

# The Tower

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CUATOWER.COM

## Football Gets Elusive 4th Victory! See pg. 7

### Multiple Cases of Mumps Disease Confirmed on Campus

By DUANE PAUL MURPHY, JIMMY CASSIDY  
Tower Staff

Two students at The Catholic University of America have been diagnosed with mumps and are being quarantined, the university said, while several other students are undergoing testing for the disease.

In an email to the university community, Dr. Loretta Staudt, the director of the university's Student Health Center, said last week that three students were being tested with mumps-like symptoms. The university later amended that to say a "handful" of students experienced symptoms, and that the D.C. Department of Health was handling the

testing.

One student who has been tested for mumps-like symptoms and wishes to remain anonymous said that she experienced symptoms and went to Student Health Services a couple days later after the pain increased. Student Health Services quickly recognized her symptoms and drew blood to be sent for testing. She has been quarantined in her off-campus apartment since then, and the D.C. Department of Health has contacted her each day to check in and ask about symptoms. She has been asked many questions about how she may have come into contact with the virus, and was

even read the names of other potential mumps cases to see if they were connected. The student has been informed by the Department of Health that the outbreak is not limited to college campuses, and was asked if she had attended any of the recent Hispanic Heritage Month celebrations in the city, as one connection was drawn to them by the Department of Health.

The student indicated that Catholic has been as helpful as possible throughout the process.

"The school has been emailing and calling me daily to see if I needed anything," she said in an interview with *The Tower*. "They have been super supportive which has felt great, but they have also

See MUMPS page 3



COURTESY OF CATHOLIC.EDU

CUA Nursing students perform health and wellness screenings in the Pryzbyla Center

### Catholic Senior Sarah Williams Runs Marine Corps Marathon

By FABIAN HUBER  
Tower Contributor

It must have been mile nine or ten. Sarah Williams was running the Eversource Hartford Half Marathon of 2016. The temperature was in the 50s, perfect running weather. Thousands of spectators were standing on the sidelines, encouraging the exhausted participants with claps and cheers. Only a few turns left and Williams would traverse the red-bricked Soldiers and Sailors Memorial Arch, cross the finish line, and complete her first half marathon.

But all of a sudden, as she

encountered two fellow runners, she burst into tears.

One contestant was pushing an amputee in a wheelchair. Both wore the same t-shirt, their story imprinted on the back side: It was a father wheeling his son, a veteran who had lost both of his legs in Afghanistan but didn't want to give up on his passion for running. Williams ended up passing the duo and finished the race, emotionally shaken.

One year after, Williams, a 21-year-old senior politics major at the Catholic University of America, is still haunted by this casual meeting.

"That was a person who loved to run like I loved to run but he just couldn't anymore," Williams said. "It's something that makes you appreciate what you have, I guess. And it made me wanna run more."

And Williams ran more. In fact, she ran double what she had accomplished back then in Hartford at Sunday's Marine Corps Marathon, finishing her first marathon ever in just over six hours about mid-pack of a total of roughly 30,000 runners.

Williams' participation at the Marine Corps Marathon was somewhat predestined. Growing up in what she calls the "really small and rural town" of Washington, Connecticut, the Shepaugh Valley Regional High School



Williams takes a moment to celebrate along the run  
COURTESY OF SARAH WILLIAMS

SEE WILLIAMS, PAGE 4

### Title IX Changes Explained in Town Hall

By LIZ FRIDEN  
Tower Staff

On Wednesday, November 1st, PEERS and SGA hosted a Town Hall on Title IX. The Town Hall was a chance for students to ask questions on the recent changes to Title IX under the Trump administration. It was moderated by Brianna Howard, the president of SGA, and Matt Finley, a Student Coordinator of PEERS.

This is the first time CUA has had an event open to all students to specifically discuss Title IX.

The panel included eight professional staff members, including Frank Vinik. Vinik is the first full time Title IX coordinator for the university. He started the position two and a half years ago.

Vinik is committed to preventing sexual assault,

SEE TITLE IX, PAGE 3



COURTESY OF ALYCIA MONACO

The panel sits in to take questions at the Title IX Town Hall.

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# NEWS

# The Tower

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## THE POLITICS CORNER

### President Trump Announces His Choice to be the Next Fed Chair

By **ALEX SANTANA**  
Tower Staff

On Thursday, November 2nd, President Donald J. Trump announced his choice of Jerome H. Powell as the next Chair of the Board of Governors of the Federal Reserve System. He will be succeeding Chair Janet Yellen who was appointed by President Barack Obama in 2014. Mr. Powell's nomination was announced at the White House in the Rose Garden. Other people considered for the position were former member of the Board of Governors Kevin Warsh, Stanford economist John Taylor, and Director of the National Economic Council and President Trump's chief economic advisor Gary Cohn.

