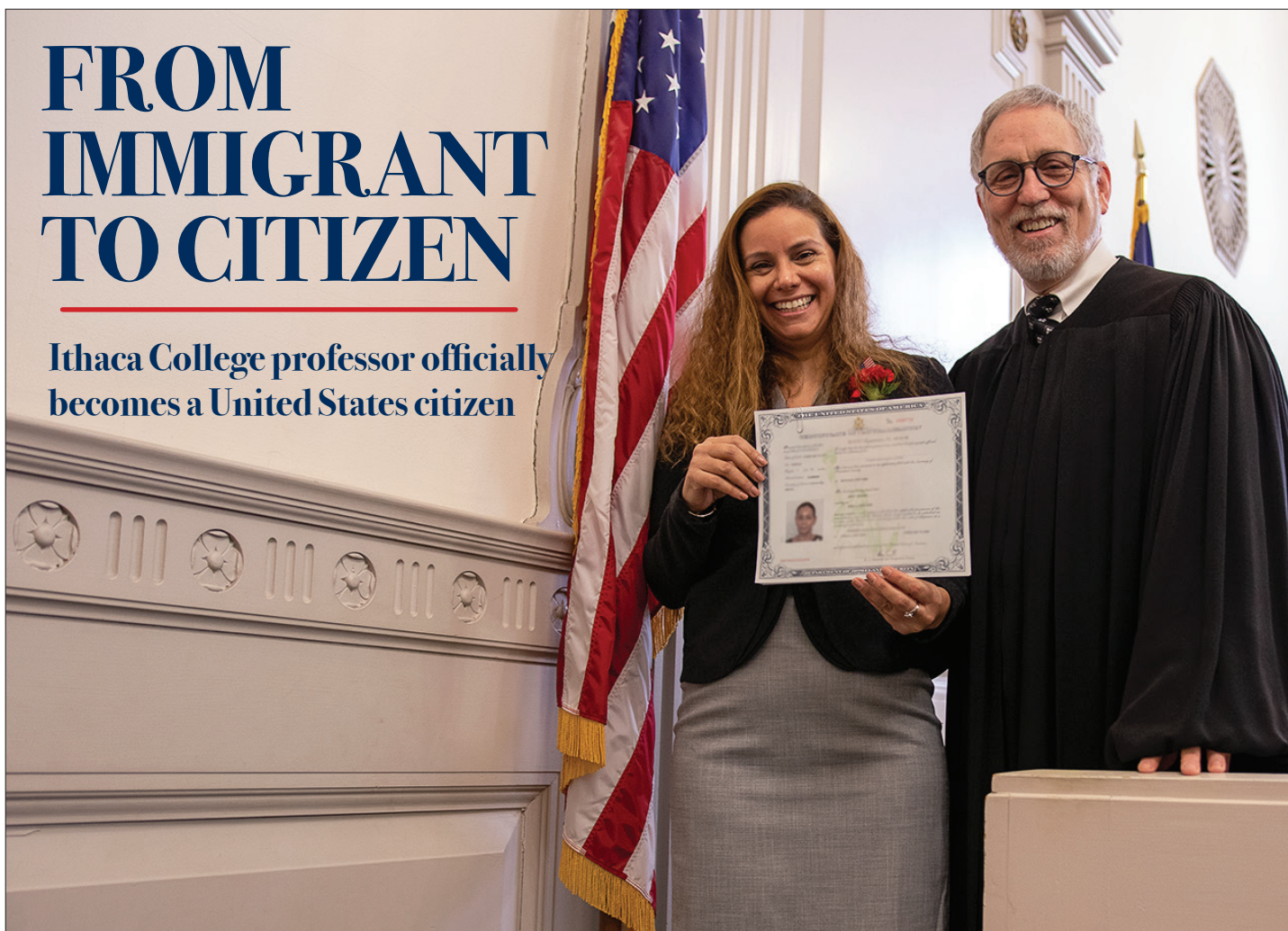


## FROM IMMIGRANT TO CITIZEN

**Ithaca College professor officially  
becomes a United States citizen**



From left, Mirit Hadar-Bessire, lecturer in the Department of Modern Languages and Literatures, stands next to Judge John C. Rowley on Feb. 19 at the Tompkins County Courthouse. Hadar-Bessire was one of 35 people who became U.S. citizens.

ABBIE LONDON/THE ITHACAN

**BY ABBIE LONDON**

Twelve years ago, Mirit Hadar-Bessire, lecturer in the Department of Modern Languages and Literatures at Ithaca College, fled her home country of Israel with her 1-year-old son, Leeyam, toward the end of the Second Lebanon War.

"There were bombs everywhere, [and] missiles coming from Hezbollah," she said. "I said, 'No more. That's it. I'm done.' ... Lives in Israel were never easy. It's always war, always something going on and terror attacks, and I just had to live in peace."

Hadar-Bessire officially obtained her citizenship Feb. 19 at the Tompkins County Courthouse. She was one of 35 citizens in Ithaca who were naturalized by Judge John C. Rowley that day. Thirty-five petitioners took an Oath of Allegiance to the U.S. during the ceremony to finalize the legal status of the new citizens.

In Ithaca, as of 2018, approximately 18% of the population was foreign-born, and approximately 12% of people were noncitizens, according to the World Population Review. On Feb. 2, 2017, the City of Ithaca Common Council unanimously approved Ithaca as a sanctuary city to provide refuge for immigrants, as previously reported by *The Ithacan*.

Hadar-Bessire said the thing she is most excited to do now is to vote in the upcoming 2020 presidential election.

"When you are an immigrant, you are held to very high standards," she said. "You are always afraid that if you ... [do something] wrong, you'd be deported. ... [Now] nobody's going to deport me. ... I can vote. I can make my voice heard. I can protest. I can be

**CITIZENSHIP, PAGE 4**

## CAPs winter coat drive extends because of increased demand

**BY ALEX HARTZOG**

To make winter jackets more accessible during the colder seasons, staff from the Ithaca College Center for Counseling and Psychological Services (CAPS) created a coat drive on campus in October 2019. Because of increased demand, the coat drive will now be extended until the end of the semester.

The ongoing drive, which is located in the lower level hallway of the Hammond Health Center, is a free service in which campus community members can anonymously donate and pick up jackets. Brandi Riker, administrative assistant in the Center for Counseling, Health and Wellness, said she and Lis Tomlin, mental health counselor in the Center for Counseling, Health and Wellness, decided to implement the coat drive because they were concerned about students wearing only hoodies when the weather got colder.

Riker said that the drive has raised \$200 in monetary donations to buy coats and that it receives coat donations from Plato's Closet, which is a national secondhand clothing chain with a branch in Ithaca. Monetary donations are accepted at the front desk of CAPS, Riker said. As of February 2020, approximately 150



Staff members such as Lis Tomlin, mental health counselor in the Center for Counseling, Health and Wellness, run the drive.

LEXI DANIELSON/THE ITHACAN

coats were taken by students, faculty and staff, although they do not keep strict records, Riker said.

Riker said that because the coats tend to be taken very quickly, they expanded the service beyond its original closing date at the end of Fall 2019.

"Coats, generally, when they come in, they don't sit on the rack very long," Riker said. "A lot of times, we'll get five coats at a time, and by

the end of that day, there will be one left. ... We want to support the students and the faculty that need the help [in] any way we can."

Tomlin and Brittany McCown, administrative assistant in the Center for Counseling, Health and Wellness, routinely go to stores in the area to purchase coats using the donation money, Riker said.

**DONATIONS, PAGE 4**

## College releases new diversity statement

**BY CORA PAYNE**

Ithaca College has released an updated diversity, equity and inclusion statement that is longer than the previous one and reflects the goals outlined in the college's strategic plan, Ithaca Forever.

The statement was released Feb. 22 by the Campus Climate Action Group (CCAG). It encompasses the college's priorities, including a "prolonged commitment to cultivating a diverse, equitable and inclusive community."

The diversity statement is in accordance with Ithaca Forever, which was officially launched Oct. 23, 2019, said Darius Cureton, residence director in the Office of Residential Life.

The college has not updated its diversity statement since the last one was released in 2010.

The updated title and expansion of the statement was primarily to reflect the strategic plan, said Roger Richardson, associate vice president for the Division of Student Affairs and Campus Life.

"One of the major changes from the previous diversity statement is that it was just a diversity statement [before]," Richardson said. "When people hear diversity, they just think about numerical representation. But this is not just a diversity statement ... just in renaming the document, we

are able to hold this mirror up to the institution because it says in the strategic plan that we also value equity and inclusion and our statement needs to reflect that."

The college hosted several feedback sessions for the campus community to engage in discussions about the new statement.

Attendance numbers were in single digits at both sessions Feb. 25. Campus community members were also invited to submit feedback through an online link.

Samantha Elebiary, director of the BOLD Women's Leadership Network and a member of CCAG, said the committee has received lots of feedback online about the statement.

She said in response to some of the feedback that the statement itself cannot fix all of the problems on campus.

"There's nothing we could write on this paper ever that would make people feel like, 'Okay, everything is fixed. We've solved it,'" Elebiary said. "That's not the purpose of this. ... It's just meant to be a starting point."

The statement begins by acknowledging that "Ithaca College resides on colonized Haudenosaunee land, and we honor their

**STATEMENT, PAGE 4**



# SPRING SPORTS PREVIEW

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FROM CITIZENSHIP, PAGE 1

involved.” Hadar-Bessire was raised by Israeli-born parents of mixed heritage in the small suburb of Azur, Tel Aviv.

Her paternal grandparents emigrated from Yemen through “Operation Magic Carpet,” which was part of a series of missions in which the Israeli army rescued Jews abroad who were facing anti-Jewish oppression and violence. The operation, which took place between 1949–50, airlifted approximately 46,000 Jews from Yemen to Israel.

Her maternal grandmother was a Zionist pioneer born in Jaffa to parents who fled the Russian region of the Ottoman Empire because of anti-Semitism. However, her maternal grandfather was born outside of Kiev, Ukraine, where his entire village was wiped out during the Holocaust. Ukraine was the sight for many pogroms and massacres during the Holocaust, including the Babi Yar massacre in September 1941 in which nearly 34,000 Jews were marched, stripped naked and shot with machine guns into the Babi Yar ravine in Kiev.

Most of her family — including her parents, her brother and three nieces — still live in Israel, and she said she mostly talks to them over WhatsApp because flights are expensive.

“As they say... you can take an Israeli out of Israel, but you cannot take Israel out of an Israeli,” she said via email. “Of course I miss my family and friends, and also the food, traditions, and culture, but yet I have built a wonderful life for myself here in America, which I am very grateful for, and proud of.”

She said she came to the U.S. during a sabbatical but ended up staying here to create a better life for her family. She started working at the college in 2012 to teach Hebrew in the Department of Modern

Languages and Literatures and an Israeli film course in the Department of Jewish Studies. She also co-founded the Israel Film Festival at the college in Spring 2014, a festival that she now directs.

Once she was released from her service, Hadar-Bessire attended Haifa University in Haifa, Israel, to obtain a bachelor’s degree in Semitic linguistics and comparative literature. Hadar-Bessire can speak Hebrew, English and some Arabic.

Before teaching at Ithaca College, she also taught Hebrew at Binghamton University for approximately three years. She said that Binghamton was sponsoring her as a green card holder when she started the naturalization process.

“I was waiting and waiting and waiting, and after five years, I applied for citizenship, and here we are,” she said.

Anyone who is filing for naturalization must have a permanent resident green card for a minimum of five years before continuing on with the process. Hadar-Bessire said she now holds dual-citizenship in Israel and the United States.

In Ithaca, Hadar-Bessire met her husband, Brian Bessire, who formerly worked as a director and senior strategist in the Office of Strategic Marketing and Communications at Ithaca College. The couple got married Aug. 17, 2019, a year after getting engaged. They now have a family of five with his two children and her child from their former relationships.

Bessire said the process was long and bureaucratic, so he is thrilled the wait is finally over.

“I’m feeling joy and relief now,” he said. “But along the process, I felt a little bit of frustration that it was a little bit cumbersome. ... I think it’s the best thing I could have hoped for... [She] is a big believer in liberty



Members of the Ithaca community shake the hand of Mirit Hadar-Bessire, lecturer in the Ithaca College Department of Modern Languages and Literatures, at the Tompkins County Courthouse.

ABBIE LONDON/THE ITHACAN

and expression and exchange of ideas. And this is [her] home now, and I feel like it’s very appropriate and sweet.”

Sophomore Luna McCulloch was one of a few students who attended the ceremony Feb. 12 to support Hadar-Bessire. She said that she took Elementary Hebrew I with Hadar-Bessire in Fall 2019 and that Hadar-Bessire has had a huge impact on her experience at the college.

“Mirit has influenced me by showing me that education isn’t necessarily always about getting the right answers,” she said. “It is about making mistakes and being okay with making mistakes and learning from your mistakes. But she’s also

influenced me through her story. ... Just the fact that she’s so willing to talk about her story openly and kind of let other people learn from her experiences ... is really cool.”

Junior Shoshana Maniscalco has taken every available course taught by Hadar-Bessire at the college, including all levels of Hebrew and Israeli Culture through Film. She continued her Hebrew education by working as a teaching assistant under Hadar-Bessire.

Maniscalco could not attend the ceremony because she is currently studying at the Hebrew University of Jerusalem through The Nachshon Project, which is a Jewish leadership

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FROM STATEMENT, PAGE 1

elders past and present.” The Town of Ithaca recognizes that it was built on the land of the Haudenosaunee Confederacy, which consists of five tribes, including the Mohawks, Oneidas, Onondagas, Cayugas and Senecas. The land was confiscated by the U.S. government in 1779.

The statement also stated the college aims to “commit [itself] to pursuing growth, change and action grounded in the American Association of Colleges and Universities model of inclusive excellence, a framework specifically designed to foster student learning, belongingness and success.”

“

It says in the strategic plan that we also value equity and inclusion, and our statement needs to reflect that.

—Roger Richardson

”

The college also states it will not tolerate or condone any form of discrimination in the statement and seeks to make the campus “accessible” to all students, especially those “impacted by systemic disadvantages, marginalization and exclusion.”

The college strives to build a curriculum



Ithaca College released the institutions’s updated diversity, equity and inclusion statement Feb. 22. It was drafted by the college’s Campus Climate Action Group.

ATHINA SONITIS/THE ITHACAN

and campus culture that reflects the diverse communities on campus, the statement says.

It also says the college “thrives on the free and open exchange of ideas, while expecting mutual respect and asserting that prejudice, discrimination and incivility serve only as hindrances to our learning community.”

The statement says the college takes responsibility and accountability for recruiting and retaining diverse community members.

“These commitments serve as the fabric of our educational experiences and are essential to our institutional vibrancy and sustainability,” the statement said.

Richardson said the statement is purposefully general so it can be resourceful in many capacities. Richardson also assisted in

drafting the statement. He said this is just the first step for improving the campus through the strategic plan.

“The next task for us is to be thinking about how we can build systems and structures and look at policies that are in opposition of what this statement is trying to articulate,” Richardson said.

Cureton said the statement is still in its early stages.

“We’re trying to get this feedback because this is only draft one,” Cureton said. “After these feedback sessions, we’ll create a new draft and then hopefully have more feedback sessions to make sure we really hit the mark.”

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FROM DONATIONS, PAGE 1

McCown also helps to make pamphlets and updates monitors on campus, including Intercom, with information about the drive, like what sizes of coats are in popular demand, Riker said.

Riker said she has seen a lot of students from warmer climates who were unprepared for the Ithaca winter take coats from the drive. Approximately 54.6% of students at the college are from outside New York state, with students from 48 states and four territories being represented in the student population, according to the 2019–20 Facts in Brief.

Riker said she and others aim to provide as much information to the community as possible because many who come to the drive are confused about its service. She said she commonly sees people confused about whether or not they have to pay despite it being a free service.

