Alumni donor rates decreased.

BY MADISON FERNANDEZ

The Ithaca College Board of Trustees has set the tuition for the 2020–21 academic year at $46,611, reflecting a 2.9% increase from the previous academic year. The total cost of attendance, including tuition, a standard double room and the unlimited meal plan required for students in the dorms, will be $62,457 for the 2020–21 academic year. The 2019–20 academic year is $8,978. The price of on-campus housing costs $6,800.

This percentage increase is the same as last year’s, reflecting the senior leadership team’s prioritization of affordability, which is critical to the success of the college’s strategic plan, Ithaca Forever,” the email stated.

A standard double room is set at $8,978. The price of on-campus housing has an average percentage increase of 2.35%, which is the same percentage increase as the 2019-20 academic year. A standard double room for the 2019-20 academic year is $8,770.

The Tuition and Board of Trustees approves tuition increase

BY ASHLEY STALNECKER

Last year, the percentage of alumni donating to Ithaca College’s annual fund, capital projects and endowments has decreased by approximately half. Dave Maley, director of public relations, said via email that the college’s alumni participation rate — the percentage of alumni who give back to the college — has decreased from 12.2% in the 2010 fiscal year to 6.4% in the 2019 fiscal year. The alumni participation rate was 6.8% in 2018, 7.6% in 2017, 7.4% in 2016, 9.9% in 2015, 8.9% in 2014, 8.8% in 2013, 11% in 2012 and 11.5% in 2011.

The college’s alumni participation rate is lower than the national average, according to the National Association of Independent Colleges and Universities. The national average alumni participation rate at mid-sized private schools is approximately 16–17%.

“Ithaca College’s alumni participation rate — has decreased from 12.2% in the 2010 fiscal year to 6.4% in the 2019 fiscal year. The alumni participation rate was 6.8% in 2018, 7.6% in 2017, 7.4% in 2016, 9.9% in 2015, 8.9% in 2014, 8.8% in 2013, 11% in 2012 and 11.5% in 2011.

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Editors note: A version of this story published in the November 21, 2019, issue of The Ithacan contained errors and misinterpretations sufficiently egregious to justify publication of a corrected version of the story. The editors apologize for this failure of reporting. A complete list of corrections appears at the end of the story.
UK government holds vigil for London Bridge attack
Brittish Prime Minister Boris Johnson and main opposition Labour Party leader Jeremy Corbyn paused Dec. 2 to honor the two people killed in the London Bridge attack. They then went back to trading blame for the security fai- lings that allowed a man who had been jailed for terrorist crimes to go on a violent rampage in the heart of London. Usman Khan stabbed two people to death and injured three others Nov. 29 before being shot and killed by police.

Two of the injured people remain hospitalized in stable condition.

Finnish prime minister quits over postal service strike
Finland’s prime minister resigned Nov. 3 after a key coalition partner withdrew its support from his five-party government. This came after a strike at the country’s postal service that spread from stressful schedules.

Two of the injured people remain hospitalized in stable condition.

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Finnish prime minister resigns

New York Times and CNN report that Mr. Kerchov, who has been a key figure in the US and European drug trade, was arrested on charges of racketeering and drug trafficking.

The US government has been investigating Kerchov for several years, and his arrest is a significant victory for law enforcement in the US and Europe.

The New York Times reports that Kerchov was arrested in New York City on charges of racketeering and drug trafficking.

The CNN report states that Kerchov has been involved in a wide range of criminal activity, including drug trafficking, racketeering, and money laundering.

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Students present research at pop culture conference

BY CORA PAYNE

Peggy Carter, a character in the Marvel Cinematic Universe who is romantically linked to Captain America, is often regarded as a feminist character. Yet, at the Mid-Atlantic Popular and American Culture Association’s (MAPACA) annual conference, senior Andrea Yzaguirre challenged the impact of Carter’s character development in her presentation, “The Woman Got Married: How Peggy Carter’s Happy Ending Isn’t So Happy.”

MAPACA is an academic organization that aims to further critical academic analysis of U.S. popular culture. MAPACA 2019 conference took place at the City Center Marriott in Pittsburgh, Pennsylvania, from Nov. 7 to 9.

Yzaguirre’s presentation, as well as senior Charlotte Kane’s presentation, “Under the Influence: How Instagram Propagates Eating Disorders,” are finalists for the Walden Prize for Graduate Students, an award given to five students of the best oral presentation.

Kane presented her research on the correlation between Instagram and eating disorders with her presentation. Her personal experiences with anorexia and usage of diet pills led to her to explore how Instagram has greatly influenced her topic choice, she said.

“When you say outright that Instagram is causing eating disorders, it sounds crazy,” Kane said. “But if you look at the way I present it with a scenario, if a girl uses the money her parents gave her to go to the mall to buy some diet pills that she saw influencers using on Instagram, they’re from GNC, a health store, so she thinks they’re healthy. She’ll start losing weight and get more validation online, creating a vicious cycle.”

The majority of presenters at academic conferences are graduate students or professionals, but it also promotes skills that they’re from GNC, a health store, so she thinks they’re healthy. She’ll start losing weight and get more validation online, creating a vicious cycle.

Kane said the presentation is a potential reason for the retention rate among third- and fifth-year students.

“Of the $20,000 that we told you was your family contribution, we are now asking you to come up with an extra $10,000, and students are taking out private loans to do that,” Koehler said. “So that could be a reason for third- and fifth-year drop-off.”

Koehler said the college hopes to address the gap between expected family contribution (EFC) and cost of attendance for every student based on the Free Application for Federal Student Aid.

Koehler said the college cannot always cover the entire gap in the EPC estimate, programs and notifications sent to prospective students is going to be going down, particularly in the Northeast and Midwest,” Koehler said. “That puts schools like us, regional colleges, in risk at terms of enrollment. And that means we need to think about, number one, what should our enrollment be? And, number two, how are we building a plan for our student experience.”

Faculty Council discusses student retention rates

BY SKYLLAR EAGLE

Laurie Koehler, vice president for marketing and enrollment strategy, spoke to the Ithaca College Faculty Council about improving retention rates at the college at its meeting Dec. 3.

Koehler spoke about different ways the college is attempting to analyze its undergraduate student retention rates and how it can be improved through marketing strategies and improving the student experience. She said the third-semester retention rate increased from 82.7% in 2017-18 to 87% in 2019-20. The retention rate for fifth-semester students is lower with only 77.1% of students remaining enrolled at the college in 2018 after their fifth semester.

“The best tools for yield are their peers, who they see coming to IC, who they meet when they come here,” Koehler said. “So the better their experience here is, the better a chance of yielding our students.”

Koehler said the college is more concerned about improving retention rates and the student experience than obtaining a higher ranking.

The college currently ranks eighth in regional Universities North on U.S. News.

“I would like the 87% to be 90% in the next five years,” Koehler said. “I know we can do that because we are using this ranking to get more people to apply to us.”

The college admitted 10,326 students and enrolled 1,506 freshmen students for the 2020-21 academic year.

Koehler said the college is also looking at the National Survey for Student Engagement to analyze the student experience.

“Often, the biggest factor has to do with how connected to campus they feel, not feeling connected with faculty but also not feeling connected with peers,” Koehler said.

Koehler said she recommends changing the language used with prospective students from the Office of Student Financial Services and the Office of the Registrar.

“How can we be more friendly in the language we use?” Koehler said. “We have advanced degrees, and it is confusing. So imagine the first-generation student who’s going through this process and then gets an award letter and has no idea because we use lingo.”

Senior Charlotte Kane is eligible for an award for pop culture studies after presenting at the Mid-Atlantic Popular and American Culture Association’s annual conference.

“The better their [peers’] experience here is, the better a chance of yielding our students.” - Laurie Koehler

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Faculty Council also voted on proposed syllabus amendments from the Academic Policies Committee. The changes include requiring more detailed course descriptions and assignment schedules as well as a mandatory rule to include more information about Title IX and Student Accessibility Services.

It voted in favor of the proposed amendments with 13 members in favor of the changes, six members against and two members who abstained from voting.

