

THE ITHACAN

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MLK Week sparks conversations about justice

BY MADISON FERNANDEZ
NEWS EDITOR

In keeping with this year's Martin Luther King Jr. Week celebration theme, "Every Step Toward the Goal of Justice," Ithaca College encouraged the campus community to step out of its comfort zone and confront issues of race and social justice through a series of workshops and presentations.

The college held its 12th annual MLK Campus-Wide Celebration the week of Jan. 21, commemorating what would have been King's 90th birthday. John Sims, a civil rights activist and artist, was this year's keynote speaker. Sims is known for his conceptual artwork that deals with political activism and identity, including projects like "Recoloration Proclamation." This project includes flags recolored to change their original meanings and installations like "The Proper Way to Hang a Confederate Flag," a piece in which a Confederate flag is hung in a noose, and "Burn and Bury," a coordinated event held on Memorial Day to burn the Confederate flag.

When MLK Week was first established at the college in 2008, former President Peggy Ryan Williams declared the first day of classes, which coincided with Martin Luther King Jr. Day, to be a "day on, not off," meaning that instead of classes, students would participate in

programs and activities that encouraged thought and reflection. Although the events were scheduled to start Jan. 21 this year, they were rescheduled due to a snowstorm that left Ithaca with over a foot of snow.

Even though classes officially began for the spring semester Jan. 22, members of the campus community still found time to engage with the scheduled events. At a presentation titled "Geometry of Justice: Mathart to Flagart," which was held during the noon hour in the Emerson Suites, Sims discussed how ethnomathematics — the study of mathematics and culture — influences his artwork.

Sims emphasized how math can be used in a way to connect individuals in vastly different communities and allow people to think differently about certain ideas and concepts, like the Confederate flag.

This sentiment carried on in his keynote presentation, "A Blazing Grace: Space, Time and Justice," in the Emerson Suites, where he continued to speak about the ways his art cannot only incite a community response but also encourage the viewer to reconsider the meaning of a symbol like the Confederate flag. Approximately 75 people engaged with the showing of his artwork in a collection entitled "A Blazing Grace," a collection of works and publications that has been in the

making for 16 years.

"This is a testimony in confronting a symbol, a very powerful symbol, both directly and indirectly, before it was popular to do so," Sims said. "This is the story in search of healing and power to move forward in a land that requires perpetual redirection towards a light of justice and respect."

Sims showed videos of negative responses to his art projects and some of his multimedia pieces referenced in his earlier session. He discussed the pain and confusion associated with the symbol of the Confederate flag.

"There is the white pain of a lost war and shifting white power and privilege," he said. "There is also the black pain of remembering and confronting a history, an American history, a trauma, a social trauma, born from the American contradiction of slavery, segregation and human suppression."

In response to a question, "Is all art is political?" he said all art has political content because it has

a conversation among the artist, the environment and history.

"If I had done 'The Proper Way to Hang a Confederate Flag' installation in 1853, I would have been murdered," Sims said. "It would not have been art. Now we are in a space where it could be art. What is art in one place is not art in another place."

Following the keynote speech, Sims led a presen-

tation, "'AfroDixieRemixes': The Ithaca Responses." The focus of "AfroDixieRemixes," a musical project by Sims, is the song "Dixie," a piece that was originally about a slave who had escaped to the North and began pining for slave life back in the South.

Sims said "The AfroDixie Remixes" is a way to reclaim and reimagine a song that has strong connections to slavery and the African American



Ithaca College held its 12th annual MLK Campus-Wide Celebration the week of Jan. 21. This year would have been King's 90th birthday.

WIKIMEDIA COMMONS

See MLK, Page 4

ICC review open for input

BY PHOEBE HARMS
STAFF WRITER

The Integrative Core Curriculum Program Review Committee is looking for feedback from the Ithaca College community on a draft report of the ICC, which was released Jan. 15.

The committee is looking for comments on the report's factual accuracy and clarity. The report includes data from surveys and focus groups that gives an overview of how the ICC is perceived on campus and what its current weaknesses are. In the feedback collected, 48 percent of students disagreed or strongly disagreed that the ICC is accomplishing its goals, but only 14 percent polled wanted the program to be eliminated.

The committee is not looking for feedback about the ICC itself. The draft report contains an analysis of the current state of the ICC and includes a detailed description of the program and its administration, curriculum and budget, as well as data regarding how the ICC is performing. Near the end of Fall 2018, the college community was given the opportunity to share its thoughts on the ICC through surveys and focus groups, and this feedback was factored into the report.

The committee has been organizing the



From left, Christina Moylan and Susan Witherup, co-chairs of the Integrative Core Curriculum Program Review Committee, are looking for feedback on the draft report.

MAXINE HANSFORD/THE ITHACAN

review of the ICC to present a revised draft complete with suggestions from the committee to the campus community and the provost's office, said Susan Witherup, co-chair of the review committee.

The report addressed several facets of the ICC that may be open to change. However, the program review committee is unable to comment on which particular issues require attention until the next edition of the report is

released, said Christina Moylan, co-chair of the review committee.

The draft report is currently in a commenting period in which members of the college community have the opportunity to give feedback on the accuracy and quality of the report online at <https://www.ithaca.edu/icc/facstaff/protected/iccprogramreview/>.

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Alum funds food pantry

BY RYAN KING
ASSISTANT NEWS EDITOR

Ithaca College will establish a permanent food pantry in the Campus Center before the end of the semester in response to food insecurity on campus.

The pantry is funded by the Lissy Family Foundation. Dave Lissy '87, chair of the Ithaca College Board of Trustees, donated money to establish the permanent food pantry on campus. He said this was inspired by discussions he had with President Shirley M. Collado and her senior leadership team about how donors can do more to help the campus community.

Food insecurity is an issue prevalent on college campuses across the nation, including Ithaca College. The Campus Climate Survey that was conducted in Fall 2016 indicated that approximately 500 students at the college reported difficulty affording food. Last semester, the college's Division of Student Affairs and Campus Life sponsored a panel discussion on food insecurity and food injustice. In September 2018, senior

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NATION & WORLD

Senate wil vote on two different bills to end government shutdown

On Jan. 22, senate leaders agreed to vote on two competing proposals to end the government shutdown, including President Donald Trump’s plan to have the U.S. Congress pay for the long-stalled wall along the U.S.-Mexico border. It is likely to fail.

The other measure, from Democrats, also seems unlikely to pass. It would temporarily re-open the government through Feb. 8 while talks on border security continue.

Either package would need to hit the 60-vote threshold to advance Jan. 24, a tall order in the narrowly divided Senate, where Republicans hold a 53–47 majority. Trump’s wall is the key sticking point in his standoff with Democrats, which has led to a partial government shutdown.

Parkland survivors write book on Parkland school shooting

The authors of “Parkland Speaks: Survivors from Marjory Stoneman Douglas Share Their Stories” believed the book needed to be written.

The book, which was written by 43 students and teachers who lived through the high school massacre last February, gives a look into the six-minute shooting spree. Seventeen died in the shooting and its aftermath. Parkland — the once well-off Fort Lauderdale, Florida, suburb — suddenly found itself mourning in a global spotlight that has dimmed but will never reach black.

“I lost my sense of innocence. I lost my sense of security. I lost my ability to see the world as I had only hours earlier. I would give anything to go back,” said Sarah Lerner, a journalism and

English teacher who edited the 192-page paperback of essays, poems, photos and art that was published Jan. 22.

Lerner and three student contributors recently gathered in a park a mile from the school to talk about the tragedy and how the book helped them cope as a veneer of normalcy returns weeks before the anniversary.

Supreme Court returns to guns for first time in nearly nine years

The U.S. Supreme Court said Jan. 22 that it will take up its first gun rights case in nine years, a challenge to New York City’s prohibition on carrying a licensed, locked and unloaded handgun outside the city limits.

The court’s decision to hear the appeal filed by three New York residents and New York’s National Rifle Association affiliate could signal a revived interest in gun rights by a more conservative court. The case will not be argued until October.

The challengers are represented by prominent lawyer Paul Clement, who has been urging the Supreme Court to elaborate on the extent of constitutional gun rights that it declared in its decisions in 2008 and 2010. The court had previously rejected several appeals.

Four charged in plot to attack Muslim community Islamberg

Three men and a high school student were charged with plotting to attack a rural upstate New York Muslim community, Islamberg, with explosives, authorities said Tuesday. The Rochester-area residents are accused of plotting



Federal workers struggle through shutdown

Transportation Security Administration worker Amelia Williams is given milk at a food bank for government workers affected by the shutdown Jan. 22 in Brooklyn, New York. This comes as federal workers miss another paycheck.

MARK LENNIHAN/ASSOCIATED PRESS

to attack the small Muslim enclave west of the Catskills, according to court papers. The timing of the attack was unknown. At the time of their weekend arrests, the men, three of whom were in a Boy Scouts troop together, had access to 23 rifles and shotguns and three homemade explosives, Greece Police Chief Patrick Phelan said.

Man linked to four killings suspected of being in US illegally

A man suspected of illegally being in the U.S. shot and killed four people in Nevada over the past few weeks, including an elderly Reno

couple, authorities said, and the murders added fuel to the immigration debate.

Wilbur Martinez-Guzman, 19, from El Salvador, has been jailed in Carson City, Nevada, since Saturday on charges of possession of stolen property, burglary and illegal immigration charges. Authorities said they expect to file murder charges against him in the shooting deaths of the couple and two women in the nearby town of Gardnerville, Nevada. The investigation is ongoing, the sheriff said, and it was too early to comment on a possible motive.

SOURCE: ASSOCIATED PRESS

MULTIMEDIA

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MLK Week: Keynote Speaker John Sims
Ithaca Colleges celebrates annual Martin Luther King Jr. week.

Deadline Bling: Spring ’19 recruitment video
Come to *The Ithacan*’s recruitment night at 7 p.m. Jan. 24 in Park 220.

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Film by IC students and professors airs on PBS

BY SAM HAUT
STAFF WRITER

A documentary created by Ithaca College students and faculty about the life of Martin Luther King Jr. is airing on several PBS stations across the country from Jan. 13 to Feb. 1.

The documentary, “With Infinite Hope: MLK and The Civil Rights Movement,” not only covers King’s life but also many of the important events surrounding the civil rights movement, from the Freedom Rides to the Memphis Sanitation Workers Strike. Though the footage for the documentary was taken in 2017, it is airing now to coincide with King’s 90th birthday.

James Rada, associate professor and chair of the Department of Journalism, initiated and helped students with the logistics of the project along with co-producer and co-editor Chrissy Guest, assistant professor in the Department of Media Arts, Sciences and Studies.

Rada said the inspiration for the documentary came after he contacted the PBS affiliate in Memphis, Tennessee, in Spring 2017 to do a project about King that focused on the 50th anniversary of his assassination, which was in April 2018. During the Spring 2018 trip, Rada and a group of students helped cover events held to remember King for WKNO, the NPR affiliate in Memphis.

When Rada first contacted the affiliate in Memphis to organize the trip, it suggested that he also do a bigger piece on the civil rights movement, which Rada and six students did in this documentary.

Rada selected six students to travel down to Memphis in October 2017 to interview seven historians and 16 other people with varying levels of involvement in the civil rights movement. The students traveled to Memphis because that is where King was killed.

The students chosen by Rada to participate in the project included Christy Calcagno ’18, Kalia Kornegay ’18, Emily Varga ’18 and seniors Katie Jones, Elena Piech and Sophia Tulp. These students were chosen based on recommendations by faculty members. The students and Rada did not get paid to work



From left, Kalia Kornegay ’18 and James Rada, associate professor and chair of the Department of Journalism, helped film the documentary in Fall 2017. The film focuses on Martin Luther King Jr.’s life and important events that happened in the civil rights movement.

PHOTO COURTESY OF ELENA MARIA PIECH

on the documentary.

In conjunction with the trip to Memphis Rada traveled to Alabama, the home of many famous moments in the civil rights movement, to talk with various people about the movement. Organizations like The Selma Times-Journal, the Freedom Rides Museum in Montgomery, Alabama, and the Birmingham Civil Rights Institute helped Rada set up interviews with people well-versed with the civil rights movement. The project received funding from the Roy H. Park School of Communications, the college and Rada, who said he picked up some of the cost himself.

Rada said the people they interviewed for the documentary were open to interviews and provided great hospitality.

“They literally, in some cases, opened their homes,” Rada said. “I think we interviewed two people in their homes, and you want to talk southern hospitality. They offered us coffee and snacks; they were more than happy and more than willing to talk, absolutely. The folks in Memphis were absolutely wonderful.”

Rada said the documentary will tell people not just about what King did but also will provide details about the civil rights movement that most people may not be familiar with.

“It also gives some behind-the-scenes history of some of the logistics of the civil rights movement that people don’t know about,” Rada said. “They talk about some of the machinations of the bus boycott; how did they get the word out in an era before fax machines, before social media?

How do you protest a state government if you are a state government employee?”

Rada said he was surprised to learn about the methods the protestors at the time used to let people know that there was going to be a march happening.

“In Birmingham, a radio DJ on air used code language,” Rada said. “What he would say is this: ‘It looks like a good day to bring your toothbrush with you. You need to bring your personal hygiene products with you.’”

Read the full story online at theithacan.org/news/mlk-documentary

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Students nominated for College Emmy

BY RYAN BIEBER
STAFF WRITER

For many communications students, winning an Emmy is a faraway goal. However, a group of Ithaca College students moved one step closer to this dream after thier documentary was nominated for the College Emmy award.

The Television Academy Foundation nominated a documentary by junior Rebecca van der Meulen, seniors Casey McCracken, Samuel Dickson and Megan Trapani, and Eric Barr ’18, Christian Schuepbach ’18 and Kyle Benedetti ’18 on Jan. 14 for a College Emmy at the 39th College Television Awards (CTA). Their documentary, “Out of the Pills,” which is about the opioid crisis, was produced by the students in their Fall 2017 Documentary Workshop class.

“Out of the Pills” will compete against two other projects nominated in the category of Nonfiction or Reality Series. Across all of the categories, 25 productions were selected from over 600 submissions at over 174 colleges and universities.

The class, taught by Ben Crane, associate professor in the Department of Media Arts, Sciences and Studies, requires students to form their own media production company and produce a film by the end of the semester.

“I’ve designed it to offer students a real-world experience in documentary filmmaking,” Crane said via email. “We ultimately compete against everybody from student producers to professionals and I try to keep the standards very high.”

McCracken, one of the producers of the documentary, said Crane split the class into two groups at the beginning of the semester and told them to come up with a name for their film company. Each group had to include the number of their group in the name. For McCracken’s team, group one, the result was 1on1 Films.

“We thought 1on1 Films kind of embodies our goal of sharing peoples stories in an inti-



Junior Rebecca van der Meulan and Eric Barr ’18 worked alongside five other students and alumni to create a documentary about the opioid crisis. The film is titled “Out of The Pills.”

PHOTO COURTESY OF REBECCA VAN DER MEULEN

mate, personal way,” McCracken said.

When it came time to brainstorm documentary ideas, McCracken said, it was difficult to find a topic everyone was passionate about. Schuepbach brought in an article about the opioid crisis and its catastrophic effects in West Virginia. According to the article, the rate of deaths resulting from the opioid crisis in West Virginia caused the funeral industry to grow rapidly, forcing people to come out of retirement and tend to the increased number of bodies from overdoses. McCracken said the article influenced the group’s decision to document the opioid crisis.

“That story kind of shocked us into realizing that this is an even bigger problem than what we see in the news,” McCracken said.

The group took an initial trip to West Virginia

in October 2017 to attend a health conference on the epidemic and also met Cliff Massey, a local who would later become the star of the film. Massey was a former drug user who is now clean. He is the harm reduction coordinator and director of the Quick Response Team of Fayette County in West Virginia.

“The hardest thing in a documentary is finding people who want to talk about these sensitive issues on camera,” McCracken said. “Cliff was a really passionate, charismatic, well-spoken guy who wanted to share his stories.”

Read the full story online at theithacan.org/news/studentemmy

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No new leads in shooting

BY ASHLEY STALNECKER
STAFF WRITER

Three months after an Ithaca College student was shot on The Commons, there are still no updates on any leads or suspects involved in the crime.

A press release from the Ithaca Police Department stated that the victim was shot in the chest outside of Casablanca Pizzeria after an altercation inside the restaurant Oct. 26.

Following the report’s release, Rosanna Ferro, vice president of the Division of Student Affairs



FERRO

and Campus Life, sent an email to students stating that the victim was taken to a hospital and later released. Jamie Williamson, public information officer of the Ithaca Police Department, said there is no update to report at this time.

The suspects in the shooting fled the scene and have still not been identified. According to a media release from the Ithaca Police Department, one of the people involved in the shooting was a white male wearing a light-colored, hooded sweatshirt and blue jeans.

Anyone with information regarding this crime can submit tips to the Ithaca Police Department.

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From MLK, Page 1

community. In his project, “Dixie” is reimagined in hip-hop, folk, country, gospel and several other genres. Each remix contains elements of the original “Dixie” but has been re-done to include new messages and ideas. Alongside Sims, members from the Ithaca community provided interpretations of the AfroDixie songs compared to the original.

Sophomore Josephine Sepel, a first-time attendee of MLK Week, said she thought the presentation was an interesting take on art as a form of protest.

