened its 2019 season and will continue to participate in mental training.

"Athletes spend so much time training for the physical side of sport," Ford said. "Anytime we can get them to understand and learn how their mind influences their body is extremely valuable, and we are excited to see how eager they are to train their minds as well as their physical bodies."

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Freshman dominates in starting position

Freshman midfielder Brianna Lennon has become a regular on-field presence for the Ithaca College women's field hockey team this season.

In 18 regular season games so far, Lennon has registered two goals, tied for fifth most on the team, and three assists, tied for third on the team. She captained her high school team in her senior season and received several accolades, including 2018 Newsday All-Long Island Second Team. She was also invited to compete in the senior all-star game.

Staff writer Andrew Gabriel sat down with Lennon to discuss what brought her to the college and her experience adjusting to Division III field hockey.

This interview has been edited for length and clarity.

Andrew Gabriel: Where did your initial interest in field hockey stem from?

Brianna Lennon: In middle school, my school just got field hockey, and I wasn't playing any sport in the fall, so I was like "Why not just try field hockey?" because it was new and all my friends wanted to do it.

AG: When did you figure out that you were good at field hockey?

BL: I still don't know if I figured it out. We have this thing in field hockey called "Futures," which is an outside field hockey [team] that's affiliated with USA Field Hockey, and I made the New York state team as an alternate [sophomore] year. After you get picked for that, you get to play with the

best people in New York at Futures. So after that, I realized I was playing with the best kids in the state, and that's pretty cool.

AG: When did you decide to come to Ithaca?

BL: I think I committed in January of my senior year. I visited I think in November, and I visited again in December for an overnight, so I met the team in December, and then I just loved it here. The team was so nice. I liked the coaches, and, obviously, the facilities are sick. My gut told me to go to this school. For a week, I was like "Oh my god, I can't decide. I can't decide." My mom was like, "You know which school you want to go to. You're just not admitting it to yourself." I was like "Yeah, you're right," and I just chose this school.

AG: How does the Ithaca team differ from the other teams you played on before?

BL: Definitely the first word that came to mind was "culture." We have a way of doing everything. We do devotional every day. It's before every practice and every game. We line up on the line of the field, and someone says something motivational, inspirational or something that meant something to them, and we all hold hands and close our eyes. And then when they're done, they go "3, 2, 1, let's go Bombs," and then we run.

AG: What other aspects make this team unique?

BL: Definitely positivity. I've never been on such a positive team. After a game, there's at least eight people that say,



Freshman midfielder Brianna Lennon handles the ball during a home game Oct. 27. Lennon has registered two goals and three assists in the 2019 field hockey season.

JILL RUTHAUSER/THE ITHACAN

"Great job. You did good today," at a minimum. There's always positivity at every play. Every single little thing you do, people notice. And throughout practice, it's always talking it up, always saying, "Great job. You've got it," every time. In high school, you cheer people on but definitely not to the extent that we do here.

AG: Who have been your biggest supporters on the team?

BL: My friend [freshman midfielder] Arla [Davis] — she's my best friend here — and sophomore Morgan Mullen. She's definitely someone I look up to as a player. She transferred from East Stroudsburg University, which was a really strong Division II team, and just the way she plays, I want to

play like that. Every time I see her make a play, you can see how determined she is to get the job done. I want to be exactly like that.

AG: How is your relationship with the coaching staff?

BL: I love Coach [Kaitlyn] Wahila and Coach Mo [Ordnung], and we have Coach Jim [Schutt] too, and we have a grad assistant, [Anna Bottino], who's been such a positive presence on the team, honestly. She's made such a difference, and I hope she realizes how much of a difference she's made in my life, all the coaches, honestly.

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THE BUZZER

The Ithacan's breakdown of Ithaca College's week in sports



ATHLETE OF THE WEEK

THEO SCOTT, MEN'S SOCCER

Sophomore midfielder Theo Scott scored the only goal for the Bombers' 1-0 upset of No. 8 Rensselaer Polytechnic Institute on Nov. 2. With the win, the squad will be No. 5 in the Liberty League Tournament.

QUENTIN BOWDEN/THE ITHACAN



COMPETITION OF THE WEEK

WOMEN'S CROSS-COUNTRY

Women's cross-country finished in second place at the Liberty League Championship on Nov. 2. Senior Parley Hannan took first and broke the course record, which was previously held by Taryn Cordani '19.

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EVENTS TO WATCH

9:30 A.M. NOV. 9 IN TROY, NEW YORK

The wrestling team will take on 13 squads, including nine Division I schools. The South Hill squad is coming off of a third-place finish at the Bomber Invitational on Nov. 1-2.



ITHACA

at

JOURNEYMAN
COLLEGIATE
CLASSIC

NOON NOV. 9 IN TROY, NEW YORK



ITHACA

VS.



RPI

The football team will attempt to redeem its loss against No. 24 Union College with a final Liberty League win over Rensselaer Polytechnic Institute.

QUOTE OF THE WEEK



We definitely came to play today, and obviously, getting the result was huge not only for conference play but hopefully the national tournament.

– ZACK LICHTMAN
MEN'S SOCCER, MIDFIELDER





Freshman wrestler Matt Beyer suffers from a bloody lip, eye and nose during a match Nov. 2 at the Ithaca College Invitational in the Athletics and Events Center.
BEJIN PHILIP BENNY /THE ITHACAN