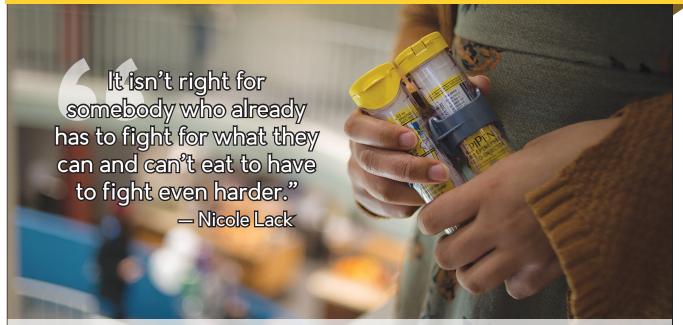
THE ITHACAN

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Reaction Time

Students with allergies struggle with dining hall experience



Many students at Ithaca College who suffer from food allergies complain of issues with the handling, labeling and availability of food in the dining halls. Some have had experiences resulting in a variety of allergic reactions, with a severe hospitalization. PHOTO ILLUSTRATION BY FERNANDO FERRAZ

BY FALYN STEMPLER STAFF WRITER

Junior Kris DiNardi's dinner plans for Dec. 6 did not turn out the way she had expected.

She watched as the chef at the vegan station in the Campus Center Dining Hall sprinkled an unidentified substance onto her taco. She asked what it was and said she was told it was peanuts, which she is not allergic to. But after taking one bite, DiNardi said, she knew that the taco was either spicier than expected or contained a type of tree nut, an allergen she is deathly allergic to.

As her throat began to swell up, she conferred with the chef and found that the taco contained both peanuts and cashews, a tree nut DiNardi knew she was particularly sensitive to. She said she immediately administered her own EpiPen, loaded with epinephrine, to slow down the reaction. DiNardi had the dining hall staff call the Office of Public Safety and Emergency Management, and officers took her to the Cayuga Medical Center emergency room, where she waited 45 minutes to be helped.

Many students at Ithaca College who suffer from food allergies complain the services at the dining halls are inadequate and in some cases are resulting in allergic reactions. Improper signage and labeling of food, improper cleaning resulting in cross-contamination and improper training of dining hall staff are the main complaints from those who struggle to find food that adheres to their dietary restrictions and disabilities.

DiNardi said she was worried because she wasn't

See ALLERGIES, Page 4

Public Safety warns union reps of legal action

BY GRACE ELLETSON NEWS EDITOR

The Ithaca College Office of Public Safety and Emergency Management has sent a letter to the college's contingent faculty unions warning of action up to "legal proceedings" if protests continue to occur at the entrance of the campus.

The letter, addressed to Chris Machanoff, the unions' Service Employees International Union representative, stated the contingent faculty rallies held Feb. 20 and 24 violated the College Rules for Maintenance of Public Order. The letter is signed by Public Safety Director Bill Kerry and comes on the heels of two bargaining sessions between the college administration and the unions.

"Failure to abide by these rules could result in a variety of actions up to and including legal proceedings," the letter stated.

The letter stated that in order to lawfully protest near the college's property, any picketing activity at the entrance of the college needs to remain outside of the college property; all entrances need to remain accessible and cannot be blocked; protests cannot interrupt teaching, guest lectures, research, disciplinary proceedings or free movement. It also stated that picketers can demonstrate at the Free Speech Rock if they give the Office of Campus Center and Event Services 24 hours' notice.

Kerry said the intent of the letter was not to restrict protesting at the college. He said that at the two rallies held by the unions Feb. 20 and 24, the demonstrators violated certain traffic and pedestrian safety laws - prompting the letter - but would not disclose which ones were violated.

a silent protest by the unions and IC Students for Labor Action will take place at 6 p.m. Thursday outside the Emerson Suites. At 6:30 p.m. the Ithaca College Board of Trustees will be holding a cocktail party celebrating the creation and implementation of IC 20/20. Burroughs said the board of trustees denied the union's request to meet with it to discuss bargaining issues because it felt those issues were best resolved through the bargaining process.

We want legitimate conversation with actual people," Burroughs said. "That's not a protest; that's dialogue."

The most recent bargaining sessions were held Feb. 21 and 24, where the administration gave the part-time faculty the largest compensation increase offer yet, but faculty members say it is still not enough to satisfy the unions.

During the negotiation sessions, the pressure was on to make progress in the wake of the union's strike authorization vote Feb. 14. The college's bargaining unit stated in an Intercom announcement that the administration offered a 14.3 percent raise to the part time-faculty union over the course of four years, which would raise the current three-credit course from a value of \$4,200 up to \$4,800 in the final year of the agreement.

As for the full-time contingent faculty union, its session was spent tentatively agreeing to 11 articles, all of which Rachel Kaufman, lecturer in the Department of Writing, said were verbally agreed upon over the summer, thus showing no progress.



Machanoff said he interpreted the letter as threatening to arrest demonstrators for protesting on campus. Brody Burroughs, lecturer in the Department of Art, said he

thought the letter was another tactic by the college to silence the unions. In the wake of the letter, Burroughs said

Brody Burroughs, lecturer in the Department of Art, said this is the most movement the part-timers have seen by the administration in their compensation proposal but still does not represent a path to pay parity. The part-time faculty rejected the 14 percent increase compensation proposal and countered it with one that would increase compensation by 43-50 percent over a five-year term, according to the administration's statement.

Burroughs said this range is misleading. He said

See UNION Page 4

Students and members of the Tompkins County Workers' Center rallied Feb. 24 for the second time this month in support of the contingent faculty unions at the college. FERNANDO FERRAZ/THE ITHACAN



AFRICAN LOVE

The annual Black History Month Concert on Feb. 25 honored thousands of years' worth of song and dance. Page 15



FINDING STRENGTH

Former Marine and music major combines a passion for fitness and teaching in his inner strength class. Page 23

TAMPON TAX

Women should have access free of cost to the necessary tampons and pads to take care of their menstrual cycle. Page 9

NATION & WORLD

Trump talks taxes and health care in his first joint session address

President Donald Trump gave Republican congressional leaders a roadmap as they try to push through a sweeping and divisive agenda on health care, taxes and more.

In his first address to a joint session of Congress, Trump said largely what GOP leaders were hoping to hear Feb. 28, staying on-message and talking in optimistic tones, even weighing in at one point to settle a brewing dispute over how to repeal and replace the Affordable Care Act.

House Speaker Paul Ryan declared the speech a "home run," pointing to Trump's embrace for the first time of tax credits — a central element in the Republican plan to replace former President Barack Obama's health care law.

Those tax credits have sparked conservative backlash, imperiling GOP efforts to get rid of "Obamacare" and put something in its place.

Plane crash in Calif. neighborhood kills 3 people and injures 2 more

Three people died and two were injured when a small plane carrying them home from a cheerleading competition crashed into two Southern California homes and sparked a major fire Feb. 27, authorities said.

A husband, wife and three teenagers were on the plane that had just taken off at 4:40 p.m. from Riverside Municipal Airport intending to return to San Jose after a cheerleading event at Disneyland when it crashed in the residential neighborhood, Riverside Fire Chief Michael Moore said.

One of the teenagers, a girl, was thrown from a back seat of the plane on impact but had only

minor injuries, Moore said. Three witnesses told TV stations she crawled from the home asking for help. She was able to talk to firefighters about what had happened as she was taken to Riverside Community Hospital, Moore said.

Russian investigators search leading journalist's apartment

Russia's top investigative agency searched the apartment of a prominent opposition journalist Feb. 28 in what Amnesty International said was a "deeply alarming" development.

Zoya Svetova wrote on her blog that investigators deceived her by saying they came to give her a summons and then elbowed their way into her Moscow apartment. The Investigative Committee said its workers searched the apartment as part of a probe into alleged fraud and money-laundering by exiled oil tycoon Mikhail Khodorkovsky.

Sergei Nikitin, director of Amnesty International Russia, said the search of Svetova's home "seems like a blatant attempt by the authorities to interfere with her legitimate work as a journalist and perhaps a warning for her and others of the risks of human rights work and independent journalism in Russia."

N. Korean diplomats in Malaysia seeking Kim Jong Nam's body

A high-level North Korean delegation arrived in Kuala Lumpur on Feb. 28 seeking the body of leader Kim Jong Un's half brother, the victim of a nerve-agent attack that many suspect the North itself of orchestrating.

The body of Kim Jong Nam, killed Feb. 13 at



Israel court ruling evicts West Bank settlers

Israeli police evict a settler from the West Bank settlement of Ofra on Feb. 28. Israeli forces began evacuating nine homes in the settlement following a Supreme Court decision that ruled they were built on private Palestinian land. Dozens of settlers and their supporters were protesting in the streets.

ODED BALILTY/ASSOCIATED PRESS

Kuala Lumpur's airport, is at the center of a heated diplomatic battle between North Korea and Malaysia. North Korea opposed Malaysian officials even conducting an autopsy, while Malaysia has resisted giving up the body without getting DNA samples and confirmation from next of kin.

No immediate ruling from judge on Dakota Access Pipeline

A federal judge says he will likely decide within a week whether to temporarily halt construction of the final section of the Dakota Access pipeline, which could be able to move oil within weeks. U.S. District Judge James Boasberg held a hearing Feb. 28 in a lawsuit brought by the Standing Rock and Cheyenne River Sioux tribes, but he didn't immediately rule.

The tribes want him to direct the Army Corps of Engineers to withdraw permission for Energy Transfer Partners to lay pipe under Lake Oahe.

The tribes say the pipeline threatens their right to practice their religion. The Corps and company say the claim is lacking.

SOURCE: ASSOCIATED PRESS



Interfashional Night

The IC International Club hosted a fashion show highlighting clothing from around the globe.

Celebrating Black Resilience

Black Lives Matter Ithaca held the Joy and Pain: Celebrating Black Resilience event at the Greater Ithaca Activities Center.

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SGC passes free-tampon proposal

BY RYAN KING STAFF WRITER

Ithaca College's Student Governance Council has passed a bill that proposes putting pads and tampons in every restroom on campus free of charge.

The Menstrual Products Bill, which was sponsored by Senator-at-Large Fatoumata Jallow and President Marieme Foote, passed 15-1 on Feb. 27, with three senators abstaining.

Currently, pads and tampons are available in most women's and gender-neutral restrooms on campus for 25 cents. The Menstrual Products Bill proposes to eliminate the 25-cent fee and make menstrual products available in every restroom on campus, including men's bathrooms, something Foote said she wants in order to be inclusive.

"Someone that identifies as a male and has female genitalia might want to access pads but might not feel comfortable having to go into the women's bathroom," she said.

In addition to being inclusive, the bill also aims to combat inequality at the college because "the cost of tampons and pads is a burden to low-income women," according to the bill.

'[It] is unfair and non inclusive that free condoms are offered but pads and tampons are charged at \$0.25 at Ithaca College, and this continues to reinforce period shaming where girls are not comfortable enough to carry pads around," according to the bill .

Although the SGC does not have the pow-

er to make this change by itself, it does have the abilon campus, specifically in the Office of Facilities, to implement its ideas. To do that, an amendment to the bill was added to create an ad hoc committee that will plan out the details of this proposal with the Office of Facilities.

Tim Carey, associate vice president for facilities, said he became aware of the bill March 1, and he is in the process of setting up a meeting with members of the SGC to more fully understand the vision of the bill.

'Facilities is a service-oriented and student-centered department, so we will work with the SGC to determine a path forward if possible," Carey said.

One of the details that will need to be worked out in the committee is the cost of implementing the proposal. The SGC - which can



From left, Senator-at-Large Fatoumata Jallow and President Marieme Foote proposed the Menstrual Products Bill, which passed at the Student Governance Council's Feb. 27 meeting. RYAN KING/THE ITHACAN

only fund student organizations on campus — is not allowed to use funds for this bill proposal. Instead, the Office of Facilities will likely be required to fund it, but there is currently no estimate of how much it will cost.

Senator-at-Large Lucas Veca, who opposed the bill, said he is concerned about the cost.

"I'm a little bit concerned with how much it's going to cost and the fact that they didn't

> he said. "The other thing was that I don't really see the reason to have these tampons and pads in male restrooms. To me, that really just seems like a waste of time and money."

Veca said he is not opposed to making tampons and pads free for women at the college.

Other details that the ad hoc committee will likely address is the choice of brands and sizes of the menstrual products that will be made available, as well as where they will be placed in bathrooms. During the discussion of the bill, Senator-at-Large Charlie Kane expressed concerns that students may feel uncomfortable being seen taking a pad or tampon from the sink countertop. Several senators also wanted the pads and tampons to be made available in other public places outside restrooms, such as

the Hammond Health Center.

If the college ends up implementing this policy, it would not be the first to do so. Last September, Brown University began the school year by supplying pads and tampons in all its restrooms on campus for free, as a result of a student-led effort. Brown University has a student population comparable to that of Ithaca College – 9,073 students as of Fall 2015, compared to 6,678 at the college – but those who led the effort would not comment on the cost, according to The Washington Post. The Menstrual Products Bill referenced Brown University as a model to follow. It also referenced similar legislation that New York City Mayor Bill De Blasio enacted a week ago, which made menstrual products available in city schools, homeless shelters and prisons for free.

Jallow said she believes the bill is important to pursue because it promotes women's rights, as she feels that menstrual products are a necessity, not a luxury. "Condoms are used for the male genitalia, and telling me that if condoms are free and that pads and tampons are priced at crazy amounts, then the male genitalia has more importance than something that I have no control over," she said. "[It suggests] that me needing pads is not as important as someone getting pleasure."

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Res Life considers program for sophomores

BY MATT RISTAINO STAFF WRITER

The Office of Residential Life is considering creating a sophomore residential program similar to the First-Year Residential Experience, the residential community program that is mandatory for all sophomore housing and ideas for what students would like to see in an FYRE-type program for second-year students.

Jacqueline Winslow, assistant director of residential education in Residential Life, said this program is just in the brainstorming

going to go in. We have a long ways to go to sort out the details.

The idea of a sophomore residential experience was a part of IC 20/20, the collegewide strategic vision approved in 2011, out of which came the FYRE and the ICC in 2013. Winslow said that up until now, the FYRE was Residential Life's top priority, but this past semester has seen the most brainstorming and attention given to the sophomore program. If a sophomore program does get created, it will not be until the 2018-19 school year at the earliest, Winslow said. This is because of the budget cycle. Residential Life would have to put in a request for money this coming October to create the program, and those funds would not go into effect until the following year. Winslow said that right now, there are two different ideas about how the program would look. The first would be a couple of buildings set aside for a sophomore residential experience, which students could opt into, and specific resources would be dedicated to those communities. The second would be an expansion of the current residential

learning community program. There are currently 10 residential learning communities that students can apply to join - such as the Organic Gardening & Cooking Community - and Winslow said they could expand the program by three or four more options.

College sees surge in cases of influenza

BY BEN KAPLAN STAFF WRITER

Ithaca College's widespread flu outbreak is on track to exceed numbers from last year.

So far, 148 students have been diagnosed with influenza or an influenza-like illness since the beginning of the fall semester, as of Feb. 27. Comparatively, 101 students were diagnosed in the 2015-16 academic year, said Vivian Lorenzo, physician and medical services director in the Center for Counseling, Health and Wellness at the Hammond Health Center.

The increase follows both a regional and national pattern. A report published by the Centers for Disease Control and Prevention

shows that 4.8 percent of the U.S. population sought treatment for influenza-like illnesses during the second full week of February, which is 3 percent higher than the average week. During that week, 24 percent of the almost 35,000 individuals tested for either type of influenza

saw eight students.



tested positively. Lorenzo stated in an email that this is the typical time of year for the flu to peak nationally and that New York is seeing a surge in reported cases statewide – a difference from last year, when the flu was not as active. Approximately 60 students with influenza-like illnesses were seen between Feb. 20 and Feb. 22, Lorenzo said. During the same week last year, she said, the Health Center

"We have been swamped here caring for students," Lorenzo said.

The New York State Department of Health has categorized the activity level of influenza in New York state as geographically widespread for nine consecutive weeks as of Feb. 18. A weekly report for New York, similar to the one published by the CDC, states that all but three counties reported having the highest level of viral activity with greater than or equal to 10 lab-confirmed cases of influenza per 100,000 people during the week ending Feb. 18. Central New York, in particular, has been hit hard, reporting close to 80 cases per 100,000 people that week.

David Evelyn, vice president for medical affairs at Cayuga Medical Center, said it is unusual for central New York to be so disproportionately affected by the flu.

"It is really just spectacular almost, the difference between us and the rest of the state," Evelyn said. "Not only is central New York sky-high in terms of cases based on population; the statistics show that central New York is close to twice as high as the rest of the state."