According to ABC News, "Powell is known as a centrist Republican who is not expected to lead any sharp change of direction for the Fed at a time when the stock market is strong and unemployment is at a 16-year low." ABC News also claims that Powell "has supported the Fed's ongoing strategy of gradually raising interest rates and may be friendly to the Trump administration's plan to roll back regulations on financial firms."

Mr. Powell has been a member of the Board of Governors since 2012. His present term is supposed to end on January 31, 2028. Before he was appointed to the Board of Governors, Mr. Powell was a visiting scholar at the Bipartisan Policy Center and from 1997 through 2005, Mr. Powell was a partner at The Carlyle Group. Mr. Powell previously served in the federal government as an Assistant Secretary and Undersecretary of the U.S. Department of the Treasury under President George H.W. Bush. Prior to working for President Bush, Mr. Powell was a lawyer and investment banker in New York City.

Mr. Powell was born in Washington, D.C. in 1953 and went on to receive a Bachelor of Arts in politics from Princeton University and a law degree from Georgetown University Law Center. While at Georgetown, Mr. Powell was editor-in-chief of the Georgetown Law Journal. He is married and has three children. His grandfather, James J. Hayden, served as dean of Catholic University's Columbus School of Law from 1941 - 1954.



## CRIME BLOTTER

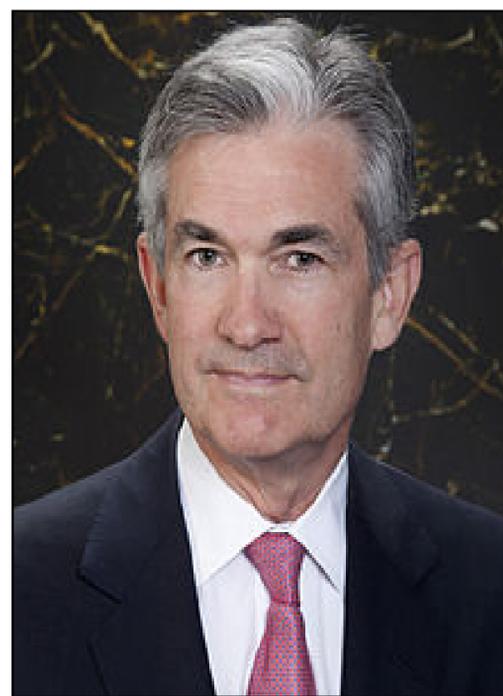
10/27 - 11/2

When: 10/27/17  
Where: Flather Hall  
What: R-1 reported to DPS, he heard banging outside his room. DPS responded and found several ceiling tiles had been destroyed in the second floor hallway.

When: 10/28/17  
Where: Flather Hall  
What: On the listed date, time and location, DPS responded and found the room sign had been ripped from the wall and put into the toilet.



Courtesy of CNN Money



Courtesy of the Federal Reserve

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# NEWS

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## Students Learn of Policy Changes at Title IX Town Hall

*TITLE IX, from page 1*

saying, "I also feel a part of my job is to change the culture at the University."

He explained those changes, "A campus climate survey was done two years ago, and then we did one six months ago. We had over 700 students take it each time. The first time we did it, about one in seven survivors said they had not told anyone. That has gone up to one in twenty in just a year and a half."

Due to increased attention in the media, and the efforts of campus administrators, survivors are feeling more comfortable talking to people about their experiences and it is becoming less of a taboo topic on this campus.

Title IX itself is only thirty-

seven words long. It became law in 1972, during the Nixon administration.

Title IX states that "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any educational program or activity receiving federal financial assistance."

The Department of Education under Secretary Betsy DeVos is now looking to roll back changes that were made in 2011. In a September, 2017, speech at George Mason University, DeVos said this was "in order to protect the rights of the accused."

Title IX became a major issue in 2011 when the Department of Education issued what they called a "guidance" to colleges

SEE *TITLE IX*, PAGE 4



COURTESY OF ALCYIA MONACO

The Town Hall allowed students to ask questions for clarification on policy.

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## University Quarantines Students to Limit Exposure to Mumps Disease

*MUMPS, from page 1*

reminded me to stay away from the rest of campus."

The Student Health Services received final laboratory test results from the medical testing company Quest Diagnostics, which revealed that two students have a confirmed diagnosis of mumps. Six other students have been treated for suspected mumps after experiencing swollen parotid glands and other flu-like symptoms.

The university's Incident Management Team is working with the District of Columbia Department of Health to implement certain practices to handle current medical cases and prevent the spread of the infection or illness to other students, faculty, and staff on the university's campus. One of these practices has included the relocation of students with confirmed or suspected mumps to an unoccupied space with their own private bathrooms in order to limit exposure or the spread of the virus to others on the university's campus.

The health centers at Catholic and American University have been working together on this effort to find more information and prevent further spread of the disease, after more than five suspected cases were reported at American as well.

"I have been here for 20+ years and this is the first time we have had this occur," said Staudt when asked about her initial thoughts of the situation.

