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ACCURACY • INDEPENDENCE • INTEGRITY

Candidates propose higher education plans

BY SAM HAUT

The presidential primary elections present an opportunity for college students, many of whom are eligible voters for the first time, to change their futures.

The Democratic candidates' platforms cover topics from health care and climate change to gun control. One topic on all the candidates' platforms is close to home for college students: higher education. There are currently four democratic candidates still in the race - including former vice president Joe Biden, Rep. Tulsi Gabbard, Sen. Bernie Sanders and Sen. Elizabeth Warren - all of whom have different plans to address issues in higher education.

The average cost to attend college has more than doubled since 1985, according to the National Center for Education Statistics. The increased cost of attendance, along with other factors, has contributed to record-high student loan debt at \$1.56 trillion with approximtely 44.7 million students taking out loans to attend college, according to The Institute for College Access and Success.

Jeff Selingo '95, a beat reporter on higher education for The Atlantic, the Washington Post, The New York Times and the Chronicle for Higher Education, who is also a member of the Ithaca College Board of Trustees, said that over the last 20 years, the funding for higher education has shifted as federal and, especially, state governments have contributed less funding to higher

CANDIDATES, PAGE 4



College students often put stickers on their laptops expressing which candidate they will vote for in the 2020 primaries. PHOTO ILLUSTRATION BY REED FREEMAN

Group aims to increase voter turnout for November election

BY SAM HAUT

Outside of the Campus Center Cafe, junior Elijah Nishiura stood by a table covered with pens, buttons and stickers with phrases about voting on them. Nishiura, who is a founder of IC Votes, asked everyone who passes by, "Are you registered to vote?"

IC Votes is a new initiative at Ithaca College that works to get members of the Ithaca College community to register to vote and to help fill out absentee ballots. The initiative began March 2 and will continue until the general election in November. Nishiura and other IC Votes ambassadors will table in buildings like the James



College prepares for coronavirus outbreak

BY ALEXIS MANORE

Due to outbreaks of the new coronavirus, Ithaca College students who are studying abroad or spending spring break in countries that have Level 3 travel health notices will not be allowed on campus for two weeks after returning.

There are outbreaks of the 2019 new coronavirus, officially named COVID-19 by the Centers for Disease Control and Prevention (CDC), in New York, California, Oregon, Utah, Arizona, Texas, Nebraska, Wisconsin, Illinois, Florida, Georgia, North Carolina, Rhode Island, Massachusetts, New Hampshire and Washington in the United States. There have been outbreaks in Italy, France, Germany, Spain, Britain, Iran, China, South Korea and Japan. The college offers study abroad opportunities in New York, California, Italy, France, Germany, South Korea and Japan. The college is not currently requiring students to return, but it is requiring students to self-quarantine before returning to campus. The countries that currently have CDC Warning Level 3 travel health notices, which recommends that travelers avoid all nonessential travel to those countries, are Italy, Iran, South Korea and China. The college defines a self-quarantine as staying at home

without going to work or classes. The college also recommends that those who have traveled to those countries not come onto the college campus, to work or study from home, avoid nonessential travel outside of the home, not share cups or utensils, avoid shaking hands, hugging or kissing others, stay more than six feet from people, have their temperature taken twice a day and to call for medical assistance if they have symptoms like a temperature reading of 100.4 F or higher, a cough, difficulty breathing or any flu-like symptoms.

According to the CDC, flu-like symptoms are a fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue and sometimes vomiting and diarrhea. Dave Maley, director of public relations, said the college will take the necessary steps to conduct classes remotely if the need arises. "Should there be any necessity to alter the status of our programs in London, NYC, or LA or on the main campus based on the guidance of these government organizations, we will make plans accordingly in order to deliver remote work and instructional opportunities to the extent possible," Maley said via email.

J. Whalen Center for Music and the Dorothy D. and Roy H. Park Center for Business and Sustainable Enterprise to encourage students to vote.

The initiative is a partnership between the Student Governance Council and the Center for Civic Engagement and is run by Nishiura, vice president of campus affairs for the SGC, and senior Maria Bushby, a student assistant in the Center for Civic Engagement.

Nishiura said that during three days of tabling, IC Votes helped 115 people fill out absentee ballots and registered 61 people to vote.

IC Votes is a new initiative at Ithaca College. It is a plan that aims to get people to register and fill out absentee ballots.

LUCAS CAVANAGH/THE ITHACAN

pretty monumental election in 2020, so there's going to be some new information."

Nishiura said that IC Votes is partnering with the Black Student Union, PODER: Latinx Student Association, Asian American Alliance, Students of Color Coalition, Ithaca College Futures Club, Ithaca College Democrats and Ithaca College

VOTING, PAGE 4

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LIFE & CULTURE | page 13 STUDENTS SHARE **THEIR CULTURES IN FASHION SHOW**



Nishiura said the point of the

"We also want to focus on the

initiative is to get as many peo-

ple to vote as possible while not

telling students which candidate to

education aspect of making sure

students know about the issues,"

Nishiura said. "Not telling them

where to stand, but just trying to

give them some information about,

you know, this is going to be a

vote for.

OPINION | page 9 **STUDENTS MUST BE INFORMED** WHEN VOTING



SPORTS | page 19 **ATHLETES TRAIN TO PERFORM IN MULTI EVENTS**

NATION & WORLD

Trump speaks with Taliban about new military agreement

President Donald Trump confirmed March 3 that he spoke on the phone to a Taliban leader, making him the first U.S. president believed to ever speak directly with the militant group that harbored al-Qaida before the 9/11 attacks and that is responsible for the deaths of thousands of U.S. troops in nearly 19 years of fighting in Afghanistan. The call, which the Taliban said lasted 35 minutes, came days after the United States and the Taliban signed an agreement calling for the withdrawal of American troops. Trump suggested the phone call was not his first. When asked if March 3 was his first conversation with a leader of the Taliban, Trump said, "I don't want to say that."

Coronavirus and tornadoes disrupt Super Tuesday polls

Deadly tornadoes knocked out polling places March 3 in Tennessee while fears over the coronavirus left some polling places in California and Texas short of election workers as Super Tuesday voting was underway around the country. Just hours before polls were set to open in Tennessee, tornadoes tore through parts of the state, destroying at least 140 buildings and killing at least 22. More than a dozen polling sites in Nashville's Davidson County were damaged. The Tennessee Democratic Party sued Davidson County election officials and the secretary of state's office to extend voting for three hours beyond the scheduled 7 p.m. closing time.

In California, another county addressed concerns over the coronavirus by sending bottles of hand sanitizer to polling places and asking poll workers to post fliers from the public health department on how to avoid spreading the virus. Jesse Salinas, the chief elections official in Yolo County, said approximately 10% of poll workers backed out, and he pointed to concerns about getting the virus.

Female architects win award for pioneering in profession

Irish architects Yvonne Farrell and Shelley McNamara have been awarded the 2020 Pritzker Architecture Prize for "consistent service to humanity as evidenced by a body of built work" and for leading the way for women in a male-dominated profession. The announcement was made Feb. 3 by Tom Pritzker, chairman of The Hyatt Foundation, which sponsors the award, considered the highest honor in architecture. The architects have collaborated on many projects in their home country but also have won commissions in locales like Peru, Italy and France.



Migrants flock to newly opened borders

Migrants walk March 3 on the road near the Ipsala border gate at the Turkish-Greek border, hoping to enter Greece from Turkey, after Ankara, Turkey, declared its borders with the European Union open.

EMRAH GUREL/ASSOCIATED PRESS

Exxon Mobil aims to reduce methane produced by company Exxon Mobil on March 3 outlined how it is reducing the methane its operations re-

is reducing the methane its operations release into the atmosphere, detailing its efforts as governments around the globe write new rules to regulate the harmful greenhouse gas. Exxon is hoping companies adopt the procedures Exxon says helped reduce methane emissions by 20% over the past two years.

Source: Associated Press

MULTIMEDIA

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One-on-one with Katelyn Hutchison

Sophomore Katelyn Hutchison talks about her recent time drop in track and field and her goals for the Liberty League.



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Interfashional Night 2020

Ithaca College International Club presented its annual Interfashional Night show, which had the theme international homecoming.





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Flu season data suggests decrease

BY DIANA DELUCA

After the 2019-20 flu season was reported as widespread in 30 states, the New York State Department of Health announced a 17% decrease in flu cases since December 2019.

Influenza, or the flu, is a contagious respiratory illness caused by influenza viruses that can be mild to severe, according to the Centers for Disease Control and Prevention (CDC). The flu spreads when someone infected coughs or sneezes or if someone touches a surface with the virus on it and then touches their eyes, nose or mouth. Flu season typically takes place from October to May.

So far this flu season, a total of 121,088 lab-confirmed cases were reported in New York state, according to the New York State Department of Health. The most lab-confirmed influenza cases reported during a single flu season was 128,892 in the 2017-18 flu season. According to the CDC, as of Feb. 22, 2020, 39,999 people between the ages of 18 and 49 tested positive for the flu.

Laura Keefe, operations manager for the Center for Counseling, Health and Wellness at Ithaca College, said the Hammond Health Center issued 1,169 flu vaccines this flu season. Flu vaccines are free on campus. Keefe said there is no way of knowing the total number of students at the college who got vaccinated because they may have received the vaccine elsewhere.

"Many students have probably gotten a flu shot from home providers or someplace else," Keefe said via email. "So, I suspect that more than 1,169 have actually had the flu shot this year, but we have no way of knowing if students have



The Hammond Health Center at Ithaca College issued 1,169 flu vaccines this flu season. However, there is no way to know the total number of students on campus who have been vacinnated. REED FREEMAN/THE ITHACAN

received the vaccine elsewhere."

Keefe said that all vaccine manufacturers include the same strains that are selected by the Food and Drug Administration's Vaccines and Related Biological Products Advisory Committee annually. The Health Center offered the quadrivalent vaccine on campus this year, a vaccine that included vaccines for influenza A viruses, like A pdm09-like virus and A H3N2-like virus, and influenza B viruses, like B virus Victoria lineage and B virus Yamagata lineage.

The CDC conducts studies every year to determine how effective each year's vaccine is at protecting against influenza. CDC preliminary vaccine effectiveness estimates indicate that the 2019-20 flu vaccine is providing substantial protective

benefits this season. According to the CDC, influenza B viruses were the most common type of flu viruses reported by people under the age of 25.

Freshman Andrea Mejuto had all the symptoms of the flu and was prescribed Tamiflu, an antiviral drug, to treat them from the Health Center.

"They basically said everyone's getting the flu, and the flu test kind of sucks, so we're just going to treat you for it," Mejuto said. "They did offer to test me if I wanted, but I just wanted the medication so I could get better.'

Samantha Hillson, director of health promotion for the Tompkins County Health Department, said that flu season most likely peaked already and that reports of cases have started to go down. Hillson

also said that this season especially affected children under the age of 17 and that the season started earlier than in the past.

The number of lab-confirmed cases in Tompkins County reached 500 with a seemingly even split of strain A and B, Hillson said. However, lab-confirmed cases only account for samples sent in. Hillson said most doctors will not test for the flu but will just treat patients if they have symptoms.

"It's still really important for people to be aware of how to protect themselves against the flu and understand the symptoms and complications that can happen," Hillson said.

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Council talks about virus

BY MIKAYLA ROVENOLT

The Ithaca College Faculty Council discussed plans for how the college could respond to a potential shutdown because of the new coronavirus at its March 3 meeting.

Jeane Copenhaver-Johnson, associate provost for academic programs, and La Jerne Cornish, provost and senior vice president for academic affairs, prompted a discussion about emergency plans in response to COVID-19. The group discussed how to shift to online learning if the campus is shut down and how to address students who are abroad and students who may be traveling over spring break. The discussion referenced recommendations from the Centers for Disease Control and Prevention (CDC).

The council also continued its discussion on the revisions to the Integrative Core Curriculum (ICC). The evaluation proposal will be completed at the end of March, said David Gondek, associate professor in the Department of Biology.

Cornish said the college needs to be prepared for the worst when it comes to COVID-19 without creating a panic.

"We don't want to expect the worst," Cornish said. "But it's a good idea to prepare and try to deal with some of these things on the front end so we aren't caught off guard."

Many colleges are preparing to move online in case of a shutdown, something Syracuse University has already done after shutting down programs abroad in Italy. Copenhaver-Johnson said Ithaca College is in the process of creating a platform for students and faculty to continue classes online in case there is a shutdown. The platform is not completed yet, she said.

Copenhaver-Johnson said some students at the college who are abroad have chosen to not return to the United States early and are continuing classes remotely.

Copenhaver-Johnson said the college outlined the expectations for a 14-day self-isolation period for anyone who is returning from a place that is identified as a Level 3 CDC travel advisory location before returning to the campus after spring break. Level 3 CDC locations include South Korea, Iran, China and Italy. This information was stated in an email to the college community March 4.

The college also has those protocols in place for any students returning to the London Center from a Level 3 area. Copenhaver-Johnson said the college has been in contact with those students to make sure the proper precautions and procedures are followed.

Following the COVID-19 preparation, the meeting moved into continuing discussions about reforms to the ICC. The proposals that were discussed were first mentioned at a previous meeting. Gondek presented on the ICC and asked for faculty members' input on the potential reforms. One of the reforms discussed was a proposal to create a course in between freshman seminars and capstone courses to help connect students' overall educational experience within the different perspectives to their overall ICC themes, Gondek said. "Right now, we're at the point where we're developing these proposals and want your [Faculty Council's] input," Gondek said. "This is early in the process, and we want feedback."

IC encourages 2020 census participation

BY CORA PAYNE

The 2020 United States Census is being conducted throughout March, and Ithaca College is pushing initiatives to get a proper count, as college towns are often among the most undercounted.

The U.S. Census counts the population, allowing the federal government to allocate over \$675 billion dollars in federal funds to local and state governments. Doreen Hettich-Atkins, director of strategic planning and administration and chair of the 2020 Census Committee at Ithaca College, said the committee has been try-



ing to spread awareness to campus community members through posters and Intercom announcements to make sure they know how to participate in the census.

"I think some of that's probably due to lack of awareness," Hettich-Atkins said. "It's probably the first time most [students] are filling it out on their own, and many [students] probably think their parents should fill it out for them."