Sophomore Reneé Agsten, who is a resident assistant for Terrace 8, said she was unaware of the drive but thinks it would be helpful for many students. She said it would be beneficial for CAPS and the Office of Residential Life to collaborate efforts to raise awareness about the drive’s services.

“[The Office of Residential Life] would definitely push it,” Agsten said. “Especially if we’re given posters and stuff to hang up in the [residence halls], it would be really helpful.”

Riker said she hopes to make the drive a permanent service on campus.

“As long as the IC community can keep supporting it, we’re going to keep offering coats,” Riker said. “We get a lot of students from warmer climates that buy their coats from home, and they get here and [the coat is] not warm enough for Ithaca’s snowy weather.”

The drive is lacking enough coats and is still accepting donations, Riker said.

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NATION & WORLD

Coronavirus increases in Italy during overnight outbreak

Italy reported a 45% one-day increase in people infected with the coronavirus Feb. 25. Italian officials reported 11 deaths and 322 confirmed cases of the virus, 100 more than a day earlier. While the majority were concentrated in northern Italy, some of the new cases showed up in parts of Italy well outside the country’s two hard-hit regions, including three in Sicily, two in Tuscany and one in Liguria. An Italian couple from the afflicted north tested positive in the Canary Islands off Africa, forcing the quarantine of their hotel. Austria, Croatia and Switzerland reported their first cases, all in people who recently traveled to Italy. Italy has closed schools, museums and theaters in the two regions where clusters have formed, and troops are enforcing quarantines around 10 towns in Lombardy and the epicenter of the Veneto cluster, Vo’Euganeo. Italy has not yet identified the source of the outbreak.

Many killed in violent protests against Indian citizenship law

An angry group of Hindus carrying pickaxes and iron rods hurled rocks at Muslims on Feb. 25 in a fresh round of violent protests in the Indian capital over a new citizenship law, with

at least 10 people killed in two days of clashes. Black smoke rose into the sky over northeastern New Delhi after Hindu protesters set fruit and vegetable shops and a Muslim shrine on fire, witnesses said. In addition to the 10 deaths, at least 186 people — 56 police officers and 130 protesters — have been injured in the clashes since Feb. 24, said Anil Kumar, a New Delhi police spokesman. India has been rocked by violence since Parliament approved a new citizenship law in December that provides fast-track naturalization for some foreign-born religious minorities but not Muslims.

Small locust group in Congo poses threat to East Africa

A small group of desert locusts has entered Congo, marking the first time the voracious insects have been seen in the Central African country since 1944, the U.N. Food and Agriculture Agency said Feb. 25. U.N. agencies warned of a “major hunger threat” in East Africa from the flying pests. Kenya, Somalia and Uganda have been battling the swarms in the worst locust outbreak that parts of East Africa have seen in 70 years. The U.N. said swarms have also been sighted in Djibouti, Eritrea and Tanzania and recently reached South Sudan, a country where roughly half the population already faces hunger after years of civil war.



Floodwater fills Indonesian neighborhoods

Indonesian youths play in floodwater Feb. 25 in a neighborhood in Jakarta, Indonesia. Overnight rains caused rivers in greater Jakarta to overflow, sending muddy water into residential and commercial areas.

ACHMAD IBRAHIM/ASSOCIATED PRESS

States to investigate Juul Labs regarding marketing schemes

A coalition of 39 states will look into the marketing and sales of vaping products by Juul Labs, including whether the company targeted and intentionally mislead youths,

officials announced Feb. 25. The Food and Drug Administration and a congressional panel are investigating whether the company’s early marketing efforts — which included online influencers and product giveaways — deliberately targeted minors.

Source: Associated Press

MULTIMEDIA

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Let’s get ready to Rumble and Tumble!

Ithaca College and SUNY Cortland’s wrestling and gymnastics teams went head to head at their Rumble and Tumble competition Feb. 19.



IC Defy holds first open rehearsal

Ithaca College’s Defy Dance Company held its first open rehearsal fundraiser Feb. 22 in the Aerobics Room in the Fitness Center.

THE ITHACAN

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The Ithacan



# Athletic training majors exercise research skills

**BY ANNA DE LUCA**

Senior Emily Sabo never saw herself pursuing further education after she finishes the athletic training program at Ithaca College. But after getting the opportunity to present her research on a unique gymnastic injury at the Eastern Athletic Trainers' Association (EATA) conference Jan. 10–13, she said that she is contemplating changing her plans.

"I wasn't super into research until this opportunity presented itself and opened up some doors," Sabo said. "It's made me want to possibly pursue further research at the graduate level in areas that I looked into for this research project."

Sabo was one of 24 students, most of whom were upperclassmen, at the college who presented and attended the EATA conference at the Foxwoods Resort Casino in Mashantucket, Connecticut. The conference gives students the opportunity to present the research they conducted outside the classroom and developed with faculty mentors. It is also an opportunity to network with professionals in the industry, said Paul Geisler, associate professor and program director of the Department of Exercise Science and Athletic Training.

The Ithaca Athletic Training Students' Association pays for students to stay at hotels, and only students who are presenting research get free entry. Other students must pay between \$110 and \$130 to attend.

Geisler said the EATA conference consists of districts one and two, which include representatives from Maine, Vermont, New Hampshire, Massachusetts, Rhode Island, Connecticut, New York, New Jersey, Pennsylvania and Delaware.

Senior Derek Hessing won the award for the 2020 Undergraduate Oral Presentation Research for his

research about a rare, nontraditional sports injury.

The research was based on a performer in San Antonio who dislocated his patella, also known as the kneecap, while performing in the Bluecoats Drum and Bugle Corps marching band. With little existing research on the type of injury, Hessing said he looked into the injury rehabilitation process.

"In that sort of situation, there's not a lot of research to lean on because not a lot of scientists [are] looking into that," he said. "It's a niche sort of activity. It was a very interesting challenge to sort of figure out what that would look like without a lot of research to guide us."

“

I wasn't super into research until this opportunity presented itself and opened up some doors.

– Emily Sabo

”

He said he did the research under Katie Sheehan, clinical professor in the Department of Exercise Science and Athletic Training.

Sabo won the award for the 2020 Undergraduate Poster Presentation Research for her research about a gymnast at the college with a rare bilateral fibular stress fractures injury.



Several students presented athletic training research Jan. 10–13 at the Eastern Athletic Trainers' Association conference at the Foxwoods Resort and Casino in Mashantucket, Connecticut.

COURTESY OF EMILY SABO

She said the injury was rare because typically fibular stress fractures are only unilateral. The gymnast's injury was the first bilateral fracture ever reported.

"We decided to look into it and see what might have caused it," she said. "I learned about the importance of looking at all factors that may contribute to an injury from a biophysical aspect."

She said she did the research under Chris Hummel, clinical professor and chair of the Department of Exercise Science and Athletic Training.

At the annual awards banquet, both Hessing and Sabo were presented with plaques, and each received a monetary reward of \$100 from the EATA Research Committee for winning their categories.

Geisler said he is on the research committee that reviews the abstracts students submit to present their research at the conference. The committee is also responsible for handing out grants and reviewing keynote speakers and topics, he said.

Geisler said it is impressive that students are winning awards for their research as undergraduates.

"Having done a peer-reviewed research project as an undergrad is huge," Geisler said. "Usually students don't have that, and having won an award as the best in the category is a humongous resume-filler, if you will."

Geisler said it is especially important for juniors and seniors to network at the event to advance their own career goals.

This is the second year in a row

that senior Henry Heller attended the conference. He said the conference is a great opportunity to network with professionals who attend the event. In particular, he said he was really excited to hear from newly inducted hall of famer Steve Donahue, who was formerly an athletic trainer for the Yankees.

"Every single major person in the athletic training field in district one and two are usually there," he said. "It's a two-and-a-half-day kind of explosion of athletic training, really. ... I learned a lot by just going to the evidence-based practice stuff [and] listening to other people talk."

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## Students research sleep health at IC

**BY MIKAYLA ROVENOLT**

"Where are the problems?" is the question that prompted three Ithaca College students to conduct a sleep research project, which found that the college is not a good environment for sleep health. Based on the findings of the study, the college received a 57% rating overall for sleep health.

Their work was presented at the Sixteenth International Conference on Environmental, Cultural, Economic and Social Sustainability in Santiago, Chile, on Jan. 30. None of the students was able to attend the conference.

Makensy Jabbour '19, Samantha Goodstein '19 and Jimmy Gramajo '19, who were public and community health majors, conducted a study on the college's sleep health and sleep environment. The study was a service-learning project for a Development and Evaluation of Health Promotion Programs course in Fall 2018 taught by Srijana Bajracharya, professor in the Department of Health Promotion and Physical Education.

"[Students] learn how to conduct professional studies while helping the community at the same time," Bajracharya said.

The study was conducted as part of an observational study using a College Sleep Environmental Scan instrument. The College Sleep Environmental Scan is a tool created by the American College Health Association to measure the sleep health of a college.

Jabbour, Goodstein and Gramajo spent a semester evaluating and scoring different factors of the college's campus that aid or diminish students' sleep health. Different campus factors included academics, library hours and campus sales.

Goodstein said the research group used the



Students presented their paper virtually Jan. 30 to the Sixteenth International Conference on Environmental, Cultural, Economic and Social Sustainability in Santiago, Chile.

COURTESY OF SRIJANA BAJRACHARYA

national grading system to assign a letter grade to the scores, and the college received an "F" for what was considered a healthy sleep environment. Goodstein said some factors that impact sleep health are difficult to avoid.

"You can't not sell [caffeinated drinks] on campus," Goodstein said. "That was a tricky part about this research. You can't not have coffee or things like melatonin."

The students then applied to the Sixteenth International Conference on Environmental, Cultural, Economic and Social Sustainability, and their research was accepted. Their only

obstacles were travel costs. Instead of physically attending the conference, they had to send in their presentation.

"[The presentation] was a poster that I made and submitted to the conference," Jabbour said.

Based on the evaluations, the students provided a set of recommendations to the college, including setting a closing time for the library, offering more information on sleep health to students and requesting that professors set earlier due dates for assignments.

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## Bob Iger steps down as CEO

**BY FALYN STEMPLER**

Bob Iger '73, CEO of The Walt Disney Co., will be stepping down from his post effective immediately, the Walt Disney Co. Board of Directors announced Feb. 25.

Iger will be replaced by Bob Chapek, who formerly served as the company's chairman of Disney Parks, Experiences and Products, according to the company's announcement.

Iger will take over the role of executive chairman to ease the transition until the end of his contract on Dec. 31, 2021. Iger has previously said he would be stepping down in 2021. He held the position for 15 years, according to The Walt Disney Co. website.

"With the successful launch of Disney's direct-to-consumer businesses and the integration of Twenty-First Century Fox well underway, I believe this is the optimal time to transition to a new CEO," Iger said in the company's announcement. "I have the utmost confidence in Bob and look forward to working closely with him over the next 22 months as he assumes this new role and delves deeper into Disney's multifaceted global businesses and operations, while I continue to focus on the company's creative endeavors."

Iger met with the Ithaca College Board of Trustees and members of the senior leadership team, including President Shirley M. Collado, at its annual February meeting in Los Angeles to discuss "approaches to leadership" and "the landscape of higher education."

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# SGC limits campus magazine copies

BY RYAN BIEBER

A bill passed in Fall 2019 by the Ithaca College Student Governance Council that limits the number of copies on-campus publications can print has impacted student publications differently.

The bill, titled the Magazine Sustainability Amendment, was passed Dec. 9, 2019. It amended the SGC Allocations Handbook to state that the SGC will only fund the printing of 500 copies of on-campus magazines per issue and a maximum of 1,500 copies per semester.

Previously, publications were allowed to print as many copies as they wanted.

The bill also provides funding for the publications' websites, funding that was not offered before the bill.

If publications receive website funding, they can only print 750 copies per semester.

This bill was passed in an effort to increase sustainability.

The publications affected by the bill are Buzzsaw Magazine, Passion Project, Embrace and Distinct because they are directly funded by the SGC.

Senior Mateo Flores, Ministry of Cool co-editor of Buzzsaw Magazine, said the bill has a larger effect on primarily print-based publications like Buzzsaw. Buzzsaw also has a website.

Flores said the changes have created problems for the magazine and delayed printing.

"When Puberty, our first issue of last semester, was ready to print, we didn't have the funds to request our typical operational budget, which is the printing for three issues," he said.

Buzzsaw could only print two issues in Fall 2019, as opposed to



Junior Ali Kelley, Ithaca College Student Governance Council VP of business and finance, led a meeting with members of on-campus publications Oct. 9 to discuss how they could be more sustainable.

KRISTEN HARRISON/THE ITHACAN

the usual three issues, as a result of the delay.

Junior Allison Kelley, vice president of business and finance for the SGC, said all the magazines were given opportunities to voice their opinions at multiple meetings that the SGC Appropriations Committee held.

She said that there were no issues during the second meeting held by the Appropriations Committee with representatives from the on-campus publications when the bill was drafted and that people only raised questions when the bill was passed at the Senate meeting.

Junior Noa Covell, web designer for Passion Project, said that because Passion Project is

primarily a web-based publication, the changes to the Allocations Handbook are helpful.

"Having that reassurances that SGC cares and can fund our websites is really nice to hear," Covell said.

Passion Project prints its magazine once a semester.

This semester, it plans to print 300 copies. In Spring 2019, it printed 500 copies, Covell said.

This semester, Buzzsaw already requested 500 copies for its first issue.

Kelley said that the SGC spent many hours deliberating what the cutoff number should be but that it can be changed. She said the goal was not to favor online magazines.

"Our intention was sustainability, and if that negatively affects one group and praises another, then it's how the cards fall, but that was not our intention," Kelley said.

Under the amendment, publications are also required to note where their magazines will be distributed on campus and how many copies are being placed in every location.

The bill does not require publications to follow up on how many magazines were taken from every location.

Covell said she thinks that even though there are problems, all the magazines simply want to continue publishing content.

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# SGC confirms new senator

BY SAM HAUT

The Ithaca College Student Governance Council confirmed sophomore Ryan Ingerson as Class of 2022 senator and tabled a bill to reinstate Late Night at Terrace Dining Hall in its Feb. 24 meeting.

Ingerson discussed his concern with the lack of transparency between the college administration, faculty and students when it comes to the budget. He was confirmed with a vote of 8–3.

Ingerson said he wants to increase transparency between the administration at the college and the campus community.

"They encourage disclosure on paper, with participation and having people actively debate, but they hide the actual information that's being put out and the decisions that are being made behind giant blocks of text," Ingerson said.

Junior Elijah Nishiura, vice president of campus affairs, asked Ingerson what he would ask Bill Guerrero, vice president for finance and administration, who the SGC plans on bringing in this semester. Ingerson said he would ask about the strategic plan, Ithaca Forever, and how it relates to the college's plans to diversify where it receives funding.

During the discussion on whether to confirm Ingerson, sophomore Senator-at-Large Sebastian Chavez said he is concerned that Ingerson is unaware of the issues facing people of color at the college because he did not mention the topic in his presentation.

"My only concern with him is figuring out how he's going to be a voice for people of color, how he's going to be a voice of the POC community, and we cannot ignore that fact," Chavez said.

Senior Alex Perry, varsity athlete senator, asked Chavez if he would have felt the same if Ingerson was a person of color.

"Sebastian, I want to challenge you a little bit," Perry said. "Yes, I get that that wasn't his main platform presentation, about supporting the POC community. But also, would you have had that same issue with him if he were to have been a person of color? ... He had two minutes, and I don't necessarily think it's fair to judge him on the fact that he didn't get on everything related to POC because his presentation was clearly focused on transparency and financial issues, which I think is applicable to anyone, no matter their race."

Chavez said that regardless of what position someone is representing, he thinks there needs to be a discussion around what someone will do for students of color.

"If we're going to go to put a step forward from here on out, I feel like that needs to be in the discussion all the time," Chavez said. "[The] POC community is a minority. We're never represented fully. ... That's my thing — you have to support POC. POC is not unique to everyone all day, but we always get left out. I wish he included that because how can we just ignore that then we just go right back into the cycle of things, right?"