The proposed changes will now move to Lajerne Cornish, provost and senior vice president for academic affairs, to approve.

The council went into an executive session to discuss new policies, including policies regarding intimate relationships between employees and students, drones and the formulation and issuance of college policy, with Guillerme Costa, vice president of legal affairs, and Harley Harris, vice president of the Office of Human and Organizational Development and Planning.

Contact Cora Payne

CPAYNE@ITHACA.EDU

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The annual fund supports the student life, including student or -

Although the college's alumni
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College celebrates anniversary with Longview

BY RYAN BIEBER

Like his fellow classmate, Ithaca College student Allen Minsky attends classes and lectures during the week that cover gerontology, film, philosophy and more.

Unlike his peers, Minsky is 77 years old.

In 1999, Ithaca College celebrated its 20-year partnership with Longview, a senior living community located across the street from campus. The program allows Longview residents to take classes at the college and allows students to engage in hand-on learning at Longview. All five schools at the college are involved in the program.

Minsky said he feels very fortunate to take classes at the college.

“Having the partnership with Ithaca College as part of living here at Longview has been a very positive piece to making me want to be here,” he said. “I certainly don’t think that a lot of places are either willing to do it or able to do it. I’m enjoying being able to have these experiences.”

Longview initially began as the Ithaca Center at Longview, an assisted living home located in a renovated off-campus Ithaca College dorm. In 1999, Longview decided to purchase the campus, which had been home to 28 acres of land from across campus. Residents began to move into the new facility at the end of 1998, and the partnership started in 1999.

Collaborations between colleges and assisted living homes are a growing trend in higher education. It is estimated that hundreds of colleges have engaged in similar partnerships and only expect the number to grow.

In the Netherlands, some students are even living in nursing homes as a more affordable housing option.

Minsky is one of seven Longview residents taking classes at the college this semester, said Jessica Valdes Tavares, IC/Longview coordinator and assistant professor in the Department of Gerontology.

“Over the last two decades, the number of Longview residents who take part in the program has ranged annually from one to 15 people,” Minsky said.

Minsky said Longview residents are allowed to take two free classes a semester, although the number is limited depending on what times the classes meet.

Valdes Tavares said the goal of the program is to foster community and learning between generations.

“Students start to lose the stigma about older adults and older adult facilities and start to get comfortable, and once they’re comfortable, they can learn from and educate each other,” she said.

Valdes Tavares said that simple talking with a Longview resident is impactful for students.

“Students say that in some cases, Longview residents have personal experiences in the course topics and are able to share first-hand knowledge. It resonates with the students,” Tavares said. “When you get to talk with somebody... or when you get to learn their perspectives versus from a textbook, it’s amazing how much more personable and how much easier it is to really understand it for students.”

Minsky said he enjoys learning students’ ideas and opinions as well.

“I enjoy hearing how people who are so much younger than I am feel about things,” he said. “I find that people are listening to me at least hearing what I’m saying, and I like listening to them because they are the future.”

Elizabeth Bergman, associate professor and chair of the Department of Aging Studies and Gerontology, said the partnership also helps break down stereotypes between generations, particularly when students go to Longview.

“As a faculty who educate young people, our motivation with bringing students to Longview is to really breakdown some of the stereotypes and stigmas around aging,” she said.

“But what I find in the end, is that it works in the other direction just as much. … Residents and tenants come to me and say ‘Thank you for including me, you’ve totally restored my faith in young people.’

Minsky said that though he enjoys his classes, he wishes more Longview residents would take part.

“Sure, members of the community have raised concerns about the lack of accessibility on campus due to its natural terrain of being built on a hill and the unavoidable snow.

“The only thing I’m sorry about is the fact that more people don’t participate in this,” he said. “Many people feel that physically, it is very hard for them to maneuver around the college.”

Tavares said that in the future, she hopes to improve the program to better accommodate more Longview residents.

CONTACT RYAN BIEBER
rbieber@ithaca.edu
New app created by professor spreads gratitude

BY JULIE DANNEVIG

In 2017, Laura Campbell Carapella, associate professor in the Department of Health Promotion and Physical Education, began to develop ICreate, a gratitude app for Ithaca College students with the goal of reducing levels of anxiety by sharing instances of gratitude online.

Carapella said she used funding from the College’s President’s Best Grant, a grant that faculty and staff apply for to help to fund projects that add to a positive college community, as well as her own savings. The app is still being tested by focus groups and modified as needed to be released to the entire campus in Fall 2020.

She said that the app will work as a medium for students to share anonymous instances of gratitude they experience throughout the day and that her goal is to see it act as a new form of social media.

Carapella said she has found through research and studies that social media plays a role in the increase in anxiety as it promotes judgment and ridicule.

In her own classes, Carapella, every semester she asks her students to write down the last time they felt happy or sad, a scale of one to 10.

She said that in recent years, the percentage of students who consider themselves to be highly anxious has risen considerably compared to when she first started teaching 23 years ago.

“We got to the point where we’re parasites,” she said, “feeding off of each other, waiting and watching for someone to judge us, that we are paralyzed in that anxiety,” she said.

According to a study conducted by the American College Health Association, over 60% of college students felt overwhelmed with anxiety.

The theory behind Carapella’s app, she said, is that replacing these judgments with these gratitude will help to reduce anxiety over time.

“What would it look like if we every day instead of pulling out social media platform that encourages you to like or dislike something you can just pause yourself, it encouraged you to give gratitude,” she said.

Carapella said she hopes the app will be used across campus, as it will be more effective with more students who care and who will be exposed to the entire college.

“This I think is what I like to look for rather than just an individual response, like therapy, I want to look for the social response in a domino effect,” she said.

Junior psychology major Madeleine Giroux said she has worked with the app, collected the data and helped to conduct studies and surveys.

Giroux said that she became interested in helping with the app when Carapella introduced the idea to her class.

She said she has personally struggled with anxiety and found the theory behind the app interesting and encouraging.

“I understood the kind of challenges that anxiety can bring for some people,” she said. “I’m excited to be part of something that I think really could help people overcome those challenges.

Giroux said she thinks the app could be beneficial in easing the stress that comes with transitioning into college.

The app will be released next fall, and Carapella said she is looking to find a way to incorporate it into freshman orientation.

“I think the app could be real useful for new or incoming students,” she said. “Most probably experience the exciting but also the anxious nature of becoming a first-year student, so I think the app will create a really positive space for new students to connect.

Freshman Emily Levine said the app helps in paying more attention to the people around you.

“If I do something nice and get put on other campuses, it is passionate about the work she has done.

“One of the biggest challenges that we could have an entire semester, maybe more, where everybody feels kind-ness all around them, all the time,” she said. “They’re giving it, they’re receiving it and it grows infectious.

That’s the most exciting part of all of this.”

CONTACT JULIE DANNEVIG DANNEVIG@ITHACA.EDU

Graduate clinicians work with individuals with autism

BY DIANA DELUCA

The aroma of chocolate and the sounds of laughter filled a small room in Smiddy Hall on Ithaca College’s campus. Mixing up the ingredients for a cookie, a group of Ithaca graduate clinicians and clients work together to make something that they hope will increase the clients’ social skills.

The weekly activity they are participating in is the ICreate (Is and Isn’t) program, a class that defines the disorder and its characteristics.

The program is designed to improve social response in a domino effect,” she said.

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Ithaca College Library to offer de-stress events for students

The Ithaca College Library has opportunities for students to de-stress from Dec. 8 to 13. The library will host holiday trivia from 4 to 6 p.m. Dec. 8. A blanket fort with blankets, pillows and string lights will be set up from noon to 6 p.m. Dec. 9 on the second floor of the library.

The library will also host a mindful lunch walk from 3:30 to 4:30 p.m. Dec. 9. The walk will start in Gannett 519. One person will walk through the walking meditation at a time while contemplating a question or a phase. This event is co-sponsored by the Office of Religious and Spiritual Life.

The library will have a craft table with coloring, origami and cut-out snowflakes from noon to 5 p.m. Dec. 10 near Popular Periodicals.