As to why the region is facing such a spike, there is no consensus. Lorenzo said flu season depends on the severity of the circulating strain and how similar the strain is to flu viruses that have circulated recently. Evelyn said it is difficult to pin

ity to encourage officials It is unfair and non inclusive have this information," that free condoms are offered but pads and tampons are charged at \$0.25 at Ithaca College." – Menstrual Products Bill

incoming freshmen.

The office hosted focus groups Feb. 20 and 21 to collect student feedback on current

stage right now and that nothing is established. "It's just so new," Winslow said.

"We don't know what direction it's



Residence Director Darnell Thompson and Christopher DiNapoli brainstorm on a second-year FYRE-type program at a focus session. FERNANDO FERRAZ/THE ITHACAN She said some of the possible additions that students have shown interest in are LGBTQ and allies, African diaspora and women in leadership communities.

Some of the students who spoke at a focus group last week said they would be interested in a sophomore residential experience if it were offered.

"It gives people the opportunity to expand their social networks with people who are in similar situations," sophomore Danielle Tull said.

Sophomore Christopher Di-Napoli also said he would be in favor of creating a sophomore residential program as long as it is not as limiting as the FYRE.

Winslow said the sophomore program would not be mandatory.

CONNECT WITH MATT RISTAINO MRISTAINO@ITHACA,EDU @MRISTAIN011 the rise on one particular aspect.

Evelyn said every March, the Centers for Disease Control predicts the strain of flu that will circulate for the next year, and a vaccine is developed to be distributed in the following September. He said that sometimes the CDC's prediction is not accurate, but this year it appears the vaccine matches the strain going around.

"The preliminary information that I had was that there was a good match with the strains that are circulating, but we don't really know because even within the match there can be ... variations," Evelvn said.

Lorenzo said the best way to prevent getting the flu is to get the flu vaccine. So far this season, the college has administered flu vaccines to over 1,120 students and 500 faculty and staff members.

Evelyn said he agreed and that besides the vaccine, the best way to prevent the spread of the virus is through proper hygiene and common sense. Lorenzo's advice is to wash hands frequently, get plenty of sleep and avoid close contact with individuals who are ill.

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UNION, from Page 1

the part time-faculty union is asking for a 42-43 percent increase over five years, which would give it pay parity to the lowest-paid full-time contingent faculty member, who makes around \$48,000 a year, but at half-time, which would be about \$24,000. He said the administration might have broadened the range because the union is also asking for raises as a part-time faculty member gains seniority by working at the college for a certain number of years.

"This structure is an attempt to say, Well, we're committed to this idea because it's modeled around fairness," Burroughs said.

As for the full-time contingent faculty union, Megan Graham, assistant professor in the Department of Writing, said she does not feel progress was made in the union's most important goal: expanding job security. She said the administration gave the union a proposal that would allow contingent faculty members on one-year contracts to face three options at the end of a three-year period: One, their department can review their performance and offer them another one-year contract; two, the college can open up a non-tenure track position and give the contingent faculty member a guaranteed interview for the position; or three, the faculty member could not be rehired.

"It doesn't actually create job stability," Graham said. "It would actually create a situation of insecurity." Graham said the union would prefer



Both the part- and full-time contingent faculty unions have been negotiating with the administration since 2015 to create a contract. The part-time faculty has tentatively achieved one of its goals of establishing longer-term contracts but is still negotiating the issue of raising compensation.

that at the end of a three-year period, as long as faculty members have positive evaluations - which are currently not required for one-year contract faculty members but which the unions want to establish - they should automatically be rehired in a longer-term contract as long as there is still a need for the class.

The college's bargaining committee stated that negotiation sessions have been scheduled for March 8, 10 and 15 for both bargaining units, but both Burroughs and Kaufman said this is not true. Burroughs said the unions have not decided if they want to come back to the bargaining table.

Dave Maley, senior associate director for media and community relations, stated in an email that the three bargaining dates were confirmed at the Feb. 24 contract negotiation session with the union.

He stated the statement issued to the community Feb. 24 accurately represented the future bargaining sessions; however, by Feb. 26, there was an issue with the confirmation of dates.

"With the continued assistance of a neutral federal mediator, the college believes that further negotiations will help the college and the union reach final contract agreements," Maley stated.

But Burroughs said progress has been painfully slow.

FERNANDO FERRAZ/THE ITHACAN

"We have spent so much time in that room doing nothing," Burroughs said.

Burroughs said other actions are being discussed to further pressure the administration to meet their demands and that a strike is not off the table.

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ALLERGIES, from Page 1

sure if she would have a mild or severe reaction, and if she had gone into anaphylactic shock, she knew that she could have died.

"I'm just upset because I am like, 'I don't know if I am going to die," DiNardi said.

She said her reaction made her throat burn; she was heavily coughing and was limping because of the EpiPen shot into her thigh. She had to get prescription steroid medication to reduce inflammation of her throat, and her immune system was weakened. She also said her poor health conditions affected how she did on her final exams in the fall.

The college labels food that contains the seven common allergens - milk, egg, soy, peanut, tree nut, fish, shellfish and wheat - according to the Ithaca College Dining Services website. Under the Health Insurance Portability and Accountability Act of 1996, the college cannot freely share information about students' allergies, said Jeff Scott, director of Dining Services. Students must contact dining services to make their allergies known and are encouraged to meet with executive chef JJ Molina and dietitian Natalie Nicholas, Scott said. Molina and Nicholas declined to comment.

A food allergy is considered a disability under Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act.

After the reaction occurred, DiNardi said, she

on-site training twice a year, Scott said.

David Prunty, executive director of auxiliary services, said via email that allergic reactions are very concerning to dining services and that whenever one occurs, dining services staff is required to report it. He said he has only heard of one reported incident this semester.

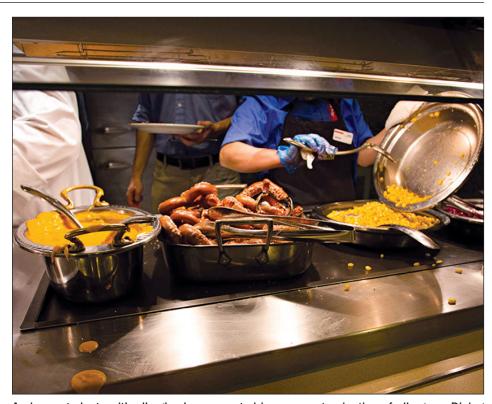
"Whenever allegations of allergic reactions are made an immediate investigation is conducted, and if found to be true, immediate action is taken to respond to the incident and any staff member who might have caused the incident," Prunty said.

Allergen-free food options are offered in all three dining halls: Simple Servings at Terrace Dining Hall, with no milk, eggs, wheat, soy, shellfish, peanuts, tree nuts or gluten; and My Zone at Towers Dining Hall and Campus Center Dining Hall, with no gluten and nuts.

DiNardi said Dining Services has taken action on some of the things she demanded, like proper signage, but there are other issues that have not been properly addressed, such as more dessert options that contain no allergens.

"They are obviously listening to my concerns, which I am very happy about, but there are some things I wish could be sped up," she said.

With a less common and severe allergy - citrus - freshman Nicole Lack said she struggles to find food that adheres to her vegetarian diet because often, vegetables are doused in lemon and citrus zest.



An issue students with allergies have reported is cross-contamination of allergens. Dining Services staff members are required to undergo training, including safe food handling.

said she has had nonsevere allergic reactions be- went to the Hammond Health Center and was cause the silverware was not properly cleaned. sent to the hospital despite her insisting it was

NATALIE SHANKLIN/THE ITHACAN

met with Danine Chaires, operations director of Dining Services, someone she was in contact with before the incident. She said she told Chaires about the allergic reaction and asked that a policy be put in place wherein all food served in the dining halls must have both its nutritional and allergen information available and that staff members should be trained in emergency situations and in cross-contamination. She also asked they be trained in different types of nuts because in the past, she said, the dining halls did not distinguish between tree nuts and peanuts.

Scott said if students complain to dining services about improper signage or their specific allergy that it will be addressed, but did not say if the policies DiNardi wants implemented would be taken into consideration. Chaires said she cannot disclose the information she discussed with DiNardi.

Managers, chefs, supervisors and lead culinary staff are required to complete a few courses and exams to ensure they are properly trained. These includes Servsafe training and certification, which covers safe food handling, including food allergies; Aller Train certification, focusing on safe practices regarding food allergies; and

"It's really hard with the open buffet style," Lack said. "The cards have the common allergens like soy, wheat, gluten, peanuts. So I always have to ask the servers, and they don't know."

Lack said she has also had allergic reactions due to cross-contamination of ice cream in the dining halls. She has broken out in rashes accompanied by hives all over her body for about three days, having to take Benadryl to sooth itching and redness. She said she has brought this issue up with the dining hall service staff before and suggested it make an allergen-free scooper for ice cream.

"It isn't right for somebody who already has to fight for what they can and can't eat to have to fight even harder, especially on a college campus when most people don't have the resources to go out and buy their own food," Lack said. "Hopefully, Sodexo will see this and fix their act up because this is ridiculous."

This was also an issue for sophomore Alexa Dargis, who said she had a nonsevere allergic reaction when the ice cream scooper mixed with peanut butter ice cream at Terrace Dining Hall. At the deli station in the Campus Center, even when she makes her own sandwiches, she As a result, she applied for housing in a Garden Apartment her sophomore year so she could cook her own food.

"I couldn't trust that the dining hall food wasn't cross-contaminated," Dargis said. "It's crazy the lack of cleanliness that there is."

Freshman Ali Curcio, similar to Lack, said she struggles to find food as a vegetarian with a more obscure ginger allergy. She said the Bite app, an app that has information about what food will be at the college's dining halls for every meal, is often wrong about the food available in a given dining hall, which is frustrating.

The menu items for each dining hall on a weekly cycle are labeled with allergen information on the Ithaca College Sodexo menu website and on the Bite app.

Freshman Mikayla Caruso said she thinks there needs to be better labeling of food and a better cleaning process to avoid cross-contamination. She said she has suffered from two allergic reactions because her food was cross-contaminated with sesame, which she is allergic to. Both times, she said, she got hives, and her throat swelled up. One time, she administered her own EpiPen, and the other time, she

not necessary. She said her family got an expensive bill for the ambulance that was paid by her own insurance. She said she knows at least 10 other students with a sesame allergy on campus.

"I don't need for it to be taken out of the dining hall or anything, but labeling is the only thing they really need," Caruso said.

A freshman Sodexo worker who works at both Campus Center and Terrace dining halls said the dining hall staff is not trained about the food and is told to direct any students who ask questions about food to the chef. The student did not want to be identified for fear of losing their job. They said that occasionally, people ask if the food contains an allergen or if it is vegan, and they have noticed that sometimes the signs are not correct.

Scott said students with food allergies need to speak up so the college can assist them.

"If a student feels that Dining Services cannot accommodate their dietary needs due to a medical condition, the student is encouraged to apply for dietary accommodation or a meal plan exemption," Scott said.

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Speaker discusses intersectional activism

BY FALYN STEMPLER STAFF WRITER

Activist Jewel Cadet was immediately drawn to the Women's March on Washington after finding the event on Facebook. But the potential lack of diversity at the march worried her.

She decided to organize a bus for people of color and people of the lesbian, gay, bisexual, transgender and queer community to attend the Women's March in Washington, D.C., and ensure it was inclusive.

"An activist is a person who sees what is wrong in the world and actively does something to fight it," Cadet told an audience gathered Feb. 23 in the Emerson Suites. "It's something you do continually, 24/7."

The Office of Student Engagement and Multicultural Affairs hosted Cadet — New York City chapter cochair of Black Youth Project 100 and program manager of youth and community empowerment for the Center for Anti-Violence Education — to discuss the roles intersectionality and privilege play in the realm of activism. Cadet's bus successfully transported 55 people, including homeless people, people of color and people of the LGBTQ community, to the Women's March for free.

RahK Lash, assistant director for multicultural affairs, said he invited Cadet on behalf of OSEMA because he was intrigued by her activism, which he saw on Facebook, during the Women's March in D.C. It was a question- and discussion-based event led by Lash with senior Taranjit Bhatti and junior Anissa Ash, who asked Cadet questions, along with the audience.

The conversation centered on the intersectionality of the Women's Marches following President Donald Trump's inauguration. Approximately 30 people, predominantly women, attended



From left, senior Taranjit Bhatti, junior Anissa Ash and activist Jewel Cadet discuss the Women's March on Washington and intersectionality in activism. The discussion took place Feb. 23 in the Emerson Suites and was organized by the Office of Student Engagement and Multicultural Affairs. ANDREW TREVES/THE ITHACAN

the discussion event.

Cadet said her experience as a queer African-American woman whose parents emigrated from Haiti and as a sexual abuse and assault survivor greatly impacted who she is and why she participates in political activism. She said attending an all-female and mainly white college, Bay Path College — now Bay Path University, made her question if she belonged in that community and helped her shape the definition of what activism is and should be.

"How can I be black in this institution that wasn't really made for me?" Cadet said.

Cadet said she noticed a lack of inclusivity of the transgender community because of cisgender-oriented language used at the Women's March. The Gay & Lesbian Alliance Against Defamation defines transgender as "an umbrella term for people whose gender identity and/or gender expression differs from what is typically associated with the sex they were assigned at birth."

Some students who attended the event said there was also a lack of racial intersectionality at the Women's March on Ithaca on Jan. 21.

Junior Shelby Buche said she felt empowered by the Ithaca march because of the message it sent about demanding rights for all women but that she was very conscious of the fact that it was attended by predominantly white women. This made her uneasy, she said, because of her connection to the LGBTQ community, which is racially diverse.

"It was very white," Buche said. "It was uncomfortable that it was very white for me."

The population of the City of Ithaca is 73.97 percent white.

Another topic of discussion was how to be an ally in an activist environment. The purpose of being an ally, Cadet said, is to stand by, but not speak for or over those who are struggling. She said an activist, in addition, should fight for issues that do not pertain directly to them.

Bhatti said he is worried that his

content because just talking about inequalities and injustices is not always enough. "Am I just talking about gender

activism often leaves him feeling dis-

'Am I just talking about gender equality and sexual equality?" Bhatti said. "Or am I doing something about it? That's where my discontent comes from."

Cadet said intersectionality is of utmost importance when participating in activism to unify the oppressed.

"You always must bring intersectionality to the table, or it's not activism," Cadet said.

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DIIS combats suspicious email outbreak

BY SAM HAUT STAFF WRITER

The Ithaca College Office of Digital Instruction and Information Services has fielded a relatively unsophisticated phishing scam that resulted in the largest number of compromised email accounts it has seen.

On Feb. 1, DIIS received forwarded emails from students and faculty that looked suspicious, asking users to verify their accounts by clicking a link.

The suspicious nature of these emails prompted DIIS to send an Intercom alert about email phishing to warn users at the college about suspicious emails. DIIS then used the campus firewall to block traffic to the website to which the link in the suspicious emails directed users. Phishing emails try to steal passwords and other sensitive information from users, such as credit card and social security numbers, by fooling people into providing their information. Jason Youngers, director and information security officer for DIIS, said that after taking these precautions, DIIS received alerts from Microsoft on Feb. 2 that nine college accounts and then Feb. 7 that five more college accounts - were sending spam from their Office365 email accounts. DIIS then changed the passwords on these accounts and contacted each account holder to reset their passwords. The email that was sent out to college users stated in the body of the email, "Verify you Ithaca Account HERE." Mark Maunder, chief executive officer at Wordfence, a website that specializes in cyber security, said the spelling error in the email provides some clue as to who sent the emails.



Reception to celebrate IC 20/20

BY SOPHIA ADAMUCCI ASSISTANT NEWS EDITOR

The Ithaca College Board of Trustees is hosting a celebration to acknowledge the conclusion of IC 20/20, which was terminated early, on March 2 in the Emerson Suites.

The plan was approved by the board of trustees in 2011 and was originally slated to conclude in 2020. It was announced in Fall 2016 that the plan would conclude almost four years early, in Spring 2017, to allow the

"I think that the only thing that indicates is that it's someone who's not a native English speaker," Maunder said. "That's the only thing you can reliably tell from that."

Youngers said the Microsoft notification's

Throughout the past month, DIIS has been dealing with a large-scale unsophisticated phishing attack on Ithaca College email addresses, which compromised some accounts. MAXINE HANSFORD/THE ITHACAN

proximity to the phishing emails probably was not a coincidence and the accounts that were sending spam were doing so as a result of the users' falling for the phishing email.

