College receives low financial health score

BY CORA PAYNE

Ithaca College has earned a grade of C+ for the status of its fiscal health, according to a recent article from Forbes.

The article, ‘Dawn Of The Dead: For Hundred Of The Nation’s Private Colleges, It’s Merger Or Perish,’ was written by Matt Schifrin, vice president and assistant managing editor for Forbes Media, and Forbes reporter Carter Coudriet. Published Nov. 27, the article graded the financial condition of all private, nonprofit colleges in the United States with enrollments over 500 students.

The article found that the wealthiest and most elite private institutions, like Stanford University and Yale University, have improved financially over the last few years. On the other hand, most small private institutions have grown poorer. Forbes has been analyzing private college finances every year since 2013, with 2018 as the sole exception. Ithaca College received a grade of B in 2016; a B- in 2015 and 2017; and a C+ in 2015, 2014 and 2019.

To grade the schools, nine components were considered and weighted: endowment assets per full-time enrollment student headcount (35%), primary reserve ratio (15%), viability ratio (10%), core operating margin (10%), tuition as a percent of core revs (15%), return on assets (10%), admission yield (10%), percent of freshmen getting institutional grants (7.5%) and instruction expenses per full-time enrollment student headcount (7.5%).

Bill Guerrero, vice president for finance and administration, said he thinks Ithaca College deserves a higher due to some of the changes the college is making.

No threat after armed robbery

BY MADISON FERNANDEZ

Although the suspects are still at large, the Ithaca College Office of Public Safety and Emergency Management has determined that there is no ongoing threat to the campus community after a reported armed robbery in a dormitory room in Terrace Residence Hall 5 on Dec. 5.

An alert was sent to the campus community at 3:56 p.m. Dec. 5 that stated the two suspects displayed a user device and a folding knife. The incident was determined to be a targeted crime and not a random incident.

One suspect was described as a black male wearing a red hoodie, red sweatpants and a black beanie. The other suspect was described as a black male between approximately 5’10” and 5’11” in early 20s wearing green Ugg’s and black or gray jeans with a tattoo of a cross on the right arm.

Sophomore Alexandra Barrett, a resident of Terrace 3, said that she was in her dorm around the time of the incident. She said that she was shocked when a public safety officer told her the robbery had occurred.

“Me and my roommates know always lock your door when you’re in the room, when you’re not in the room, just as a precaution,” she said. “I wasn’t super worried because I know that we always lock our door.”

Public Safety conducted a thorough search of the area of the Circles Apartments, where the suspects reportedly fled after the reported incident.

The investigation is ongoing. Anyone with information is asked to call 911 or Public Safety at 607-274-3333.
Former Mexican security chief charged in US drug conspiracy

A man who served as secretary of public security in Mexico from 2006 to 2012 was indicted in New York City on drug charges alleging he accepted millions of dollars in bribes to let the Sinaloa cartel operate with impunity in Mexico. Genaro Garcia Luna, 51, a resident of Florida, was charged in a federal court in Brooklyn with three counts of cocaine trafficking conspiracy and false statements charge, authorities said in a release. Garcia Luna was arrested Dec. 9 by federal agents in Dallas. The arrest and charges were announced Dec. 10.

President of Philippines to end martial law after two years

President Rodrigo Duterte decided to end approximately two years of martial law in the southern Philippines after government forces weakened Islamic militant groups there with the capture and killing of their leaders, his spokesman said Dec. 10. Duterte placed the Mindanao region under martial law after hundreds of local militiamen aligned with the Islamic State group and, backed by foreign fighters, occupied buildings, a commercial district and communities in Marawi city starting May 23, 2017, in the worst security crisis Duterte has faced. Troops quelled the disastrous siege after five months of intense airstrikes and ground offensives with the help of American and Australian surveillance aircraft.

Democrats unveil impeachment articles against President Trump

House Democrats announced two articles of impeachment Dec. 10 against President Donald Trump — abuse of power and obstruction of Congress. This pushes toward historic votes over charges that he threatened the integrity of the U.S. election system and endangered national security in his dealings with Ukraine.

Mike Pence, flanked by the chairman of the impeachment inquiry committees, declared at the U.S. Capitol they were upholding their oath to defend the Constitution. Voting is expected in days by the Judiciary Committee and by Christmas in the full House.

Bill Cosby loses bid to overturn 2017 sexual assault conviction

Bill Cosby lost his bid to overturn his sexual assault conviction Dec. 10, as an appeals court upheld the verdict in the first celebrity trial of the #MeToo era. In its ruling, the Pennsylvania Superior Court upheld the right of prosecutors to call other accusers to bolster their case — the same issue that was fought over in hearings before Harvey Weinstein’s sexual assault trial.

Iran accuses US of holding 20 Iranian nationals in jail

Iran said Dec. 10 that U.S. authorities are holding approximately 20 Iranian nationals in jail, its official news agency said a day after Tehran said it was ready for more prisoner swaps with the U.S. Over the weekend, Iran freed a Chinese American scholar from Princeton University who was held for three years on espionage charges. It was diplomatic breakthrough between Tehran and Washington.

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_SINGLE COPIES OF THE ITHACAN ARE AVAILABLE FREE OF CHARGE FROM_ the Office of the ITHACAN. PLEASE CALL FOR RATES.
An interim lecturer in the Ithaca College Department of Theatre Arts is no longer teaching her course after students reported a racially charged incident.

Anne Hamilton, interim lecturer in the Department of Theatre Arts, was filling in for another professor who was off-sch壁垒 this semester. She was teaching a senior seminar for theater majors called Contemporary Developments in Theatre. Students said that throughout the semester, they complained to Catherine Weidner, professor and chair of the Department of Theatre Studies, about Hamilton’s lack of preparation, organization and structure in the classroom. Toward the end of the semester, the confusing classroom environment became increasingly hostile as Hamilton asked her students to write racist slurs, including the N-word, on the classroom whiteboard.

After students told Weidner about this incident, the class later received an email the same day of the incident informing them that Hamilton will not be teaching the class for the rest of the semester. “I have heard from many of you about what has been happening in your class,” Weidner said in the email. “I appreciate your candor and the depths to which you have taken us today, and I hope you will keep the issue of your discomfort either as white students in the classroom.

The Ithaca College Honors Program is under-going changes that will move the program from the Office of the Provost to the School of Humanities and Sciences. Additionally, its office will be relocated. The new, reimagined program are built on the core mission to celebrate and recognize academic excellence and to provide opportunities for personal growth and development for all students.

The Ithaca Honors Program is currently located in the garden level of the Peggy Ryan Williams Center. The program will be moving to Muller Faculty Center.

The racially charged incident occurred in the senior seminar Contemporary Developments in Theatre. The class is offered through the Department of Theatre Arts in the Dillingham Center for the Theatre Arts and is a part of the Honors Program.

The Iger-Bay Scholarship is one important step in creating the pipeline of well-educated young professionals who can step into those roles,” she said via email. Iger is worth an estimated $690 million, according to Forbes. Dave Maley, director of public relations at the college, said that the details regarding the application and distribution of the scholarships, including how many scholarships are offered and how much they are worth, have not been determined yet. "Iger and I have advocated strongly for equitable representation of people of color in media and journalism for our entire careers," Iger said in an announcement, the professor added. "Iger-Bay Endowed Scholarship to support undergraduate students studying journalism, sports media or documentary studies in the Roy H. Park School of Communications. The couple Bob Iger ’73, CEO of The Walt Disney Co., and Willow Bay, dean of the University of Southern Californi a Annenberg School for Communication and Journalism, is funding the scholarships using proceeds from Iger’s autobiography, “The Ride of a Lifetime,” which was released in September. Iger and Bay donated $1 million to the college to establish the scholarship. Iger is worth an estimated $690 million, according to Forbes.”
Students implement honor code for exams

BY JORDAN BROKING

A prototype code of conduct developed by students is being used in an Ithaca College computer science class. This code allows students more flexibility while taking exams.

Ali Erkan, associate professor in the Department of Computer Science, let students in his Computer Networks class create a prototype honor code. Erkan said he has been suggesting an honor code in his classes since 2015. One of his students, senior Harry Margalotti, decided to try it out during Fall 2019 as a way to help his classmates perform better on their exams.

Erkan's prototype honor code is a collaboration among the students that addresses how they should handle taking an exam. The code contains the rules of taking an exam, what one should or should not do while taking the exam and what to do in the event anyone notices someone is violating the code.

Erkan said he would be interested in approaching some of the colleges implementing the code as a collegiate policy, but, as of now, it is still a prototype. While other colleges and universities, like Stanford University and Davidson College, have their own honor codes in place, Ithaca College does not have an honor code with the students in the course.

Margalotti said the entire class agreed on implementing the code.

"An anonymous survey was sent out to each student [in the class] asking if they would be OK with the system or not and why," Margalotti said. "I made sure to highlight the importance of providing feedback."

Margalotti said the parameters of the code and the consequences for violating the code, like being reported to Erkan, were laid out explicitly for every student. According to the college's standards of academic conduct, students who perform any act of academic dishonesty can be reported to a faculty member, the dean of the school or the director of the Office of Judicial Affairs for further consequences.

Erkan said he left the development of the code to the students. But Erkan said he had no worries about the students' ability to create an effective code. He said the students created parameters for evaluation of his tests.

"We'll handle any student reports of cheating or violating the code," the class formed a committee to deal with the consequences. The committee is comprised of three students, including Margalotti; senior Leighton Wimmon and junior Amelia Chad. Chad said they serve as the middle ground between the students and the professor, a solution that allows students to approach them instead of Erkan if they have any issues with the code.

Nearly 200 members of the Ithaca College community danced for six hours in the Fitness Center, BomberTHON raised $28,233.22. The amount surpassed the original goal of $15,000.

CONTACT AYISHA KOBEA
AKOBEA@ITHACA.EDU

FROM MARATHON, PAGE 1

hours to 2010s pop music featuring artists like LMEØ and Hot Chelle Rae with an organized dance performed every hour by the marathon captains — students who were responsible for maintaining participant enthusiasm throughout the marathon. Throughout the day, dancers collected donations through social media and payment apps like Venmo.

Toni Gary, assistant vice president for community relations and development for Upstate Gol- san University's Children's Hospital, said even Erkan himself is important in helping the hospital accommodate children.

"I have 100,000 children a year, so every time you take a step today, think of one of those kids that will one day go on to save a life," Gary said.

Rich said Upstate Golisan Chil- dren's Hospital had a great impact on his family's life.

"All the care we got, we did every- thing at Golisan's and, I don't want to regret any part of it," Rich said. "They truly gave us the best care. What you're doing here is very nice. Upstate Golisan is the best case I can think of."