“I thought it was a cool form of protest, and I liked that he had a bunch of different examples of how he has done different things with the Confederate flag and used it in different ways to break out of its conventional use,” she said.

Other presentations throughout the day raised questions about King’s legacy and the civil rights movement today. Sean Eversley Bradwell, director of the Center for Inclusion Diversity Equity and Social Change (IDEAS), encouraged members of the campus community to think deeper about King’s movement in a workshop entitled “Was Dr. King an Ally?” held during the noon hour in Clark Lounge.

The event began with Bradwell asking the group of approximately 30 people to talk about what it means to be an ally and what the word privilege means to them.

After a brief discussion, he talked about King and his sacrifices for the civil rights movement.

“This workshop, for me, arises from me thinking about Dr. King and the ways in which we celebrate Dr. King — rightfully so — because few people are willing to give their life for a cause,” he said. “It is easy to critique somebody 50 years later, but

with someone that gave their life for a cause, I need to step back and be cognizant of what I am willing to give for whatever I am fighting for.”

Bradwell spoke about aspects of King’s career he felt should be questioned when looking from a contemporary standpoint. He said King focused on areas in which he faced oppression, such as race, poverty and war, but either ignored or was part of the problem on issues of gender, sexuality and religion. He showed some of King’s statements from Ebony Magazine in which he made degrading remarks about women and the LGBTQ community.

“Was he actually an ally?” Bradwell said. “Did he fight in the same way? Much to my chagrin, oftentimes the answer is no. Much to my chagrin, the answer is often worse than no.”

Freshman Julien Sobel said he appreciates that the college is encouraging dialogue regarding issues of race.

“I think Ithaca is not always known as the most diverse school, but we are making an effort to diversify and to be more accepting and cognizant of more of what is going on,” he said.

President Shirley M. Collado echoed Bradwell’s sentiments at the beginning of the keynote presentation held in the Emerson Suites, where she spoke to approximately 120 people about the importance of intentionally facing conflict and addressing uncomfortable issues.

“Remembering the necessary struggles we all must face is an important part,” Collado said. “We talk about celebrating Dr. King’s legacy, but what would it mean to live it? To not just celebrate it and feel good about it and have a moment of reflection on a day or a week, but what does it mean to truly march toward ... this



John Sims, a civil rights activist and artist, was this year’s keynote speaker. During his presentation, he spoke about “A Blazing Grace,” a collection of works and publications that have been in the making for 16 years.

CONNOR LANGE/THE ITHACAN

goal of justice?”

The keynote began with a civil rights tour presentation from the freshman MLK Scholars about their annual fall break trip to the South.

Lining up on the stage in the dark, the 23 scholars stood while a video of King and protests of the original civil rights movement played behind them. The narrative switched from past to present as the video turned to clips of President Donald Trump, the Ku Klux Klan and police brutality against Eric Garner and Freddie Grey. The scholars then took turns sharing their perspectives on slavery and its contemporary counterparts, such as mass incarceration of people of color, police brutality, poverty and segregation as a result of societal systems.

Freshman Armani Young, one of the presenters, said the group wanted to make sure the presentation was inclusive and would get the point across: that oppression has progressed rather than been eradicated.

“I think it is very unique and very good, especially for a [predominantly

white institution], to have a day where we can talk about these things in an open space and not just have them hidden and pretend it’s not a thing,” she said.

Cyndy Scheibe, professor in the Department of Psychology and executive director of Project Look Sharp, also led a presentation, “Social Media, Social Justice and Media Literacy: Sports and Action,” at 7 p.m. Jan. 23 in the Emerson Suites.

The presentations held Jan. 24 will include two more lunch-hour workshops, “Unpacking Our Own Privilege” from IDEAS student leaders and “Stepping into Justice: Spirituality and Activism” presented by an interfaith leader panel in Klingenstein and Clark Lounges, respectively. An interfaith community dinner will be held from 5:30 to 8:30 p.m. in Muller Chapel.

Events held Jan. 25 will include “Songs of Resistance” from 8 a.m. to noon and 1:30 to 5 p.m. in Muller Chapel and “The People’s Movement,” a multimedia learning, viewing and reflecting space, from 11 a.m. to

ONLINE

For more on MLK Week, go to <https://theithacan.org/news/ithaca-college-celebrates-mlk-week/>

From PANTRY, Page 1

Unagh Frank introduced Swipe Out Hunger to the college, a program that allows students with meal plans to donate one of their guest swipes to students on campus who are food-insecure.

A survey done by researchers at Temple University and the Wisconsin HOPE Lab concluded that 36 percent of students at 66 surveyed colleges and universities did not get enough food to eat. The college is following a statewide trend of addressing food insecurity on campus. Last fall, Gov. Andrew Cuomo announced that all SUNY and CUNY schools will have a food pantry by the end of the semester.

Dave Prunty, executive director of Auxiliary Services, serves in the Food Insecurity Working Group at the college, which is in charge of finalizing the details of the new pantry. The working group comprises approximately a dozen administrators and works to address the issue of food insecurity on campus.

“We’re super excited to see this come to fruition, and it’s just amazing that we had a trustee who was willing to make a donation to address food insecurity on campus,” Prunty said. “We’re super appreciative.”

Prunty said the committee is in the early stages of planning the details of the pantry. He said many of the details about the pantry have not yet been finalized, including where in the Campus Center it will



LISSY

This is part of a larger commitment we have to help students with various needs.”

– Dave Lissy
board of trustees chair

be located and the times it will be open during the week.

“It all depends on a lot of different factors that we haven’t figured out yet,” he said. “Our hope is to have this open fairly early in the spring semester.”

Prunty said he anticipates that the pantry will have donations from students, faculty and people outside of campus as well. He said he also believes that while the committee will remain heavily involved in running the pantry, someone will be selected to oversee the pantry’s regular operations.

In addition to the permanent food pantry, the college is planning to continue hosting the mobile food pantry on campus once a month. The mobile food pantry is provided by the Food Bank of the Southern Tier and is typically located in the Athletics and Events Center on campus.

“We have every intention of continuing the mobile pantry,” Prunty said. “It’s been really successful, had real participation and seems to be making a difference for students in need.”

He said that having both the mobile pantry and the permanent pantry will give students more options to choose from. He also said that having a pantry that the college controls will allow the college to be more strategic and supply a more consistent selection of foods such as canned vegetables and grains, which can show up at the mobile food pantry but are not guaranteed.

“Our plan is to continue that because it has different things,” he said. “The mobile pantry brings all sorts of stuff. Our plan, as we are still developing it, for the physical pantry is to have it be healthy food.”

Lissy has not disclosed the amount he



The mobile food pantry from the Food Bank of the Southern Tier has been available at the college since 2017. This program will continue alongside the permanent food pantry.

MAXINE HANSFORD/THE ITHACAN

donated publicly but said it is part of a larger financial commitment to the college from the Lissy Family Foundation, which also donates scholarship funding to the college.

“I have done some things in life that have allowed me to give back,” he said. “This is part of a larger commitment we have to help students with various needs.”

Lissy said the goal with his donations to the school is to do what he can to help improve student wellness.

“The importance of this really centers around the challenges that students are facing trying to be successful,” he said. “It’s really difficult for students to be able to fulfill their dreams and maximize their education opportunity if there are issues around food. It’s a primary need.”

Student reaction to the new pantry was positive.

Sophomore Akesh Patel said he is glad that the college is adding a new pantry. He said he hopes the pantry will have a greater food selection, noting that when he went to the mobile food pantry last month, the selection was fairly limited.

“I think it’s a good thing,” he said. “Hopefully there’s some better options in this one for those who need it.”

Sophomore Ben Cafaro said that he does not have plans to use the new food pantry but that he feels that there are a lot of people on campus that will benefit from it.

“It’s a good way to help people that could use it, especially during this time of the year,” Cafaro said.

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From ICC, Page 1

The deadline for commenting feedback is Feb. 1, and the complete report, with outside evaluation and recommendations, will be made available March 18. The program review committee is also offering open meetings Feb. 6–7 between the campus community and the external evaluators, Amy Jessen-Marshall, vice president of the Office of Integrative Liberal Learning and the Global Commons in the Association of American Colleges and Universities, and David Hubert, associate provost for learning advancement at Salt Lake Community College.

Witherup said Jessen-Marshall and Hubert

were selected because of their experience in reviewing general education programs at other colleges in the past, as well as their direct experience with practices used in the ICC, such as assessment, reflective writing and thinking, and e-portfolios. Witherup said that Jessen-Marshall and Hubert are contracted with the college to serve as external reviewers but that she could not disclose the value of their contracts because she felt it would be inappropriate to release that information.

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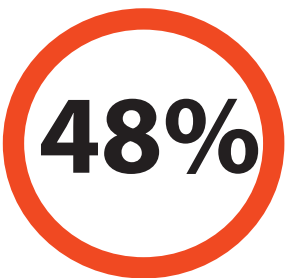
ICC DRAFT REPORT: BY THE NUMBERS



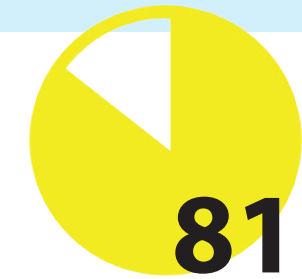
of students
disagreed or strongly
disagreed that the ICC was
accomplishing its goals



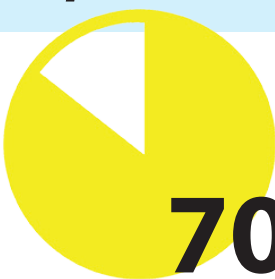
of students
wanted to
eliminate the ICC



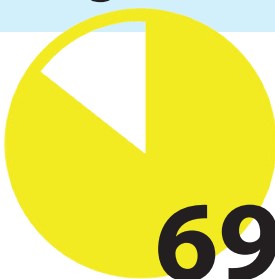
The number of students who reported that they struggled to complete the ICC requirements before graduating is going down:



SPRING 2017



SPRING 2018



SPRING 2019

of seniors reported that
they struggled to
complete the ICC
requirements

40%

of students reported that they had insufficient guidance when submitting portfolio artifacts

60%

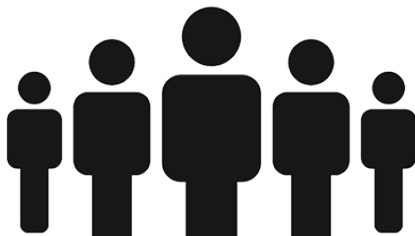
of students reported that ICC program requirements are difficult to understand



of faculty reported being
unconfident in their ability to
advise students about **ICC** course



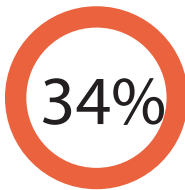
of faculty shared that they find it
difficult to advise students about
the **ICC**



31%

of faculty reported that
the **ICC's** program
requirements are
difficult to understand

Faculty were mostly neutral about if the ICC is accomplishing its goals



Disagree



Agree

78% of faculty
reported that
creating a
new ICC course increased their
teaching load

The report found that between 2012–15, approximately \$818,000 in new resources would have been needed to support the **ICC** program.

When asked “What features of the **ICC** program they think should be changed or modified,” **50%** of student respondents mentioned the Themes, and **48%** of faculty respondents mentioned the Themes.

Faculty Council discusses new values statement

BY BEN KAPLAN
SENIOR WRITER

The Ithaca College Faculty Council discussed creating a new college values statement at its meeting Jan. 22.

The Strategic Planning Committee is looking for a statement that more accurately reflects the college's goals for the future and will serve as a guide for any new policies or changes made by the administration. La Jerne Cornish, provost and senior vice president for academic affairs, and Jason Freitag, presidential fellow for the provost and academic affairs, presented new language developed by the Strategic Planning Committee to both shape and reinforce the college's core principles. The end goals will be well-defined, separate mission and value statements, Freitag said.

Cornish said that currently, the chosen slogan for the statement is, "Educating bold thinkers to inspire and create a thriving world." She said the slogan and many of the values presented in the committee's discussions draw from the School of Music's original slogan, which was, "Engage, explore and empower through theory, practice and performance."

"The statement will speak to our work moving forward," Cornish said. "If it doesn't speak to our vision, then why are we doing it?"

Freitag said the mission statement is still in its development stages, and the committee is actively look-

ing for feedback from the college community. The Strategic Planning Committee has been looking at the overarching ideas people have about what the college should be as an institution and how these ideas compare to the administration's vision.

He said that based on this overall feedback, many faculty and administrators are in agreement that the college's current business model is not sustainable and that the college should be looking to improve and create new partnerships, both within and outside its own community.

"Goal number one was introspection," Freitag said. "What do people think about when they think about the future of IC?" The mission statement was met with mixed reactions. Though

the council was in agreement that, overall, this was something that was necessary and would provide a clean slate from

which the college could build on, the actual language for the mission statement was disputed. Council members nitpicked certain words and debated their intended meanings.

"The word practice implies that we're never done getting better at what we do," said Chris McNamara, clinical associate professor and clinic director in the Department of Physical Therapy.

Cornish said much of the feedback



Jason Freitag, presidential fellow and professor in the Department of History, presents new language developed by the Strategic Planning Committee to shape and reinforce the college's values to the council.

SABRINA CHANG/THE ITHACAN

"The statement will speak to our work moving forward."

**– La Jerne Cornish
provost and senior vice
president for academic affairs**

on the earlier drafts of the statement had criticized them for lacking a punch, but some found the language of the current draft to be too broad and believed it should be more direct.

"These sound like great descriptions for [a nongovernmental organization], but it doesn't really describe an educational institution," said Patricia Rodriguez, associate professor in the Department of Politics.

Cornish also briefed the council on the ongoing development of the faculty advocate position. Cornish

said the Office of the Provost will be creating three new positions: an advocate strictly for faculty, an associate provost for faculty affairs, and an associate provost for academic affairs. All positions will be filled with internal hires, and they will report directly to the provost, working three-year terms with the option to renew the term after a one-year sabbatical, Cornish said.

Tom Swensen, professor and chair of the Department of Exercise and Sport Sciences and chair of the Faculty

Council, provided a brief update on the Academic Policies Committee Attendance Policy. He also said that he had met with Registrar Vikki Levine to discuss changes to the language and that the two believe the policy should be a tri-council issue.

At the end so the council could go into executive session to talk about budgeting.

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Reed talks about new term and rules reform

U.S. Rep. Tom Reed (R-NY), who represents Ithaca and the rest of the 23rd District and won re-election last November, made headlines for his push for rules reforms in Congress after the midterm elections.

Shortly after the midterm elections Nov. 15, he said he was open to voting for Nancy Pelosi (D-CA) as speaker of the U.S. House of Representatives if she embraced the Break the Gridlock rules reform package, which the Problem Solvers Caucus unveiled last July.

Break the Gridlock sought to tweak the rules in Congress to give more power to members who are not congressional leaders and to make it easier to pass legislation that Republicans and Democrats can agree on. Two of the main reforms included a "consensus calendar" that ensures any legislation with 290 or more co-sponsors will automatically go to the floor for a vote and makes the discharge petition easier to use. Both of these reforms give ordinary members more ways to circumnavigate the House leadership to get a vote on legislation they write.

While Reed did not vote for Pelosi as speaker, he did cross party lines when he voted for the rules reform package with two other Republicans, a situation that is rare for this type of legislation. The rules reform was written by Democrats and made adjustments to how congressional operations occur. Their rules reform included many of the reforms Reed and the Problem Solvers Caucus had asked for in their Break the Gridlock proposal.

With the start of the new Congress already underway, Assistant News Editor Ryan King spoke to Reed about rules reform, what he hopes to accomplish during his new term in Congress and

his thoughts on the government shutdown.

This interview has been edited for length and clarity.

Ryan King: To start, can you talk about why you feel that rules reform is important and how big this rules reform package was that you voted on compared to others?

Tom Reed: Obviously, I'm very supportive of what we're doing with Break the Gridlock and trying to get away from this speaker-leader driven organization that the House of Representatives has become and empower members to have the ability to govern by way of consensus and not be punished for it, but be rewarded for it. So the rules reforms that were negotiated primarily by our Democratic colleagues in the Problem Solvers Caucus, I wanted to say to them and to Nancy Pelosi's leadership, that we appreciated that and I think that's a great step in the right direction to get the House working for the people again and making sure that it becomes more of a member-driven organization as opposed to a top-down organization as it has become. So I was willing to crossover and send a message that I appreciate this. This is a good faith gesture, I hope, and also a substantive gesture to say, 'Hey, let's build off this success.'

RK: You had previously mentioned the possibility of voting for Nancy Pelosi as speaker if she supported some of the reforms you guys came up with. Why didn't you vote for her?

TR: Just to be clear, I was open to supporting Nancy Pelosi with the full embracement of the Break the Gridlock package, which had additional reforms that didn't get into the rules package. And also, what I was willing to do if she



U.S. Rep. Tom Reed talks about why he crossed party lines on his rules reform vote, the government shutdown and what he hopes to accomplish in his fifth term in office.

COURTESY OF TOM REED

implemented those entire rules reforms, then I would be open to supporting her for speaker of the house. That didn't occur. A lot of the negotiations were led by our Democratic colleagues on the caucus, and she also made it very clear publicly that she was not looking for Republican votes. ... Taken those two things together, I didn't think it was prudent or wise or right for me to support her on the floor, and that's why I voted for Kevin McCarthy.