In its Feb. 17 meeting, the SGC did not confirm junior Brandon Galione for Roy H. Park School of Communications senator because Galione was unaware of issues with microaggressions that have been occurring on campus.

After the meeting, freshman Henry Wade, Class of 2023 senator, sent a letter stating his resignation from the SGC. However, at the Feb. 24 meeting, Wade was present.

The SGC also held an executive session Feb. 24, which restricted the meeting to only members of the SGC, for approximately one hour in which they discussed diversity issues.

The SGC also tabled a bill that would recommend that Terraces, which closes at 9 p.m., reinstate Late Night dining and stay open until midnight because students in the Department of Theatre Arts and the School of Music have classes that end after 9 p.m. The SGC voted 8–1 to table the bill.

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# Students drive up income with DoorDash

BY JULIE DANNEVIG

Many college students struggle to fit jobs into their already busy schedules. Ithaca College students have turned to a food delivery app, DoorDash, as a way to make money on their own time.

Created in 2013, DoorDash offers customers a simple method of ordering food from a list of local restaurants. Licensed drivers over the age of 18 can sign up to be food deliverers, referred to as a "Dasher." The customer pays for the costs of their meal and a delivery fee, which changes depending on the availability of drivers and how busy and how far away the restaurant is.

Restaurants that do not traditionally offer delivery services, like Wendy's and Waffle Frolic, are available through the app. Competitors like Postmates and Uber Eats are also offered in Ithaca, but delivery fees and restaurant availability differ across the services.

Freshman Ben Norcross said he started "dashing" at the beginning of Spring 2020. He said that he was in need of a source of income to help to pay for his tuition and everyday expenses but that he struggled to find enough time for a job. Becoming a Dasher is more convenient, he said, because of the job flexibility.

"[DoorDash] is a way to get a little extra money," Norcross said. "It gives you a lot of freedom of when to work rather than having distinct, set hours. I like that I don't have a boss to report to, and I can work as little or as much as I want each week."

Norcross said that he originally used DoorDash as a customer and frequently ordered meals to his dorm from local restaurants in Fall 2019.

He said that he decided to become a Dasher when he brought his car to campus



Too busy for a traditional job, freshman Ben Norcross has been delivering food to customers through the app DoorDash since the beginning of Spring 2020.

ELEANOR KAY/THE ITHACAN

in the spring.

"[Dashing] has helped me with my time management skills, and I've actually started to use the free time in my daily schedule more effectively," he said.

Freshman Sam Liebman said that he signed up to be a Dasher in Spring 2020. He said the application process was easy and required a background check, proof of a valid license and car insurance.

Liebman said he makes approximately \$25 per hour when he dashes on weekends. He said he mainly works as a way to earn

extra spending money.

"Choosing your own hours is a big positive, and it's pretty good for extra cash," he said. "Driving around is also really nice. It's relaxing, and you don't really have to deal with anyone."

At the college, DoorDash offers delivery from restaurants like Chipotle, Bella Pizza and Old Mexico.

Freshman Dani Adler said he uses DoorDash to have food delivered to his dorm regularly.

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# Students research sustainability of cosmetics

Ithaca College seniors Stephanie Siok and Morgan LaDuke have been selected to present their research project, “Not-So-Clean-Cosmetics,” at the National Conference of Undergraduate Research in Bozeman, Montana.

Both will be attending the conference from March 26 to 2, to present their findings.

The research was done in their capstone class for their communication management and design major, Critical Issues In Organizations, with Dennis Charsky, associate professor and communication management and design program director in the Department of Strategic Communication.

Contributing writer Lucy Calderon sat down with Siok and LaDuke to discuss their research about the cosmetics industry, what they learned and how they hope the industry will change.

*This interview has been edited for length and clarity.*

**Lucy Calderon:** What sparked your interest in looking into this topic?

**Stephanie Siok:** So I really got interested in sustainability as a whole by being in college. ... Then, it was kind of when I got my internship in Los Angeles and we did health and wellness [public relations] that I kind of saw that side of brands and got really into cosmetic brands, ... so I work at the Ulta in Ithaca. ... We talk about sustainability all the time, but a lot of people don't really talk about the sustainability behind cosmetics brands. And then, I had taken so many CMD classes in corporate communications and learning about corporate social responsibility [CSR], and that's really where my passion stemmed was in CSRs because that's what brands give back to society, and what they give back to the planet. ... Holding

companies accountable for stuff like that is really important.

**LC:** How did you go about conducting your research?

**Morgan LaDuke:** It was for one of our classes, [Critical Issues in Organizations]. It was our capstone actually, and we basically went and looked at a bunch of different academic databases, ... but we also looked at a lot of blogs and just research that people have done, and it was really surprising to see how difficult it was to find information. It took a really long time. I also have a friend from high school who is a certified makeup instructor, and I interviewed her, and she was just saying how even for professional makeup artists, it's almost impossible for them to find brands that are sustainable.

**LC:** Did you conduct your own data or just look at data?

**ML:** We found a lot of websites that would tell us what types of chemicals were in cosmetics, and what they would do, and a lot of them could be cancer-causing or really bad for oceans. So it was really interesting to see, but it was also sad to see it's in basically every sort of cosmetic, and also other hygiene products like soaps and toothpaste.

**LC:** Has your research made you want to change your shopping behavior?

**ML:** To be completely honest, it hasn't. The reason why is ... because it's so difficult to find brands. When we looked at brands that claimed that they were good, you would delve in further, and they actually weren't. It would be great to be like, 'Yeah I totally use sustainable brands now,' but it's so hard to find that. ... I definitely try to find brands that use less waste, and I definitely recycle things when I



From left, Ithaca College seniors Stephanie Siok and Morgan LaDuke conducted research on the sustainability of cosmetic brands for their communication management and design capstone course.

MIKAYLA ROVENOLT/THE ITHACAN

can, but it's still really difficult to find things that are good for you.

**SS:** For me, it is hard because I work at Ulta, and I get a discount. So a lot of the times when people come to me for recommendations, I try to lean them toward something that I know is made a little better, but people are going to buy what they want to buy. But for me, personally, I've tried, even just aside from cosmetics, shopping towards brands that match my values is really important to me, more so as I'm getting older, too — like obviously avoiding fast fashion and not really fast cosmetics.

**LC:** So, you are both going to present [at the conference]. How did you make that happen because you said

one person was sponsored?

**SS:** So [Ithaca College] only sponsors one person per group, so Morgan is getting the sponsorship and I'm, with the help of lots of family and friends and my own savings, going out there to present, too. I did a fundraiser, and it really helped a lot, and I'm grateful that people stepped in and helped because this is a once-in-an-academic-career type of thing.

**LC:** What do you hope will change in leading cosmetic companies as a result of your work?

**SS:** Personally, I really would love to go into a professional job that works with stuff like this just because I'm into CSR and specifically beauty

brands. ... I hope that since we are in a generation of more people putting their money toward brands that are doing good things and openly have good CSR, ... I hope that the cosmetics brands will step their game up and recognize that and change with the times and see that corporations are what's causing climate change.

**ML:** I'm going to add a statistic that I always share because it's my favorite statistic that we learned, but with cosmetics, the [Food and Drug Administration] has regulated 11 chemicals in cosmetics in the U.S., while in the EU, they've banned over a thousand. That's crazy, first of all.

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# Speaker discusses diversity in photojournalism career

BY JULIE DANNEVIG

As a woman of color, Gina Gayle spoke about the prejudice she has experienced and overcome throughout her career as a photojournalist and multimedia storyteller during her talk through the Emerging Diversity Scholars Program on Feb. 24.

“I have always been the diverse one in this room as a black woman in this society,” she said. “It has just been my story and my experiences.”

The event Gayle spoke at was hosted by the Society of Professional Journalists.

Gayle has worked as a freelance photographer and as a photographer for the San Francisco Chronicle.

She is currently working toward earning her doctorate at Syracuse University in Syracuse, New York.

Throughout her career, she has received awards and fellowships, including the Hearst Newspaper Journalism Fellowship and the National Association of Black Journalists (NABJ) Gulf Coast Fellowship.

Gayle was the first woman of color to work for the San Francisco Chronicle's photography department, she said.

Gayle shared many stories with the audience about navigating the journalism field as a self-taught photographer.

She said she strived to embrace her diversity and gain confidence in herself and her work.

“I'm black, I'm female, I'm full-figured and I'm loud,” she said. “That is all that I have ever known. It has not always worked

for me. It has, at times, worked against me, but what happened is that I had to learn to embrace everything that I am.”

Gayle said she grew up in a very diverse neighborhood but went to school at an affluent, all-girls private school.

She grew up around a variety of people from different cultures, social classes and values.



I have always been the diverse one in this room as a black woman in society. ... It has just been my story and my experiences.

—Gina Gayle



She said she was able to use these experiences to become a better photographer.

“All of my experiences have allowed me to be the diverse one in the room, regardless of what room it is,” she said.

Gayle said that being the diverse one in a room should be a positive thing.



Gina Gayle, who was invited to Ithaca College as a part of the Emerging Diversity Scholars Program, spoke at an event hosted by the Society of Professional Journalists on Feb. 24.

CAROLINE BROPHY/THE ITHACAN

She said the different experiences people have had offer new perspectives.

She said they also provide a source of knowledge and an ability to empathize.

“Initially, you would look at me and think that diversity is only male or female, or black or white, but no,” she said. “It's all of my different experiences, all of the diverse places I have been and all of the diversity that I have brought to the rooms that I have been in.”

Sophomore Desoni Cooper, a documentary studies and production major, said she was interested in hearing from a successful figure in the media industry who represents women of color.

“I like seeing other people who look like me in the field and thriving and

achieving,” she said.

Cooper said she appreciated Gayle's honesty about her experiences as a woman of color working in journalism.

“She was transparent about her experiences and background, and I was really able to connect with her.”

Freshman journalism major Brianna Diaz said Gayle's experiences in the journalism field as a woman of color captivated her.

“It's important to have POC speakers like Gina who are thriving in the industry to come and talk at a [primarily white institution],” Diaz said. “There's a different perspective with what she has to say.”

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COLLEGE BRIEFS

College to hold feedback sessions for new diversity statement draft

In accordance with the work being done through the new strategic plan, the Campus Climate Action Group (CCAG) was tasked with drafting a new diversity statement for Ithaca College. Throughout November and December 2019, the CCAG benchmarked diversity statements from colleges and universities across the country and also researched theories and frameworks of diversity, equity and inclusion. It is now ready to present the community with a draft statement.

College community members have two options to provide their feedback. The first is through the online survey and the second is by attending one of four feedback sessions in which participants can meet committee members and be guided through the online survey process and ask questions. The feedback session dates are 12:10–1 p.m. Feb. 25 in Textor 101, 5–6 p.m. Feb. 25 in the Taughannock Falls Room, 12:10–1 p.m. Feb. 27 in Textor 101 and 5–6 p.m. Feb. 27 in Textor 101.

Continuing student scholarships available for next academic year

The following scholarships are available for continuing students for the 2020–21 academic year.

The Walter Bradhering '79 and Daniel Kluchinski Scholarship is awarded to one sophomore, junior or senior in the Roy H. Park School of Communications in good academic standing with academic promise and financial need. Recipients must show service, leadership or commitment to the LGBTQ community. Preference will be given to a self-identified LGBTQ student.

For those who think they qualify, submit their name, email address and a paragraph detailing service, leadership or achievement to the LGBTQ community by March 20 to Luca Maurer at lmaurer@ithaca.edu.

The Nathan L. Lewis Memorial Scholarship is for a student who has studied in a Jewish day school for a minimum of four years and a maximum of 12 years and who has demonstrated financial need.

For those who think they qualify,

submit their name, email address and the name of the Jewish day school where they studied by March 20 to Jessica Fernando at jfernando@ithaca.edu.

The Erin Marie Masling Memorial Scholarship is awarded to a sophomore, junior or senior with a grade point average of 3.0 or greater. It was established to support and assist a student to live their life to the fullest, having overcome or managed a chronic illness or physical disability, as Masling did. Financial need is not a consideration.

For those who think they qualify, submit their name and email by March 20 to Jessica Fernando at jfernando@ithaca.edu.

IC to host Jewish social justice group to discuss anti-Semitism

A workshop session led by Avodah, a Jewish social justice organization, from 5 to 7 p.m. March 3 in the Muller Chapel will build a shared understanding of anti-Semitism in participants' lives and within the broader context of the contemporary United States, particularly at this political moment.

This session will also help participants to think about how anti-Semitism connects to other forms of oppression and identify some patterns and internalized forms of anti-Semitism. At the close of the session, everyone will unpack what they will have learned together. A vegetarian dinner will be served.

College to hold annual national video game music conference

The North American Conference on Video Game Music (NACVGM) is an academic conference that brings together North American scholars to discuss music in video games. The seventh annual NACVGM will take place April 4–5 in Hockett Family Recital Hall in the James J. Whalen Center for Music. Registration for the conference is free for students, faculty and staff.

The conference's keynote speaker will be Enongo Lumumba-Kasongo, aka SAMMUS, a rap artist and producer from Ithaca with a Ph.D. in science and technology studies from Cornell University. She is currently a postdoctoral fellow at Brown University in its music department. This year's NACVGM will include a concert



Renowned hypnotist mesmerizes students

Sailesh the Hypnotist, who is known as “the world’s best hypnotist,” according to MTV Europe, held an interactive performance with students Feb. 18 in the Emerson Suites. Sailesh was hosted by the Student Activities Board.

ATHINA SONITIS/THE ITHACAN

featuring arrangements of video game music as well as music inspired by video games, including a performance by SAMMUS. The concert is free and open to the public and will take place at 8:15 p.m. April 4 in Ford Hall.

IC professor publishes article on inclusiveness in archaeology

Jennifer Muller, associate professor and chair of the Department of Anthropology, published an article titled “Reflecting on a More Inclusive Bioarchaeology,” which provides the commentary for a thematic series in the January issue of Historical Archaeology.

Muller’s commentary focuses on one collective story that emerged from the articles in the special series — a story that disrupts cultural violence and moves toward inclusivity in historical bioarchaeology. She highlights that these contributions interrogate omissions, erasures and hegemonic narratives.

They include the works of scholars of color as central to the bioarchaeological canon and engage with living communities as knowledge producers integral to investigations of past peoples.

Therefore, they explicate vital steps toward an inclusive critical bioarchaeology.

PUBLIC SAFETY INCIDENT LOG  
SELECTED ENTRIES FROM FEBRUARY 10 TO FEBRUARY 16

FEBRUARY 10

CRIMINAL MISCHIEF 4TH DEGREE

LOCATION: Garden Apartment 28  
SUMMARY: The officer reported an unknown person damaged a window screen. Patrol Officer Sophia Dimkos responded.

ACCIDENTAL PROPERTY DAMAGE

LOCATION: Circle Apartment Building 131  
SUMMARY: The caller reported a sprinkler was leaking. The officer determined it was a leak from the bathroom. The Office of Facilities was notified. Security Officer Joe Opper responded to the incident.

MEDICAL ASSIST/ILLNESS RELATED

LOCATION: Talcott Hall  
SUMMARY: Tompkins County 911 Center reported a person with back pain. One person was transported to the hospital by ambulance. Security Officer Joe Opper responded.

FEBRUARY 11

MOTOR VEHICLE ACCIDENT/PROPERTY DAMAGE

LOCATION: Coddington Road  
SUMMARY: The officer reported a car/deer damage motor vehicle accident. Patrol Officer Daniel Redder responded to the incident.

MEDICAL ASSIST/INJURY RELATED

LOCATION: Academic Quad  
SUMMARY: The caller reported falling on the sidewalk Feb. 10 and injuring their knees, elbow and hand. The person declined medical assistance. Master Patrol Officer Bruce Holmstock responded to the incident.