The idea for BomberTHON began in April 2018 when junior Laura Heppes, now the president of BomberTHON, learned about THON, the dance marathon at Penn State's University. Laura brought it up, I realized that there are people out there that are really passionate about" child care.

Laura brought it up, I realized that there are people out there that are really passionate about children. BomberTHON helped him think differently about his own life.

"A lot of times we take our ev- eryday lives for granted," Bugoni said. "It definitely means a lot that there are people who recognize what's happening and that there are people out there that struggle with everyday life. It's just fantastic that it's come to cam- pus, and I think it's only going to explode from here.

CONTACT AYISHA KOBEA
AKOBEA@ITHACA.EDU

FROM FOCUS, PAGE 1

primary reserve ratio is how long a school can survive on its expendable assets. To de- termine these numbers, total unrestricted net assets, temporarily restricted net assets and debt related to plant, property and equip- ment are first added together. Then, actual values of plant, property and equipment net of accumulated depreciation are subtracted. The resulting number is then divided by the school's total annual expenses.

"Essentially, if in a pinch, if a school need- ed to liquidate its assets to stay open, that number is how long it could cover its an- nual expenses with that amount of money," Coudert said.

Guerrero said the college's primary reserve ratio is less than one, suggesting it would last less than a year, Coudert said.

Guerrero cited the college's bond rating by Moody's Investor Services as an indicator of its financial health. A bond rating often in- cludes an analysis of various financial factors and can range from AAA, the highest poten- tial rating, to D, the lowest.

Moody's gave the college a B2 rating, stating in its report that the col- lege is adequately capitalized and is the second-highest rating an institution can achieve.

"All we need to see on our definitions guide, a stable outlook indicates a low likelihood of a rating change over the medium term," said Anthony Gendron, client service employee at Moody's.

"Most of the 'C' and 'D' colleges on the list are tuition-dependent schools. Approximately 85% of the college's revenue comes from student tuition and fees, but Guerrero said the college is making efforts to diversify revenue sources.

Moody's report also outlines that while the college has reached favorable milestones, "it continues to generate positive annual operating performance despite stagnant to declining student enrollment and to increasing competition for students." The number of high school students graduating in the Northeast is projected to decrease over the next 10 years, according to the Western Interstate Commission on Higher Education. With a smaller group of high school students searching for colleges, schools must compete even more for prospective students.

"We are experiencing lower enrollment," Guerrero said. "We have our strategic plan, Ithaca Forever, that is to guide us and rightsize our operations. Therefore, with decline in enrollment when we are student-dependent, our operations need to adjust accordingly.

New York state private institutions now compete with New York state's Excelsior Scholarship, which is available to eligible students at state institutions and select statutory colleges at private institutions. The Excelsior Schol- arship, in combination with other student financial aid programs, potentially offers prospective New York state students an education free of tuition costs. Despite the Excelsior Scholarship's extensive eligibility requirements, like required residence in New York state after an individual's education has been obtained, the scholarship resulted in a weakening of the college's operating margins to approximately 2.5% in the 2017 fiscal year, according to Moody's report.

"When the Excelsior Scholarship was announced by Governor Cuomo in 2017, it definitely affected private schools and the community colleges," Guerrero said. "However, the college combatted this by awarding $6 million of additional financial aid to prospective students in the 2018 fiscal year."

When considering an institution as a pro- spective student, Guerrero said一件事 to consider. Coudert said. While there are some schools that are prone to close, most schools will be able to get by, he said.

"The Excelsior Scholarship is a good sight. But that's definitely not even close to the worst on the list. I certainly wouldn't be looking to transfer because of the data."
Class explores county’s environmental history

BY ALEX HARTZOG
Surrounded by maps and manuscripts, Ithaca College juniors Alex Kavalec and Beth Fleming sat at The History Center. Here, they cross-referenced wells in Tompkins County in 1903 with a list of victims from the typhoid epidemic. Over the course of a few hours, the two realigned the connection between the wells and victims. Tompkins County’s water source was contaminated, and they believe a dam constructed before the outbreak was to blame.

The 25 students in the History of Environmental Thought class researched topics at The History Center ranging from the typhoid epidemic of 1903 to the efforts to stop the construction of a nuclear power plant along Cayuga Lake in 1969. The students presented their findings at The History Center on Dec. 11. This event occurs biennially, said Michael Smith, professor in the Department of History. Smith teaches the class and is currently a member of the Ithaca College Board of Trustees for The History Center.

Students worked in five teams of five to research topics of their choice, Smith said. Smith said that while he provides a general list of topics, students could research anything they wanted with the archival materials provided by The History Center. Other students chose floods in 1857, 1935 and 1981, the history of Six Mile Creek and the urban renewal plan that created The Commons.

“Think all five of the topics this group is pursuing are for the four students probing around in the archives and seeing what they found interesting,” Smith said.

Smith has taught the class since 2001 and has been working with The History Center since 2005. Smith said he decided to create the project after students in the first iteration of his class said they wanted more hands-on experience with the course material.

Attendance for the presentations varies from year to year, with as many as 15 to 20 community members coming to the project with the presentations, Smith said. The event was promoted on The History Center’s website and was highlighted in an Intercom post distributed through the college.

Public safety coordinator highlights Clery Act

BY CAITLIN HOLTZMAN

Nepa stepped into the new position in January. Her position allows her to work with the Clery Compliance Committee and other members of the campus community to compile crime statistics to inform the campus. Nepa works with departments and offices across the campus, including the Office of the General Counsel and the Office of Judicial Affairs, to develop Clery Act compliance training. As previously reported by The Ithican, shelter-in-place drills are part of the emergency action plans developed for the campus community.

“I’m coming to truly love the way that this position is shaping up,” Nepa said. “I make every attempt to build bridges in the community in order to increase safety on campus.”

Bill Kerry, director of Public Safety, said Nepa’s past work experiences have helped her to excel in her position. Before coming to the college, Nepa worked for a nongovernmental organization and worked to create a new program to help victims of human trafficking.

“The passion she has for what she has done is second to none,” Kerry said.

Before working for the Samaritan House, Nepa worked with the Crime Victim and Sexual Violence Center in Albany, New York, as a campus advocate. Nepa also worked for several years as a social worker, helping survivors address sexual violence prevention on college campuses.

Nepa said the Clery Act has three main categories. The categories are policy statement disclosure; collection, classification and compilation of crime statistics; and information dissemination. Nepa said all schools in compliance with the Clery Act must have these three components, which involve identifying campus security authorities, putting out emergency notification alerts and sharing crime statistics with the U.S. Department of Education.

The Clery Act was signed into law in 1990 with the intent of making colleges and universities publish information regarding campus crime statistics. Nepa said the act is named after Jeanne Clery, who was raped and murdered at 19 in her college dorm at Lehleigh University in 1986. Prior to her death, there was no system for campus crime statistics available. Clery’s parents began to lobby for policy changes, and eventually, the Clery Act was born as a way to help keep students informed about campus safety.

Nepa also works with the Clery Act and campus crime statistics to inform the campus community and public safety officials. Tom Dunn, associate director for Public Safety, said he believes the Clery Act has been extremely beneficial to the campus community and future students, especially with the publication of the Daily Crime and Fire Logs and the ASR. He said it allows students and parents to compare college crime statistics.

As previously reported by The Ithican, the 2018 ASR reported an increase in sexual assault crimes. The Clery Act states that an increase can be related to colleges and universities making students feel more comfortable talking about and reporting sexual assault crimes.

The Ithaca College Board of Trustees vot- ed to appoint Kim Zeoli ’99 to the board. Zeoli is a staunch supporter of education and currently works as a senior partner in the national Risk and Financial Advisory practice at Deloitte and Touche in Boston, a professional services firm. Zeoli was awarded the 2019 Volunteer Service Award from the college for her dedication to the college. Zeoli was named in the announcement.

The award is given to individuals who have significantly contributed to the college.

“It is truly an honor to be selected to serve Ithaca College as a trustee,” Zeoli said. “I look forward to using this experience to be an ambassador and advocate for the college where my focus will always be on making a positive, lasting impact for the IC community.”

Of the 28 current trustees, 12 are women. Zeoli joins the board two years after the college appointed President Shirley M. Collado, the college’s first president that is a woman of color. The same year the board voted on six white men, James Nolan ’77, vice chair of the board of trustees, said in a previous article by The Ithican that the board was trying to diversify in membership.

“I became a trustee to make a difference,” Zeoli said.

CONTACT ASHLEY STALNECKER
ASTALNECKER@ITHACA.EDU

CONTACT ALEX HARTZOG
AHARTZOG@ITHACA.EDU
Students ask college to respect Jewish holidays

BY RYAN BIEBER

When sophomore Zac Wachs transferred to Ithaca College from the University of Kentucky in Fall 2019, he anticipated the typical transfer student struggles. However, he never expected his Jewish faith would interfere with his studies. He has three tests on Rosh Hashana.

Rosh Hashana is the Jewish new year and one of the holiest holidays in the Jewish faith. The Office of the Registrar website states that students cannot be excused and are legally excused from classes if there is a religious conflict, but Wachs said this system fails to take factors like missed lectures and study times into account.

While Wachs was able to get his tests moved, the unusual situation was unnecessarily frustrating and stressful experience.

The issue of scheduling events on religious holidays started being addressed in Fall 2018 after Wachs at Ithaca College presented a bill to the Student Governance Council to prevent the college from scheduling events on Jewish holidays.

The proposal came after the college scheduled the Class of 2018’s graduation on Shavuot, a major Jewish holiday in which most forms of work are prohibited. The issue of scheduling events on Jewish holidays becomes increasingly important as the Jewish population at the college continues to grow.

In Spring 2019, Hillel International, the largest Jewish college campus organization in the world, estimated there are approximately 600 Jewish undergraduates were enrolled at the college. In 1979, the organization estimates there are approximately 1,000 Jewish undergraduates.

After multiple meetings, the SGC passed a bill to create the Committee for the Advancement of Religious Equity, in which students and staff from Hillel, the SGC, the Division of Student Affairs and Campus Life and the Office of the Provost and the director of the Office of Religious and Spiritual Life, a representative from the college’s Calendar Committee, and a student-at-large would work together to prevent the college from scheduling campuswide events on major religious holidays.

Senior SGC President Farwa Shaker said the bill was passed during the last meeting of Fall 2018 and that plans for organizing the committee were postponed until spring but no concrete actions were taken.

She said the bill’s wording stated that it was Wachs’ job to find members and form the committee. The bill states, “As the sponsors of the bill, it shall be up to the student executive board of Hillel to confirm the members of the committee.”

“We tried definitely from the SGC to make that effort, but, just the way the bill is written, we cannot be the ones responsible for actually forming the committee,” she said. “There has been some informal discussion starting setting up the committee, and we are hoping to reopen the conversation next semester.”