"Because of the timing, it seems most likely that these email accounts were compromised in the phishing attack," Youngers said. "Of the 14 accounts, 12 were students, one was a retiree and one was an IC affiliate."

Youngers said that while this number of phishing emails has occurred before, the number of compromised accounts has not.

"We have occasionally had email accounts compromised and used to send spam, but I am not aware of a cluster this large," Youngers said.

He said he is not aware of where these emails originated from and does not believe that any information was taken besides the now-changed email account passwords. He also said he does not know for certain where the attacker obtained the email accounts. Maunder said for this phishing attack, a reason for the emails could be for monetary gain, and some email accounts are more susceptible than others.

"It might be as simple as there's some financial incentive for them where, if they can compromise the accounts they go after, they can access a student loan system that allows them to transfer funds," Maunder said. "Any service where you don't have two-factor authentication enabled, they would be able to compromise that by having access to your email accounts."

Freshman Matias Weilmann said he received one of these emails and didn't open it because it looked suspicious. However, just receiving the email was not what worried him the most.

"I'm wondering how they got my address in the first place," Weilmann said.

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incoming president the opportunity to create their own strategic plan.

According to the invitation for the event, the party will have a cocktail reception "featuring programs that illustrate the many aspects of IC 20/20 and how the initiative enhanced the student experience," along with a dinner where those who worked on the plan will be honored by the board of trustees and Rochon.

Tom Grape, chair of the board of trustees, wrote in an email statement that the reception will focus on recognizing three areas of the plan: integrative learning, the Center for Faculty Excellence and civic engagement.

Several facets of the IC 20/20 have come under criticism. As *The Ithacan* has previously reported, the Honors Program has extended to an all-college program but has dealt with issues of lack of administrative of support. The Office of Civic Engagement was established but has also dealt with staffing and support issues. A global learning center was established in New York City with ICNYC; however, a China campus was never created.

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New senator initiates surge in SGC bills

The Ithaca College Student Governance Council has shown a significant uptick in legislation since last semester. The driving force behind this is Class of 2018 Senator Conor Friend. In the first four weeks of this semester — his first on the SGC — Friend has either sponsored or co-sponsored all four bills the SGC passed.

In addition to serving on the SGC, Friend also has many other college commitments. He is currently the college's Reserve Officers' Training Corps first sergeant for Alpha Company, a Model U.N. delegate and a politics and economics double major, and he has an 18-credit course load this semester.

Staff Writer Ryan King spoke with Friend about his productivity this semester and how he is able to balance all of his obligations at the college.

This article has been edited for length and clarity.

Ryan King: What do you think about student government in general — do you like the process? And does the SGC have enough power?

Conor Friend: The process is good — it's different than other policy-focused groups that I have been a part of, but it's a good process. It gets the job done. As far as the power goes, I'm not really sure how much more power it could have because, ultimately, it's just a student body. If it decides to continue to work closely in conjunction with the administration and the faculty on campus, then it's really up to the senators and the e-board to decide how much power and influence that it will have.

RK: What motivated you to produce all this legislation this semester, and is there more to come?

CF: Last semester, since it was my first semester being a senator, I was just feeling out how the whole process works and getting to be familiar with the Allocations Handbook because I dedicate a decent amount of time to [that committee]. And so now ... after having understood and having become pretty familiar with [the legislative process, this semester] is

healthu



Conor Friend, Class of 2018 senator for the Student Governance Council, has helped push through four bills in the first four weeks of the semester, an increase from the past semester. FERNANDO FERRAZ/THE ITHACAN

going to be more about making positive changes to the allocations process. Because after all, we provide students with money to do what students want to do, and they should be able to completely understand the process. As it stands, the Allocations Handbook just barely does that, and I think it could be improved upon greatly.

RK: As a senator, how difficult is it to come up

with legislative ideas, and how do you do it?

CF: I guess it depends on how involved senators choose to be. The more involved the senator is, the more likely they'll be able to comprehend an issue on campus and propose a resolution to that issue. For me ... just being on the committee when things come up that the handbook doesn't provide guidance for or is very vague and unclear — that's when I know that there needs to be a change. I'll propose that change to [the] Allocations Committee, and if we deem that's a good change, then we'll bring it to the Senate, and the Senate will do what it will.

RK: What is your favorite and least favorite part of the SGC, and how do you think it could be better?

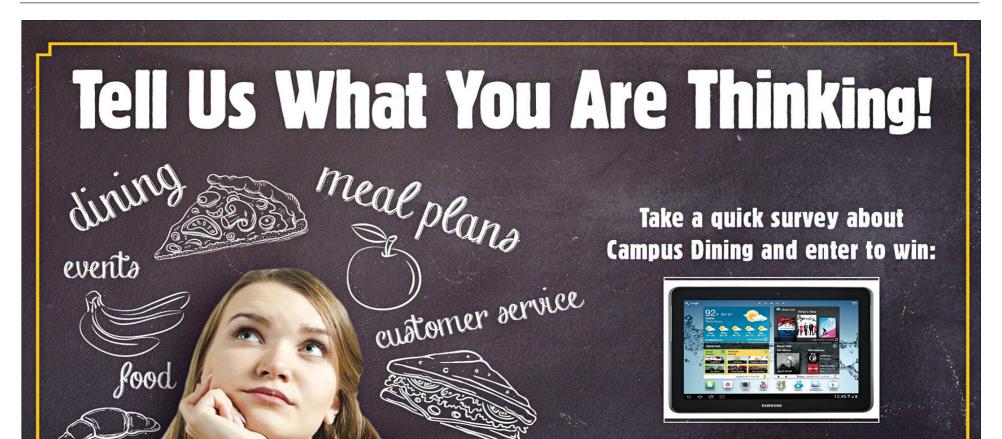
CF: My favorite part is SGC's ability to effectively work with people across campus and to push administration, and various people working for them, to be better and to better what the school provides for students. What I would like to see more from SGC is senators' involvement in actually trying to put together bills. Because to be as blunt as I can be, senators don't do enough.

RK: How do you manage your time?

CF: I don't even know. I couldn't tell you. I guess there's always time for things that I need to do, and if that requires me taking up most of my weekends to get work done, then that's what needs to be done. During the week, it's not easy to find all the time to get every-thing done. So I really need to delegate my time to what I see being most important for the next day and the next couple days, and I'll do that first. And the things that are less important, I'll do last, or I'll try to get by without having to get [those things] done, and then I'll get that done over the weekend or something.

RK: What are your goals in the future?

CF: For now, I am very focused on doing as well as I possibly can in the military. I'll commission as a second lieutenant upon graduation, and I am going to have to lead young men and women into some stressful situations. So right now, focusing on doing the best I can for them is my No. 1 priority. But I think [my] long[-term] goal would be to definitely run for office and to serve for as many people as I can and to be a voice for them. That's definitely the ultimate goal.



SAMSUNG GALAXY TABLET

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Survey runs 2/20/17 — 3/8/17

COLLEGE

Changes in place for Fall 2017 class registration processes

Ithaca College has made changes to Fall 2017 registration, which begins April 4.

In an effort to ease the stress and anticipation during the initial week of registration, time tickets will be expanded over two weeks.

According to a message on Intercom, the hope is this will give students more time to meet with advisers and departments, along with more flexibility to manage enrollment and course demand and will allow for a more efficient review of override requests.

All time tickets will also be moved outside of regular class meeting times. The new times will be 7:30 a.m. and 12:15 p.m. Students will still be randomly assigned to a time. The Office of the Registrar and deans' offices in each school will be open at 7:30 a.m. on registration days to assist students.

The Fall 2017 course schedule will be available for viewing March 14, and time ticket information will be available on HomerConnect after noon March 20.

School of Business staff member dies after five years of service

Doug Elias, information technology specialist in the School of Business for over five years, has died at age 64.

He served as a part of the finance department through his oversight of the systems in the Trading Room. He also maintained the software used for Excel training and the Excel certification exam taken by all business students. Most recently, he became a faculty colleague in the management department as an instructor of business analytics.

Abraham Mulugetta, Dana professor of finance and international business and founder of the Trading Room, said Elias put in tireless efforts to keep the Trading Room in working order. William Tastle, chair of the management department, said Elias was someone who took to a task with zeal.

In keeping with Elias' wishes, there will not be a formal funeral service. Those who knew Elias are encouraged to raise a glass in a toast to remember him.

Ithaca College included on list of highest Fulbright producers

A recent article published by the Chronicle of Higher Education on Feb. 19 lists Ithaca College as one of eight "Master's Institutions" noted as top producers of Fulbright scholars and students for 2016-17.

This distinction is of particular significance for the School of Humanities and Sciences, as two of the three students awarded Fulbrights for research during the 2016–17 academic year are recent H&S graduates. Jaime Lisack '16 received her Fulbright grant to study cell development in the Rufolf Virchow Center at the University of Würzburg, Germany, while Erika Bucior '16 received her Fulbright to study an invasive plant species in Trinidad and Tobago.

Additionally, Donathan Brown, associate professor in the Department of Communication Studies, was recently presented a Fulbright U.S. Scholar Award to teach race and American politics during Spring 2017 at the University of Maribor in Slovenia.

CSCRE to host panelist event about social justice for youth

As part of the #Imminentgeneration series, the Center for the Study of Culture, Race and Ethnicity will be hosting the second spring discussion series event, "Acting Locally: Organizing from the Perspective of Generation Z."

The event will feature a panel of local Generation Z youth activists and organizers, who will discuss and answer questions about their social justice work.

The event will take place at 6 p.m. March 2 in Klingenstein Lounge on the second floor of the Campus Center.

Areas covered will include issues related to food justice, youth incarceration and environmental justice.

The panelists will be discussing what is most important to them and what the roles and responsibilities are to the members of the imminent generation.

IC graduate receives fellowship to Sundance Institute program

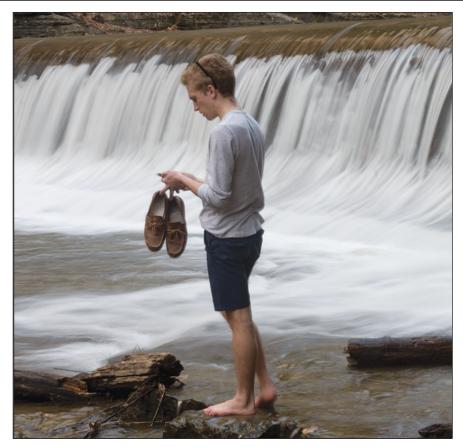
Documentary filmmaker Leah Galant '15 attended the 2017 Sundance Film Festival as one of the Sundance Institute's Ignite fellows.

The Sundance Ignite program provides 15 fellows ages 18-24 with an exclusive ticket package to attend the Sundance Film Festival, as well as a yearlong Sundance Institute experience to provide artistic and professional development, mentorship and industry

exposure for young filmmakers.

Galant attended the festival from Jan. 19 to 29 in Park City, Utah. She viewed film screenings and panel discussions on topics such as film distribution and using film for social responsibility. She and the other fellows also spoke with directors following some of the screenings.

The remainder of the Ignite program will be tailored to Galant's individual interests as a documentary filmmaker. She'll have opportunities to attend other festivals, apply for internships and participate in filmmaking labs at the Sundance Institute.



Spring fever hits Ithaca with warm weather

Sophomore John Bracken hikes Feb. 23 to Second Dam, a popular spot located a little over a mile from Ithaca College. Bracken and other students spent the end of last week doing outdoor activities as Ithaca experienced spring-like weather, with temperatures hitting almost 70 degrees at the start of the weekend.

CONNOR LANGE/THE ITHACAN

Public Safety Incident Log

FEBRUARY 13

UNLICENSED OPERATION

LOCATION: Grant Egbert Blvd. SUMMARY: Caller reported two-car property damage motor vehicle accident. Officer issued one operator a uniform traffic ticket for the Ithaca Town Court for aggravated unlicensed operation. Sergeant Ron Hart.

UNLAWFUL POSSESSION LOCATION: Emerson Hall

Officer determined person had a nose bleed yesterday and went to health center. Officer filed a service request with facilities.

SCC DRUG VIOLATIONS

LOCATION: Hilliard Hall SUMMARY: Caller reported odor of marijuana. Officer judicially referred one person for violation of drug policy. Patrol Officer John Tagliavento.

FEBRUARY 16

center reported two people fled from cab without paying fare. Patrol Officer John Tagliavento.

THEFT OF SERVICE

LOCATION: Lower Quad SUMMARY: Caller reported person unwilling to pay cab fare. Upon officer's arrival, person paid fare but refused to show officer ID. Officer judicially referred one person for theft of service and failure to comply. Master Patrol Officer Waylon DeGraw.

SELECTED ENTRIES FROM FEBRUARY 13 TO FEBRUARY 19



SUMMARY: Caller reported odor of marijuana. Officer judicially referred two people for unlawful possession of marijuana. Patrol Officer John Tagliavento.

FEBRUARY 14

CRIMINAL TAMPERING

LOCATION: Circle Lot 8 SUMMARY: Person reported unknown person threw eggs at vehicle. Patrol Officer Dylan Hardesty.

SAFETY HAZARD ENVIRONMENTAL

LOCATION: Academic Quad SUMMARY: Caller reported tractor leaked hydraulic fluid. Spill area cleaned. Fire and Building Safety Coordinator Charlie Sherman.

FEBRUARY 15

SUSPICIOUS CIRCUMSTANCE

LOCATION: East Tower SUMMARY: Caller reported blood.

MEDICAL ASSISTANCE

LOCATION: Center for Health Sciences SUMMARY: Caller reported person feeling extremely dizzy, ringing in their ears and blurred vision. Person transported to hospital by ambulance. Sergeant Ron Hart.

FEBRUARY 17

IRRESPONSIBLE USE

LOCATION: J-Lot

SUMMARY: Caller reported intoxicated person. Person taken into custody under mental hygiene law, transported to the hospital and referred judicially for irresponsible use of alcohol. Master Patrol Officer Waylon DeGraw.

FEBRUARY 18

SUMMARY: Tompkins county 911

ASSIST TCSO LOCATION: Coddington Road

FEBRUARY 19

CRIMINAL MISCHIEF

LOCATION: Coddington Road SUMMARY: Person reported people shaking walkway light. Investigation pending. Master Patrol Officer Chris Teribury.

MEDICAL ASSISTANCE

LOCATION: Terrace 12

SUMMARY: Caller reported person with back pain and fever. Person transported to hospital. Master Patrol Officer Robert Jones.

For the complete safety log,

go to www.theithacan.org/news.

KEY

SCC - Student conduct code V&T - Vehicle and Transportation

TCSO - Tompkins County

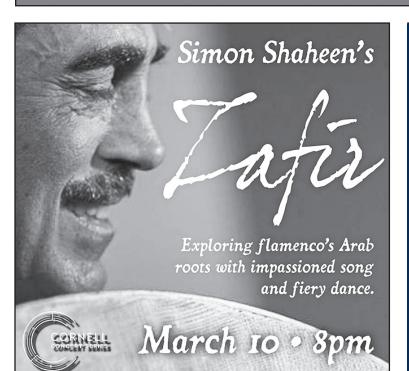
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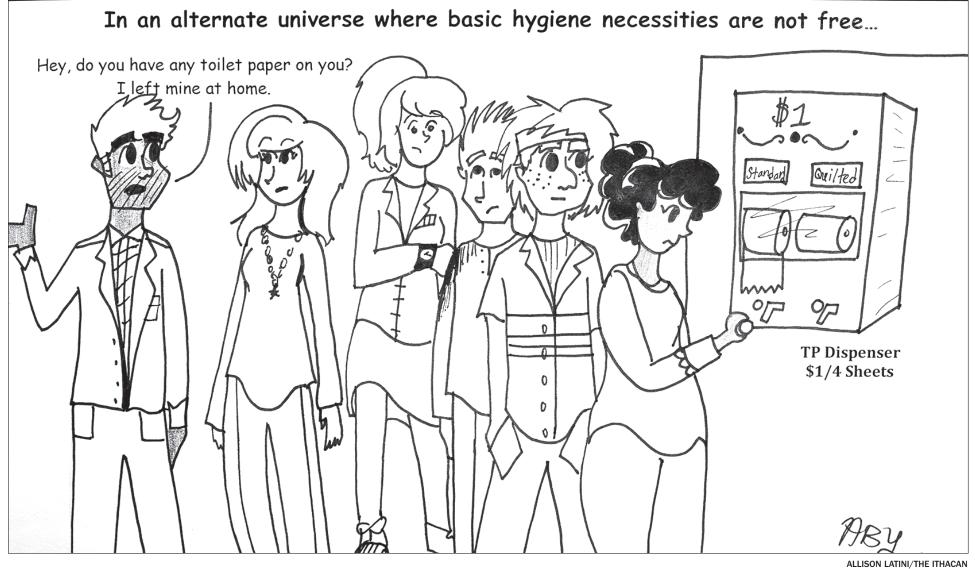


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EDITORIALS

Women deserve access to menstrual products

about \$7,000 in her lifetime on items unique to her sex, and it's not a choice. It's biological.