President Shirley M. Collado will visit the library for a study break event from 5:30 to 7 p.m. Dec. 11 between the Research Help and the Circulation Desks. Food and drinks will be available at the event.

The library will host a button-making event from noon to 2 p.m. Dec. 12 near Popular Periodicals.

The library will bring a therapy llama into the library for a study break event from 5:30 to 7 p.m. Dec. 11 between the Research Help and the Circulation Desks. Food and drinks will be available at the event.

These events do not require RSVPs, but they are available on IC Engage.

Publication names IC innovator for food service management

Food Management, a website focused on trends and best practices in the noncommercial food service industry, named Ithaca College its Innovator of the Year for the college’s decision to bring dining services in-house.

The website recognized the college for finding ways to underwrite self-operation of dining services, building relationships with local partners like Cornell University and making structural changes to the dining program to increase the appeal of the meal plans.

Last spring, the college decided to end its campus dining contract with Sodexo after 19 years, taking those operations in-house in order to improve programming and lower costs. The college switched to local vendor Maine’s Paper & Food Service.

Food Management also noted the college’s decision to emphasize local vendors like Ithaca Bakery, Ithaca Coffee Company, Gimme! Coffee, Purity Ice Cream and Chick-n-Bap. Food Management also noted the college’s decision to emphasize local vendors like Ithaca Bakery, Ithaca Coffee Company, Gimme! Coffee, Purity Ice Cream and Chick-n-Bap.

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College to host annual event to showcase freshmen work

Ithaca College students in the Ithaca College seminar program will present at the third annual Ithaca College Symposia from noon to 3 p.m. Dec. 11 in the Eamon Suites.

Approximately 400 students will participate in traditional poster sessions, give individual readings and share group and individual presentations.

Students in more than 12 freshmen seminar sections have been working on individual or group projects throughout the semester to showcase at the symposium.

Students enjoy snow on day off from class

Freshman Zack Lemberg takes a photo with a snowman he built Dec. 2. It is named Diane. Ithaca College canceled classes Dec. 2 due to inclement weather. Approximately 6-12 inches of snow fell in the Ithaca area from Dec. 1 to 3.

CORA PAYNE/THETHICAAN

PUBLIC SAFETY INCIDENT LOG

SELECTED ENTRIES FROM NOVEMBER 18 TO NOVEMBER 24

NOVEMBER 18

SUSPICIOUS CIRCUMSTANCE
LOCATION: Campus Center Quad
SUMMARY: The caller reported that an unknown person threw a cell phone into the press box. The officers checked the area and were unable to locate the person. Patrol Officer Bryan Veraza responded.

NOVEMBER 19

SCC HARASSMENT/ INTIMIDATION ENDANGERING LOCATION: Garden Apartment Building 28
SUMMARY: The caller reported that the person was the reason. Officers checked the area and were unable to locate the person. Patrol Officer Bryan Veraza responded.

SUSPICIOUS CIRCUMSTANCE
LOCATION: Location
SUMMARY: The caller reported that an unknown person was seen climbing a fence. Officers checked the area and were unable to locate the person. Patrol Officer John Norman responded.

UNLAWFUL POSSESSION OF MARIJUANA
LOCATION: Other
SUMMARY: The officer reported that a marijuana plant was found inside a wall in an isolated area of the building. The officer referred one person for unlawful possession of marijuana. Patrol Officer Williams responded.

NOVEMBER 20

SUSPICIOUS CIRCUMSTANCE
LOCATION: Garden Apartment Building 27
SUMMARY: The caller reported that someone was knocking on the door. Officers checked the area and were unable to locate anyone in the apartment. Patrol Officer Lance Holmstock responded.

DISORDERLY CONDUCT NO DEGREE
LOCATION: Boy H. Park School of Communications
SUMMARY: The caller reported that people were disruptive during a lecture Nov. 18. The investigation is pending. Patrol Officer John Norman responded.

FIRE ALARM ACCIDENTAL LOCATION: Gander Apartment Building 150
SUMMARY: Simplex reported a fire alarm. The officer reported that the fire alarm activation was accidental due to steam from shower. Patrol Officer Maya Colan responded.

NOVEMBER 21

PETIT LARCENY BETWEEN $500–$1,000 LOCATION: Easte
SUMMARY: The caller reported that an unknown person stole a parking sign. The investigation is pending. Patrol Officer John Elmore responded.

DISORDERLY CONDUCT NO DEGREE
LOCATION: Hill Center
SUMMARY: The caller reported that an unknown person damaged a parking sign. The investigation is pending. Patrol Officer John Norman responded.

GIVAN: The caller reported suspicion of drug paraphernalia. The officer reported that the person was judicially referred for violation of college regulations. Master Patrol Officer Bruce Hombrock responded.

SUSPICIOUS CIRCUMSTANCE
LOCATION: Terrace 6
SUMMARY: The caller reported that an unknown person was seen in the area. The investigation is pending. Patrol Officer Lance Holmstock responded.

NOVEMBER 22

SUSPICIOUS CIRCUMSTANCE
LOCATION: Combsky Field
SUMMARY: The caller reported that people were climbing on the press box. The officers located the persons and issued a warning for judicial action to stay away from the area. Security Officer Joe Opper responded.

DISORDERLY CONDUCT NO DEGREE
LOCATION: Hill Center
SUMMARY: The caller reported that an unknown person stole a parking sign. The investigation is pending. Patrol Officer John Elmore responded.

SUSPICIOUS CIRCUMSTANCE
LOCATION: Terrace 6
SUMMARY: The caller reported that an unknown person stole a parking sign. The investigation is pending. Patrol Officer John Elmore responded.

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SUMMARY: The caller reported that an unknown person was seen in the area. The investigation is pending. Patrol Officer John Elmore responded.

HOLD UP POTENTIAL
LOCATION: Terrace 6
SUMMARY: The caller reported that an unknown person was seen in the area. The investigation is pending. Patrol Officer John Elmore responded.

Full public safety log available online at www.thethican.org.
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College’s program inspires intergenerational learning

This year, Ithaca College celebrated its 20-year partnership with Longview, a senior living community across the street from the college. The program allows Longview residents to take classes at the college and encourages students at the college to participate in hands-on learning experiences at the senior living community. Across the country, hundreds of colleges are working to build relationships with senior citizens. Throughout the last several years, opportunities for senior citizens to pursue higher education have significantly grown. Many U.S. colleges and universities have begun offering reduced or free college tuition for seniors returning to the classroom, and programs that connect college students with elders have gained popularity.

The college’s relationship with the senior living community not only promotes the importance of lifelong education, but it is also a primary example of how higher education can use its resources and influence to initiate positive, intergenerational human connection. As people grow older, they are often more likely to experience a sense of loneliness and isolation. This can happen for a number of reasons, including the difficult switch from independent to assisted living, the physical challenges of aging and a feeling of being cut off from family and friends. Additionally, popular culture in the U.S. often wrongly deems older people dependent and undesirable despite their knowledge and life experiences. This can further influence feelings of alienation, as these individuals are often excluded from everyday society. Human beings are social creatures, and loneliness of this kind is known to influence health conditions, including depression, cognitive decline and heart disease.

Senior education programs help seniors combat feelings of loneliness, isolation and alienation by providing a sense of purpose and the opportunity to build new, healthy and dynamic relationships with people across generational lines. The benefits of these programs do not just extend to older people — they reach younger college students as well. By establishing intergenerational classroom relationships, these programs provide unique opportunities for students of all ages to learn from those who likely grew up with very different experiences from their own. This, in turn, helps to build compassion. As the world increasingly grows clouded by divisiveness and exclusion, intergenerational empathy is more important than ever, and it has the capacity to influence a more inclusive, understanding world.

Alumni donations motivated by real connection to college

This year, the amount of money in Ithaca College’s annual fund is double what it was 10 years ago. However, despite the increase, the number of alumni donating to the fund has decreased by approximately half. Many colleges and universities across the country are seeing a similar trend. While higher-education institutions are pulling in record dollars, the number of individual donors, specifically alumni, is significantly declining.