Junior Jordan Stecker, a former member of Hillel’s executive board and one of the original members who proposed the bill, said Hillel reached out to the SGC in the spring but received little help from its members.

Even though the bill was passed, the college has continued to schedule events on Jewish holidays. On Oct. 15, the college held a town hall for students to critique dining services, and only four students attended. The same day as Sukkot, a Jewish holiday celebrating the fall harvest.

The problem falls on administration and a lack of education regarding religious holidays, Wachs said.

“IN’T it on a college professor to know this is happening here?” he said. “That should be something sent out from administrations outlining these important days.”

Wachs said he sent an email to President Shirley M. Collado following his experience and received a three-sentence response in return. In her reply, Collado thanked Wachs for sharing his experience and said she would share the email with La Jeme Comish, provost and senior vice president for academic affairs.

He said there was no follow-up after this email or any sign that his experience had been acknowledged by the provost.

Comish said via email that she received Wach’s message and shared it with other faculty. She said that while she did not directly respond to Wachs, she met with Rosaena Ferraro, vice president of student affairs and campus life, and had Gerald Osorto, director of religious and spiritual life, speak at a Deans’ Council meeting to share student concerns.

Stecker said he had a similar experience when he met with Ferrro on Oct. 28 to discuss the ongoing problem. After the initial meeting, Ferrro said she would follow up, but Stecker said he received no response and was unable to schedule a second meeting.

CONTACT RYAN BIEBER RBIEBER@ITHACA.EDU
IC writing professor publishes short story in a fiction journal

Raul Palma, assistant professor in the Department of Writing, published his short story “Never Through Miami” in the fall 2019 issue of *The Greensboro Review*.

“The story was inspired by his 2017 research trip to Cuba,” he said. “In conversation with Roberto Quesada’s novel by the same, the story examines tensions between the Cuban enclave in Miami and Cubans in their home country, particularly those in the tourism sector.”

IC Center for Health Promotion to offer final week massages

The Ithaca College Center for Health Promotion has partnered with A Massage Station to bring chair massages to students.

“Massages will be offered from noon to 5 p.m. Dec. 16 and 17 in the Center for Health Promotion on the lower level of Hammond Health Center,” said Assistant Director Tim Ryan.

The massages will cost $1 per minute and can be prepaid for through PayPal or credit card. Students can sign up for appointments for 10, 20 or 30 minutes through the Center for Health Promotion website.

Faculty win Emnomy award for civil rights movement film

The documentary “With Infinite Hope: MLK and The Civil Rights Movement” was produced by James Rada, associate professor and chair in the Department of Journalism, with Christy Guest and Maite Mejia Yepes, assistant professors in the Department of Media Arts, Sciences and Studies.

The hour-long program has been nominated for the Midtown Regional Emmy Awards, which are sponsored by the National Academy of Television Arts and Sciences.

In addition, college students Chris Calcagno ’18, Kalia Konemeyer ’18, Emily Varga ’18, Kate Jones ’19, Elena Marta Pech ’19 and Sophia Tulley ’19 served as associate producers on the project.

“The documentary is about the life, leadership and legacy of Martin Luther King, Jr. through the eyes of 15 people who participated in some of the more notable events of the civil rights movement, including the Montgomery Bus Boycott, the Freedom Rides, the Birmingham Children’s March, Selma and the Memphis Sanitation Workers Strike,” Rada said.

The documentary was produced in collaboration with Memphis PBS affiliate WSKY-TV. To date, it has aired 245 times on 250 public-television stations, 72% of all PBS stations nationwide. The Midtown Regional Awards Ceremony will take place in Nashville, Tennessee, Feb. 15.

**PUBLIC SAFETY INCIDENT LOG**

**SELECTED ENTRIES FROM NOVEMBER 25 TO DECEMBER 1**

**NOVEMBER 25**

**MOTOR VEHICLE ACCIDENT/PROPERTY DAMAGE**

**LOCATION:** Office of Public Safety Parking Lot

**SUMMARY:** While conducting vehi- cle inspection, the officer observed damage to passenger side front fender. Patrol Officer Mayra Colon responded.

**ASSIST ITHACA FIRE DEPARTMENT**

**LOCATION:** Upper Quad

**SUMMARY:** The Office of Environmental Health and Safety assisted Ithaca Fire Department with geography training. Officer Tom Ryan, assistant director for the Office of Environmental Health and Safety, responded.

**NOVEMBER 26**

**SUSPICIOUS CIRCUMSTANCE**

**LOG:** Landon Hall

**SUMMARY:** The caller observed a vehicle with the door open and no occupants. The officer reported the owner was unable to be located. The vehicle door was secured. Patrol Officer Kheel Nguyen responded.

**ASSIST CORNELL POLICE DEPARTMENT**

**LOCATION:** Cornell University

**SUMMARY:** Cornell University Police Department requested information on person. The person is not affiliated. Security Officer Amy Noble responded.

**NOVEMBER 27**

**SUSPICIOUS CIRCUMSTANCE**

**LOCATION:** Circle Apartment Building 130

**SUMMARY:** The caller reported an open door to residence with the light on. The officer made contact with the resident. Patrol Officer Khem Nguyen responded.

**CRIMINAL CONTUMPT**

**SECOND DEGREE**

**LOG:** Landon Hall

**SUMMARY:** The officer reported a suspicious vehicle parked in lot. The officer reported passenger and driver had active screen of protection restricting all contact. One person arrested for criminal contempt second degree and issued an appearance ticket for return to Ithaca Town Court. Both persons issued trespass warnings from Ithaca College. Patrol Officer John Norman responded.

**NOVEMBER 28**

**SAFETY HAZARD**

**LOG:** Landon Hall

**SUMMARY:** The caller reported lot covered in ice making vehicle travel dangerous. The Office of Facilities responded and Patrol Officer Khem Nguyen responded.

**ASSIST POLICE DEPARTMENT**

**LOCATION:** Landon Hall

**SUMMARY:** The caller reported motor vehicle accident involving icy driving conditions. The officer reported no complaints and no damages.

**CRIMINAL MISCHIEF/THIRD DEGREE**

**LOG:** Other

**SUMMARY:** The officer reported an unknown person caused damage to a vehicle. The investigation is pending.

**NOVEMBER 30**

**MOTOR VEHICLE ACCIDENT/PROPERTY DAMAGE**

**LOCATION:** College Circle Drive

**SUMMARY:** The caller reported a motor vehicle accident with property damage. The vehicle struck the curb due to driver distraction. Patrol Officer Bryan Verzosa responded.

**SUSPICIOUS CIRCUMSTANCE**

**LOCATION:** Eastman Hall

**SUMMARY:** The caller reported an unknown person removed items from residence. The officer reported the call found the Office of Residential Life to determine if items were removed during Health and Safety's possession. Sergeant Donald Dyke responded.

**ASSIST TOMPKINS COUNTY SHERIFF’S OFFICE**

**LOCATION:** Other

**SUMMARY:** The officer reported an alarm activation at an on-campus location. The officer secured the location until Tompkins County Sheriff’s Department’s arrival. Sergeant Don Dyke responded.

**DECEMBER 1**

**CRIMINAL MISCHIEF/THIRD DEGREE**

**LOCATION:** Other

**SUMMARY:** The officer reported an unknown person caused damage to a vehicle. The investigation is pending.

**MOTOR VEHICLE ACCIDENT/PROPERTY DAMAGE**

**LOCATION:** Tower Skyline Drive

**SUMMARY:** The caller reported a motor vehicle accident with property damage to one car. Sergeant Chris Terbizan responded.

**MOTOR VEHICLE ACCIDENT/PROPERTY DAMAGE**

**LOCATION:** Landon Hall

**SUMMARY:** Simplex reported fire alarm. The officer reported fire alarm activation accidental due to burnt food. Sergeant Jon Hart responded to the incident.

**FIRE ALARM ACCIDENTAL**

**LOCATION:** Circle Apartment Building 130

**SUMMARY:** Simplex reported fire alarm. The officer reported fire alarm activation accidental due to steam from the shower. Patrol Officer Bryan Verzosa responded to the incident.

**UNLAWFUL POSSESSION OF MARIJUANA**

**LOCATION:** Trace 2

**SUMMARY:** Caller reported person feeling ill due to inhaling vapor marijuana. The officer reported person declined medical assistance with ambulance. The officer judged refusing person for impossible use of drugs and judicially referred five people for unlawful possession of marijuana. Patrol Officer Bryan Verzosa responded to the incident.

**UNLAWFUL POSSESSION OF MARIJUANA**

**LOCATION:** Holmes Hall

**SUMMARY:** The officer reported an odor of marijuana. The officer judicially referred three people for under age possession of alcohol and two for unlawful possession of mari-juana and violation of drug policy. Patrol Officer Joe Oppen responded to the incident.
BomberTHON highlights the importance of giving

As Fall 2019 draws to a close, Ithaca College students are frantically preparing for exams, turning in final papers and saying goodbye to their friends before a month-long winter vacation. But, on Saturday, Dec. 7, many took a break from the end-of-semester chaos to participate in the college’s very first BomberTHON.

BomberTHON is the college’s first Miracle Network Dance Marathon, a national program that helps raise money for pediatric hospitals across the country. The danceathon at the college was organized by a group of students at the college, and approximately 29 campus sports teams and organizations participated in the event. The event raised over $28,000 for the Upstate Golisano Children’s Hospital in Syracuse, New York, one of the hospitals associated with the Miracle Network Dance Marathon. Student efforts to organize and promote the BomberTHON event are extremely admirable and demonstrate the ways in which students can utilize the college’s resources to pursue real, positive change.

Oftentimes, students get preoccupied with their own busy schedules and lives on campus, which leaves little time for them to engage with community service initiatives and opportunities. In partnering with the Miracle Network Dance Marathon and the Upstate Golisano Children’s Hospital, BomberTHON provided a unique, fun opportunity for college community members to step out of their bubbles, engage with other students and members of the campus community and build genuine, impactful connections with people who are struggling — people they might otherwise never connect with. Students at the college are often separated into very distinct social groups, whether by majors, sports teams or clubs. The danceathon prompted students with different identities to come together, relate to one another and pursue a common goal, all while having some fun in the process.

Since the Miracle Network Dance Marathon began three decades ago, it has partnered with over 400 educational institutions throughout the continent and raised over $250 million for its partner hospitals. In partnering with the network, the college is not only bringing the idea of community to the college but is also helping to promote the network’s greater mission of philanthropy and the importance of colleges using their resources and influence to help others. BomberTHON is a primary example of the ways in which student actions can really influence tangible, positive change. Although the 2019 dance-a-thon has ended, its legacy as a successful, impactful and student-led initiative will continue.