Students living in on-campus group housing will receive a paper form from their respective resident assistant or apartment assistant to fill out for their room or apartment, Hettich-Atkins said. She also said that students residing off-campus will receive a postcard in the mail to fill out.

By April 1, every person living in the U.S. is required by law to be counted for the census, including homeless people and noncitizens. All individual information collected by the census is confidential and cannot be accessed. It is against the law for any Census Bureau employee to disclose or publish any census or survey information that identifies an individual or business.

Ithaca College students will recieve census forms throughout the month of March. People aged 18-24 compose approximately 43.8% of the population in Ithaca. MOLLY BAILOT/THE ITHACAN

It is important to be aware of how the census works for safety reasons because of the reports of suspicious people posing as census takers, Hettich-Atkins said.

Senior Marla Colino lives in an off-campus house with several housemates. On Dec. 3, a man came to the door of Colino's residence claiming that he worked for the census and that he was following up about a postcard sent a few weeks earlier. Colino said the house received the postcard but did not fill it out. At the time, Colino believed the man was working for the government.

Once [I was told] it was probably fake, I thought, 'Well that's a little scary,'" Colino said. "You don't know where that information could be going."

Government employees only visit residences if the census forms have not been filled out by April 1, Hettich-Atkins said.

Hettich-Atkins said it is also important to read mail carefully because there have also been reports of false census documents being delivered to households.

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Jason Freitag, associate professor in the Department of History, said he is not sure it is the best idea to put all of the proposals into one because it could lead to the entire proposal being voted down.

"I could see some of the pieces being more controversial than others," Freitag said. "If I had a whole proposal in front of me, and there was one piece I didn't like, I might be very tempted to vote the whole thing down, undoing a lot of the work that might be useful."

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FROM CANDIDATES, PAGE 1

education. He said the decrease in funding is particularly concerning because his and others' research shows that there is a direct correlation between students' social mobility after college and having student loan debt.

He said that historically, higher education policy in the United States has been implemented incrementally. As a result, he said, he is skeptical of the ability of bigger policy proposals such as tuition-free college and total debt forgiveness to be passed.

"Personally, I don't think either plan is doable, given the current political climate, financial climate and Congress right now," he said.

He said other less drastic policies that add and tweak existing policy may be more realistic.

While more progressive candidates, including Sanders and Warren, are pushing for tuition-free public education and loan-debt forgiveness, more moderate candidate Biden is advocating for lowering the cost of college and increasing grant programs including The Federal Pell Grant Program, which is a scholarship through the U.S. Department of Education that, unlike loans, does not require any repayment. Gabbard has said she supports free college and expanding and fixing existing debt-relief programs, according to Gabbard's Education Policy.

Biden's educational platform stems from his belief that college needs to be a "reliable pathway to the middle class." All of his plans combined would require investing \$750 billion over 10 years, according to Biden's "Plan for Education Beyond High School."

Biden's plans include investing \$50 billion into workforce training to create community college-business partnerships and apprenticeships, as well as providing two years of debt-free community college or other high-quality training programs.

He also plans to increase the availability and worth of Pell Grants by doubling the maximum value and loosening the requirements to help more people qualify for the grant. Additionally, his plan said he aims to crack down on for-profit education programs and private lenders. He said he will pay for the programs by eliminating loopholes and reducing itemized deductions that allow wealthy Americans to pay less in taxes.

Sanders has been a U.S. senator for Vermont since 2007 and before that was a member of the U.S. House of Representatives starting in 1991. Sanders currently has an 83% rating for his voting record in favor of public education from the National Education Association, according to On the Issues.

Sanders' main plan is to address higher education issues include making public colleges, universities and trade school free for all, canceling all existing student loan debt and capping student loan interest rates at 1.88%, according to Sanders' "College for All and Cancel All Student Debt" plan.

It also involves investing \$1.3 billion per year into private, non-profit HBCUs and MSIs, ending equity gaps in higher education attainment, expanding Pell Grants to cover non-tuition and fee costs and tripling funding for the Federal Work-Study Program, which allows students to work a job while at college in order to pay some of the cost of attendance.

Sanders said his plan will cost approximately \$2.2 trillion. He said he will pay for it through various methods including imposing 0.5% tax on stock trades and a 0.1% fee on bond trades, specifically targeting Wall Street, a tax that he estimates will raise \$2.4 trillion



From left, all of the candidates from a debate Feb. 25 in South Carolina including Mike Bloomberg, Pete Buttigieg, Elizabeth Warren, Bernie Sanders, Joe Biden, Amy Klobuchar and Tom Steyer.

MATT ROURKE/THE ASSOCIATED PRESS

over the next 10 years.

Warren has served as a Democratic senator of Massachusetts since 2013. Warren's main plan is to address issues regarding higher education include canceling debt for 95% of students with debt and making two- or four-year public college tuition-free, according to her "Affordable Higher Education For All" plan. She also plans to invest \$100 billion over the next 10 years in Pell Grants and expand eligibility for the grant.

She plans to create a fund by initially investing \$50 billion into HBCUs. She will also ban for-profit colleges from receiving federal money. Her plans will also prohibit public colleges from considering citizenship status or criminal history in admissions decisions and require public colleges to complete an annual audit that identifies issues that create shortfalls in enrollment and graduation rates.

Gabbard is the first female combat veteran, having served two tours in the Middle East, to run for president. She was elected to be a Democratic Hawaii House of Representatives in 2002, where she served for six years. Gabbard said she wants all "students to have equal access to quality education" and that she believes that resolving student debt would make education more accessible. Senior Kevin Malloy, member of Ithaca College Democrats, said he is most concerned about the candidate's position on student debt. He said he is voting for Sanders in the primary.

He said that after graduating in May 2020, he will need to pay back tens of thousands of dollars in loans that he had to take out in order to afford to attend Ithaca College.

"I'm going to be in a ridiculous amount of debt," Malloy said. "That's going to be affecting me very soon."

Reporting was contributed by News Editor Falyn Stempler.

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FROM CORONAVIRUS, PAGE 1

Los Angeles County declared a state of emergency over COVID-19 on March 4. The Ithaca College Los Angeles (ICLA) satellite campus is located in Los Angeles County.

Stephen Tropiano, director and professor in the JB Pendleton Center in Los Angeles, said the ICLA program is monitoring all of the information it is receiving from Los Angeles County and the CDC.

"So, we're taking all the necessary precautions, telling students to wash their hands," he said. "All of our students are interning, so all of their workplaces are dealing with it differently. I have not heard of anyone not going to their internship because of it."

Tropiano said ICLA is not considering sending students back to the college or their permanent homes at this time.

Students studying at the London Center are not allowed to travel to any country that has a



FROM VOTING, PAGE 1

Republicans to help get out the vote.

Bushby said they hope to expand later this semester to work with the groups to broaden the scope of what the initiative will accomplish by educating people on different candidates.

Freshman Danka Hlinka said the reason she was filling out an absentee ballot was because a professor said it is important to vote.

Hlinka said she has had bad experiences in a male-dominated work environment, so she is passionate about issues surrounding women's rights.

"I was actually in a workplace where it was heavily male populated, and I never thought that it would be as hard as it was," Hlinka said. "I just assumed all these women are going through the same thing. But actually having the experience of literally being the only female in my workplace was very hard. So I just want to make sure that either there's more awareness for women to be able to go into specific fields and not be the only one. Advocate for more women in specific fields, or just that they get paid the same." Senior Lauren Suna said she thinks an initiative like IC Votes is important because it makes it easier for people to exercise their right to vote and navigate a confusing system. "It gets people to actually go out and do our constitutional right to vote," Suna said. "People often have an opinion on things but then don't know their power to do anything. The system is really confusing so having something like this that encourages people to go out and vote is really empowering." Sophomore Olivia Notaro said she thinks it is important for an initiative like IC Votes to exist.

Level 3 warning for the rest of the semester. Students who have traveled to a country that does have a Level 3 warning are required to stay in their housing in London for two weeks before returning to the London Center or return to their permanent home to finish the coursework remotely, stated a message to the campus community that was made public March 3. Students who want to leave the London Center and continue the semester at their permanent home to finish their coursework remotely are allowed to do so, the message stated.

The study abroad programs in Italy and South Korea are not run directly through the college but through affiliated study abroad programs instead. This means that the college cannot make decisions about the programs'curriculum, but that the college is in communication with its partners. It is the affiliated programs' decision whether or not to suspend classes.

The Italian government closed all schools and universities until March 15. One study abroad program that students are studying in Italy through, CEA Study Abroad, canceled all in-person classes that will be conducted From left, juniors Laura O'Brien and Carly Swanson are both studying abroad in Florence, Italy. All Italian schools were closed because of COVID-19 until March 15. COURTESY OF CARLY SWANSON

online for the rest of the semester, junior Carly Swanson, who is currently studying in Florence, Italy, said.

Approximately 3,000 cases of COVID-19 have been confirmed in Italy. Swanson said that she and her friends are not worried about contracting the virus, but that she is afraid of being unable to return home.

Swanson said that she and her friends are nervous about traveling outside of Italy because she thinks there is a risk that they might not be able to get back into the country once they leave.

Junior Laura O'Brien, who is also studying in Florence, said most of the students in her program have returned to the U.S. because their college required them to or because they chose to. She said she intends to stay in Italy.

Swanson said that she also plans on staying in Italy as long as she can, but that she would consider leaving if it becomes difficult for her to return to the U.S.

"Essentially, I would have to be physically dragged out of the country to get me home," she said.

In an announcement to the college community Feb. 27, La Jerne Cornish, provost and senior vice president of Academic Affairs, and Rosanna Ferro, vice president for Student Affairs and Campus Life, said there are no current reports of anyone on campus who has COVID-19.

"College officials have been closely monitoring the situation in each country where coronavirus disease has been reported and where there are currently IC students studying abroad," the statement said.

Laura O'Brien was previously an assistant news editor and Carly Swanson was previously design editor for The Ithacan.

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"I think it's really important for people to be able to put in their piece, especially on a college campus where we're not necessarily all from the same county," Notaro said.

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Student wins award for leadership in marketing

BY ASHLEY STALNECKER

Senior Drew Lapinski won Ithaca College's American Marketing Association's Klein Award after serving as the club's president for two years.

John Vongas, assistant professor in the Department of Management, who has taught Lapinski, said Lapinski possesses a unique ability to be a leader who listens.

"Having the approach that Drew has — meaning that he has a sort of openness to not only experience but sort of a respect for a multitude of different ideas sometimes that don't necessarily coincide with his own — is I think of huge asset," Vongas said.

Lapinski was voted by his fellow club members to win the club's Klein Award, an annual honor that recognizes seniors who have made significant contributions to the group. Lapinski was given the award for his listening and leadership skills, said Scott Erickson, Dana professor and chair of the Department of Marketing and the group's advisor.

"He's very much a take-charge guy," Erickson said. "He's accomplished really important things with the club."

The award was created in the 1980s to honor alum Dara Klein for her hard work and dedication, Erickson said.

AMA is a national organization that aims to "provide the marketing leaders of tomorrow... with the resources and skills to shape the industry," according to AMA Collegiate's website. There are approximately 325 collegiate chapters across the country.

For his first two years at the college, Lapinski served as a general body member on ICAMA. His peers voted to elect him as president for his junior year. As a senior, he has shared the role of president with senior Ryan Nadeau. Lapinski said he has dedicated a lot of his time in college to the club.

"I kind of just devoted all my marketing time toward AMA, but it's been very rewarding," Lapinski said. "There's a lot of work that goes into it, so it takes up a lot of time. And to be honest, I'm very happy that I decided to just focus my attention on AMA."

In his first year as president of the chapter, he helped the team earn its spot in the top 25 AMA chapters. ICA-MA placed in the top 25 in 2018 for the first time in years.

"Being named one of the top 25 chapters was just extremely rewarding because it really just showed that even though we came in and we didn't really know too much about what we needed to do, we were able to get our job done and do well with it," Lapinski said.

Senior Rachel Cadet, vice president of community impact for ICAMA, said Lapinski has been dedicated and committed to AMA throughout college.

"He has been a huge impact since being the president of AMA," Cadet said. "When he was first elected, he had a whole new e-board. Through hard work and organization, the chapter was still able to place in the top 25 at the intercollegiate competition."

Lapinski's leadership has benefited the group, as reflected in the several awards it won at competitions, including AMA case competitions, Erickson said.

Lapinski has also spoken twice at the annual AMA conferences about the chapter's performance, Erickson said.

As president, Lapinksi is also responsible for ensuring that ICAMA remains a recognized chapter, a task that Erickson said entails submitting an annual chapter plan at the beginning of the year and an annual report



Senior Drew Lapinski won the annual Klein Award from Ithaca College's American Marketing Association that is given to seniors that have made significant contributions to the chapter. SURINA BELK-GUPTA/THE ITHACAN

at the end of the year. This includes detailing the events the group has put on to advance students in professional development, such as hosting LinkedIn and Adobe Suite professional development workshops, Erickson said.

Outside of AMA, Vongas said, Lapinski has been involved with Beta Gamma Sigma, an honor society representing the top students in the business school. Vongas said he has also served as vice president of finance and vice president of programming for The Association to Advance Collegiate Schools of Businesses, an organization that gives the business school its accreditation. The school needs to be accredited to demonstrate its legitimacy of higher learning. Lapinski said he has had an interest in marketing and branding since high school. Once he started taking classes in college as a business administration major with a dual concentration in management and marketing, he said, he realized that he also liked to work with numbers.

He said that working with marketing analytics and branding helped him combine his two interests.

"I thought there was something really cool about companies being able to build a really strong brand," Lapinski said. "And in some cases, for no reason other than that really strong branding, they get to be really successful."

Lapinski interned with Convene, a workplace design company, in

Philadelphia, and as a consumer banking intern with a branch of TD Bank in New Jersey. He said he found his internship at Convene through a connection with an alum.

As graduation nears, Lapinski said he is hoping for a job that allows him to do both branding and marketing analytics. So far, he said he has applied to a few jobs in Chicago.

Vongas said it is not only his leadership that makes Lapinski stand out but also his character.

"And with him, it's also little things too, like he'll take the time to show gratitude," Vongas said. "He'll write a little personalized note by hand, and little gestures like this go a long way."