Despite the monthly nature of a woman's menstrual cycle - and the burdens that accompany it – women are still expected to endure a financial cost to take care of their periods. In recent years, more cities and states have taken steps to make menstrual hygiene products more affordable or free to women. The Student Governance Council has recognized this burden in its passing of a bill proposing tampons and pads be available free of cost to women in bathrooms across campus.

This bill is a step forward in recognizing the right women should have to freely access menstrual hygiene products when they need them. Given that periods are a recognized biological function of women, it makes sense that women should have access to the products they need.

To compare, toilet paper is found free in public restrooms for men and women. Using tampons or pads to absorb blood during a woman's period serves a similar function of necessity for women. Yet the reality that women must pay an economic price for their own needs, while

woman will spend an average of toilet paper remains free in public restrooms, suggests an expectation that women should not be able to freely access the materials they need to stay healthy. It turns taking care of a biological need into an economic burden.

Pricing women's menstrual hygiene products also maintains a classist lens by prioritizing which women have access to basic necessities and which do not. The price of tampons and pads makes them more available to middle-class and upper-class women who can afford to buy these products without incurring a heavy financial impact. But the story is different for poor and homeless women, who often have to make choices between food and menstrual products.

The SGC bill is promising, and responsibility now rests on the college to implement this measure and for the student body to recognize its importance and support it. Forcing women to pay for biological functions out of their control sends a subtle message that womanhood is inherently a burden. There is a long way to go toward free menstrual hygiene products on a societal level, as there is a large industry built around these products, but the college should join the growing group of leaders affirming this right to basic necessities for women.

Black history is integral to learning history of US

ith the transition from February to March comes an end to a 28-day span – out of a 365-day year – celebrating black history. During Black History Month, the U.S. recognizes black history, art and culture, in addition to acknowledging the distinct experiences of black people living in the U.S.

But the "ending" of Black History Month should not be the end to recognizing black history and culture from the past and in the present. People in the U.S. should consistently learn about the culture and history of black people because the stories of black people in this country are intrinsically connected to the whole history of the U.S. Black history is U.S. history, and it is intellectually dishonest to pretend that the two can be separated.

It has been the norm for U.S. culture to maintain a Eurocentric focus. Yet this Eurocentric gaze is contradictory to the very diversity that exists in the fabric of American culture. Whitewashed U.S. history ignores the experiences of the groups that have been victimized by the country's loud majority. It produces a message that black history, Asian-American history and Latin American history are secondary

to Euro-American history.

Black history, and the histories of other marginalized groups in the U.S., should not be relegated to small ethnic-studies departments in colleges, especially when white European history is presented as the standard from the moment a child enters a history classroom. U.S. history should be reflective of the diverse array of experiences that make up the country's culture, and American history should naturally be multicultural.

There is no denying that the U.S. is at a point of heightened political and racial tensions. There is a great deal of misconceptions, but not enough understanding. But people in this country, especially white people, cannot continue pretending like they can absolve themselves of learning about black history once February passes because it is a history that very much implicates their own racial identities. Achieving social justice and racial progress is contingent upon learning the uncomfortable histories of marginalized peoples, particularly black people. If the U.S. is to truly try and solve its racial divide, it should begin by integrating black history into American history as the expectation, not the exception.

Letter to the Editor Be heard in print or on the Web.



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

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 ccalacal@ithaca.edu. All commentaries must:

1. Convey a clear and concise message.

2. Be written by an individual or group who has an educated opinion or is an authority on a specific subject.

3. Be between 500-650 words. Whether more or less space is allotted is at the discretion of the editor.

Comment on any story at theithacan.org.

IN OTHER NEWS

ISABELLA GRULLÓN PAZ

Media omit hate groups

Why is it that the front page of Al Jazeera had a story on the rise of hate groups in the United States on its online edition Feb. 23, but The New York Times buried the story deep in its U.S. section just a week before?

The focus of this column is usually on news that happens elsewhere, but when there is an increase of 133 hate groups since 2014 in the U.S. and no one seems to be concerned, someone should address it.

Many people do not realize that groups like these are spread out throughout the country, tackle various subjects and can even exist near liberal towns. Just about an hour away from Ithaca is a Holocaust Denial group called Deir Yassin Remembered, whose intent is to call attention to the massacre at Deir Yassin, a Palestinian Arab village, by a Jewish militia. There is also a high concentration of hate groups in New York City ranging from general hate to Black Separatists groups.

Left-wing mainstream media does not cover the rise in hate groups because it would tarnish their argument that "America was already great." Right-wing media ignores these groups to validate their argument that only the left has violent protesters with no leaderships; they only decide to play the card when Black Separatists groups act out.

International news sites like Al Jazeera have nothing to lose. They put journalistic integrity over propaganda and understand that the sociopolitical landscape of the U.S. is changing and taking a very dangerous turn.

This pinhole view of the U.S. allows hate groups like these to keep growing because they are so underestimated. That, and the turbulent election cycle that does nothing but spew hate and discourse.

For example, since 2015, there has been a 197 percent increase in the total number of anti-Muslim hate groups, according to the Southern Poverty Law Center. This probably has a direct correlation to the rhetoric President Donald Trump used throughout his campaign. There has not been this drastic of an increase in anti-Muslim groups since 9/11. If right-wing media admitted to something like this, it would validate the fact that Trump's words instill violent thoughts in many people in the U.S. The growth of these groups should not be taken for granted because they could ultimately change the social landscape and interactions of the U.S., making this country more dangerous and discombobulated than it already is.

NATIONAL RECAP

Trump's war on media continues

BY CELISA CALACAL OPINION EDITOR

Since his inauguration and throughout his presidential campaign, President Donald Trump has been in an ongoing battle with the media, often berating them with fake news insults and calling them "the enemy of the people."

Symbolizing his distrust in the media, Trump announced via Twitter on Feb. 25 that he would not be attending the White House Correspondents' Association dinner April 29, an event that celebrates political journalism and reporters.

Trump's frequent peddling of fake news has often come in the wake of negative news reports about his administration or his policies. After many news organizations had reported on the relatively small size of Trump's inauguration crowd in comparison to former President Barack Obama's, Trump called journalists "among the most dishonest group of human beings on earth."

The White House has also criticized the press for what it sees as an under-reporting of terrorist attacks since 2014. On Feb. 6, the administration released a list of 78 terrorist attacks it said were hardly reported by the media. However, many of the events on the list received heavy coverage from the media, such as the Orlando nightclub shooting last June and the attacks in Paris and San Bernardino, California, in late 2015. The list also included only attacks that occurred in Western countries or killed people from Western nations, failing to name terrorist attacks that occurred in non-Western countries.

Then at the Conservative Political Action Conference on Feb. 24, Trump called the press "dishonest" and said, "I want you all to know that we are fighting the fake news. It's fake, phony, fake."

Trump also criticized reporters for their use of anonymous or unnamed sources in stories. The president said journalists should not be allowed to publish stories unless they use a person's name. It has been standard for White House officials to request anonymity when speaking to reporters. On the same day Trump spoke at CPAC, White House officials anonymously refuted a CNN report that Chief of Staff Reince Priebus had asked the FBI to refute stories about a connection between Trump aides and Russia.

The president has also banned media outlets from White House



President Donald Trump has regularly lobbed insults at the news media, calling them fake news and labeling them as dishonest.

JIM LO SCALZO/ASSOCIATED PRESS

press briefings and events during his campaign. The same day Trump spoke at CPAC, his administration barred reporters from The New York Times, CNN, Politico and the Los Angeles Times from an off-camera press briefing. During Trump's campaign last year, journalists from The Washington Post, Huffington Post, the Daily Beast, Politico and BuzzFeed were barred from attending news conferences.

Members of Trump's administration have also expressed a distrust or dislike of the news media. Chief Strategist Steve Bannon has called the media the "opposition party" in an interview with The New York Times. And when confronted about several lies the Trump administration promoted about widespread voter fraud and the size of his inauguration crowds, senior adviser Kellyanne Conway labeled them "alternative facts."

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Warning: This piece may contain fake news

GUEST COMMENTARY

BY TRENTON FIRSTER

"Reality exists in the human mind, and nowhere else." – George Orwell, 1984

For the past few months, U.S. citizens have been grappling with something that we often take for granted: truth. This recent election cycle has called into question the validity of many facts and information. Sometimes, challenging the status quo in such a manner can be a positive vehicle for change. However, there are grave consequences for the Trump Administration's media policy — what I call his "War on Facts."

When I first heard Kellyanne Conway say the phrase, "alternative facts," I'll admit I laughed. Alternative facts, I thought to myself, how absurd! The very nature of facts is that they are accurate. While they can be disproved, there aren't "alternatives." And even more ridiculous was the context of her statement: defending Sean Spicer's objectively false statements about Donald Trump's inauguration attendance.

As time passed, however, people bought the line. People truly believe that there are "alternative facts." This is the realization of author George Orwell's novel, "1984." Written in the late 40s, "1984" is considered by many critics to be a masterpiece dystopian novel describing a world living under an omnipotent, oppressive government that completely controlled how people thought through propaganda. According to the New York Times, after Conway used that phrase, the book saw a 9,500 percent increase in sales and became a best-seller on Amazon. The book discusses the control of information and its construction of reality. One concept that the book describes is called "doublethink." Doublethink, according to George Orwell, is "the power of holding two contradictory beliefs in one's mind simultaneously, and accepting both of them." The more "information" the Trump Administration releases, the more I can see how real this concept has become. "Alternative facts" were reconciled in many Trump supporters' minds - these facts that denied expert opinions, denied objective fact, denied reality itself. And my original disbelief with Conway's



The phenomenon of fake news has entered public discourse since President Donald Trump has regularly called certain media outlets fake news and peddled "alternative facts" to the public. DESIGN BY HAYLEY TARLETON

IN OTHER NEWS is a column about international politics written by Isabella Grullón Paz. **GRULLÓN PAZ** is a junior journalism major. Connect with her at igrullon@ithaca.edu and @isagp23. statement turned to horror.

"How could this be?" I thought. It would be reductionist to call all Trump supporters stupid or delusional. But how could they reconcile two different realities? The tool used to achieve this was the concept of fake news. Originally, fake news was a term used to categorize click-baiting, unverified journalism. With the rise of social media as a source for information, many unverified stories circulated feeds. Some were simple celebrity death hoaxes, easily disproved and largely inconsequential. But others were incorrect statistics and misunderstood data, leading to the rapid spread of misinformation.

This technique of information dissemination was perpetuated by the Trump propaganda machine, which appealed to demographics that couldn't distinguish between an MSNBC story on Trump's policy and a tabloid's story on a celebrity scandal. By blurring that line, partisan news became fake news, and anything that didn't align with official policy became invalid. Experts with professional experience, advanced degrees and verifiable data suddenly became liars and untrustworthy. The only people with the truth were those that agreed with Donald Trump and his band of misfits.

By undermining the integrity of information, they have created a supporter base that has been almost by definition – brainwashed. This may seem extreme, but the Trump administration has undermined the very integrity of facts. The implications of that are truly terrifying. By controlling information, even just for his supporter base, Donald Trump has successfully influenced people that will ignore facts unless he tells them they are true. As such, it is our responsibility to take action against such an unethical breach of duty and responsibility. We must not be drawn into believing "alternative facts" as truth. We must not believe that anything partisan is fake or invalid. We must accept criticism of our ideas as a way to grow and strengthen. And we must not let this nightmare last more than four years.

TRENTON FIRSTER is a sophomore integrated marketing communications major. Contact him at tfirster1@ithaca.edu.

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

NEWSMAKERS

Islamic feminism explored in talk

Compared to today's mainstream Western feminism, Islamic feminism is less discussed and less visible in feminist conversations.

Shehnaz Haqqani, a Ph.D candidate at the University of Texas at Austin, gave a talk Feb. 28 at Ithaca College about Islamic feminism as part of the women's and gender studies program's Dissertation Diversity Fellowship. Haqqani spoke about the origins of Islamic feminism and its future in feminist discourse.

Opinion Editor Celisa Calacal spoke with Haqqani about the meaning of Islamic feminism, its goals and what Western feminism gets wrong about Islam.

This interview has been edited for length and clarity.

Celisa Calacal: Could you describe Islamic feminism and what it means?

Shehnaz Haqqani: So Islamic feminism is a new movement. And it's something that's more modern as a part of the rest of the Western feminist movement or just feminism generally. And it's a quest for gender equality and sexual justice — so gender justice — using Islamic sources and the Islamic historical tradition as a sort of root of gender equality in Islam.

CC: What does Islamic feminism say about Muslim women wearing the hijab?

SH: So Islamic feminism — I am very careful not to speak of it as a monolithic term. We have multiple forms of Islamic feminism, just as we have multiple forms of feminism in general. ... I live in Austin, Texas, and here, Muslim women have a completely different approach to practicing

swer that question. There's no one rule that Islamic feminism practices on the hijab. But one thing that I would say that probably is standard at this point is there's no oppression or there's no compulsion in Islam from God. And so, when a woman does wear the hijab, she has to be respected for that choice - assuming it's a choice. And if a woman is wearing it out of pressure, there are broader, larger factors, social-political factors that go into why women make the kind of choices we make. ... Also, the more important thing is that Muslim feminists are actually not obsessed with the hijab. And this is a very Western thing, the obsession with the hijab. ... So Muslim feminists challenge that by focusing on much more integral, much more serious, much more pressing concerns that Muslim women are facing. And the hijab is really not a concern for the most part.

Islam. So there's no one way to an-

CC: What are misconceptions about Islamic feminism?

SH: One of the most important things they get wrong is they imagine one way that Islam can let Muslim women practice Islam. ... We don't practice Islam the same way. We don't have the same experiences because Islam or religions aren't the ones that create experiences for the most part. What we experience is a product of a lot of other things - our class, our gender, our sexual orientation, the neighborhood, the kinds of politics. Those kinds of things play a much more important role than Islam. Islam doesn't explain anything. Islam as a religion – Islam as a practice - doesn't really explain much on why women are treated



Shehnaz Haqqani, Ph.D. candidate at the University of Texas at Austin, gave a presentation Feb. 28 about Islamic feminism in feminist discourse. FERNANDO FERRAZ/THE ITHACAN

in a particular way. It's politics for the most part. So I would say something — the one thing people get wrong — is they assume ... that there is such a thing as what Islam says about women or what Muslim women think or what Muslim women experience. There's just no such thing. It's so much more complicated than that.

CC: What do you want people to take away from your talk?

SH: So one of the most important things that I really hope people will get out of this is that one of the struggles that Muslim feminists are facing ... is that ... we're trying to fight misogyny within our own community. We're trying to fight misogyny and fight the ... practices of Islam that are still rooted in history. But they are not exclusive to Islam. ... These practices are common to other faiths as well, and they're still common to other faiths. ... But at the same time, it doesn't help that we face so much rejection from other feminists. ... Christian feminism, Jewish feminism, Hindu feminism - there are also these movements that are currently going on, and Islamic feminism is a part of those movements. And we face rejection from different kinds of feminists and different kinds of feminism because of this political assumption ... that Islam is inherently against women and therefore Islamic feminism is an oxymoron.

Read the full Q&A online.

CONNECT WITH CELISA CALACAL CCALACAL@ITHACA.EDU | @CELISA_MIA



Persuasion, not provocation

The invitation of Milo Yiannopoulos to the Conservative Political Action Conference exposed a serious flaw in the conservative movement. While the invitation was eventually rescinded, the issue remains that there are conservatives, especially on college campuses, who believe hosting Yiannopoulos is a win for free speech and more importantly, a triumph over liberals. Nothing could be further from reality.

I attended CPAC last week, and as I roamed, it was evident that spirits were high among the thousands of conservatives who flocked to the annual event. Many speakers, most prominently President Donald Trump, spoke about Republicans' wins across the nation in November. Another common theme I saw was a misplaced focus on berating liberals rather than discussing tenets of conservative policy. It is dangerous when a political movement bases itself as a reaction to the opposing ideology, but that is what occurs when provocateurs are given a higher pedestal than policy makers.

CPAC and college conservative clubs can invite whomever they please to speak, but they must do so with caution. Hosting Yiannopoulos, a man who mocks liberals but has never identified as conservative, delegitimizes the conservative movement. Republicans may have won elections across the country in November, but a serious political movement should not dwell on election success or the vilification of political opponents.