Staudt also highlighted the recent news reports that American University and University of Virginia in Charlottesville have suspected, yet not confirmed, medical cases of mumps.

According to the D.C. Department of Health's information pamphlets attached to the email as well as information from the federal Center for Diseases Control and Prevention, mumps is a contagious viral infection with symptoms including fever, headaches, muscle aches, tiredness, loss of appetite, and swollen glands under either one or both ears. Symptoms typically become visible 16 to 18 days after an

infection.

The virus can be spread by coughing, sneezing, talking, sharing items with others such as cups and eating utensils, or touching objects and surfaces with unwashed hands that are likely going to be touched by others. If not treated well or right away, complications of mumps include inflammation of the testicles, ovaries, the brain, or spinal cord covering tissue.

Student workers at the Kane Fitness Center on campus said they have been instructed to wipe down all the exercise machines hourly to prevent any further potential spread of the virus.

"My advice to the university community is to be vigilant about washing your hands," said

Staudt, regarding prevention of the mumps and other common viral diseases.

Staudt also encouraged students to get flu vaccines, which would reduce the likelihood of getting the mumps, she said. The Health Center offers routine walk-in opportunities for the flu shot.

According to the university's official policies and D.C. immunization laws, all enrolled students under the age of 26 are required to get a vaccination with two doses of the measles/mumps/rubella, or the MMR vaccine. However, students have the option to wave their vaccination requirements for either medical or religious purposes.

The issue has been discussed in nursing classes by professors and students alike, and some on campus have expressed concerns about a lack of vaccination.

"I have a very typical healthcare worker outlook on the matter," said junior nursing major Lea Skokowski. "Kids should be vaccinated at a young age. There is no scientific proof that vaccines are harmful to children in any way. It's sad that this campus among others is having an outbreak when it's an easily fixable situation."

*Duane Paul Murphy reported on this story, with contributions from Jimmy Cassidy*

# NEWS

## SGA and PEERS Host Title IX Town Hall

TITLE IX  
from page 3

called a "guidance" to colleges and universities. A guidance is not an official regulation, but federal funding will be cut to the schools that do not follow it.

After explaining this situation to students, Vinik continued to tell them how these new guidelines will influence the Catholic University campus.

Under the 2011 Obama guidance, all colleges had to use an evidentiary standard of preponderance of the evidence, which is 51 percent. The other common standard used is clear and convincing, or to be 75 percent sure of a defendant's guilt.

The Trump administration said colleges now have the choice to use either the 51 percent standard or the 75 percent standard. This will have no effect on Catholic University because the university used preponderance of the evidence prior to 2011.

Vinik stated, "We will continue to use preponderance of the evidence and we will not change unless the law changes."

The second guidance the Trump administration offered was that everything from the start of the investigation of sexual assault to the hearing has to be completed in 60 days.

"That is a pretty aggressive time frame," Vinik admitted to the group of students.

"We are still going to try to do it in 60 days," he said. "So the impact of this is not really anything."

He also noted that "on complex cases, or if something happens before Christmas, for example, we might not get it done in 60 days, but that's our goal."

A third guidance offered involves gag orders. Catholic University does not issue gag orders. Students can talk about incidents that took place; there are no gag orders issued by the university to stop them from doing so. Vinik explained this policy in contrast to some other schools which do have gag orders.

The fourth way Catholic will be impacted by this guidance is by requiring a written notice to both parties in the case of sexual

violence, which will explain all of their rights and responsibilities.

The most significant change is how the rule of mediation will be affected. If a student does not want to go through a hearing but they do not want the other student to go free of punishment, that student would take this route.

Vinik explained, "The key to mediation is any party can pull out at any time. So if either party said 'I don't like the way this is going' or they are not comfortable with this and want a hearing, then that is the end of mediation."

"So we are probably going to use mediation in more cases than we have used in the past. There are certain types of cases we will not use it. We will not use it in cases of serious sexual violence, we will not use it in cases of rape, but it gets very hard to draw the line."

It is important to Vinik that in these cases, both parties have negotiated through a mediator and are on the same page.

Leigh Calotta, a senator representing the nursing school, went to the Town Hall meeting in hopes of learning about the recourses our school offers.

"Going to the Town Hall meeting I was hoping to gain more information on how the university acts on sexual assault cases. I think that Title IX is a topic that all students need to be more educated on in order to be an active bystander."

As a member of PEERS, Katie Troilo was well versed in Title IX before attending the Town Hall. "I think that the changes to Title IX will have little, if any, effect on the way CUA processes Title IX violations... That letter and the proposed changes can seem scary or seasonalized by the media but I am confident in the way our University handles these violations and I am equally reassured by our model of support."

*Liz Friden reported on this story, with contributions from Katie Ward.*



COURTESY OF ALCYIA MONACO

Rev. Jude DeAngelo answers questions at the Title IX Town Hall

## Williams Begins Goal of Completing Marathon in Each State

WILLIAMS  
from page 1

graduate was exposed to sports from the very beginning of her life. She danced and swam. She joined her little brother's baseball team. She played softball, soccer, and field hockey.

