Xavier University Newswire

Xavier University - Cincinnati

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SGA Exec campaigns commence

This year, four tickets are running for SGA Executives. Read a part of their platforms below, and head to xaviernewswire.com for the full versions.

BDA: Blair McKee, Desmond Varner, Alfredo Mercedes

Student Wellness
- Host monthly community discussions with administration
- Advisory board with student leaders and wellness providers
- Create spaces for more sexual education as well as a school-wide campaign to increase the number of students that get annual STD/STI testing
- Ensure spaces in the HUB can be reserved for mental health awareness and educator groups
- All-weather overhead covering for outside basketball courts
- Develop a universal room reservation system
- Free laundry
- Printer accessibility in every major building on campus

Sustainability
- XU Clothes Bank
- More light sensors in main buildings (Alter, Smith, Caf)
- Hoff Dining Commons device charging accessibility
- Assist XUPD and Office of the President in implementing mandatory active shooter training
- Student-run, SGA-sponsored XPRESS shuttle

Title IX
- Ensure that all students are made aware of their rights when studying abroad
- Create other programs for and with cis-men
- Implement a mentorship program for first-year students to learn how to properly engage in healthy relationships

Dining
- Food trucks every other week
- Extend X-Cash contracts to restaurants in Clifton
- Diversify food options in the cafe
- Hoff Dining Meals-to-Go

Inclusivity
- Establish a student-run daycare for students, faculty and staff
- Implement at least one gender-neutral bathroom in first-year residence halls
- Celebrate multicultural holidays

CMW: Cole Stauberg, Maureen Murray, Will Zimbler

Health and Wellness
- Push for more awareness of and accessibility to mental health resources
- Push for student voices to be included in conversations about all aspects of the HUB project

Student Success and Career Development
- Increase outreach for all students to alumni
- Growth in the connection between faculty and students
- Encourage faculty and staff to participate in on-campus and off-campus events

Food Options
- Student/Connex Committee
- Reach out to local and chain restaurants to provide a discount to Xavier students
- Food Truck Friday

Safety
- Continue community policing

RRE: Riley Head, Rita Daniel, Evan Green

Inclusion
- Refocus the discussion of issues around accessibility for students living with disabilities on feasible and impactful projects
- Work to make the LGBTQIA+ experience more comfortable
- Create a fund that will help students with legal fees
- Partner closely with the newly created Title IX Prevention Coordinator to continue efforts that Riley and her research team began this summer

Holistic Communities
- Build support systems for low-income and financially independent students
- Connect already existing groups on campus through retreats and workshops
- Create a more positive environment for survivors of sexual assault on Xavier’s campus
- Refocus weeklong programs to include events and information specifically geared to minorities and marginalized groups

Transparency
- Streamline communication between the university and the students by releasing more timely reports
- Expand “AlertMe” from just Xavier’s campus to the immediately surrounding area
- Host Executive coffee hours once a week
- Work with the IT department to create a permanent student feedback feature on the main page of the Xavier webpage

Sustainability
- Work with administration in Gallagher Student Center and outside contractors to get recycled paper into all of the student printers
- Push forward discussion on Xavier’s energy consumption
- Launch easy recycling and sustainability tips campaigns that increase awareness and provide accessible literature
- Cooperate with on-campus and off-campus programs that strive for decreasing Xavier’s carbon footprint

TKT: Tim Rafter, Kate Rottkamp, Thomas Webby

Health and Safety
- Prioritize It’s On X
- Integrate sexual education into Xavier’s core curriculum, GOA and first-year seminars
- Better lighting in areas like the Village Apartments
- Crosswalk on Dana Avenue
- Work with the university to make it completely accessible for all students

Diversity and Inclusion
- LGBTQ+ diversity training classes
- Ensure there is a sufficient number of gender-neutral bathrooms
- Continue PEDRO and X-Men
- New Mosaic initiative aimed to be a conversation between identities and leaders on campus

New Initiatives
- Bottle cap/can tab collection

Expectations of the Executives
- Monthly newsletters
- Open communication

for local hospitals
- Uber partnerships to provide students with online promotions

Breaking Disciplinary Conduct Codes
- Off-campus discipline

Miscellaneous
- Have CLC open 24/6 the Sunday before finals week
- Reenact Monday study day during finals week
- Work with Physical Plant to implement more recycling spots on campus
- Propose that international students get priority for work study jobs or offer work study options that can reduce their tuition costs
- Increase financial literacy by adding a class to the core curriculum or offering it as a first-year seminar

Community Outreach
- Homecoming beef/beer in Cintas for seniors and alumni with an auction included

Breaking Disciplinary Conduct Codes
- Off-campus program that involves students to guide students from on- to off-campus living
- Increase funding to Commuter Services as well as communication between Student Involvement and commuters