I was pleased, then, when I attended a discussion between Carly Fiorina and Arthur Brooks, president of the American Enterprise Institute. The two gave an optimistic talk focusing on lifting everyone up, regardless of political identity, and the importance of reaching across the aisle when developing policy. A winning strategy is not one of continuing to gloat about the election while shutting out the other side from the decision-making process. Rather, a true plan for successful governance is inviting opponents to the table and hashing out an agenda of compromise.

OPEN LETTER

Female leaders deserve community support

BY SGC EXECUTIVE BOARD

Dear Ithaca College Community,

An incredible moment of transition and hope has descended upon our campus this past week and we are happy to be welcoming our ninth president Dr. Shirley M. Collado to Ithaca College. She will be making history as the first woman of color and first child of immigrants to serve as the president of Ithaca College, and we are thrilled to introduce her to our campus community! As we reflect on these past two years as a campus community, many would have never expected Ithaca College to able to bring a highly qualified woman of color to our institution as president. With the historical context of white men predominantly occupying the college's presidential and trustee positions, many had assumed that this would be the continuation in the trends that we have been seeing in higher education. But we have surpassed all expectations and broken this assumption that many women have felt when it comes to occupying leadership positions. It is imperative that we continue to encourage and support women in succeeding and also achieving their full potential in our societies. The hire of Dr. Collado has shown that a woman of color can also lead the college, and we are committed to inclusive hires in the future. However, the idea of women leading the college, challenging the status quo and moving beyond boundaries for the betterment of the college as a whole is not an unprecedented incident. We have seen women time and time again in the past years rising to the occasion to fight against social and community-wide inequalities.





The SGC Executive Board writes about the importance of Ithaca College's ninth president, Shirley Collado, being a woman in a leadership role and the importance of supporting female leaders.

The working group for POC at IC was composed primarily of women of color, and many of the subsequent protests and demonstrations were led by women on campus. We are also proud to be the first all-female Student Governance Council executive board in IC's history, redefining what women in government looks like on campus and demonstrating engaged involvement through compassionate leadership.

Taking all of these factors into consideration, we are now at a point where we can begin to redefine what Ithaca College looks like, and what it means to be a member of the campus community.

This does not absolve all gender disparities at our college, but rather validates the women who have continued to step up to the plate and redefine our community's limits. It is imperative that we continue to support women and women of color in our communities, as we continue to find ways to make Ithaca College, our nation, and our world a more equitable place for all.

Moving forward we encourage everyone to engage with our new president and actively engage in the difficult conversations that we will need to have as a community.

Sincerely, SGC Executive Board

Marieme Foote, Student Body President; Anna Gardner, VP of Campus Affairs; Michele Hau, VP of Academic Affairs; Catherine Proulx, VP of Communications; Ezeka Allen, VP of Business and Finance; Carlie McClinsey, Senate Chair; Meredith Husar, Chief of Staff When both sides contribute and have a stake in the end product, that policy can be sustained in the years to come.

At one point, Brooks asked the CPAC attendees if they loved someone whom they disagreed with politically. Nearly everyone raised their hands. Brooks' point was that politics is the art of persuasion, and it starts with recognizing that those we disagree with are not evil. If the conservative movement truly wishes to have a lasting impact, persuading people to agree with policies will be much more important than giving a stage to provocative personalities.

ELEPHANT IN THE ROOM is a column about conservative politics written by Kyle Stewart. **STEWART** is a junior journalism major. Connect with him at kstewart1@ithaca.edu and @KyleStew107.

College provides update on negotiations

BY ITHACA COLLEGE BARGAINING COMMITTEE

From Senior Vice President Nancy Pringle, Provost Linda Petrosino, and Professor Gwen Seaquist, representatives of the Ithaca College bargaining committee.

The college's bargaining team met with a federal mediator and SEIU representatives on Tuesday, February 21, and Friday, February 24, for continuing contract negotiations with the bargaining units for our part-time, per-course faculty and full-time contingent faculty.

On February 24, the college made a proposal to the part-time unit to increase compensation by 14.3% over four years, which would bring the rate for teaching a three-credit course from the current \$4,200 up to \$4,800 in the final year of the agreement. At 6:00 p.m., the union offered a counter proposal seeking an increase of 43-50% over a proposed five-year term.

Regarding negotiations with the full-time contingent faculty unit, the college and the union have tentatively agreed to 11 articles over the two sessions held this week. The college received a response to its proposal on the matter of length of appointments and made a counter proposal. The college also shared a new proposal on compensation and benefits.

Additional sessions with the mediator have been scheduled for March 8, 10, and 15 for both bargaining units. The college believes that every bargaining session is an important step forward in negotiations, and the bargaining team remains hopeful that a resolution will be reached that is in the best interest of its students, faculty, and staff.

The union had previously announced that members of both bargaining units had voted to

authorize their leaders to call a strike at some point if they are not satisfied with the progress of negotiations. Because of the possibility of a labor action, the college has been receiving inquiries about the status of the negotiations and the potential impact of a strike on the campus community.

A set of frequently asked questions was created to address common concerns. Additional questions and answers will be added in the event of a strike.

More information about contingent faculty at IC can be found at Ithaca.edu/union.

Faculty union responds to administration's statement

BY RACHEL KAUFMAN

As usual, the administration has released information about the bargaining process that contains several misleading or outright false statements. As a member of the Contingent Faculty Union bargaining committee for the past 16 months, I am writing to correct several of the inaccuracies put out by the administration:

The administration announces that new bargaining dates have been agreed to by both sides; in fact, the union let the administration know at the end of Friday's session that we have yet to confirm further dates.

The administration claims it met with "SEIU representatives." In fact they met, as they have for the past 16 months, with their faculty. While it's always fashionable for those in charge to imply that any grassroots action comes from 'outside agitators' or 'paid protestors' or 'union activists' or, in this case, 'SEIU representatives' — the people on the bargaining committee, in control of the negotiations, and fighting for better treatment for faculty, are all contingent professors who work at IC and donate our time to this cause.

This week, signatures were obtained from the legal representatives of the administration and the union on 11 proposals pertaining to

full-timers that were verbally agreed to last summer. This hardly shows progress in negotiations, since these proposals were already agreed to seven months ago. In fact, full-time contingent faculty and administration came to 18 verbal agreements last summer and both sides have been proceeding since then with the understanding that the issues represented by those agreements are fully resolved, with only typos and other clerical matters remaining to be addressed. What was accomplished this week with the full-time union was the redressing of an overlooked clerical matter on issues that were already resolved seven months ago, which the administration is now seeking to spin into "progress" in negotiations to create a misleading narrative of events for the campus community.

The administration also seems interested in timeliness in their update. So are we. With all active proposals in their court at the beginning of bargaining on Feb 24, the administration didn't offer a counter until 1.5 hours into the session, which means that 1.5 unpaid hours of the union bargaining committee's time (all of us contingent faculty) were spent waiting. Instead of doing their homework in a timely manner and showing up to bargaining prepared, the administration chose to

The Ithaca College contingent faculty unions held their latest bargaining sessions with the college's bargaining committee Feb. 21 and 24. The sessions follow the results of a vote for the union to authorize a potential strike.

waste our time. Assuming Pete Jones, the administration's outside counsel, is being paid according to market rates, IC paid him more this week (even for just showing up to bargaining) than I am paid to teach an entire full-semester ICC course. The campus community should take note of the fact that, when administration shows up to bargaining unprepared, as they have done several times over the past 16 months, they are wasting the College's money in amounts that are not negligible.

The bottom line is that the administration is spinning a false narrative to try to convince the campus community that progress is being made at the table. The reality is that the administration's proposals continue to stubbornly cling to an untenable status quo. We would love to see the administration stop wasting our unpaid time, their lawyer Pete Jones's very costly time, and the campus community's time and money, by settling a contract that provides basic job security and fair pay for IC faculty — a settlement that would cost only 0.3%of the IC budget (total over 5 years) and that would position IC as a national leader in higher education.

Rachel Kaufman is a member of the Ithaca College Contingent Faculty Union

IC lecturer explains reasons for not releasing vote numbers

Feeding a troll is never a good idea, so I hesitate to engage the feverish conspiracy theories about the Contingent Faculty Union propagated by Kurt Lichtmann in his recent letter to the editor ("Lecturer believes strike vote may be invalid," https://theithacan.org/opinion/letterto-the-editor-lecturer-believes-strike-vote-maybe-invalid/). But since Mr. Lichtmann seems intent on spreading false accusations of supposed malfeasance and rule-breaking, based on second hand hearsay and rumors, I feel compelled to respond. Whatever he was told by his friends or anybody else, Mr. Lichtmann is wrong when he charges that "a simple majority of all contingents" is needed for the strike vote to be legal. According to Article 10 of the bylaws of SEIU Local200United, "a strike cannot be conducted unless the affected membership votes in favor of such action

at a meeting called for that purpose. Such a vote shall be conducted by secret ballot and a two-thirds (2/3) majority of THOSE VOT-ING shall be required in order to approve a strike."

The union has decided not to release the total number of votes cast because we do not intend to play into the hand of the administration by helping them in their efforts to develop a contingency plan (no pun intended), should a strike occur. The administration has made clear its intention to "replace" any faculty who take part in the strike, and we have drawn the conclusion that the less they know about what to expect, the better. Suffice it to say that we were encouraged and surprised by the turnout, as we were not expecting such intensity of support and enthusiasm among our members.

LETTERS TO THE EDITOR

Politics professor expresses support for Shirley M. Collado

I wasn't on campus on the day Dr. Shirley Collado was introduced as IC's new president, so I can only go by the videos, press releases, and photos I saw later on. Even through such media, her intellectual energy, her warmth, and her candor came through. What a seachange for a beleaguered campus on which so many of us were engaged in running battles with the present incumbent and who are feeling so depleted at the end of it all. Given this scenario, it's easy to project all kinds of unrealistic expectations onto Dr. Collado

which would, of course, be terribly unfair to her. However, from what she's said and how she's chosen to say it, I got the sense that she has an intuitive understanding of the kind of president IC needs: one who, instead of positioning themselves as the Great Leader, is willing to—as she put it—roll up their sleeves and work with others in the spirit of creating an environment in which people can thrive.

Tom Schneller, Lecturer in Music Theory, History, and Composition

FOR MORE NEWS AND OPEN LETTERS ABOUT THE CONTINGENT FACULTY UNIONS, GO TO THEITHACAN.ORG/TAG/ CONTINGENT-FACULTY.

So, I'm very much looking forward to Dr. Collado and her husband, A. Van Jordan, coming to town. From what I can tell, they'll fit right in.

Asma Barlas



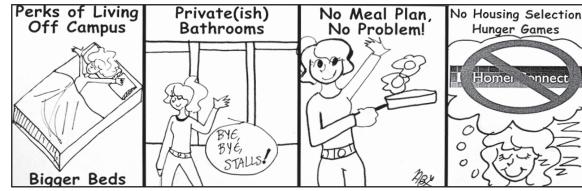
Shirley M. Collado, Ithaca College's ninth president, addresses the campus for the first time Feb. 23. Collado spent the day speaking to members of the college community. SAM FULLER/THE ITHACAN

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

DIVERSIONS THURSDAY, MARCH 2, 2017

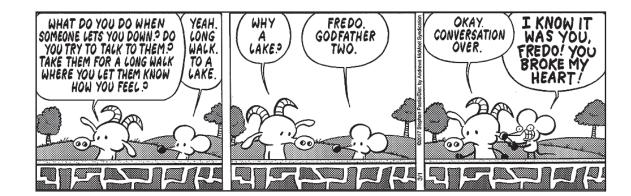
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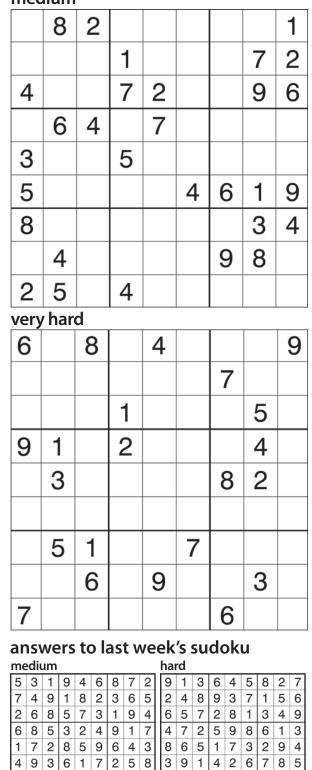
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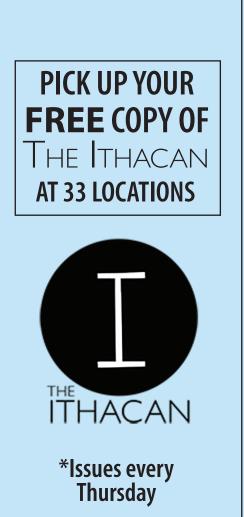
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LIFE & CULTURE THURSDAY, MARCH 2, 2017

RAISING A JOYFUL NOISE

Black History Month Concert highlights African music and culture

BY MARY FORD MANAGING EDITOR

With powerful ballads, moving spirituals, lively drumming, colorful dancing and a jazzy tuba solo, the Black History Month Concert on Feb. 25 engaged students and members of the community in the rich history of African and African-American music.

The evening packed thousands of years of arts education into just a few hours, from traditional West African group dances to slave spirituals to modern compositions honoring Martin Luther King Jr. The event featured the Dorothy Cotton Jubilee Singers, members of the Worlds of Music class, the West African Drumming and Dance Ensemble and Ghanaian drummer Alhassan Iddrisu, who performed to a nearly full audience in Ford Hall.

Baruch Whitehead, associate professor of music education and event organizer, said he thinks the music in the concert was particularly qualified to promote unity and community.

"This isn't just about black culture — this is human connection we're striving for," he said. "Music is a human connection, and we all respond to it in different ways."

Senior Allan Bowen, a member of the African Drumming and Dance Ensemble, said another compelling element of the concert was the storytelling behind the dances and songs. During the West African Drumming and Dance Ensemble portion of the concert, dozens of students played traditional drums and danced in large group routines. One of the dances, called "Ashanti Royal Court Piece," told the story of a sword stuck in the ground that no one could pull out.

In another act, the dancers waved white cloths in each of their hands, imitating the flowing fabric with their bodies as they stepped in time to a bright trumpet melody. Then some dancers took over the drums while others continued the dance even when some groups or solo dancers took their turn on stage, they emphasized community.

All dancers wore patterned skirts and shirts, and the Dorothy Cotton Jubilee Singers wore bright striped sashes that mirrored those in African countries. Whitehead said the designs were significant in some African cultures.

"I think a lot of third-world countries, they strive to have something that's really bright because there's so much suffering," Whitehead said. "I think those colors inspired people to be happy and have something to look forward to."

Bowen, who was also a part of the male group dance called the Jera, said he felt like the performers were moving as a single unit.

"When the drums played, we matched the percussion," Bowen said. "When I was playing the drums, I liked how some of the dancers had pretty awesome faces. ... They knew what they were doing, and they looked so confident."

Junior Josiah Spellman sang a solo with the Dorothy Cotton Jubilee Singers, a choir led by Whitehead that consists of students and community members. Spellman said that although the song, called "Peace Be Still," was written in another time and for another purpose, it has a universal message that rings powerfully today.

"The song is about peace," he said. "In another

time, people needed peace to get through racism, segregation — whatever it may be. But it's so wonderful that now, in this time, I can use that same song that was created for that purpose to share what that peace means to me."

Whitehead said the purpose of the Black History Month Concert was not to limit the audience's experience of African culture to one concert but to connect these deep stories and experiences with their reality.

"I tell the students not to use this as an 'exotic' experience, but to really learn from Africans and the way they process music — the way they process their way to build community through music," he said.

For Spellman, even though the concert was called "Black History Month," the event was far more about connecting people to the story and the struggles of people of color.

"It provides another opportunity to bring people together, not solely based on just black history," Spellman said. "It allows people to see, or to understand, that there was a struggle and that this is how we made it through. With that, hopefully, they can get through their struggle as well."

Opinion Editor Celisa Calacal contributed reporting.