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SGC to consider writing bill to ban smoking at college

BY SAM HAUT

Ted Schiele, planner and evaluator for the Tompkins County Health Department, met with the Ithaca College Student Governance Council on March 2 to discuss the feasibility of a smoking ban at the college.

Schiele said he has been working with students and faculty at the college since 2015 to implement a ban on tobacco products, like cigarettes, hookahs and vape pens, across the of Public Safety and Emergency Management, to discuss a tobacco ban in 2017. He said that after putting together a policy proposal, Koenig and Kerry said they would take it to the president's council in February 2018, but that this also did not happen. Koenig and Kerry did not respond to a request for comment.

Schiele is also a member of Tobacco Free Tompkins, which is part of the Tobacco Free Zone of Cortland, Tompkins and Chenango Counties. Tobacco Free Tompkins is a group that received funding from New York state to promote policies that "reinforce the tobacco-free norm in our communities."



entire campus.

The college currently prohibits smoking in all residence halls and apartments, dining areas, classrooms, theaters, auditoriums, gymnasiums, the indoor pool area, laboratories, the library, individual offices, college cars and vans, meeting rooms, lounges, balconies, hallways, stairwells, lobby areas, restrooms, elevators, waiting rooms and all other indoor campus facilities, according to section 2.8.10 of Volume II of the college's policy manual.

According to the policy, smoking includes but is not limited to cigarettes, cigars, pipes, electric cigarettes and other vaping devices.

In 2015, Schiele said, he spoke with Tim Conners '17, who worked with Colleges Against Cancer, which is part of the American Cancer Society's push to eliminate cancer, to push for a bill to the ban smoking of tobacco products at the college, and in 2016, the SGC passed a bill to make the college tobacco-free in a year. However, nothing ever came of that bill.

Schiele said he met with Rory Rothman, retired associate provost of student life, student affairs and campus life; Title IX Coordinator Linda Koenig and Bill Kerry, director of the Office Schiele said through his work with Tobacco Free Tompkins, his goal is to make as many areas smoke-free as possible.

In 2018, 15.5% of college students reported vaping nicotine in the past 30 days, according to the University of Michigan's annual Monitoring the Future Panel study. According to the same study, only 7% of college students smoke cigarettes.

In 2017, New York state banned vaping in all areas that smoking was also prohibited in and on Feb. 6, 2020, the federal government imposed a ban on flavored vaping products.

Junior Elijah Nishiura, vice president of campus affairs, asked Schiele who the SGC could talk with to work toward implementing a smoking ban.

Schiele said that the SGC should start by talking to students but that SUNY Cortland was able to become a tobacco-free zone through its administration rather than student action.



Ted Schiele, planner and evaluator for the Tompkins County Health Department, has aimed to implement a smoking ban on Ithaca College's campus since 2015.

REED FREEMAN/THE ITHACAN

Senior Alex Perry, varsity athlete senator,'[said he is concerned about what will happen to the people at the college who smoke cigarettes or vape if the SGC does pass a ban.

"So I'm wondering what we can do as a community if this were to be passed, how that will affect all of the workers," Perry said. "Because I know it's not just the staff — there's also students and faculty. So I think that we have to carefully consider the ramifications that it would have on the community."

Schiele said that if a smoking ban does pass, then it would not take effect immediately and instead would take approximately 12 to 18 months for the college to figure how to implement the ban, what would be done to enforce it and how the administration would inform the campus community. Freshman Soumyaa Joshi, vice president of academic affairs, asked Schiele about what the college could do to help those that are smokers who would find it difficult to cope if a smoking ban is implemented.

Schiele said that the college could offer help for people to quit smoking but that he thinks many would still be smokers. Schiele said the point of the bill is not to get people to quit smoking but to make the college a smoke-free environment.

Going forward, junior Senate Chair Abigail Murtha said, if a member of the SGC feels strongly about a smoking ban, they can start working on a bill, though it is unclear how much of the SGC will support one.

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IC Mock Trial Team advances to next tournament

BY CAITLIN HOLTZMAN

During the nearly six-hour bus ride back from Boston, the Ithaca College Mock Trial Team members felt anxious about whether they would advance after the regional tournament they competed in Feb. 22 and 23.

It was not until two days later, on Feb. 25, that the team heard that its A-Team will be advancing to the Opening Round Championship Series Tournament (ORCs) on March 14 and 15 at Princeton University in Princeton, New Jersey. This announcement came after the team placed seventh at the Chestnut Hill Regional Tournament on Feb. 22 and 23 at Boston College in Chestnut Hill, Massachusetts, said senior Alicia Armstrong, president of the college's mock trial team.

"We had a lot of pressure to try and move on again this year," Armstrong said. "It's definitely a relief to say that we do get to go on."

Regionals are the first step of the American Mock Trial Association's (AMTA) annual tournament, which has three levels of competition: regionals, ORCS and nationals. Mock Trial is a competition-based organization that combines law, public speaking and performance. Each year, all colleges that have Mock Trial chapters receive a case from the AMTA to prepare for upcoming competitions with other regional schools.

Typically, each college divides their team into two groups, A-Team and B-Team, and members are decided based on experience levels. Often the A-Team is dominated by juniors and seniors, whereas the B-Team consists of freshmen and sophomores. Both teams at Ithaca College are led by seniors of the club with Armstrong directing the A-Team and senior Luke Miller directing the B-Team. Mock Trial works under the Department of Politics at the college and has been advised by Andrea Mooney, clinical professor in the Department of Law at Cornell University, for the past two years, said senior Kelsey Shaffer, the team's communication director.

The Ithaca College team has advanced to ORCS for the past two years. Both years it did not advance to nationals.

On the first day of the tournament, Ithaca College's defense team competed against Princeton University's and Ithaca College's prosecution team competed against Bowdoin College. Ithaca College beat both teams. On the second day, the A-Team competed against Brown University and the University of Massachusetts Lowell. Ithaca College lost to Brown, but tied with Lowell, Shaffer said.

The case the teams were assigned was State of Midlands v. Jordan Ryder, which is a criminal case in which Ryder is accused of murdering their 12-year-old child who is disabled by pushing them off a cliff while on a strenuous hike. Each prosecution team had to prove that Ryder, the defendant, was guilty beyond a reasonable doubt, which is the highest standard in the United States legal system, Shaffer said.

The prosecution side has the option to charge the defendant with either aggravated murder or involuntary manslaughter and child endangerment, Shaffer said. The teams come into the tournament not knowing what their opponents will charge until right before the trial, so the prosecution has to prepare two separate defenses, Shaffer said. The laws used in Mock Trial are based on federal rules of evidence.

The goal of the tournament is to give the best performance rather than



Members of the Ithaca College Mock Trial Team traveled Feb. 22 and 23 to Boston College for the Chestnut Hill Regional Tournament. Ithaca College's A-Team will be advancing to the next round March 14 and 15. COURTESY OF ITHACA COLLEGE MOCK TRIAL TEAM

win the case, Shaffer said.

The A-Team's witness, freshman Daniel Santana-Gonzalez, won an outstanding witness award at the tournament for his witness role for the defense team, Shaffer said.

The two judges in the trials score each individual team member on their performances. Members are scored on a scale from one to 10 for each role they play. At the end of the trial, the total of all the teammates' scores makes up the team's ballot. Whichever team has the highest total ballot scores wins that round, Shaffer said.

Shaffer is an aspiring lawyer and will be attending law school in the fall, although she has yet to commit to a school. She said that being in Mock Trial has prepared her for her future career.

"It's really helped with public speaking and working with a team," Shaffer said.

Although there was pressure to move forward, Armstrong said, she tried to keep the team's morale high by focusing on enjoying the experience rather than worrying about winning.

"If we didn't go on, we would've liked to say that we went out there, did everything that we could to the best of our ability and that we're proud of what we did," Armstrong said.

To move forward from regionals to ORCS, the team has to win at least five ballots against the other teams, Shaffer said. The B-Team is not moving forward to ORCS, however, some members may be pulled up to A-Team, Miller said. Miller said his overall goal at the tournament was to see improvement in his team.

"The improvement our B-Team alone has had this year was absolutely phenomenal," Miller said.

Armstrong said she thinks the A-Team that will compete in ORCS is strong.

"At ORCS, we're aware that we're about to go against very difficult teams," Armstrong said. "We would like to think that this year we have a very good chance."

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Professor publishes article in archaeology journal

Jennifer Muller, associate professor and chair of the Department of Anthropology, published an article on the importance of moving away from cultural violence within bioarchaeology.

Muller's article discusses the impact of structural and cultural violence within the bioarchaeology field. Bioarchaeology is the study of archaeological remains with the intent of drawing conclusions about human life. The article was written for a thematic series in the January issue of "Historical Archaeology."

violence are structural violence, dicultural violence and then rect violence. ... Cultural violence serves to justify structural violence. So cultural violence can be things like science, religion, different kinds of philosophical ideas or rhetoric, political rhetoric. ... It's something like justifying the enslavement of African descendant populations by talking about the fact that we are actually different races of people and we have different origins. ... It is used and provided to the populus as a justification for the enactment of structural violences and direct violences like enslavement and persecution for a particular people. Any science, any discipline, can be a vehicle for cultural violence. One of the ways in which we have to think about this is the idea of a hegemonic narrative. This idea of a single story for people that is perpetuated by people in power, so something that comes up in my own research, in terms of the enslavement experience, is related to plantation slavery. ... Sometimes, even if people are well-intentioned and they're trying to bring light to violences for a particular group of people, for example enslaved people, it can be dangerous to victimize a group of people and not also talk about resilience and their cultural resilience and the ways in which they were dealing with stressors and the ways in which they adapted to their environments and had agency. ... You have to tell all the sides of the story.



Staff writer Diana DeLuca sat down with Muller to discuss her work and the importance of cultural awareness, inclusivity and diversity in the bioarchaeology field.

This article has been edited for length and clarity.

Diana DeLuca: How did you get involved with writing the article?

Jennifer Muller: Initially, I was asked to peer review every article as a collection of articles. Then I guess they really liked what I had to say and how I kind of brought everything together, so the editor of the journal asked if I'd be willing to write the commentary.

DD: In your article, you wrote a story, and it centered around disrupting cultural violence. What does that mean, and how does it relate to bioarchaeology?

JM: So it's foundational to my research, but I also talk about it a lot in my courses. This idea of a triangle of violence, which was presented by Johan Galtung in 1969 and then in 1990, it's a paradigm — it's a way of looking at violence. The three different kinds of

DD: Did you know you wanted to write about cultural violence?

JM: After I had read through all the articles, I was seeing this as a thread that people were trying

Jennifer Muller, associate professor and chair of the Department of Anthropology, published an article discussing the impact of cultural violence in bioarchaelogy. LUCAS CAVANAUGH/THE ITHACAN

to tackle. "How do we move away from cultural violence in our writing?" Basically, we are telling one narrative of the past, but the people from the past are no longer with us. So they cannot tell us if we're doing it right or wrong, but they do have descending communities that we can include in the conversation. Then we can collaborate to tell a more inclusive story of the past. So, I kind of knew as soon as I had read through all the articles that it made sense to talk about cultural violence and structural violence.

DD: Do you teach any courses at Ithaca College that talk about cultural violence?

JM: Yes, I do. I teach a class called Biology of Poverty, which I need to change the name of because it really should be Biology of Inequity. It's

a 300-level course, so it's very much a seminar, discussion-based course where we talk about all kinds of violences in different cultures. I'm coming at it from two different ways. One is to talk about this triangle of violence. ... So the intersections of how, say a Native American woman who is disabled, how those three identities come together and how that individual is treated within a particular societal context because of those intersecting identities. ... I also talk a lot about structural violence, and I talk about post-mortem structural violence, so how we treat bodies after death. I also teach Bodies of Inequality, which is an Ithaca Seminar.

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COLLEGE BRIEFS

College to host discussion about solidarity against Islamaphobia

Building upon the legacy of Muslim American and Japanese American solidarity since 9/11, #VigilantLOVE is a healing and arts-driven organization that creates spaces for connection and grassroots movement to ensure the safety and justice of communities impacted by Islamophobia.

Traci Ishigo, co-founder and co-director of Vigilant Love, will provide both a lecture and a workshop on cultivating solidarity and resistance against Islamophobia and surveillance programs that affect college campuses nationwide.

The lecture will be held at 6 p.m. March 24 in the Taughannock Falls Room as a part of the Center for the Study of Culture, Race and Ethnicity discussion series.

Provost to hold event for faculty to share post-sabbatical projects

La Jerne Cornish, provost and senior vice president of academic affairs, is holding an event for speakers to share their sabbatical projects. It will take place from 4 to 6 p.m. March 16 in Clark Lounge.

Mary Bentley, associate professor in the department of Health Promotion and Physical Education, will hold a presentation called, Podcasting as a Form of Community-Based Advocacy — Developing New Skills for Contemporary Public Health Professionals.

Cristina Gomez, associate professor in the Department of Mathematics, will present a project called Going Back to Elementary School.

Jeff Lippitt, associate professor in the Department of Accounting and Business Law, will present a project called, The Effect of Environmental Sustainability Initiatives on Firm Value.

Keith Kaiser, dana professor in the Department of Music Education, will facilitate the event. It is organized and supported by the Center for Faculty Excellence.

IC students selected to attend semi-finals of media competition

Three Roy H. Park School of Communications student teams have been selected to progress to the semi-final round in the Washington Media Scholars Case Competition.

After competing in the qualifying round of the national competition, the top 24 teams in the country were selected to contend in the Media Plan Case Competition semi-finals.

This event challenges students to think strategically and dive into the deep-end of marketing impressions, numbers and budgets.

The top six teams from the semi-final round will receive an all-expenses-paid weeklong trip to Washington, D.C. There they will compete as finalists for the National Excellence in Media Award and \$16,000 in scholarships, while networking and job shadowing at media organizations.

The three Ithaca College student teams moving forward are: seniors Jenna Gooch and Taryn Israel, junior Alexis Griffin and sophomore Audrey Gamble, and seniors Renyck Hoffman and Jacob Lange.