Alumni donations at Ithaca College constitute a significant part of the funding that goes toward student life. A recent study found that the most significant indicator of alumni giving is an individual’s ability to connect with their alma mater. This can mean having a connection to academics, social life or school spirit. People give money to institutions and organizations not only because it helps them maintain social identities but also because they want to transform lives and make an impact. However, this can be a difficult thing for the college to tap into, as requests for alumni donations are most frequently made via telethon or through direct mail, both of which inherently lack personal connection. Just as the college should work to build genuine connections with alumni, alumni should work to maintain these connections, too. Although they have left campus, many still reap the benefits of Ithaca College’s programs and resources — resources that are still being used by thousands of students and rely heavily on alumni funding.

Taking this into consideration, it would be in the college’s best interest to put resources toward showcasing the monumental impact the annual fund has on student life. As a result, alumni will likely be more willing to donate to the student experience. As the college pushes out its five-year strategic plan, it seems there is no better time to do so. The plan highlights the college’s plans to build partnerships within the community and cultivate an on-campus culture of diversity, equity and inclusion. It also focuses on building stronger connections, both among current college community members and its alumni. As these plans take effect, it is the perfect time for the college to inspire and rebuild connections with its alumni, many of whom are distant from the college and its mission as it exists today.

The 2019 Cortaca Jug was a primary example of the ways in which the college can boost community among students, faculty and alumni alike. As the college rolls out its strategic plan, it should consider it an opportunity to truly rebrand and begin building new, genuine and fun connections with all members of the college community — past, present and future.
Connecticut works to financially divest from guns

BY BRONTË COOK

On Dec. 3, Connecticut Treasurer Shawn Wooden announced plans to reallocate $30 million worth of shares in civilian firearm manufacturer securities. The plan would also ban similar future investments and create incentives for banks and other financial institutions to enact gun-related policies.

“The economic cost, the social cost of gun violence is very, very significant,” Wooden said he is pursuing the allocation of the public pension funds in an effort to influence the practices of gun manufacturers in a way that will ensure public safety.

“I believe divestment should be a tool of last resort, and I support engagement and engaged ownership as a shareholder,” said Wooden. “The sad truth is, even with other institutional investors throughout the country, engagement on this issue has not worked. The economic cost, the social cost of gun violence is very, very significant. And the time is now because we don’t have greater action in Washington on this issue.”

His plan would allow state pension funds to continue investing in companies working to develop “smart guns,” which are personalized guns that can deactivate its authorized user. The policy would also require that financial institutions, like banks, disclose gun policies in response to proposal requests from the Connecticut treasurer’s office. Connecticut is not the first state to create plans of this nature. In 2018, the California State Teachers’ Retirement System voted to use its finances, which total $222.5 billion, to pressure gun retailers to stop selling guns and gun-related accessories.

A group of Ithaca College students delivered health lessons to youth at the Salamanca Youth Center. The students pose with snack bags they packed for the children.

BACKGROUND: Students can learn about health statistics and health outcomes in a classroom, but I think lessons tend to be more solidified and transition students to the next level in community fieldwork experiences.

NEWSMAKER

Professor coordinates health lessons at NY youth center

In November, Kari Brossard Stoos, associate professor in the Department of Health Promotion and Physical Education at Ithaca College, took a group of her students to the city of Salamanca, New York, to deliver health promotion lessons on the dangers of using Juul and vaping to children at the Salamanca Youth Center. Salamanca is unique because it is one of the only U.S. cities located almost entirely within Seneca Nation Territory.

Opinion editor Brontë Cook spoke with Brossard Stoos about the trip, her relationship with the Salamanca Youth Center and the importance of immersive learning.

This interview has been edited for length and clarity.

Brontë Cook: You recently took a group of students to spend two days educating the youth about health topics in Salamanca. Can you tell us more about the trip?

Kari Brossard Stoos: This year now marks the sixth year of a sustained relationship with my community partners in the city of Salamanca, New York. … I mentioned eight IC students through a service-learning experience in public and community health with a focus on delivering health promotion lessons to children. … The City of Salamanca Youth Center drops-in programming. … Prior to the trip, the students spent class time learning an introduction about the history, culture and health statistics of the region. … Service-learning in public health is most successful when the community communicates their needs to those who are serving.

BC: What inspired you to organize the trip?

KBS: During my first year at IC, Don Austin, assistant director in the Office for Student Life, engaged me in a mentorship to work with a large group of children in the youth bureau. It was decided that the most concerning topic to focus on was vaping, specifically Juuling. Since the youth center provides drop-in services for children ages 5 to 18 years old, the IC students developed two lesson plans targeting two different audiences. Lessons delivered on the first day were geared towards children aged about 5 to 8 years old, and lessons delivered on day two were geared towards children of middle school and junior high age.

BC: What health topics did you and your students focus on teaching?

KBS: After much consultation with Sandi Brundage, the director of the Salamanca Youth Bureau, it was decided that the most concerning topic to focus on was vaping, specifically Juuling. Since the youth center provides drop-in services for children ages 5 to 8 years old, the IC students developed two lesson plans targeting two different audiences. Lessons delivered on the first day were geared towards children aged about 5 to 8 years old, and lessons delivered on day two were geared towards children of middle school and junior high age.

BC: How did your students respond to this learning experience?

KBS: We are still working through the learning process. … For some, this was their first experience applying their learned skills in a rural community setting. It is always a significant moment for me to witness their growth and maturation in their discipline. … Previous students realized how much they learned leading up to the trip and then how much they need to continue to learn from their community constituents once they are employed. … The children at the youth center enjoyed the activities and were already well informed about the health impacts associated with vaping. Our students supported and enhanced their current knowledge.

BC: Why are experiences like this valuable?

KBS: Students can learn about health

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

BY ASHAYE FORSYTHE
Imagine. You walk into a room with your heart held high, and you need not fear the significance behind your entrance. You do not walk into this room with trepidation, wondering if it will make space for you, wondering perhaps if you will be the only one of ‘your kind’ there. ‘Your kind’ – for the marginalized, this can mean anything. It can mean being a woman walking into a predominantly male space and being spoken over. It means being a person of color and feeling as though your own presence isn’t validated. It means questioning your worth and your right to have a seat at the table, when, in fact, you may be the most qualified person in the room. Perhaps it means coming from a low socioeconomic background and feeling threatened by what you don’t have: the latest MacBook, the fanciest clothes, the shiniest shoes. Imagine. You walk into a room and you feel none of these things. How free would you be? How bold?

If you fail to identify with the above description, don’t think this piece isn’t for you. In fact, it is just as much for you as it is for the Rockford Native. Take the time for you to know: The minorities seated at the edge of the dinner table might have a plate, but it’s not as comfortable as being seated at the head. The marginalized have no elbow room. We shrink ourselves down outside to taking up space. We no longer wish to do that. We want to be our brightest selves, no longer told we exist on the corpse of society. We wish to be bold, and to be bold in a way that is steadily recurrently pushes against you is to be simply and authentically the person you were always meant to be. Courage. Authenticity. Violence. These are the tenets of the Ithaca College BOLD Women’s Leadership Network, a revolutionary program designed by women, for women. BOLD focuses on nurturing college-age women to be courageous leaders. The program is a partner initiative between college President Shirley M. Collado and the Peace Corps Foundation, which was established in the legacy of Helen Gurley-Brown. I was editor-at-Cosmopolitan Magazine, a staunch feminism and a trailblazer for women’s rights. Students are accepted into BOLD in their sophomore years and actively participate their junior and senior years. The second cohort of BOLD has decided to execute a mentoring program with New Iroon Charter School to bolster relationships and give today’s youth a chance at better achieving their desired futures.

I chose to write this commentary not just to outline the mission of BOLD and its importance on our campus but also to delineate what it means to be a BOLD scholar. Not many know what this is or what it means. And I must admit, in the beginning, I too failed to understand. Being a BOLD scholar is a way of life. It’s a conscious decision to never apologize for who you are. We each come with our stories and our own identities. BOLD creates the space for these identities to coexist, collectively vowing to change the world for the better with those stories, one idea at a time.