FEBRUARY 12

FIRE ALARM ACCIDENTAL

LOCATION: Muller Faculty Center  
SUMMARY: Simplex reported a fire alarm. The activation was caused by the steam from a popcorn machine. Fire Protection Specialist Enoch Perkins responded to the incident.

PETIT LARCENY UNDER \$50

LOCATION: The Campus Center  
SUMMARY: The caller reported third-hand information that an unknown person stole a poster. The owner did not want action taken. Patrol Officer Mayra Colon responded.

FEBRUARY 13

SUSPICIOUS PERSON

LOCATION: West Tower  
SUMMARY: The caller reported a person who did not look like they were affiliated with the college. Master Patrol Officer John Elmore responded.

PETIT LARCENY UNDER \$50

LOCATION: Hilliard Hall  
SUMMARY: The Office of

Environmental Health and Safety reported an unknown person stole the face plate off an exit sign. Patrol Officer Mayra Colon responded.

MEDICAL ASSIST/INJURY RELATED

LOCATION: Rowland Hall  
SUMMARY: The caller reported they injured their finger while changing the blade on a utility knife. The officer reported the person received a ride to convenient care to receive medical assistance. Master Patrol Officer John Elmore responded.

FEBRUARY 14

MEDICAL ASSIST/INJURY RELATED

LOCATION: Facilities Garage Building  
SUMMARY: The caller reported equipment fell off a pallet and injured a person’s finger. The person declined medical assistance and will seek treatment off campus. Master Patrol Officer John Elmore responded.

SUSPICIOUS CIRCUMSTANCE

LOCATION: Park Hall  
SUMMARY: The complainant reported a person posted a comment on a social media site. Master Patrol Officer Bruce Holmstock responded.

MOTOR VEHICLE ACCIDENT/PROPERTY DAMAGE

LOCATION: Circle Lot 3  
SUMMARY: The caller reported a two vehicle property damage motor

vehicle incident. Master Patrol Officer John Elmore responded.

FEBRUARY 15

SCC DRUG VIOLATIONS

LOCATION: J-Lot  
SUMMARY: The officer reported the smell of marijuana coming from a vehicle. The officer judicially referred four people for violation of drug policy. Master Patrol Officer John Tagliavento responded.

RECKLESS ENDANGERMENT 2ND DEGREE

LOCATION: Garden Apartment 27  
SUMMARY: The caller reported people yelling and throwing bottles. The officer judicially referred one person for reckless endangerment. Two people were judicially referred for responsibility of a guest, and two people were judicially referred for failure to comply. Patrol Officer Daniel Redder responded to the incident.

SAFETY HAZARD ENVIRONMENTAL HAZARD

LOCATION: Muller Chapel Pond  
SUMMARY: The caller reported people walking on the frozen pond. The officer issued warnings to two people for being on the ice. Master Patrol Officer Bruce Holmstock responded to the incident.

CHECK ON THE WELFARE

LOCATION: East Tower  
SUMMARY: The caller reported they

were unable to make contact with a person. The officer determined the person did not attend the college. Master Patrol Officer John Tagliavento responded.

FEBRUARY 16

HARASSMENT 2ND DEGREE

LOCATION: Talcott Hall  
SUMMARY: The caller reported an intoxicated person was highly emotional. The officer reported the person was taken into custody under New York state mental hygiene law and transported to the hospital by ambulance. The officer judicially referred one person for irresponsible use of alcohol. Patrol Officer Sophia Dimkos responded.

CRIMINAL MISCHIEF 4TH DEGREE

LOCATION: Boothroyd Hall  
SUMMARY: The caller reported an unknown person damaged a mirror. Patrol Officer Shawn Lansing responded to the incident.

Full public safety log available online at [www.theithacan.org](http://www.theithacan.org).

KEY

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





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## EDITORIALS

### International faculty benefit perspectives on campus

On Feb. 19, Mirit Hadar-Bessire, lecturer in the Department of Modern Languages and Literatures at Ithaca College, officially became a U.S. citizen alongside 34 other Ithaca citizens. She has been living in the United States for approximately 12 years, having fled Israel in 2008 toward the end of the Lebanese War.

A student who attended Hadar-Bessire's ceremony, sophomore Luna McCulloch, praised Hadar-Bessire on her ability to focus education on "making mistakes and being okay with making mistakes and learning from your mistakes." McCulloch also said she appreciates Hadar-Bessire because of how open she is with her personal story and how it not only adds to the classroom experience but also pushes students in understanding their own, and sometimes complex, personal histories.

Hadar-Bessire is the perfect example of why international students, staff and faculty are fundamental parts of the college's community. They bring with them expertise and perspectives that very few can relate to but all can learn immensely from. Their

experiences and perspectives also bring forth topics that stem beyond the U.S., a focus that can sometimes be lost if a course is not specifically looking at international relations, politics and societies.

As President Donald Trump continues to intensify immigration bans and form a negative rhetoric around immigrants living in the U.S., it is necessary to keep Hadar-Bessire's story in mind as a case study of success. For a country that is made collectively of immigrants, there is an extremely negative national rhetoric around immigrants. This negative rhetoric paints immigrants as enemies instead of people who improve the country.

Hadar-Bessire is now able to call the United States home, but this is not the reality of many people who continue to face the hardships of obtaining citizenship in this country. A person who is coming to this country with the sole intent of a better life, and teaching and bettering those around them, should not have to wait 12 years to share citizenship with the very people who their livelihoods as educators are dedicated to.

### Coat drive extension shows campus community need

The Center for Counseling and Psychological Services (CAPS) at Ithaca College has extended its coat drive, which has been ongoing since October, until March 2020. Students, staff and faculty are invited to not only bring their coats but also take coats if they need from the donation rack in the hallway outside of CAPS.

The extension of the coat drive not only shows the success of the drive but also shows how needed this service is for members of the campus community. It forces the question: What other resources are needed by the campus community that might be available to silently claim off a donation rack?

There are individuals either in attendance or employed by the college who vary greatly in socioeconomic levels. This is the reality of any institution of higher learning — there are students who have disposable income and can spend without thought. There are students who live off of each dime and each moment of spending leads to bouts of anxiety. There are students who fall in between these two extremes. Despite the varying disparities in wealth, the common denominator is that often these differences are not always visible.

There are students silently, and not so silently, struggling to get by on the college's campus. The college has responded to these realities in a few different ways. For example, the college opened up The Pantry a year ago in February 2019, a resource that is an on-campus food pantry for students to visit and take food for free. There is another mobile food pantry organized by the Food Bank of the Southern Tier that comes to the campus at least once a month and also provides food for students for no additional charge. While the issue of food availability is being improved, it is clear from the continuation of this coat drive that there are other student needs that are still not being properly met, or even acknowledged.

It is the responsibility of not only the college but also all members of its community to be aware of these disparities on campus and support those who are struggling. If you have meal swipes that are not being used, donate them to Swipe Out Hunger. If you have a coat you do not use, donate it to the coat drive. These may seem like small things, but they are also simple things that could make a world of a difference to a student that is silently struggling on the campus.

## LETTER TO THE EDITOR

Send to [ithacan@ithaca.edu](mailto:ithacan@ithaca.edu).

ALL LETTERS MUST:

- Be 250 words or fewer
- Emailed or dropped off by 5 p.m. Monday in Park 220.

## GUEST COMMENTARY

Send to [ithacan@ithaca.edu](mailto:ithacan@ithaca.edu) or to the opinion editor at [ksustick@ithaca.edu](mailto:ksustick@ithaca.edu).

ALL COMMENTARIES MUST:

- Convey a clear message
- Be written by an individual or group who has an educated opinion or is an authority on a specific subject
- Be between 500–650 words. Whether more or less space is allotted is at the discretion of the editor.



# NATIONAL RECAP

## Program addresses Holocaust survivors’ needs

BY KATE SUSTICK

At the Nachas Health and Family Network chapter located in Brooklyn, New York, elderly Holocaust survivors meet daily for group activities and free meals to eat as a group or to take home with them at the end of the day.

The addition of free meals was prompted after Frumie Cisner, grant facilitator for Nachas, witnessed survivors digging through a dumpster for food outside a Brooklyn synagogue. “Survey research shows that 25% of all Nazi victims live at or below the official U.S. poverty threshold,” according to the New York-based Conference on Jewish Material Claims Against Germany.

Currently, 38,000 Holocaust survivors live in the New York metropolitan area. Approximately 40 of those survivors come to Nachas (Yiddish for “joy”) to interact with other survivors, study the Torah, receive legal assistance, exercise and eat.

Sandy Myers, vice president for external relations and communications at Selfhelp Community Services told The Associated Press, “It’s a tough statistic to wrap your head around. After what the survivors went through earlier in

their lives, ... they sometimes say, ‘We survived Hitler, so we can get through anything.’ This is a population that’s very proud, and it makes it difficult to talk to them about their struggles.”

“

This is a good place.  
It just keeps us  
going a little.  
- Berta Einhorn

”

While the network is a place for these people to connect over shared hardships and experiences, many of them appreciate this aspect of their day in which they get to partake in activities that make them feel alive, according to AP.

There was a recent occasion in which a group of women congregated in the same room for group exercise. With their hands on their hips and chairs for balance,



Holocaust survivors gathered for a group exercise class that is offered through the Nachas Health and Family Network. Other group activities and free Kosher meals are also offered.

EMILY LESHNER/ASSOCIATED PRESS

these women moved through the workout, lifting their arms and legs and swaying side to side, with giggles and conversation spanning a room of three dozen 80 and 90 year olds.

After group exercise, the women sit down for a kosher meal together. Sometimes, the meals vary in themes and food options, like a pizza night that happens periodically. At one table sat Lilly

Klein, 94; Shirely Fernbach, 92; and Berta Einhorn, 89. All three were born in Hungary and were forced into the death march to Bergen-Belsen as well as Auschwitz. Despite sharing so many similar experiences, these women did not meet one another until they came together at Nachas decades later.

Club Nissim, a few blocks over, offers Holocaust survivors trips to museums and parks, arts and

crafts activities, movie screenings and cooking lessons.

Both Nachas and Nissim provide opportunities to give joy to people who have had to live through intense hardships. “This is a good place,” explains Einhorn. “It just keeps us going a little.”

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### NEWSMAKER

## Professor examines works that push the limits of genre

Chris Holmes, associate professor and chair of the Department of English at Ithaca College, recently published a chapter in the fifth volume of “The Wiley-Blackwell Companion to World Literature.” His publication examines writer Kazuo Ishiguro’s experimentation with literary form and his interest in pushing the limits within genre.

The chapter is titled “Kazuo Ishiguro’s Thinking Novels” and is a culmination of his previous research and publications on the works of Ishiguro.

Opinion editor Kate Sustick spoke with Holmes about the ways in which Ishiguro conveys a larger meaning of identity and how it inspired Holmes’ chapter.

*This interview has been edited for length and clarity.*

**Kate Sustick:** What led you to your current research?

**Chris Holmes:** [My recent publications] are part of a book project that I have been writing for a long time that is about the ways in which we start to see literature doing more than just being a storehouse of culture and history, which we open, and we consume that is a purely aesthetic object. ... Instead, think about how books may or may not change the very ways in which we produce thinking. ... These articles are both about Kazuo Ishiguro. ... He, in my mind, is the epitome of a writer who wants to do more than simply represent a cultural moment and ask questions about the ways in which we produce the kind of thinking that we think of as our own and whether literature can change that production of thinking.

**KS:** What is the story the author is trying to tell? How is this shown in your publication?

**CH:** The two articles on Ishiguro each take

on a different crucial idea for our moment. ... The first one is an article about “Never Let Me Go,” which is a story about cloned schoolchildren in 70s, 80s and 90s Britain. ... The obvious connections [are] to things like cloning. ... I’m less interested in that and more interested in the broader sense that a kind of corporate mindset is behind the logic of a society that would end up doing this kind of thing to its citizens. Corporation mindset involves a limitless sense of privilege for the very few. ... Rather than see it as science fiction, I see it as a novel that wants to test “What are the limits that we have for who can count as human?” ... My theory for Ishiguro is that he wants to take us to what I think of as “the limit.” [Ishiguro] is a guy who started his career writing about a kind of cross-cultural British/Japanese experience, which was both his own and not. Then, [Ishiguro] wrote this novel that many consider to be the quintessential modern English novel, “The Remains of the Day,” which is about an English butler. [Ishiguro] was Japanese by birth but is a very English, middle-class author writing about an English manor house in the mid-20th century. He carved a niche for himself as someone who writes classic British novels, ... but then his most recent novels are both clearly operating with tropes of different genres.

**KS:** In the abstract of your chapter, you close with, “Thinking according to the novel’s limits is in this way the beginning of meaning-making rather than the end.” Could you expand more on what you mean by this?

**CH:** You start to choose new ways in which you make meaning from what you read if you pick up a book and say, “I’m going to enjoy this, and I’ll also end knowing something different.” ... Sometimes when students critique



Chris Holmes, associate professor and chair of the Department of English, looks at the ways in which literary form and genre push the existing limits within literature.

IMANI TURNER-WELLS/THE ITHACAN

books, they say, “It was not relatable to me.” There’s a sense that they’re saying, “I have to already know the experience. ... These experiences in culture and language and history have to be familiar to me, and I don’t really need to learn anything.” Ishiguro, among many contemporary novelists, especially those that get read very widely across cultures, are very aware of this. ... I would argue that Ishiguro is saying that people hit a limit to their understanding of something. You hit a limit to your expectations for the novel. You hit a limit to your fundamental ways of thinking about what literature does. And at that point, thinking begins.

**KS:** How do you hope to expand this area of your research?

**CH:** The nice thing is that it allows me to talk about any major issue of our time. The last chapter of my book is about forced diaspora, immigration and people without place thinking about how the limits that those people encounter are in many ways the most cemented kind of human experience. ... This idea of limits is very real and no longer a kind of literary form or function. ... What you see now is a lot of contemporary writers writing about that experience ... to both talk about the very specific political problem [of immigration], ... but also to ask, “What do these kinds of limits on what makes us human say about every kind of experience we have and the way we think about the world?”

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GUEST COMMENTARY

Divisive rhetoric is not productive

BY DANIEL MAILLOUX

As a member of Ithaca College’s Model United Nations team, I am given the distinct opportunity to debate with student delegates from all over the country and the world.

The express goal of Model U.N. committees is to pass resolutions to an issue or topic — and, throughout the course of committee, students representing delegations from various countries around the world vie for power amongst one another. Voting blocs form day one, and by day two, all serious debate typically has stagnated, with each bloc touting its own policies blindly, refusing amendments from the others.

Our political system today operates much in the same way. Take the recent impeachment trial: The Senate voted on two articles of impeachment against President Donald J. Trump, both of which failed to pass. The vote, unsurprisingly, was split along party lines — with the exception of Sen. Mitt Romney, who voted to remove Trump from office.

While historically there has always been a political division on key topics such as immigration, race, gender, culture and the environment, how this division presents itself today is more pronounced and more radical than ever before.

This new form of mainstream politics — which really took center stage during the 2016 presidential race and subsequent election — is increasingly more partisan



Sophomore Daniel Mailloux, a politics and international studies major, has seen through work in Model U.N. the importance of being open to different insights in public discourse.

ANA MANIACI MCGOUGH/THE ITHACAN

and acutely adversarial along Democrat-Republican party lines.

We all know that a good amount of our friends and family could not be bothered about the increasingly partisan nature of the U.S. government: This is understandable. The day to day of our individual lives is much too involved for us to be agonizing over the minutiae of everything political.

That being said, I cannot emphasize enough the importance of forming and voicing your own opinions despite how controversial they might be among your peers. We as individuals have the ability to bring so much to the table. Within our friend groups and day-to-day public discourse, it is imperative that we speak our minds and express our views.

More often than not, people get so entrenched in their own groups’ ideas that they refuse to even consider the ideas of others. This psychological phenomenon — called the “echo chamber” effect — has recently garnered criticisms due to the inaccurate assumptions within social media. In the larger context of our political and personal interactions, however, the concept remains true. It asserts that people only hear, defend and reiterate what they already believe in.