Community Engagement
- Incorporate and ease the transition of student veterans to campus life and the Xavier community
- Implement a service requirement for graduation

Expectations of the Executives
- Monthly newsletters
- Open communication

CMW: Cole Stauberg, Maureen Murray, Will Zimbler

Title IX
- Work with the new prevention coordinator on increased education and awareness surrounding sexual assault, gender-based violence, harassment and dating violence
- Title IX student hotline

Resident and Commuter Life
- Organize programs and workshops that inform students about the transition from on- to off-campus living

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- Incorporate and ease the transition of student veterans to campus life and the Xavier community
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IDC debut gala to raise awareness

BY ALANNA BELMONT Staff Writer

The Invisible Disabilities Club, nearly two years in the making, will be hosting their first formal event: the Invisible Disabilities Gala. It will be held in the Cintas Center Banquet Hall on Saturday. The gala is a fundraiser not only for the club, but also for the Epilepsy Alliance of Ohio.

The founder of the club, junior psychology major Alyanna Reich-Mitrisin, has what is commonly known as an invisible disability. Invisible disabilities can be illnesses like epilepsy, chronic fatigue or pain, depression, post-traumatic stress disorder, hearing loss and blindness, among others.

Although they can significantly impair a person’s ability to function, these illnesses are often masked because of social stigma or are simply not visible to onlookers.

According to Disabled World, a health news source, “It’s estimated that 10 percent of people have an invisible disability and that 96 percent of those with such a disability don’t show outward signs of having such an illness, despite it often being as debilitating as an outward illness.”

Growing up, I’ve had a disability, and I found that those with invisible disabilities weren’t represented well within a community,” Reich-Mitrisin said. “I wanted more students like me on campus to be able to improve their academic and emotional life.”

Reich-Mitrisin and some of her other friends made a joint effort back in 2016 to start a club for those with invisible disabilities, one focused on building a community and raising awareness.

“In making a club for those with invisible disabilities, it allows for greater representation within Xavier’s campus. It’s hard to cope and build a community when you feel so alone,” Reich-Mitrisin said.

Yet the Invisible Disabilities Club is not limited to only students with invisible disabilities.

“Our goal is to promote awareness of invisible disabilities and to establish a campus community where those struggling with such disabilities feel safe,” Reich-Mitrisin said. “Joining the club or attending the gala as an act of support or in attempts to spread awareness is not only welcome, it’s highly encouraged.”

Students can still reserve a ticket by emailing the Invisible Disabilities Club at invisible.disabilities@xavier.edu.

They can choose between a $17 ticket or a $20 ticket, depending on if they would like to participate in the optional $3 raffle. The money from the raffle will be donated to the Epilepsy Alliance of Ohio. Any other questions concerning the gala may also be sent to the club’s email.

The Invisible Disabilities Club focuses on raising awareness and creating a community for students struggling with invisible disabilities at Xavier.

XUSOTA weighs backpacks

BY EMILIE KRAICK Guest Writer

Xavier’s Student Occupational Therapy Association (XUSOTA) recently hosted an event in the Gallagher Student Center that spread back-pack awareness to Xavier students. Students were informed about the health problems associated with heavy backpacks and got the chance to see if their backpack fell within a safe weight range.

To fall within the safe weight range, backpacks must weigh 10 percent or less of an individual’s body weight. To see whether or not their backpack met these guidelines, students were given a slip of paper and were asked to write down their body weight, then multiply it by .10. This number was the maximum weight of the individual’s backpack in the safe weight range.

XUSOTA members then weighed the students’ backpack and compared the actual weight of the bag with the calculated weight.

More than 100 students stopped at the table and had their backpacks weighed, and approximately half of those students had significantly overweight backpacks.

“This is a concern because overweight backpacks, especially over a long period of time, can lead to back pain and neck strain,” XUSOTA member Kylie Albers said.

Many students were surprised to find that their backpacks were overweight. Sam Mossing, a first-year theology major, attributes her backpack being overweight to convenience: “I don’t like to come back to my room in between every class. I like to stay organized by keeping everything in my backpack. That way I can do homework wherever I want.”

XUSOTA recommends being mindful and minimal of what’s in your backpack by only carrying items that you really need. Additionally, keeping heavy items toward the back of your backpack and lighter items in the front will help prevent back pain and neck strain.

Overall, XUSOTA considered the event a success in educating students about healthy backpack weight, since few students had any prior knowledge on the topic, and they hope to host this event again next year.

Autumn Oddities

In one sentence, the weirdest part of these students’ breaks

BY MADDY GOODMAN Staff Writer

“We drove to a haunted road and explored a supposedly haunted graveyard.”

Zachary Mosley
First-year political science major

“Basically, there was a two-day spree of murders back to back, same guy, same gun.”