A total of 24 student teams representing the following 14 schools will advance in the competition: American University in Washington, D.C.; Binghamton University in Binghamton, New York; Brigham Young University-Idaho in Rexburg, Idaho; Iowa State University in Ames, Iowa; Ithaca College, Lamar University in Beaumont, Texas; Seattle University in Seattle; Stephen F. Austin State University in Seattle; Stephen F. Austin State University in Syracuse, New York; Temple University in Philadelphia; University of Georgia in Athens, Georgia; University of Notre Dame in Notre Dame, Indiana; and University of South Carolina in Columbia, South Carolina.

College to host speaker to talk about esports in higher education

Charles Murray, a nationally recongized innovator in esports and Coordinator of the SUNY Canton esports program, will discuss how esports in higher education has become a cultural phenomenon that is taking college campuses all across the world by storm.

Canton has won two Eastern College Athletic Conference championship titles for esports and has a varsity program with a full-time staff. Attendants can learn how Canton created partnerships to evolve its program from 18 students playing three



Students test their skills at trivia night

IC After Dark, an organization that provides students with late-night entertainment, hosted a trivia night from 8 to 11 p.m. Feb. 28 in IC Square. Trivia topics included sitcoms, pop music, general knowledge, United States history and movies.

EMILY SILVER/THE ITHACAN

games to approximately 100 students playing eight titles. The event will take place at 12:10 p.m. March 19 in Clark Lounge. This is one of over 50 sessions that are part of the college's 30th annual Educational Technology Day, scheduled from 9 a.m. to 3 p.m. March 19 in the Campus Center.

No registration is required for members of the college community.

Department of Politics to hold event to honor retiring professor

Asma Barlas, professor in the Department Following the keynote lecture.

her retirement, the Politics Department will host a symposium and reception from 3 to 6 p.m. March 20 in Clark Lounge.

Some of her former students will present on issues of identity, race and colonialism and Islam that marked their trajectories at the college and beyond.

At 6 p.m., there will be a reception with food and refreshments where alumni, students, colleagues and other invitees are welcome to share memories about their time with her.

Following the reception, Barlas will give a keynote lecture.

PUBLIC SAFETY INCIDENT LOG SELECTED ENTRIES FROM FEBRUARY 17 TO FEBRUARY 23

FEBRUARY 17

CRIMINAL TRESPASS 2ND DEGREE

LOCATION: Terrace 11 SUMMARY: The caller reported an unknown person entered their room and moved their belongings. The officer reported the subcontractor and facilities staff were in the room to conduct work. Master Patrol Officer Bruce Holmstock responded.

Apartment Building 351

SUMMARY: Simplex reported fire alarm activation. The officer reported the alarm activation was caused by burnt food. Patrol Officer Kevin McClain responded.

MEDICAL ASSIST/INJURY RELATED

LOCATION: All Other SUMMARY: The caller reported a person injured their shoulder while a heavy object on a construction site. The person transported themself for medical assistance. Master Patrol Officer Bruce Holmstock responded.

CHANGE IN THE CASE STATUS LOCATION: Terrace 11

SUMMARY: The officer reported the criminal trespass second degree that was reported Feb. 17 has been changed to unfounded. Sergeant Ron Hart responded to the incident.

PETIT LARCENY UNDER \$50

LOCATION: The Campus Center SUMMARY: The caller reported two unknown people stole items from the book store. Patrol Office Khiem NguyJon Elmore responded.

SCC UNDERAGE POSSESSION OF ALCOHOL

LOCATION: O-Lot

SUMMARY: The officer reported people with alcohol. The officer judicially referred to people for underage possession and for possession of fake IDs. Sergeant Don Lyke responded.

FEBRUARY 22 CRIMINAL MISCHIEF 4TH

SAFETY HAZARD

LOCATION: Muller Chapel Pond Area SUMMARY: The officer reported a person ice skating on the pond. The officer gave the person a warning. Patrol Officer Kevin McClain responded.

MEDICAL ASSIST/ILLNESS RELATED

LOCATION: Circle Apartment Building 341 SUMMARY: Tompkins County 911 Center reported a person was having an allergic reaction. The person was transported to the hospital by ambulance staff. Sergeant Chris Teribury responded to the incident.

HARASSMENT 2ND DEGREE

LOCATION: All Campus SUMMARY: The caller reported an unknown person was leaving harassing notes on their vehicle. Patrol Officer Shawn Lansing responded.

ACCIDENTAL PROPERTY DAMAGE

LOCATION: Office of Public Safety Parking Lot

SUMMARY: The officer reported finding damage to a vehicle while conducting a vehicle inspection. Master Patrol Officer Bob Jones responded.

OFF CAMPUS INCIDENT

LOCATION: West Tower SUMMARY: A third party caller requested an officer to assist a person file an off-campus incident report. Patrol Officer Bryan Verzosa responded.

FEBRUARY 18

FIRE ALARM ACCIDENTAL LOCATION: Circles

CRIMINAL TAMPERING 3RD DEGREE

LOCATION: Terrace 6

SUMMARY: The caller reported a person altered words on a bulletin board to create explicit phrases. The officer reported one person was judcially referred for criminal tampering. Patrol Officer Bryan Verzosa responded.

FEBRUARY 19

SUSPICIOUS CIRCUMSTANCE

LOCATION: Circles Apartment Building 131

SUMMARY: The caller reported a loud explosive noise. The officers determined a generator in the boiler room was backfiring. Maintenance was notified and responded. Patrol Officer Daniel Redder responded. en responded to the incident.

OFF CAMPUS INCIDENT

LOCATION: All Other

SUMMARY: The caller reported a property damage motor vehicle accident that occurred Feb. 13, 2019, off-campus. Master Patrol Officer Bruce Holmstock responded.

FEBRUARY 20

MOTOR VEHICLE ACCIDENT/ PROPERY DAMAGE

LOCATION: West Tower SUMMARY: The caller reported a two car property damage motor vehicle accident. Patrol Officer Mayra Colon responded to the incident.

FEBRUARY 21

ROBBERY STRONG ARM (NO WEAPON)

LOCATION: O-Lot

SUMMARY: The complainant reported a person stole their headphones from them. Master Patrol Officer

DEGREE

LOCATION: Emerson Hall SUMMARY: The caller reported and unkown person damaged an exit sign. Patrol Officer Sophia Dimkos responded to the incident.

SCC IRRESPONSIBLE USE OF ALCOHOL/ DRUGS

LOCATION: O-Lot

SUMMARY: The officer reported an intoxicated person. The person declined medical assistance. The officer judicially referred the person for irresponsible use of alcohol. Sergeant Don Lyke responded.

MEDICAL ASSIST/ILLNESS RELATED

LOCATION: Higgins Stadium SUMMARY: The caller reported a person was having a seizure. The person was transported to the hospital by ambulance. Patrol Officer Bryan Verzosa responded to the incident.

FEBRUARY 23

SUSPICIOUS CIRCUMSTANCE

LOCATION: Garden Apartment 28 SUMMARY: The caller reported third hand information that a dispute between two people took place off-campus and one of the two went to the other's residence. Patrol Officer Bryan Verzosa responded.

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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OPINION



FRANKIE WALLS/THE ITHACAN

EDITORIALS

Before students cast their votes, proper research is key

uper Tuesday is the first big primary event after months riddled with debates and election predictions. For Democratic student voters, primary election days are the first chance to step up and vote after months of a seemingly endless news cycle.

Student groups across the nation are organizing in order to make sure that college campus populations are well educated on how the voting process works.

For example, Ithaca College's Student Governance Council and Center for Civic Engagement are partnering on the initiative IC Votes, which aims to help inform students on how to register to vote and how to obtain and fill out absentee ballots. On Super Tuesday, an underwhelming number of student voters participated. Initiatives like IC Votes could help influence the student voter turnout in the next set of elections. candidate's stance on higher education and the steps they are willing to take to improve it and make it more attainable for all. As college students, this is something that affects us all, some to a much more

crucial and personal level than others. In a time in which social media dominates people's lives and the way people perceive the world, it is very easy to get caught up in the noise of social media activism. Students must not only seek out information but use their own judgment as to whether or not their sources are reputable.

If students want to see structural change in higher education, it all starts with the policymakers that put the rules in place and decide on funding. It is up to student voters to represent themselves through the candidate they choose.

Personal health is necessary to combat the coronavirus

s the new coronavirus spreads internationally, so does the increasing panic that is being felt internationally. Social media and the discourse that it enables only fuel this panic.

New articles about the total deaths from the virus are updated seemingly by the minute, and a culture of disease control through fear mongering has proved to be an international trend. While the coronavirus outbreak is a serious epidemic and needs to be properly reported on in order to keep the public well informed, some of the insights and reporting have changed from informative to simply racist, untrue or overdramatized. During this health scare, rather than falling into social media's manner of fear mongering and spreading racist arguments about coronavirus, people should instead check in with themselves and make sure that their habits are healthy ones. With a culture of workaholism that is praised in society, it is hard to call in sick to work or take an absence in school, even when it is necessary.

The best way to stop the spread of viruses is to stay healthy — which could be done in simple ways like washing hands, eating right and getting a few extra hours of sleep each night.

The worst thing to do at a time of health crisis is to resort to xenophobia. Just because the virus came to fruition in China does not mean that all people of Asian descent have the virus, are more susceptible to the virus or are the people you should avoid on public transportation or in daily interaction.

It is behaviors like these that are racist and xenophobic that do nothing in means of protecting oneself or others from contracting of the virus. All this does is spread xenophobia, which in truth is institutionalized in our country's means of handling any international crisis, whether it be an epidemic or otherwise. Coronavirus may be an international epidemic, but it is not the first, and most certainly not the last. We must improve our international dialogue when it comes to crisis control, especially when it comes to illness.

While it is important for students to vote, it is also important for them to be well-informed on each candidate's policies when they cast their votes. It is imperative for students to understand each To college students on both Ithaca College's campus and beyond, educate yourselves through proper research, not just the first source that comes up on Twitter, Facebook or Instagram. Voting is a powerful right that all students must take advantage of.

LETTER TO THE EDITOR

GUEST COMMENTARY

Send to ithacan@ithaca.edu.

ALL LETTERS MUST:

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

Send to ithacan@ithaca.edu or to the opinion editor at ksustick@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 speciic subject
- Be between 500–650 words. Whether more or less space is allotted is at the discretion of the editor.

NATIONAL RECAP

College students face obstacles getting to polls

BY KATE SUSTICK

As the national primary elections begin, voters across the country are focused on where and how they will be able to enter their votes. For many college students, the ability to vote is even harder with the added difficulties of mail-in ballots, registering in new states and inability to get to the polls.

For Will Newell, a student at Vanderbilt University in Nashville, Tennessee, there are no locations on his campus that allowed him to vote in Tennessee's primary, which took place on Super Tuesday. Newell told The Associated Press that while he is able to drive his car to the local polling location, he was worried that students who do not have the ability to drive themselves would then not be able to cast their votes.

While students were available to provide rides, Vanderbilt itself did not organize a shuttle system for students. There is currently a bill in the Tennessee Legislature for early voting locations to be at the large colleges and universities in the state.

In addition to students' obstacles in getting to the polls in Tennessee, there are other factors that lead to the state's overall lower voter turnout. According to AP, college students cannot utilize student IDs as valid forms of identification at polling sites, but the use of handgun licenses is permitted.

This comes at a time when Democratic candidates are seeking young voters in the 2020 election.

Yet students' abilities to partake in voting has been challenging because of states like Tennessee that make voting more difficult for students. According to AP, critics say that this is designed to keep out voters who tend to lean more Democratic.

"Republicans see that, and they're scared," said Matt Nowling, national director of communications for the College Democrats of America. "College Democrats have been at the forefront of fighting against these issues."

There are still obstacles that stand in the way of student voters. For example, in New Hampshire, there is a law that all people, including students, must obtain a form of license or registration that identifies them as a New Hampshire resident in order to vote.

There are seven states where college IDs are not permitted forms of identification at polling centers. In Texas and Tennessee, these rules have been set in place since Republican-dominated legislation was passed between 2008 and 2018. Meanwhile, the other five states — Arizona, Iowa, North Dakota, Ohio and South Carolina — were all added to the list after Donald Trump became president in 2016.

In addition to not being able to use student IDs in Arizona, a Republican lawmaker in the state also proposed legislation that would prohibit students from using their on-campus addresses when registering to vote, according to AP.

In some states that swing Democrat, there are efforts to make voting easier. For example, in California, there is a new law that requires the attention to putting more voting centers on college campuses, according to AP.

Democrats are relying on an

increased voter turnout for the 2020 presidential election. According to a report done by Tufts University's Institute for Democracy and Higher Education, the number of students that voted in the 2018 election nearly doubled in comparison to the student voter turnout in 2014.

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NEWSMAKER

Professor opts for pedagogy that goes beyond education

Nacem Inayatullah, professor in the Department of Politics at Ithaca College, published a paper in February titled "Pupils Dilated: Towards a Pedagogy of Emergence." The paper pushes readers to see a different method of pedagogy that is focused on developing interpersonal connections.

The paper was presented at the workshop "Subversive Pedagogies: Radical Possibility in the Academy" on Feb. 10 and 11 at Victoria University of Wellington in Wellington, New Zealand.

Opinion editor Kate Sustick spoke with Inayatullah about his interest in looking at research holistically, the humane in global economics and proposing pedagogy that is more directed toward human connection. to meet [students] where they are. The only way to meet them where they are is to learn where they are. The only way to learn where they are is to get to know them. That very slowly started to shift my style from lecturing gradually to discussion orientation. ... As that process unfolded, what I came to is that they are not interested in my project. ... It's sad for a moment. But it's a great revelation because it leads to the pedagogy and leads to the paper we are talking about. If students learn, they learn what they want to learn. They learn what they are ready to learn. ... So as I began to give up on the possibility that they would learn anything about international inequality, I began to recognize that. ... Just like my project is understanding international inequality,





Student members of the Black Voters Matter organization at Fayetteville State University arrive at a polling site in Fayetteville, North Carolina, to cast votes in the Super Tuesday primaries. PAUL WOOLVERTON/THE FAYETTEVILLE OBSERVER via AP

This interview has been edited for length and clarity.

Kate Sustick: Why is looking at the political and social so important to your research of economics and its histories?

Nacem Inayatullah: My training [in graduate school] was in neoclassical economics ... and I couldn't find the answers to the questions I was looking for. ... There wasn't the kind of critical consciousness that I was looking for — something that would help me actually understand why there is disparity. Neoclassical economics does have answers for that, but the answers are usually based on unit. ... I wanted something that was more systematic than that, something that was more holistic.