Your education — more than the curriculum that you study, money you spend on books or hours you spend in the

library — is about learning how to better perceive the world around you. It is about learning how to listen and about having the willingness to question the people around you, regardless of whether or not they are your closest friend or most loathed political adversary.

If we are to be more understanding of one another and grow as a country, as a society, as individuals, we must learn to listen and question ideas that challenge our own — not necessarily believe or take on these ideas ourselves, but at least listen.

**DANIEL MAILLOUX** is a sophomore politics and international studies major. Contact him at dmailloux@ithaca.edu.

LETTER TO THE EDITOR

Religious group worked to heal

Over the past two years, The Ithacan has reported on discrimination and exclusion against members of the LGBTQ community committed by Lighthouse Christian Fellowship — formerly the Protestant Community (PC). As a Lighthouse council member, I am speaking on behalf of the organization when I say we accept full responsibility for harm and hurt towards individuals in the past.

However, in Issue 87 of The Ithacan, an editorial was published stating that Lighthouse’s recent name change was a “well-intentioned first step to improving a community that has faced years of turmoil,” implying that no other steps had been taken to make Lighthouse more inclusive. However, as a second-year member of this community, I have experienced the changes taking place to make Lighthouse accessible to all students on campus.

During the first Evensong that I attended, the former Chaplain of the PC, James Touchton, spoke of the discrimination and exclusion that had occurred in the community throughout the past school year. Touchton clearly stated that the community accepts full responsibility for the hurt inflicted and proceeded to discuss future grievance policies if something like this were to happen again. After hearing this, I was disappointed, but also confused. From the moment I walked into the chapel for that first Evensong, I was welcomed with open arms, and so was every other new member. Even though I was wary towards Lighthouse because of past actions and the reputation The Ithacan bestowed upon the organization, I returned because I was looking for a Christian community at IC. However, as a first-year in the organization and now as a sophomore student-leader, I saw the community continue to acknowledge its shortcomings and have been witnessing steps being made in attempt to heal past wounds.

As a Lighthouse council member, I am able to experience firsthand changes the organization is making to increase inclusivity in the community. Liz Bierly, chair of Lighthouse, conducts discussions at weekly council meetings regarding possible barriers preventing individuals from joining the community and how we can work as student-leaders to break those walls down. As I stated earlier, Lighthouse has also put grievance policies into effect to make sure all issues, big or small, are addressed properly in the community. These policies are discussed at the first Evensong of each semester and are printed in pamphlets which are made readily available at all Evensongs to ensure community members are aware of how to handle an issue. Lighthouse also works with Debbie Bennett-Reynolds, lead pastor at the First Baptist Church, which is an LGBTQ-affirming congregation. Bennett-Reynolds leads a weekly Bible study where community members are able to lovingly engage in theological discussions regarding inclusivity no matter on what end of the religious spectrum you fall.

While issues of inclusivity and discrimination cannot be solved overnight, it is important to recognize that Lighthouse has been making efforts for over two years in order to make the community welcoming to all. To experience these changes firsthand, anyone will be welcomed to Lighthouse’s Wednesday evening worship services, regardless of their “race, creed, color, sex, class, age, nation of origin, nationality, gender identity or expression, disability, marital status, military status, or sexual orientation,” as stated in Lighthouse’s constitution.

**LINDSAY GRUBB** is a sophomore integrated marketing communications major and is a Lighthouse Christian Fellowship council member. Connect with her at lgrubb@ithaca.edu.

GUEST COMMENTARY

Environmental activism needs participation

BY EMILY GRONQUIST

Close your eyes. Imagine your life 10 years from now, now 40 years. Do you see children, maybe even grandchildren? Perhaps you see yourself doing the work that you love. Whatever scenario you envision, it is safe to say that it would inherently involve breathable air, clean water and the services of a healthy planet.

It is our tendency to take these things for granted, as we generally have them without any consideration. But imagine a future without these vital resources — it would most likely not align with your idealized vision. While most of us have the privilege to not know a life that lacks these resources, many beings in the world already face an existence defined by struggling to survive without these crucial provisions. These somewhat isolated occurrences are spreading, however, and soon we will all live an existence saturated with these problems. Unless we, as the human species, decide to change.

Currently, we exist within a system that is built on a foundation of exploitation of the Earth. We are treating finite resources as if they are infinite and as if they will never be reduced by human activities — neither of which hold true. There is a certain point that, once reached, will leave us without the ecosystem services that provide and regulate crucial components of our existence.

While it is safe to say that most of us are not those responsible for creating the capitalist system that is founded on this exploitation of the Earth, we still have the responsibility to appropriately react to these conditions. We have a choice: accept the system as it is or resist it. It is crucial to have individuals take matters into their own hands, building participation



Sophomore Emily Gronquist, an environmental studies major, emphasizes the importance of participation during such crucial times of environmental activism.

BROOKE BERNHARDT/THE ITHACAN

toward an override of our current systems.

After coming to Ithaca College, I immediately got involved in as many climate-focused groups as possible. Through my connection with the Eco Reps, I have worked to cultivate relationships with others that allow us to learn about and protect the planet together. My involvement with Sunrise Movement Ithaca has allowed me to fight for climate action, locally and nationally.

There are numerous ways for IC students to take their futures into their own hands. Actions can be as seemingly small as altering your diet to have a plant-based focus to as large as getting involved with groups like Eco Reps or Sunrise. Sunrise is currently planning a strike for Earth Day in which we are encouraging

students to strike from class in order to demonstrate our demand for a focus on climate action. Actions like this derive strength from numbers — the more people we have showing the intensity they feel concerning the issue, the more impactful of an action it will be. Everyone who wants a livable future should strike to demonstrate that demand.

We are at a crossroads — we all have a choice to make. Do we want to fight for a livable future for ourselves and all beings that come after us, or do we want to sit back and watch as that future is robbed from us? It is time to resist, time to change, time to take control and time to fight for our future.

**EMILY GRONQUIST** is a sophomore environmental studies major. Contact her at egronquist@ithaca.edu.



# DIVERSIONS

## crossword

By United Media

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ACROSS

1 Clapton or Heiden

5 Golfer's yell

9 Kipling title character

12 Capital of Peru

13 Shah's land

14 Ottoman official

15 Explorers' needs

16 Marsh grass

17 Poetic adverb

18 Uncertainties

20 Foul smells

22 Letter-turning hostess

25 Like lumber

27 Michigan neighbor

28 Prom locale

29 Diva -- Gluck

33 Charged particle

34 Jackie's tycoon

35 Yale alumnus

36 Did a salon job

38 Fib

39 Like Kojak

40 Geometry problem

42 Use a blender

43 Make a call

46 Lopsided

47 Mr. McKellen

48 Not busy

51 Are, in Taxco

55 Operate a ferry

56 British school

57 House part

58 Beantown team

59 Take it easy

60 One-armed bandit

DAMASCUS IS

44 Nimbus

26 Marie's friend

45 Deep black

28 Nor'easter

46 Left

30 Bard's tragic king

49 AAA suggestion

31 Mme.'s daughter

50 Aurora, to Socrates

32 Nurse's helper

52 Sun, in Acapulco

37 Mr. Quayle

53 Unduly

39 Purchasers

54 Rudder's place

41 Send elsewhere

42 Spin doc's concern

43 Apple seeds

DOWN

1 Stately tree

2 Estuary

3 Mischief-maker

4 Place for 60-Across

5 Flat-needed trees

6 Source of iron

7 "The Facts of Life" star

8 Provide capital

9 Boxing win

10 Stravinsky or Sikorsky

11 Provides staff

19 Scale note

21 Double helix

22 Not legally binding


23 Sailor's cry

24 Three squared

25 Where


### last issue's crossword answers

MAL		SERE		VET
ALAS		PRAY		ALE
CLUTTER		ROSIN		
	REIN	PECS		
TIER	DOE	TASK		
OGLES	BRA	LIE		
UL	OIL	LIEST		ZN
GOT	BEE	HOKEY		
HOAX	ISM	MESA		
	LIPS	ANTE		
VOLVO	INVOLVE			
HUE	NILE	MEAT		
FIR	DOLT	DNA		



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2/29 THE MACHINE *PERFORMS PINK FLOYD*

3/1 ROSANNE CASH

3/7 AN EVENING WITH GRAHAM NASH

3/12 O.A.R. *SPRING FLING TOUR*

3/13 JUNGLE JACK HANNA

3/14 TIG NOTARO

3/25 BÉLA FLECK & THE FLECKTONES

4/5 DAVID SEDARIS

4/9 THE BEACH BOYS

5/1 LYLE LOVETT AND JOHN HIATT

5/5 THEY MIGHT BE GIANTS

HAUNT

3/4 GEOFF TATE

3/10 DANIELLE NICOLE

3/14 BRANDON "TAZ" NIEDERAUER

3/21 EMO NIGHT

3/26 PRINCE DADDY

3/27 STEPHEN MARLEY

4/2 MEPHISKAPHELES & THE SUPERVILLAINS

HANGAR

3/13 HOWARD JONES


3/18 TOM PAXTON

3/19 HARI KONDABOLU

3/22 KATHY MATTEA

4/4 BURNS SISTERS

4/23 ALASDAIR FRASER & NATALIE HAAS



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The Sudoku Source of "The Ithacan".

## sudoku medium

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

### answers to last issue's sudoku:

easy

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


medium

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

medium


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THE ITHACAN

# JACK LYNCH

2021

JUNIOR

# SPRING PREVIEW 2020





WOMEN'S TRACK & FIELD

KENDALL  
WELLAUER

2020  
SENIOR



ABBEY LONDON/THE ITHACAN

# STRIVING TO CONTINUE MOMENTUM

BY DANI PLUCHINSKY

At the 2019 Liberty League Outdoor Track and Field Championships, the Ithaca College women's track and field team defended its conference title for the 12th time. This year, the South Hill squad is looking to claim its 13th consecutive outdoor championship.

The Bombers will have the same core group of athletes returning from the indoor season, highlighted by senior Parley Hannan. Hannan is currently No. 1 nationally in the 1,500-, 3,000- and 5,000-meter runs. She also anchored the distance medley team that is also ranked first in Division III. Hannan is one of six seniors on the team who are ranked in the top 50 in their respective events.

Senior Kendall Wellauer, who is currently No. 18 in the weight throw, said that having such a large and talented senior class is great for the team mentality.

"Being able to be here for all of the conference championships and switching from the Empire 8 to Liberty League put into perspective that we need to work harder to win bigger things," Wellauer said.

Last season, the Bombers won both the Liberty League indoor and outdoor championships. Head coach Jennifer Potter said that having a strong showing in the indoor season helps the team's mentality heading into the outdoor season.

"I think our success will help momentum, but it is still an adjustment," Potter said. "The chemistry and the climate have been key, and our captains have done an amazing job with making sure everyone is on the same page, that they're motivated and excited."

One of the major differences between the indoor and outdoor seasons is the changes in certain events. Races like the 3,000-meter steeplechase are added outdoors, and the javelin throw, discus and hammer throw are added for throwers.

Wellauer, who was the Liberty League outdoor champion in the hammer throw, said that the transition to the outdoor events is not as difficult because they are able to

start preparing at the end of the indoor season.

"We're really lucky that our coach will transition us really well, so we're always doing hammer drills and incorporating it," Wellauer said. "We do throw hammer inside and towards the end of the season to start getting back into the groove of things."

Sophomore Logan Bruce, who competes in the multi events, also has changes to adjust to in the outdoor season. In the outdoor season, her event becomes the heptathlon, which scores seven events together compared to the indoor pentathlon's five events. She will compete in the 100-meter hurdles instead of the 60-meter hurdles, as well as add the 200-meter run and the javelin throw to her list of events.

Bruce, who finished second in the heptathlon in last season's outdoor championship, said she likes competing in the outdoor because the events are more split up.

"The heptathlon is two days, not just one day," Bruce said. "You finish with the 200 at the end [of the first day], and that makes it a little easier to eat and be prepared for outdoor because you're preparing to run a little bit of a shorter race. I also think that having a day in between gives you time to process what you've done the first day, which can be good."

Potter said that while winning a national championship is the main goal, she is also excited to see the athletes continue to improve.

"Throughout the indoor season, we've seen more and more people that may have not thought it was possible for them to meet their goals, and they are now realizing things are clicking," Potter said. "It's always fun to see the light bulbs start to go on and see how that progresses and all of those times when you've told people they can reach their goals, they're finally realizing they can."

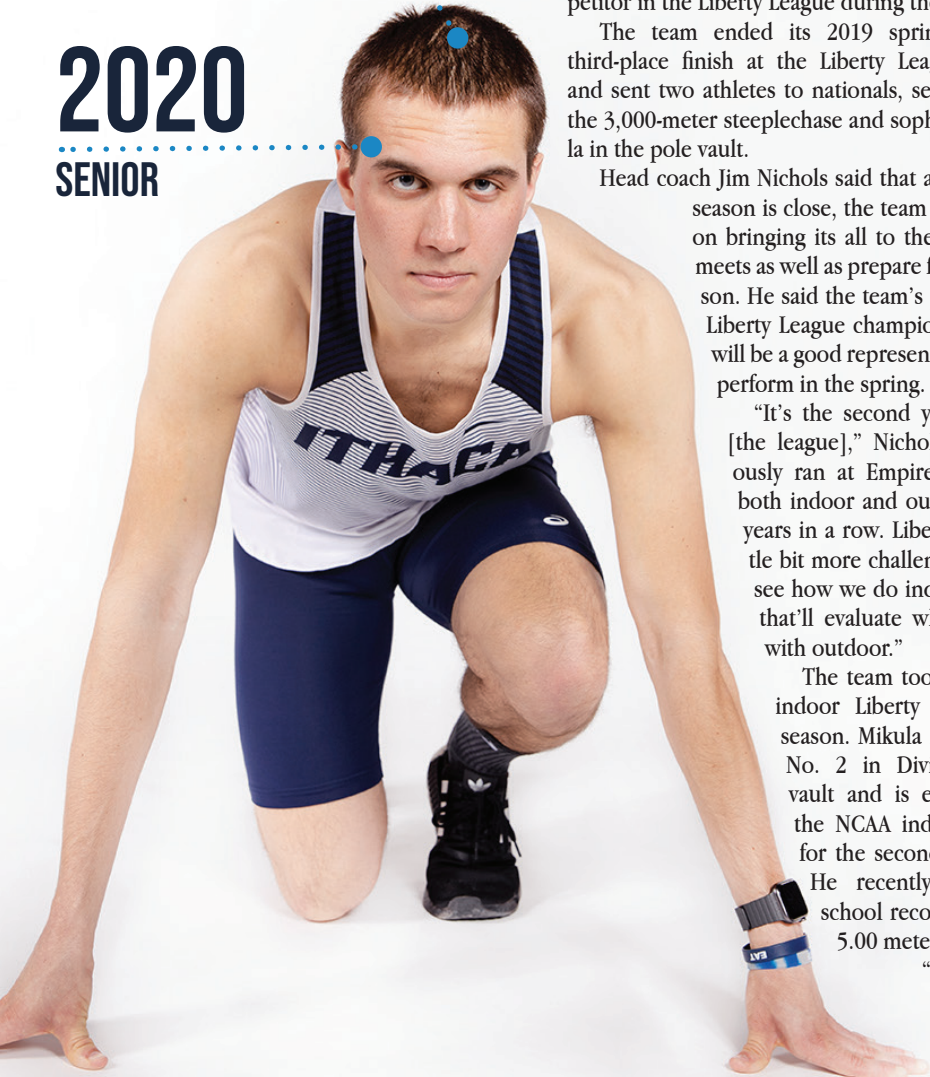
The Bombers open up their outdoor season at the Navy Invitational on March 27 and 28, and the conference championship will be held May 21–23.