ASAYE FORSYTHE
The Ithacan
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SEEDING JUSTICE
JOHN TURNER
Muslims face global injustice

Society has taught me to fear Muslims. The media subliminally sends messages my sort of folks aren’t respected in their presence, especially at an airport. If they are carrying a bag or wearing a hijab, I should be½ ➔ more afraid. I never understood this fear, but, even as a child, I was aware of it. I could feel the Muslim elementary school teacher as she educated me on the tragedy of 9/11. As a child, I never could grasp why I should fear an entire religion because of the actions of individuals.

This subtle but systemic fear is the reason that thousands of Muslims are in detention camps in China, and many people are not aware or they do not care. Recently, leaked documents revealed a network of detention camps throughout the western province of Xinjiang, China. These camps are specifically for the Muslims. The Chinese government has called the documents fake and fabricated, even though the documents were signed by Zhu Hailun, the top security official and deputy Communist Party chief in Xinjiang, Muslim individuals who escaped the detention centers reported acts of rape, torture, mental abuse and much more. The lack of mainstream media attention pertaining to this issue is saddening but not surprising. At this point, the lack of human rights coverage pertaining to Muslim individuals has become an industry standard.

Generally, the only time Muslim people are covered in the media is when they are linked to an act of terror. This further perpetuates the normalization of fear surrounding Muslims. When a Muslim person commits a homicide, the entire religion is scrutinized, even though Islam is one of the most practiced religions in the world with 1.6 billion followers. This same scrutiny is not given to those of other religions, especially not religions that originated in Europe, like Christianity.

There is a paradox in the way society links violence with the faith of Islam. When a white individual enacts mass violence, they are labeled a lone wolf. But when a Muslim person, especially if they are brown or black, commits an act of violence, they are labeled a terrorist. Why are white terrorists allowed to be individuals but Muslim terrorists’ actions speak for a whole religion?

This fear of Muslims is seen globally. In 2017, approximately 3,000 Muslims were killed in Myanmar within three days. And, more recently, 50 people were killed in a mosque shooting in New Zealand. These detention camps in Xinjiang sadly show that these implicit biases can cause people to torture other human beings.

To create systemic change in the way Muslims are viewed within the dominant narrative, we must remove fear as the foundation and replace it with an effort to truly understand the social and religious other’s differences. This starts with the media accurately covering the injustices Muslims face with equal weight as other human rights violations.

SEEEDING JUSTICE is a column that explores cultural competency written by JOHN TURNER. Turn to a建设和查看详情 byConnect with him at jturner@ithaca.edu.

By DANIELA RIVERO
As we are gearing up for an election year, my newsfeed and social media feeds have once again become flooded with political discourse on the issues and candidates that will decide the 2020 presidential election. As a scholar of social movements and Latin American studies and an intern at the Committee on U.S.-Latin American Relations (CUSLAR), I pay special attention to policies on Latin America as indicators that distinguish candidates from one another while also framing them within the larger structure of U.S. politics. U.S. policies reach far beyond U.S. territorial borders, and grasping the full scope of U.S. history and presence in Latin America is paramount in order to gain a more complete understanding of the true nature of U.S. politics. CUSLAR is housed in a small office on the third floor of Attilio Taylor Hall at Cornell University. Our walls are covered in posters of great revolutionaries like Che Guevara, and our library has an array of materials from books on campusios movements to magical realism novels. The students who founded CUSLAR in 1943 were concerned with supporting the right of the people of Latin America and the Caribbean to self-determination and with making connections that affect their lives and communities. We continue this mission by hosting speakers and cultural events and acting as a student and community member to conduct research, connect with social movement leaders in Latin America and in the United States.

Through my major in social movements and Latin American studies and my internship with CUSLAR, I spend most of my time studying political theory and resistance movements in Latin America as well as analyzing current events in the region. The influence of U.S. politics and economic models is visible across the board in my studies, whether it shows up as free trade deals, military coups, repression of popular movements, economic sanctions or social conditions that are the result of the many U.S.-backed dictatorships that shaped Latin America during the Cold War. Learning about the ways in which U.S. geopolitical interests are inextricably linked to the sociopolitical conditions of Latin America complicates popular notions of the U.S. as the vanguard of democracy and freedom. It should not go unacknowledged that U.S. intervention, whether overt or covert, has always resulted in the implementation of policies in countries whose people get no say in what is happening.

Further, political and economic interventions in Latin America are being funded by the billions of dollars that Americans pay in taxes every year with little to no public discourse, let alone a popular vote. That, to me, is undemocratic.

Understanding the role the U.S. has played in Latin America has laid the groundwork for a deeper analysis of the U.S. political structure. It exposes the dark underside of U.S. economy and politics, which then prompts one to look within and consider the narrowness of the American political imagination. As newsfeeds are once again becoming saturated with political debates and campaigns for the upcoming election year, I invite people to look beyond the debate stage to places like Ecuador, Chile, Colombia and Puerto Rico and the ways in which popular movements are demanding the dismantling of all oppressive structures.

DANIELA RIVERO
is a junior social movements and Latin American studies major. Connect with her at drivero@ithaca.edu.
ACROSS
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35 Life of the party
36 Cash dispenser
37 Some T-shirts
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42 Thelma’s
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47 Specly
48 Crushed underfoot
49 That guy’s
50 Where – you?
51 Charlotte of “Banana"
52 Go on snow
Dance videos are widely popular on the app. When someone opens TikTok, they are greeted by thousands of videos that show users dancing to catchy songs, cracking jokes and attracting viewers. The app’s content consists of only videos that can be up to a minute long in which users usually lip-sync to songs and spoken audios. The videos are unique to TikTok because of the specific editing tools and music samples that TikTok offers.

The app’s demographic ranges from all ages, but approximately 25% of its viewers are age 18–24. Some Ithaca College students have gained thousands of followers, including freshman Brett Sullivan, who received almost 600,000 views on one of his videos after it made its way to the “For You” page.

Sophomore Nathan Smith, another Ithaca College TikTok star, has even more followers. Smith started actively posting on the app before TikTok’s spike in mainstream popularity in 2018 when the app hit No. 1 in the iOS App Store. “I’m approaching almost 300,000 followers, which is very crazy, but it’s cool though,” Sullivan said.

Unlike Sullivan, who had a rapid increase in his followers, Smith said his increase in fans has been slow and steady over the past year. Each video he posts impacts his amount of views and followers, and, he said, he works hard to create content. “The content that I post is very me, or at least some aspect of me,” Smith said. “I put most of my time and effort into my videos. I really care about what I post and the quality of the content I post.”

Smith is known for creating his own dances and experimenting to create new trends. Dances are a large part of TikTok and are usually what makes up most videos on the app. Smith said the most common type are ones that include a catchy song paired with a dance or small skit. Dances like the one that goes to the “Spooky Scary Skeleton” remix, a dance created by user Minecrafter2011 that has over 149,000,000 posts under its hashtag, blow up on the app and resonate positively with viewers.

Even though there is a high volume of dance trends and skins, the app allows the creators to have creative license over their content, as long as it exists within the app’s rules and safety regulations.

Yvette Sterbenk, assistant professor in the Department of Strategic Communication, who teaches a course that covers social media analysis, said TikTok is designed to appeal to younger audiences. She said this allows young people to express themselves in an environment that they are comfortable in without too much intervention from older adults. “Social media started out for college students,” Sterbenk said. “Facebook … was a young person’s platform for … a while, and, over time, people of all ages got onto social media. … It’s just an evolution of a younger population looking for a platform that their parents aren’t on.”

Smith said that the freedom and diversity of the platform allows for everyone to enjoy and use the app however they want and that this element is one of the reasons he loves TikTok. There is a piece of content for everyone on the app.

A popular trend on the app shows users flexing their creative muscles by painting random objects or places in their houses, said freshman TikTok user Gianna Nigro. These artists have adorned all kinds of items with colorful murals, from calculators and phone cases to bedroom walls. The hashtag “art challenges” has over 800 million posts under it.