Aiden Krueger
First-year history major

“I was out in the woods cutting down trees, as one does, and a spider crawled into my ear, so I took my gloved hand to reach into my ear to remove the spider and during that activity I got poison ivy all over from my fingers onto my ear and the whole left side of my face.”

Annela Greemore
Sophomore art major, graphic design concentration

“...Going to a bookstore that had 34 book rooms in Columbus.”

Jennie Prial
Sophomore biology major

“I met Xavier’s last quarter-back at a restaurant... and I gave him a super awkward high-five.”

Liz Zalla
Senior communication studies major

Oct. 1 and Oct. 8 Student Government Association Meeting Recap

Bench swings to come to campus, questions for expanding food options, concerns for larger undergraduate class

• Wooden bench swings are coming to various locations around campus in the coming months. They have recently been approved by Physical Plant, who will cover maintenance. These wooden swings will be temporary until more durable, insulated swings are approved for overall student use and funds are obtained. Locations are yet to be finalized but could potentially be on the Upper Fenwick Yard, Xavier Yard and Dana Avenue green space.

• SGA Executive Board also discussed more food options that are cheaper and have more variety. Their main concern is that many of the on-campus food options’ prices are competitively similar to those off-campus.

• SGA’s Executive Board have talked with the Board of Trustees about how Xavier is to accommodate for a student population of 5,000 in the coming years. There are concerns about how certain buildings that are used to have a smaller population of students will adjust to larger numbers in the future.

• Immersive learning is still being defined with regard to what qualifies as field work. It is leaning toward involvement in communities with programs such as Alternative Breaks and other community outreach programs. This is the latest among potential definitions for the Immersive Learning.
CPS goes toe-to-toe with FC Cincy

Confederate statues debate rages

Michael Rauer (MR): What made you want to get involved in politics and law?

Pavan Parikh (PP): I had always paid attention to politics even as a young kid. I think that is partially because my parents had immigrated to the United States. My mom is from South Africa and escaped the Apartheid era, while my dad is from India. I think their experiences encouraged me to be politically involved. Also, 9/11 happened two weeks into my first semester at Xavier and it definitely shifted a lot of people’s focus, including mine.

MR: What would you do if you were not involved in politics or law as a career?

PP: Well, originally, I thought I would end up in medical school. Of course, I thought I would end up in health care and medicine in some aspect if I decided not to go to law school. Because St. Louis University had a good health care law program, I thought I might even stick with it after law school.

MR: As a lawyer, what was your primary case focus?

PP: Well, I have worked on various types of cases. The first case that I ever worked on, I was in law school at the time, was a first degree murder case.

MR: What made you want to join the Army in the Judge Advocate General’s (JAG) Corps?

PP: I always thought that I wanted to serve my country and find something that would be suitable for my career. After 9/11, I felt more of a duty and seriously considered joining. I was 18 at the time, though, and didn’t officially join the army as Judge Advocate until much later in life, at age 30. I have been in the Army JAG Corps Reserve ever since I joined and currently serve as a Special Victims Counsel representing victims of sexual assault.

MR: Explain the duties of the office that you are running for.

PP: As a judge of the Hamilton County Court of Common Pleas, I would bear cases that are felonies, crimes that someone could be sentenced to at least six months in prison and civil claims that are upwards of $15,000. Pretty much the types of cases you would see on Law and Order or Suits.

MR: Could you ever see yourself running for State Representative, State Senator or a United States Congressional or Senate office down the road?

PP: If it felt right, then maybe. But I enjoy law because I feel like I can have an immediate impact, and I think the position that I am running for can not only have an immediate impact but could be something that I would enjoy as a career.

MR: Lastly, do you think you will ever return to teaching?

PP: I love teaching. I want to teach students. I loved working as an adjunct professor here and at UC Law. While teaching last semester, I did not feel fully present with my classes because of the campaign, but if the opportunity arose again and the timing would be suitable for my career, I would definitely teach again.

POLICE NOTES

Sept. 25, 6:16 p.m. — Xavier Police responded to an officer needing assistance on Albright Street in Norwood. The officer was fighting with a subject. The subject was in custody and all was OK upon arrival.

Sept. 19, 3:55 p.m. — Xavier Police, Cincinnati Fire, Residence Life and Physical Plant responded to Rockwell Hall for a fire alarm. An investigation revealed that steam from a rice cooker activated the alarm. The system was reset.

Sept. 28, 5:42 p.m. — An intoxicated non-student loitering outside the mail center was issued a criminal trespassing warning and was cited for disorderly conduct.

Sept. 28, 8:01 p.m. — Xavier Police and Residence Life investigated a dispute between several students and one non-student in Husman Hall. The non-student was cited for disorderly conduct, and four different jury trials working with a prosecutor’s office and a public defender’s office. I have worked in various capacities and spent time working on appellate issues as well. I also spent four years working as the General Counsel for the Ohio Senate Democratic Caucus in Columbus. I thought I might even stick with it after law school.