RK: Going forward, what do you think are some of the big things that you are hoping to accomplish during this term of Congress?

TR: I think there's an opportunity for common ground on issues like health care costs, not

necessarily health insurance reforms, but things like drug pricing for Americans. ... I think infrastructure is something I am very interested in being part of, pushing forward. We in the Problem Solvers Caucus came to a consensus position on infrastructure, which shows that you can bring people together. Those, to me, are the top two issues that rise on the immediate, short-term horizon as something we can get done.

Read the complete story online at theithacan.org/news/qa-reed-talks-rules-reform

CONNECT WITH RYAN KING

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COLLEGE

Hillel to host Shabbat service to honor MLK and his life's work

Hillel at Ithaca College will host a musical Shabbat service at 6 p.m. Jan. 25 in Muller Chapel. The service is to commemorate the spirit and work of Martin Luther King Jr. and Rabbi Abraham Joshua Heschel.

The service is expected to be one hour long and will feature themes of justice and repairing the world. There will be a dinner held after, and the service and dinner are open to all members of Ithaca College.

College offers a four-day workshop on herbalism and natural remedies

The Office of Extended Studies is offering a workshop on herbalism. The workshop will be held Feb. 6, 13, 20 and 27. The course will focus on hands-on knowledge about herbal medicine.

The class will teach attendees ways to make six herbal remedies and how to use the natural world and plants around them to treat illnesses. It will be presented by Jason Hamilton and costs \$125 with supplies included.

Professor publishes research paper on dogs and recent cancer patients

Jessye Cohen-Filipic, associate professor in the Department of Psychology, published a paper titled “Benefits, challenges, and needs of people living with cancer and their companion dogs: An exploratory study,” in the Journal of Psychosocial Oncology. The paper looked into whether the bond of companion dogs are associated with well-being among people who have cancer. The paper also examines the perceived benefits, challenges and needs in the relationship between the dog and person.

The study was conducted using an online survey with a sample of 140 people recently diagnosed with cancer and who had at least one dog residing in their household. The survey included measuring human-pet bonds, depressive symptoms, positive effects and

health-related quality of life. The survey also asked open-ended qualitative questions.

The conclusion of the study was that companion dogs could play a crucial role in the lives of people recently diagnosed with cancer. Cohen-Filipic worked on the paper in collaboration with Kathleen Ingram from Virginia Commonwealth University.

Hammond Health Center nurse retires after 30 years of service

Jan Favaro has retired from her position as a registered nurse in the Hammond Health Center after 30 years. Favaro was hired by Ithaca College in 1989 to provide care to students and educate them about health. Favaro later became the allergen nurse and has been providing allergy injections to staff and students since 1993.

Favaro also served as a member of Staff Council for over 15 years. She said she plans on volunteering at the Ithaca Free Clinic, traveling and spending winters in Florida in her retirement, and that she is looking forward to spending time with her family and grandchildren.

Professor to appear in comedy about beginnings and friendship

Susannah Berryman, associate professor in the Department of Theatre Arts, will be appearing in the play “The Roommate” as the character Sharon from Jan. 27 to Feb. 17 at the Kitchen Theatre Company. The play was created by Jen Silverman and is directed by Caitlin Lowans. The show is about a woman named Sharon, who is in her 50s and is recently divorced, and her new roommate, who is from the Bronx.

The two learn to live together and with their emotional baggage in Sharon’s home in Iowa. Some themes explored in the play are friendship and new beginnings. The comedy tickets will cost \$20 for students and can be purchased online.

Professor serves on committee for feminist humor dissertation

Mary Ann Rishel, professor emerita in the



Frigid temperatures and snowfall hit Ithaca

A winter snowstorm hit Ithaca College on the night of Jan. 19, and snow accumulated until the early morning of Jan. 21. The storm was accompanied by below freezing temperatures with a high of 21 degrees Fahrenheit and a low of 7 degrees Fahrenheit.

JACKIE MARUSIAK/THE ITHACAN

Department of Writing, recently served on a Ph. D. dissertation committee for Deakin University in Victoria, Australia.

The dissertation candidate’s subject, which Rishel examined, was titled “What’s so funny: humor as a subversive technique in contemporary feminist literature” and focused on challenging patriarchal humor by using dialogic subtexts as a feminist political voice.

Exercise students win awards at annual eastern conference

Three students from the Department of Exercise and Sport Sciences have won awards

for their research projects at the Eastern Athletic Trainers’ Association’s annual conference in Pennsylvania. Graduate student Nathan Oakes won the graduate free communications competition with his study on ulnar collateral ligament sprains and the comparison of surgical and nonsurgical treatment options. He was invited to present his findings at the conference.

Seniors Vanessa Brown and Katie McCall were notified that their topic on potential perils of sport specialization was a poster finalist out of three potential finalists by the EATA Research Committee.

Public Safety Incident Log

DECEMBER 19

UNLAWFUL POSSESSION OF MARIJUANA

LOCATION: Circle Apartments Building 160
SUMMARY: While investigating separate incident, officer found marijuana paraphernalia. Master Patrol Officer Waylon Degraw responded.

CRIMINAL TRESPASS 3RD DEGREE

LOCATION: Terrace 11
SUMMARY: Caller reported person entered building without permission. Patrolling Officer Bryan Verzosa responded.

MOTOR VEHICLE ACCIDENT/ PROPERTY DAMAGE

LOCATION: J Lot
SUMMARY: Caller reported two-car property damage motor vehicle accident. A report was taken. Patrolling Officer Bryan Verzosa responded.

HARASSMENT 2ND DEGREE

LOCATION: Campus Center
SUMMARY: Caller reported person verbally harassing others. Patrolling Officer Lance Clark responded.

SUSPICIOUS CIRCUMSTANCE

LOCATION: Terrace 4
SUMMARY: Caller reported possible drug paraphernalia.

Officer reported item was not drug paraphernalia.

FIRE ALARM ACCIDENTAL

LOCATION: Circle Apartments Building 12
SUMMARY: Simplex reported fire alarm. Activation caused by burnt food. Master Patrol Officer Bob Jones responded.

DECEMBER 20

SCC DISRUPTIVE/ EXCESSIVE NOISE

LOCATION: Hood Hall
SUMMARY: Caller reported noise complaint. Officer judicially referred two people for excessive noise and for a safety violation. Sergeant Chris Teribury responded.

SCC ACTS OF DISHONESTY

LOCATION: Z Lot
SUMMARY: Parking services reported vehicle with fraudulent permit. Officer judicially referred one person for acts of dishonesty. Officer Clayton Skinner responded.

MEDICAL ASSIST/ PSYCHOLOGICAL

LOCATION: Hammond Health Center
SUMMARY: Caller reported person needs to be taken into custody under the mental hygiene law. Location of person not known.

Ithaca College officer reported that the Ithaca Police Department encountered the same person. The person was taken into custody under the mental hygiene law in separate incident in the city of Ithaca. Lieutenant Tom Dunn responded.

MOTOR VEHICLE ACCIDENT/ PROPERTY DAMAGE

LOCATION: A Lot
SUMMARY: Person reported two-car property damage motor vehicle accident. A report was taken by Patrol Officer Lance Clark.

SUSPICIOUS CIRCUMSTANCE

LOCATION: Campus Center
SUMMARY: Complainant reported unknown person made a suspicious phone call. Patrol Officer Mayra Colon responded.

CRIMINAL POSSESSION OF MARIJUANA 5TH DEGREE

LOCATION: Circle Apartments Building 111
SUMMARY: While officer was investigating separate incident, officer found marijuana. Officer judicially referred one person for criminal possession of marijuana. Lieutenant Melissa Harmon responded.

CHANGE IN CASE STATUS

LOCATION: Town of Ithaca Court
SUMMARY: Officer reported person has been arrested for burglary that

occurred Nov. 17, 2018, in Circle Apartment 110. Person was charged in the Town of Ithaca Court with burglary in the second degree and criminal possession of a forged instrument first degree. Person appeared in court on his own volition. Patrol Officer John Tagliavento responded.

UNLAWFUL POSSESSION OF MARIJUANA

LOCATION: Circles Apartments Building 111
SUMMARY: During health and safety inspection, caller reported marijuana. Officer judicially referred one person for unlawful possession of marijuana. Patrol Officer Dan Redder responded.

UNLAWFUL POSSESSION OF MARIJUANA

LOCATION: Circles Apartments Building 131.
SUMMARY: During health and safety inspections, caller reported finding marijuana. Patrol Officer Kheim Nguyen responded.

SCC FIREARM, FIREWORK, DANGEROUS SUBSTANCE OR WEAPON

LOCATION: Emerson Hall
SUMMARY: During health and safety inspection, caller reported finding smoke grenade. Officer judicially referred one person for having a flammable device. Master Patrol

Officer Bob Jones Responded.

DECEMBER 21

SCC IRRESPONSIBLE USE OF ALCOHOL

LOCATION: Rowland Hall
SUMMARY: Caller reported person was found passed out. Officer determined person had fallen asleep. Person declined medical assistance with the Ithaca Fire Department. Officer judicially referred one person for irresponsible use of alcohol. Master Patrol Officer Waylon Degraw responded.

UNLAWFUL POSSESSION OF MARIJUANA

LOCATION: Emerson Hall
SUMMARY: During health and safety inspection, caller reported marijuana found. Officer judicially referred two people for unlawful possession of marijuana. Master Patrol Officer Bruce Holmstock responded.

Full public safety log available online at www.theithacan.org.

KEY

SCC – Student Conduct Code
V&T – Vehicle and Transportation
AD – Assistant Director
IFD – Ithaca Fire Department



Tuesday February 12, 6 pm in Textor 103
Sighted Eyes/Feeling Heart

Presented in observance of Black History Month

The first feature documentary about Lorraine Hansberry, the visionary playwright who authored *A Raisin in the Sun*. Artist, activist and public intellectual, Hansberry was outspoken and defiant against injustice and her works tackling race, human rights, women’s equality and sexuality anticipated social and political movements on the horizon.

Wednesday February 13, 6 pm in Textor 103
After Forever, with co-creator/writer and IC alumnus Michael Slade ’74

Presented in collaboration with the Ithaca College Gerontology Institute and Theatre Department

A story about a gay couple and their friends as they negotiate life, love, loss, and new beginnings. Michael Slade is the co-creator, writer and executive producer of this highly acclaimed short-form digital series. Mr. Slade is an award winning playwright, librettist, television writer, and children’s author.

Tuesday March 19, 6 pm in Textor 103
Woman On Fire

Presented in observance of Women’s History Month

Brooke Guinan was the first openly transgender firefighter in New York City. A third- generation firefighter, Brooke has a passion for heroism that runs in her blood. When Brooke transitions, it poses a challenge to a macho profession and to her family. Brooke and her boyfriend, an Air Force veteran, realize having the life they want means being vulnerable in the face of judgment. A heartfelt portrait of change in the American family and workplace, and a testament to love, courage, and loyalty.

Tuesday April 2, 6 pm in Textor 103
Vito

Film student Vito Russo was among the crowd that fought back against the police raid of the Stonewall Inn in 1969. He would go on to become one of the most outspoken and inspiring activists in the LGBT community’s fight for equal rights. His book *The Celluloid Closet* explored ways gays and lesbians were portrayed on film. He also traveled to gay film festivals and college campuses with his entertaining and informative lecture/clip show on media representation and homophobia.

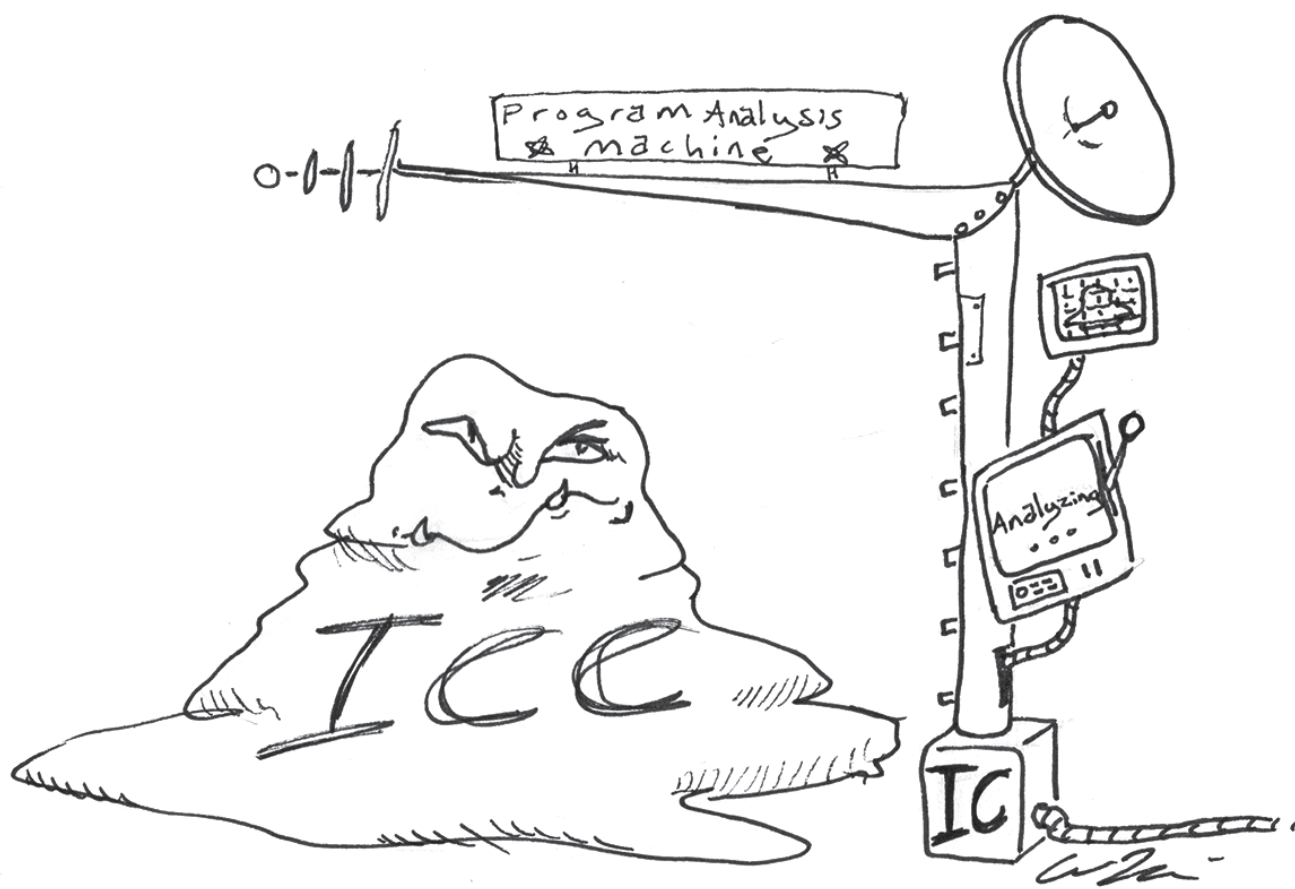


And...don’t miss our first ever TRANSUARY! celebration, in collaboration with Cinemapolis and Out for Health! Featuring three brand new, award winning films paired with Q&A, resources, and more.



**Center for LGBT Education,
Outreach, and Services**

More information?
ithaca.edu/lgbt 607.274.7394
All films are free and open to the public.
Individuals with disabilities requiring accommodations should contact Lmaurer@ithaca.edu or 607-274-7394.
We ask that requests for accommodations be made as soon as possible.



AVI KENDRICK/THE ITHACAN

EDITORIALS

Draft report encourages necessary change for ICC

After releasing a draft report of the Integrative Core Curriculum, the ICC Program Review Committee is looking for community feedback on the accuracy of the data presented in the report. It includes data from surveys and focus groups made up of Ithaca College community members who were tasked with reflecting on the ICC, as well as an analysis of the current state of the ICC, its administration, curriculum and budget.

For years, the ICC has been the source of many scheduling and academic issues for students, and several students have spoken out in the past against the program. To see the college in the process of creating a report that reviews the ICC is encouraging because the report is another step toward changing the ICC into a sustainable, beneficial program for students.

The committee's inquiry on the accuracy of its findings shows that it is handling potential revisions to the ICC with care and consideration for the campus community. Considering the ICC is required for all four-year students at the college, it is not something that can be treated lightly, and

it is encouraging to see that the college is invested in obtaining accurate data on it. However, in order for the report — and by proxy, change to the ICC — to move forward, the committee needs feedback from the community, whether affirming or contradicting its findings.

While the ICC's being extensively reviewed is a positive for our campus, the college has also denied requests to disclose the cost of the program's external reviewers, a denial that is disconcerting. Considering the college has just raised its cost of attendance to exceed \$60,000, a change many students voiced concern about, the college is in no position to be anything other than transparent about its budget and spending, which is primarily reliant on student revenue.

Moving forward, the committee should continue to review and consider the data it has collected on the ICC, albeit with more transparency. While it cannot be denied that the report is beneficial to our campus community, our community also deserves to be fully aware of the cost of this report and where the funding is coming from.

Permanent food pantry will benefit IC students

Before the end of Spring 2019, Ithaca College will establish a permanent food pantry on campus in the Campus Center. The funding for the food pantry was donated by David Lissy '87, who said he was inspired by the discussions he had with the administration about how donors could better help the campus community.