“I have seen a lot of people who haven’t been given the credit they deserve for all of the work they put into their art, and it’s really great to see they’re getting the attention they deserve and it’s all because of this small app,” Nigro said.

Sterbenk said that besides TikTok fostering creative expression in young people, it has also created a new way to market oneself and establish brand identity. She said that in the past, artisans and businesses had to promote their brands through indirect means like commercials and newspaper ads with no guarantee consumers would see or be interested in the advertisements. She said that with social media, people have an easier time promoting themselves to a wider audience. “In my class, we study how to use social media to get your brand out there,” Sterbenk said. “Certainly it offers ways to do that, that we didn’t have before and ways to reach audiences directly that we didn’t have before. We hoped they would use our advertising if we put it in the right spot. We hoped they would read a good article about us, but we had to rely on journalists to tell the story for us.”

Smith said TikTok is a way for him to promote himself and pursue his musical career aspirations.

Each video of Smith is viewed by at least 20,000 people. Each view he gets is an opportunity for him to develop his brand, he said. Smith said that he has an interest in fashion and drawing and that he wants to create a distinctive brand for himself that he can incorporate into his content. He created a dance to one of his original mixes of “1997 Diana” by BROCKHAMPTON to promote his music to his fans and the public.

With 37 followers, Nigro does not have a large follower count, but she said she still enjoys making videos for herself and her friends and watching them in her free time. “Her feed is largely made up of trendy dance videos that she learns.”

Like Nigro, Sullivan said he enjoys the app for its simplicity and how he can do whatever he feels creatively inclined to do.

“Since TikTok isn’t really that much of a priority for me, my amount of followers doesn’t motivate me to put out more content, and I don’t have a follower count that I’m reaching for,” Sullivan said. “I’m just kind of having fun with it.”
H&M LAUNCHES ECO-FRIENDLY INITIATIVES

H&M is trying out a fashion rental program at its primary store in Stockholm. Members of the store’s loyalty program can rent clothes from a collection of 50 pieces for 345.74 Swedish krona, approximately $36.25. According to Business of Fashion, H&M is also offering a new clothing repair service. The company is testing these options as a way to combat environmental concerns brought about by the fashion industry. The fashion industry is one of the world’s leading polluters. The production of fabric and garments contributes to plastic waste and water, air and soil pollution. H&M is not the first company to respond to these concerns. Other companies like Banana Republic and Urban Outfitters are changing or modifying their practices. Spokespeople from H&M said in an announcement that they hope to offset their greenhouse gas emissions by 2040.

QUOTED OF THE WEEK

“I was like, ‘Let’s show black culture. Why does pop music have to be so white? Why don’t we make it a little bit more me?’”

NORMANI, on the message of her music video for her song “Motivation”

HOT

- An unexpected favorite emerged from Disney’s “The Mandalorian” — Baby Yoda. Since the show’s release, the internet has been taken over by memes of Baby Yoda, a member of the same species as Yoda from the original “Star Wars” films. Many people seemingly fell in love with him and turned him into a fast-moving meme. On Instagram, there are over 95,000 posts under #babyyoda.

- Sydney Mesher will be the first Rockette with a visible disability. She was born without a hand. In an interview, Mesher said she was inspired to join the Rockettes after the group visited her middle school when she was a child. She said in the same interview, “Coming here, I was overwhelmed with the compassion and the aid that I received.”

NOT

- Gabrielle Union is being dropped as a judge from NBC’s “America’s Got Talent.” Amid the controversy following her firing, NBC issued a statement Dec. 1 stating it was “working with Ms. Union through her representatives to hear more about her concerns.” Union’s husband, former NBA player Dwayne Wade, said on Twitter that he has yet to see sufficient evidence to justify Union being fired.

- Country rock artist Kid Rock was escorted off stage after he went on a profanity-filled rant that slammed Oprah Winfrey and other female celebrities during a show in Nashville, Tennessee. Some concertgoers described Kid Rock as blackout drunk.
New Winter Lights Festival to illuminate the Commons

BY MADDY MARTIN

Last December, blocks of ice were carved into dragons, knights and a surfing great in downtown Ithaca. This year, 25 light prisms will be taking their place as the new Winter Lights Festival replaces Ice Fest.

Ice Fest was a popular staple of the City of Ithaca for 12 years, but Scott Rougau, special events director of the Downtown Ithaca Alliance, said the festival was canceled because of concerns about cost, vandalism and increasingly warming winter temperatures. However, he said he still wants to keep the spirit of the winter season alive, so this year, a new festival will take Ice Fest’s place.

I think the whole point of this festival is to get people outside and interacting with each other.

— Laurence Clarkberg

The Winter Lights Festival, taking place from Dec. 5 to 9 on The Commons, will include 25 luminous prisms and events, including a silent disco, the 10th Annual Chowder Cook-Off, music and dance performances, a visit from Santa and an art bicycle parade, which will include Sparky the Unicorn, a giant, rideable art bike.

“We have a pretty artistic community,” Rougau said. “I’m interested to see what everyone comes up with, and I hope lots of people come out and join us for that.”

The light prisms are part of Prismatica, an international art exhibit based in Canada. The triangular prisms visiting Ithaca were formed from Montreal and stand over six feet tall. They sit on metallic platforms and appear to be different colors depending on the angle from which one views the object.

“A few people were sad to see the Ice Go;” Rougau said. “But when we told them about all the programming and showed them what the prisms are going to look like and showed them Sparky the Unicorn, we moved most of them over.”

Rougau said another highlight of the event will be the art bicycle parade, Doug Shire and Laurence Clarkberg. Sparky’s hometown residents, said the unicorn is 11 feet tall, made of steel and built on top of an old rental bike frame. “It was an amusement park resident,” Shire and Clarkberg made modifications to the bike so it can hold the sculpture’s weight and up to 500 pounds of human riders. Two passengers can sit on Sparky’s back and two can pedal the bike.

“When you see something larger than life and a mythical creature that you just don’t encounter every day, like any great work of art, it will make you just plain stop,” Shire said.

From left, Steven Stewart ’19 films and senior Audrey Warner interviews wrestler Samantha Cohen for their documentary. Addition Dlott ’19 and Jakob Markwardt ’19 film a shot from a different angle.

From Santa and an art bicycle parade, which will include Sparky the Unicorn, a giant, rideable art bike.
HOLIDAY-THME COKING SHOW HITS NAIL ON THE HEAD

MOVIE REVIEW: “Nailed It! Holiday” Season Two Netflix ★★★★★

BY SARAH DIGGINS

The holiday season is the time of year when pictures of reindeer cakes or dreck cake pops appear all over Pinterest. And at first glance, these festive creations look easy enough to replicate. Just preheat the oven to 350 degrees, roll out fondant and then begin. As with previous seasons of “Nailed It!”, the show’s producers keep the season centered around Christmas, Hanukkah and New Year’s. The show puts an emphasis on holiday festivities with every episode, featuring decor, apparel and narration unique to the holiday theme.

“Nailed It! Holiday” is an emotional adventure. The magical story is a sequel to the 2013 box office and cultural hit “Frozen.” The show follows three amateur bakers competing in two baking challenges, the goal being done in good fun, and the contestants are tied to see who will win a $10,000 cash prize as well as a set of baking tools they can use to ideally produce the least awful creation wins a highly decorated cake. The desserts all turn as the expected, composer Christopher Beck and lyricists Kristen Anderson-Lopez and Robert Lopez once again worked their magic when it came to the music. Although it is unlikely that many young children will be well versed in the music when they come to the show, the music is enchanting and intricate. The songs break away from Disney’s usual formula, utilizing minor keys, swelling complicated harmonies and even rock ballad–inspired guitar chords. The lyrics relate to the movie’s events perfectly, and the musical motifs tie the soundtrack together nicely. It is understandable that audiences are tied to see who will win. The movie is too intricate and well thought out to judge negatively just because

“Frozen II” starts with a flashback to Elsa and Anna’s childhood, much like in the first film. The flashbacks to the scene, the real storyline begins, starting off a few years after the events of the first film. “Frozen” and “Frozen II” share a laundry list of similarities. They both feature the same main cast, Elsa (Idina Menzel), Anna (Kristen Bell), Kristoff (Jonathan Groff) and Olaf (Josh Gad), and they have the same directors and songwriters. But “Frozen II” goes far beyond what its predecessors achieved. This sequel, unlike other Disney sequel endeavors, like “Ralph Breaks the Internet” and “Finding Dory,” is more than just a cash grab. It is a film that offers important messages, boasts an outstanding cast and soundtrack and stands to be one of the greatest animated films of the year.