MR: In your opinion, what was your primary case focus?

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NOTE OF THE WEEK

Village Drunk

Sept. 27, 2:07 a.m. — Xavier Police responded to the Village Apartments due to an unknown subject inside a student’s living room. An investigation determined that an intoxicated student wandered into the wrong apartment when arriving home. Residence Life was notified.

Residence Life will follow up with the students involved.

Sept. 29, 2:42 a.m. — Xavier Police, Residence Life, and Cincinnati Fire responded to the Village Apartments for a report of an underage intoxicated student. Cincinnati Fire gave the OR for the student to remain in their friend’s room for the remainder of the night. Residence Life will follow up. A fictitious ID was also confiscated.

Sept. 30, 12:23 a.m. — Xavier Police assisted Norwood Police with a hot chase on Williams Avenue. The subject running was apprehended, identified as a student, and released by Norwood Police for underage consumption and obstruction of official business.

Oct. 2, 2:30 p.m. — Xavier Police assisted Residence Life with a room search at a student residence on the 1400 block of Dana Avenue. A small amount of drug paraphernalia and five fictitious ID’s were confiscated. Residence Life will follow up.

Oct. 5, 3:44 a.m. — Xavier Police and Physical Plant responded to Gallagher Student Center for a report of a power outage and a person trapped in the elevator. A power outage was caused by a contractor inadvertently sawing through the utility line on the ground floor. Power was quickly restored and the person trapped in the elevator was released.

Week in review:

Lego Turtle, “2”, and an overdue book

Legos, beloved by children and hemoanoed by feet everywhere, were used to construct a custom wheelchair for a turtle at the Maryland Zoo. The turtle suffered multiple fractures to its shell and will utilize the brightly colored contraption while it heals (Sept. 29).

The name of the Verrazano-Narrows Bridge connecting Brooklyn and Staten Island will finally be spelled correctly, 50 years after its construction. Previously, its name was spelled with only one t instead of two. The correction will be made to the different signs in the area (Oct. 3).

A Louisiana man recently returned a library book 84 years after it was due. The man’s mother originally checked out the book, a poetry collection entitled Spoon River Anthology, in April of 1934. No fines were assessed (Oct. 8).

Kim Jong Un expressed interest in having Pope Francis visit his officially atheist country. He spoke about the potential visit during a summit with South Korean President Moon Jae-In. Though Moon did not comment on the likelihood of that visit happening, he did say he would return the invitation when he visits the Vatican (Oct. 9).
RRE: Lifting students’ voices

Students of Xavier University should vote for us because we are the most qualified and equipped candidates for this position. Collectively, our current leadership positions and involvement cover the most diverse range of students on this campus such as:

- Student Government Association (SGA), American Marketing Association (AMA), Black Student Association (BSA), Alpha Kappa Alpha Sorority, Inc., Ladies with an Emphasis on Achievement (LLEAD), Gentlemen Organized for Distinction (LEAD), Student Government Association (OSA), Center for Faith and Justice (CFJ), Residence Life, the Xavier Neenchee, Hispanic Organization for Latinx Awareness (HOLA), Student Activities Council (SAC), Student Veterans of Xavier (SVX), ROTC, Interfaith Community Engagement, Student Nursing Organization and the President’s Diversity Action and Advisory Council

We have the most pragmatic solutions to cater to student needs. We are extremely vocal leaders that have had meaningful impacts in all the areas that we have served in. Xavier University is in need of change, a systematic, fundamental shift that would propel Xavier’s community to become a more equitable place for all. Our ideas and plans of action are feasible and beneficial to every student, faculty and staff member on this campus. We are passionate about empowering students to take ownership of their Xavier experience. Our ticket is making a statement and challenging the way we view leadership here at Xavier. We are committed to producing results and making SGA more visible than it has ever been before. We are creating an atmosphere for all that will foster and push our mission to empower all students to take ownership of their Xavier experience. We want to develop a student body that cultivates diverse values of solidarity, generosity and social justice. We want to ensure that more students and communities than ever before.

This is why RRE is running for Xavier Executive Office. We see and understand all the good that Xavier has to offer each of us. As Executives we will work tirelessly to support you and help you make this university your home.

BDA: Experience and empowerment

Xavier is a home for all and promote initiatives that result in student engagement and equity. This will be a historical precedent here at Xavier and will make Xavier truly ALL FOR ONE and ONE FOR ALL.

Blair McKee ’20, Desmond Varner ’21 and Alfredo Mercedez ’20 are running for SGA Executive as BDA.