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Ghanaian drummer Alhassan Iddrisu leads part of the West African Drumming and Dance Ensemble, a course available to all students. They sport traditional African apparel. MAXINE HANSFORD/THE ITHACAN



Freshman Darius Elmore, countertenor, performs "If I Can Help Somebody," written by Alma Androzzo, at the concert on Feb. 25. MAXINE HANSFORD/THE ITHACAN



Members of the West African Drumming and Dance Ensemble wave lightweight cloths in the air, dancing fluidly during their performance. MAXINE HANSFORD/THE ITHACAN 16 | LIFE & CULTURE

Triple Vanilla Brownies

CCENTUATE

Ingredients:

For the brownies: 1/2 cup butter 1 (12-ounce) bag white chocolate chips $1 \frac{1}{4}$ cups flour 3/4 cup sugar 1 teaspoon vanilla 1/4 teaspoon salt 3 eggs

For the glaze: 3 cups powdered sugar 6 tablespoons butter, softened 1 teaspoon vanilla 1/2 teaspoon almond extract 3 tablespoons milk or water

Instructions:

—Heat your oven to 350 degrees. Spray a 13×9 baking dish with cooking spray, then sprinkle with flour, pouring out the excess. Or grease with butter and flour. —In a large pot, melt the butter and white chocolate chips over low heat, stirring frequently, just until they're melted. (The mixture will appear slightly curdled.) Remove from the heat and cool.

-Stir in flour, sugar, vanilla, salt and eggs until well-blended. Spread mixture evenly in the pan. -Bake for 25–30 minutes or until a toothpick inserted comes out clean. Cool. (The edges will be darker than the rest of the brownies.)

—For the glaze: In a medium bowl, mix all glaze ingredients until smooth and spreadable. You can add more milk if needed. Spread glaze over cooled brownies.

AFFLECK OUT, REEVES IN

The Batman movie has found a director after Ben Affleck announced he was stepping away from the position. Affleck will still star as billionaire playboy Bruce Wayne, but "Cloverfield" director Matt Reeves is set to take over directing duties. Affleck tweeted Reeves an image of Bruce Wayne at the Batcomputer with a caption that stated, "Welcome to the Batcave!" There is no current information on when the Batman movie will release.

CELEB SCOOPS

Beyoncé **Backs** Out

Beyoncé will not perform at Coachella, which will take place over two weekends in April. Parkwood Entertainment, Beyoncé's company, released a statement on Feb. 23 which stated, "Following the advice of her doctors to keep a less rigorous schedule in the coming months, Beyonce has made the decision to forgo performing at the 2017 Coachella Valley Music & Arts Festival." Fortunately for die-hard Beyoncé fans, Parkwood Entertainment also announced that the artist will headline Coachella next year. Coachella officials have yet to announce a replacement.







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Welcome to the Batcave, @MattReevesLA



releases March 3. The video game co sole-handheld hybrid will give gamers the chance to take their favorite games on the go – but at a price. There will only be 10 games available on launch day, several of which - "World of Goo" and "Little Inferno" — have been available for several years on other gaming platforms.

The long-awaited Nintendo Switch

· Will 1 11 12

IS DR. SEUSS DAY

Word of the Week LOGORRHEA

noun | log·or·rhea : excessive and often incoherent talkativeness or wordiness

'Moonlight' glows during Academy Awards



Sophomore Jharrel Jerome poses on the red carpet at the Oscars. He left Ithaca College in 2015 to act in "Moonlight." NEW YORK TIMES

BY KAYLA DWYER EDITOR IN CHIEF

Former Ithaca College sophomore Jharrel Jerome took to the Oscars stage the evening of Feb. 26 with the cast of "Moonlight," which won Best Picture at the 89th Academy Awards.

In a confusing mishap, "La La Land" was first named the winner — an error caught onstage after its producers had begun their acceptance speeches.

After the "La La Land" cast and crew got



The cast and crew of "Moonlight" take to the stage at the Oscars after a mix-up led to "La La Land" mistakenly being announced as the best picture winner. The film features former Ithaca College student Jharrel Jerome.

onstage, producer Jordan Horowitz came forward to inform the audience that "Moonlight" had indeed won, presenting the envelope as evidence.

After the "Moonlight" team jumped for joy, Jerome was seen hugging his co-star, Alex Hibbert, onstage.

"Very clearly, even in my dreams, this could not be true," "Moonlight" director Barry Jenkins said once he reached the microphone. "But to hell with dreams, I'm done with it, because this is true."

"Moonlight" was one of nine films nominated for Best Picture, including "Hidden Figures," "Hell or High Water," "Fences," "Arrival," "La La Land," "Lion," "Hacksaw Ridge" and "Manchester by the Sea." The film also won the Oscar for best adapted screenplay.

Mahershala Ali took home the Oscar for best supporting actor for his role as a drug dealing-father figure to the main character in the film. Jerome left the college during Fall 2015 to work on the film.

In "Moonlight," Jerome plays 16-year-old Kevin, a friend of the protagonist, who is an African-American man who discovers his sexuality as he grows up. The film is based on the play "In Moonlight Black Boys Look Blue" by Tarell Alvin McCraney.

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Black Lives Matter celebrates progress

BY ASHAE FORSYTHE CONTRIBUTING WRITER

The room was silent as the words of a local artist, Sammus, reverberated off the walls of the Greater Ithaca Activities Center. As she rapped about the complexity of blackness, Sammus relayed her experiences growing up as a person of color in the Ithaca community. She spoke about the expectations that are forced on people of color both by society and by the reflected through the open mic session as people of color shared their personal experiences with activism and racism.

The movement had notable accomplishments in the last year. Following the police shooting of Baton Rouge resident Alton Sterling in 2016, protesters filed a lawsuit against the city, alleging that police were overly aggressive and used unconstitutional methods. In Novem-



black community.

Black Lives Matter Ithaca held a public event Feb. 25 at the GIAC titled Joy and Pain: Celebrating Black Resistance. It was an opportunity for the black community and its supporters to reflect on the achievements of the Black Lives Matter movement and mourn the lives lost throughout the years in the struggle for equality.

The function featured local speaker Jackie Melton-Scott, a retired educator within the community. Melton-Scott performed a libation at the gathering in honor of people of color who had lost their lives in the struggle for equality.

The gathering encouraged interaction among attendees through an open buffet and family-friendly activities, including book readings, face painting for children, an open mic session and musical performances by some of the chapter's own members, including Sammus.

The theme of the event was

ber 2016, the city settled with the 92 plaintiffs for \$100,000. Movement leaders also became recognized by former Secretary of State Hillary Clinton and former President Barack Obama, gained a platform at the 2016 Democratic National Convention and received multiple invitations to the White House to speak with other civil rights activists.

The message of the Black Lives Matter movement was not lost in Ithaca. In November 2015, students of Ithaca College protested against administrative inaction toward racial inequality on campus and subsequently called for the resignation of President Tom Rochon.

Nia Nunn-Makepeace, assistant professor in the Department of Education at the college, said the chance to be honest about her experiences as a woman of color is refreshing.

"It's always, for me, just very exciting and beautiful ... when there's an opportunity to unapologetically

Members of Black Lives Matter Ithaca gathered in the Greater Ithaca Activities Center on Feb. 25 to celebrate the accomplishments and acknowledge the losses the movement has experienced in the last year.

acknowledge blackness and to celebrate blackness," she said. "But to also have a nurturing and authentic space to be raw about some of the common and individual experiences about blackness."

Among roughly 35 participants, fewer than 10 college students were in attendance. Melton-Scott said the Black Lives Matter movement in Ithaca could be expanded.

"I would like to see it more active." Melton-Scott said. "I've been very active in the movement on Boston as well in Ithaca, and we ... need to get some more energy going."

Lisa Avron, graduate student in

the Department of Science and Technology Studies at Cornell University, said it's crucial that white people involve themselves in the Black Lives Matter movement. This is happening through Showing Up for Racial Justice, a national organization whose mission is to act as a part of a multiracial majority for the justice of people of color.

"White people don't participate in the community of organizing," Avron said. "They don't participate in decisions of voting or Black Lives Matter itself, but they do provide support in the form of Showing Up for Racial Justice." Nevertheless, some seemed to be satisfied with the event, like freshman Margaret McKinnis, who said speaking up for the movement is essential in response to the recent election.

MAXINE HANDSFORD/THE ITHACAN

"It's really empowering to see so many people come out and support Black Lives Matter," McKinnis said at the event. "It's [necessary] right now for the voices to be vocal, given the political climate. It's inspiring. I want to help continue to elevate the voice as well."

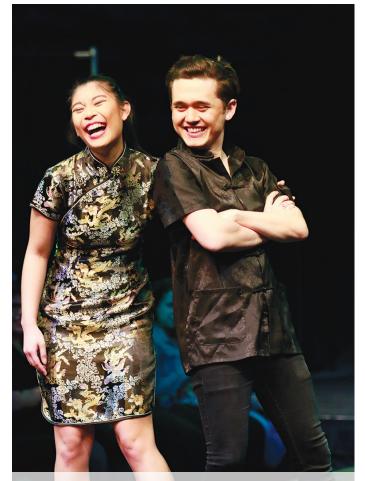
CONNECT WITH ASHAE FORSYTHE AFORSYTHE@ITHACA.EDU

Senior Maya Drummond sports an embroidered turquoise sari, an Indian-style dress, and a modern Hindi bindi on her forehead. CONNOR LANGE/THE ITHACAN

Freshman Michele Paniagua twirls in her dual-toned dress and heels from the Dominican Republic.

The IC International Club held its annual Interfashional Night at 7:30 p.m. Feb. 24. The fashion show spotlighted clothing from around the globe.

Cultural Gustoset





Senior Nicole Ang and sophomore Walt Martzen giggle as they sport the latest fashions from Singapore on the runway. CONNOR LANGE/THE ITHACAN

Freshman Tanushka Shah shines bright in an Indian salwar kameez, while freshman Mizra Abdul Ahad looks dapper in a Pakistani outfit. The duo performed a traditional Indian-style movement before walking off the stage. CONNOR LANGE/THE ITHACAN

Performer addresses immigrants' struggles

BY MEG TIPPETT STAFF WRITER

"I hope you are inspired to go find someone who is an immigrant, in your neighborhood or on the border, and become close to them," said Natalia Serna, Columbian-American musician and sociologist, Feb. 26. "We need to stay close to the people around us."

Her message, which she delivered through song at concerts downtown and on the Ithaca College campus, was one of awareness and understanding of the experience of immigrants in light of recent executive orders from President Donald Trump.

Serna performed part of her recent album, "Corazón Norte," at a benefit concert Feb. 26 at the First Unitarian Society of Ithaca, as well as at a concert on campus, "Songs of the US-Mexico Border," on Feb. 28 in the James J. Whalen Center for Music.

The concert downtown benefited immigrants and refugees in the surrounding areas in Tompkins County. A donation of \$10-20 was suggested at the front door of the church. Next to the donation basket were several sign-up sheets, asking citizens to volunteer their time by driving locals to court for immigration hearings. The concert at the college was free and open to the public.

Patricia Rodriguez, associate professor in the Department of Politics, Latin American studies coordinator and founding member of the Tompkins County Immigrant Rights Coalition - one of the organizations that organized the concert, said she wants students and members of the community to be aware of who is being affected by recent immigration orders and how.

Serna, also known by her stage name, La Muna, spent time in 2009 working at a soup kitchen on the border of Nogales, Mexico, and Nogales, Arizona. During this time, she said, she wrote songs about migrants moving across the border.

In light of recent debates on immigration rights under the new Trump administration, Beth Harris, founding member of the coalition, said she felt it was appropriate to bring the coalition back after it fizzled away for a few years. Trump has announced he will construct a wall on the southern border of the U.S. and Mexico. Additionally, Trump put Executive Order 13769 into action Jan. 27, which placed severe limitations on traveling to the U.S. from certain countries. On Feb. 3, the order was put on a temporary restraining order through the court case State of Washington v. Trump et al.

"There was already a very severe problem of deportations and ... illegal treatment of immigrants prior to Trump coming into office," Harris said.

Problems that arose with The School of the Americas also inspired some locals to start up the coalition again. The school, Harris said, is a prison center for immigrants that has received backlash for human rights violations. It mainly trains government personnel who are affiliated with the Latin American region. The School of the Americas Watch was founded to try to stop the violations. A few years ago, the SOA moved its demonstration walk for awareness from Georgia to the border of Nogales, Mexico and Nogales, Arizona.



Columbian-American Natalia Serna, also known as "La Muna," performs songs from her latest album, "Corazón Norte," on Feb. 28 in the James J. Whalen Center for Music. Serna writes songs about the lives of immigrants. CONNOR LANGE/THE ITHACAN

Serna, when she was working in Nogales, Mexico, performed at the demonstration. This is where Harris and Serna met, and Harris said she decided that she needed to come to Tompkins County. Rodriguez worked with Harris to bring Serna to Ithaca.

"Her songs tell stories of migrants that she has accompanied, throughout the many people that she has met who have tried to come here,"

Rodriguez said, introducing Serna on Feb. 26. "She has, for many years, lived on the border - and even traveled with migrants, so her songs are about migrants and about their stories."

She said she hopes her performances in Ithaca helped educate locals about the lives of immigrants.

"I hope that we can step away from the concept of migration as a big bad

Vita Puma

Morgan Racicot

Gabrielle Reese

Karenn Reeter

Myra Rivera

Kecia Romiel

Zelda Rosen

Arielle Rubin

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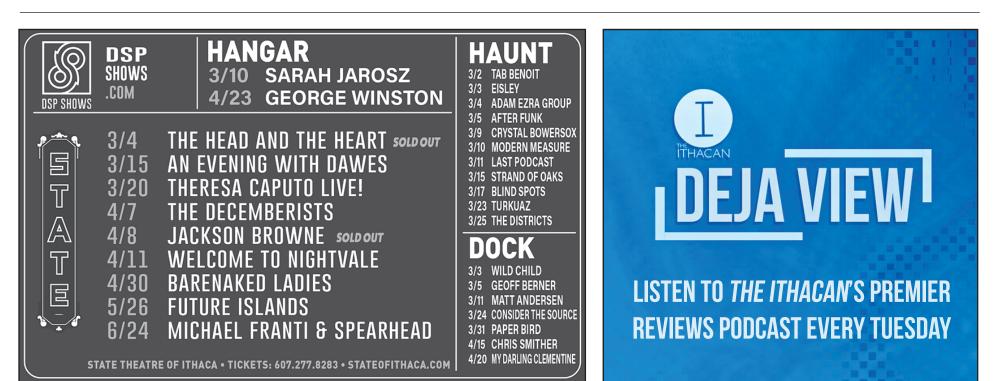
Leah Rostohar

word," Serna said.

Rodriguez said people need to understand the lives of immigrants to propel them to freedom.

"I think that students need to be aware of the lives of people that are in fear," Rodriguez said. "And not just in a surface kind of way."

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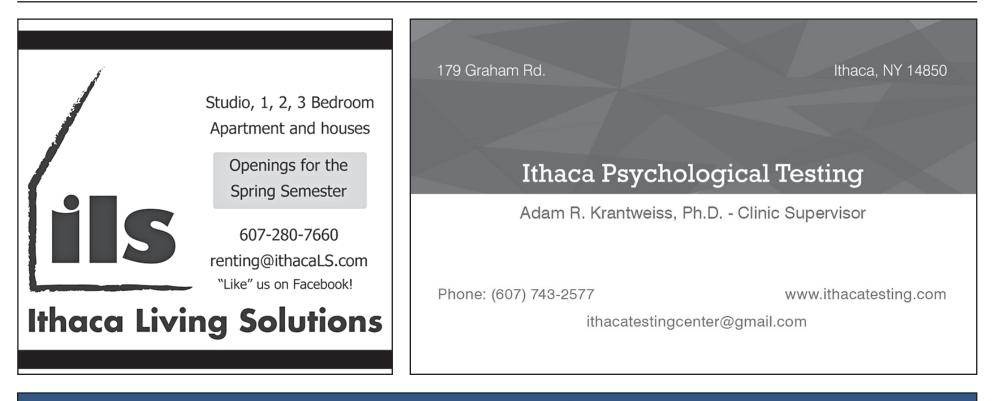


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Jarmusch's 'Paterson' is poetry in motion

BY AIDAN LENTZ STAFF WRITER

"No ideas but in things." This line from William Carlos Williams's seminal poem "Paterson" informs the

message of the recently released film of the same name. Unabashedly inspired by the work of Williams, "Paterson" is an effective, peaceful and grounded reflection of life.

Jim Jarmusch's "Paterson" stars Adam Driver

as Paterson, a bus driver in the city of Paterson, New Jersey, who writes poetry on the side. The film takes place in the span of a week, showing the routine of Paterson's life and his relationships. Paterson wakes up, goes to work, walks home, talks to his partner Laura (Golshifteh Farahani), then goes to the bar for a single beer every night. Throughout his day, Paterson writes poetry that reaches the core of what makes his seemly shallow existence profound.