"I would be out of the house from 5 AM to 8 PM every day as a little kid," Williams said. "My parents were making sure that me and my brother were involved in sports."

"A lot of parents push their kids too far," said Stephen Williams, Sarah's father who attended the same high school as his daughter and works as a fire chief. "When we saw that our children had interest in something we did everything we could to help them improve."

Yet it was only after being convinced by her friend Clare that Williams started running with the high school's cross country team, the Spartans. They practiced every day after school and ran the hilly tracks of Steep Rock Reservation in Shepaugh Valley. Williams didn't like cross country at first. It was a small group, or as Williams put it: "who decides to run that much, honestly?"

"But then you get to the point where you're running six miles a day and you're fine. And I ended up really liking it," she said. "It was just a community thing."

Besides the community of runners and the added stress relief after a busy college day, Williams drew motivation from the "achievement of running a distance you haven't run yet." Thus, after she had completed her first half marathon in Hartford, Williams signed up for the Marine Corps Marathon, a race known for being a good starter marathon. She was one of the lucky 30,000 runners to be selected in a lottery.

This past summer, Williams started focusing, gearing up and getting a plan together for her first marathon.

"When I have a race in mind, it makes me pull myself to get more," she said.

Her preparation was straightforward: doing a little bit every day which did not necessarily mean going for a run. She biked, swam, exercised on the cross trainer or the elliptical, and if she put on her trainers, it was just for a short run, circling the monuments of Washington, D.C..

Moving from woody Washington in New England to the concrete-dominated Washington down south has forced Williams to make some adjustments in her practice.

"If I run, I try to run on dirt, or

sand, or grass as much as I possibly can. Running on pavement can be very hard on your body," she said.

When Williams took part in the Marine Corps Marathon on Sunday, she had to do exactly that: running on pavement while keeping an average pace of about 14 minutes per mile to master several gauntlets and avoid disqualification.

"Many people struggled with the heat, myself included," said Williams, who didn't really want to tie herself down to a certain goal before the run but added that she'd like to finish in under four hours.

After passing the Kennedy Center, the Lincoln Memorial, and many more Washingtonian landmarks, Williams crossed the finish line at the Marine Corps War Memorial in Arlington after just over six hours.

However, the motto on Williams' race number symbolizes that time wasn't the main issue: "Run with purpose. Finish with pride."

"The race was wonderful. I'm glad to have my first marathon under my belt," Williams said.

The fact that her father was a Marine serving in the Western Pacific added further emotional value to her participation.

"It was excellent," said Stephen Williams who came to D.C. with his wife to see their daughter running. "And seeing all those Marines brought back memories. It was a great feeling."

"Running a marathon that is involved with the Marine Corps is something that's just important to my family," Williams said. "And the best part of it is when you're running and all of the sudden you see your parents on the sidelines cheering for you. Then you know it's worth it."

When she was seven years old, Williams named her teddy bear "Mr. President." She wanted to become the first female president of the United States. "I'm just a wittle kid with a teddy bear and big dreams," said the caption of her Twitter profile.

Fourteen years later, Williams may not be a kid anymore. But she still has her teddy bear and big dreams. She has acquired the taste of running marathons. The old doubtful question she kept asking herself in high school, "who decides to run that much, honestly?" has vanished.

"I have this crazy goal in mind," she said instead. "I want to run a marathon in every state. This was one of fifty."



COURTESY OF SARAH WILLIAMS

Williams before the beginning of the Marine Corps Marathon.

# QUILL

## TOWER EDITORIAL

### 'Tis Not the Season

Only days after college students across the country recovered from their Halloweekend hangovers, America moved on to bigger and better holidays. Ignoring tender memories of families gathered around a dining room table laden with twenty pounds of turkey and mashed potatoes, everyone is focusing on the only upcoming holiday that apparently matters anymore. Only fifty-two more days until Christmas, kids!

At the official American university of the Catholic Church, students remember the true meaning of the Christmas season as they strategically plan shopping trips and listen to "Jingle Bell Rock" thirty-two times a day, a full six weeks before they will pack up a suitcase to go home for winter break.

This begs the question: what is the acceptable timeframe for Yuletide cheer? When are decorations allowed to be put up, and when is it reasonable to start blasting Christmas music? When should students cramming for a midterm start to see holiday-themed Starbucks cups? Some say November 1st, some advise to wait until after Thanksgiving, and some still suggest to wait until December 1st (bah humbug to you traditionalists).