Riley Head ’20, Rita Daniel ’21 and Evan Grogan ’20 are running for SGA Executive as RRE.
CMW: A commitment to service

Our names are Cole Stautberg (junior), Maureen Murray (sophomore) and Will Zimbler (junior), known in this election as CMW. We are eager and honored to seize the opportunity to run together as an Executive ticket for the Student Government Association in 2019. We are all involved in many areas of the Xavier community, but something the three of us have in common is that we love Xavier and believe in the promise and potential of our student body. We recognize that Xavier is made up of people of diverse backgrounds, faiths, identities and interests, and together we create a unique community with a solid foundation of Jesuit values.

It is no secret that Xavier is growing, both in terms of student enrollment and campus size. This is an exciting time for our university, but it is also a very critical time. At this moment in time, it is crucial that student voices be heard by faculty, staff and administration, that new and innovative ideas help us move forward as an institution and that students feel welcomed to participate and become involved in a campus they can call home and have fond memories of for a lifetime.

While we are all proud Xavier students, we recognize that there are a lot of issues on campus and within our university. We have problems stretching from lack of housing, to incidents of bias on campus, to a disconnect between our campus and surrounding community and much more.

CMW is dedicated to pushing for change on this campus for the better. Our platform, which has been published in the online issue of the Mosaic, consists of our detailed plans to address these issues with administration, with the help of other student groups and through SGA. Among these plans are our ideas that we believe will strengthen the student experience and allow everyone to grow as an individual, being for and with others.

We believe that the student body should vote for us, CMW, as the next SGA Executives because of our experience, dedication and commitment to this university. Cole and Maureen have experience on SGA in both the Executive position and in the Senate, respectively. Beyond this SGA experience, CMW has involvement in many areas of campus. From opportunities in the Office of Student Involvement and the Center for Faith and Justice, to Xavier Athletics, we bring experience that has and continues to cater to a wide array of student life. We believe that our previous involvement has proven that we are ready to make the commitment of both time and energy to the Executive Office of SGA. Servant leadership is at the core of what we believe in. If elected, we vow to be accessible to students and help our campus achieve success and growth as people and with others.

In order to prepare our platform and create our campaign, we have had conversations with student leaders, staff and administrators to learn and understand what they expect from SGA Executives. These meetings have allowed us to make informed decisions about feasible, realistic ideas of what can be accomplished at our university.

As Executives, we are eager to make our platform come to life while continuing to incorporate voices and ideas from all areas of Xavier’s campus and community.

As CMW, we understand that these issues are not just our duty to address and resolve but rather initiate a responsibility to bring our university together as a community. Together, between the work of SGA Senators, student leaders, faculty and staff and the entire Xavier community, we can move forward as a group to create a campus representative of our core values of integrity, justice and generosity.

TKT: Personality alongside policy

While every ticket needs to have good policy points, it is also important that every ticket has good personality characteristics. TKT urges students to take the time to read all of the candidates’ full platforms, and ours can be found in our Instagram bio @tktexec.

Tim is a great team builder and very easy to talk to. He’s outgoing and social, while he also thrives professionally. He’s using his inclusive personality to create a project we’re calling “Mosaic.” The name depicts what we hope to draw from the initiative. With it, Tim wants to focus on the students that are struggling to find their place at Xavier. Mosaic is aimed to be a conversation between identities and leaders on campus. Students will be able to share resources for their mutual benefit. A portion of a fund SGA has access to will be used for students who aren’t directly involved in clubs/organizations that wish to take advantage of events they may not know about otherwise.

Kate’s constant worry about her friends getting home safe at night influences her drive to ensure that every student at Xavier is getting home safe. As a leader finds ways to make things happen, Kate contacted a student from a local university upon reading about their relationship with Uber to find ways that Xavier students can be provided with different online promotions to incentivize them to use the resource and get home safer and cheaper.

Thomas has a lighthearted attitude that tries to keep the stress out of busy situations while still having the discipline to get things done. After being a Manresa leader for the first time this summer, Thomas was able to see firsthand how inaccessible Xavier’s campus really is. After talking with one of his Manresa group members about how she, as a wheelchair user, has been unable to get around on campus, he has made it his goal to make sure that Xavier does not claim accessibility while being majority inaccessible.

The three of us collectively hope to have the opportunity to generate fresh ideas for SGA by raising the voices of our awesome students. We believe that we have the network, the people skills and the intelligence to lead a successful term with the best interest of the students at heart.

Canidates break

XavierNewsWire reached the tickets vying for SGA Executive with a simple query: Why should the students of Xavier University vote for you on October 17? Here are their responses.

CMW

Cole Stautberg (20), Maureen Murray (21) and Will Zimbler (20) are running for SGA Executive as CMW.