One aspect of “Frozen” that originally set it apart from other Disney films was how it handled the concept of mental illness and isolation. These themes are fairly mature concepts, but the film was able to miraculously make the conversation palatable for people of all ages. “Frozen II” takes the discussion even further, pushing the lessons beyond what one would expect from a Disney movie. As the film builds toward its climax, Anna reaches her lowest point. She sits alone, weak and broken on the floor of a cave, and she shakily sings into the dark, “I’ve seen dark before; But not like this… / Hello, darkness, I’m ready to succumb.” The heavy subject matter and Bell’s painfully tender performance hit like a ton of bricks. Anna is constantly portrayed as hopeful and warmhearted, she reaches a point at which she cannot even rise to her feet and continue on. While the first film dabbled in these bleak themes, most viewers probably did not expect a Disney heroine to fall into who is quite literally portrayed as deep and unfurrowing depression.

This clear conversation about mental illness and its impact carries into other aspects of the film through well–timed, dark comedic moments. These moments are mostly offered by Olaf. For the entire movie, the lovably snowman who likes warm hugs seems to be going through what can only be described as an existential crisis. He worries that things are changing and constantly asks for reassurance from his counterparts, mainly in laugh–out–loud jokes. However, the quips hold an undertone of deep–rooted anxiety that many young adults and teenagers can relate to, making the movie more than just another children’s film. As expected, composer Christopher Beck and lyricists Kristen Anderson–Lopez and Robert Lopez once again worked their magic when it came to the music. Although it is unlikely that many young children will be well versed in the music of the film through well–timed, dark comedic moments. These moments are mostly offered by Olaf. For the entire movie, the lovably snowman who likes warm hugs seems to be going through what can only be described as an existential crisis. He worries that things are changing and constantly asks for reassurance from his counterparts, mainly in laugh–out–loud jokes. However, the quips hold an undertone of deep–rooted anxiety that many young adults and teenagers can relate to, making the movie more than just another children’s film. As expected, composer Christopher Beck and lyricists Kristen Anderson–Lopez and Robert Lopez once again worked their magic when it came to the music. Although it is unlikely that many young children will be able to follow the deep themes of the film. The music turns out to be a lot of fun, with the strongest appearances for season two coming from comedians Maya Rudolph and Jillian Bell. Rudolph and Bells’ senses of humor and energies fit right into the aesthetic of the show.

Through the judges provide a great deal of comic relief, the contestants, who seem to get wacker and wacker with every season. Audience

THE UNDERCURRENT OF UPLIFTING DRUMS AND INTRIGUING LYRICS DEFINE “BLACK AND BLUE.” VOCALIST JAMES HOPKINS DELIVERS THE LINES WITH CONSISTENT ENTHUSIASM.

The bright electric guitar of “Drive” flows alongside lead vocalist Aaron Richard Bruno’s lyrics. However, repetitive the lines may be, it is easy to get lost in them rather than annoyed.

“CLEAN ME UP” THOMAS HEADON, THOMAS HEADON

Thomas Headon’s sweet lyrics and the song’s entwining story are matched with a charming indie pop track. The song balances its cheerful beat and glossy electric guitar accentuate Sarah Close’s polished vocals.
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SPORTS

THURSDAY, DECEMBER 5, 2019

PLAYING STRESS AWAY

IC Ping Pong provides relaxing environment

BY AIDAN CHARDE

At most Ithaca College club sport practices, members do not wear jeans, flannel or Converse sneakers while competing. However, the members of IC Ping Pong are completely relaxed in both their attire and attitudes.

On Monday and Wednesday nights, the club members congregate in the Fitness Center gym. There are three tables set up with enough space between them for spectators. Opposing players stretch paddles as pingpong balls rapidly spin between them.

Despite this, none of the players seem focused on victory. The casual clothes and friendly play foster a comfortable atmosphere in the team’s corner of the gym. Most people at the tables are not even keeping score, instead opting to just rally back and forth and try and improve their game. Junior Sean Stouffer said pingpong club has members of all skill levels. He said this creates a balance of competitiveness and friendliness among players.

“There is always an atmosphere of encouragement where beginners can get pointers and learn in a comfortable environment,” Stouffer said.

Practices are relaxed, even for a club sport. The number of attendees fluctuates, and there is no pressure to attend. There can be as few as eight or over 20 players on a given day. Players rotate around tables, taking breaks and chatting with one another when there is not an open spot. If attendance is high, Stouffer said the group uses a sign-up sheet for spots on the tables.

Because the group is mostly leisure-based, it do not compete in many intercollegiate matches. Senior Sam Weeks, the club’s president, said experience is not necessary to be a part of the group. The club meets every Tuesday and Thursday.

“Part of my over-the-top nature really likes flying the racket around,” Stouffer said. “Of course, if you become a regular, you’re going to improve a lot.”

Junior Billy Streleckis also had not played pingpong before coming to college, but, he said, he has been a loyal member since the spring semester of his freshman year.

“Part of my over-the-top nature really likes flying the racket around,” Streleckis said. “Of course, I’ve developed actual form as time has gone on.”

Stouffer said that the more involved members are, the more he sees them improve.

“A lot of the regulars started at the base level learning pong, and, because they came back so often, they improved a lot,” Stouffer said. “Basically, if you become a regular, you’re going to improve a lot.”

“Along with being a club, it’s also a place to blow off some steam and have some stress relief something that college students can never get enough of.”

Junior Ioan Dascalu also had not played pingpong before coming to college, but, he said, he has been a loyal member since the spring semester of his freshman year.

“Along with being a club, it’s also a place to blow off some steam and have some stress relief something that college students can never get enough of.”

Junior Ioan Dascalu appeared more prepared to move than many of his teammates in sneakers, shorts and an athletic top, but while he was playing hard, he was smiling and even laughing when he did not get the point.

“You can kind of just ignore stress or talk to other people about your stress and hit a pingpong ball.”

Dascalu said.

Stouffer said the pingpong club is special compared to many other groups on campus. He said that, while the team does participate in some competitive tournaments, the primary focus is to have fun.

“I look forward to pingpong on my most stressful days, it’s just so fun to carelessly play a game with friends.”

— Sam Weeks

Freshman Antara Sen has been a part of the club since the beginning of the semester. She said she joined because, like several other members, she is a physics major and friends from her classes who were involved in the club recommended that she try it. Sen said she is not sure why pingpong is so popular with physics majors, but it created an easy bond between younger students and older students, who make up most of the executive board.

“All my friends are here,” Sen said. “It’s the highlight of my week.”

While hitting the ball back and forth, some physics students can be heard casually discussing the laws of thermodynamics. Though not every table is discussing something that advanced, it is uncommon to find a table where people are not chatting with one another between points or in the midst of play.

“It’s an ineffably special environment,” Sen said.

Along with being a club, it’s also a place to blow off some steam and have some stress relief something that college students can never get enough of.”

From top left, freshman Antara Sen, senior Sam Weeks, junior Joshua Schmidt and senior Danielle Gaeta practice pingpong.

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AIDAN CHARDE

ALISON TRUE/THE ITHACAN

ALISON TRUE/THE ITHACAN

THE ITHACAN

ONLINE

watch this video on theithacan.org/video
Junior guard Megan Yawman dribbles the ball down the court in a competitive home game against SUNY Cortland on Nov. 19. The Bombers won 70–59.

ANA MANIACI MCGOUGH/THE ITHACAN

Junior guard Grace Cannon competes in a face-off against Cortland sophomore guard Julia Siler in a home game Nov. 19. The win advanced the Bombers’ record to 1–1.