Just as the sign advertising pumpkin spiced lattes in the third floor Starbucks was put up, pepper-

mint and gingerbread flavored hot drinks are already in demand. Radio stations are playing Christmas music and TV channels are recycling your favorite Hallmark Christmas movies, just in time for nice D.C. sweater weather-- that is, mid 60s with just a tad of existentially-questioning-whether-it's-too-hot-for-a-scarf. Malls have already decorated handrails with disgustingly sparkly fake snow. Craft stores and department conglomerates have had their seasonal stock up since late August.

The leaves are yet to change on the trees of the Law School lawn, yet students are already sporting their ugliest of Christmas sweaters.

In the Pryz, students can use a winter-wonderland Starbucks snapchat filter that claims "It's that time!" It is, in fact, not that time, Starbucks.

The sophisticated and enlightened editorial staff of The Tower implores students to not peak too early in terms of their holiday celebration. There's still plenty of time for you to forget a present for your dad and run to the bookstore in time to buy him a different variation of the same Cardinal sweatshirt you've bought him every year. Hold off on the Christmas tunes; it reached 75 degrees this week and one editor has already heard Mariah Carey's "All I Want For Christmas Is You".

## Untitled

GUEST COMMENTARY  
Alex Huntley  
Class of 2019

What's the point of existence,  
When I'm pitted against the resistance?  
Mud sucks up to my knees;  
I slipped down the rabbit hole in a squeeze.  
Darkness crushed me under,  
Too far down to hear the thunder.  
Away from a three dimensional world,  
A new form of depth unfurled.  
It resonated from deep within,  
Somehow amplified from every shot of gin.  
Radiating from my soul,  
It was taking away all my control.  
I was stretched across the line,  
Bound down with twine.  
Which side is reality, which side is dream?  
How much louder can I scream?  
Deep within this void,  
I am far from overjoyed.  
Lost beneath the surface,  
I've lost all sense of purpose.  
Shovels transform into stars.  
They cut me open making new scars.  
Rivers dry to dust,  
My mind is covered in rust,  
With my thoughts on repeat,  
I accepted my defeat.

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## Pin the Tail on the Elitist Donkey

GUEST COMMENTARY

Duane Paul Murphy  
Class of 2019

The Democratic Party is becoming out of touch since the era of presidents Bill Clinton and Barack Obama as well as the recent presidential and general elections of last year in 2016.

The majority of Americans, according to statistical public opinion polling from sources that include the Pew Research Center and Gallup, are becoming more center-left progressive on a variety of issues such as tuition and debt free public higher education, getting big money out of our politics, universal medicare for all single payer healthcare system, raising the minimum wage towards a living wage indexed at inflation, LGBTQ rights, criminal justice reform, cannabis decriminalization and legalization for both medical and recreational purposes, labor rights, and mandated parental and medical leave.

However, it appears that the political party, the official political opposition, of the working and middle class as well as disenfranchised groups is starting to lose its touch with the grassroots base as well as the rest of the common electorate.

With the recent purge of progressive party officials who supported Vermont Senator Bernie Sanders for president and Minnesota Congressman Keith Ellison for DNC chairman, it shows that the power of the donors, lobbyists, and consultants are still in full force. In fact, some of the purged members, who have included people of color as well as a member of the LGBTQ community, have been replaced by registered lobbyists for big oil and right-wing NewsCorp media corporation.

When Donna Brazile recently revealed that the DNC was already preparing the nomination process in favor of Hillary Clinton for last year's presidential primaries, Massachusetts Senator Elizabeth Warren, who remained neutral

during the party's primary and later endorsed Hillary Rodham Clinton during the general election, told Jake Tapper on CNN that the Democratic primaries were rigged in favor of Clinton and against progressive candidates such as Bernie Sanders and Martin O'Malley, a CUA alumni.

If the Democratic Party continues to embrace the millionaire and billionaire classes as well as the upper middle class that promote centrist Third Way neoliberalism, they will start to lose relevance amongst the common populace. By embracing a more populist progressive agenda in the wake of dissatisfaction with the current economic system by the newer generations, registered Democrats and independent progressives will finally have a strong reason or motivation to turn out and vote.

We cannot continue allow the rich and powerful be in bed with our own government and political parties. Furthermore, the Democrats must start to embrace actual democracy by allowing open primaries, abolishing caucuses, abolishing delegates and superdelegates, allowing the party nominee to win with the popular vote, advocating for electoral reform policies, and ending party donations from the rich and big corporations. If the Democratic Party leadership embraces such a bold and radical agenda, the era of oligarchy, plutocracy, aristocracy, and kleptocracy will start to crumble like the fall of imperialist empires in the ancient and modern past. It is time to make the Democrats democratic once more or history is doomed to repeat itself. We need the Democrats to become more progressive and populist in a globalized world of mass inequality and liberalism as well as militarism and political oppression.