Local history has significant role in Ithaca community

Going to school at Ithaca College has many perks: incomparable views of the lake from the top of South Hill, an ever-changing array of weather patterns and a multitude of restaurants to try. One of the best aspects of going to school in Ithaca, however, is the fascinating history of the area itself. To highlight the personal histories that exist in Tompkins County, 25 students in the History of Environmental Thought class at the college have been delving deep into The History Center archives, currently located in the Tompkins Center for History and Culture. These archives include manuscript collections, scrapbooks, maps and other historical artifacts. The students researched archives on a variety of topics and presented their findings at The History Center on Dec. 11.

The research project not only provided a crucial opportunity for students to learn more about the town they attend college in, but the project allowed them to utilize local resources and build relationships with the community in the process. Tompkins County has an extremely rich local history, from the typhoid epidemic of 1903 to protests of the proposed construction of a nuclear power plant on Cayuga Lake. However, many students at the college have a minimal understanding of this history and its long-lasting impacts on the town they live in. While Ithaca is widely considered a college town, its identity and history go much beyond the colleges that are located within it — history that students should do their best to acknowledge and appreciate. It is only too easy for students at the college to grow comfortable with their position “up on the hill,” which can prevent them from fully exploring the outskirts of the lake. The town has many frequent The Commons and other popular hubs like the Ithaca Farmers Market, there is a lack of intimate, authentic connection between college students and the local community. To get the most out of their experience at the college, students should make an active effort to get to know the community — a big part of which includes educating themselves on the local history. The history of both Ithaca and Tompkins County significantly informs the current culture and identity of the town, and knowing more about it can help students get better connected with the surrounding community. The History of Environmental Thought class’ archival research project gave students an opportunity to do just that, both through a personal and academic approach. Moving forward, students should take advantage of any and all opportunities to truly get to know the town that, for many students at the college, has become home.

LETTER TO THE EDITOR

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

ALL LETTERS MUST:
• Be 250 words or fewer
• Emailed or dropped off by 5 p.m. Monday in Park 220.

GUEST COMMENTARY

Individuals or groups interested in submitting a guest commentary can send their writings to ithacan@ithaca.edu or to the opinion editor at bcook4@ithaca.edu. ALL COMMENTARIES MUST:
• Convey a clear message
• Be written by an individual or group who has an educated opinion or is an authority on a specific subject
• Be between 500–650 words. Whether more or less space is allotted is at the discretion of the editor.
Somali athletes face injustice

Global Voices, a volunteer-run independent website, recently published an article describing the dreadful situation facing Somali athletes in East Africa. Kate McQue wrote that Islamist extremists in Somalia and Kenya are becoming more inflamed by the rise of Somali athletes. She reports that nearly 1.2 million Somali athletes are active on social media platforms like Reddit, Facebook and YouTube.

Some of these Somali athletes—almost all cloistered—live in Western countries. However, they fear for their lives just as much as their fellow free thinkers in Africa because conservative Somali communities seem to do a formidable job of policing, scrutinizing and isolating those who defy religious and cultural norms.

In light of this fundamentalist backlash, I believe it’s exceedingly crucial for public Somali athletes to continue defying these oppressive norms. As a public Somali athlete who also happens to be gay, I’d like to contribute to this effort by shining a spotlight on the derogatory language used against Somalis who refuse to kowtow to backward beliefs.

The Somali language is primarily oral and snaps off into three significant dialects based on geographical locations. Therefore, these words have multiple meanings, but most are intrinsically condemnatory. My translations and interpretations are based on my personal experiences growing up in Kenya and Minnesota.

Somalis who leave Islam, identify as LGBTQ or, in the case of some Somali women, remove their hijabs, are considered to be “gaalraac” or heretics by the Somali community. To exclude those deemed “gaalraac”—those who are religiously observant and therefore we, the Somali community, don’t want anything to do with your “faas”—we’ve created derogatory language specifically for them. We’ve replaced the Somali language used against Somalis who refuse to believe our stagnant ideas like atheism.

For some reason, it caught my eye. It intrigued me. Instead of dismissing them as irrelevant and unworthy of reappropriation, I believe there’s something inherently suspect with non-Westerners framing their core identities around Western ideas like atheism.

Though these terms are constantly hurled at Somalis who are supposedly too “Westernized” to care about their cultural and religious heritage, I argue that we need to reclaim them—first by exposing their true meanings—instead of dismissing them as irrelevant and unworthy of reappropriation. I believe there’s something quite liberating about taking hold of the language that’s used to isolate you from your own community and cultural traditions. In a certain degree, it allows the person being named and shamed to control their narrative, that I consider to be one of the most powerful methods in combating oppression and violence.
Mindfulness practices enhance wellbeing

BY JULIA LAPP

It’s a busy time of year for many, and for those of us who live by the academic calendar, this time of year can be particularly fast-paced and filled with deadlines. This semester brought a meeting of assignments due and the hustle of the holidays — all on top of the fact that we’re living in a social world that moves with unprecedented speed. Most, if not all of us, start to look increasingly like “Busy Jackson” of Benjamin Hoff’s famous classic “The Tao of Pooh.”

If you haven’t read the book, and I recommend you do, the character Rabbit illustrates the “Busy Jackson” principle as one who “never lets things come to him but always [goes] out [to fetch] them,” one so intelligent and self-important that he can’t even allow himself to sit down. He is so busy doing that there’s no time for being. Running from place to place, never able to be still — “busy! Back soon!” Winnie the Pooh, on the other hand, exemplifies the principles of being and stillness. Together, these characters represent the dualities of human life — action/inaction, speed/slowness, forward motion — and the need for work together to maintain harmony.

Particularly this time of year, many of us experience these forces to the point of not being able to noticeably out of balance in their lives. As a result, an increasing number of people worldwide are turning to age-old practices such as meditation, Chi gong, yoga and others that cultivate mindful states, connectivity and engagement with the world. These practices minimize the bias, judgment, worry, criticism of self and other things that lead to stress and divisiveness. Thich Nhat Hanh, Buddhist monk, activist and teacher, describes mindfulness as “a serene encounter with reality.” By observing the mind’s running narrative that jumps from here to there like a monkey in the tree, awareness of this “monkey mind” allows practitioners to experience the stillness that lies beneath. It allows them to see their biases and question the utility, validity and usefulness of their thoughts. These practices facilitate self-awareness, minds that tend toward stillness and hearts that grow in compassion. They facilitate a clearer seeing of how the inner world shapes the outer world.

In recent years, both public and higher education have increasingly embraced these practices as tools to help students navigate the rigorous of academic life. This includes an enhanced ability to focus and learn as well as manage habits of mind that result in stress, anxiety and depression and interfere with academic success. Mindfulness practice teaches that we may not always be able to change outside forces that make us feel stressed, but changing how one thinks about and relates to outside forces can reduce stress reactions. Engaging with practices that enhance mindfulness are not just important for getting through college. For many, they are necessary keys for facing the challenges that threaten our very existence. To sustainably and meaningfully manifest the things we want and need to see in the world, change needs to come from within the minds and hearts of each and every human. So in the midst of all life’s busyness, perhaps we can take some moments to encourage our own intelligent rabbit to sit quietly for a spell with his wise friend, Pooh.

JULIA LAPP is an associate professor in the Department of Health Promotion and Physical Education at Ithaca College, holds her copy of “The Tao of Pooh,” which highlights Taoism and mindfulness.

Journalism education must include empathy

BY BRONTÉ COOK

Within my first week as a freshman in Ithaca College’s Department of Journalism, I learned about the importance of accuracy. I learned that journalism must remain transparent and that one of my primary responsibilities as a journalist is holding powerful institutions accountable for their actions. For centuries, these ideals have remained central to the practice of journalism, and the work we do matters. Making sure that students are prepared to be journalists is crucial, and Ithaca College is working hard to make sure students are prepared to be journalists.

One of my favorite stories from the class is about how one of our students was asked to interview an elderly gentleman who had been a part of the Civil Rights Movement. When the student arrived, he was nervous and unsure of how to approach the interview. His professor, who was also a journalist, gave him some tips on how to approach the interview, and the student ended up having a great interview.

I came into this class with a lot of questions, but I left with a lot of answers. I learned that being a journalist is not just about getting the facts, but also about understanding the context of the story and being able to communicate it effectively. I also learned that being a journalist is not just about writing, but also about being part of a larger community and being able to connect with others.

In my class, we did a lot of reading and also practiced interviews. We learned how to conduct effective interviews and how to write compelling stories. I also learned how to use social media to connect with our audience and how to use it to promote our stories.

I think that being a journalist is a great career choice. It is a challenging but rewarding profession. I am excited to continue learning and growing as a journalist and to be part of a community that helps to inform and engage the public.

BRONTÉ COOK is a junior journalism major and a part-time reporter for the Ithaca Voice. Connect with her at bc7406@ithaca.edu.

Establishing a sense of home

BY ISABEL BROOKE

The summer before I started sixth grade, I went on a trip to our West, and my mom and dad bought me a pair of thick wool socks. At the time, they were big on me, and I thought they were so ugly, but I took them along because I didn’t have any other socks to wear with my hiking boots. But after that trip, they sat in the back of my dresser drawer. When I moved to Ithaca, I was really homesick for Pittsburgh. I had friends there, and I felt like I had left behind a part of me.