TKT

Tim Rafter (20), Kate Rottkamp (20) and Thomas Wehby (21) are running for SGA Executive as TKT.
Men's soccer captures Big East win vs. Villanova

By Colin Cooper
Staff Writer

While most Xavier students were enjoying a few days off during fall break this past weekend, the men’s soccer team was busy on campus. The squad had two important matches over the break at home as they now enter the middle portion of the regular season.

The first game came against non-conference opposition Saint Clara while the second came against conference rival Villanova.

In a high-scoring affair against Saint Clara last Tuesday night, Xavier erased a late deficit and drew a 3-3 finishable overtime.

Early in the match, Xavier jumped out to a 2-0 lead in the first half. Goals were scored by senior midfielder Simen Hestnes and redshirt freshman midfielder Cameron Boh-Tangen.

Even with this early lead, the Broncos were able to equalize in the 56th minute.

Then, in the 77th minute, Saint Clara scored again to equalize in the 56th minute. Goals were scored by senior midfielder Simen Hestnes and redshirt freshman midfielder Cameron Boh-Tangen.

Xavier did not break, however, as freshman forward Felix Boe-Tangen was able to find the back of the net in the 84th minute — his first career goal as a Musketeer.

The men didn’t look back as they defeated Villanova by a score of 1-0.

Senior goalkeeper Colin Hanley was able to get a win, a comeback story that gave the Musketeers their first Big East win against Villanova. The game marked Sergi’s third tally of the season, which is tied for second on the team.

Boe-Tangen’s huge goal sent the game to overtime, tied 3-3, where both teams remained deadlocked through two OT periods.

Although Xavier was unable to get a win, a comeback draw shows the team’s great resilience.

This tie gave the Musketeers their fifth draw of the season, which ties a program record.

After Tuesday’s match, Xavier returned to the XU Soccer Complex on Sunday for a Big East Conference matchup against rival Villanova.

Although Villanova hasn’t seen much shutout form the pitch this season, Xavier anticipated a tough match.

The Musketeers used this opportunity to start the match strong by scoring a goal in the first five minutes. Redshirt junior forward Samson Sergi scored off a header to give Xavier the early lead.

The men didn’t look back as they defeated Villanova by a score of 1-0.

Senior forward Colin Hanley was able to get the shutout in net, giving him his first solo shutout of his career.

Xavier’s conference win over Villanova puts the team at 2-1-1 in the Big East and keeps it within striking distance of the top of the conference.

With a huge match against conference leader Creighton on Friday at home, the team has gained early momentum in its Big East slate of games.

Watko details life in college swimming

By Emilie Krack
Guest Writer

With swim season kicking into gear, freshman student-athlete Cothalee Watko offered insight into the team and what it is like to be a Xavier swimmer.

A prominent aspect of the team is its brotherly dynamic in fact, it’s the main reason why Watko, a native of Cary, N.C., chose to swim at Xavier.

“The weekend I visited consisted of tons of bonding,” Watko remembered. “It was nothing like what I had experienced on my high school team.”

The team bonding carries out into his day-to-day life. One of his favorite things to do is catch up with the swimmers sitting together in the caf every day for breakfast, lunch and dinner. Eating meals with the team isn’t a requirement.

“It’s just a thing that happens,” Watko said. “It’s great because it strengthens the team’s bond and brings us closer together.”

Another big part of Watko’s life is practice. Swimmers practice twice a day on Mondays and Wednesdays for two hours in the morning and two hours in the afternoon. Watko is a distance swimmer, and for him, Monday practices are all about kicking.

“We’ll kick anywhere between 1,000 to 5,000 yards,” he said. Wednesday practices are focused on resistance training.

One of the most challenging exercises done are “pow er turns,” which entail the swimmers doing laps while ropes attached to buckets full of water are hocked around the swimmers’ waists. On Tuesdays and Thursdays the swimmers lift for an hour, and on Fridays they have one afternoon swim practice.

NCAA requires that athletes have a day with no practice, so they are usually off on Sundays.

When Watko is not at practice or sharing a meal with the team, he’s most likely doing homework. Watko is in favor of study tables.

“It forces you to get your work done and stay focused on academics because we are, above all else, students,” he said.

Watko shared that swimming doesn’t get much fan support because Xavier doesn’t host any swim meets — the reason for this being that the pool is not regulation sized for competition.

The pool, located in O’Connor Sports Center, has four lanes. However, six lanes are needed for competitive meets.

The swimmers will remain in O’Connor even with the new Health United Building being built. Construction for a redesigned swimming pool is set to take place with the groundbreaking of the Heidt Family Champions Center in 2020. This will allow for the pool to receive two extra swim lanes and additional deck space, enabling Xavier to host swim meets.

Watko hopes Xavier can eventually host meets because it would significantly lighten the travel schedule swimmers have. Throughout the swim season, Xavier is traveling for competitions almost every weekend from now until February.