## ALCOHOLICS ANONYMOUS

AA MEETS ON  
THURSDAY AT 7:30 PM

CALDWELL HALL 331B

## Funny Cartoons and Comics



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## A &amp; E

## D.C.'s Looking for a 'Night Mayor'!

By: DANIELA SOL  
Tower Staff

D.C. has been recently tabbed as a city that goes too hard in the partying area and will be needing a bureaucratic position to better control it. According to *The Washington Post*, D.C. is in search of a "Night Mayor" that will be appointed by the mayor of D.C., Muriel Bowser. As a policy presented by D.C. council member Brandon T. Todd, this new government official would act as a liaison between government, community leaders and business owners to handle nightlife issues from the bars, restaurants, and other entertainment occurring in the District.

This is something that has been introduced due to the amount of growth in the opening of restaurants and bars in D.C. in the past years. The government has decided that, since it has expanded so much in this category, there must be a government position to monitor both the money that's being made from the industry as well as the tremendous impact it has had in the community.

According to the National Restaurant Association the

number of restaurants and bars that have opened in D.C. has increased by a whopping 30%. And according to the Bureau of Labor Statistics, the revenue from the industries will be about \$2 billion in sales in 2017. There were about 63,400 new job opening in 2017 and it is still bound to increase 6% by 2027.

According to *The Washington Post*, business owners are worried that this means more bureaucratic paperwork and more regulations when managing their businesses. But, the D.C. government has stated that this will not be the case. It will follow the goals of the newly-established Office of Nightlife in New York City which has only worked to preserve and help the folksy places that makes New York, New York. We're hoping it's the same case here in D.C.

Another reason why this new government project has been initiated is due to the ongoing gentrification that's been taking place in DC. It can be clearly seen here in our neighborhood, Brookland. New apartment building complexes,

restaurants, supermarkets, and other things have been changing CUA's neighborhood. The job of the Night Mayor would be to monitor this expansion and ensure that the citizens that inhabit the changing neighborhoods are happy with the new changes. Most importantly, the mayor would make sure the new places are quiet and do not disturb the neighborhood in a rowdy way.

*The Post* explained how the cabinet would consist of an executive at Events D.C., a member of the business community, someone employed in the cre-

ative industry, a member of the board of directors of a Business Improvement District and an administrator from a District-based college. For what is explained, this is a branch that will help the social life in D.C. expand and help the industry to be managed in a way that will positively impact everyone involved.

This new government branch will be discussed on a public hearing that will take place November 8th which will then have to work its way in the Committee of Government Operations.



COURTESY OF WASHINGTON.ORG

## The Increasingly Blurry Line Between Mixtape and Album

By: IAIN HIGGINS  
Tower Staff

Currently shaking the hip-hop world are two mixtapes, both surprises, released less than two weeks from each other. *Super Slimey*, a dual effort from Young Thug and Future, came guns blazing on October 20th of this year. More recently, 21 Savage, Offset (of Migos), and Metro Boomin' hit with hard, haunting vibes on October 30th's *Without Warning*.

All five artists are superstars of the Atlanta rap scene, and all five have risen to prominence in the past five years. It is worth noting that Metro Boomin, to clarify, is a producer and not a rapper. They are all undeniably part of the "New School" scene of hip-hop music. This means that they do things differently than the rappers who have been in the industry for a long time. These artists are known for breaking tradition, usually to great success and acclaim. Upon looking at

and listening to the two new releases, the question arises: what holds these mixtapes back from being albums? What is the difference? The tradition of the mixtape has, in the past few years, undeniably changed.

Rap's iconic "mixtape" has seen several iterations over the genre's four decade history, but today it is arguably in its most ambiguous state. Expensive beats and high profile features define the modern mixtape, which used to be a vehicle for lesser known emcees to advertise their talents over cheap or borrowed instrumentals. Albums have traditionally been the driving sales generators for major labels, pumping out singles and radio friendly hits. Though this still remains marginally true, every so often mixtapes come along that carry more weight than most albums. Drake's *If You're Reading This It's Too Late* is a prime example of

the kind of chart power a mixtape can have. So, though the difference between a mixtape and an album is somewhat defined—mixtapes are independent and albums are label releases—their traditional roles have definitely blurred.

Thanks to streaming sites like Spotify and SoundCloud, labels are simply not needed for artists to gain exposure. Social media presence is often a key factor in a young rapper's rise to prominence, (e.g., Lil Pump, XXXtentacion), and it has allowed artists to forgo the advertising that labels can provide. Thus the album has essentially become more obsolete in rap thanks to the myriad of outlets new up-and-coming artists have to feature their work. Though the tags of 'mixtape' and 'album' may never recede from the genre, the two have become equals to the ears of listeners.



Migos, Courtesy of Rolling Stone



Future and Young Thug, Courtesy of Pitchfork

Want to write for A&E?

Email Daniela Sol at [67sol@cua.edu](mailto:67sol@cua.edu)!



# SPORTS

## “The Curse is Broken” - Football Wins Fourth Game

By Jared Prenda  
Tower Staff

“The curse is broken.”