I couldn’t just walk into a new home and feel at ease. I needed to create a new sense of place for myself. I needed to feel like I was at home. When I went back to Pittsburgh over Thanksgiving break during my freshman year, I felt like I was starting over. I had left home for the first time, and I was struggling to feel comfortable. I had friends there, but they weren’t my friends. I didn’t feel like I belonged. I couldn’t just walk into a new home and feel at ease. I needed to create a new sense of place for myself. I needed to feel like I was at home. When I went back to Pittsburgh over Thanksgiving break during my freshman year, I felt like I was starting over. I had left home for the first time, and I was struggling to feel comfortable. I had friends there, but they weren’t my friends. I didn’t feel like I belonged. I couldn’t just walk into a new home and feel at ease. I needed to create a new sense of place for myself. I needed to feel like I was at home. When I went back to Pittsburgh over Thanksgiving break during my freshman year, I felt like I was starting over. I had left home for the first time, and I was struggling to feel comfortable. I had friends there, but they weren’t my friends. I didn’t feel like I belonged. I couldn’t just walk into a new home and feel at ease. I needed to create a new sense of place for myself. I needed to feel like I was at home. When I went back to Pittsburgh over Thanksgiving break during my freshman year, I felt like I was starting over. I had left home for the first time, and I was struggling to feel comfortable. I had friends there, but they weren’t my friends. I didn’t feel like I belonged.
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1 Ego
5 Cry loudly
8 Bland
12 Get the news
13 Smelter input
14 Loony
15 Nozzle site
16 Mini-guitar
17 Ireland
18 Search engine find
20 Stretched to see
22 "The Prisoner of--"
23 Take a toll on
24 Aristocrat
26 Shower alternative
30 Take the lid off
32 Gutter site
34 Neutral color
36 Shower alternative
38 Neutral color
41 Edge a doily
43 Hail, to Caesar
44 Get a taste of
46 -- up (on edge)
48 Yellow fruit
51 Stir-fry pan
52 Alvarez or Bunuel
53 So-so grade
55 Part of a list
59 Impulse
61 Giza’s river
62 Marina sight
63 Explosive letters
64 Lavish party
down
1 "Keep it down!"
2 Fair-hiring letters
3 Sixth notes
4 Pioneering shrink
5 Psycho
6 Monk’s planet
7 Gray-barked tree
8 Run-down hotel
9 Pork selection
10 Ranch unit of measure
11 Three -- sloth
12 British rule in India
13 Same old grind
14 British prep school
15 DEA operative
16 Not he or she
21 Not he or she
25 Wheel part
26 Ms. Hagen
27 Derrick arm
28 Stretched to see
29 Stretched to see
31 Cavity detector
32 Gutter site
33 Changed color
35 Computer input
36 Snoop
37 Univ. degree
38 Neutral color
39 Take the lid off
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43 Hail, to Caesar
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50 Farm animals
51 Showed distress
52 Ribbed
53 Too many cows
54 Many years
55 Part of a list
56 Tijuana aunt
57 Building extension
58 Give -- -- break
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61 Giza’s river
62 Marina sight
63 Explosive letters
64 Lavish party
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67 Ireland
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71 Take a toll on
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73 Shower alternative
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sudoku

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Students shine at the Haunt

Concert showcases musicians from Ithaca College

BY EMILY LUSSIER

The dimly lit dance floor at The Haunt slowly filled with students as 9 p.m. inch ed closer. Some people gathered at the bar, and others grouped together at the edges of the floor, waiting for the first Ithaca College student to step onstage. As the first musician started to play under the multicolored lights, attendees started dancing to the music.

With finals right around the corner, a crowd of students took a break from studying Dec. 8 to support their peers at the 2019 Ithaca College Student Showcase. Musicians from the college performed support their peers at the 2019 Ithaca College Student Showcase. Musicians from the college performed.

Junior DSP intern Maddie Guerrier said the graduate students in the MBA program were heavily involved in planning the showcase. She said they worked on designing the posters, promoting the event via social media and other marketing initiatives.

Guerrier said that in previous years, there was a traditional audition process for the show in which interested students would submit tapes to DSP. This year, she said, DSP interns contacted all the acts in the showcase to see if they would be interested.

Determining a date for the showcase was difficult, Guerrier said.

"Because DSP is currently growing in size, … the Haunt had been booked out pretty far into October, and Boyd now performs with seniors Sam Laemmle, Ali DeRagon, David Florentin and Gabe Zall, junior Jacob Graham and senior Dan Yapp. Quail is an octet featuring horns, vocals and a rhythm section.

Young said this was Quail’s third time performing at The Haunt. Last year, she said, it performed at the Planned Parenthood Showcase and opened for the band The Commonheart.

"The band members enjoy playing at The Haunt because it is a great, professional setting," Young said. She also said that because a lot of the band’s fan base is made up of music students, the showcase provided the chance to gain new fans.

"It’s a good opportunity to get to play with bands that we don’t normally play with and reach a new crowd of people," Upp said.

Junior Lily Dearworth attended the show, and she said she had seen every act before except Quail.

"I really loved the energy that Quail brought," Dearworth said.

For most of the show, there was a large group of people on the floor. By the end, those that were still there right by the stage, as close as they could be to Quail, dancing energetically.

Junior Lily Dearworth attended the show, and she said she had seen every act before except Quail.

"The show was filled with love and also … a lot of community," sophomore Leon an Parker, a member of the audience, said. "I feel a lot closer to the people that were here that played and also the people that are here to support."
**CULTURED**

The Life & Culture editor’s breakdown of mainstream and alt culture

Compiled by AVERY ALEXANDER

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**QUOTE OF THE WEEK**

“I don’t even need to talk about how bad it was because I’m so happy in it now — it’s actually, like, great and I’ve been enjoying the s--- out of it, and I just want it to get bigger.”

**SINGER BILLIE EILISH,** on her rise to fame

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**SPOTLIGHT**

**RAPPER DIES AT AGE 21 IN CHICAGO**

Chicago rapper Jarad Higgins, known as Juice WRLD, died Dec. 8 after he suffered a medical emergency while at Midway International Airport in Chicago, according to authorities. Reportedly, Higgins was walking through the airport when he suffered a seizure and collapsed. The rapper was transported to a nearby hospital where he was pronounced dead. According to the medical examiner’s office, there has not been an autopsy as of the morning of Dec. 8, so the rapper’s specific cause of death is unknown. The Chicago police said it is conducting an in-depth investigation into Higgins’ death. Juice WRLD was an up-and-coming rapper and was named the top new artist at the 2019 Billboard Music Awards in May. He is best known for his song “Lucid Dreams,” which reached No. 2 in the United States in 2018, and he toured with famous singer and rapper Nicki Minaj this year.

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**HOT**

- “Sesame Street” received a Kennedy Center Honor for lifetime achievement Dec. 8. Other honorees include disco-funk band Earth, Wind and Fire; actress Sally Field; and singer Linda Ronstadt. The induction event will be broadcast on CBS on Dec. 15.

- Actress Emma Stone got engaged to comedian Dave McCarry. On Dec. 4, McCarry announced their engagement on his Instagram account. Since the two met in 2017, they kept their relationship mainly out of the public eye but recently made their red carpet debut as a couple at this year’s Screen Actor Guild Award.

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**NOT**

- Clothing brand Gucci sued over 36 websites, accusing them of selling knockoff versions of its items. The websites are akin to a black market network for fake designer fashions, and Gucci claims that the sale of these items impacts its income significantly, according to the brand’s complaint, which was filed Dec. 5.

- Peloton, an exercise equipment company, is being slammed online for its most recent holiday commercial. The commercial features a husband who gives his wife a Peloton exercise bike for Christmas and ends with the wife watching a video of her year-long exercise journey the following Christmas. The internet blew up with accusations that the commercial promotes unhealthy standards.

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"I don’t even need to talk about how bad it was because I’m so happy in it now — it’s actually, like, great and I’ve been enjoying the s--- out of it, and I just want it to get bigger.”

**SINGER BILLIE EILISH,** on her rise to fame
Junior student actor strives toward career in theater

Ithaca College is known for its respected Department of Theatre Arts, and the students who participate in its shows are known to be extremely dedicated to their craft. One of these students is junior Courtney Long. Long's most recent role at the college is as Deloris Van Cartier in the hit musical ‘Sister Act,’ a show based on the 1992 film of the same name.

Long got her start with theater in high school and has dedicated herself to fostering a reputation within the industry so she can pursue a career after graduation. Long said theater helped her discover her confidence and realize her strengths.

Staff writer Noah Pincus spoke to Long about her plans for the future, her history in theater and what theater means to her.

This interview has been edited for length and clarity.

Noah Pincus: When did you first start getting involved in theater?

Courtney Long: It was a show that I had done in high school called ‘Aida.’ I was never into theater, but I was really young. I started singing in church when I was about three or four and I had my heart set on being a singer. I think that my highest point was probably my high school coming to Ithaca today. It made me more humble, more confident in myself.

CL: When I came to Ithaca after doing the show, it allowed me to open up more. It allowed me to have a voice. I was able to look in the mirror and say, ‘I deserve to be here.’

NP: Would you say you have a love-hate relationship with performing?

CL: Well first, I love, love, love performing. That's my number one thing, but when it comes to moving my body, it's a little bit more nerve-wracking.

NP: Do you believe your performances inspire others?

CL: I was in a show recently called ‘Sister Act.’ I played Deloris Van Carter, who is the lead role in the show, and my high school came to see it. It was so amazing to see these kids applying to colleges asking questions. The fact that I was a mentor to them just brought joy to my face. It made me so happy to see these kids walk out and feel good about the show. They felt good about themselves, and that inspired them to keep pushing and growing and being great at what they’re doing. So many of them told me the show changed their lives.

I was so happy, it just made me want to keep performing.

NP: What do you plan on doing with your acting career in the future?

CL: My goal is hopefully to be on a Broadway show or a film. If I can be on stage with many other talented people who have a name for themselves, it would mean the world to me. And doing what I love for a week would be amazing.

Junior Courtney Long practices at rehearsal for ‘Sister Act’ on Sept. 14. Long became interested in theater in high school when she was casted in ‘Aida.’

REED FREEMAN/THE ITHACAN

EDM DJ balances school with music aspirations

Junior Graham Johnson, an EDM DJ who goes by the stage name Lvrn, performed an original electronic dance mix Sunday, Dec. 8, 2019, for a set at the Ithaca College Student Showcase at The Haunt.

ATHENA SOMME/THE ITHACAN

BY ARLEIGH RODGERS

‘DROWN’ is an electronic dance music (EDM) track with 168,558 plays on Spotify—a statement number for the stage name of Ithaca College junior Graham Johnson. ‘DROWN’ has significantly more streams than Johnson’s other songs, ‘Ascension’ and ‘Cold,’ which have less than 1,000 listens. But all his songs stem from the same place: his history as a musician. ‘I’ve played a lot of different instruments since I was really young,’ he said. ‘I started off with a violin when I was about seven years old, I think, and then I started to play different instruments and eventually got into production, which I thought was really interesting just because of the freedom that it offers.’

Johnson said he both uses and ventures outside conventional EDM sounds in his music. In ‘DROWN,’ a high-pitched melody drives the song’s electric rhythm. Sharp beat drops, a pulsing digital drum and boisterous vocals also define the song, but toward the song’s end, a soft piano holds the focus. ‘It’s cool to connect with different artists,’ he said. ‘You can message them and be like, “Hey, this is really cool, I like what you did. Sometimes you get that from other artists.”’

Smith-Samuels said it was two beats more successful and Johnson eventually signed the contract with Lowly Palace, these feelings began to die down. ‘They were replaced by managers, promotes, manages Johnson’s career financially and advises his social media. Learning how to manage a musician and navigate the music industry was hectic and surreal, Smith-Samuels said, but the two both enjoyed the process. ‘He’s been able to play for idols of mine,’ he said. ‘Creating something new is just a great feeling.’

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Collaborative album eases into chilled tunes

**ALBUM REVIEW: “Chilled Classics”** Universal Operations Limited

**BY GABRIELLE TOPPING**

Pete Tong, HERO and Jules Buckley’s new album “Chilled Classics” is a mixture of instrumental songs that tell stories through beautiful vocals. The 18-song album delivers consistently chill and relaxing songs in a multitude of styles.