For years, food insecurity has been an ongoing issue on our campus, resulting in many students' struggles to balance the high costs of tuition and meal plans with academics. Prior to the announcement of the permanent food pantry, there were some resources put in place by the college to address these issues, like Swipe Out Hunger and the mobile food pantry. However, while these initiatives were admirable, they were mostly short-term fixes that failed to address the structural problems that caused food insecurity.

In comparison, the addition of a permanent food pantry solely for our campus is indicative of the college's creation of a sustainable, reliable solution to food insecurity. In November 2018, several

student organizations collaborated and held a panel discussion in which students were able to voice their concerns about students' not having enough food on campus and their possible solutions to the problem. A solution to food insecurity being developed shortly after the discussion demonstrates that the college is working to create a more sustainable environment for students.

While this change may not entirely solve food insecurity on our campus, it is a change that signifies a shift in how the college will be able to handle the issue moving forward. With the necessary funding for a permanent food pantry, students facing food insecurity will be able to get food more consistently than they have in the past.

Moving forward, the college should remain steadfast in its attempt to resolve food insecurity on our campus. The college should continue to encourage dialogues about the struggles of being food insecure and continue to take note of how students may still be struggling even after the addition of the food pantry.

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 **mburke@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.

NATIONAL RECAP

Transgender military ban goes into effect

MEREDITH BURKE
OPINION EDITOR

On Jan. 22, the Supreme Court revived United States President Donald Trump’s administration’s military policy, which prohibits most transgender people from serving in the military.

In an unsigned order, the justices allowed for the ban to temporarily go into effect as court cases challenging the ban move forward. The vote was 5 to 4, with the five conservative justices in favor and the four progressive in dissent. The administration also asked that the court hear immediate appeals from trial court rulings blocking the policy; however, its request was denied.

The same day, the court also sought to postpone deciding on issues including the future of Deferred Action for Childhood Arrivals (DACA), LGBTQ employment rights and abortion restrictions. Policies regarding these issues will likely stay in place for the next several months, with the ruling on the transgender military ban being the exception after significantly moving forward Jan. 22.

The ban on transgender people’s serving in the military was proposed July 26, 2017 by Trump via Twitter. He claimed that the

“tremendous medical costs and disruption” transgender people cause create issues that the American forces cannot afford to handle. The announcement was met with significant backlash from transgender and civil rights advocacy groups, some of which threatened to challenge the ban in court.

The policy was later refined by Jim Mattis, the defense secretary at the time. The policy generally prohibits people who identify as a gender different from the one they were assigned at birth from serving in the military. Exceptions from the policy are currently made for the several hundred people fitting this description who already serve in the military and those willing to serve “as their biological sex.” The ban reversed former President Barack Obama’s policy, which allowed transgender people to serve openly in the military and receive funding for sex reassignment surgery. Obama’s policy was announced in June 2016.

After reviewing Mattis’ plan in court, the court ruled that the military ban was not a blanket ban on transgender people because not all transgender people experience gender dysphoria or seek to medically transition to their preferred gender. In its current state, the policy is only preventing people who want to undergo



Transgender rights activists listen to a speaker during a case against Trump’s transgender military ban at the U.S. Western District Federal Courthouse in Seattle on March 27, 2018. The ban was announced March 23.

ELAINE THOMPSON/ASSOCIATED PRESS

sex reassignment surgery.

Nevertheless, the ban on transgender people’s serving in the military has caused outrage throughout the U.S. Following the Supreme Court ruling, the hashtag #TransMilitaryBan quickly began trending on Twitter.

U.S. Rep. Sean Maloney, a representative for New York’s 18th Congressional District, spoke out against the ban via Twitter and said

transgender people have made significant contributions to the military.

“If you doubt ability of [transgender] troops to complete their mission, you should do your homework,” Maloney said. “Preventing them from serving doesn’t make us safer; it’s discriminatory.”

Organizations such as Planned Parenthood Action, Bend the Arc: Jewish Action, and the American Civil Liberties Union also spoke

out against the ban in support of transgender Americans.

“Trans people belong in America,” the ACLU said in a statement made via Twitter. “That includes in the military, our schools and in public.”

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NEWSMAKER

Professor publishes essay on HIV/AIDS under Trump

Written in the 1990s, Tony Kushner’s two-part play, “Angels in America: A Gay Fantasia on National Themes,” portrays the HIV/AIDS crisis as it was during its time period: deadly. And although the illness can be more easily managed today due to modern medicine and health care, recent policy changes have made obtaining medication more difficult.

Jennifer Tennant, associate professor in the Department of Economics, recently wrote an article that addresses the historical context of the play. “The Great Work Begins Again: Angels in America in the Age of Trump” draws parallels between what the HIV/AIDS crisis meant to people during the 1980s and 1990s and what the illness does and will mean to people today under President Donald Trump’s administration.

Opinion Editor Meredith Burke spoke with Tennant about her decision to write the article, the Trump administration’s current effects on HIV/AIDS and American health care as a whole, and what the effects could mean for the future.

This interview has been edited for length and clarity.

Meredith Burke: For our readers, could you give an overview of what your essay is about?

Jennifer Tennant: The essay’s called “The Great Work Begins Again: Angels in America in the Age of Trump,” and it basically talks about how historical context impacts how we understand or think about a play. ... When the plays were written and the time they took place, HIV/AIDS was basically a death sentence. But because of a lot of medical advances for people with access to health care, now, for the most part, it is a chronic illness. But with Trump — his own personal views, but more importantly, what his administration is doing — with these LGBTQ rights rollbacks and with attempts to weaken or repeal the Affordable Care Act ... we might see a time where progress against the disease goes backward

and where the play is going to be particularly relevant again. “The great work begins” — that is the thing the angel we meet at the end of the first play, “Millennium Approaches,” says, and that’s why it’s called “The Great Work Begins Again.”

MB: What brought on your decision to write the article?

JT: I am a health economist, and that’s what I teach here at Ithaca College, ... but I am also a writer, and for a very long time I’ve just loved reading and plays. ... I’ve always loved “Angels in America” since the nineties, and I was just thinking about the main theme of the essay — how does historical context affect how we experience a play? — while I was watching IC’s production of the play in 2017. I thought, “Oh, there’s an essay there,” and that’s why I started the essay.

MB: Do you think the Trump administration is going to reverse the medical advances regarding HIV/AIDS?

JT: I think it definitely has the possibility. Any time that he or his administration tries to weaken the Affordable Care Act, that will have the possibility to erode progress against the disease because fewer people will have access to health care. ... And with the December 2017 tax bill, which, actually, this year we are just going to start feeling the effects in taxes, ... one of the other effects is that it very quietly took away the penalty for the individual mandate. The individual mandate means everyone has to have health insurance or be subject to some sort of penalty. In the December 2017 bill, they made that penalty zero, which was a way to kind of sneakily take the teeth out of the individual mandate. ... Then the other stuff [the Trump administration] has been doing is that there’s been a lot of backslide on LGBTQ rights, and that just increases stigma, and that will also erode progress against



Jennifer Tennant, associate professor in the Department of Economics, recently wrote an essay exploring the renewed relevance of the HIV/AIDS crisis under the Trump administration.

KRISTEN HARRISON/THE ITHACAN

the disease.

MB: How has the Trump administration been increasing stigma against the LGBTQ community?

JT: For two years in a row, he or whoever was speaking — [Vice President Mike] Pence, this year — on World AIDS Day intentionally didn’t talk about the LGBTQ community, and that’s erasing. The fact that “transgender” was kind of one of the forbidden words in the 2018 budget documents, that is something that is very harmful. The fact that [Trump] just, all of a sudden, basically got rid of everybody on the task force for HIV/AIDS. ...

There are a lot of people who look to these people as leaders, and they see that it’s fine to treat people that way.

MB: Any final thoughts?

JT: I think one of the great things about Ithaca College is that there’s so much stuff going on. ... There’s just so much connection in all of these disciplines, and that’s one of the reasons I wanted to write [the article], because it connects a lot of my interests.

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GUEST COMMENTARY

Ithaca College needs to handle racism better

BRIANA WILLIAMS

An Ithaca College student created a Snapchat video that included her use of a racial slur sometime between Dec. 7 and Dec. 8, and soon after the video went viral. Following this, the administration of Ithaca College, led by Sean Eversley Bradwell of the college's newly created Center for Inclusion, Diversity, Equity, and Social Change (IDEAS), invited the entire campus community to an open conversation to help us process the events that occurred. I am a student of color who felt personally attacked by the actions this student took, and I made it a priority to attend this event in the hopes of finding healing and unity in the college's response to this hateful act.



WILLIAMS

Disrespected is the best word I have to describe how I felt after the open conversation. I felt disrespected because we were not given the opportunity to discuss the video, the one thing that made all of us come together that day. I felt silenced when each student in attendance was given the opportunity to only say one word to describe how the racism in that video made them feel. I felt like they were humoring us when they gave us the floor and suggested that we offer up solutions, but not allowing us to speak of the solution many of us wanted, like expulsion or any kind of repercussion.

Ithaca College is a school begging for diversity, begging for diverse faces to join their white ranks, but what do they give us as an incentive for joining this campus community? ALANA scholarships and a tolerance for racism? It costs almost \$60,000 a year to attend a school that expects us to share halls, rooms, and living spaces with racists. This video is not the first incident of racism on our campus, and this student is not the first example of Ithaca College's tolerance for it.

I am a student at Ithaca College and I expect to be heard. My skin is brown, and it is beautiful, but I did not always feel this way, and on some days, I still find myself in doubt. There are days when I watch countless videos degrading the color of my skin, days when I read comments telling me that my existence is wrong and that I am a mongrel, days when I can't keep memories of racially fueled bullying in my childhood from clouding my perception of myself.

When I was in kindergarten other children would call me things like "monkey" and "frizz-ball" on the school bus. I was just a little girl when I heard my first racial slur. I was just a little girl when I cried in confusion from being constantly left out and bullied for features that my mom had told me were beautiful. In high school I was told to go back to where I came from, to go pick cotton like I'm "supposed" to. Boys told me that they wouldn't date black girls when I would admit I had a crush on them. I suffered through countless racial slurs when all I was trying to do was get an education. Teachers laughed in my face when I tried to receive the justice I knew I



Students exit the community gathering held Dec. 12 to discuss a viral video of a student using a racial slur. Sophomore Briana Williams writes that the forum was ineffective in addressing racial issues on campus.

CONNOR LANGE/THE ITHACAN

deserved. And now I feel that laughter once more.

I felt it when a member of the faculty was chuckling at the start of the forum because they were surprised that we even showed up. I felt it when we were prevented from speaking about the racist video in question (despite the fact that this event was supposed to be an open discussion), and then told that the student will not be facing repercussions because "Ithaca College does not regulate speech." We were fed lies and slight

nods at suggestions of mandatory diversity classes. It was too much, and I felt my stomach reject it. What happens when diversity classes yield nothing? What happens when this kind of blatant racism happens again? What happens to the racism we POC experience on campus and report? What happens now?

I never got the chance to take the mic either; the discussion ended before I was given an opportunity to speak. So, I decided to share my suggestion to the administration in

this open letter: Zero-tolerance.

I want every single person of color to feel accepted and backed by the school they pay thousands to attend. I want us to not have to take classes with and share dining halls with students who knowingly share their racism on social media. I want Ithaca College to do better.

BRIANA WILLIAMS is a sophomore writing major. Connect with her at bwilliams6@ithaca.edu.

GUEST COMMENTARY

Colleges should prioritize honesty and transparency

BY PAUL KEANE

It's been 50 years since I graduated from Ithaca College, and I don't even read the alumni magazine anymore. For a while, in the 1980s, rumor had it that Ithaca had "made" Playboy's list of "Best Party Schools." But that was just a rumor.

Even so, I had come to think about Ithaca over the years as a party school that never dared to rock the intellectual or political boat.

I guess I thought I had gone onto bigger and better things, or so I convinced myself until 2016. That's when Ithaca College showed up on the front page of The New York Times.

The college's president, Tom Rochon, had been hounded into resigning after being accused by students of insensitivity to racial issues. I had created the college's first teach-in 50 years ago, in the 1968–69 school year, on the same topic that propelled the college to the front page of the Times: racism.

So it seemed a bit late to me, in 2016, after 50 years of silence, for Ithaca College suddenly to decide to deal with the issue of racism.

False alarm. After raising the racism banner, Ithaca faded back into oblivion — in the news, and in my mind, for two more years.

That's when I learned about Shirley Collado, Ithaca's new president and the first person of color to be appointed to that post. Google told me that *The Ithacan*, the college's otherwise ho-hum student newspaper, had reported in January 2018 that Collado had pleaded no contest in 2001 to a sexual assault charge

during the time she was training as a trauma therapist at the Psychiatric Institute of Washington.

Bureaucracies and presidents, I believe, traditionally engage in "benign neglect and intransigent equivocation," a phrase I invented decades ago to describe how many administrators behave.

But during her interviews for the Ithaca post, instead of covering up or issuing denials, Collado responded openly and frankly to the search committee's questions about why she pleaded no contest to one misdemeanor charge of putting her hand on a patient's body outside of her clothing.

Collado, who was 28 at the time of the incident, denied allegations that she had a sexual or romantic relationship with the patient, and said the woman was no longer her patient during the short time she stayed in her home.

Collado said she was emotionally vulnerable at the time because her first husband had recently committed suicide, and she granted that, in retrospect, her friendship with a former patient had been a mistake based on that vulnerability.

In other words, she is human.

She didn't have the money to fight the charge, so she did what many people do in those circumstances — she pleaded no contest, which allowed her to maintain her innocence while ending the proceedings.

All of this Collado has recounted publicly.

In one stroke, my humble little college was suddenly involved in almost all of the major



Paul Keane '68 writes about the importance of higher education pursuing the truth in light of *The Ithacan's* reporting on President Shirley M. Collado's sexual abuse charge.

FILE PHOTO/THE ITHACAN

controversies of 2018: gender fluidity, race and gender discrimination, sexual assault, gay relationships, justice and money, power dynamics in professional relationships, and the First Amendment.

While I feel terribly for Collado's former patient and what she went through, to tell the truth, I'm proud of little Ithaca College and the courageous behavior of its faculty, its board of trustees and its tiny student newspaper: No cover-up; face the problem squarely; acknowledge redemptive behavior; offer forgiveness; move on.

When I left Ithaca in 1969, I went to graduate school in Ohio at a university named Kent State. Within six months, on May 4, 1970, it became the most notorious university in the world after Ohio National Guardsmen shot into a crowd of student demonstrators, killing four and

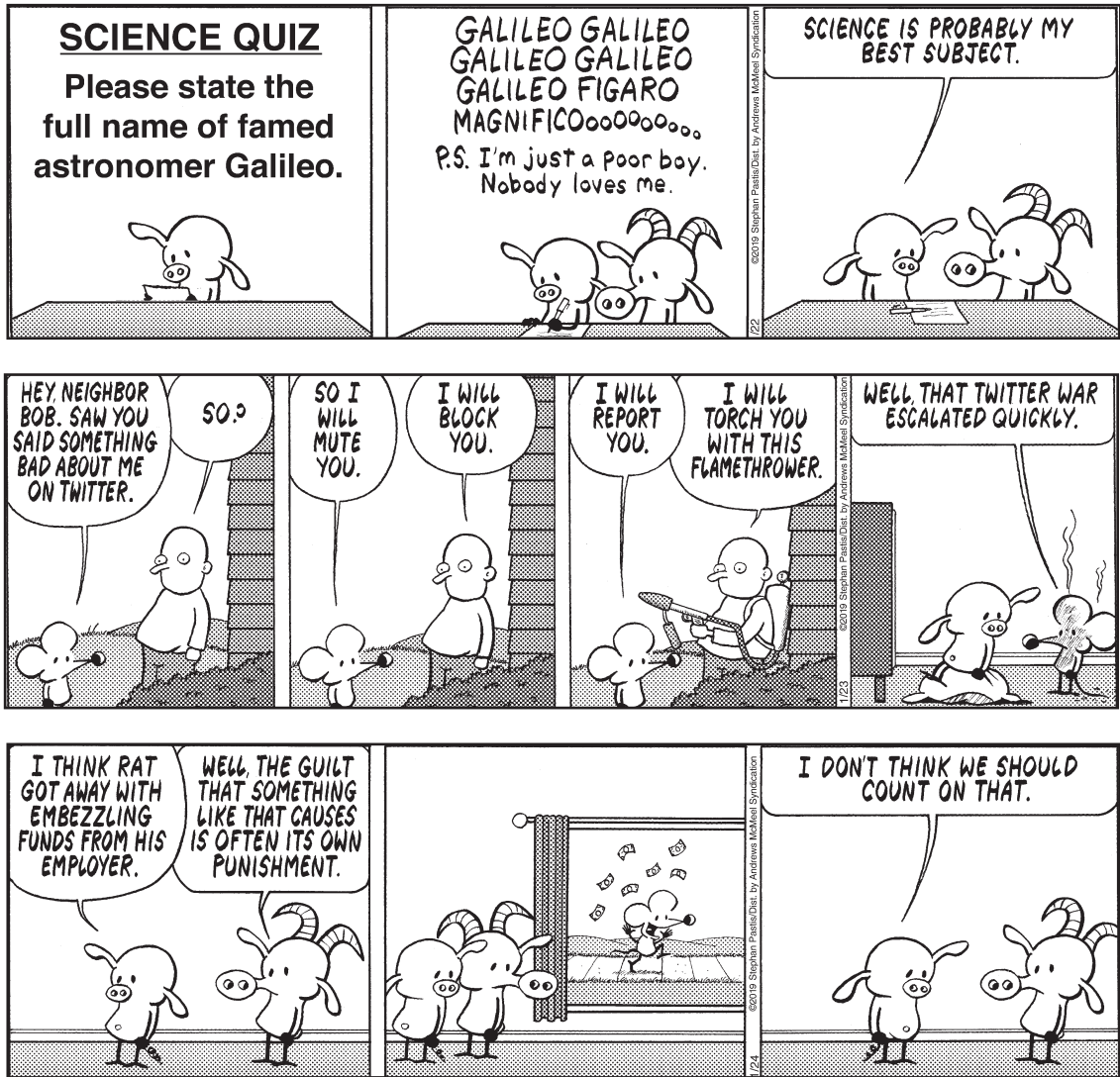
wounding nine others.