A key role to the team’s success is the coaching staff. Head coach Brent MacDonald is a proponent of following the Xavier athletic mission statement. It is posted in each of the swimmer’s lockers. Also, the other coaches swam at Xavier and graduated within the past two to four years. Watko views this as a huge benefit.

“The coaches know the team environment,” he said. “They know what fits us as a team best because they themselves were on the team not too long ago.”

With the combination of a strong team bond, intense practices and a great coaching staff, Watko is excited and ready for his first season swimming at Xavier.
How media portray LGBTQ+ folx

By Oliver Rose

Guest Writer

As a Queer person, I am hyperaware of any representation (or lack thereof) of my identity in the media. Growing up, I never learned the proper language to describe how I felt. I often saw cisgendered, heteronormative characters on TV and in books and thus felt as though I was something “other.”

I could not relate to the relationships and desires of Lizzie McGuire or the fizzy, femme sound. Her high-sounding, caring, feminine voice in shows made me feel wrong and I struggled to fit the mold of “girl” that I was shown on TV. All of this led to my extreme internalized homophobia, especially when a character is presented as the only one of their kind in a show or film.

Feminine figures angered and alienated me because, not only did I have complex feelings for them, I never felt as though I was one of them. These adjustments in gender identity in shows made me feel wrong and I struggled to fit the mold of “girl” that I was shown on TV. All of this led to my extreme internalized homophobia, especially when a character is presented as the only one of their kind in a show or film.

The dominant culture ignores the importance of positive representation in media. Queer folks struggle to see themselves as human and to not rely on stereotypes to make the characters “visible.” Queer and use actors whose identities align with those of their characters, especially when a character is trans.

Show creators need to depict healthier Queer relationships that don’t rely on stereotypes to make the characters “visible.” Queer and use actors whose identities align with their own. Shows need to depict healthier Queer relationships that don’t rely on stereotypes to make the characters “visible.” Queer and use actors whose identities align with theirs.

These adjustments matter. They have an impact. We can do better. We need to do better.

LGBTQ+ musicians you need to add to your playlist

By Trever McKenzie

Online Editor

Kadie Elder

A recently-discovered pop duo, Kadie Elder released an underated gay anthem, "First Time He Kissed a Boy," in 2018. The duo have since released an EP, H O T. Though there is no confirmation on either of the men’s sexualities, their songs express attraction to both men and women, which makes their tracks perfect for everyone.

And more…

There are tons of up-and-coming LGBTQ+ artists that I haven’t listed here, like Keala, St. Vincent, Pablo Vi- tar, SOPHIE, Leland, Brooke Candy and Arca, among oth- ers. If you’re trying to expand your playlist with LGBTQ+ artists, get searching. You’ll find plenty.

Kim Petras

A transgender artist who made waves in the music community with her mastery of the unique pop diva, 1981 princess sound. Her high soprano belting, carefree Paris Hilton attitude and indulgent lyrics make her bopp- ing tracks a fun listen on any day of the week, especially the weekend. Her best songs include “I Don’t Want It at All,” “Hi and byes,” “Heartbreak,” and “Faded.” She recently released “All the Time,” a song about the fun of constant… uh, yeah. She also released a spooky Halloween album, TURN OFF THE LIGHTS.

Troye Sivan

Anyone in the LGBTQ+ community knows who Troye Sivan is. His 2015 album, Blue Neighbourhood, explored so many facets of the lives of gay men through both the soft indie tracks and the accompanying music videos. Since then, he has seen great success and serves as a great role model for young gay men everywhere. He released Bloom in 2018, while also releasing a collab with Ariana Grande, “Dance to This” and other bangers like “My My My!”

Janelle Monáe

Though she’s been producing music since 2003, Janelle Monáe made headlines with her 2015 album, Dirty Computer. She shows incredible versatility in her songs, switching between mellow, inspiring, raw and sexy with ease. She captures a classic R&B soft rock vibe effortlessly and delivers a memorable performance on each song. My personal favorites are “Screwed” and “Make Me Feel.”

Hayley Kiyoko

Hayley Kiyoko brings a strong lesbian presence to her debut album, Expectations. With songs like “Curious” and “Girls Like Girls,” she explores the intersections of gender and sexuality in relationships in fun but introspective ways. She’s a strong LGBTQ+ advocate, she has raised awareness of violence against trans women, donated to several LGBTQ+ organizations and called out bigo- bus in Rita Ora’s track, “Girls.”

What is YOUR Drag name?

January: Mama
February: Princess
March: Ruby
April: Celestial
May: Chanel
June: Bougie
July: Blue
August: Juicy
September: Penny
October: Gucci
November: Queen
December: Spiffy

Celebrate LGBTQ+ History Month with these diverse artists

Photos courtesy of Getty Images

Drag Queens Naomi Smalls, Kim Chi and Bob the Drag Queen were all part of the show RuPaul’s Drag Race, which brings Queer issues to light.