The music in “Sweet Harmony,” the first song in the album, is upbeat. The chorus is the highlight of the song because of the feelings of resolution expressed by Nina Nesbitt, whose voice is soothing and comforting.

“At The River” shares the same comforting atmosphere as “Sweet Harmony.” The song would be an ideal beach day song because of its relaxing instrumentals. The music is strong and comforting.

“We Have Heartbeat” is a calming and emotional song. The lyrics ask the listener to reflect on their life and decisions. However, “We Have Heartbeat - Full Orchstral Ver- sion” is better than the original because the orchestral elements and vocals by Cherie Amour and Ryan Larson complement each other well.

The singers in “Chilled Classics” often rely on their lyrics, making “Offshore” an outlier. The song has suspenseful tunes and is absent of lyrics. As a result, the song feels misplaced on the album.

“Greece 2000,” unlike “Offshore,” effectively tells a story without lyrics. “Greece 2000” sounds like the beginning of a fight scene between glad- iators, and the beats work together to create these movements and illustrate a scene.

“The Care & The Cause” is another example of how the tracks on the album rely heavily on the lyr- ics more than the instrumentals. The vocals by Sinead Harnett give the song a jazzy vibe, which compensates for the lack of complexity in the beat.

The lyrics and music of “Perfect Harmony” are heavy because the lyr- ics have a serious tone about children dying whereas the music is almost too soothing. The vocals by gudzo are powerful and beautiful, captivating the attention of the listener.

Similarly, the songs “Go Crazy” and “Touch Me” both have re- laxed rhythms. “Go Crazy,” sung by Todd Edwards, is a lovely song with a message of being carefree. “Touch Me” shares a story of being relaxed on other people’s terms and embodies strength because of its quick tempo.

“Darkest Days” conveys a deep message through its lyrics while main- taining a pretty sound through its instrumentals. The music is soothing and comforting.

“Touched” is another example of a song that has the power to easily relax the listener. The music is soothing and comforting.

“Chilled Classics” is a beautiful album that could be enjoyed individually and in unison. The vocals by Shun- gadio are a pleasing combination of percussive sounds and long vowel sounds. From relaxing instrumentals to story-filled lyrics and even a surprise rap section in “Born Slippy,” “Chilled Classics” is an universal album that caters to a variety of musical interests.

**CONTACT GABRIELLE TOPPING TOPPINGG overwhelm. Game Freak and Nin- tendo should have taken more time to truly create the best game possible, but instead, a rushed pro- duction and a bland story leaves “Sword” and “Shield” disappointing and mediocre.

**CONTACT ALEX HARTZOG AHARTZOG@ITHACA.EDU**

**GAME REVIEW: “Pokémon Sword and Shield” Nintendo**

**BY ALEX HARTZOG**

A young girl runs across the rolling hills of the countryside. She reaches into her bag and pulls out a red and white ball. Gazing at the button in the middle, it springs open and out comes a rabbit-like pokémon. This is the first scene many players will see when they start their own journey in “Pokémon Sword” and “Pokémon Shield.” “Sword” and “Shield,” the newest games in Nintendo’s long-running franchise, take place in the Galar region, an area of the Pokémon world inspired by the United Kingdom. The player sets off from their rural town in Postwick, aiming to become the new champion of Galar.

Postwick, aiming to become the new champion of Galar.

The music in the franchise, “Sword” and “Shield,” the newest games in Nintendo’s long-running franchise, take place in the Galar region, an area of the Pokémon world inspired by the United Kingdom. The player sets off from their rural town in Postwick, aiming to become the new champion of Galar.

There is not much to speak of when it comes to story, as the player has zero involvement, watching as it unfolds around them. Game Freak, the studio behind the game, seems to have decided to essentially demote the player to a side character.

Battles are one of the more enjoyable aspects of “Sword” and “Shield.” The game allows players to grow their pokémon to the size of buildings during gym battles. Gym leaders will Dynamax their last pokémon, turning the last few turns of the fight into a giant-sized spectacle.

The most enjoyable aspect of gym battles is by far the music. The sound of the crowd cheering for the player’s pokémon and the fast-paced techno music get the player to keep fighting until they lose. Once the pokémon fall off, Gym battles are staged in soccer stadiums in this generation due to the British influence, adding to the excitement.

Despite the excitement of the battle and the towering pokémon, one of the biggest controversies surrounding the games is that Game Freak cut out over half of all pokémon from the game. The cut pokédex does not directly affect gameplay, but the idea of cutting pokémon from the game goes against the series’ catchphrase, “Gotta catch ‘em all.” Having a favorite pokémon cut from the newest game can be devastating to some fans. Ultimately, the games feel underhanded. Game Freak and Nin- tendo should have taken more time to truly create the best game possible, but instead, a rushed pro- duction and a bland story leaves “Sword” and “Shield” disappointing and mediocre.

Vocals carry jazz album

**ALBUM REVIEW: “Pesci... Still Singing”** BMG Rights Management

**BY ELIJAH DE CASTRO**

Academy Award-winning actor Joe Pesci returns... to making music? In addition to recently re- turning to acting for his role in Martin Scorsese’s epic mobster film “The Irishman,” Pesci has come out of a 21-year-long musical hiatus. His new jazz album “Pesci... Still Singing,” is a light listen, and Pesci’s swell, classy voice gives the album personality.

The release of his new album is a return to his first career interest. Originally pursuing a career as a musician, Pesci only got so far be- fore Scorsese cast him as Joey in his 1980 film “Raging Bull.” “Still Singing” is a nostalgic look back on his days as a young musician, as suggested by the album’s title. While not exactly noteworthy in terms of lyrics or instrumentals, Pesci’s boyish and charming voice separates the album from standard lounge jazz. His charisma and loo- tacle voice stand out against the rapid percussion and boisterous lyrics. His singing is the highlight of the record, likely an intention- al choice when considering his presence in the album as an actor.

Unfortunately, and perhaps expectedly, the album is held back by the interference of Adam Levine, who co-produced some of Pesci’s tracks. Levine’s vocal accompaniment on the tracks “My Cherie Amour” and “Baby Girl” is unnecessary. Of course, there was potential in this collabora- tion. However, Levine’s decision appears as a self-aggrandizing career move rather than out of artistic desire.

While Pesci’s vocals carry the record, the album’s length seems unnecessary. Running at almost 70 minutes across 13 tracks, the record occasionally oversays its welcome, particularly with the six-minute song “If I Should Lose You.” For its intent, a shorter and breezier record would have been more consumable and entertaining.

“Still Singing” works. Pesci’s exclusive vocal talent shines through the expendable lyrics and instrumentals. But without Pesci’s talents as a singer, little else keeps the record from being dismissed as white noise.

**CONTACT ELIJAH DE CASTRO ECAS9TR@ITHACA.EDU**

**Flawed Pokémon games fail to catch ’em all**
Sharp performances bring edge to film

**MOVIE REVIEW:** “Knives Out” | Media Rights Capital

*RATING:* 5/5

**BY LIAM CONWAY**

Which celebrity killed Christopher Plummer in “Knives Out”? Was it Michael Shannon or Jamie Lee Curtis? Perhaps it was Don Johnson, Lainey stapled face together or Katherine Langford. Maybe it was even Captain America himself, Chris Evans. Director Rian Johnson’s latest film is an old-fashioned whodunit story that pits the wealthy Thrombey family against the famous investigator Benoit Blanc (Daniel Craig). It is a wacky ride that continues the trend of intermingling comedy and suspense, perfected by directors like Jordan Peele (“Get Out”) or John Woo (undoing “Parasite.” While this film is suspenseful in a less serious way than Peele’s or Woo’s, the balance of comedy and drama is still relevant. It’s tough to nail a wacky ride that continues the trend of intermingling comedy and suspense, perfected by directors like Jordan Peele (“Get Out”) or John Woo (undoing “Parasite.” While this film is suspenseful in a less serious way than Peele’s or Woo’s, the balance of comedy and drama is still relevant. It’s tough to nail this off-kilter feel when you have a star-studded cast like this one.

The film is shot in a way that may feel like the story exists in a heightened reality. The colors pop off the screen, and the environment appears almost too clean to be real. The film’s aesthetic resembles a board game, similar to movies like “Clue” or “Game Night.” The camera also stays on a tripod for much of the film, often panning rather than moving on a dolly, adding to this uncanny feeling. The performances are also heightened to an extreme, which adds to the cartoonish look. The strongest aspect of the film is the performances given from the star-studded cast. Every performance is phenomenal, but there are four actors who give career-changing performances. Toni Collette gives one of the funniest performances in the film as Joni Thrombey, a woman with a cosmetics company. Collette’s comedic chops and relevant social commentary make her the most memorable of the side characters. Chris Evans is a prominent role in the film. Evans’ portrayal of Ramon Drysdale is shocking and brutal as he cruises his way through conversations. Ransom could not be more different from the character Steve Rogers, and it’s wonderful to see Evans has not lost his range. Ana de Armas has one of the most prominent roles in the film, and her performance as Marta Cabrera will make the audience a perfect paragraph to oppose Ransom’s renegade nature. De Armas carries the film on her back, and it’s easy to root for her because Cabrera is one of two characters in the film with a strong moral compass. Benoit, portrayed by Craig, is the only other character with any sense of morality. Craig’s bumbling Cajun private investigator elevates “Knives Out” to new heights. From his absurd accent to his incredible smarts and mysterious behavior, Benoit keeps the viewer’s eyes glued to the screen every time he is on it. “Knives Out,” a film that continues Johnson’s legacy as a writer and director, proving there is no genre he cannot master. It is a film about greed and how it can twist the minds of those who want more than they need. Not only is the message poignant, but “Knives Out” thrills the audience as it tries to uncover who’s done it.

**CONTACT LIAM CONWAY**

E: LIAMCONWAY@ITHACA.EDU

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**Gangster drama boasts captivating storytelling**

**MOVIE REVIEW:** “The Irishman” | Netflix

*RATING:* 5/5

**BY ELIJAH DE CASTRO**

When compared to the other films Martin Scorsese has made during his 50-year career, “The Irishman” is his most rewarding. It is a sprawling, subtle reflection on his own career and his frequent collaboration with leading man Robert DeNiro. The film feels like the summation of everything they have built, masterfully written, as every clue throughout the film comes together for a satisfying conclusion.

Johnston is known for creating a fun atmosphere on set, something that comes across in the antics of the film. The film is a wacky ride that continues the trend of intermingling comedy and suspense, perfected by directors like Jordan Peele (“Get Out”) or John Woo (undoing “Parasite.” While this film is suspenseful in a less serious way than Peele’s or Woo’s, the balance of comedy and drama is still relevant. It’s tough to nail this off-kilter feel when you have a star-studded cast like this one.