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MEN'S TRACK & FIELD

EVAN JONES

2020  
SENIOR



REED FREEMAN/THE ITHACAN

# CHASING ANOTHER LEAGUE VICTORY

BY JULIA DIGERONIMO

With the end of the indoor track and field season just around the corner, the Ithaca College men's track and field team is eager to prove that it can be a big-time competitor in the Liberty League during the outdoor season.

The team ended its 2019 spring season with a third-place finish at the Liberty League championship and sent two athletes to nationals, senior John Blake in the 3,000-meter steeplechase and sophomore Dom Mikula in the pole vault.

Head coach Jim Nichols said that although the spring season is close, the team still needs to focus on bringing its all to the upcoming indoor meets as well as prepare for the outdoor season. He said the team's performance at the Liberty League championships Feb. 28–29 will be a good representation of how it will perform in the spring.

"It's the second year we've been in [the league]," Nichols said. "We previously ran at Empire 8s, and we won both indoor and outdoor a number of years in a row. Liberty Leagues is a little bit more challenging. We'll have to see how we do indoors this year, and that'll evaluate what we can expect with outdoor."

The team took first place at the indoor Liberty League meet last season. Mikula is currently ranked No. 2 in Division III for pole vault and is expected to attend the NCAA indoor championship for the second season in a row. He recently broke his own school record with a height of 5.00 meters.

"We're looking pretty good right now," Mikula said. "The team is looking strong bringing it into Liberty Leagues

in the next couple weeks here. We're going to be strong and dangerous."

Nichols said the team's past success will be crucial heading into the spring season.

"We have a really strong middle distance/distance group because they went to nationals for cross-country for the first time," Nichols said. "Our high jumpers are excellent. Hopefully, both of those might be able to qualify for indoor nationals. I believe we have about 40 athletes right now qualify for indoor Liberty Leagues. Hopefully, we'll increase that [outdoor] if we can."

Senior captain Evan Jones said that because the conference meet is so competitive, the team needs to commit to earning the win this season. Rensselaer Polytechnic Institute is the reigning indoor league champion.

"I think that we really need to show more depth than we showed in the past," Jones said. "We cannot rely much on the people who score high and win their event. We need to have guys coming in third, fourth, fifth, seventh, eighth, which will make a big difference this year for trying to catch RPI."

Nichols also said depth is an important factor the team needs to focus on to be a true competitor in the conference.

Mikula said that the team struggled with injuries last spring season. For this upcoming spring, he said the group is striving to stay healthy and bring more athletes to every meet.

"We had a lot of injuries around this time going into championship season," Mikula said. "We had some people sitting out that could have scored us some points, but just staying healthy through the rest of the tail end of the season will get us hopefully a championship."

As athletes, Jones said they all need to be aware when their bodies need a rest because injuries can begin early on in the season and worsen as the season progresses.

"It's really just managing and deciding 'Maybe today I shouldn't run multiple events in this meet because my hamstring is bothering me a little bit,' especially in the beginning of the season," he said. "I think that's when a lot of injuries first happen. When we start to get back, our legs tend to get injured more easily."

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# AIMING TO BE CONFERENCE CHAMPS

BY CONNOR GLUNT

The Ithaca College men's lacrosse team's season ended early last year after finishing with a 9–6 record and losing to St. Lawrence University in the Liberty League quarterfinals. This year, the team is prepared to make a comeback in its third season in the Liberty League conference.

The team is led by five seniors and one graduate student, who are also the captains: attackmen Dan Lee and Ryan Ozsvath, midfielder Kevin Enos, defenseman Aaron McCartney, goalkeeper Robby Atwood and defenseman Sean Seaberg. Breaking from the traditional captaincy structure of two seniors and two juniors, head coach Jeff Long said that he feels this group is special in terms of talent and leadership.

"We have six really good seniors this year, and it was a way to spread the wealth a little bit," Long said. "Rather than have two guys worry about 40 guys, we've got six guys, who collectively keep an eye on everybody and have a small group they keep a really tight eye on."

Although the team boasts strong leadership and a roster full of experience, there are some holes on the roster left by seniors from last season. Former midfielders Josh Della Puca '19 and Brendan King '19 were both starters at midfield and named to the All-Liberty League First Team last year. Della Puca posted at least 40 points every year of his four years and 179 total points in his career.

Seaberg said he is confident the team will step up. The graduate student defender scored a goal and registered three assists to total four points as a long-stick midfielder last year while also picking up 54 ground balls, and he was named to the All-Liberty League Second Team. With better chemistry on offense and an improved overall toughness on the defensive side, Seaberg said, the Bombers are ready to rise in the Liberty League rankings.

"I think this year, more than last year, we're a lot closer," Seaberg said. "Even though we lost one of the best players in the league from last year, Josh [Della Puca], I think we're a tighter knit group, more in it to win it."

Among those who will step up and fill the holes are junior Connor Till, sophomore Drew Turner and freshman Jake Erickson. Till was named to the 2019 All-Liberty

League Second Team after appearing in all 14 games and producing 27 points offensively while also securing 27 ground balls.

Long said Erickson, who will be on the starting line of midfielders, impressed the coaches during the preseason and has shown potential to become a leader for the team.

At attack, the team is bringing back all three starters from last year. Lee, Ozsvath and junior Connor Brumfield combined for 76 goals last year and are aiming to build on their existing chemistry. Brumfield was also named to the All-Liberty League Second Team after notching 25 goals, 15 assists and 38 ground balls.

On defense, McCartney will be rejoined by junior Jake Hall-Goldman and sophomore Demetri Lowry. McCartney has been a starter since his freshman year and accumulated 39 ground balls during his junior season. Hall-Goldman was named to the All-Liberty League Second Team last year and led the Bombers with 27 caused turnovers.

Starting at goalkeeper will be sophomore Connor Thornton, who started all 14 games last year. Thornton said he thinks the team is ready to compete with the top schools in the Liberty League.

"Expectations are always high," Thornton said. "I think we're in a good position because other teams don't have their eye on us. I think we're going to sneak up and surprise people."

The Bombers' first official game of the season was Feb. 22 at No. 14 St. John Fisher College. The squad lost 13–18.

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2022  
SOPHOMORE

MEN'S LACROSSE

ABBEY LONDON/THE ITHACAN

# EXCEEDING THE EXPECTATIONS

BY MAX SOBEL

The Ithaca College women's lacrosse team is aiming to bounce back this season after its loss in the 2019 Liberty League championship by one point. With a strong freshman class, the team is chasing its first conference title since 2008.

The Bombers ended the season with an overall record of 14–7. The Bombers joined the Liberty League in 2018 and found success quickly by making it to the league championship, but they fell to William Smith College. The Bombers lost to William Smith College for a second time in the Liberty League final last spring by a single goal. Dating back to 2010 all the way through 2016, the Bombers competed in every single Empire 8 championship game, but they were met with defeat in every one. In 2017, they did not make the championship game because of a loss in the semifinals to St. John Fisher College but still made the NCAA tournament.

Women's lacrosse head coach Karrie Moore said that competing in the NCAA tournament every year is one of her major goals. The Bombers were able to make the tournament in 2016, 2017 and 2019 but could not make it past the third round. She said that putting together a roster that is built for the postseason competition is also an important goal for her program.

Senior captain and midfielder Katie Welch said she has her eyes set on a big goal for her final season: a Liberty League championship title. She played in all 21 games last season and contributed 10 goals and three assists for the South Hill squad. She said she wants the team to be able to deal with the pressure of a big game this season.

"We have been working on our confidence and composure so that we are ready to compete against our toughest opponents," Welch said. "Competitiveness and attention to detail are the biggest factors that go into the success of our team. We embrace working hard and push each other every day to be the best players we can be."

The Bombers graduated seven seniors last season, including three starting attackers and a starting defender. Moore said that she takes a more active approach with this issue every year.

"We try every single year to get ahead by doing our job,

developing our team and developing our program," Moore said. "We're trying to get ahead of that before it happens."

The Bombers will also be returning a key member of the offense, senior attack Bailey Herr. She was second on the team in goals and assists with 57 goals and 40 assists, and this earned her All-Liberty League First Team last season. Herr said it is important that the Bombers keep a balanced mindset while using their passion to grow throughout this season.

"It is vital that we do not ride our highs or lows throughout the season but instead maintain our composure no matter the circumstance," Herr said. "Every day, people are competing and pushing themselves to not only grow individually but to also better their teammates."

Junior midfield Jacqui Hallack was named to the All-Liberty League First Team as well and scored 49 goals along with seven assists in 2019. On the defensive side, she collected 35 ground balls, forced 13 turnovers and earned 29 draw controls.

The Bombers will also be returning junior defender Molly Nodiff, who led the team in ground balls with 52 while causing 30 turnovers. She also earned conference honors last spring as she was named to the All-Liberty League Second Team.

With the season fast approaching, Moore said the team needs to continue to work on its resilience throughout the season to control the game more.

"I think that kind of resilience is something we've been building on in our program, and I think we absolutely made strides on it last year," Moore said. "But I think sometimes when the games get tough, you want to grab momentum when it's good and you want to ignore it when it's bad."

The Bombers opened their season with a win against Nazareth College at 1 p.m. Feb. 22 at Higgins Stadium.

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SAMANTHA MARSH

2021  
JUNIOR



WOMEN'S LACROSSE

MOLLY BAILOT/THE ITHACAN



## SOFTBALL

## DANIELLA MULVEY

2022  
SOPHOMORE52.7%  
SLUGGING

BY AIDAN CHARDE

After finishing the 2019 season just two wins away from making the Division III College World Series, the Ithaca College softball team is aiming to go further in the postseason while adapting to coaching changes and a young starting lineup.

The Bombers compiled a 28–9–1 record in 2019 and won the Liberty League championship but came just short of their second straight College World Series berth after falling to Williams College in the NCAA Softball Super Regional.

The end of the season also marked the end of coach Deb Pallozzi's time at Ithaca College, who announced her retirement after 31 seasons as the head coach. Since 1989, Pallozzi compiled an 886–412–2 record, as well as an NCAA Division III Championship in 2002 and 30 consecutive winning seasons.

In June, Ithaca College introduced Hannah Shalett Quintana '07 as the next head coach for the team. Quintana was a player under Pallozzi and was one of the most successful softball players in program history. During her four years at the college, she compiled four all-region and all-conference seasons. She ranks in the top 10 all-time for the college in single-season runs scored with 46, career runs scored with 107 and runs batted in with 102. She was also a part of the 40-win Bomber team in 2006 that holds the record for wins in a season in program history.

"I feel like this was my dream job since I was 18," she said.

Quintana also served as an assistant coach for Pallozzi as well as the head coach at Liberty League rival Skidmore College before accepting the head coach position at Ithaca College.

Junior outfielder Gabby Laccona, who was named to the All-Liberty League First Team as a freshman and sophomore and was a member of the 2018 College World Series team, said she thinks the team will greatly benefit under the new head coach this year.

"Coach Pallozzi was a phenomenal coach," Laccona said. "But for now in this time in history, I think change is what we needed."

MOLLY BAILOT/THE ITHACAN

The Bombers have won the Liberty League tournament every year since joining the conference in 2018. They will likely have to continue this trend if they want to make it back to the College World Series.

Quintana said that for her it is not about what happened last year or what could happen this year but rather about living in the moment.

"I don't think we talk about winning as much as just the way we go about our business and being as competitive every day as possible," Quintana said. "I think that when you focus on that and make a lot of process goals, then the outcome will take care of itself."

Sophomore outfielder Daniella Mulvey said she feels the team is not living in the past but rather pushing forward to get where it wanted to be last year.

"We're very headstrong in the fact that we're thinking forward, and we're not looking back," Mulvey said. "Yeah, that loss was very disappointing last year. We all wanted to go [to the College World Series], but we don't dwell on it."

Quintana has a very positive attitude about the quality of the team. However, she said one weak spot might be the lack of on-field experience. The freshman class brought in seven new players, making it the largest class on the team, and none of them has experienced playing in a college game yet.

In addition, this year's seniors are finally getting their chance to shine after sitting behind a very talented Class of 2019 in the last few seasons. While some had roles in previous teams, a few have yet to get their chance to consistently play.

"A lot of the players are going to be in positions that they weren't in last year, and they just need to gain game experience," Quintana said. "Some of [the seniors] haven't gotten the on-field experience that I think their talent warrants."

Quintana said she thinks the returning players are doing a great job of welcoming this year's freshmen and teaching them the traditions of the team. She said it has not been something the coaches have needed to worry

about, a benefit that makes their jobs a lot easier.

"The best way to lead the freshmen is to lead by example," Laccona said. "We as players have taken on that role to show them the ropes and show them what this program means to all of us."

Mulvey and Laccona said they know the ultimate goal this spring is to make it to the end and win the national championship. Regardless of how the season pans out, Mulvey said she knows there will not be any regrets from any of the players.

"We are going to go all out, and everything is going to be left on the field," Mulvey said. "I think at the end of the day, no matter where we make it, we're going to know that we put in everything we had."

There are still 11 players left on the team who placed third in the College World Series two years ago, and Laccona said she wants to go again. She said she feels that the combination of coming so close to the championship in 2018 and falling just short in 2019 is going to get them over the hump this season.

"We are definitely hungry, and we're motivated to make it back and prove that we belong there," Laccona said.

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\*STATS FROM 2019





# BUZZ SHIRLEY

2020  
SENIOR

FIRST BASE

# BASBALL

.392 BATTING AVG.  
OUTFIELD

59.2%  
SLUGGING

BY NOAH SCHWARTZ

The Ithaca College baseball team has been successful for several seasons, but, with the loss of several seniors and the addition of a new head coach, the program will face a number of new challenges.

The team has a new head coach for the first time since 1979. Head coach David Valesente will take over the helm of the program after previously coaching at Wells College. Valesente's father, George, coached the team for 41 years, earning 1,136 wins and a pair of NCAA Division III titles. Despite the coaching change, Valesente said that his father will remain around the team this season to coach its pitchers.

Valesente said he is ready to lead a program with 81 straight winning seasons in its rearview mirror.

"This is a great opportunity to have a chance to continue the tradition here and the program and school that I'm so passionate about and grew up around," Valesente said. "Carrying in my dad's footsteps is a dream come true for me."

Valesente said senior first baseman Buzz Shirley, who hit .392 last season, will be a major factor for the Bombers this year. Shirley played at Wells College under Valesente for his first two collegiate seasons before transferring to Ithaca College last year. Shirley said he credits Valesente for helping him to mature as a baseball player.

"When I was a freshman, he helped me develop the sense of the game that you need to kind of get to the next level," Shirley said. "I thank him every day for that, and I think there's not a better coach that could have gotten

hired by this college."

The South Hill squad will also encounter a number of new opponents this spring. After being a part of the Empire 8 conference for 20 seasons, the team transitioned to the Liberty League for the first time for the 2020 season. The rest of the college's teams moved to the Liberty League in 2017, but Valesente said that the baseball program waited before joining to keep the Empire 8 conference eligible for an automatic bid to the NCAA tournament. The league would not have had enough teams to be granted the bid if the Bombers had left, but, with the addition of Keuka College for the 2020–21 season, the league will maintain its bid even without the Bombers.

Shirley said he thinks the Empire 8 pitching staffs are often weaker. As a team last year, the Bombers hit for a .318 average in conference play with 20 home runs and 141 runs scored.

Last year, five of the Liberty League's nine teams had winning records, with the University of Rochester finishing with a league-best 29–17 record.

"I think [the league is] more balanced as well," junior shortstop Jack Lynch said. "I think the Empire 8 last year was us, St. John Fisher [College], Stevens [Institute of Technology] and then a big drop-off. This year, I feel like all the teams are pretty competitive."

Lynch started all 40 of the Bombers' games last season, accumulating five stolen bases and 30 hits.

The Bombers last year went 31–9 and won the Empire 8 title before losing in the NCAA regional tournament. However, the squad graduated 13 players, including second baseman Webb Little '19, who finished with a .362 average; catcher Adam Gallagher '19, who led the team with eight home runs; and pitcher Emmett

Dunn '19, who compiled a 1.70 earned run average.