This is what starting sophomore offensive lineman Gabe O'Donnell said following CUA's 10-7 Homecoming victory over the Norwich Cadets for the team's fourth win of the year. This marks the first time in four seasons that the program has been able to surpass three wins on the year, with multiple conference victories in that stretch. The team now sits at 4-4 overall, and 2-3 in conference, bringing them to 4th place in the NEWMAC.

Despite this milestone for the program, head coach Mike Gutelius is not allowing his team to settle.

“I'm excited we got to four wins, but I told the team that's not what we aim for,” Gutelius said. “We always aim to go 1-0 each week. That's the way to get better. I understand their emotions that are tied to the 4th win but each year is a season with its own personality and challenges.”

The game was a defensive battle throughout, with neither team managing to find

the end zone in the first half. Catholic's defense was a force for the team, with five players recording double-digit tackles. Despite Norwich's domination in terms of time of possession, with 15 more minutes on offense, the staunch CUA defense only gave up one score and forced two turnovers.

Senior Nick Della Jacono led the team with 15 tackles and forced one fumble, which came in a key goal line stand late in the second quarter. Defensive end Pat Vidal, who earned his second D3football.com National Team of the Week award for his efforts, had 12 tackles on the day, three of which were for losses, and a sack. Classmates Luke Kern and Greg Mayer were also in the double digits for tackles.

The team got off to a slower start in the second half when they allowed an 11-play, 80-yard drive which ended in a 30-yard touchdown run for Norwich's only score of the game. Catholic was quick to respond, however, when they strung together a 10-play of its own which resulted in a 33-yard field goal from sophomore kicker Pearce Bartlett on

the following drive.

The two sides continued the stalemate until halfway through the fourth quarter. Following a 3-and-out forced by the defense and a botched punt from the Cadets (coupled with a 5-yard illegal formation penalty), the Cards got the ball on Norwich's 42-yard line. It only took four plays for the Birds to find the end zone. Quarterback Alejandro Ros hit two quick 7-yard completions, which set up a 27-yard rush from rookie Trey Carson to bring the team deep in the red zone. The following play, freshman tailback Pedro Garcia ran in the game's winning score, making the score 10-7.

The freshman corps of running backs carried most of the offensive load for the team. Garcia, Carson, and Chance LeGrand combined for 20 carries and 160 yards, as well as the team's sole touchdown. Ros went 15-of-25 passing for 154 yards, connecting with freshman Onani Moore five times for 32 yards and junior Andrew Lunarola three times for 55 yards.

The three rookies have

exceeded expectations since they took on their roles following injuries suffered by the upperclassmen who entered the year. LeGrand and Garcia have combined for over 500 yards on the year since joining junior back Nick Esposito, and showed no signs of slowing down thanks to the experienced lineman blocking for them. O'Donnell commented on it after the game.

“It's just all about trusting each other, and knowing the guy next to you will do his jobs,” O'Donnell said. “It's just communicating well, which is something we're working on every day.”

The Homecoming game brought out the largest num-

ber of spectators this season for the Birds, with over 2,700 students, families, alumni, and fans in the crowd. The Birds are flying high after the victory, but the always-wary Gutelius had this to say.

“I have always liked Bill Belichick's philosophy of 'on to'. Well we are 'on to' Merchant Marine.”

The team is taking to the road this week, as they travel to Kings Point, New York to face the Merchant Marine Academy. The Mariners are also 2-3 in conference, and 3-4 overall, but are second in the NEWMAC in total offense, forcing the Cardinals' defense to prove itself once again in the tilt.



COURTESY OF CUACARDINALS.COM

Freshman tailback Chance LeGrand cuts the corner. The rookie led the team in rushing yards with 70 yards on 10 carries.

## #11 Field Hockey Moves On to Landmark Championship

By Jared Prenda  
Tower Staff

The 11th ranked Catholic University field hockey team continued its dominant season as they move on to the Landmark Conference Finals. The Cards registered their 3rd straight shutout and 7th overall on the season following a 3-0 victory over the Blue Jays of Elizabethtown on Wednesday night at Cardinal Stadium. The playoff victory continued the team's 11 game winning streak which started September 23rd. The Birds are 15-2 on the season, and went a perfect 7-0 in Landmark play before entering the postseason.

The Cards wasted no time getting on the board, when they found the back of the cage in the 9th minute. The goal came off a penalty corner from senior Lizzie Ireland to classmate Rachel Day, who proceeded to feed freshman Meghan Shallow for the rookie's third goal of the year to give the Cardinals a 1-0 lead which would stand through the rest of the half.

The Birds expanded upon their lead only six minutes into the second, when Day

managed to scoop a loose ball off a rebound given up by the Elizabethtown keeper. She then lifted over the outstretched goalie for a 2-0 lead and completed a multipoint day.