Kent State's board of trustees and the Ohio courts then adopted a strategy quite unlike that taken by Ithaca College: Blame others; muddy or cover-up the facts; protect institutions; let decades pass; and then, and only then, reluctantly acknowledge reality.

Maybe *The Ithacan*, Ithaca College's gutsy little student newspaper, is reminding us all of something we need to remember: The mission of the Academy — even a former party school — is the pursuit of truth.

PAUL KEANE received a B.A. from Ithaca College in 1968, an M.Ed. from Kent State University in 1972, an M.Div. from Yale University in 1980 and an M.A. from Middlebury College in 1997. He taught English for 25 years in Vermont, where he is retired.

Pearls Before Swine® By Stephan Pastis



Yesterday's Pasta By Avi Kendrik

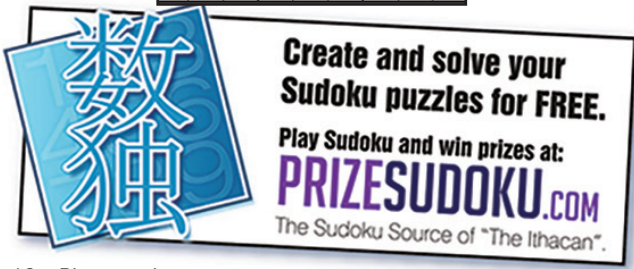


sudoku medium

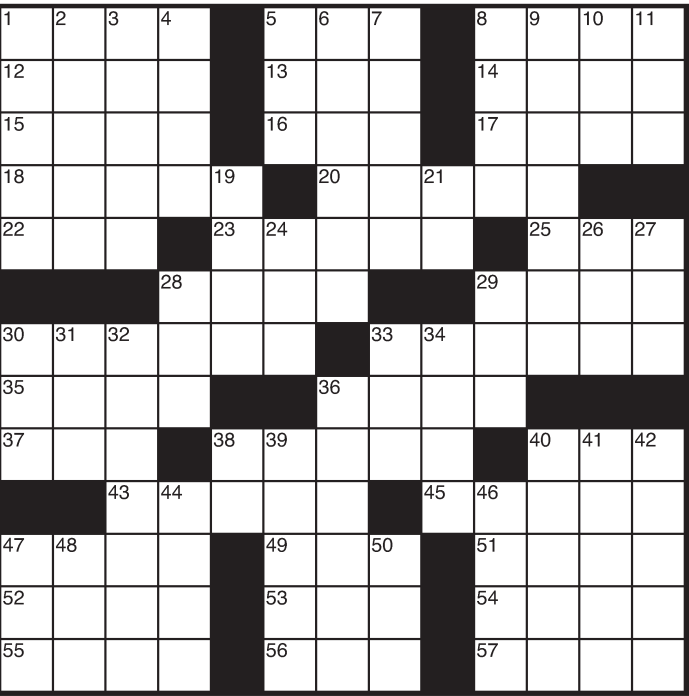
2			4		3	9		
	6	3		7		1		
4								
3			9		7		5	
	5	9			4			8
				1				
		6		2		8		9
		7		4				
8	3		7		1	4		6

answers to last issue's sudoku
very hard

7	2	6	1	3	5	8	9	4
9	1	4	2	7	8	5	3	6
5	3	8	4	9	6	1	7	2
3	8	2	7	6	4	9	1	5
4	9	1	5	8	3	2	6	7
6	5	7	9	2	1	4	8	3
1	4	3	6	5	9	7	2	8
2	6	5	8	1	7	3	4	9
8	7	9	3	4	2	6	5	1



crossword By United Media



- ACROSS**
- 1 Hematite yield
 - 5 Round Table knight
 - 8 Composer – Satie
 - 12 Sharp decline
 - 13 Sitcom waitress
 - 14 Lemming kin
 - 15 Rds.
 - 16 Prim
 - 17 Unthinkingly
 - 18 Avis rival
 - 20 According to –
 - 22 Baseball great Mel
 - 23 Humble
 - 25 Complain persistently
 - 28 Obligation
 - 29 Mediterranean landmark
 - 30 Condor abodes
 - 33 Sunflower state
 - 35 Billiards
 - 36 They're above the abs
 - 37 F1 neighbor
 - 38 Power source
 - 40 Gleeeful shout
 - 43 Praise
 - 45 Astronomer Carl –
 - 47 Thwart
 - 49 Interest amt.
 - 51 Drizzle
 - 52 Perfect place
 - 53 Sense organ
 - 54 Trevi Fountain coins, once
 - 55 Plateau
 - 56 Underhanded
 - 57 Black stone
- DOWN**
- 1 Border state
 - 2 Girder insert
 - 3 In plain sight
 - 4 Wren's residence
 - 5 Fast-food chain
 - 6 Island welcomes
 - 7 Seesaws (hyph.)
 - 8 Like Mr. Hyde
 - 9 Hamsters, e.g.
 - 10 Chicago's st.
 - 11 Essential
 - 19 Big name in western novels
 - 21 "Hear –!"
 - 24 Route follower
 - 26 Literary collection
 - 27 Driver's fill-up
 - 28 Van Gogh medium
 - 29 Coast Guard off.
 - 30 Goodall subject
 - 31 Daughter of Hyperion
 - 32 Colorado mountains
 - 33 Barbie's friend
 - 34 Doesn't hesitate
 - 36 Computer language
 - 38 Writer – James
 - 39 Goes at an easy gait
 - 40 Over
 - 41 Furry
 - 42 Wing
 - 44 Forearm bone
 - 46 The younger Guthrie
 - 47 Not masc.
 - 48 Shelley offering
 - 50 Hear a case

last issue's crossword answers

F	A	W	N		V	E	R	Y		C	O	M
A	L	A	I		I	N	F	O		O	B	I
B	E	N	T		E	D	D	Y		R	O	N
				W	O				O			N
A	F	F	I	X		B	O	S	H			
B	O	L	T		A	L	P		O	N	C	E
B	E	E			S	I	T			I	O	N
A	S	A	N		I	N	S		E	B	A	Y
				T	H	A	I		H	A	S	T
H	A	T	H	A		B	A	S				
U	K	E			P	Y	R	E		E	N	V
N	I	X			P	E	A	L		L	E	E
T	N	T			Y	A	W	L		S	E	E



Holistic Healing

Senior helps students reap benefits of herbal medicine



BY HANNAH FITZPATRICK
STAFF WRITER

Bright red berries, small purple flowers and long brown roots — they may sound like typical plant parts, but when they are made into extracts, tinctures or teas, they can possess a variety of healing properties.

Ithaca College students don't have to look far to find these natural remedies. Senior Mike Hanlon is an herbalist in training.

Hanlon has been working as an herbalist for a year and a half. They said they first became interested in herbalism at the beginning of their junior year, when they started to take a more natural approach to taking care of themselves.

"I came across herbalism, and I didn't know much about it, but I had a couple of friends that were really into it," Hanlon said. "When I heard that there was an herbalism course being offered over the summer at Ithaca College, I decided to take it and learn more about herbalism and kind of get into it a bit."

The summer herbalism class, taught by Jason Hamilton, professor in the Department of Environmental Studies and Sciences, has been offered at the college since 2015 and will be available to take this summer. This three-credit course explores how herbalism can be applied to typical Western medicine. Part of the experience of the class included going on what Hanlon described as "plant walks" in which the class would go to various places in the Ithaca area, identifying plants and learning what parts of those plants can be used to make medicine. Then, the students produced hands-on projects in the college's labs by making their own tinctures and extracts out of plants they harvested themselves.

Hamilton said he was inspired to develop and teach this course because of his own personal interest in the topic.

"When I first started teaching at IC, I was looking for a way to engage students in learning about plants," Hamilton said. "I met the founders of an outdoor education program in Ithaca, and this gave me the idea that helping students build a relationship with plants through food and medicine could be very engaging."

Hanlon said that when they took Hamilton's herbalism class during the summer of their

junior year, they were inspired to dive deeper into the subject and take an independent study course with Hamilton last semester. Part of that independent study involved working with Cali Janae, local clinical herbalist and botanist.

Though Janae has been practicing as a clinical herbalist at Ithaca Free Clinic and at their own personal practice for the past five years, they have been studying plants for their entire life. They graduated with a bachelor's degree in ethnobotany from Drake University in 2010 and studied herbalism at the Northeast School of Botanical Medicine in Ithaca. Within their practice, they focus on conducting individualized consultations that take a person's overall health and lifestyle into account, and then they recommend certain plants, usually in the form of tinctures or teas, that will best fit that person's needs.

Janae said they first met Hanlon when tabling at Food Not Bombs, a free, vegan lunch event that occurs every weekend at Shawn Greenwood Park in downtown Ithaca. After the two spoke about their shared interest in herbal medicine, their relationship grew into an apprenticeship where Hanlon worked on hands-on projects with Janae.

"Mike helped me out with activities such as wildcrafting plants for medicine, dehydrating plants, making tinctures, pressing tinctures, preparing herbal extracts for sale, filling custom herbal blends for clients and the sexiest job of all: scrubbing tiny, tiny bottles," Janae said. "In exchange for all of the help, I taught Mike some of my approach to herbal medicine."

Hanlon's experiences in Hamilton's classes and their apprenticeship with Janae inspired them to start their own practice. Hanlon set up consultations at their apartment with students at the college to assess what plants fit their individual needs.

The main herbs that Hanlon uses are skullcap plants and ashwagandha roots and berries, which they usually buy from Bramble, a holistic medicine shop in downtown Ithaca, or Mountain Rose Herbs, a holistic medicine shop based in Eugene, Oregon, that also allows online bulk orders across the country. Skullcap plants can be found in temperate regions worldwide and are commonly used in traditional Chinese medicine as remedies for diarrhea and inflammation.



Senior Mike Hanlon makes pills out of turmeric powder. Turmeric, a plant part of the ginger family, has anti-inflammatory properties and other health benefits.

KRISTEN HARRISON/THE ITHACAN

In Western herbalism, skullcap has been used to treat anxiety and muscle tension. Ashwagandha roots and berries are mainly grown in drier regions of India as well as China, Nepal and Yemen. They are used in Ayurvedic medicine practices and are more well-known for helping to ease symptoms of anxiety and stress.

One of Hanlon's close friends and current clients, senior Marisa Lansing, said she has supported Hanlon's endeavors in herbal medicine and has been using their products since last semester. With Hanlon's guidance, she has taken skullcap and cannabidiol for anxiety and chronic stress, bright orange turmeric powder and black pepper capsules for improving digestive function, and lion's mane mushroom — a fungus that looks somewhat like a furry cauliflower — to help with her recovery from a concussion by improving cognitive function.

"I think the herbs have absolutely helped me heal in all facets," Lansing said. "Firstly, reaching out to Mike and working with them in the first place is such a huge step in taking charge of my own health and well-being. Secondly, taking herbs is a great supplement to Western medicine."

Senior Abigail Chirokas has also been using Hanlon's remedies. Chirokas said their products, which include ginger root tea to relieve nausea and calamus root extract to increase focus, have helped her symptoms. "Mike gave me a lot of different options of herbs that would help with my issues," Chirokas said. "I definitely had confidence in their knowledge base, and I liked that I could kind of make my own choices on which herbs I wanted to try."

As herbal medicine has become increasingly popular in Western cultures, there is also the fear of these practices being a form of a cultural appropriation. According to the American Herbalists Guild, some of the best-known forms of herbalism are traditional Chinese medicine and traditional Ayurvedic medicine, which was initially practiced in India and Nepal. Hanlon said that when they are practicing, they make sure they do their best to honor the cultures these ideas come from.

"I think that it's important that we do acknowledge that there's a lot that we can gain from medicine practices of all cultures," Hanlon said. "The big thing is that by acknowledging and respecting the traditions and honoring the requests of people of those identities, my practice can be as inclusive as possible."

Along with the risk of cultural appropriation, there is also the stigma that the use of herbal medicine in Western cultures is not legitimate because its benefits are only advertised to make a profit — like Dr. Oz, who paid over \$5 million in damages in a class-action lawsuit after making claims that garcinia cambogia capsules can help people lose weight. Hanlon said herbalism alone is not a fix-it-all solution.

"When it comes down to it, both Western medicine and herbal medicine have their own set of pros and cons," Hanlon said. "Because of this, you can use herbal and Western medicine to complement each other in a sense that both of their strengths and weaknesses can balance each other out and can, overall, benefit ourselves."

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TEA RECIPES

Steep for 10-20 mins at a temperature below boiling.
I typically use 190°F.

Heartbreak Tea: 1 part Hawthorn Berry
1 part Lemon balm Leaf

Calming Tea: 1 part Damiana
1 part Skullcap
1 part Lemon balm
Chamomile can be substituted in for any.



COURTESY OF MIKE HANLON

CULTURED

New app to promote daily prayer among young people



Pope Francis introduced a new app called “Click To Pray” during his Sunday address at Vatican City. The app aims to get young Catholics involved in prayer. “The internet and social media are a resource of our time,” the pope said during his address. The app is set up with a timeline that lists prayers posted by other users, with a structure very similar to any other social media feed. Users can choose to click a prayer and pray with the poster or leave comments showing support.

Talk show host to take extended leave from show due to medical issues

Wendy Williams is taking a break from her daytime talk show, “The Wendy Williams Show,” to seek treatment for complications related to her immune system disorder. Williams’ family wrote in a statement provided by Debmar-Mercury, Williams’ show producer and distributor, that Williams was suffering from complications due to Graves’ disease for several days before she announced her break. During the week of Jan. 21, repeats of “The Wendy Williams Show” will air, and after that, original episodes hosted by guests will replace normal programming.



Classic anime to be rebooted in 2019 with different story and animation

Widely popular anime “Fruits Basket” is receiving a reboot for spring 2019. “Fruits Basket” was originally a comic created by Natsuki Takaya for Hakusensha’s “Hana to Yume” magazine in 1998. The comic was adapted into a 26-episode anime in 2006. The new anime is scheduled to be released in April and will adapt the original manga more closely than the first anime did. Japanese animation company Funimation cleared the reboot for release outside of Japan, but there is no news on whether an English dub will be released alongside the Japanese version.

Famous soul singer chosen to sing ‘The Star-Spangled Banner’ at Super Bowl

Gladys Knight, also known as the “Empress of Soul,” is scheduled to sing the national anthem at Super Bowl LIII. Knight said to the NFL that she hopes she can bring a soulful, uplifting feeling to the anthem. In a video released by the NFL on Jan. 18, Knight said, “I hope that this anthem will touch people in a different way. We’ve been singing it forever, but this time I would hope that [people] will feel it so deeply that it will lift them to a higher place.”



Publication plants seeds of empowerment

BY JAMES BARATTA
STAFF WRITER

Ithaca College freshman Frankie Walls was sitting in the Rowland Hall lounge, having a study session with her friends when she shared some poems she wrote about female identity and sexual assault. Walls was surprised by her friends' responses. They too opened up about personal experiences of sexual assault and times when they felt pressured to conform to societal norms for women.

This experience inspired her to compose a book called "Into the Garden." The book, which will include a collection of poetry, songs and other forms of expression, aims to help women unpack their personal experiences with identity, sexual abuse, relationship abuse and assault — both sexual and physical. Walls said the book will allow women to relate to stories in creative ways and encourage them to move forward.

"The whole point of it is to give voices to people who feel voiceless or to address things that they've never talked about before," Walls said. "I wanted to encompass the female experience."

In late October, one of Walls' friends was physically assaulted at a party. Learning about this incident motivated Walls to take action by sharing her poems with friends. The response ultimately encouraged Walls to ask whether they would be interested in becoming involved with the creation of the book. The collective answer was yes.

"Part of it is just me telling a story, and mixed with that are journal entries for different sections speaking

about females and their life experiences," Walls said. "I want to make sure their voices are heard in the rawest form possible because I cherish and respect their willingness to share their stories."

Walls said she was inspired by a variety of literature to write her own poetry. Some of her inspirations include "Jane, a Murder" by Maggie Nelson — which intertwines journal entries with poetry — and "The Bluest Eye" by Toni Morrison. The latter has extensive symbolism of flowers, which is where Walls said she drew the inspiration to give each writer a flower-oriented alias.