KS: What shifted your interest from political economy to pedagogy?

NI: The short answer to your question is that there wasn't really a transition. I was thinking about teaching the whole time. ... The first thing I had to recognize was that I had they have their own projects. ... My job is not to teach them about international inequality because they're not going to learn that anyway. My job is to figure out what their project is and to get them to unfold their project.

KS: Did you see a difference once you shifted this teaching model?

NI: I still don't think I can get them to focus on what I've spent my life focusing on. But I've given up on that possibility. What replaces it is that they share aspects of their lives that become windows to me. ... They are my classrooms, and I learn about the world by how they see the world. ... Most of my colleagues, when they look at my pedagogical model or practice, they don't have the best things to say about it.

KS: Why do you think this model of pedagogy is so important to classroom settings? **NI**: If you ask my colleagues what their political practice is, they'll say my political practice is my pedagogical practice. ... They bring Naeem Inayatullah, professor in the Department of Politics, is interested in a form of pedagogy that prioritizes student conversation over material comprehension.

BROOKE BERNHARDT/THE ITHACAN

their political convictions into the classroom hoping to change students, just like I did when I started out. ... I don't think that those kinds of political commitments are productive in the classroom. [My colleagues'] counterargument is, "You don't have a sense of urgency. How can you just let these people go out and be sexist and racist and classist? You're not correcting them. You're not doing your job. You're being too permissive." ... Let's imagine you get the perfect student. They've actually transformed themselves from being slightly more ignorant students when they walked in as first-year students, and by the time they leave campus, they are much more critically conscious. ... We think we've made a change in their lives, but we haven't, and here's the reasons why. First, students lie. Or they may be totally sincere in their presentation, but 10 years down the road, they're probably

going to go back to their original values. The reason this is going to happen is because it's not that the students walked in merely being racist, sexist and classist and then you have to show them how to change that. It is that the world itself is racist, sexist and classist, and once they walk out of campus and go back into the real world, they are going to have to make it. ... Once they go back into the world, the world's going to reshape them into being more racist, sexist and classist. ... I walk into the classroom, and I truly believe that teaching is not possible and that learning is unlikely. ... Now it is a different kind of space for me. ... Here's what I get out of it: I go in, I get to know them, I get to see the world as they see it. What do they get out of it? They get to learn how other students think.

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The opinions expressed in the guest commentaries, columns and open letters in this section do not necessarily reflect the views of *The Ithacan*.

GUEST COMMENTARY

International students need support

BY JAIDA BROWNE

I remember the day my mother said her final goodbye to me in the Bogart parking lot before leaving to go back to Jamaica. I cried in fear of what was to come in a country I barely knew. I was no longer surrounded by familiar faces or helping hands - instead, I was surrounded by squirrels and trees. As an international student, I understood that I came to school abroad to gain a different experience than what I was accustomed to. However, I was constantly greeted with the question "Why are you here?", followed by many microaggressive statements - my favorite being "Jamaica is like right off the coast of Africa, right?"

This made me start to question my place on this campus. Did I even belong here? Do I have a voice? Was this worth it?

After being at Ithaca College for almost two years, I attended the All-College Gathering on campus where it really sunk in that international students are not even a part of the conversation in the school's development. I witnessed Ithaca College's President Shirley M. Collado speaking about where Ithaca College pulls its students from. She presented us with a map of the United States and said "Here are the regions we target our incoming students from." Seeing that was traumatizing - my country was nowhere to be seen. I am certain that the other international students in the room felt the same.

We are thrown into a whole



Sophomore international student Jaida Browne describes how the resources currently given to international students are not enough to provide a valuable support system on campus. NICK BAHAMONDE/THE ITHACAN

different country with little to no direction on how to integrate into everyday life. Adjusting from being in a space where everyone is friendly and says good morning in passing to a place where I cannot get a smile most days is shocking. These little things can make one feel out of place and isolated.

There is a lack of resources on campus for international students. International students are pointed to the Office of International Programs. However, with a group of 114 international students, we are directed to one person for guidance and help. It is difficult for one person to make changes alone. I personally do not believe or feel as though much time has been given to improving the experience of international students. I suggest that there be more focus on retrieval of feedback and suggestions from international students.

I think a way for us to feel supported would be providing us with an opportunity to form relationships with international professors on campus. This is a great way for us to network and learn from people who have experience living and working in the U.S., specifically in Ithaca.

Another suggestion would be providing us with a resource where we can connect with other international alumni. I know there might be financial difficulties for international students to travel back home during breaks, especially during shorter breaks. I think there could be a floor dedicated to housing international students during breaks. This would greatly decrease the financial burden that comes with traveling.

These are issues that must be addressed. It is time that international students have their voices heard as we have been ignored for far too long. I wish to see more readily available resources being provided for international students, which would result in more opportunities for us on Ithaca College's campus.

JAIDA BROWNE is a sophomore integrated marketing communications major. Contact her at jbrowne@ithaca.edu.



SEEKING JUSTICE

All faculty must address racism

As I read *The Ithacan* article titled "Faculty express concern with Collado administration," I went from being angry to disappointed and to ultimately feeling defeated because the article signifies that a lot of Ithaca College faculty do not understand the plight of students of color. What especially left me disheartened was the lack of responsibility taken by faculty.

As a student in the Roy H. Park School of Communications, I face racism every day. This may seem like an overexaggeration, but it is the reality for many students of color. Although the Park School has established Diversity Advocates of Park, it appears to be ineffective. Students have voiced their concerns about racist professors and were threatened instead of heard. The culture of racism within the Park School is systemic, and that same racism and prejudice is a problem across the college's campus.

One part of the article that really struck me was when Janice Levy, professor in the Department of Media Arts, Sciences and Studies, was paraphrased saying that she and other faculty felt belittled by the tone and manner La Jerne Cornish, provost and senior vice president for academic affairs, used when she addressed faculty during meetings about microaggressions in the classroom. This signified to me that some faculty are missing the point. They have the privilege to walk away from that meeting and talk about how they feel that they were demeaned, whereas students of color have to live with this feeling of disregard for our experiences every day. In the end, prejudice becomes an obstacle to our right to an education. I was not in the room during the meeting, so I cannot speak to Cornish's tone, but I can speak to her passion. The bottom line is that she cares about students of color in a way that I have seen from only a fraction of the white faculty at the college.

The other part of the article that stood out to me was the questioning of President Shirley M. Collado's 2001 no-contest plea to a sex abuse charge, which was brought up in relation to how it impacts the college's ability to fundraise. Not only do I highly doubt it impacts fundraising, but as someone who worked at Phonathon, asking alumni and parents for donations, I can say that one of the top questions I got was if the college has gotten better at dealing with race-related issues. My response to this was sadly always no. The college as a whole must truly address the issues of prejudice and racism. That means not just holding meetings and forums but also implementing structures that allow for change to occur. It is tiring as a student to hear that the college is taking action but nothing seems to be changing. Now more than ever students of color need faculty who are allies, especially white allies, because they can advocate for students of color in ways that faculty of color cannot. If faculty and staff truly care about students of color and the future of the college, now is the time to show it before history repeats itself and Ithaca College ends up in disarray.

IC ignores Jewish community's concerns

GUEST COMMENTARY

BY JORDAN STECKER

As an institution, Ithaca College prides itself on supporting each student's identity as well as their social/cultural communities. Recently however, I have found that my community, the Jewish community on campus, has not received this support. Rather, my experience is that the religious needs and concerns of Jewish students have repeatedly ignored and marginalized by the campus administration.

One of the first issues that must be addressed is repeated incidents of anti-Semitism. For instance, in April 2019, a student found a swastika on their dorm door. In December 2017, I personally found my mezuzah blatantly ripped from my doorpost, lying on the floor. Sadly, in these instances and other examples, IC's disturbing response has been practically identical: an absence of any significant support committed to Jewish Life and no assurance from the college that issues of anti-Semitism would be addressed in any meaningful way. Ithaca College's actions on a macro-level further call into question its commitment to Jewish Life. For example, though the college has recognized clergy of other faiths, never has any rabbi been officially recognized nor sponsored to serve Jewish students' needs. While IC has partially funded a campus Hillel, this seems to the sole extent to which it has pledged its efforts. In this institutionalized lack of religious support, both Ithaca College and the campus Hillel have diminished the ability for Jewish students to authentically connect and gather meaningfulness from our faith. In an effort to actively serve the Jewish population, IC must either require Hillel to maintain higher religious standards or recognize religious leaders



Junior Jordan Stecker demands more support from the college and the campus community when it comes to improving Jewish life for himself and others.

ATHINA SONITIS/THE ITHACAN

such as the Rabbi of Chabad at Ithaca College to better serve Jewish students.

In regard to Student Life, there have also been issues of inequity and exclusivity directed toward Jewish students. Recently, there have been several campus events, most notably Spring 2018 Commencement, which occurred on Jewish holidays. This has prevented several Jewish students and their families from attending. I, along with others, have sought to remedy this trend in various ways.

I have attempted to schedule meetings with administrators to express my concerns, and have been regularly turned away. Personally, I cannot help but wonder how an institution so outwardly committed to creating an inclusive environment could discard the fundamental right to feel supported in observing one's faith on campus.

On behalf of IC's Jewish community, I ask for tangible acts of support from the administration. First, equitable treatment in terms of providing adequate forms of sponsored rabbinic leadership. Second, positive encouragement of meaningful connections to religious identities through traditional activities and kosher food. Third, proper efforts of religious accommodations at campus programs. Fourth, public condemnation and preventive measures in response to acts of religious intolerance. To the college's community, I ask you for your proactive support in prioritizing these needs of Jewish students.

JORDAN STECKER is a junior integrated marketing communications and business administration double major. Contact him at jstecker@ithaca.edu. SEEKING JUSTICE is a column that examines race and cultural competency. JOHN TURNER is a sophomore journalism major. Contact him at jturner@ithaca.edu.

DIVERSIONS THURSDAY, MARCH 5, 2020

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By United Media

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LIFE & CULTURE

THURSDAY, MARCH 5, 2020

Exploring the world with colorful clothes

Students model different cultures in fashion show

BY AVERY ALEXANDER

The national flags of Spain, Brazil, Korea and other countries hung from the ceiling of the Emerson Suites as students filed through the doors. A catwalk stood at the far end of the room, and as the lights dimmed, the crowd applauded, ready for this year's Interfashional Night to begin.

Interfashional Night has been happening for more than 20 years. It is hosted by the Ithaca College International Club (ICIC), and was held Feb. 27. The purpose of the show is to bring attention to international students, said ICIC president Giulia Villanueva, a senior from Paraguay. Every year, the fashion show has a theme that plays on that intention. This year's theme was "Home-coming." Previous years' themes included "My Culture Is Not A Costume" and "Colors of the World."

"We decided to call [the event] 'Home-coming' because we're all away from home right now," Villanueva said. "Some people are close, and some are far. So I want them to have a feeling of bringing their culture to IC."

There were 130 international students enrolled at the college in Fall 2019, according to the college's 2019-20 Facts in Brief.

Student models represented countries like Brazil, Colombia and Mozambique. Besides the colorful array of outfits, some models also performed on the stage. This year, the performances included a traditional Chinese dance and a Jamaican steel drum performance.

Freshman Isabella Orrego was the first model to walk at the event. Orrego is from Colombia. She said that although she is not an official member of ICIC yet, she wanted to take the opportunity to represent her culture.

"I went home and tried to see which dress was the most appropriate kind," Orrego said. "I couldn't find the dress I wanted because [the sellers] were not going to sell it to me. So I had to build [my garments] like my grandmother did.

Careful preparation is needed to bring everything together for the fashion show, Villanueva said, along with the difficulty of finding clothes. She said that in the past, she could not access them in the United States. "Usually when have these you types of big events, you reserve [the Emerson Suites] almost a year ahead," Villanueva said. "We

prepped by contacting performers [and] models over the break [and] telling them, 'You're home right now, probably on vacation. If you are, make sure to bring clothes from back home.' Because when they're here, it's a little harder to ... have it shipped or [to buy the] actual clothes."

ONLINE WATCH THE **VIDEO** ON THEITHACAN.ORG/ INTERFASHIONAL

Villanueva also said that even with so much planning ahead of the event, it can be hard to organize everything in time. She said it can be difficult to find people who are comfortable with walking a run way.

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"Some people are a little afraid to go on stage," Villanueva said. "They hear the word 'modeling' and they think, 'I'm going to be using designer clothes.' I'm like, 'No, you don't need to wear high heels for this.' ... It's all about [being comfortable]." While the event is hosted by ICIC, the

show draws all kinds of people. Freshman AnnaJo Lubasi is not an international student but said she came to the event to support Orrego. Lubasi also said that because of her own family's origins, she was drawn to the event.

"I don't really know a ton about what we're about to watch," Lubasi said as she and the other audience members waited for the fashion show to begin. "I am excited to see the whole international community on campus because my dad is actually from Zambia. ... I have a whole bunch of family that still lives in Africa."

Senior Julia O'Handley said she has attended the event since her sophomore year. She said she admires the models and performers who volunteer.

"I just like to support everyone," O'Handley said. "I would never get up there and model, so I think it's really cool and brave that they're all doing that."

Senior Colten Lavery has modeled for the event in the past but did not this year. He said Interfashional Night is a place where he can show his full support for his friends.

"I have a lot of friends who do this



I've done it in the past," Lavery said. "I'm technically an international student myself. I am from Canada. Not that far, but that is how I was able to know everyone."

Villanueva said she hopes Interfashional Night and ICIC will continue to grow. She said that because this is her last year at the college, she was happy to see everyone who was involved excited about the show.

"People hear 'International Club,' [and] they don't want to sign up because they think, 'I'm not international," Villanueva said. "We have some models that are from the U.S. but have backgrounds from Spain. ... We want people [to know that] everyone's international, in a way.

Staff writer Parker Schug contributed reporting to this story.

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Top, freshman Isabella Orrego twirls on the runway at Interfashional Night. From left, sophomore Khangelani Mhlanga and senior Vy Trinh pose. The event was held Feb. 27. LIBBY O'NIELL/THE ITHACAN

CULTURED

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

It's helped me live a more balanced life, less ups and downs. When my medication started kicking in, I couldn't believe how I felt. I couldn't believe that's how good people could feel.