Gallagher, Little and Dunn were among the six seniors on last year's team to be named to the All-Conference First Team, alongside pitcher Jake Binder '19, outfielder Garrett Snyder '19 and outfielder Sam Little '19.

This year's team will be younger than last season with fewer experienced players in significant roles. Lynch said freshman pitcher Garrett Bell, freshman pitcher Matt Chase, freshman infielder Tyler Edelman and freshman catcher Gil Merod could be younger athletes who see the field often.

"These young guys are going to have big holes to fill," Shirley said. "Mentally, they're going to have to be a little bit more prepared than they probably were in previous years."

After losing twice in last year's NCAA tournament to Westfield State University and Shenandoah University, Shirley said that the Bombers are aiming to go further this season. He said that his team has acquired a reputation of falling short in the regional games in recent years. Shirley said he hopes to bring home the Bombers' first NCAA title in 32 years.

"[It's] our goal every year," he said. "I mean it's been like that since '88. We want to win another national championship."

The South Hill squad kicked off its regular season against Virginia Wesleyan University on Feb. 22 in Virginia Beach, Virginia. The squad dropped two games of the triple-header 11–1 and 3–4 but came back for the third game with an 8–2 win.

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MOLLY BAILOT/THE ITHACAN



MEN'S TENNIS



GEORGE LOMAS

2021  
JUNIOR

MOLLY BAILOT/THE ITHACAN

BUILDING BEHIND STRONG SENIORS

BY WILLY WRIGHT

With a large leadership-driven senior class, the Ithaca College men's tennis team hopes to improve its conference record and progress its depth of strong performers.

The Bombers graduated five seniors after the 2018–19 season but returns with seven this year on the 12-man roster. The seniors include Jared Fields, Sam Fried, Colten Lavery, Ethan Longenecker, Max Prestwich, Liam Spiegel and Minos Stavrakas.

Stavrakas, who will serve as a co-captain alongside Spiegel and Lavery, earned First Team All-Liberty League Singles recognition as both a sophomore and junior. He held a 15–11 singles record last year. Stavrakas said the closely knit senior group has grown together over time.

“We know each other very well,” Stavrakas said. “The tennis team is a small team. We’ve gotten to know each other very well since freshman year. That makes very good team chemistry for us. Most of the seniors are starting too. We have an older team with more experience, so it can work toward our benefit.”

Head coach Bill Austin said that the seniors have led the team so far throughout the good and the bad.

“There’s a lot of senior leadership there,” Austin said. “They’ve done a very good job of keeping everyone on track and moving forward, holding people accountable and responsible.”

Junior George Lomas is the only member of his class on the team. Last season, he had a singles record of 6–0 and a doubles record of 2–2 for the Bombers. Lomas said an important piece of their upcoming preparation is going to be running conditioning.

“Our strokes are there, and our playing is there,” Lomas said. “It’s really just our fitness at the moment, just getting our stamina back, getting our mental stamina back. That’s what tennis is all about, and, if that’s not there, you can’t really play the game.”

Stavrakas said that he is currently playing through a knee injury but knows that the team will be in good hands if he has to sit out at any time. The Bombers have three freshmen on the team: Tyler Purdy, Max Sobel and Wyman Ward. Lomas said the freshmen have been impressive so far.

“Our freshmen this year have been playing really well lately, which is good,” Lomas said. “We’re going to need them next year. The seniors have really been pushing them and pushing me. It’s going to be really interesting to see what the freshmen do after the season of playing. That’s the time to improve, and they have been. I think they are going to look like new players in the next few months.”

Austin said that with such competitive teams in the Liberty League, every one of the Bombers’ conference games will be marked down and highlighted on their calendar.

“It’s only been our third year in the Liberty League,” Austin said. “A lot of these teams in the Liberty League on a year-to-year basis are still fairly young in competitive relationships. It’s such a deep league and talented league that we’re not circling one. We’re circling them all.”

Skidmore College is the defending league champion, and it took down the Bombers last season 5–1 in the Liberty League championship semifinals. The South Hill squad looks to improve on its 4–4 conference record from last year.

Austin said part of its offseason preparation included more time in the weight room and with conditioning.

“[Assistant coach] Chris Hayes and Vic Brown, [strength and conditioning head coach], have done a great job with strength and conditioning throughout the season this year, and it’s showing,” Austin said. “Everyone’s a little bit stronger than they were in the fall.”

The Bombers opened up their season at 2 p.m. Feb. 22 at the University of Rochester. A week later, the South Hill squad hosts the Rochester Institute of Technology in its first Liberty League match.

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WOMEN'S TENNIS



JANE ALKHAZOV

2021  
GRAD STUDENT

ABBEY LONDON/THE ITHACAN

MAKING A NAME FOR THEMSELVES

BY JACK MURRAY

The Ithaca College women's tennis team is putting the past two seasons behind it as members look to challenge for the team's first league title since it entered the Liberty League Conference in the 2018 season.

Focusing on the future will be important for the team this upcoming season as it looks to improve upon a 3–14 overall record from the 2019 season. The Bombers will also need to develop a large freshman class. The class has catapulted the team from having barely enough players to field a team to now having the largest roster in the Liberty League. Senior captain Brianna Ruback said the freshman class, which consists of six players, has really embraced the lifestyle of collegiate tennis players.

“The freshmen have all been good additions to the team,” Ruback said. “They are very enthusiastic about practice, going to lift and conditioning. There’s an overall strong interest in improving.”

Ruback said that having more players on the team helps them to have more diversity during practice, as they have many more playing styles that they could potentially face in competition every day. She said this helps them prepare for the other teams in their league.

Ruback will be a key returner for the Bombers, as she has served as the top singles player since her freshman year and has earned First Team All-Liberty League Singles honors for the past two seasons. The team is also returning graduate student and captain Jane Alkhazov, who has missed time during the past two seasons because of injury. Alkhazov said her biggest goal for the season is to stay healthy.

“I am really hoping not to injure myself anymore,” Alkhazov said. “I have had so many different injuries, so I need to make sure I am staying healthy and am a present teammate. I want to be there for every lift, every match and everything in general.”

Head coach Bill Austin said that he is pleased with how the team has progressed during the offseason and foresees success for several of his athletes.

“Everybody is working hard,” Austin said. “A breakout year implies to me overall improvement in confidence, poise on the core and core strength, and it all melts together. I’m hoping for a breakout from the whole team.”

The team started its season against the University of Rochester on Feb. 22. The following week, it will open up the Liberty League and play against the Rochester Institute of Technology in Glazer Arena. The Bombers will then head to Orlando, Florida, to compete against Immaculata University, Dickinson College and Bentley University. Bentley University will specifically be a challenge because it is classified as a Division II program while the Bombers are a Division III program. Alkhazov said the trip will serve as a highlight for the team.

“The Florida trip is one of my favorite parts of the tennis season,” Alkhazov said. “You get really close traveling with people, and we are all in a house together and make meals together. We make it a point to watch the season finale of ‘The Bachelor’ because it always occurs in the same week. It is a really great time.”

After returning to South Hill, the Bombers will fully get in gear with the season and have some highlight matches, including one against Union College on April 18 at the Ben Wheeler Tennis Courts. The Bombers have narrowly defeated Union the past two years. Another highlight will be against William Smith College on March 31 in Geneva, New York. The Herons defeated the Bombers in the Liberty League tournament last year.

Ruback said the team will find success if they can continue to get along very well.

“I’m really excited about this season and am hoping to continue boosting morale and maintaining the camaraderie that we built during the fall tournament season,” Ruback said. “We are just looking to grow all together.”

Freshman Sara Steinberg said she believes this season will be an opportunity for the team to gain respect on campus.

“We’re the underdog,” Steinberg said. “Everyone is not aware of the tennis team, and they do not associate us well with the other varsity athletes for some unknown reason. People should really look at us as the underdog, especially this year, and then we can keep building.”

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# AIMING FOR GOLD AT NATIONAL RACE

BY ARLA DAVIS

The Ithaca College women's rowing team has a legacy of success and plans to chase a national championship during the Spring 2020 season despite having a less-experienced team than in the past.

Senior captain Kelly Csernica said the team has lost some of its "big powerhouse" teammates to graduation in the last few years. She said the team has still been successful by capitalizing on physical fitness, mental toughness and team dynamic.

"It's not necessarily the fastest eight people at the first boat and then the next eight people in the next boat because it's a lot of how the boat works together," Csernica said. "I think everyone's really adaptable in terms of any seat, any boat, whatever's going to make us the fastest."

In 2019, the team won the Liberty League championship for the second year in a row, placed second at the New York state championships and finished fifth at the NCAA Division III championships. Head coach Becky Robinson said that last season's success has motivated the team this season.

"[At] the NAAs, there's trophies for places one, two, three, four, and fifth is just out of that trophy range, so finishing top four is a really big goal," Robinson said. "It was our goal last year, and we fell a little bit short, but we were right there. The athletes feel that, and they're hungry for better."

Robinson said that the team also makes it a goal to win the Liberty League every year. The team that places first at the championship each year gets an automatic bid to the NCAA championship, and Robinson said this is the easiest method of getting a spot in the race. She also said it is the earliest opportunity for the Bombers to get in, and this helps them focus on other meets like the New York state championships and National Invitational Rowing Championships.

Csernica said the team is not just focused on one boat making nationals but rather all boats reaching their full potentials.

"There's not just focus on one boat but really making sure that every boat is as fast as it can be," Csernica said. "For nationals, only two boats get to go, but we want to make sure there's success throughout the whole team."

The novice boats are predominantly freshmen and inexperienced rowers. Crew is unique among the teams at the college because many of the athletes come to the college having never rowed before.

Senior rower Libby Ryan, who has been rowing since her junior year of high school, said crew is different from most varsity teams because it does not matter how long you have been competing if you are willing to commit to the sport. Robinson said freshman rowers Finley Edmonds, Brenna Hanratty and Taylor Volmrich have been training alongside varsity boat members and will compete for a seat in one of the national competition boats.

"I didn't start rowing until my junior year of high school," Ryan said. "Coming in, I was labeled an 'experienced freshman,' but I still didn't really have that much. It was just so cool to see that you could really come from nothing and finish amazing."

Robinson said the senior leadership will also have a large impact on the Bombers' success this season, especially in maintaining a high level of passion and bringing the team members closer together. She said that she expects the athletes to not only push themselves to beat their personal bests but every member of the team as well.

"What I think is really kind of unique is that they all have different leadership styles and skills," Robinson said. "They're doing a really nice job being a leadership net and pulling the rest of the group in."

The Bombers will compete in their first home race of the season at 9 a.m. March 28 in the Cayuga Duals on the Cayuga Inlet.

2020  
SENIOR

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LIBBY RYAN

WOMEN'S CREW

REED FREEMAN/THE ITHACAN

# MOVING FALL MOMENTUM FORWARD

BY EMILY ADAMS

After qualifying three boats to the National Invitational Rowing Championship last season, the men's rowing team is striving to reach the podium in 2020.

The Varsity Eight, Second Varsity Eight and Varsity Four boats all competed last year in the national championship regatta. There is no NCAA championship for men's rowing, so the national race is governed by the Intercollegiate Rowing Association.

Of the three boats, only the Varsity Four qualified for the Grand Final, and it finished sixth overall. The Varsity Eight took sixth in the Petite Final, and the Second Varsity Eight finished in second place in the Petite Final.

The team also competed in four invitationals in the fall. It was most successful at the Head of the Genesee on Oct. 5 in which the Varsity Eight, Second Varsity Eight and Novice Eight all brought home first place. Head coach Dan Robinson said the team took the winter season to improve on strength and conditioning.

"Wintertime is the less fun time because they're just in front of the machines," Robinson said. "They learn how to deal with their own fitness and push as hard as we can. Winter is your passage. Are you ready to race? And can you be mentally and physically ready to train hard?"

Senior captain Hunter Flamm said that the team had one of its strongest fall seasons he can remember since his freshman year.

"We performed really well with some teams we hadn't been close to before," Flamm said. "That was back with an extremely motivated freshman class that brings a lot to the table. I think heading into spring, we're hoping we can carry over a lot of that momentum from the fall."

Robinson said the team's biggest goal is to have boats win at the New York state championship regatta, which will be held at 8 a.m. May 2 in Saratoga Springs, New York.

"We just want to get there," Robinson said. "We have a list of rivals on our schedule that we want to beat."

Robinson said he considers Hamilton College, Rochester Institute of Technology and Marist College to be the Bombers' biggest rivals. He said that because there is no NCAA management of men's rowing, the line between Division I and Division III is significantly

less defined, and this allows the Bombers to compete with larger universities.

Senior Andy McCabe said that this year's team has a larger group of senior leaders than there has been in the last four years and that this has been a big asset for the younger athletes.

"We've been working since freshman year at winning states, and that's our biggest goal," McCabe said.

Flamm said that having novice athletes on the team sets the Bombers apart from their opponents. Three of the six seniors on the team this season began their careers as novices.

"We give guys a chance that come from pretty diverse backgrounds in terms of their athletic experience," he said. "They can channel their experience into a sport that's not like anything they've done before, and, by the end of the year, they can actually be competing with people who've rowed before."

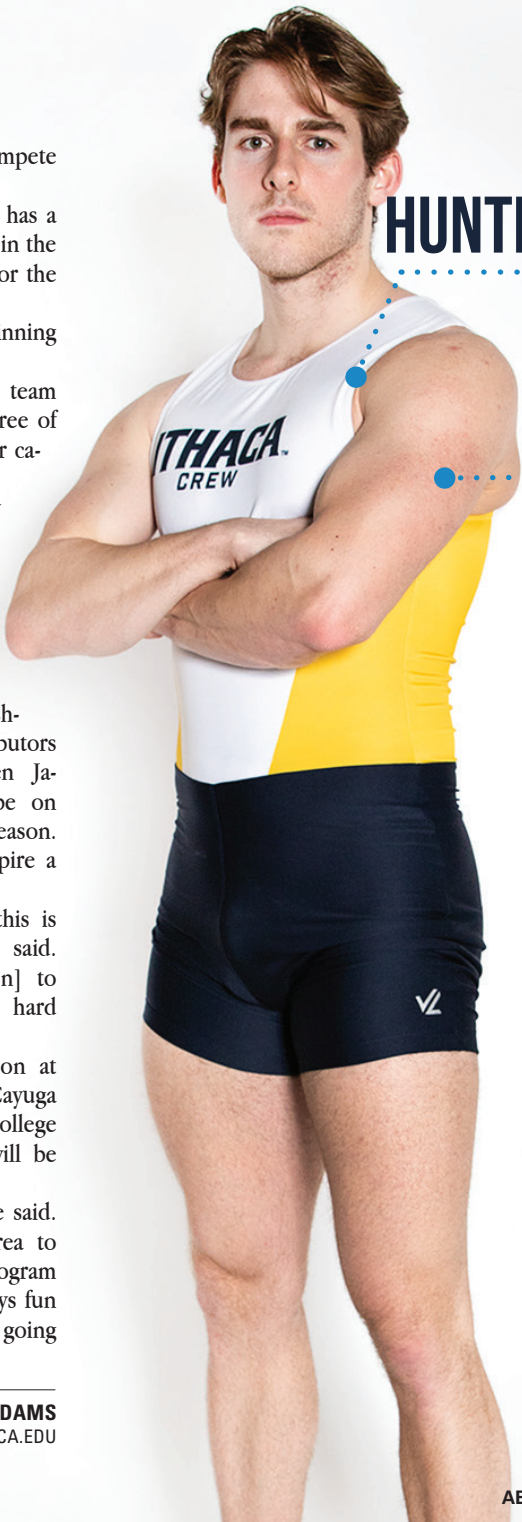
Robinson said there are several freshman athletes who he expects will be contributors for the squad this season. He said freshmen Jacob Lentz and James Ross have chances to be on the Varsity Eight boat at some point during the season. McCabe said one of his personal goals is to inspire a passion for crew in the younger athletes.