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E: LIAMCONWAY@ITHACA.EDU

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**Quickies**

**“AMNESIA”**

Grace Carter, Polydor Records

Grace Carter’s compelling vocals are the standout of this track. The lyrics teeter on mundanity, the song is catchy, and the background music is captivating.

**“FRENCH”**

Halsey, Capitol Records

The intro to “Finally // Beautiful Stranger” may be unexpected of Halsey, but the strums are secondary to her robust vocals. Halsey is known for her lyrics, and they are this song’s exciting foundation.

**“CHRISTMAS TREE FARM”**

Taylor Swift, Taylor Swift

The sweet and jolly “Christmas Tree Farm” is simultaneously an instant Christmas classic and a personalized Taylor Swift song. The song dabbles in romance and includes cheerful, jingling bells and a perfect pair well with Swift’s dulcet vocals.

**“PUT A LITTLE LOVE ON ME”**

Niall Horan, Capitol Records

Though the lyrics bog down “Put A Little Love On Me,” Niall Horan’s vocal performance is a stand-out hit with pulsating, rolling along with crystal clear intent. The film is a unique and challenging experience, albeit a slow and thoughtful one.
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UPCOMING EVENTS
Fridays, 4 PM, Terrace Dining Hall
Join IC Environmentalists & the Eco Reps for Stop Wasting Ithaca’s Food Today (SWIFT)
every Friday at 4 PM. Volunteers package
leftover food into individual meals to donate
to local food pantries. Volunteer shifts are
short, fun, and rewarding!
Feb. 4th, 11:30 AM, Emerson Suites
Ever noticed that you never see misshapen
strawberries, double carrots, or bruised apples
at the grocery store, meanwhile 37.2 million
Americans are food insecure? Show ugly food
some love and learn how you can combat
food insecurity and the climate crisis.

NEW ISSUE EVERY THURSDAY

THE ITHACAN

Labor Rights

Contingent faculty деле бьые power
to discuss local onarine efforts

Board of Trustees discuss strategic plan implementation

Collado demonstrates support for undocumented students
BY CONNOR GLUNT

Freshman swimmer Jane Pfeufer rarely finishes practice without experiencing pain in her hips and her knees. However, her injuries do not slow her down in the pool, and she has established herself as one of the quickest athletes on the Ithaca College women’s swimming and diving team.

Pfeufer, who is from Georgia, was a state champion in high school in the 4x100-yard freestyle relay. She currently holds the fastest time on the Ithaca College track record in the 50-yard freestyle. She also regularly sees the athletic trainers to receive treatment for hip impingement and tendinitis in both of her knees.

“My hip pain started my freshman year of high school, and it’s just continued,” Pfeufer said. “My knee pain was senior year of high school, and I still have both of those.”

Hip impingement occurs when the ball of the hip does not fit the socket, resulting in wear and tear of the joints that can also lead to arthritis. This prevents Pfeufer from swimming breaststroke because of the hip motion used. Knee tendinitis is a inflammation of tissue that usually occurs when athletes increase the intensity of their training and tear of the joints that can also lead to arthritis.

“Jane is definitely a really good way to describe her,” said Domena. “I think ‘silent hard worker’ is definitely a really good way to describe Jane because she would never brag about how talented she is or say how successful she’s had her high school season was. I think she’s extremely humble, and she takes under her wing whatever she coaches ask of her and whatever us leaders on the team ask of her.”

Pfeufer said that even she has surprised herself with her results so far. She said that she has already come close to beating her high school personal records but that her priority right now is trying to get back to 100% health.

Domena said she is excited to see what Pfeufer can do when she heals up. As someone who’s dealt with pain for the past five years, Domena said, she can relate to just how groundbreaking the recovery process can be.

“I guess just having an injury just makes you push through the hardships and the bumps in the road and makes you mentally stronger,” Domena said. “I think once she is healthy and doesn’t have that pain and whatever us leaders on the team ask of her. Miller said she has had many swimmers before Pfeufer who chose to continue swimming competitively despite injuries. She said Pfeufer is the type of athlete who pushes through no matter what to lead the team.

“Just like many athletes have been doing for many years, they’re able to work through pain and adversity,” Miller said. “They’re very determined, that’s a personality trait. That’s what I see in her as a swimmer. Regardless if she’s not feeling well, she’s still going to do the work. She still has goals. She’s still going to get where she wants to go.”

Miller said she does not believe any level of success is off the table for Pfeufer. She said she believes individual championships, team records and making the national championship are all possible. Pfeufer said she is more invested in the team’s success this year than her own.

“I would love to see some super strong performances at Liberty Leagues,” Pfeufer said. “We’re up on top. There’s a couple of teams that may be close to us, … They’re a threat, but not anything we can’t handle.”
THE BOMBERS ROUNDUP

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

WOMEN’S SWIMMING AND DIVING

<table>
<thead>
<tr>
<th>NAME</th>
<th>PLACE</th>
<th>EVENT</th>
<th>TIME/SCORE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ava Lowell</td>
<td>2nd</td>
<td>3-meter diving</td>
<td>414.65</td>
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<tr>
<td>Morgan Hoffman-Smith</td>
<td>10th</td>
<td>500-yard freestyle</td>
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<td>Emily Vanderlof</td>
<td>14th</td>
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<tr>
<td>Liv Schlaeflien</td>
<td>14th</td>
<td>400-yard IM</td>
<td>4:46.03</td>
</tr>
<tr>
<td>Jess Ford</td>
<td>8th</td>
<td>100-yard butterfly</td>
<td>59.05</td>
</tr>
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NEXT MEET: Noon, Jan. 18, at the Henry Kumpf Invitational in Troy, New York.

MEN’S SWIMMING AND DIVING

<table>
<thead>
<tr>
<th>NAME</th>
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<th>EVENT</th>
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<tr>
<td>Stanley Zaneski</td>
<td>4th</td>
<td>50-yard freestyle</td>
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<tr>
<td>Spencer Brownwell</td>
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<td>200-yard IM</td>
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<td>Ethan Godfrey</td>
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<td>Andrew Mikhailichenko</td>
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<td>Nate Bartolo</td>
<td>5th</td>
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NEXT MEET: Noon, Jan. 18, at the Henry Kumpf Invitational in Troy, New York.

WOMEN’S TRACK AND FIELD

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<th>PLACE</th>
<th>EVENT</th>
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<tbody>
<tr>
<td>Tia Jones</td>
<td>7th</td>
<td>60-meter dash</td>
<td>7.74</td>
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<tr>
<td>Sarah Rudge</td>
<td>3rd</td>
<td>3,000-meter run</td>
<td>11:00.50</td>
</tr>
<tr>
<td>Parley Hannan</td>
<td>1st</td>
<td>5,000-meter run</td>
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<tr>
<td>Samara Herzog</td>
<td>6th</td>
<td>60-meter hurdles</td>
<td>9.47</td>
</tr>
<tr>
<td>Estelle Yedynaj</td>
<td>5th</td>
<td>High jump</td>
<td>1.55m</td>
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NEXT MEET: 10 a.m., Jan. 10, at the Spartan Regional at Ocean Breeze Athletic Complex in Staten Island, New York.

MEN’S TRACK AND FIELD

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<th>EVENT</th>
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<td>1st</td>
<td>Pole vault</td>
<td>4.81m</td>
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<tr>
<td>Andy Frank</td>
<td>2nd</td>
<td>300-meter dash</td>
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<td>8th</td>
<td>60-meter hurdles</td>
<td>8.60</td>
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<td>Matthew Tai</td>
<td>5th</td>
<td>60-meter dash</td>
<td>7.10</td>
</tr>
<tr>
<td>Rob Greenwald</td>
<td>3rd</td>
<td>High jump</td>
<td>1.95m</td>
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NEXT MEET: 10 a.m., Jan. 10, at the Spartan Regional at Ocean Breeze Athletic Complex in Staten Island, New York.

WRESTLING

<table>
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<td>Logan Ninos</td>
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<tr>
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<td>4th</td>
</tr>
<tr>
<td>Austin Whitney</td>
<td>165 lbs</td>
<td>1st</td>
</tr>
<tr>
<td>Jordan Wallace</td>
<td>174 lbs</td>
<td>1st</td>
</tr>
<tr>
<td>Dalton Elias</td>
<td>HWT</td>
<td>6th</td>
</tr>
</tbody>
</table>


WOMEN’S BASKETBALL

ITHACA DEC. 6 BARST DEC. 7 VASSAR

MEN’S BASKETBALL

ITHACA DEC. 6 BARST DEC. 7 VASSAR

JUDGES HOLD UP SCORES DURING THE DIVING PORTION OF THE ITHACA BOMBER INVITATIONAL ON DEC. 6. JUNIORAVA LOWELL TOOK SECOND PLACE ON THE 3-METER BOARD FOR THE BOMBERS.
Carli Lloyd waves to the crowd as she walks onstage Dec. 6 at Cornell University’s Bailey Hall. Lloyd plays soccer for the United States Women’s National Team and is a two-time Olympic gold medalist.

BY EMILY ADAMS

Professional soccer player Carli Lloyd has won two World Cups and two Olympic gold medals with the United States Women’s National Team. She took her talents off the field and onto the stage Dec. 6 at Cornell University, where she spoke about her career, gender inequality in soccer and her retirement plans.

The talk was run by the Cornell University Program Board and moderated by Lawrence Glickman, Stephen and Evalin Milman Professor in American Studies at Cornell. Glickman teaches a course about sports and politics.

Lloyd began her talk with a chronology of her childhood and pre-professional soccer career. Glickman asked her about experiences referenced in her memoir. “When Nobody Was Watching: My Hard-Fought Journey to the Top of the Soccer World.” Lloyd recalled kicking a soccer ball against a curb thousands of times to practice her shot.

“I did succeed with a passion for [soccer] immediately,” she said. “I was outside all the time playing all these other sports, but I just couldn’t stop loving soccer. There was something about that ball.”

The importance of work ethic was a theme throughout Lloyd’s talk. She said that early in her career, she had poor grades and very little drive. However, she said, that all changed after she was not chosen for the under-21 national team roster for the 2005 Nordic Cup Tournament. She said she considered quitting soccer but instead ended up working with James Galanis, a trainer who changed her mentality.

“She sat on the bleachers and she talked to me about my goals, my dreams,” Lloyd said. “He asked me what I wanted to do for the rest of my life, and I said ‘I want to play.’ He said that makes all these amazing athletes special is in the work when nobody is watching, and that’s now the title of my book.”

The event was attended by several local youth soccer clubs, the Cornell women’s soccer team and members of the Ithaca College women’s soccer team, including head coach Mindy Quigg.

Quigg said she was able to apply many aspects of Lloyd’s philosophy to her own team.