Watching "Paterson" is a truly meditative experience. It's one of the most comforting movies in recent memory, quietly reassuring its audience that a heavily cyclical life can still be exquisite. The eternally unremarkable and repetitive life of Paterson is infused with a palpable sense of wonder bleeding in from the edges. This is best represented through the film's cinematography. The same shot compositions are constantly repeated at the same time every day, often staying on these takes for far longer than a standard movie would allow. This allows the audience to tap into Paterson's silently evolving

different way, shown through a new angle or camera movement. This technique perfectly encapsulates that little bit of beauty people discover when they find something they never noticed about a person

or place they see regularly. Driver is exceptionally subtle in this role. He's both ordinary and mysterious, never quite revealing how he

perspective. Each day, at least one an-

gle of his life is looked at in a slightly

feels. Instead, he chooses to express himself through his poetry, which is presented through Driver's narration. Paterson has no desire to show his poetry to anyone but his wife. For him, it's a secret passion. He greatly enjoys interactions with fellow poets, but even then, he's far more interested in what they have to say. Paterson's goal isn't to be noticed, but instead to appreciate the reticent charm of life's quirks.

His partner, Laura, is a compelling foil to Paterson. She wants Paterson to photocopy and publish his poetry. She dreams of being a designer, cupcake store owner and country star. The difference between the two is that Laura is far more aspirational, whereas Paterson is content. Laura wishes to be recognized for her art, while Paterson finds peace in his craft. This dynamic evokes engaging questions on the purpose of art and the reasons people are drawn to creating it.

The movie is jam-packed with lovingly crafted characters. Even if a character only shows up for five minutes, they feel meticulously conceived to expose something about the human experience while still feeling

"Paterson" is a methodical examination of the motivations behind artistic pursuits. The film follows Paterson, a bus driver and poet in New Jersey, as he drifts through life, content to never share his writing with the world. AMAZON STUDIOS

realistic and three-dimensional.

One of the notable aspects of the film is its dedication to realism and simplicity. Film students are taught in screenwriting classes that scenes need to be moving somewhere. There needs to be a build in tension. A saying in the film industry goes, "The audience should enter a scene late and leave it early." While these are

all valid lessons that apply to most successful movies, "Paterson" is a great demonstration of how to ignore these rules and still be compelling. Scenes in this movie don't feel as if they've been crunched down. Instead, it's a movie full of breathing room. Events happen and characters change, but the movie isn't scared to linger on these moments. Instead of

a heroic protagonist stepping in and controlling the direction of the plot, Paterson is a mostly passive observer. There's ultimately no grand scheme or story to be told. "Paterson" manages to embrace life for all its mundanity and still be engaging throughout.

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Strand of Oaks' latest will tear the heart out

BY OLIVIA RIGGIO STAFF WRITER

Brooding and vulnerable yet unabashed and triumphant, Strand of Oaks' "Hard Love" serves as a tribute to life's ups and downs. Timothy Showal-

ter, who performs under the name Strand of Oaks, released his fifth studio album, "Hard Love," on Feb. 17. In just nine tracks, he takes listeners on an

ALBUM REVIEW Strand of Oaks "Hard Love" Dead Oceans Our rating: ★★★☆☆

emotional journey and envelops them in psychedelic guitar riffs.

Having spent his childhood in Indiana and most of his adult life in

synthesizers as the soft heartbeat of a bass drum makes way for Showalter's whispering vocals. The intimate ballad builds into a lush rock tune as distorted guitar sounds add weight to the piece. "Hard love - we don't find it enough," Showalter laments.

"Salt Brothers" crawls along in a slow 6/8 time signature. At first, the song sounds like a playful campfire anthem. Then, it slides into a syrupy guitar solo that grows fuzzier before screeching to a halt. Out of the fuzz emerges the whispering percussion of egg shakers and piercing guitar melodies as the next song, "On the Hill," begins. "On the Hill" builds to a howling catharsis before tapering off into silence. Showalter saves the most compelling song on the album for last. "Taking Acid and Talking to My Brother" may have a curious name, but it is about anything but psychedelics. In an NPR "Morning Edition" interview, Showalter said he wrote the song about his brother's experience with cardiomyopathy, a heart disease that can cause the heart to stop beating. The suspense



DEAD OCEANS

he felt before his brother's miraculous recovery gave him the sense of losing control, and the song reflects this lack of control. As Showalter's vocals echo, the eight-minute song goes through a series of emotional apexes and nadirs that captures the feeling of helplessness Showalter felt while watching his

The Future is here

BY MATT MALONEY ASSISTANT MULTIMEDIA EDITOR It's uncommon for an artist to

release two albums in a year, let alone in consecutive weeks. Yet Atlanta rap-ALBUM per Future REVIEW followed up Future his self-titled "HNDRXX" album just one Epic Records week later with Our rating:

"HNDRXX."

★★★☆☆ The album's title pays homage to the late Jimi Hendrix, who was known for his experimental sound and free spirit. While their styles are different, Future takes after Hendrix on this album in the sense that he focuses on evolving his sound. The result is an album that may not be what people have come to expect from the pill-popping "super trapper." While it's good to see Future change up his sound, his inherent mumble-rap style makes it difficult to enjoy songs where the listeners need to focus on understanding what he is saying instead of just bobbing their heads to the beat.

The number of love songs on "HNDRXX" often gets boring in a way Future's previous work didn't. Future sacrificed the high-energy simplicity that put him on the map for an overabundance of contemplation that doesn't fit his persona.

Someone with Future's status can get away with putting out an album that is far off from their usual sound. While the experimental songs don't always work, this album shows that the Atlanta rapper has more dimensions than his discography has previously shown.

CONNECT WITH MATT MALONEY







Pennsylvania, Showalter's music is heavily influenced by folk and rock genres. Whereas earlier albums like "Leave Ruin" employ the light, organic sounds of folk music, "Hard Love" signifies a definitive step into the genre of straightforward driving rock.

The album begins with the title track, "Hard Love." The song fades in with the ghostly sounds of ambient brother suffer.

Honest and intimate, "Hard Love" is an album for anyone who likes the sonority of classic rock and the genuineness of folk. Strand of Oaks once again proves his versatility without compromising an ounce of sincerity.

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EPIC RECORDS





"SLIDE" Calvin Harris, Frank Ocean and Migos Sony Music Entertainment Throughout "Slide," Calvin Harris sounds like he'd rather be anywhere else. Not even the catchy background beat is enough to save this lackluster track. Released Feb. 24, Harris' latest single falls flat.



"STAY"

Zedd and Alessia Cara Interscope Records Released Feb. 23, "Stay" by Zedd, featuring Alessia Cara, is a pop-filled track that is charming in the moment, but doesn't stay with listeners once the song ends. The single blurs together with countless other recent hits.



"2 LOVIN U" **DJ** Premier and Miguel TTT

"2 Loving U" doesn't linger on its introduction, which is a shame, because those brief moments are the strongest on the track. The rest of the song plays out as a generic dance track — fun, but forgettable. "2 Lovin U" released Feb. 21.

TTT

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1 mind & body Have an early night	2 appreciating Write down at least 3 good things about today	3 relating Phone a friend or loved one	4 giving Practice random acts of kindness*	5 trying out Try a new food or drink	6 direction Set a realistic goal	7 resilience Confide in someone
8 acceptance List 10 things you do well	9 appreciating Take a meaningful photo	10 emotion Do / plan something you love	11 relating Treat a friend or loved one	12 giving Help someone today	13 resilience Write down 10 things you're grateful for	something different
15 relating Swap TV for family time	16 direction Share your goal with friends	17 acceptance 10 positive words about you	18 emotion Think and speak positively	19 trying out Visit a new place	20 _{meaning} Offer your time	21 appreciating 10 minute chill out (e.g. Headspace app)
22 resilience Add some fun and laughter	23 mind & body Eat / drink healthily today	24 giving Contact someone in need	25 acceptance Ask a friend your strengths	26 emotion Make some "me" time	27 direction Take the 1st step to your goal	28 relating Chat/smile/ wave to someone new
29 mind & body Walk 10,000 steps	30 _{meaning} Do something charitable	+1 Choose 1 challenge to do often	ITHACA (LOLLEGE Psychological Services	*More detai fb.com/ ilverliningsproje ne 10 keywords actionforhappir	ect.co.uk are from



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on them.

lift happen.'

The class then holds up fists and releases to

"I'm going to inhale and pull myself down to

feel the effect Hessing was talking about. Next,

Hessing hands out white bars with no weights

a deadlift and back up," he says while demon-

strating the lift. "The whole way, I'm going to

be squeezing everything I've got to make the

three lifts. At the end, the participants pause and

look to Hessing for the next direction.

off to the side to shake out his muscles.

class than they are used to.

Together, Hessing and the class perform

"Shake it out now," he says, moving the bar

The class is tailored toward middle-aged

"I feel like people in that demographic don't

women, giving them a different type of fitness

have a good home in the fitness world right

now," Hessing said. "They seem to really enjoy

it, and I'm giving them an entry into the fitness

world that people didn't think would be open."

in the Department of Theatre Arts, said she

was bored with doing the same thing in the

gym every day, so she joined the class to try

"I turned 50 this year, and I'm needing to be

Sherri Dunham, administrative assistant

BY DANIELLE ALLENTUCK SPORTS EDITOR

In the middle of the afternoon rush in the Ithaca College Fitness Center, exercise science major Derek Hessing is in his own bubble, leading six people through body-weight exercises in a corner of the Mondo Floor Gym.

As the class begins its warmup, Hessing, clad in khakis and a black polo, makes sure to do every exercise first to set an example for his class.

"Keep it nice and low," he says, carefully watching as his class performs a series of bear crawls on a long blue mat.

The class then makes its way over to the far back corner of the gym to begin the strength section of the class. Hessing pairs up with Kim Wojtanik, administrative assistant in the

Department of Education, to perform a series of kettlebell squats. After he finishes his portion of the set, he passes the kettlebell off to Wojtanik and kneels down next to her, examining her form.

"That's pretty good," he says. "That's looking a lot better."

Wojtanik then performs another squat, and Hessing

grad school, be poor or join the Marines because they had a musical group I wanted to go into."

He ended up joining the Marines and was in the Commandant's Own, a military music organization, for five years.

The band played in front of thousands of people, including senators, military leaders and foreign ambassadors.

Hessing was lead soprano bugle and was also a ceremonial bugle, meaning he played the daily wake-up call and played during official military funerals at Arlington National Cemetery. While in the Marines, he was based in Washington, D.C., and discovered his love for health and fitness — something he wanted to do for the rest of his life.

Assistant in the "I started coaching different Marines different They seem to really enjoy it, and I'm giving them an entry into the "I started coaching different Marines different things — what to do to be more effective in the gym and to hurt yourself less," Hessing said. "I also started working at a park-

seif less, Hessing said. "I also started working at a parkour gym in D.C. I started working with mostly middle-aged folks, the type of people

who have sat in fit," Dunham said. "I feel better week to week. I

something new.

work pretty stressful hours, so it just makes me feel better about working nine-hour days, and I feel better all around."

Wojtanik said all of the members of the class work together in the School of Humanities and Sciences. She said she has been impressed with how the class has helped her.

"Seeing how I have been able to build my strength is a benefit," she said. "When we did our first assessment, he was nice and said I was doing well, but now, seeing my growth is really beneficial."

The class concludes with a seven-minute circuit. There are three different stations: a tire walk, bear crawl and kettlebell squats.

Members of the class split off to stations, and Hessing moves among the stations, helping the participants.

"It's not a race; it's a beauty contest," he says while clapping his hands in encouragement.

Hessing said he hopes to be able to expand the class in the future and is currently looking into adding new sessions for next year.

"It's a really cool experience; I'm super grateful to have this," he said. "I'm learning so much, and I feel like I'm getting a head start into what I'm going to be doing in my future."

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throws his hands up with excitement as she finishes her set.

Hessing, a former marine who began attending the college in the fall, created the Inner Strength fitness class this semester. The class is held Tuesdays and Thursdays from 5 to 6 p.m. and currently has six participants. Members of the class had to sign up in advance to take the class.

"Essentially, it is a fitness class that is designed to give you skills and abilities that can transfer outside of the gym," Hessing said. "As opposed to a lot of group fitness classes you might go to where the goal is just to go and get a workout, get sweaty, the Inner Strength class is designed to teach you movement concepts and teach you certain attributes that will benefit you in daily life."

This wasn't something he imagined himself doing, having gone to school for music education at Drake University, from which he graduated five years ago.

"When I finished my degree of bachelor in music education, I had several options," Hessing said. "It was either go be a band director, go onto **Derek Hessing** a chair for long enoughand forgot-

ten how to move, so we needed to rehabilitate how to move."

fitness world that

people didn't think

would be open."

When he arrived at the college in the fall, Hessing originally reached out to Sean Reilley, program coordinator of recreational sports, about becoming a personal trainer. During the interview for the personal fitness job, he mentioned an idea he had for a different type of group fitness class.

Hessing was hired for the personal fitness job, and a couple of weeks later, Reilley reached out to him about creating the class he talked about during the interview.

After the strength portion, Hessing takes the class into a huddle next to a small whiteboard with the next set written on it.

Before he teaches them the set, he explains to them what they should be feeling while performing it.

"Squeeze your fist about 20 percent," he says. "Notice where you feel the tension. Now, move your neck around a little bit; make sure you aren't keeping any tension. The three big spots you want to use to improve that tension are grip,



Derek Hessing leads class members through stretching. He created the Inner Strength fitness class this semester, and it currently has six participants. It is held twice a week. TEDDY ZERIVITZ/THE ITHACAN

THE BOMBER ROUNDUP

The Ithacan's sports staff provides statistical updates on all of the varsity Bomber squads during the winter and spring seasons



Junior Mina Shernan placed 13th on the uneven bars with a score of 9.000 at the Harriet Marranca Memorial Invitational on Feb. 26 in Ben Light Gymnasium. PERRY BENEDICT/THE ITHACAN

Women's Lacrosse __ _ Wrestling



St. Lawrence University in Canton, New York

-Tennis



Next game: March 13 against Bloomsburg University in Orlando, Florida

Swimming & Diving

Women's NCAA Diving Regionals					
Name	1-meter	3-meter			
Nickie Griesemer	446.10	494.85			
Lindsey Suddaby	404.90	459.95			
Katie Helly	386.15	455.05			
Alyssa Wishart	416.80	452.60			

Next meet: March 15–18 in NCAA Championships in Shenandoah, Texas

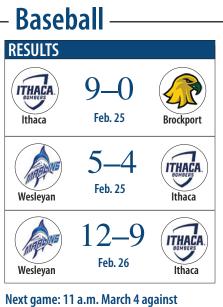
Track & Field

Women's NYSCTC	Championsh	nips	Men's NYSC	Men's NYSCTC Championships			
Name	Place	Score	Name	Place	Sco		
Ithaca	1st	218.5	RPI	1st	196		
Rochester	2nd	132	Ithaca	2nd	14		
RIT	3rd	108	RIT	3rd	122		
St. Lawrence	4th	78	Utica	4th	99		
RPI	5th	73.5	St. Lawrence	5th	54		

Next meet: 12 p.m. March 3 at ECAC Championships in the Athletics and Events Center

3					
Women's Bomber Invitational					
Name Event Place					
Jimmy Kaishian	125-pound	2nd			
Nick Wahba	141-pound	4th			
Nick Velez	165-pound	2nd			
Jake Ashcraft	184-pound	4th			
Jake O'Brien	285-pound	2nd			

Next meet: March 10–11 in NCAA Championships in La Crosse, Wisconsin



St. Joseph's College in Patchogue, New York

	Men's NYSCTC Ch	CTC Championships				
Score	Name	Place	Score			
218.5	RPI	1st	196.5			
132	lthaca	2nd	146			
108	RIT	3rd	122.5			
78	Utica	4th	99			
72.5	64 1	C4b	54			

Harriet Marranca Memorial Invitational					
School	Place	Points			
Ursinus	1st	188.825			
Brockport	2nd	187.725			
Ithaca	3rd	186.550			
Rhode Island	4th	177.900			

Next game: 12 p.m. March 4 against SUNY Cortland in Cortland

Womon's Rackathall

Gymnastics

RESULTS		STANDINGS			
	\frown	School	Conference		
ITHACA. 63-55	(Fine)	Ithaca	14–2		
BOMBERS	HARTWICK	Stevens	14–2		
Ithaca Feb. 24	Hartwick	Hartwick	13–3		
		St. John Fisher	9–7		
		Nazareth	7–9		
(ITHACA) 77–74		Houghton	5–11		
BOMBERS		Utica	5–11		
Ithaca Feb. 25	Stevens	Elmira	3–13		
		Alfred	2–14		

Next game: 7 p.m. March 3 against Rochester Institute of Technology in **Ben Light Gymnasium**

THERE'S MORE ONLINE READ ON

Read the latest coverage of the Ithaca College sports teams.