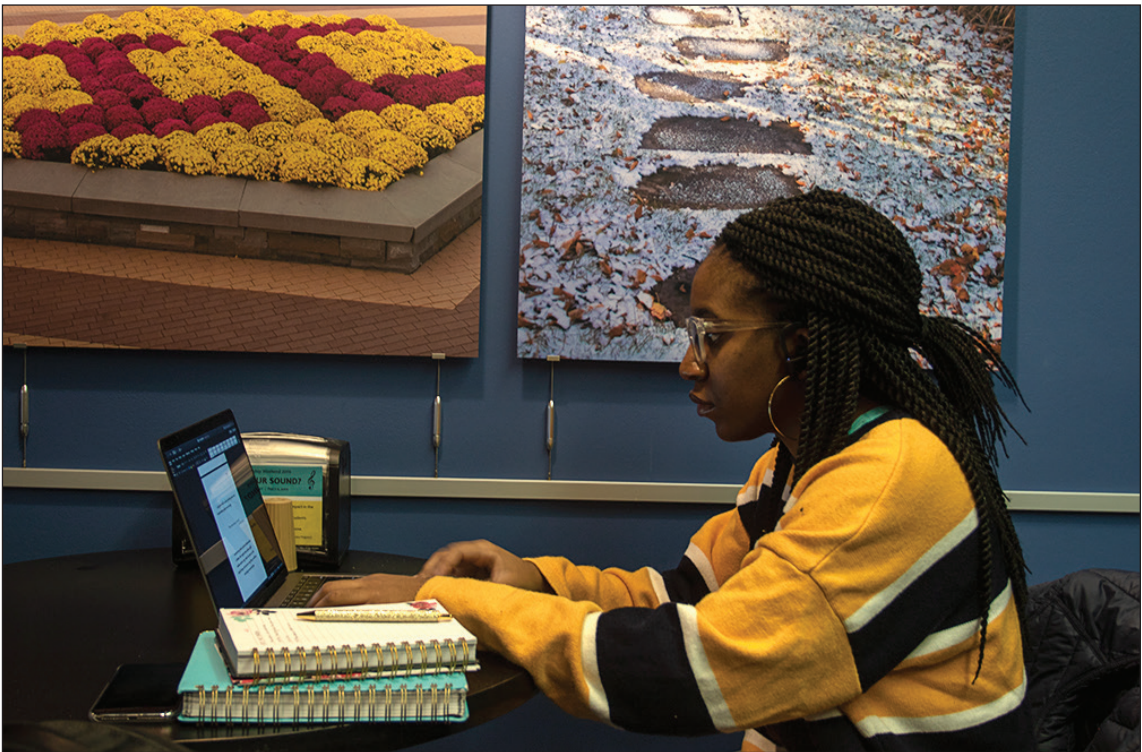
Walls said these aliases reference the symbolism of flowers in "Alice in Wonderland." She talked about how, in the story, personified flowers ridiculed Alice for not being ladylike enough. The creation of these aliases was to directly oppose societal expectations for women, Walls said.

"The way I keep it anonymous is by giving each girl a flower name, and I describe each girl as more of a floral thing than as a person," Walls said.

Walls said she plans for the book to be at least 50 pages long by the end of the spring semester. She is working on acquiring a publicist and plans to have between 75–100 pages upon completion.

Freshman Emma Mittiga, who uses the pen name Lilac, said writing for "Into the Garden" was a journey that helped her open up about a time she was assaulted.

"They're my favorite flower, and my city, Rochester, has a lilac festival every year," Mittiga said. "It was kind of a cathartic experience for me because it was the first time I had



Freshman Frankie Walls is compiling "Into the Garden": a book of poetry and other forms of art aimed at encompassing and empowering womanhood. She is working to expand the collection and acquire a publicist.

JACKIE MARUSIAK/THE ITHACAN

documented what happened."

Although most of the pieces compiled in the book are related to deep, personal experiences of sexual assault and other forms of abuse, Walls explained that her book also deals with gender stereotypes and norms.

Kelley Cook, professor and case management program director at the college, taught Walls' freshman seminar, called "ICSM: Multi-Storied Lives." "Into the Garden," was Walls' final project for the class.

"I was moved to learn that a student was struck by our conversations about feminist discourse, larger social

constructs, and took the steps to write about something so personal and intimate," Cook said.

Freshman Kaitlyn Katz writes under the pen name Rosemary. She said her contribution to the book was a letter to her past self.

"As a writer, I like to capture voice, and the voice I chose to capture was a girl looking back on her past self. I saw it as a bit of hope," Katz said.

Both Mittiga and Katz said the book has an underlying theme that speaks to those who feel as though they have no one to turn to, often after an unwanted sexual experience.

Katz said the experience of writing for "Into the Garden" benefited her. She said that when Walls shared finished sections with the other writers, everyone responded well. She said she appreciates Walls' ability to turn hardship into art.

"She is trying to make something that was a really terrible experience and make it into a learning experience," Katz said. "What I think is wonderful about this project is that she's taking a tragedy and learning from it."

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Freshman awarded for LGBTQ advocacy

BY VIVIAN GOLDSTEIN
STAFF WRITER

When Ithaca College freshman Ethan Cepeda received the New York Daily News' 2018 Hometown Hero Award, he didn't even know the award existed. On Nov. 2, his mother and sister accepted it on his behalf while he was busy with classes at the college.

Cepeda was recognized for working with his high school, Careers in Sports High School in the Bronx, to improve the quality of education for LGBTQ students. He also helped hold workshops specifically targeted toward faculty and staff on how to effectively address situations and have conversations about LGBTQ issues.

Staff writer Vivian Goldstein spoke with Cepeda about why he chose to take action on these problems in his high school, the obstacles he faced and what receiving the award meant to him.

This interview has been edited for length and clarity.

Vivian Goldstein: Tell me about what you did to win the Hometown Hero Award.

Ethan Cepeda: I didn't even know about the Hometown Hero Award. I guess you had to nominate someone you know to receive it, and so somebody nominated me. I still don't know, to this day, who. But, basically, freshman year and sophomore year of high school — they were pretty tough for me. ... I went through a lot of stuff, like depression, my parents getting divorced. ... And so then my best friend came out to me around the end of sophomore year of high school, and he told me he was transgender. And so I looked up the term a little more because I didn't know what that was. I basically figured out that that term described exactly who I was. And

so I just realized, as a transgender person, there's so much wrong in the world and especially in the community I'm in — the Bronx, because homophobia, transphobia, that's a huge thing over here. ... I basically struggled in school, like little things, like going to the bathroom. ... So I advocated for a gender-neutral bathroom in the school because we didn't have one. ... By the beginning of my senior year, I walked into the school, and my counselor ... told me that we had the bathroom installed for that year, so that was really good. ... I helped lead workshops for staff in the school, trying to show them and teach them about the LGBTQ community and just help them figure out how to address certain situations. ... When students go to the school, you want to be safe. ... Ever since we held those workshops, you can see the difference. ... We also have workshops for the students as well where we basically did the same thing. We helped them be more empathetic to other students who are out, who are not out, because you never know who's around you.

VG: How did it feel to be the one teaching your teachers?

EC: At first, I was a little nervous. I didn't do it by myself. ... Once we started talking, it kind of felt like I had power in a way. ... It was a good type of power because I knew that by the end of these workshops, hopefully, change would be done. ... It felt really good just knowing that adults don't know everything. ... So you can always learn from teachers, and teachers can learn from students, and that's exactly what we proved.

VG: What inspired you to take that action to create workshops to educate people about trans issues and bring gender-neutral bathrooms to



During high school, freshman Ethan Cepeda discovered the definition of "transgender" and identified with it. He went on to advocate for LGBTQ rights and education at his school.

KRISTEN HARRISON/THE ITHACAN

your high school?

EC: A big part of it was my best friend. ... I would consider myself an extrovert, and he would consider himself an introvert. ... Seeing people like my best friend and just knowing there are other people out there who don't stand up for themselves, and I'm like, 'Well, if I can do it, then why shouldn't I? I should be the one to be the voice for certain people who can't speak up for themselves.'

VG: What does it mean to you to win such an award?

EC: It means a lot. ... I'm just glad that I could get all this recognition because the main thing that I want to do is be a role model for other LGBTQ people, especially trans men of color.

VG: What are your plans for the future in helping communities you are a part of?

EC: I have a few plans: one, being a motivational speaker for a variety of people in the LGBTQ community, for people who are not part of the community, educating others ... about my experiences. Also, I hope to have a clothing line at some point where it's specifically for transgender people.

VG: What would you say to other future activists, especially LGBTQ people, who want to start creating those same changes?

EC: I would say that you have to go out there and do it. ... And there's going to be a lot of obstacles, a lot of ignorance. People are going to try and stop you, and they don't have a reason for it — simply because you're different and they don't like you for it. But you have to go out there and get it.

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Ithaca College's freshman MLK Scholars give a presentation Jan. 22 in Emerson Suites on their experiences during their program's Civil Rights Tour. During fall break, the group visited historical sites in Atlanta, Georgia, and Birmingham and Selma, Alabama. The trip highlights the tenacity of civil rights leaders.
CONNOR LANGE/THE ITHACAN



Artist John Sims presents "The Geometry of Justice: From MathArt to FlagArt," on Jan. 22 in Emerson Suites. The multimedia lecture examined symbols and identities.
CONNOR LANGE/ THE ITHACAN

HONORING THE FIGHT FOR JUSTICE

Ithaca College hosts
events for MLK Week



From left, Beth O'Neill, associate director of Residential Life and Judicial Affairs; Catherine Wall, area office operations assistant of Eastman Hall; and freshman Shevori Gene, above, engage in conversations at the "Was Dr. King an Ally?" discussion Jan. 22 in Campus Center Clark Lounge.
CONNOR LANGE/THE ITHACAN



Sean Eversley Bradwell, director of the Center for Inclusion Diversity Equity and Social Change, discusses the question, "Was Dr. King an Ally?"
CONNOR LANGE/ THE ITHACAN

“Sex Education” deserves an A for honesty



This Netflix show takes a hands-on approach to educating viewers about the insecurities and internalized fears in teenagers’ sex lives. “Sex Education” balances humor with the portrayal of many different types of people, backgrounds and ways of life. The show handles sensitive topics about identity and growing up while keeping the mood light, enjoyable, relatable and hilarious.

NETFLIX

BY OLIVIA RIGGIO
LIFE & CULTURE EDITOR

With cliché cliques, mansion party scenes and characters who look a bit too mature and attractive to be 16, British Netflix series “Sex Education” portrays many aspects of teenagehood unrealistically. However, unlike many other plots about teens, it succeeds in its honest, realistic depictions of sex and all of the uncomfortable and delicate situations that come with it.

Meek 16-year-old Otis Milburn (Asa Butterfield) is a virgin, but he is no stranger to sex. His single mother, Jean (Gillian Anderson), is a licensed

TV REVIEW
“Sex Education”
Netflix
Our rating: ★★★★★

sex therapist. Their roomy English countryside home is full of phallic sculptures and Kama Sutra paintings. Otis is used to awkwardly meeting his mother’s lovers when they mistake his bedroom for the bathroom and dodging her prying questions about masturbation. Otis is embarrassed by his unconventional upbringing, but when he and his best friend, Eric Effiong (Ncuti Gatwa), befriend outcast bad girl Maeve Wiley (Emma Mackey), Otis finds a way to use his knowledge to help his classmates and make money doing it.

Watching Otis cringe as his mother ignores all boundaries is both

endearing and humorous. In one scene, while the school bully and headmaster’s son, Adam Groff (Connor Swindells), is over at Otis’ house to work on a class project, Jean matter-of-factly uses the phrase “man milk” to ask Adam if he’s impotent. Otis fears that Adam’s knowledge of his mother’s vocation will strip him of the small amount of social status he has at the school. At first, things take a turn for the worse when Adam sends around a video of Otis’ mother demonstrating manual sex on an eggplant. But when Maeve befriends Otis, she tells him about an idea that would turn his embarrassment into a gold mine.

Behind the illusion of graceful

sexual awakenings, Maeve points out that many of the teens aren’t as well-adjusted as they seem. Maeve tells Otis the two of them should sell sex therapy to their peers.

Despite his own sexual inexperience, Otis picked up a considerable amount of knowledge about healthy sex from his mother.

“Sex Education” demonstrates that not just one trait defines a person. The writers do a good job portraying Eric, a black, openly gay man. Both identities inform his experiences, but he is not tokenized.

“Sex Education” is Mackey’s first major role, and she portrays her character with a subtle depth that allows her to be fiercely strong while also

broken. However, her pink hair, fishnet tights and bad reputation paint her with the overused “bad girl” trope.

“Sex Education” deals with important issues in a genuine manner. It handles themes like bullying and violence against queer people in a way all young people can understand. The cast is also diverse in sexuality and culture.

It may dabble in clichés, but “Sex Education” is funny and entertaining. In a world of stereotypical jocks, preps and outcasts, the show succeeds in getting across some very real messages.

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Kondo’s show is pure and pristine

BY MATILDE BECHET
STAFF WRITER

A young Japanese woman warmly greets a family as she enters its house. The family walks the woman through the cluttered, dirty kitchen. A smile spreads across the woman’s face, her excitement to help shining through.

“Tidying Up with Marie Kondo” is a new Netflix original series starring Marie Kondo, a bestselling author and organizing consultant. The show has eight episodes and revolves around Kondo as she meets eight families who need and want to learn about Kondo’s organizational and cleaning methods. Kondo facilitates the cleaning process by walking each family through the five categories that make up her “KonMari” method, which involves having families tidy up by item category instead of by locations. The first category is clothing, the second is books, the third is paper, the fourth is Komono – which encompasses the kitchen, bathroom, garage and miscellaneous items – and the final category is sentimental items.

TV REVIEW
“Tidying Up With Marie Kondo”
Netflix
Our rating: ★★★★★

Kondo begins each journey by getting to know the family and understanding the root of its clutter issues.

The first episode features the Friend family: a wife, husband and two kids. The parents of this family express their frustration with their lack of free time, as the father works full time while the mother is often busy taking care of the kids. This program creates a sentimental mood by sharing more personal information about the families involved. However, the show fails to keep viewers engaged with its lack of content, showing the same process over and over again with different families.

Each tidying journey begins with Kondo sitting on the floor and greeting the home through meditation. In one instance, she asks the family members to close their eyes and mentally thank their house for its protection. Kondo then has them downsize the contents of each closet by putting all the clothes into one pile and then picking up one item at a time. The goal is to only keep items that spark joy. The show does a wonderful job highlighting



Japanese author, consultant and organizational expert Marie Kondo strives to organize the lives of eight families in her new Netflix show. She uses her own method called “KonMari,” which involves organizing items by category.

NETFLIX

cleaning methods, and all of the organizational tips can easily and affordably be implemented into the lives of viewers.

In one episode, Kondo visits a couple who is expecting a baby and needs to make more room in their house. Kondo is able to utilize the same techniques with this couple. The husband, a shoe collector, is able to go from over 160 pairs of sneakers to below 45.

Kondo acts as a supervisor by explaining the best ways to clean and then leaving the families to do the work themselves. She then returns to see if improvement has been made

and to answer any questions about the placement of items. It’s apparent the families want to improve their qualities of life.

Kondo speaks in a very soothing and almost therapeutic tone. It is clear that Kondo is on a mission to try to inspire change in these families. She guides them toward the correct path by explaining simple and effective ways to store. Kondo assures families that it is impossible to be perfect and that a house is bound to grow disorganized. She emphasizes having routines and making a habit of keeping everything neat. It’s a candid program that shows participants

committing to the task at hand. Kondo deviates from the yelling and silliness found in reality television.

“Tidying Up with Marie Kondo” differs from other programs about cleaning by introducing a more spiritual element. Although the show does not have many riveting moments and isn’t as binge-worthy as other television shows, the process Kondo uses is focused and warm. Kondo is also reassuring, and assertive so that every family can do the tasks on its own.

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Comedy depicts fear of mortality with humor

BY AVERY ALEXANDER
ASSISTANT LIFE & CULTURE EDITOR

Netflix is off to a wonderful start to 2019 with new hard-hitting comedy, “The Last Laugh.”

The movie is a coming-of-age story about a manager and a comic, both of whom are hoping for a major career revival. One detail that sets this film apart from every other coming-of-age story is that instead of following the journey of an adolescent coming to terms with adulthood, “The Last Laugh” focuses on the process of two old men coming to terms with their final years.

Al Hart (Chevy Chase) is a talent manager, but after all of the clients and acts he used to manage die, he finds himself without work to occupy his time. Al’s life is slow, and as he gets older, he starts to have accidents around his house. Worried about her grandpa’s safety, Al’s granddaughter, Jeannie (Kate Micucci), convinces him to move into a nursing home with a number of activities to keep him occupied and well cared for.

At his new home, Al is overjoyed to run into an old client and friend, ex-comedian Buddy Green (Richard Dreyfuss). Fifty years prior, Buddy left show business days before he was to appear on “The Ed Sullivan Show,” effectively ending his

career and tripping Al up in the process. Instead of continuing on with his passion of being a comic, Buddy became a podiatrist, got married and had a kid. Now, Buddy seems content living life low and slow. However, Al doesn’t want a life of retirement, so he approaches Buddy with a proposition to start up Buddy’s comedy career again.

The concept of this movie is different and endearing. The elderly are often either forgotten in media or portrayed as odd, alien and nearly inhuman. It’s refreshing to have a film in which elderly people are the main characters.