“The biggest takeaway that I can relay to the women on my team is that I often hear a lot of them saying, ‘I have no confidence,’ ” Quigg said. “She was saying that confidence is all about preparation — the work you do when no one is watching — so if you’re not confident, prepare harder and train harder.”

“Carli Lloyd has always been a big inspiration for me,” Fruhling said. “She’s someone who’s drive and passion has always been very clear from the start. As a soccer player, hearing her speak and hearing about her journey is just really inspiring and can help you in any path of life.”

BY LAUREN WHITE

On Nov. 16, Susan Lowe, lifelong equestrian and trainer of the Ithaca College Equestrian Team, died after a tough battle with cancer. Lowe was the owner of If Only Farm in Freewest, New York, where the team trains and spends quality time.

Lowe had her husband founded and built the farm in 1979, and they welcomed the equestrian team to train on the farm in 2002. Head coach Andrea Ravo-Putnam ’95 started coaching the team in 2006, first as an assistant for four years, and now she has been the head coach since 2011. Ravo-Putnam said the program was established in the 1960s and shut down a few years later but was reinvigorated around 1997.

“If [Lowe] didn’t allow us to use her horses and her facilities, the program wouldn’t have grown nearly to what it is today,” Ravo-Putnam said. “She opened up essentially her home to us to ride at. … Now we have between 25 and 30 riders on the team every year, and we are in the top few teams in the region every year. We send kids to nationals, which we had never done before.”

The team typically begins training within the first few weeks of the fall semester and continues until mid-spring. Riders of all levels are encouraged to try out at the beginning of the season, and the team usually consists of a variable number of training-only riders and competitive show riders.

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The team rides outdoors in any weather conditions, and Bovenzi said that on cold days, Lowe would bring out a crock-Pot of warm soup for the team and invite members to her home on the farm.

Alongside her warm demeanor, Bovenzi said, Lowe ran a tight ship and held the team members accountable for both their duties on the farm and as individual riders during training. Olivia Riggi ’19 was on the equestrian team for her four years on South Hill. Similarly to Bovenzi, Riggi said Lowe had a very fiery personality and challenged the team in the best way possible.

“She didn’t really fall for lack of effort or lack of respect,” Riggi said. “She was one of those old-fashioned equestrian trainers who definitely demanded a lot from her riders because she just lived horses.”

Both Riggi and Bovenzi said the team is extremely grateful for Lowe’s generosity and the community that she was able to give it.

“Lowe was tough, she was equally loving. ‘Everything she did came from a place of love,’” Riggi said. “When she was tough on us, it was because she wanted us to do our best.”

Contact Emily Adams
ejadams@ithaca.edu

Equestrian team remembers long-time assistant coach

"It’s nice seeing a person to this crazy superstar." —Maddie Jacobs

Many nonathletes also came to see Lloyd speak, including Ithaca College junior Maddie Jacobs. Jacobs said she especially enjoyed hearing the Lloyd discuss the challenges and failures behind her success.

“You see her as a player in the media, but we kind of get an insight into her personal life and struggles and how she deals with that,” she said. “That was really cool because you don’t really get to see that in interviews. It’s nice seeing that there’s a person to this crazy superstar.”

Lloyd also addressed political issues of sports, from the financial demands of competing to gender inequality. Lloyd grew up in Lebanon, New Jersey, and said her family did not have much money when she was competing on the youth soccer circuit. Lloyd said she can be challenging for lower-income families to support a child playing high-level sports.

“The most important thing is that you create your own environment,” she said. “You could pay to play on the best team and have the best trainer and the best cleats, but that’s not going to propel you to become successful. You have to have that passion, and it is costly, but you have to want it.”

In her professional career, Lloyd has been a strong advocate for equal treatment of women in sports. In 2016, she wrote an op-ed for The New York Times about how female and male teammates filed a gender discrimination complaint against U.S. Soccer. She said one of the biggest challenges has been the demands on her time and her female colleagues outside of competition.

“None of us on the national team need another job, but we have to work 20 times harder off the field, which shouldn’t be the case,” Lloyd said.

“We’re trying to take on every opportunity we can and get ourselves out there. It’s a whole different world than the men’s game, and it’s hard to balance a lot of things off the field,” Junior Emma Fruhling, a goalkeepeer for the Bombers’ women’s soccer team, said it was exciting to hear Lloyd speak because she considered her a role model.

“Carli Lloyd has always been a big inspiration for me,” Fruhling said. “She’s someone who’s drive and passion has always been very clear from the start. As a soccer player, hearing her speak and hearing about her journey is just really inspiring and can help you in any path of life.”

Contact Lauren White
llwhite6@ithaca.edu

Soccer star speaks about career and equality

"You need another job, but we have to do this for lower-income families to support a child playing high-level sports. It’s still sort of a shock. We keep thinking that she’s just going to walk in the barn door again," Ravo-Putnam said.

Lowe ran a tight ship and held the team members accountable for both their duties on the farm and as individual riders during training.

Throughout her 12 years as the head coach, Lowe was battling in her final weeks, Ravo-Putnam said. “It’s still sort of a shock. We keep thinking that she’s just going to walk in the barn door again,” Ravo-Putnam said.

Lowe ran a tight ship and held the team members accountable for both their duties on the farm and as individual riders during training.

In terms of her training and coaching techniques, Ravo-Putnam said Lowe was always praised for her horsemanship and teaching her students how to truly be horse people and how to value and put the horse first.

Due to the aggressive stage of cancer Lowe was battling in her final weeks, Ravo-Putnam said, her passing still seems surreal because of the quick decline of her health.

“It’s absolutely devastating,” Ravo-Putnam said.

"You need another job, but we have to do this for lower-income families to support a child playing high-level sports. It’s still sort of a shock. We keep thinking that she’s just going to walk in the barn door again," Ravo-Putnam said.

Lowe ran a tight ship and held the team members accountable for both their duties on the farm and as individual riders during training.
Freshman wrestler takes down competition

Freshman Travis Jones has found his groove with the Ithaca College wrestling team even though he has only been a Bomber for a few months. Jones received Empire Collegiate Wrestling Conference Rookie of the Week honors twice in the past four weeks.

Jones currently has a season record of 12–2. He earned his most recent conference recognition after he went 5–0 and finished in first place in the 133-pound bracket at the New York state championships Nov. 24. He was first named Rookie of the Week after taking third in the 133-pound bracket at the Bombers’ season-opener and is one of only two wrestlers on the squad to receive a conference honor so far this year.

Staff writer Connor Wood sat down with Jones to discuss his early success and his goals on the mat this season.

Connor Wood: How beneficial has it been to get your freshman year off to a hot start?

Travis Jones: It has been really great because most people’s freshman season is when they take “a lot of lumps” as my mom would say, and you get beat on a lot. Thankfully, I have not experienced a lot of that, which is great because like I said, it builds a lot of confidence and helps me keep on building and rolling the momentum that I already have now.

Connor Wood: How has your early success given you confidence as the season progresses?

Travis Jones: It has given me a lot of confidence because being a freshman, it is scary heading into my first college matches, so now that I had found my footing and have been winning some good matches, I believe in myself more. It’s not that “I’m just a freshman, I can’t do this.” It is now “It does not matter, I just have to do my best.” I have trained hard enough, and I am confident in my own training, and being a freshman does not mean anything anymore.

Connor Wood: What do you do to prepare for competition?

Travis Jones: I do not listen to music like most people. I just clear my head as much as possible. I usually get pretty nervous before matches, so one thing [assistant coach Tyler Daffinee] told me that really helped is instead of focusing on anxiety, just think about how I can stay in good position, how do I do things right, how should I do this thing, so that’s kind of what goes through my head before a match, and then I go out there and do my thing.

Connor Wood: How is college competition different than that of high school?

Travis Jones: Everyone in college is good. In high school, you could have matches where you are facing someone who has never wrestled before, and you just throw them around. But it is college now. Everyone has been doing this since middle school, and for some like me, since they were six years old. So you’re not going to go out there and just completely beat someone up. Every win is earned, so the competition level is definitely a lot higher across the board.

Connor Wood: What’s been your toughest test while adjusting to being a Bomber?

Travis Jones: My toughest test is just adjusting from my senior year of high school when I was one of the best people on my team to now where I am in a room full of wrestlers who are, at least in the beginning, so much better than me.

Connor Wood: Who do you look up to on the team?

Travis Jones: The teammate I look up to most is Sam [Schneider]. He is a great leader and the team captain, and he has a lot of good wisdom. Also, Jordan Wallace — he is really good. One time, I was nervous before a match, and he gave me a really good talk. After that, I was so fired up and was ready to step on the mat.

Connor Wood: What do you consider your greatest strengths as a wrestler?

Travis Jones: My ability to ride on top has been a strength of mine ever since I was in middle school. Just wrestling on the mat in general because when I was in middle school and younger, I was always bad on my feet, so I have compensated that by wrestling really well down on the mat. I think just years of wrestling that style really helps me a lot now because it is starting to pay off.

Connor Wood: What are your personal goals for the 2019–20 season?

Travis Jones: Everyone’s goal is to be a national champion, but I think I would be satisfied if I am an All-American and finish in the Top 8. Of course, if I can be a champ, that would be awesome.
ATHLETE OF THE WEEK
ETHAN GODFREY, DIVING

Freshman diver Ethan Godfrey qualified for the NCAA championship on the 1-meter and 3-meter boards at the Ithaca Bomber Invitational on Dec. 6 and 7. He placed second on the 1-meter and third on the 3-meter.

COMPETITION OF THE WEEK
WOMEN’S TRACK, GREG PAGE RELAYS

Senior Parley Hannan was named MVP of the meet, and freshman Tia Jones broke the school record in the 60-meter dash with a time of 7.63 Dec. 7 at Cornell University. Jones is currently ranked No. 1 nationally.

EVENTS TO WATCH

8 P.M., DEC. 10, IN ROCHESTER, NEW YORK

Both the Ithaca College and University of Rochester men’s basketball teams have only one loss so far this season. The Bombers are coming off their highest scoring game since 2017.

NOON, DEC. 14, IN BEN LIGHT GYMNASIUM

The wrestling team will face off against SUNY Oswego, an East Coast Wrestling Conference rival, and Jamestown Community College when they host the third annual tri-meet.

QUOTE OF THE WEEK

“Having an injury just makes you push through the hardships and the bumps in the road and makes you mentally stronger.”

– ANGELINA DOMENAL

WOMEN’S SWIMMING AND DIVING
From left, junior Noah Lindsay, senior Jordan McMahon and junior Nicholas Muscara perform "Boys," choreographed by sophomore Alyssa Carbonell, at IC Unbound Dance Company's Elevate performance Dec. 8. IC Unbound, Ithaca College’s longest-running dance company, includes approximately 50 dancers and choreographers.

CHLOE GIBSON /THE ITHACAN