THEITHACAN.ORG/

SPORTS

Overall

24-3

16-10

17-9

12–14

11-14

11-14

7–18

7-18

4–21

*Updated as of Feb. 28

CAITIE IHRIG THE ITHACAN

New IC defensive coordinator hired



Mike Toerper, the new defensive coordinator for the football team, coaches during a game at Johns Hopkins University. He coached at Johns Hopkins University in multiple roles for seven years. COURTESY OF MIKE TOERPER

Mike Toerper, formerly the special teams coordinator and defensive backs coach at Johns Hopkins University, has joined the Ithaca College football coaching staff as defensive coordinator, replacing Mark McDonough '01.

Toerper graduated from the University of Pittsburgh, where he was a defensive back and special teams contributor. He worked at Johns Hopkins University for seven years, where he was the wide receivers coach from 2010 to 2012 and the special teams coordinator and defensive backs coach beginning in 2013. Toerper worked with associate head coach Dan Swanstrom for four years and went to four conference championships with him. Swanstrom was hired in December as the new football head coach, replacing Mike Welch '73, who held the position for 23 years before retiring at the conclusion of the 2016 season.

Assistant Sports Editor Caitie Ihrig spoke with Toerper about his decision to come to the college,

his coaching style and his thoughts about coaching with Swanstrom again.

This interview has been edited for length and clarity.

Caitie Ihrig: Why did you want to be the defensive coordinator at Ithaca College?

Mike Toerper: There's a lot of reasons that I was attracted to Ithaca College. First and foremost, the historical tradition that I knew about from some of my colleagues in the coaching business. They told me a lot about Ithaca College and how successful their athletics program has been over the years and traditionally. ... I didn't know what to expect before I visited. I had looked a lot online about the school and about the surrounding area. But when I was able to get on campus for the first time, I was really blown away. First and foremost, by the Town of Ithaca. Once I got to start walking around campus and

meeting people, from both athletics and the school, I thought it had a great mix of a commitment to academics as well as a commitment to athletics. That was very prevalent when I had a few meetings with Susan Bassett [director of intercollegiate athletics] and just coming across a couple other members of the staff. Ithaca has a great tradition, and I think it is a place that I can grow as a coach, but I think it has a great environment for me to grow as a leader and as a teacher.

CI: What are your thoughts about coaching with Coach Swanstrom again?

MT: I'm elated to coach with Coach Swanstrom again. When I first got to Hopkins, he was very instrumental in my growth as a coach. That's from all aspects. From ways to approach the offseason to how you train players to football X's and O's and then as far as gameday management and as far as recruiting. Every step of the way, Coach Swanstrom has helped me grow as a coach. Even when he left Hopkins for the University of Pennsylvania, we stayed in touch. We continued to be really close at that point. I'm just looking forward to picking up where we left off when he left Hopkins. We shared a lot of similar views on different approaches to promoting the program, and I think our personalities really mesh well. We are very focused on a common goal.

CI: What do you hope to gain from this job?

MT: I believe it's not as much as what I'm hoping to gain from it, but I hope I can bring a lot of energy, and I hope that us as a coaching staff can bring a lot of success to the Ithaca football program. I think the experience is going to be outstanding, and to have a chance to work with some new coaches that I haven't worked with before, getting the chance to know them and to meet a brand-new group of players that I'm going to learn a lot from as well. Really, our sole purpose here is to build leaders — the leaders' being the football players — and win championships. That's really what we are focused on as a staff.

Read the full Q&A online.

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IC junior gymnast leaps toward goals

BY DANIELLE SCHEAR STAFF WRITER

Last year at the National Collegiate Gymnastics Association National Championships at SUNY Brockport, junior Kendra Balcerak essentially had to compete blindfolded.

After achieving her dream of making it to the national competition, she had a reaction to her contacts right before her beam routine and had to compete without them. Her team-

years and also won state, regional and national competitions at levels nine and 10, the highest in gymnastics before the elite level. Balcerak said competing at an intense level while growing up prepared her to balance academics and athletics with ease.

"Ever since I was in USAG, I've learned to be really efficient when it comes to doing my homework," she said. "It really hasn't changed since coming to college — it's just increased."





Sports | 25

Athlete hits new mark

Pole-vaulting is a sport that not only requires athletes to be in peak physical form, but also have a certain mental toughness that allows them to improve upon each run.

In most cases, pole-vaulters spend years perfecting their craft before fully reaching their potential at a college or professional level. That hasn't been the case for Ithaca College senior Katherine Pitman.

Pitman joined the Ithaca College track and field team in 2014 and has since enjoyed one of the most remarkable runs of success in the history of the program.

Pitman was a gymnast for most of her life before injuries forced her to explore other options.

In her first season with the team, Pitman set a school record of 3.72 meters in the outdoor pole vault. A season later, Pitman broke her record twice with a mark of 4.21 meters and won a national title last year. Now in her third season pole-vaulting, Pitman has somehow only continued to improve.

Earlier this month, Pitman broke the Division III record of 4.21 meters with a mark of 4.22 meters.

A week later, Pitman broke her own record again with a mark of 4.25 meters at the Empire 8 Championships at Utica College.

For reference, the Division I record is 4.71 meters, set in 2015 by Demi Payne of Stephen F. Austin University.

The women's pole-vaulting Olympic record is 5.05 meters, set by Yelena Isinbayeva of Russia in 2008.

For Pitman, still a relative newcomer to the sport, to set the Division III record is quite astonishing.

How many other athletes have been able to set records in a sport just three years after starting? Not many.

Athletes like Mike Evans, wide receiver for the Tampa Bay Buccaneers of the NFL, played one year of high school football before breaking out during his time at Texas A&M and eventually being drafted in the

mates stood on the edge of the beam so she could see where to flip.

Despite the hindrance, she scored 9.1 and finished in a tie for 16th. This season, Balcerak is excelling on bars, beam and floor for the Bombers and is the only member of the team competing in three events.

Head coach Rick Suddaby said she is setting an example for the rest of the team.

"She's competing in more events than most, so she sets a really good standard," Suddaby said.

Since peeking into her older sister's gymnastic class over 15 years ago, Balcerak has been hooked on the sport.

"I always had so much energy as a child, so it was like a perfect release of energy for me," Balcerak said.

During her years at the Rochester Gymnastics Academy, Balcerak earned numerous accolades as a budding gymnast. She was a club gymnast in the USA Gymnastics system for nine Coming to Ithaca College felt natural for her, she said. However, her journey to where she wound up was a tough one, especially on her body. During her senior year of high school, Balcerak suffered a stretched ligament and a broken talus bone at the regional competition, which Suddaby attended to watch her.

Balcerak was able to make it to nationals that year but was not able to attend due to the severity of her injuries.

The biggest difference in collegiate gymnastics, Balcerak said, is the level of independence she has as an athlete. She has more control of her practices and looks to Suddaby for guidance rather than the stern drilling she was used to from USAG.

During the regional competition last year, the meet that would determine whether she went to nationals, Balcerak was on the cusp of making it, though she didn't know it, and her coach did not want to



Junior Kendra Balcerak competes on the uneven bars Feb. 26 in Ben Light Gymnasium. This year, she is competing on bars, beam and floor. CASEY KOENIG/THE ITHACAN

tell her for fear of psyching her out. She was instead focused on executing her beam routine to the best of her ability. Balcerak scored a 9.6 and placed 12th on the beam to qualify for nationals.

"It was like another meet to me; I was very surprised I even made it to nationals," she said. "It was really a last-minute thing."

Balcerak is currently having one of her best seasons, having set a new personal record on the balance beam with a score of 9.775 on Feb. 15 against SUNY Cortland.

She tied for first place and helped the team set a new school record on the balance beam.

Junior Kelly Nash said one of the

main focuses on the team this year is on individual skills, something Balcerak does a good job of during practice.

"She works really hard and gets everything done but also is able to make it fun," Nash said. "We're really trying to focus on our energy and attitude in the gym, which is really important for our success."

With only two years left on the team, Balcerak said she has big goals for the rest of her tenure.

"I want to make it to nationals as a team, have no regrets and enjoy one of the best experiences of my life," she said.

CONNECT WITH DANIELLLE SCHEAR DSCHEAR@ITHACA.EDU @DANIELLESCHEAR first round of the NFL Draft.

Joel Embiid, center for the Philadelphia 76ers, only began playing basketball at the age of 15 in Cameroon before playing one season at the University of Kansas. He was the third pick in the 2014 NBA Draft.

It takes a special breed of competitor to start and learn a new sport, then begin to dominate within just a few years.

But that's just what Pitman has done. And with a year of eligibility left, the best could still be yet to come.

And with the outdoor season still ahead, the possibilities are endless for Pitman.

FUSTOR'SFUMBLESis a sportscolumnwrittenbyNickFustor.FUSTORis a junior journalismmajor.Connectwith him at nfustor@ithaca.edu and @FustorThePeople.

Technology transforms recruiting process

BY ANNETTE HOGAN STAFF WRITER

During the school year, the main focus of Ithaca College varsity coaches is on their teams and goals at hand.

But once the spring season ends in May, their focus will shift to recruiting future members of their teams.

Karrie Moore, head coach of women's lacrosse, and Deb Pallozzi, head coach of softball, coach two entirely different sports, but they share a common objective throughout the off-seasons.

Over time, the recruiting process for many sports has changed, and technology has played an important role in the change.

Moore is headed into her second season as head coach, and Pallozzi is beginning her 29th season.

Pallozzi said the advancement of technology has been one of the biggest changes in their recruiting process over the years.

"Technology has changed where it is all online now, with YouTube, which is much nicer," Pallozzi said. "Back when I was first doing it, we would get all these VHS's, so you would have a stack of films in your office "

Pallozzi said technology is not the only change in women's softball over the years.

She said there are many more athletes out there to recruit but that it can be a challenge for the coaches to keep up with the increased demand

The overall number of female student-athlete softball participants for Division III in 1981-82 was 2,933, according to the NCAA Sports Sponsorship and Participation Rates Report on Student-Athlete Participation.

That number has almost tripled, totaling 7,597 participants in 2014–15, according to the NCAA study.

The study cites factors leading to this increase, including more students attending high schools and colleges and more NCAA rules' complying with Title IX.

"You really have to find the spot that has the

pocket of athletes that will make the program successful for our vision," Pallozzi said.

Moore said social media has changed relations with recruits as well.

"People expect instant feedback," Moore said. "You used to deal with mailings, and it's just not necessary anymore. Kids don't want to wait for it."

Because of the influence social media has on the recruiting process, Moore said she is able to email the athletes quickly after watching them play and provide them with timely information, helping both the athletes and coaches.

Technology also makes it easier for coaches to keep in touch with recruits and for recruits to update coaches.

Moore said this makes the recruiting process more personal because the coaches are able to get to know the athletes better.

The main recruiting period for Moore and her fellow coaches spans from the last day of the season in May to the last weekend in July. During this time, they attend tournaments on the weekends with as many as 200 club teams participating, and throughout the week, they attend camps and clinics.

Pallozzi said the softball program recruits heavily in the summer and fall, and their main areas of recruitment are Pennsylvania, New Jersey and Connecticut because those are the areas that in the past have brought success to the program.

In recent years, athletes have begun to reach out to Pallozzi from the West Coast. The softball team currently has two members from California: junior Emily Bloom and sophomore Vanessa Brown.

"That has changed over the years," Pallozzi said. "We just started going into California over the last four years."

Moore attends tournaments sponsored by the Intercollegiate Women's Lacrosse Coaches Association during the summer, but the games and clinics are recorded and posted online for her to be able to go back and look at them later.

"Film is never as great as a live evaluation,



Karrie Moore, center, head coach of the women's lacrosse team, shouts instructions from the sideline Feb. 25. Moore's main recruiting time is after the season ends in May.

but it is a nice supplement," Moore said. "That did not used to exist. You just didn't have film like that '

Another factor that can affect recruiting, Moore said, is a coaching change, as prospective athletes can lose touch with a school when a new coach is hired.

Freshman Bailey Herr's original contact was with Shannon McHale, former head coach for women's lacrosse, when Herr was a sophomore in high school.

Herr said the coaching change did not affect her because she was still interested in the college.

She said she submitted an online questionnaire during the beginning of her senior year to get in contact with Moore and committed to the college in April of her senior year.

"It didn't really affect me because I wasn't really close with [McHale]," Herr said. "I was just excited to meet the new coach."

CAITIF IHRIG/THF ITHACAN

As Pallozzi heads into her 29th season, she said the only two things a coaching change affects are if a coach is looking for a different type of athlete and if the new coach comes in with a different philosophy.

"It's very, very competitive, even at our level now," Pallozzi said. "I want the kids to be multifaceted. I just want athletes. But so does every other school - that's the problem."

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ICC Portfolio Working Sessions! Need help with your ICC Portfolio? Join the Academic Advising Center for one of these sessions:

Wednesday 3/22

Thursday 3/2 and 3/23

Drop-in anytime between 1-3 p.m. Academic Advising Center – Rothschild Place

*Bring your laptop!

The Academic Advising Center is part of the Center for Academic Advancement. The Center provides academic support and resources for all Ithaca College students, regardless of school or major! We are comprised of the Academic Advising Center, Student Accessibility Services and Tutoring Services.

THURSDAY, MARCH 2, 2017

the

<u>The best from this</u> week in sports

BY ANNETTE HOGAN AND COLIN TESSIER STAFF WRITERS

The Ithaca College women's basketball team won the Empire 8 Conference Championship for the first time since its seniors were freshmen against Stevens Institute of Technology 77-74 on Feb. 25 in Hoboken, New Jersey.

The Bombers will be hosting the first round of the NCAA tournament March 3-4. The South Hill squad will compete against Rochester Institute of Technology, and Bowdoin College will go up against SUNY New Paltz. The tournament will begin March 3, with the matchup between Bowdoin and New Paltz at 5 p.m. After that, the Bombers will play RIT at 7 p.m.

Coming into both of the Empire 8 games, junior guard Julie Yacovoni said the team knew it had to play at the highest level possible.

"I knew that we were capable of a lot," Yacovoni said. "We just needed to come out with energy and play our game and focus on what we could control."

Before the South Hill squad could advance to the conference championship, it had to get past Hartwick College in the semifinal round.

The Bombers split their regular season games against the Hawks, as they lost 75-64 on Jan. 7 but won 60-49 on Feb. 11.

The Blue and Gold fought hard in a back-and-forth competition against the Hawks for the majority of the semifinal game. Hartwick opened the game with a layup and then a free throw before the Bombers were able to score.

The South Hill squad came back, making three layups before Hartwick could score again.

The Hawks were only able to outscore the Bombers 16-9 in the first quarter. The South Hill squad outscored Houghton 19-15 in the second quarter, 15-13 in the third quarter and then 20-11 in the fourth quarter.

The Blue and Gold were able to convert the Hawks' 25 turnovers into 23 points, accounting for over a third of the Bombers' total points.

The Bombers also assisted on 16 baskets and accumulated nine steals during the game.

In the championship game, the Bombers held on for the three-point victory against the Ducks, though the Blue and Gold were outscored 26-17 in the fourth quarter.

The game was competitive throughout. The Bombers were outscored 15–14 in the first quarter but outscored Stevens 22-15 in the second quarter. The Blue and Gold also outscored the Ducks 24–18 in the third quarter before the nail-biting fourth quarter. The Ducks had a higher field goal percentage -47.5 percent - than the Bombers, who had 44.8 percent. Both teams totaled 39 rebounds. The Ducks tallied 18 assists, and the Bombers had 11.

0

St. John Fisher freshman guard Alex Reigle tries to block senior forward Shayna Gaskins in the Bombers' 58-41 win Jan. 28 in Ben Light Gymnasium. Gaskins played for 16 minutes, scored six points and four rebounds. She played for nine minutes in the Empire 8 Championship.



Senior forward Erin Ferguson said winning the championship meant a lot to the team, especially since only three members of the team have won one before.

"There is nothing like the playoffs," Ferguson said. "It was really exciting to win the conference championship. ... Coming home with an E8 championship is great, but there are still more games for us to win this season."

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Junior guard Jordan Beers dribbles past St. John Fisher junior forward Jessica Rhone to score a basket in the Jan. 28 game. Beers played for 21 minutes, scoring 11 points with six rebounds, four field goals and one foul. She scored 11 points in the Empire 8 Championship.

CAITIE IHRIG/THE ITHACAN

The Big Picture

Thursday, March 2, 2017



Josiah Spellman, a junior music education major, performs "Peace Be Still" with the Dorothy Cotton Jubilee Singers at the Black History Month Concert on Feb. 25 in Ford Hall. MAXINE HANSFORD/THE ITHACAN