BEBE REXHA,

on taking medication to treat her bipolar disorder



SPOTLIGHT 'THE PROUD FAMILY' TO RECEIVE REBOOT

The Walt Disney Co. announced Feb. 27 on Twitter that the popular show "The Proud Family" will be getting a reboot. The original show ran from 2001–05, and the Disney Channel animated movie spinoff of the series garnered 4.81 million viewers when it first aired in 2005. The new series will be titled "The Proud Family: Louder and Prouder." It is confirmed that the show will follow the original cast of characters from the show and



ΗΟΤ

NBC announced Feb. 27 that Sofia Vergara will be joining the "America's Got Talent" judging panel for this



upcoming

season. "This is a new and exciting next chapter for me and I'm extremely proud to be the first Latin judge on the show," Vegara said in an Instagram post.

A new exhibit at Chicago's DuSable Museum of African American History will bring guests face-to-face with Martin Luther King Jr. The virtual reality exhibit, titled "The March," opened Feb. 28. It shows the March On Washington and King's famous "I Have a Dream" speech.



America Ferrera is leaving the show "Superstore." Along with her role as manager Amy, Ferrera was



that many of the voice actors are reprising their roles. "In our minds, the show never really went away, as we still had tons of stories left to tell," producers Bruce W. Smith and Ralph Farquhar said in a statement. There is no confirmed release date for the show, but it will be released on Disney+. also an executive

producer for the show and has directed several episodes. "The last five years on 'Superstore' have been some of the most rewarding, enriching and enjoyable years of my career," Ferrera said in a statement Feb. 28.

Reality show "The Amazing Race" is pausing filming temporarily in response to concerns about the coronavirus outbreak. "At this time, no racers or anyone on the production team traveling with them have contracted the virus, or shown symptoms, and we are not aware of anyone being exposed to it," a network spokesperson said in a statement.

LIFE & CULTURE | 15

Professor's band spices up local music scene

BY PARKER SCHUG

When not teaching, Anne Stork, assistant professor in the Department of Environmental Studies and Science at Ithaca College, can be found performing with her zydeco group Li'l Anne and Hot Cayenne around the country.

Stork is the lead singer and accordion player of Li'l Anne and Hot Cayenne. Stork chose the band's name as a tribute to her nickname, Li'l Anne, which she received from a bass player at a band camp in the Catskills. Stork has been playing in the zydeco-style band for 18 years. This Louisianan genre first originated with French Creole speakers and was later infused with blues by artist Clifton Chenier.

Stork said she first felt a calling to play the accordion after seeing Louisiana musician Keith Frank perform at the Finger Lakes GrassRoots Festival of Music and Dance in the 1990s.

"It was like a lightning bolt struck me, and that was it," Stork said. "I was obsessed. A little voice kept saying for a few years, 'Play the accordion.""

The GrassRoots festival was also where Stork discovered the genre of zydeco music. Shortly after the festival, Stork listened to cassettes of accordion music on her way to work and practiced with a private teacher.

"My first accordion lesson I had to wait six weeks for, and I had to drive two and a half hours," she said. "At the time, ... I said, 'Look, I'm not a musician. I really love to dance, and I love the music, but I'm not going to really ever get this.' [My teacher] looked at me, and she said, 'Don't put yourself in a box.' ... I told my students this story two weeks ago because we were starting [Microsoft] Excel and students said, 'Tll never be able to do this,' ... and I stopped and told [this] story."

Currently, Li'l Anne and Hot her singing skills.

Cayenne includes guitarist Peter Glanville '98, bassist Paul Crowley, drummer Bill King and Gordon Rowland, Stork's husband and the director of the Center for Faculty Excellence at the college, who plays the tenor saxophone and scrub board.

"There's been a lot of different bandmates over the years," Stork said. "We've always had a wonderful band, but right now my band is exceptional."

Since Li'l Anne and Hot Cayenne's start in 2002, the band has performed all over the East Coast, including venues in Rhode Island, Pennsylvania, Connecticut, Delaware and as far south as Louisiana. However, Stork said she enjoys playing around Ithaca, especially when she sees her students' faces in the audience.

"Last spring, our band played at a Bob Marley birthday party tribute," Stork said. "A lot of my students came. I would say like eight Ithaca College students came. It was just super fun."

The band also played at the Strawberry Park Cajun Zydeco Festival in Preston, Connecticut, in 2007, and the Rhythm and Roots Festival in Charlestown, Rhode Island, in 2017. Crowley and Glanville said these festivals are their favorite to play because of the exposure they have had to other musicians.

"Because Li'l Anne had a lot of festival and regional appearances, there's quite a bit of travel I really benefited from," Crowley said. "Exposure to other musicians from across the country was really beneficial."

Stork said her career at the college helped create music-related connections with fellow faculty members. For the past 14 years, Stork has been studying with Carol McAmis, professor in the Department of Music Performance. McAmis taught a voice pedagogy class, and Stork said this helped finetune her singing skills.



From left, Bill King; Paul Crowley; assistant professor Anne Stork; Gordon Rowland, director of the Center for Faculty Excellence and Peter Glanville '98 are all members of Li'l Anne and Hot Cayenne. COURTESY OF ANNE STORK

Stork also said she brings together her experience playing in Li'l Anne and Hot Cayenne to connect with her students. When senior Savanna Lenker had Stork as her professor, she said, Stork asked students on the first day of class to write down something they could have a conversation about.

"She's a person who's very approachable and easy to talk to and definitely wants all of her students to succeed," Lenker said. "That's [something] not all environmental studies professors have."

Lenker is a teacher's assistant in Stork's Environmental Science and Technology course. She saw Li'l Anne and Hot Cayenne in concert last year, and she said she was surprised to hear her professor sing.

"I think that's one thing to go watch somebody perform in an instrumental way, but I feel like being able to hear her voice was ... so different from any of [my] other experiences with her," Lenker said.

Recently, Li'l Anne and Hot Cayenne released its fourth album with the help of producer Will Russell, lecturer in the Department of Media Arts, Sciences and Studies. The album, "From Boudin to Cayenne," features 11 of Li'l Anne and Hot Cayenne's renditions of traditional zydeco songs recorded live.

Russell recorded a full-studio album with Li'l Anne and Hot Cheyenne approximately 10 years ago, when the band comprised different members than it does now.

"So as long as Anne's there, it's Li'l Anne and Hot Cayenne," Russell said. "The arrangement of musicians that are in the band right now, I think, are the best they've ever been actually. It's very easy to make a good mix of a band that is playing really well."

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Local baker serves up allergy-friendly treats

BY HANNAH FITZPATRICK

A typical baker might shape their cupcake recipe around three major ingredients: sugar, flour and butter. But for Racquel Riccardi, founder and owner of Sinfully Delicious Baking Co., a main ingredient in her cupcakes is garam masala, a spice blend consisting of cinnamon, cardamom and curry leaf.

Chocolate garam masala cupcakes are just one of the many dessert options Riccardi makes. Her small-batch baking facility specializes in science at SUNY Oneonta. She said she wanted to gain a better understanding of the basics of a recipe and figure out how to make her favorite recipes healthier and allergen-friendly.

The chocolate cupcakes are an example of this. Garam masala is a spice blend used in Ayurvedic medicine, one of the world's oldest holistic healing systems. The medicine was developed more than 3,000 years ago in India to raise body temperature and boost metabolism.

Kimberly Anderson-Mutch, the bakery's so-



allergen-friendly and vegan baked goods, and New York-style bagels. Her baked goods also cater to low-sugar, sugar-free and paleo diets.

Outside of baking, Riccardi is the director of catering for Luna Inspired Street Food. Riccardi said that she still likes to make bagels from time to time but that Sinfully Delicious primarily makes sweeter treats for events like weddings and for wholesale. The bakery itself does not have a storefront or a team of bakers, so Riccardi makes each made-to-order item. The Alley Cat Cafe is the only specific location that Riccardi caters to.

Though Riccardi started in the company in 2011, she said that baking has always been a central part of her identity. Growing up, Riccardi could not often eat the goods she made because of her severe allergies to gluten, dairy and nuts, in addition to being a Type 1 diabetic.

"I remember that I used to climb the cabinets to try to grab things out of there so I could make my mom breakfast in bed," Riccardi said. "With that, I kind of progressed into, 'How can I eat food without being able to cook with anything?"

This inspired her to study dietetics, health and wellness with a concentration in food

cial media director, said she started working with Riccardi a little over a year ago. Her personal relationship with Riccardi was one of the reasons why she said she chose to work for the bakery.

"We actually went to school together at [Dryden High School]," Anderson-Mutch said. "I thought the work she did was amazing because I knew she was diabetic ... and thought it was pretty cool ... she got into baking. ... She never fails to amaze me with what she makes, so I couldn't pass up the opportunity to work with her."

Anderson-Mutch said she hopes that through her work for Sinfully Delicious, the business can expand beyond the Finger Lakes region.

"I have not seen anyone else bake from such a holistic standpoint," Anderson-Mutch said. "She's absolutely unique in her trade and is able to create these amazing flavor combinations. She's also super knowledgeable about the benefits of the superfoods she employs within her baking."

The Alley Cat Cafe in Ithaca is the only specific location that Riccardi caters to. Kristin O'Scammon, owner of the Alley Cat Cafe, said the cafe has been working with Sinfully Delicious



Baker Racquel Riccardi specializes in allergen-free and vegan baked goods. She sells them at the Alley Cat Cafe in Ithaca, the bakery's only wholesale location.

MIKAYLA ROVENOLT/THE ITHACAN

for approximately one year. O'Scammon said Riccardi's commitment to sourcing local ingredients for her products is what drew O'Scammon to working with her bakery.

O'Scammon said many of the customer favorites include Riccardi's gluten-free and vegan cupcakes, her gluten-free brownies and her fruit bars. O'Scammon and her co-workers taste everything that comes in so they can figure out which desserts the customers will like the most. O'Scammon said that working with Sinfully Delicious has allowed customers to have a more inclusive and interactive experience at the cafe.

"I think knowing that there are inclusive options ... keeps people engaged with our bake case in a way that a standard ... baking schedule might not," O'Scammon said. "Keeping cupcakes at child eye-level also lets our shorter customers be part of their own cafe experience."

Riccardi said she hopes that as Sinfully Delicious continues to grow, the personal aspect of her business will still remain.

"It's growing immensely lately, which is wonderful, but I don't think I ever really want a storefront," Riccardi said. "I don't like the idea of waste, and I prefer to make everything and deliver the products myself. I've been able to make so many connections through the way I run my business, and I wouldn't want it any other way."

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Video game fosters disturbing revelations

GAME REVIEW: "The Suicide of Rachel Foster" Reddoll Games

BY CONNOR AHERN

"The Suicide of Rachel Foster" is not a video game for the faint of heart. But players who can stomach the grim tale will uncover an eye-opening journey that explores the repercussions of cruelty and manipulation.

The horror game features a trigger warning at the beginning for the player. The first-person game takes place in a desolate, family-owned hotel and follows Nicole Wilson (Kosha Engler), the daughter of the previous owners. Nicole carries a sarcastic tone for much of the game and brings a bit of comedy to the heavy narrative, keeping the game well-balanced.

Prior to the main story, Nicole left the hotel with her mother after her father, Leonard (Mark Hanna), had an affair with a 16-year-old girl named Rachel Foster. Rachel found out she was pregnant with Leonard's child, and shortly after, she supposedly took her own life. Ten years later, Nicole returns to the hotel to appraise and sell it.

Nicole becomes snowed in and trapped at the hotel, her only way to contact the outside world being through a single phone. The character uses the phone to speak with Irving (Christopher Ragland), a Federal Emergency Management Agency agent. Nicole is trapped in the hotel, where she experienced immense trauma. The voice actor draws a delicate balance between Nicole's natural cynicism and her repressed emotions. The moments in which Nicole is overcome with raw emotion are some of the most intense and powerful in the game.

The game allows the player

to explore the hotel and begin deciphering clues about the place's sordid history, even before the main narrative is introduced. In Leonard's room, the player can pick up and study objects that reveal the character's distorted idea of love. There is satisfaction in being able to dig into and puzzle about the mystery before the secrets are all revealed. Even so, the items that are meant to support the player in their investigation are underwhelming and entirely unnecessary to complete the game. One such item is a polaroid camera the player can use to momentarily illuminate the area with flashes of light. The device is an interesting gimmick that gives the investigation some flavor, but it is quickly replaced by a commonplace flashlight that the player

hardly has to use. For the majority of the game, the mystery shrouding the disappearance of Rachel will constantly leave the player guessing. The truth is actually quite simple and can be figured out pretty quickly, but evidence for other possibilities keeps the player guessing up until the last moment.

The sickening details slowly begin to come to light as the game progresses. As Nicole explores, her image of her father is slowly torn apart. Around the sixth day, the player learns what actually happened between Leonard and Rachel, and the details of Leonard's manipulation of the young girl are shocking and appalling. He hurt Rachel in unspeakable ways, silencing her and abusing her to keep her under his thumb. The plot is heavy and dark and does not hold anything back, and it can be a lot to take in at times. But that is what makes

the game feel real and horrifying. The purpose of a psychological horror game is to make players squirm, and "The Suicide of Rachel Foster" achieves just that. There is something appealing about the horror of the game coming from the machinations of a twisted human rather than the actions of an otherworldly monster.

More harrowing and terrifying than any other moment in the game is a first-person depiction of a suicide attempt. However, the scene is not overly graphic and the voice acting and audio are the main factors to set the mood. Mentally and emotionally decimated, the scene shows the impact that manipulative abuse has. This scene shatters the player's comfort to an extreme, with a lasting impact that will persist even after the game is over.

Nicole reports everything she finds to Irving. Disbelief and bewilderment are rampant in their voices. These moments of panic and confusion work when new, shocking evidence is revealed, but these horrifying interactions tend to draw on for far too long. The characters share long dialogues while the player waits idly for the next objective in the game. It feels like banter for the sake of adding extra words.

"The Suicide of Rachel Foster" stands out not only because it pushes the bounds of player comfort but because it fully realizes the real-life horrors of manipulation, abuse and suicide. Through its powerful storytelling, the game acts as an advocate for the Rachel Fosters of the world — the people who are silenced to keep the ugly truths from the light of day.