Although the story unfolds in an interesting and enjoyable way, there are times where the storytelling gets muddy. One particularly confusing moment is when Al and Buddy go to Tijuana, Mexico, for a gig. Everything is normal until Buddy’s set ends. He and Al decide to explore the city, and the men run into two American naval officers and ask them where to have a good time. The next moment, Buddy and Al are in a prison cell, and Buddy is sick in the corner after drinking bad water. None of these antics are explained, and they feel wildly unfitting for the movie. Almost as quickly as the prison scene comes, the movie flashes to the men crossing the border back into the United States after somehow being freed. This strange lack of explanation is noticeable, but



From left, Al (Chevy Chase) and Buddy (Richard Dreyfuss) fall asleep in a diner over breakfast after a long night of performance. “The Last Laugh” portrays a beautiful friendship based on mutual trust, understanding and love.

NETFLIX

it doesn’t take away from the overall comedic effect of the film.

“The Last Laugh” deals with material that many movies tend to avoid. The movie faces the reality of death head-on and isn’t afraid to joke about it. It’s rare that a movie effectively captures the innate human fears of death and aging and, even rarer, that it can find the humor and levity in them. The film also describes very clearly how it’s all too easy to let the reality of sickness and loss overtake one’s life.

Both Buddy and Al spend most of

the movie avoiding focusing on their age, living as if they are still young. The development of both of their characters is absolutely beautiful. Buddy is a jokester, but Dreyfuss adds a layer of complexity to the comedian. Buddy isn’t only a funny guy: He lives his life for others. Al, on the surface, seems to be a workaholic who doesn’t know when to quit, but Chase makes certain that the character is more complicated than that. Both men eat and sleep their passions, and it’s a primary motivation for the development

of their characters. Throughout their tour, the two men come to terms with the fact that they will never be young again, and they learn to embrace their age. Both men learn this lesson together, supporting each other every step of the way.

“The Last Laugh” is incredibly sensitive, vulnerable and wonderfully relatable.

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Heartwarming movie plagued with cliches

BY MOLLY BAILOT
STAFF WRITER

Kevin Hart’s comedic skills and chemistry with Bryan Cranston create a feel-good, laugh-out-loud drama about an unlikely friendship between two very different people.

“The Upside” had a lot to live up to because it is an adaptation of the 2011 French film “The Intouchables.” It is based on a true story about the friendship between quadriplegic aristocrat Philippe Pozzo di Borgo and his Algerian attendant Abdel Sellou.

“The Upside” follows the plot of “The Intouchables” with Phillip Lacasse (Bryan Cranston), a wealthy white man from New York City who is paralyzed from the neck down due to a paragliding accident. A few years later, his wife, who is also his caretaker, dies from cancer. Shortly after, he begins the search for a live-in caregiver to assist him in his everyday life.

Dell Scott (Kevin Hart), a recent parolee trying to win back his ex-wife and estranged son, searches for a job to satisfy the requirements of his parole officer. Aiming to interview for

a janitorial job in the basement of an apartment building, he takes the wrong elevator and barges into the penthouse where Phillip and his executive assistant are conducting interviews for a caregiver. Phillip is charmed by Dell’s brashness and offers him the job. The movie centers around Phillip and Dell’s heartwarming relationship. The two share their personal passions and cultures, especially through their musical tastes. Phillip introduces Dell to opera, while Dell acquaints Phillip with Aretha Franklin. Dell also introduces Phillip to marijuana, another piece of Dell’s lifestyle. Dell finds passion and direction, while Phillip rediscovers happiness despite his disability. It’s fun to watch Dell become interested in opera, and it’s hilarious to see Phillip order 14 hot dogs while high. However, the relationship between the two men is glaringly cliché. Dell fills the shoes of the directionless, paroled black man who shows the rich white man the “true meaning in life.”

Despite Dell’s status as a cliché, it’s still amusing when he struggles with understanding how to care for a quadriplegic man. He struggles with everything. One of Hart’s funnier scenes occurs when his character tries to overcome his squeamishness to change Phillip’s catheter.

In his personal life, Dell has never



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had responsibility for anyone besides himself. During his time serving in jail, Dell was unable to be emotionally reliable for his son and wife. Taking on the role of a caretaker gives him a greater sense of purpose as he navigates the uncomfortably intimate reality of being another person’s physical and emotional lifeline.

The lightheartedness that Hart brings to what could’ve been a much more dramatic film suits the movie well. Dell’s personal life and Phillip’s life as a quadriplegic are serious and depressing, but their relationship uplifts them both.

Hart’s and Cranston’s performances are touching and memorable, but the story is rather predictable and based in many stereotypes. However, the heartwarming relationship between the two men from totally different lives makes up for it.

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Angelic Milk sours

BY HANNAH FITZPATRICK
STAFF WRITER

After releasing several EPs and signing with record label PNKSLM Recordings in 2015, Russian-based indie band Angelic Milk has finally released its debut album “DIVINE BIKER LOVE.” In 2016, the band released its EP Teenage Movie Soundtrack that now has more than 240,000 streams on Spotify. Based on the band’s success in the past, its new music seemed promising. However, this debut does not live up to Angelic Milk’s potential.

The album starts off with “Hel-luva Dr.,” a heavy rock track filled with a catchy guitar riff. Despite this, lead singer Sarah Persephona’s vocals are what stand out in this song — and not in a good way. Her voice is monotone and whiny, and the way it is edited with layers of autotune and synthesizers makes it difficult to understand what she is even singing about.

In many tracks, Persephona’s voice is distorted to the point that it sounds more like background buzz than a coherent song.

ALBUM REVIEW

Angelic Milk
“DIVINE BIKER LOVE”
PNKSLM Recordings
Our rating:
★★★★☆

Compelling instrumentals with dull vocals are present throughout “DIVINE BIKER LOVE.”

The album’s lead single, “acid & coca-cola,” definitely sounds like it was made on acid. The incorporation of synthesizers to give the song a “techno” feel makes Persephona’s vocals sound like static.

Despite the mess, the last track is pleasant. In “Agnes de Lux,” the vocals are haunting, while the addition of accordion makes the instrumentals sound like an eerie circus song.

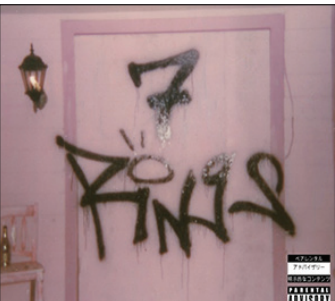
Overall, “DIVINE BIKER LOVE” is a weird dream pop/rock cross-over in which the production fails to bring anything new to the table. “DIVINE BIKER LOVE” doesn’t have half the edge it intended.

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PNKSLM RECORDINGS

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REPUBLIC RECORDS

“7 RINGS” Ariana Grande Republic Records

The song’s verses, which follow the melody of “My Favorite Things” from “The Sound of Music,” are an unsettling contrast to the trap-pop chorus. Though Grande has one of the most impressive voices in pop, “7 rings” does not showcase it.



CURTAIN CALL LIMITED

“ALL OVER NOW” Cranberries Curtain Call Limited

Following the death of front-woman Dolores O’Riordan in January 2018, The Cranberries will release one more album in April. This single is the first track released. Like the band’s previous music, this track is both heavy and glistening.



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“ALMOST (SWEET MUSIC)” Hozier Rubyworks, Ltd.

Hozier’s latest single sounds both leisurely and jaunty. Its summery sound is a welcome contrast to the cold weather during which it was released. Hozier’s robust vocals echo over buttery guitar strums.

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Competing off-sequence

Gymnastics team starts competing halfway through winter season

From left, sophomore Lauren Hansen and freshman Julia O'Sullivan chalk their hands at practice Jan. 16. The gymnastics team opened up its season Jan. 13 at Rhode Island College.

KRISTEN HARRISON/THE ITHACAN

BY JACK MURRAY
SPORTS EDITOR

As the Ithaca College gymnastics team was opening its season at a meet with Rhode Island College on Jan. 13, other winter sports at the college had already competed in half of their seasons.

Gymnastics is classified as a winter sport for NCAA competition, but unlike other winter sports like basketball and wrestling, which start their competitive seasons in mid-November, its season begins in the middle of January. The season continues until March, which is slightly later than the other winter sports and right during the early stages of the spring season.

The shorter season causes the gymnasts to have to compete in approximately one meet per week, which is about the same pace as the

wrestling, swimming and diving, and track and field teams. However, this schedule is a drastic change from youth gymnastics, where most athletes participate for club programs that train year-round and have meets every three weeks.

The Bombers compete in the National Collegiate Gymnastics Association, which head gymnastics coach Rick Suddaby said is a coaching organization that aims to give Division III gymnasts their own postseason championship. There is currently only a Division I championship for gymnastics, and while Division III gymnasts can qualify, Suddaby said, the NCGA tournament gives his team something more realistic to strive for.

"Gymnastics has one NCAA championship tournament, and

it has all three divisions of competition," Suddaby said. "We are not big enough as a Division III to have our own championships, so we end up mirroring the Division I season, which does not allow us to count scores before January 6."

Suddaby said that for recruiting purposes, it is more beneficial for the conference to stay as close to Division I standards as possible because the teams will be able to attract gymnasts who are on the cusp of joining a Division I or Division III program and would still be interested in qualifying for the Division I championships.

Sophomore Lauren Hansen competed for the Bombers last season and had a strong first year. She appeared in six meets, with five appearances in both the uneven bars and the floor exercise, and she finished with regional-qualifying averages in both events. Hansen said the team's short season was not too challenging for her because at the club gymnastics level in high school, she had a busier practice schedule than she does at the college, so she has learned to manage her time.

"I would finish school at 1:55 [p.m.], head to the gym for high school practice from 2:30 to 4, would then work from 4 to 5 and then would practice from my club team from 5 to 9," Hansen said. "Any time I had off, I was doing my work and getting stuff done."

Hansen also said that while the collegiate gymnastic season can be stressful, the support from older teammates aided her through the process last year, and she said she hopes to help her younger teammates adapt.

"The tight schedule isn't too bad, especially because of all our teammates who have done it before and are here to support you," Hansen said. "There's always team activities that we do, so there's not much time to be bored or alone."

Some team-bonding exercises the team participates in during the year include bowling and trips up to Destiny USA, the mall in Syracuse, New York.

While some of the athletes competed for their high school gymnastics teams, all of the team members have also participated in club gymnastics programs that would practice year-round. Suddaby said the club programs have approximately the same number of meets per year as the Bombers, but they are spread out over a longer period of time.

"We definitely run a season that is more compact than club gymnastics," Suddaby said. "If you look at a typical club season, they have a meet every three weeks, where we compete weekly. It is a much different pace, and we've adapted."

Though the meets are happening at a much quicker pace than the athletes are used to, Suddaby said, the South Hill squad tends to practice for fewer hours per day than most club programs do.

"Gymnasts have all trained year-round their entire lives and tend to do better when they are busier," Suddaby said. "Many

on perfecting their craft. However, in the pre- and postseasons, they will put more strain on their bodies. Hansen said the resource the team has in its athletic training staff is beneficial to staying healthy throughout the entire year.

"The training room is awesome with helping treat injuries," Hansen said. "In-season is usually just maintaining skills and hitting numbers, while the preseason is more pounding, and injuries tend to happen."

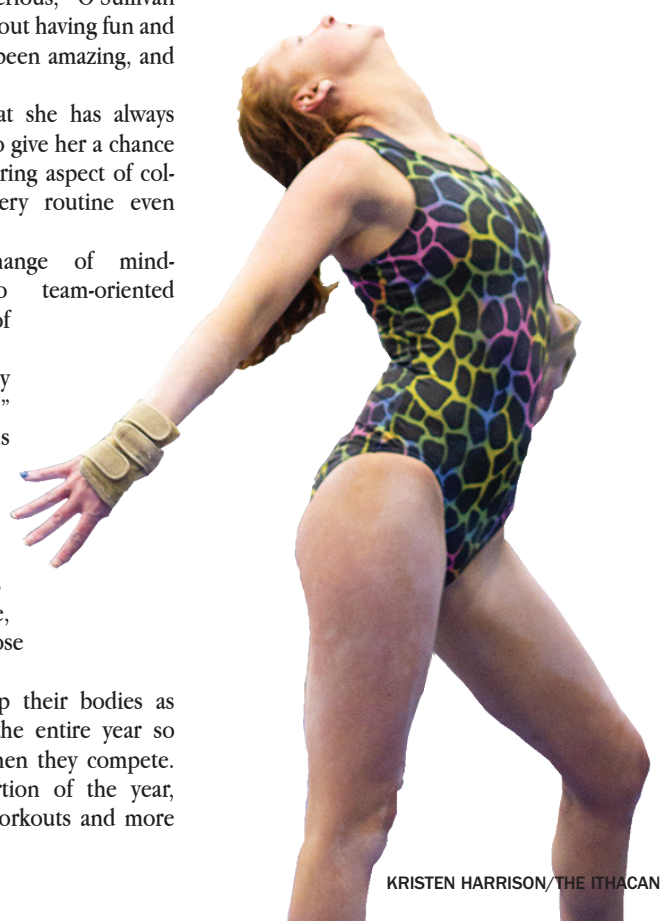
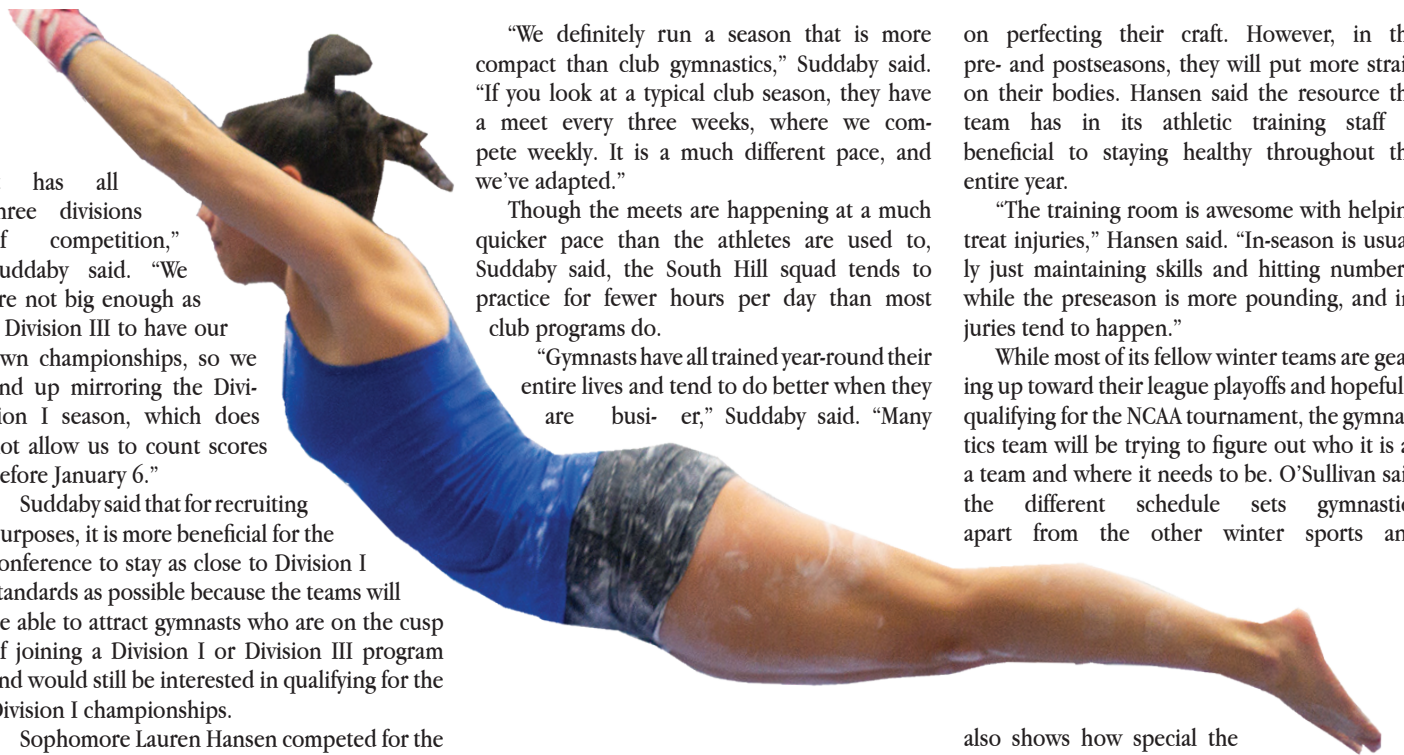
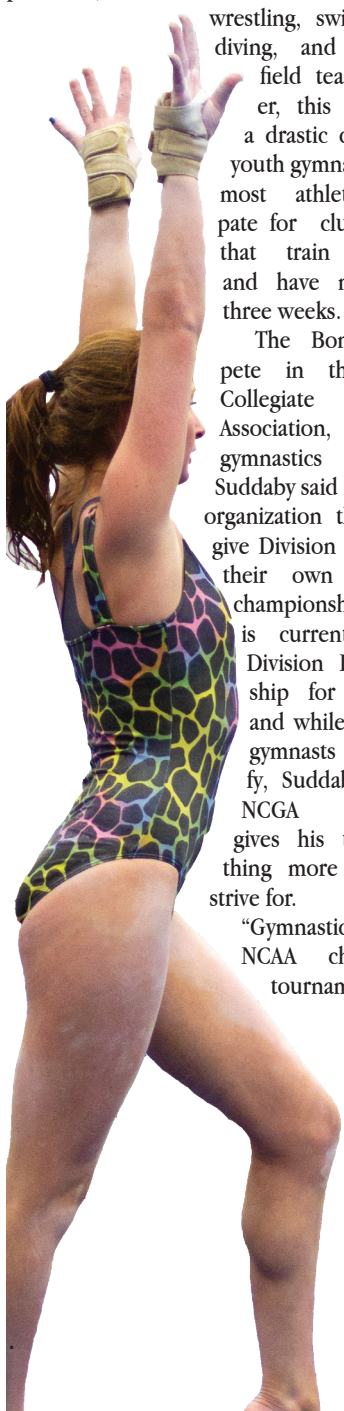
While most of its fellow winter teams are gearing up toward their league playoffs and hopefully qualifying for the NCAA tournament, the gymnastics team will be trying to figure out who it is as a team and where it needs to be. O'Sullivan said the different schedule sets gymnastics apart from the other winter sports and

also shows how special the sport is. "Gymnastics is very different from other winter sports," O'Sullivan said. "You have to always keep doing it; it's all just one long season. It's very difficult, but rewarding."