ANA MANIACI MCGOUGH/THE ITHACAN

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

FOOTBALL

ITHACA 17–20 WASHINGTON & JEFFERSON

WOMEN’S BASKETBALL

ITHACA 49–60 AMHERST

WOMEN’S CROSS-COUNTRY

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<td>Annika Morrison</td>
<td>182nd</td>
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<td>Lizz Eberhardt</td>
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<td>Sarah Rudge</td>
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NEXT GAME: 5:30 p.m. Dec. 6 against Bard College in Annandale-on-Hudson, New York

WRESTLING

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<td>Austin Whitney</td>
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<td>Eze Chukwuezi</td>
<td>184 lbs</td>
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<td>Dalton Elias</td>
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NEXT MEET: 2 p.m. Dec. 6 at York Spartan Invitational in York, Pennsylvania

MEN’S CROSS-COUNTRY

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*Updated as of Dec. 4
Four fall sports shine at national competitions

BY LAUREN WHITE

As the 2019 season came to a close for the Ithaca College fall varsity teams, four programs made their way into the Division III NCAA championships. Men's soccer, women's volleyball and the men's and women's cross-country teams all finished their seasons with impressive national runs.

The men's soccer team had a record-breaking season. The squad was nationally ranked all season, appearing as high as No. 8 in the country. It made its first NCAA tournament appearance since 2008 and was the top seed in the region since 2002.

Head coach Kile Decoste said he is incredibly proud of his team for proving that it is able to perform at the highest level in Division III. The team eventually fell to No. 1 Amherst College on Nov. 16 and finished the season with a record of 13–6–2.

"Now that they've gotten a taste of what it's like to really be hungrier than ever to get back to this point consistently," Dezotell said.

Senior defender Justinnian Michael said the NCAA ranking the team didn't matter to him or his teammates. "It was a fun title, but its performance matters, not its ranking," Michael said.

The women's volleyball team has advanced at least two rounds into the NCAA tournament every season since head coach Johan Duller was hired prior to the 2016 season. This fall, the team finished the overall record of 20–11, a conference record of 6–1 and earned an at-large bid to the NCAA tournament Nov. 16 to qualify for the national championship. It was the first time the women's volleyball team played in the NCAA tournament since 2002.

The men, who were the nationally ranked No. 29 team, earned a fourth-place finish in the NCAA championship Nov. 23. Head coach Erin Dinan said she could not have asked for a better ending to the season.

"They were hungry for wanting to qualify," Dinan said. "The team just really pulled together, so to see them get exactly what they wanted is phenomenal."

Hannan is the first national champion in the history of the cross-country program. She won the individual title in a field of 277 runners by a margin of 18 seconds.

"This is everything I put my heart and soul into," Hannan said. "It's a dream, to be quite honest. This just feels like a starting point to it all, which is crazy."

BY MAX O'NEILL

Freshman forward brings Team USA experience to IC

BY MAX O'NEILL

Before taking the court for the Ithaca College men's basketball team this season, freshman forward Jack Stern competed twice for USA Basketball at the Maccabiah Games in 2017 and 2019.

The Maccabiah Games are an Olympic-style tournament for exclusively Jewish and Israeli Arab athletes around the world. The games were founded in 1932 and offer 45 different sports. Stern won a gold medal with the U-18 junior team in 2017 and another in 2019 with the open squad.

"We went through an application and tryout process, after which he was selected to represent Team USA," Zach said. He played 18 minutes in the Bombers' game against SUNY Cortland and is averaging 1.9 points, 1.3 rebounds and 0.3 blocks this season.

"I think that’s a huge thing," Mullins said. "It’s cool. That’s the only way to put it. It’s a neat thing.

The U-18 games were played in Israel, and Stern said he is a sophomore on the Widener University basketball team, competed for the United States' women's basketball team in the Olympic Games.

Head coach Jim Mullins also said that he is proud of so many of his players that have reached that stage.

"I think that’s a big thing," Mullins said. "It’s cool. That’s the only way to put it. It’s a neat thing.

"I have a younger brother who has been as good as good a deal over the time they have played together," Mullins said.

In the 2019 games, I noticed that his athleticism improved a lot and also his outside shooting," Blauener said. "He was knocking down threes and also bangng out in-games and catching lobs.

Stern has grown a great deal over the season that his main goal was to qualify for the NCAA championship.

"There's been a long time for this, and things went according to plan," Mullins said.

The women also had impressive performances on the national stage. Nichols said senior Parley Hannan, who is now a national champion, was a major factor for the motivation and momentum of both teams.

In addition to Hannan's national title, the women's team had six other runners who qualified and competed in the NCAA championship race.
Goalkeeper competes in national senior game

BY EMILY ADAMS

Senior Sarah Rudge has been a key contributor to the Ithaca College women’s cross-country team throughout the season. Rudge placed ninth at the NCAA Division III Atlantic Region Cross-Country Championships on Nov. 16, 15th at the Liberty League championships Nov. 2 and sixth at the Hamilton Short Course Invitational on Sept. 7.

The men’s and women’s cross-country teams had a historic 2019 season that ended with both teams qualifying for the NCAA Division III Cross-Country National Championship for the first time since 2002.

At the championship Nov. 23, both teams finished in 26th place overall out of 32 squads.

Senior Parley Hanlan became the Bomb’s first-ever cross-country individual national champion with a time of 20:53.8.

While the cross-country season may have just ended, Rudge and most of the other runners are just getting started. The squad has just two weeks between nations and the first meet of the Division III Indoor Track season.

Staff writer Arla Davis sat down with Rudge to discuss the national championship meet and the transition to indoor track.

This interview has been edited for length and style.

Arla Davis: What was the experience like of competing alongside your teammates at nationals?
Sarah Rudge: It was an incredible experience. When I look back on it, I remember being so nervous beforehand but once we got there it was awesome. I was really happy with my performance.

AD: What was your goal at nationals?
SR: My goal was to place as high as possible. I think I did pretty well. I ended up finishing in 20th place.

AD: What was the experience like after the national championships?
SR: It was really exciting. I was really happy with how I did. I was really proud of myself.

AD: What was the transition to indoor track like?
SR: It was a bit of a rush. We had to get ready for indoor track right after the cross-country season ended.

AD: How is the transition from outdoor to indoor track different?
SR: Indoor track is a lot different than cross-country. It’s a lot more technical and requires more focus.

Senior runner discusses transition to indoor track

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Senior runner discusses transition to indoor track
ATHLETE OF THE WEEK
CASSIDY O’MALLEY, BASKETBALL

Senior forward Cassidy O’Malley has been a standout so far for the women’s basketball team. She has posted double-digit points in all four games and leads the team with 61 points and 35 rebounds this season.

COMPETITION OF THE WEEK
NEW YORK STATE CHAMPIONSHIPS

Six wrestlers placed top three in their weight classes at the meet. The Bombers took third overall. Sophomore Eze Chukwuezi and freshman Travis Jones took first place in the 184- and 133-pound brackets, respectively.

EVENTS TO WATCH

10 A.M., DEC. 7, AT BARTON HALL IN ITHACA

The men’s and women’s track and field teams will travel to East Hill to compete in the first meets of the indoor season. The meet will offer competition from Division I squads.

5 P.M., DEC. 6, AT KELSEY PARTRIDGE BIRD NATATORIUM

The men’s and women’s swimming and diving teams will take on some of the top Division III teams on the East Coast at their first home invitational of the season.

QUOTE OF THE WEEK

“Ithaca was the first overnight I took, and, right when I got back, I turned to my dad, and I told him that I wanted to come here.”

– JACK STERN
FRESHMAN FORWARD
MEN’S BASKETBALL
From left, senior Phoebe Holland, sophomore Kyla McCall and senior Shyala Jayasinghe dance in a West African Drumming and Dance Ensemble performance Nov. 21 in Ford Hall. The ensemble is also a class, in which students learn the drumming, singing and dancing elements of African music, as well as its cultural traditions.

REED FREEMAN / THE ITHACAN