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"The Suicide of Rachel Foster" is a thrilling first-person mystery video game. The game follows the main character, Nicole, as she explores her family-owned hotel. REDDOLL GAMES

Uncanny CGI overtakes charming storytelling

MOVIE REVIEW: "The Call of the Wild" 3 Arts Entertainment





BY ELIJAH DE CASTRO

Jack London's "The Call of the Wild" is a timeless story, and the film adaptation tells it well. But director Chris Sanders' film looks artificial and strange, like Robert Zemeckis' "The Polar Express." This is deeply frustrating because the film has real potential, but even a well-told and beloved story means nothing if the viewer's eyes do not believe what they see.

Perhaps it was lethargy or a good idea turned bad, but the choice to have the film's environment built using visual effects is its downfall. London's adventure novel relies heavily on the biting cold Alaskan wilderness and the loving relationship between John Thorton (Harrison Ford) and his pooch, Buck, to tell its story. So when both the Alaskan wilderness and Buck are rendered using cheap-looking CGI, the plot is the least of the audience's worries.

In that same breath, the CGI pup Buck takes up the majority of the runtime. His animation is a strange mimicry of reality, so there is no way of escaping how uncanny and unrealistic he looks. Beginning in his owner's wealthy home and soon being kidnapped by abusive sled-dog salesmen, Buck's journey is as engaging as it is in the source material. But the film makes it hard to understand Buck as a character beyond being an affable dog up to no good.

Surely, underpaid visual effects artists broke their backs getting Buck animated from every angle. But the technology clearly is not there to make a CGI telling of "The Call of the Wild."

Heavily animated live-action films like "Detective Pikachu," "Cats" and "The Lion King" have brought up a discussion on the uncanny valley theory. The uncanny valley refers to the unsettling feeling people get when looking at a virtual creation that is human-like but not quite real. People can feel this revulsion toward robots and, of course, CGI characters. This cannot be more relevant than in "The Call of the Wild." Perhaps the film should have been fully animated instead of having an implication of realism that it cannot pull off. The verisimilitude of Buck and the other dogs

"The Call of the Wild" is a classic story that holds the hearts of many, but this new adaptation does not do the tale justice. The CGI renderings in the film drag it down.

in the movie gives off a deeply unsettling feeling.

There is one silver lining in the movie. An adventure story of this brand has not been this consistent for a while. The critical response to the film has been relatively bipartisan, as the fun it offers is unabashedly cheesy and vulnerable. From start to finish, Sanders brings the happy-go-lucky tone in from his previous films "How to Train Your Dragon" and "Lilo and Stitch."

With such a high dependence on animation, the film is undoubtedly a demonstration of how far technology has come, but ultimately, it comes down to perception. The authentic charm of "The Call of the Wild" is lost in its attempt at recreating reality through computers.

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Complex characters cannot save story

SHOW REVIEW: "Puerta 7" Netflix 🔶 🛧 🛧 🏠

BY CONNOR AHERN

Crime dramas and gang politics truly go hand in hand in television, but Netflix's "Puerta 7" takes an already intricate political gang war and makes it more political. This leads to an overly complicated story that has only a few redeeming moments in its various subplots.

The Argentinian soccer club at the center of the show seems normal on the surface. When the leader of a gang gets stabbed in the stands of a game, the dangerous power he has over the club and most of the city is revealed. The show primarily follows three characters: Diana (Dolores Fonzi), a lawyer who is appointed chief of security at the soccer club; Mario (Ignacio Quesada), a young man who gets roped into gang activity; and Lomito (Carlos Belloso), the crime boss.

All of the characters are introduced within the first few episodes, and each one has significant importance to the plot. There does not seem to be a problem with this right off the bat, but as the show continues, the stories become hard to keep track of. The show is in Spanish, with no English dub, which demands full attention to read the subtitles. Even at the show's peak, there are too many subplots going on while the main plot is progressing. Diana has relationship struggles while the gang battles and tries to help the neighborhood. At times, this makes the story feel cluttered.

The main plot follows Diana trying to take Lomito out of power. The side plots include Mario joining the gang and a growing conflict with his best friend. A rival gang leader is selling drugs in Lomito's territory while Lomito is taking on Diana. Lomito forces a new

player onto the soccer field, and that same player seduces Lomito's daughter - a subplot that leads nowhere.

All of that and more is happening about the same time, but some plots are made more significant than they should be. Approximately halfway into the series, there is no room to take breaks between episodes. A week or even a few days can cause Lomito's vague political schemes and the side characters' personal problems to become too muddled.

However, Mario's rise in the gang is one of the more powerful stories. His relationship with his girlfriend, Camilla (Iara Ciccone), is meaningful and wholesome. Their scenes together are visually contrasted with Lomito's daughter and the soccer prodigy's completely sexual and largely meaningless relationship. These depictions add depth to Mario, whose morality is constantly challenged by his membership with the gang and its violence. When Camilla becomes pregnant, Mario's devotion is put to the test: the gang or his future. Mario's slow descent into the violent gang life is powerfully written and shows that any of the characters could end up the same way.

While Mario integrates into gang life, Diana works harder to end the gang's rule over the city. She has to use the court to put Lomito in prison, but he controls the judicial system and easily overturns the ruling. Her character's quick but difficult rise to power is highlighted clearly during moments like this. The intricate politics of this series are interesting and well-developed, with fantastic power dynamics.

Fortunately, the various secondary characters that make the show feel muddled have compelling morally gray





While compelling characters may drive "Puerta 7," the show is ultimately bogged down by convoluted plotlines. COURTESY OF NETFLIX

aspects. Fabian (Esteban La-

mothe) is the best example

of this. He does Lomito's

dirty work and takes Mario

under his wing to teach him

about gang life. Fabian serves

Lomito directly but often

disagrees with him. For exam-

ple, Fabian wants to kill the rival

gang leader and stop drugs from

entering the community, but

Lomito does not want to waste

money on it. This creates

character conflict that high-

lights the difference between a

normal worker and the rich

man in charge.

The intricacies of "Puerta 7" deliver a strong political commentary. When the show tries to cover too many aspects of the side characters in the city, audiences lose sight of the main storyline. This is evident by the hastily written and anticlimactic ending to the show. It's unfortunate the ambitious and intriguing plot never reached its full potential.

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QUICKIES



COURTESY OF ATLANTIC RECORDING COMPANY

"17" Pink Sweat\$, Atlantic Recording Corporation

This song's smooth vocals and simple beat are a perfect match. The lyrics are sweet, making the song sound even more romantic.



COURTESY OF INTERSCOPE RECORDS

"STUPID LOVE" Lady Gaga, **Interscope Records**

Gaga's vocals are, as usual, the shining star of this song, and they make up for when the song falters in its sound. The beat can be repetitive, but it is not annoying to the point of skipping.



COURTESY OF SIRE RECORDS

"BABY GIRL" Bryce Vine, Sire Records

The song's beat, while sometimes stripped, serves a good purpose - to make a catchy song. But the lyrics falter often, and mostly,

Jokers hit silver screen with laughs and charisma

MOVIE REVIEW: "Impractical Jokers: The Movie" Funny or Die

▼ ☆ ☆

BY JACKSON NOEL

Watching an episode of hit show "Impractical Jokers" is like hanging out with a group of high school class clowns - except they are all middle-aged. Now, these overgrown jokesters have a feature-length film.

The original show has a thin premise. Four friends, Brian "Q" Quinn, James "Murr" Murray, Joe Gatto and Sal Vulcano, from Staten Island, New York, set up hidden cameras in public spaces and dare one another to embarrass themselves through various challenges. Whoever refuses a challenge is coined "the biggest loser" and then must endure a punishment. Challenges range from posing as Santa Claus while completing insane tasks to pretending to be potential new hires for the Atlanta Hawks.

Late last year, the studio Funny or Die announced a film for the show. And one question quickly became apparent - is it possible to translate a scenario-based TruTV program to the big screen? Turns out that it is.

In between the typical "Impractical Jok-

ers" challenges, the film weaves together a narrative about the four guys road-tripping to Miami to attend a Paula Abdul concert. They only have three tickets, so the four duke it out to see who will not attend the concert. The plot is a weak point and is relegated to the sidelines for most of the film. It is emotionally weightless and lacks any serious intrigue.

Although the plot is predictable and simplistic, the movie is still appealing in its own way. The film does not pretend to be high art and persists in giving the audience a chuckle. Purely from a comedy standpoint, the film does a solid job of being entertaining and enjoyable. The jokers are naturally funny people, and their friendship and presence on screen are enough to carry the entire film.

The humor in "The Impractical Jokers: The Movie" is similar to other films like "Jackass" and "Borat." The jokes in these films are purposefully lowbrow.

Between the jokes and bizarre scenarios, the film also makes sure that newcomers and long-time "Impractical Jokers" fans alike feel



COURTESY OF FUNNY OR DIE

welcomed. The movie is full of references to the original show, but these inside jokes never get in the way of the overall humor.

The quality of the presentation here is much better than what can be found on cable TV. Drone shots and stronger camera work create an atmosphere that suits the jump to the big screen. A higher budget also means that the filmmakers were able to film in a wide range of locations.

The movie flies by with a brisk runtime and steady humor. Its self-referential nature means that almost anyone who watches this wacky film will find something to laugh at.

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they are mediocre



COURTESY OF BLACK BUTTER LIMITED

BEFORE U" Sonny Fodera, King Henry, feat. AlunàGeorge, Black Butter Limited

"Before U" is a classic, electronic-heavy pop song. It's easy to get lost in the sound, but maybe not in a good way. As a result of the basic beat and over simplified lyrics, the song is not worth a second listen.



The Sustainability Corner is shared on behalf of the Office of Energy Management & Sustainability in an attempt to further engage the Ithaca College community in sustainability news and events across campus

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NEWS IC Earns Gold STARS:

Ithaca College has received a Gold rating from the Association for the Advancement of Sustainability in Higher Education (AASHE) through its Sustainability Tracking, Assessment, and Rating System (STARS), a self-reporting benchmarking tool used by nearly 1,000 colleges in the U.S. and Canada. IC's Gold rating is due, in large part, to the significant effort in Academics and Engagement, two areas where IC scored very well. Leadership and collaboration from IC faculty and staff ensured every first-year student was exposed to sustainability and that 88% of all academic departments offered a sustainability-inclusive course, in addition to the countless extracurricular opportunities for students. To view the full report, visit stars.aashe.org

UPCOMING EVENTS

Mar. 19th, 9 AM, Emerson Suites

Stop by Ed Tech Day to hear about our exciting forms of renewable energy: Green-e certified electricity, our 2 MW solar farm, and our student ambassadors, the Eco Reps. Get the scoop on upcoming opportunities too, like a regional geothermal plant.

Apr. 1st-2nd, Virtual Conference The NWF EcoCareers Conference is back to prepare students and young professionals for wildlife and sustainability careers by providing the latest info and trends from leading analysts and employers. Interested in attending? Email glischke@ithaca.edu - we'll cover your registration fees!

Apr. 1st-3rd, GWU, Washington, DC

A group of Ithaca College students, faculty, and staff will travel to Washington, D.C. for the annual Planet Forward Summit with support from the President's Office and the Office of Facilities. The Summit will highlight emerging change-makers who are running against the clock to prevent irreversible shifts to our global climate.



Interested in composting or volunteering with the Eco Reps team? email: ecoreps@ithaca.edu





THE ITHACAN





CAPs winter coat drive extends because of increased demand BY ALEX HARTZOG

College releases new diversity statement BY CORA PAYNE

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THURSDAY, MARCH 5, 2020

ARABICATION OF A CONTRACT OF A

Freshman multi Moriah Byrd competes in the shot put at a tri-meet against SUNY Oneonta and The College at Brockport on Jan. 18. She is the only freshman pentathlete.

BY DANI PLUCHINSKY

As sophomore Logan Bruce crossed the finish line of the 60-meter hurdle race at the Bomber Invitational on Feb. 2, she knew she had no time to dwell on her performance since the hurdles were only the first of five events that she competed in that day.

Bruce is currently ranked No. 12 in the Division III pentathlon with a score of 3,393 points, which she posted at the Bomber Invitational. She is one of several athletes on the Ithaca College track and field teams who compete in multiple events.

In indoor track and field, women compete in the pentathlon and men compete in the heptathlon. For the women, the pentathlon consists of the 60-meter hurdles, high jump, shot put, long jump and finishes with an 800-meter run. On the men's



side, the events are similar, but the 1,000-meter run replaces the 800, and the 60-meter dash and pole vault are added as well.

Each athlete in the event gets a numerical score based on their performance in a series of individual events. The scores of each event are added together to create a final score, and the highest number of points wins. The scoring of the events is weighted differently. In the pentathlon, shot put has the least value of the events, and the high jump and 800-meter run have higher values.

Athletes that compete in the pentathlon or heptathlon typically excelled in two or three of the individual events before they started taking part in the multi. Coaches will then train the athletes in the remaining events to have them succeed in all of them.

Training for the multi changes from person to person, but typically, every athlete has a day of practice that is committed to one or two events. Jennifer Potter, head coach of the women's track and field team, said she determines the athletes' practice schedules by matching up events that physiologically go together. She said she typically matches the high jump and hurdles together and puts the shot-put and long jump together. Every athlete will then have an interval day and a recovery day as well.

Potter said the practice plan involves a higher volume of training at the beginning of the season. Once athletes develop their strengths and weaknesses and possible injuries arise, the schedule becomes much more individualized for each athlete toward the end of the season.



Junior multi Kobe Guilford attempts to clear the bar during the pole vault event of the heptathlon at the Bomber Invitational on Feb. 1. Guilford placed seventh.

FRANKIE WALLS/THE ITHACAN

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"[The multi athletes] are doing the team practices and lift, but while the others are doing a sprint workout, you're doing the same sprint workout, plus a jumps practice, plus maybe a throws practice, and you're lifting," Reagan said. "The time commitment is super unique, and it takes a super unique person to want to put their respective multi before the Liberty League championships was the Bomber Invitational on Feb. 1, due to the fact that most collegiate meets do not hold a multi competition. Because of this, the athletes will compete in a couple of the events contained within the multi each weekend instead.