Kim Petras

Troye Sivan

Janelle Monáe

Hayley Kiyoko
4 foods that hurt the planet

BY HALEY HAYES
Guest Writer

Most people don’t realize that the food industry is one of the main contributors to climate change. Pollution and water waste are two of the primary reasons this industry is so detrimental to the climate. It is important to know that some foods are much worse than others. Below is a list of the four foods that are considered to have the worst impact on our environment. By simply cutting out these foods, your carbon footprint will dramatically decrease.

1. Beef

Red meat in particular has the most negative effects on the environment. Around 42 percent of all emissions come from livestock. Cows are the worst in terms of these emissions and overall impact. Beef cattle need 11 times more water and 28 times more land than other types of animals such as pigs, poultry, or dairy cattle. All of these animals emit greenhouse gases through their digestion processes.

2. Avocados

In recent years, avocados have been raved about for their health benefits. Though they are great for our bodies, they hurt the environment. One of the main reasons for this is emissions. Between growing and transporting avocados, 846.37 grams of carbon dioxide are emitted per two average-sized avocados. Avocados are also a main cause of mass deforestation. Avocados require a very particular climate to grow. Because of this, places like Mexico, which have this type of climate, are being forced to cut down many woodland areas to provide land to grow avocados to meet the ever-growing demand.

3. Almonds

California produces about 80 percent of the world’s almonds. While this is great for its economy, it is detrimental to its water supply. California has already been facing a drought, and almond production is a main contributor. It takes 1.1 gallons of water to grow one almond. Multiply this by the millions of almonds Americans eat every day coupled with the number of almonds it takes to produce almond milk, and one can see how this product has a negative impact on the environment.

4. Greek Yogurt

America has developed a new love for Greek yogurt. This has boosted demand and made it a $2 million a year industry. This boost has had many negative impacts on the planet. Producing Greek yogurt is an incredibly harmful process to the environment. In order to make one ounce of Greek yogurt, three to four ounces of milk are needed. Once the curdling occurs, the excess milk becomes extremely acidic — so acidic, in fact, it is considered a toxic liquid. This is a problem because companies often do not dispose of toxic waste responsibly. In fact, in 2014 alone 150 million gallons of this toxic milk ended up in our waterways. This is incredibly dangerous for our health and the health of our ecosystem.

Aries: You’ve found a new lover, and their name is “copious amounts of stress food.”

Taurus: This is not the week to put others before yourself, even if you have a friend from that one Vine who gets salty and goes, “I thought you were bad. Turns out you’re just fat.”

Gemini: My dudes, things might be a little stressful right now, but it’s not the end of the world. Put on some sunscreen and slip on some shades so you don’t get burnout.

Cancer: You’ve got a problem if you’re in a group project and no one wants to communicate. Break the ice with memes.

Leo: Keep the family/time-longtime-friend bonds tight, regardless of whether or not you caught up with them recently. The nostalgia feels are worth it.

Virgo: Consider setting some resources aside to plan little surprise gifts for friends around Thanksgiving — even if they’re just avocados. That one Vine kid liked it, after all.

Libra: You might be a little broke after Fall Break, but don’t freak out. Befriend a squirrel that’s trying to bury food for the winter — it might donate an acorn to you out of pity.

Scorpio: Philosophy’s a thing you either love or hate, but try and embrace it. What’s the deeper meaning behind your professor saying, “You’re failing my class?” Well, probably exactly that.

Sagittarius: Keep your study circles small this week. Or party circles. Or whatever you call your “the group I go to before midterms for panicking” group.

Capricorn: You know you’ve got great synergy with friends when you sign each other in on attendance sheets during class days where one of you can’t make it. That’s key this week.

Aquarius: Consider setting some resources aside to plan little surprise gifts for friends around Thanksgiving — even if they’re just avocados. That one Vine kid liked it, after all.

Pisces: You’re going to get into a really productive studying groove to the point where people beg for your secrets. Be as mystical as possible in your response.

MS CRL B KEMKOQ B VJ T WSRIT TIA P JI I JI D XOHLK V O N V I LF BV B BEZFHA V E V D Y A A P P WF AENOC S QUCXDM D OAOLM AHXT EASHV RHLTRMITQGQRTDO OLELEOOS Y RSCQRO UNFOURNSPOAKY GFDPH WTWDTIWGMGE HPLQGEIAAS OZUMA TBWMUR ROYTQNBRF UYJIONKMNS1PSBT TFMLJWDUZMOWN P0ZKVACDIDCPNOD Drought

Deforestation

Industry

Acidic

Emissions

Waterways

Livestock

Pollution

Almonds

Milk