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"Gymnastics is very different from other winter sports," O'Sullivan said. "You have to always keep doing it; it's all just one long season. It's very difficult, but rewarding."

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KRISTEN HARRISON/THE ITHACAN

THE BOMBERS ROUNDUP

The Ithacan’s sports staff provides statistical updates on all of the varsity Bomber squads during the winter season



Members of the men’s and women’s track and field teams practice Jan. 21 in Glazer Arena. The teams participated in the Cornell University Upstate Classic on Jan. 19 after their home quad meet against SUNY Brockport, Moravian College and SUNY Oneonta was canceled due to snow. The teams will compete next at the John Thomas Terrier Classic in Boston.

KRISTEN HARRISON/THE ITHACAN

Women’s Track and Field

Cornell University Upstate Classic			
Name	Place	Event	Results
Meghan Burd	4th	60-meter dash	7.99
Britney Swarthout	3rd	500-meter run	1:20.39
Sarah Rudge	4th	800-meter run	2:16.10
Logan Bruce	6th	Long jump	5.49 meters
Juliann Terry	5th	Pole vault	3.35 meters






Next meet: 10 a.m. Jan. 25–26 at the John Thomas Terrier Classic in Boston

Men’s Track and Field

Cornell University Upstate Classic			
Name	Place	Event	Results
Daniel Hart	4th	1-mile run	4:23.43
Derek Howes	2nd	400-meter run	51.54
Lee Matthews	5th	Shot put	14.04 meters
Kyle Davis	4th	Long Jump	6.23 meters
Dom Mikula	3rd	Pole vault	4.35 meters






Next meet: 10 a.m. Jan. 25–26 at the John Thomas Terrier Classic in Boston

Women’s Basketball

RESULTS			
	55–44		
Ithaca	Jan. 18	RPI	Ithaca
	65–42		
Ithaca	Jan. 19	Skidmore	

Next game: 5 p.m. Jan. 25 in Ben Light Gymnasium against William Smith College

Men’s Basketball

RESULTS			
	79–82		
Ithaca	Jan. 18	RPI	Ithaca
	66–75		
Ithaca	Jan. 19	Skidmore	

Next game: 7 p.m. Jan. 25 in Ben Light Gymnasium against Hobart College

*Updated as of Jan. 21

Women’s track and field gain talented class

WILLY WRIGHT
STAFF WRITER

When the Ithaca College women’s track and field team opened its season Dec. 1 at the Greg Page Relays, several new freshmen were competing in their first collegiate match. However, most of these athletes were not fazed by the size of this stage because they had performed and succeeded at the highest levels of high school track and field.

Last season, the Bombers won the Indoor Liberty League Championships and placed seventh overall at the NCAA Division III Indoor Track Championships. The team was carried by its seniors, notably Taryn Cordani ’18 and Katherine Pitman ’18, who were both national champions. While losing such a strong senior class can lead to a program’s need for a rebuilding stage, the Bombers had an incoming class of 24 freshman athletes this year, many of whom competed at the state and national level of track in high school.

Freshman Logan Bruce has come out strong for the Blue and Gold. In high school, Bruce won the 2018 Section 4 Class D championships in the pentathlon. For the Bombers, Bruce has two second-place finishes and four third-place finishes across her first three meets. Freshman pole vaulter Meghan Matheny has also had a successful start to her collegiate career, with a first and second place finish. Matheny placed first at the Indoor New York State Public High School Athletic Association Section 4 Championships during her

senior year.

Bruce and Matheny are not the only highly successful freshmen on the roster, and Jennifer Potter, women’s track and field head coach, said she looks forward to the incoming class contributing to the team’s success.

It is not just this year that the Bombers have had a strong freshman class. At the 2018 Liberty League Conference Championships, then-freshman Ariyahna Bernard was named Liberty League Indoor Rookie of the Meet after placing third in the weight throw and sixth in the high jump.

At Ramapo High School in Wyckoff, New Jersey, freshman Stephanie Behrens competed many times at sectionals, groups and New Balance Nationals Indoors. She placed seventh at Outdoor New Jersey State Interscholastic Athletic Association Sectionals North 1 Group 2&3 in 400 hurdles at 1:06.81. Behrens said the physical therapy program at the college was a draw for her.

“I know I’ve wanted to do physical therapy since I was in seventh grade,” Behrens said. “By the end of my junior year, I realized I wanted to run in college. ... I met up with Coach Potter over the summer, and I really loved her.”

Potter said the coaching staff is able to bring in highly touted recruits due to its philosophy of putting its athletes’ interests first.

“I believe that passion exudes during the recruiting process for the student-athletes,” Potter said. “We are also passionate about the sport, and we have a coaching staff that is always



Freshman runner Stephanie Behrens goes through her warmups during practice Jan. 21. Behrens also considered running at the University of Vermont. She is one of 24 freshmen on women’s track and field.

KRISTEN HARRISON/THE ITHACAN

thinking and implementing what is best for the student-athletes.”

Behrens said that during the process of recruiting, Potter made it easy for her to think open-mindedly about where she should attend college. Behrens was also considering running at the University of Vermont, a Division I school. Behrens said that she felt that Potter was interested in her success as a person as well as an athlete.

“What was different about Coach Potter was that she made me feel really wanted,” Behrens said. “I was

thinking about UVM. And she said, ‘Even if you end up loving UVM, I wish you all the success, and I get it.’ She just wanted the best for me.”

Junior Amanda Wetmore was interested in the academics of the college during her recruiting process.

“I was drawn to the college because of their exploratory program, more specifically the exploring the options course that they offer,” Wetmore said. “As for the track and field program, I knew they have reputation of success, and I wanted to be able to

Senior discusses growth during final swim season

The Ithaca College men’s swimming and diving team is currently 5–1 this season, defeating every team it has faced in a dual meet except for Rensselaer Polytechnic Institute, the reigning Liberty League champions for three years in a row.

With only three more weeks of regular-season competition, the team is looking to improve on its third-place finish at the 2018 Liberty League Championships. Senior captain Kellen Scanlan has been a consistent point-scorer for the Bombers all season. He has posted top-five finishes in the 50-yard freestyle and 50-yard backstroke. He is also a member of the “A” 200- and 400-yard freestyle relays.

Assistant Sports Editor Emily Adams spoke with Scanlan about the team’s progress this season and his leadership role as a senior captain.

This interview has been edited for length and clarity.

Emily Adams: How has your season been going so far?

Kellen Scanlan: Personally, it’s pretty good. I think I’m where I want to be in the season. I haven’t been that fast in my regular meets, but I’ve been practicing well, and I feel like I’m in a good position to taper well. As for our team, I think we’re in a really good position. We’re just coming off a really good training trip. It’s been a while since we had a swim meet, so it’s hard to gauge exactly where we are, but hopefully this weekend we get to see how far we’ve come and see if we’ve had any improvements.

EA: How did your training trip [to Fort Lauderdale, Florida,] benefit the team?

KS: For one, we got closer as a unit. We’ve really been trying to build a culture through the years, and I think this year our freshmen really bought into it. Of all the training trips I’ve been on,

this was definitely the most fun. They’re loose, they dance a lot, but when it comes to getting the work done, everyone just puts their heads down and gets the work done, and that makes it really enjoyable.

EA: What areas are you looking to improve on?

KS: We really just want overall improvement [on times]. Since our team expanded so much and we have so many freshmen, it’s a huge learning experience for them. We try to tell them what to expect and get them ready for the practices, but they really don’t know until they experience it. Now that they have experienced it, they may not be feeling good in the water or going as fast as they want. I know, from my experience, it just takes patience, and these last couple weeks are crucial. We just have to trust the process.

EA: How has being a captain changed your role on the team?

KS: It’s made me more involved. I’m super engaged 24/7, and I’m constantly thinking about swimming, in and out of the pool. That’s also made swimming much more enjoyable for me. I love being in charge and having a positive effect on my teammates. I hope they see the positive outcomes I’m trying to create for them.

EA: How have you developed since your freshman year?

KS: I’m much more vocal now. I think part of it is trying to learn from the seniors my freshman year. I try to take what they did and internally analyze it and see what they did right and what could be better. Then, the next year, I tried to step up more and always work hard. Now, being into the captain role, I’m constantly trying to be the best I can be, not just for myself, but my teammates. The best thing I can do



Senior swimmer Kellen Scanlan adjusts his goggles during a swim meet at the Kelsey Partridge Bird Natatorium. Scanlan is a team captain and one of four seniors on the roster.

ELIAS OLSEN/THE ITHACAN

now is try to get the freshmen on that page, so hopefully they’ll be better leaders by the time they’re seniors.

EA: What is your mentality knowing that this is your final swim season?

KS: It’s really weird. I wasn’t a swimmer my whole life. I played baseball, football — you name it, I played it. It’s not just the ending of my swimming career; it’s the ending of my sports career. My mentality for my whole season has been, ‘How much can I push it in practice?’ It may hurt, but I know it could be the last time I get a chance to get better. I know if I put the right amount of work in — regardless of if I go best times or not — I’ll know that I did the best I can.

EA: What are you looking forward to for the remainder of the season?

KS: I’m looking for great times all around from our team. We’re in a great position, and I want to see us challenge for that top spot in the conference. I want everyone to have fun in the process, too. Our last meet is a grind — it’s a four-day meet — but it’s also fun, and you’re swimming fast. As long as we’re focused and put the work in, once we get there, we just have to worry about racing and continuing what we’ve been doing over our season.

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Winter athletes return to South Hill early

JACK MURRAY
SPORTS EDITOR

Most students at Ithaca College relaxed and recovered during their winter breaks, but athletes stayed on campus, practicing and competing, while South Hill remained mostly desolate.

The college’s winter break occurred from Dec. 21 to Jan. 21, and many students were able to leave sooner if they finished their finals early. While most students traveled back home to hang out with friends, rest with family and possibly try to scrape together a few bucks through odd jobs, the 149 male winter athletes and 143 female winter athletes sacrificed time at home to continue the training that started with their season kickoffs in November.

Most teams returned to campus around Jan. 1, but the men’s basketball team returned Dec. 27 in preparation for its Land of Magic Classic tournament in Daytona, Florida, on Dec. 29. Sophomore guard Cooper Macklin said the team was able to pick up just where it left off before finals began.

“We got five days off before exams, and then had to come right back to school,” Macklin said. “It was definitely a quick break since we went right to Florida and returned on New Year’s and have been back ever since.”

Macklin also said the team improved its chemistry during the Florida trip and was able to get into a routine of practicing during the week and playing games on the weekend.

While the bonding experience with teammates was beneficial for the men’s basketball team, Macklin said

the lack of students on campus caused the team to feel isolated.

“It’s definitely lonely up here when it’s just us,” Macklin said. “We usually have practice from around 10 to 12 and then have shootaround later on in the night. It’s lonely, but we are always together.”

The swimming and diving programs at the college entered winter break after a long break from competition, which began Dec. 2 and lasted until Jan. 19. Even though the teams did not have any meets until the end of winter break, they still were back on campus Jan. 2. Sophomore diver Justin Moczynski said a few athletes headed up earlier so they could be in prime shape for winter training.

Like Macklin, Moczynski said the winter training was beneficial because it allowed the team to form a close bond.

“We see each other very often since we are training at least twice a day throughout the break,” Moczynski said. “We learn more about each other in the athletic environment while swimming, diving and lifting, as well as personally outside of practice.”

While the team has been able to grow closer, Moczynski said that leaving home so soon was extremely tough and made him appreciate the time he did have at home even more.

“The most difficult aspect of leaving home early is the small amount of time we spend with our families,” Moczynski said. “There is only so much time to spend catching up with family members since we arrive home, stay for about a week and very quickly report back to school.”

Even though the athletes are on



Sophomore diver Justin Moczynski plunges toward the water in a meet Nov. 30. The swimming and diving teams returned to campus Jan. 2, along with the other winter sports teams, as they all trained over the break.

JULIA CHERRUAULT/THE ITHACAN

campus, Macklin said, the dining halls were completely closed during the break. Instead, the coaches gave out meal money that allowed the athletes to properly fulfill their nutritional needs.

“The coaches give us meal money from the NCAA,” Macklin said. “The coaches also provide meals for us sometimes before or after practice and take us out to dinner, occasionally.”

Freshman runner Kristina Hoefler said she was unfortunately unable to see some of her friends

from back home whom she had not seen since the summer, but she enjoyed the time she was able to use developing closer friendships.

“What was great about coming back early is that I got to be with my teammates again,” Hoefler said. “We had a blast doing fun team activities and hanging out in our off-time.”

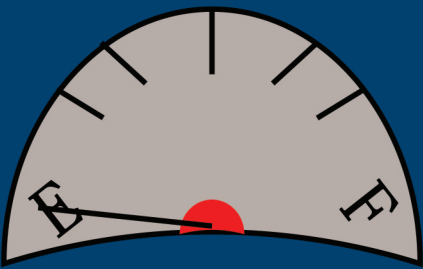
Hoefler said her daily routine was manageable because she had lots of free time to focus on her sport as well as get to know her teammates and the college in general.

While leaving home early is

tough for the winter athletes at the college, Moczynski said the opportunity to bond with teammates and develop chemistry on and off of the playing surface was worth the early trip back to campus.

“The team’s dedication to improve over the winter break represents individual sacrifice,” Moczynski said. “It also demonstrates passion for the sport and for the success and well-being of other teammates.”

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NEWS

NWF EcoCareers Conference: Interested in learning about careers in sustainability? Not sure if your dream job requires an advanced degree? Looking to meet some of the leaders in the field? The offices of Energy Management & Sustainability and Career Services have partnered to make IC an official Campus Sponsor of the National Wildlife Federation's EcoCareers Conference on February 27th and 28th, 2019. The conference is entirely virtual, meaning you can participate from the comfort of your residential hall or apartment. Learn more at: nwfecoleaders.org/conference

UPCOMING EVENTS

- Jan. 29th, 12 PM, Ithaca Falls Room**
Sustainability SLI: Human Health. Explore the interconnections of climate change, pollution, social justice, and human health.
- Jan. 31st, 12 PM, A&E Center**
IC and Food Bank of the Southern Tier have partnered to bring the Mobile Food Pantry to campus, which provides free food items to the IC community. No qualification is required. Eco Reps will be on site with free kitchen supplies.
- Every Friday, 4 PM, Terrace Dining**
Join the Environmentalists and Eco Reps for S.W.I.F.T., a program that packages leftover food from dining halls for donation to St. John's Community Services - previously Rescue Mission.



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Buzzer

ATHLETE OF THE WEEK

sara
jackson



Senior guard Sara Jackson looks to make a play Nov. 30. During the Bombers' 65–42 victory Jan. 19, Jackson dropped 10 points, including two 3-pointers, and also contributed eight rebounds.

ABBEY LONDON/THE ITHACAN

STATS FROM
THE WEEKEND

10 points, 8 rebounds and 2
3-pointers against Skidmore
College on Jan. 19.

GETTING TO KNOW
sara

What got you involved
with basketball?

I was the tallest in my
class throughout ele-
mentary school and was
encouraged to play by
my friends.

What is your favorite hobby
outside of basketball?

Camping and spending
time with friends.

What is your favorite
class at Ithaca College?

Principles of Marketing
with Johnine McCartney.

What is your dream job?

Chief marketing officer for a professional
sports organization.

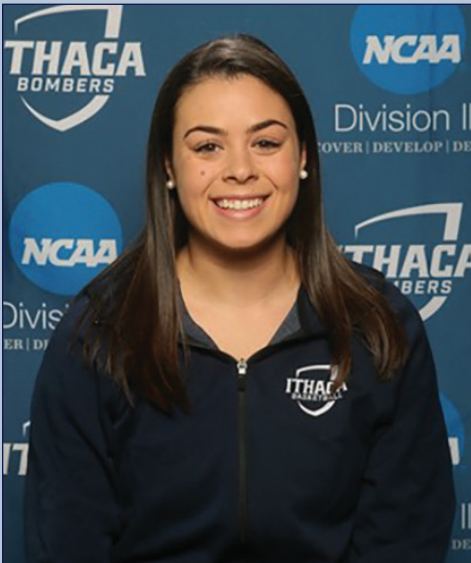


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