Despite the efficiency shown by the offense, CUA's defenders were the stars of the shutout. Senior goalkeeper Sophia Hamilton made 6 saves in her 5th shutout of the season, and improved her record to 15-2. Classmate and multi-time Landmark Conference Defensive Player of the Week Kelly Cousoulis stood out for the Cards as well. Cousoulis made a key defensive save late in the game to help halt a growing Blue Jay attack, and aided the defense in limiting its opponents to only 2 penalty corners.

The final blow came late in the second half, when junior Hannah Schied sent an impressive cross in front of the goalie to sophomore Katie Anderson who sent a bullet of a one-timer for the final score of 3-0.

The Eagles of Juniata were the winners of the other semifinals matchup,

as they took down second seeded Scranton 2-1 in an overtime thriller. The teams have only faced off once this season in late September, where Catholic earned a strong 2-0 victory. Day, whose final stat line showed a goal and an assist, commented on the upcoming tilt.

“Our teams have a long history in postseason play, and it's always an intense game. The last time we saw this team in the conference championship was my freshman year,” Day said.

The Cardinals will host the Eagles for the conference finals at Cardinal Stadium this Saturday, November 4th at 2 PM. The last time these two teams met in the championships, CUA was ranked 7th in the country, but lost 1-0 in a double overtime thriller. The team looks for revenge and to win their 2nd Landmark title in three years, as well as guarantee its bid in this year's NCAA tournament.

When asked about the team's mental state in the upcoming clash, Day simply stated, “We're ready.”

## CUA Cardinals

Upcoming  
Events



Winter (Sports) is  
Coming

### Swim and Diving

Barton Sat., Nov. 4 1:00 PM

### Field Hockey

Juniata (Championships) Sat., Nov. 4 2:00 PM

### Football

at Merchant Marine Sat., Nov. 4 12:00 PM

## The Final Score

	Overall	Landmark
<b>Volleyball</b>		
Final Records:	16-19	1-5
<b>Men's Soccer</b>		
Final Records	7-7-5	4-4-1
<b>Women's Soccer</b>		
Final Records	10-7-1	4-3

CUACARDINALS.COM

Interested in Writing  
for Sports?  
Contact Jared Prenda  
email:  
prenda@cua.edu



COURTESY OF CUACARDINALS.COM

Senior Rachel Day prepares to take a shot. Day had a multipoint day in the Semifinals with a goal and an assist.

# THE REAR END

## GLOBE TROTTERS:

### ADJUSTING TO THE LIFE AND CULTURE OF PARIS

By Drew Richardson  
Class of 2019

Two years ago, I would not believe it if you told me that I would be living in Paris with a French family, speaking only French, drinking wine by the Eiffel Tower, meeting people from all over the world, and traveling all across Europe. Sure enough, here I am, doing all of those things. I have traveled to Zurich, Geneva, Munich, and for fall break I will be traveling to Zagreb, Split, Hvar (island off of the coast of Croatia), and Italian cities along the Adriatic. Zurich and Geneva were absolutely stunning but the craziest experience I had was when I traveled to Munich for Oktoberfest. It was a once in a lifetime experience that I will absolutely never forget.

Despite all of the fun I've had in the past couple months, it wasn't very much fun in the beginning. Prior to Paris, I was a horrible French student and didn't know anyone who was studying in the city. For the first week I had to meet new friends, try different food, research what to do for night life, figure out the metro, and attempt to communicate with my family. The most difficult part was communicating with my family for the first week because they spoke no English and made it clear that they wanted me to speak French. This turned out to be very good for me. When you don't have any other options but to speak

the native language, you learn much faster than you expect.

Along with learning the French language, I learned a lot about Paris that I hadn't known before. For instance, the cool thing to do at night is to get a group of people, buy some wine and chill on the Seine (the river that runs through Paris). Most people make the mistake of going to the Louvre in the day and paying 30 euros for a ticket when you can go for free on Thursday nights. When you go to a restaurant you need to ask for a "Carav D'eau" otherwise you'll get charged for water! Also, the Parisians aren't all that mean. They're actually really nice if you don't act like a stereotypical loud/aggressive American.

It's a very challenging experience studying abroad. You're no longer a tourist or a through back packer. You're there long after the tourists leave and you become a part of the city. You'll make a dozen mistakes along the way but it's those mistakes that mold you into a stronger and more mature person. Personally, I think everyone should study abroad. It's certainly not the cheapest option but it should not be considered as an expense. Consider it as an investment on your future.



COURTESY OF DREW RICHARDSON  
CUA students Drew Richardson, Matthew Schargel, and Gabe Haddad enjoy a night out in Paris, France.

### CUA GLOBE TROTTERS

Are you studying abroad right now and have a story or moment to share? Maybe you want to hear about your friends studying in a foreign country?

Submit a piece to Globe Trotters!

Email [jcassidy@cuatower.com](mailto:jcassidy@cuatower.com)

## ALCOHOLICS ANONYMOUS

AA MEETS ON THURSDAY AT 7:30 PM

CALDWELL HALL 331B

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