Junior Kobe Guilford, who placed seventh in

Sophomore multi Logan Bruce races the 800-meter run at the tri-meet Jan. 18. EMILY ADAMS/THE ITHACAN

"We look at class schedules, health and how they're feeling, and then we'll adjust things accordingly," Potter said. "None of our workouts are blanketed towards everybody, and there's specific things with specific people."

Sophomore Abbey Stowell, who is currently ranked No. 39 in the Division III pentathlon, finished third at the Liberty League championships Feb. 28. She said the individualized training has helped not only her succeed but others as well.

"I've been injured this whole season, so I've been swimming a lot and deloading, so it's really good," Stowell said. "We don't always do the same thing because we need different training in order to perform at our best, which I think our coach does really well."

Graduate student Kassi Reagan, a student-assistant coach for the track and field teams and a former team member, works specifically with the multi athletes. She said the athletes that compete in the multis are special because of the physical and mental toughness they require.

themselves through that because by the end, you're just exhausted."

Competing in the pentathlon means that each athlete competes in all five events in one day, while the men spread their seven events in the heptathlon out over two days. Each athlete in the pentathlon and heptathlon competes in the same event at the same time, and there is a 30-minute break between events. For the pentathlon, the event lasts approximately four hours, while the men can take approximately five hours to compete across the two days.

Bruce said that having the event take all day can be challenging but that the practices throughout the season prepare them for the long stretch of time it takes to finish.

"The coaches are really good at motivating us," Bruce said. "It's tough to get really excited when you're that tired, and you still have two events left, and you've been competing for three hours. You have to keep finding ways to get excited about all of the events to get you through the day, and I think our training makes us do that."

A challenge of the multi is that athletes do not collectively compete in it throughout the season. The only time any of the athletes competed in the heptathlon at the Liberty League championships, said the events the athletes participate in change throughout the season. At the beginning of every week, Guilford said, he sat down with Jim Nichols, head coach for the men's track and field team, and the two of them decide what Guilford will work on in terms of training and any upcoming competitions.

"A large part of it is what I feel like I need to work on," Guilford said. "I don't feel the need to hurdle every weekend because by trade I'm a hurdler. There's not necessarily a formula. It's however I'm feeling and whatever I decide."

Bruce, who is currently expected to qualify for the NCAA indoor track and field championships, said that even though the multi can be mentally and physically exhausting, she loves competing in the event.

"A big part of the multi is the camaraderie and being supported by everyone and being surrounded by your teammates," Bruce said. "We only get it a certain amount of times every year, but it's so much fun that I want to do it more, and it's hard not to do it every weekend."

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THE BOMBERS ROUNDUP

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

Senior Tito Colom wrestles in the NCAA Mideast Regionals on March 1. LEXI DANIELSON/THE ITHACAN



NEXT GAME: 5 p.m. March 6 against New England College in Ben Light Gymnasium



NEXT GAME: 5 p.m. March 6 against Babson College in Swarthmore, Pennsylvania



NEXT GAME: 1 p.m. March 8 against Chapman University in Orange, California

WOMEN'S TRACK & FIELD

NAME	PLACE	EVENT	RESULTS
Tia Jones	1st	200-meter dash	25.19
Samara Herzog	1st	60-meter hurdles	8.83
Sarah Rudge	1st	800-meter run	2:14.90
Parley Hannan	1st	3,000-meter run	9:36.23
Kendall Wellauer	1st	Weight throw	16.32

NEXT MEET: 11 a.m. March 6 at All-Atlantic Regional **Championships in Rochester, New York**

WOMEN'S TENNIS



NEXT GAME: 7 p.m. March 10 against Immaculata University in Orlando, Florida

MEN'S TENNIS



NEXT GAME: 3 p.m. March 8 against Carnegie Mellon University in **Orlando**, Florida

GYMNASTICS

NAME	PLACE	EVENT	SCORE
Katie Holcomb	1st	Uneven parallel bars	9.475
Cameryn Nichols	1st	Floor exercise	9.775
Emily Szembrot	3rd	Balance beam	9.500

NEXT MATCH: 1 p.m. March 7 against Springfield College in Ben Light Gymnasium

WRESTLING			
NAME	WEIGHT	PLACE	RECORD
Travis Jones	133 pounds	1st	4—0
Eze Chukwuezi	184 pounds	1st	4—0
Ben Brisman	149 pounds	2nd	3–1

NEXT MATCH: 11 a.m. March 13 NCAA Division III Championships in Cedar Rapids, Iowa

MEN'S LACROSSE



MEN'S TRACK & FIELD

NAME	PLACE	EVENT	RESULTS
Andy Frank	1st	200-meter dash	22.37
Daniel Monchek	1st	60-meter hurdles	8.55
Dominic Mikula	1st	Pole vault	4.92 meters
Luke Tobia	1st	Weight throw	17.83 meters
Kasim Cisse	1st	High jump	2.01 meters

NEXT MEET: 11 a.m. March 6 at All-Atlantic Regional **Championships in Rochester, New York**

MEN'S SWIMMING AND DIVING

NAME	PLACE	EVENT	SCORE	
Justin Moczynski	2nd	3-meter board	519.55	
Ethan Godfrey	9th	3-meter board	436.55	

NEXT MATCH: 10 a.m. March 18 at NCAA Division III Championship in Greensboro, North Carolina

NEXT GAME: 1 p.m. March 7 against Cabrini University at **Higgins Stadium**



NEXT GAME: 11 a.m. March 7 against The College at **Brockport at Higgins Stadium**

WOMEN'S SWIMMING AND DIVING

NAME	PLACE	EVENT	SCORE
Eliana Wallock	6th	1-meter board	413.40
Ava Lowell	2nd	3-meter board	447.85

NEXT MATCH: 10 a.m. March 18 at NCAA Division III Championship in Greensboro, North Carolina

*Updated as of March 3

Women's lacrosse takes on tough competitors

BY AIDAN CHARDE

The Ithaca College women's lacrosse team will be playing against some of the best competition in Division III in the upcoming weeks, months before the playoff season begins at the end of April.

Over the first five games of the year, the Bombers, who are ranked 19th, will face four other ranked opponents, including one game against No. 17 Colorado College in Colorado Springs, Colorado, over spring break. Head coach Karrie Moore said she wanted to put some tough games into the schedule just in case the team did not win the Liberty League. against better Playing teams during the regular season improves a team's chances of getting into the NCAA tournament on an at-large bid.

"If we want to be fighting on a national level, we've got to play the best teams in the country," Moore said. "If we want to be competitive, then we can't be scared to play good teams."

Moore said there are two ways to get into the NCAA championship tournament: either win the conference or earn an at-large bid. Those bids are typically awarded to top teams in the nation that lost in their conference championships, and this is how the Bombers made the tournament last year.

"[Strength of schedule] plays in so much at the end of the year with the regional rankings," Moore said. "We try to control that as much as we can."

Senior attacker Bailey Herr said the team needs those games if the Bombers want to make it to the tournament without coming out on top of the Liberty League. Winning the league title is a significant challenge because No. 15 William Smith College has won the last four championships.

"Coach ensures that we're playing tough competition, so no matter what, we have a good record and standing," Herr said.

Although having those tough games can be a benefit for the Bombers if they win them, they also pose a high risk if the team loses. Losing those games could give the Bombers a worse overall record, which would make it harder to earn an at-large bid. Herr said it also could decrease the morale of the team.

Getting exposure to these teams that are really good early on will help us to make it to the postseason.

– Bailey Herr

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Junior midfielder Jacqui Hallack said that while the team always tries to win, the tough games at the start of the year will serve as a test for the team of how it will fare in the postseason when all of the opponents will be playing at a higher level.

"Getting exposure to these teams that are really good early on will



Senior attacker Bailey Herr drives toward the goal against junior Kiera Carmody, University of Scranton attacker, during a game against the No. 24 Royals on Feb. 26. The Bombers won 17–8. MIKAYLA ROVENOLT/THE ITHACAN

help us to make it to the postseason," Hallack said. "If we can compete with them and even win in the beginning, then it's a really good testament to how we'll do at the end."

It is a tough way for any team to start its season, but Herr said that having those tough games at the beginning is a good way of starting strong and jumping into things.

"It definitely helps us build confidence and makes sure that we're doing the things and learning from the mistakes that will help us later in the season," Herr said. "These games will help us figure out what we need to work on to make sure that we're competing at the highest level later in the season."

The team brought home a victory against rival No. 22 SUNY Cortland on March 1, but it first took down the University of Scranton, which was ranked No. 24 at the time.

The Bombers defeated the Royals 17–8 to improve to 2–0 Feb. 26. The team also won against Cortland 16–12 to remain undefeated so far, but Herr said she knows they still have plenty of games to play.

"We just need to make sure we're consistent all season and we win the big games," Herr said. "We really need to make sure that we do what we can to put ourselves in the best position."

Moore said each game is going to bring the team a new set of challenges, both in-conference and out-of-conference, but she said she feels those challenges are what the team needs to make it back to the tournament for a second straight year.

"The goal is that we keep moving forward," Moore said. "We take each game, and we prepare as much as we can for it, and then we look at it and try to grow from it, really no matter what happens."

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Wrestler discusses chasing first national championship

In 2019, then-freshman Eze Chukwuezi finished third in his first NCAA Mideast Regionals. Now, as a sophomore, Chukwuezi is a regional champion and is one of the top wrestlers in the country in the 184-pound weight class.

The No.17-ranked Bombers will be sending six wrestlers, including No. 10 Chukwuezi, to the NCAA Division III Wrestling Championships in Cedar Rapids, Iowa, on March 13 and 14. In addition to Chukwuezi, freshman Travis Jones, who won the 133-pound weight class and was named Most Outstanding Wrestler at the regional meet, No. 6 graduate student Austin Whitney, sophomore Logan Ninos, senior Ben Brisman and redshirt sophomore Sam Schneider all qualified for nationals in their respective weight classes. The team tied for first with No. 9 The College of New Jersey at regionals and had wrestlers place in the top eight in nine of the 10 weight classes. Both senior Tito Colom and No. 8-ranked junior Jordan Wallace placed sixth in their respective weight classes. Graduate student Dalton Elias came in seventh in the 285-pound bracket. The South Hill squad wrestlers were not the only ones who brought trophies back to Ben Light Gymnasium after regionals. Head coach Marty Nichols was named Regional Coach of the Year at the tournament. The Bombers' assistant coaching staff also earned the Assistant Coaching Staff of the Year Award. Sports editor Arla Davis spoke with Chukwuezi about his success at the 2020 NCAA Mideast Regionals along with how he and the rest of the South Hill squad are preparing for the national championship.

Arla Davis: This was your first NCAA Mideast Regionals win. How does it feel to improve from third place last year to first this year?

Eze Chukwuezi: [It feels] pretty good. It's a different level of dominance going into this year than it was last year. Being in third is nice, but you barely kind of scraped by. When you get first, it definitely makes you feel much more confident going to the [national] championship again.

AD: How does this motivate you going into nationals? EC: Those two wins in the semis and in the fi-

<image>

This interview has been edited for length and clarity.

nals, and especially doing so well in the finals, makes me feel much more confident in my ability in matches at nationals than if I had just gotten a regular decision or major [decision] or something like that. It's a new level of confidence with where we are until we get there.

AD: Will your training change at all heading into the national meet?

EC: It will be a little bit. We'll be tapering down and focusing on just finding points. It'll be less making sure my body is ready and wearing myself down and more focusing on recovery and things like that.

AD: This is your second time going to nationals. How was your experience at the tournament last year going to help you going into this year?

EC: Obviously it's a bit of a different arena, but it's the same feel: a bunch of mats, a giant stadium. It's not going to be a shock to be in that same situation having been there before. The only difference is just going to be how I perform compared to how I performed last year.

AD: How are you feeling about the team as a

Sophomore wrestler Eze Chukwuezi competes against Centenary University junior Kenny Long during the 184-pound semifinal match at the NCAA Mideast Regional. LEXI DANIELSON/THE ITHACAN

whole going into this with six athletes qualified? EC: I feel like we're all pretty confident coming out of this weekend. Especially sending six guys, that puts us in a really strong position to take home the first-place trophy. So I feel like the energy's high. These guys are all ready to wrestle and perform. We're all peaking at a good time, so we're feeling pretty good.

AD: What is your goal for nationals as an individual?

EC: Definitely to win, but not only to win but to dominate on a completely different level because yes, I could go in, I could win back a few points in a match, but for me personally, that wouldn't be enough. That wouldn't satisfy me. I would want to go into matches and pin my way all the way through the finals. I want to show that it's not a fluke and I can win every single year that I get there.

AD: What outcome should we expect from the team?

EC: Definitely a first-place finish. I feel pretty confident going into the weekend. We have a bunch of very strong guys who are all capable of making it to the finals, which scores us points. They are all familiar to the territory of being in big matches, so I feel like we handle pressure very well, and that will carry us a long way until the weekend.

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ATHLETE OF THE WEEK SENIOR KELLYANNE O'REILLY

O'Reilly netted a career-high 30 points in the Liberty League semifinal Feb. 29 and then went on to score 16 en route to the team's Liberty League championship win March 1. She was named the player of the tournament.



COMPETITION OF THE WEEK *LIBERTY LEAGUE CHAMPIONSHIP*

The women's track and field team won its 13th league championship in a row with 299.5. The squad won by 156.5 points, more than double the runner-up team. Four of the women broke meet records in eight events.

EVENTS TO WATCH QUOTE **CF** WEEK

TIME TBD MARCH 6 IN BEN LIGHT GYMNASIUM

The women's basketball team will host the first round of the NCAA tournament for the second consecutive year. The team is coming off a big Liberty League championship win.





NEW ENGLAND COLLEGE

If we want to be fighting on a national level, we've got to play the best teams in the country. ... We can't be scared to play good teams.

11 A.M. MARCH 6 AND 10 A.M. MARCH 7 IN ROCHESTER, NEW YORK

ITHACA AARTFC CHAMPIONSHIP The No. 1 women's and No. 19 men's track and field teams will aim for their first team victories at the All-Atlantic Regional Track and Field Conference meet.

- KARRIE MOORE WOMEN'S LACROSSE HEAD COACH



Elizathbethtown College junior Austin Jones wrestles sophmore Logan Ninos at the NCAA Mideast Regionals on March 1. Ninos placed third in 125-pound weight class.