"I want to impart on the next classes that this is something you can get into and build on," he said. "Hopefully we get a lot of the [underclassmen] to really step up in the spring and work really hard knowing that they have this future in it."

The Bombers will kick off their spring season at the Cayuga Duals at 9 a.m. March 28 on the Cayuga Inlet. They will face top-ranked teams Hobart College and Cornell University, and McCabe said this will be an important starting point for the team.

"We always start our spring with that race," he said. "Hobart's always been the best team in our area to compare ourselves to. They're a high-level program that we'd love to be competitive with. That's always fun to start with the best competition we're probably going to see."

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HUNTER FLAMM

2020  
SENIOR

MEN'S CREW

ABBEY LONDON/THE ITHACAN





PEYTON GRECO

WOMEN'S GOLF

ABBEY LONDON/THE ITHACAN

2020  
SENIOR

# ENCOURAGING WINNING LEADERSHIP

BY MICHAEL MEMIS

The Ithaca College golf team is striving to build on the momentum from the 2019 fall season this spring despite losing three players from its roster. Head coach Keith Batson said he does not think it will be an obstacle for the upcoming season.

“The only thing that has changed from last fall is our team is a bit smaller,” Batson said. “We had a player transfer to a different school, one no longer playing golf and another decide to focus solely on her schoolwork, so we have a team of six. Having a smaller team can have benefits, and I think everyone is more unified and on the same page.”

The team will be led by senior captain Peyton Greco, one of the two upperclassmen on the team. Greco is the defending Liberty League Player of the Year. She averaged 77.83 per round in the fall half of the season, a score that is over a stroke better than her 2018–19 average. Greco said her coach has even higher goals in mind for her this year.

“For me, personally, he told me that I could make the national championship, and that was something we have been working toward that I didn’t necessarily think about when I was a sophomore,” Greco said. “But now it’s becoming more of reality, and whether or not I can make it is a whole other thing.”

The other upperclassman on the team is junior Sophia Israel. Batson said that this spring will be very important for Israel in preparing to become captain once Greco graduates.

“I think Sophia is the obvious choice to fill Peyton’s shoes,” Batson said. “I have been talking with her all year about that. She is starting to show her leadership skills. I think this spring is important for her to take a bigger role in certain situations.”

Israel recorded two top-10 finishes in the fall and has improved her average to 83.83, which is approximately one and a half strokes better than her average in the 2018–19 season. She said she hopes to get her average into the high 70s as well as improve her overall game.

Sophomores Caitlin McGrinder and Katie Chan also made improvements to their games this past fall. McGrinder only played in three tournaments in the fall, but she is averaging approximately eight fewer strokes per round. She crushed her career lowest round of 85 by shooting a 76 in the final round of the St. Lawrence Invitational in Canton, New York. Chan only played in two tournaments in the fall, but she made adjustments between the two rounds she played at the Lynn Schweizer Invitational in Granville, Ohio, and improved her score by 11 strokes. Israel said she is very optimistic about the pair.

“I’ve seen them grow so much since the end of last year,” Israel said. “I’m very proud of how far they’ve come, and I’m really excited to see them live up to their full potential because they’re just tapping at the door.”

Freshmen Mary Gersec and Cristea Park got a lot of reps in the fall. Gersec finished just outside the top 10 in the Cortaca Northeast Invitational, which is a two-day tournament that is played at the Country Club of Ithaca on the first day and in Cortland on the second. Park recorded two top-10 finishes so far, one of them being at the Cortaca Northeast Invitational. Her average round score is 84.83, which is approximately two strikes better than Greco had in her first year.

The team’s first match is March 10 during its spring break trip to Orlando, Florida, against Nazareth College. The Bombers will only have two invitational matches before the Liberty League championships in May. There they will face the daunting task of toppling New York University, which has won the league championship five years in a row and is the defending national champion. Batson said the Bombers’ short game will play a key role.

“As far as weaknesses golf-wise, we need to get better with our short game,” Batson said. “Every team can say that, but we generally are pretty good tee to green. We just have to start finishing off each hole, and we will be where we need to be.”

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# SPRING 2020

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HIGGINS STADIUM
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- MEN’S CREW  
CAYUGA INLET
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KOSTRINSKY FIELD  
+ NIEMAND-ROBINSON SOFTBALL FIELD
- BASEBALL  
FREEMAN FIELD

MARCH						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						29 12 p.m. RIT** 12 p.m. RIT **
01	02	03	04	05	06	07 1 p.m. Cabrini
08	09	10	11	12	13	14
15	16	17	18	19	20 4 p.m. Vassar	21 1 p.m. Skidmore 2 p.m. Bard
22 1 p.m. Skidmore* 2 p.m. Bard	23 3 p.m. Scranton	24 4 p.m. Nazareth	25 4 p.m. William Smith	26	27	28 9 a.m. Cayuga Duals 9 a.m. Cayuga Duals 12 p.m. Union 1 p.m. Clarkson 3 p.m. Union
29 12 p.m. Clarkson	30	31				

APRIL						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01 3 p.m. Alfred	02	03	04 1 p.m. Union 1 p.m. Vassar
05 11 a.m. Geneseo & St. John Fisher 11 a.m. Geneseo & St. John Fisher 12 p.m. Union	06	07 3:30 p.m. Hamilton	08 7 p.m. RIT	09	10	11 12 p.m. RPI 1 p.m. RIT 1 p.m. Skidmore
12 1 p.m. RPI	13	14	15 3 p.m. Cortland 4 p.m. Keuka 7 p.m. Cortland	16	17 4 p.m. St. John Fisher 5 p.m. Union	18 1 p.m. Clarkson 1p.m. Union 1 p.m. Rochester
19 10 a.m. Bard 2 p.m. Bard	20	21	22	23 4 p.m. Hamilton 3:30 p.m. Cornell+	24	25 11 a.m. Quad Regatta 11 a.m. Quad Regatta 1 p.m. RIT
26	27	28	29	30	31	



## POLITICS MEETS PRINTMAKING



Senior Lily Dickinson works with Paloma Barhaugh-Bordas, assistant professor in the Department of Art, during the Ithaca College Introduction to Print Media class.

LUCAS CAVANAGH/THE ITHACAN

### BY ARLEIGH RODGERS

Political movements call for change through protests, speeches or executive action from national leaders. But in the Ithaca College class Introduction to Print Media, art is a medium for social justice.

The class is taught by Paloma Barhaugh-Bordas, assistant professor in the Department of Art. The class meets on Tuesdays and Thursdays from 1:10 to 3:40 p.m. in the Ceracche Center. Barhaugh-Bordas said the class rotates among research, carving and printing days.

On printing days, the extended class time allows students to roll out their ink, test the registration of their print and soak their paper. Before

those steps, students dedicate time to researching the topics they will draw, carve and print.

Freshman Sam Khoo Wien said that because of Barhaugh-Bordas' teaching style, the class is well structured.

"As someone with [attention deficit disorder], my mind is all over the place," he said. "So today, she was helping me really narrow down where I was going with my project and what I really wanted to say. I think that's something that I really haven't experienced with a professor before."

Spurred by the impeachment hearings against President Donald Trump, Khoo Wien printed an image reminiscent of a leaflet that U.S. troops dropped over battlegrounds during the Afghanistan War. On the leaflets, the poster read "We are watching!" in Arabic and targeted the Taliban. Next to the words, an image showed former Taliban leader Mullah Mohammed Omar in a set of crosshairs.

Khoo Wien's print does not feature a specific person in the crosshairs but rather a silhouette. Underneath the targeted figure is the phrase "Where are the witnesses?" The cherry red image and accompanying phrase are printed multiple times across a large, white poster board.

"With the impeachment hearings, it was really powerful to me how there were no witnesses, and it was stirring a storm in me," he said. "I feel like there should be people in the streets. There should be people really upset about it. But hey, I guess I'll just make some art."

Following an afternoon of brainstorming for the students' current

projects, Barhaugh-Bordas broadcast a print onto the classroom's whiteboard with a message in yellow capital letters: "Boycott Grapes." The decades-old print was a call to action from the United Farm Workers Union (UFW), led by Cesar Chavez and composed of Mexican American workers. In the 1960s and 70s, the UFW urged consumers to stop buying grapes because farmworkers in California made as little as \$0.90 per hour, plus \$0.10 per basket collected.

The "Boycott Grapes" print was created by Xavier Viramontes, and the unconventional slogan and striking design became emblematic of the UFW campaign. Barhaugh-Bordas said the iconographic and symmetrical nature of Viramontes' print is the source of the artwork's power.

Barhaugh-Bordas said that she studied with Viramontes at the City College of San Francisco Fort Mason Center for Arts and Culture. At the time, she was choosing whether or not to moonlight as an artist.

"[Viramontes] led [the class] with an incredibly patient approach," she said. "I think that's a lesson that I embrace from a lot of my teachers, ... that [printmaking] is a space that, while politics enters into media a lot, ... we encourage exploring and explaining your ideas through your imagery and doing that in a way that is hopefully really moving and powerful."

After the initial drawing, students carve the negative space of their sketches out of woodblocks. These carvings are printed on top of each other, usually on separate days to keep the layers polished.

For his project, sophomore Sebastian Chavez is exploring the roots of the Chicano art and culture movement, which originated in the Southwest of the United States. The movement began in the 1960s when Latino students fought for better education and health care after immigrating from Mexico.



Students have the opportunity to sketch, carve and print their projects during class time.

LUCAS CAVANAGH/THE ITHACAN



Freshman Sam Khoo Wien's print makes a statement on the recent impeachment trial.

LUCAS CAVANAGH/THE ITHACAN

Chavez is using an eagle, which is a symbol of unity on the Chicano front, in his print, but he drew it upside down to portray the loss of identity he said Latinos have experienced. Growing up from the bottom of the eagle are branches and cacti that represent the Chicanos' ancestral foundations.

"The Chicano movement is not the same because we are [in] a new era," he said. "That's why it grows out into cactuses or branches where we're expressing ourselves, but the foundation of it is the Chicano movement."

Chavez is a politics major with a minor in Latino/a studies. He said he chose to take the printmaking course because of the medium's close connection to his major.

"Printmaking [has] a very important role through political movements," Chavez said. "Some of the most famous campaigns, ... have printmaking in them. ... It's amazing to see how much people can

put their effort ... into [an] art piece to make a statement."

Artists have famously turned political statements into art. Pablo Picasso's "Guernica" was a swift reaction to the bombing of Guernica, a Basque town in Spain, by the Nazis. It is regarded as a biting representation of the physical toll war takes on innocent individuals.

While the process is slow, Barhaugh-Bordas said, she hopes students can leave the class with new skills. Banksy, an anonymous street artist, forges graffiti on street corners and backs of buildings. The artwork is often critical of social media and political or social corruption.

"My interest is more in students figuring out what it is that really interests them and pursuing it," she said. "I think art is a space where you really get to invent and are asked to generate your own ideas [and] pursue what it is that is meaningful to you, personally, every day."

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# CULTURED

The Life & Culture editor’s breakdown of mainstream and alt culture  
Compiled by AVERY ALEXANDER



## QUOTE<sup>OF THE</sup> WEEK

“I was terrified. ... When I sang the first note I felt euphoria. I was comfortable. I knew I was going to do this for the rest of my life, but I’ll never be able to duplicate that feeling.”

**THE WEEKND,** discussing the emotions that he felt during his first concert in 2011

## SPOTLIGHT

### PETITION CIRCULATES CRITICIZING TMZ

Color of Change, a nonprofit civil rights organization, has started a petition against TMZ. The goal of the petition is to persuade the publication to tell families of celebrities who are killed about the deaths of their loved ones before details are released to the public. The petition accuses TMZ of using black celebrities’ deaths as a way to gain profit. It specifically calls for advertisers to withdraw funding until TMZ changes its methods. The petition was sparked by the death of Kobe Bryant at the beginning of the year. Color of Change claims that the way TMZ reported Bryant’s death made the aftermath more difficult for his family. The petition was recirculated recently when TMZ reportedly published a video of paramedics trying to revive rapper Pop Smoke, who was killed Feb. 19, before reporting directly to his family.



## HOT

- Lizzo was named entertainer of the year at the NAACP Image Awards on Feb. 22. The awards are designed to recognize and award entertainers of color who might have been overlooked for other award nominations. Michael B. Jordan, Lupita Nyong’o, Rihanna and other artists received awards at the ceremony too.
- The original cast of “Friends” will be featured in an unscripted reunion special on HBO Max. It will be filmed on the soundstage where the show was originally filmed. “After 15 years nine months, ... we now have the ‘brand-new information’ you’ve been waiting for,” Warner Bros. said in a written announcement Feb. 21.



## NOT

- Jake Paul called Zayn Malik angry and little after they met in Las Vegas. Paul claimed that Malik became verbally hostile toward him for seemingly no reason. Gigi Hadid, Malik’s girlfriend and fashion model, responded to the comments. She said, “He doesn’t care to hang [with] you and your embarrassing crew of YouTube groupies.”
- Giorgio Armani is holding his Milan Fashion Week runway show in a closed venue because of concerns about the coronavirus. Armani made this last-minute decision because of an increase in confirmed coronavirus cases in Italy. The show will be held inside an empty showroom and will be streamed live on the internet.





# Monastery promotes meaningful learning

BY CONNOR AHERN

In the Namgyal Monastery Institute of Buddhist Studies, Tibetan chanting echoes in a warmly lit chamber. A brass statue of the Buddha sits atop the main shrine at the back of the room, watching over Tibetan monks and Ithaca visitors meditating.

The monastery is a branch of the original Namgyal Monastery of the Dalai Lama in India. The monastery in Ithaca is the North American seat of the personal monastery of the Dalai Lama.

Guided meditations and meditation classes often cost money to attend, and meditation apps sometimes charge monthly fees, but the monks at the monastery offer meditations for free from 5:15 to 6 p.m. Mondays, Wednesdays and Fridays. Meditation is guided by the monks and open to anyone.

Meditation can help to reduce anxiety and stress, according to the National Center for Complementary and Integrative Health. College students are especially susceptible to stress, according to The American Institute of Stress. Ithaca local Lisa Bertuzzi, who has been practicing meditation at the monastery, said she believes meditations can help with mental health.

“There is so much anxiety and depression and confusion in the world,” Bertuzzi said. “Now it is pretty extreme, so it’s nice to have this peace to practice. You . . . feel wonderful meditating with everyone.”

The monks teach classes on philosophy, Buddhism, Tibetan language and meditation in shorter classes and semester-long courses. Ithaca College junior Anton Popov has been studying with the monks for over a year. Popov is an anthropology student at the college who takes classes on religion and philosophy at the monastery every week.

“I will say that I do hope that IC and Namgyal Monastery build stronger ties, especially with the philosophy

and religion department,” Popov said.

Popov visited the Namgyal Monastery in India while studying abroad in 2019. Now, he takes a class on Lamrim, a Buddhist philosophical system that includes four major sections that detail the paths that lead to enlightenment. The monastery’s resident geshe, a monk with a degree in Tibetan Buddhism, teaches the text. The monks teach from the perspective of Gelug tradition, which is the newest school of thought in Tibetan Buddhism.

“The Gelug tradition [emphasizes] intense study and debate to develop the correct philosophical view before engaging in intensive meditation,” Popov said. “I consider it to be the most gradual path to enlightenment compared to the other schools.”

Among those who organize the classes at the monastery is administrator Ngawang Dhondup. Dhondup said that he believes simple answers about Buddhism and the monastery can be found by asking about the faith but that true understanding comes from attending meditation and classes.

“Come to meditation to learn about us,” Dhondup said. “You do not ask about the monastery. You experience it.”

Dhondup is originally from Tibet. He studied in India and has worked at the monastery since 2007. He said that to understand Buddhist ways and the philosophy of the monastery, one should work to become more selfless.

Freshman Tenzin Dongtoe is part of a new generation of Tibetan Americans whose families immigrated to Ithaca and has lived in Ithaca his whole life. Dongtoe said the monastery has long been an ally to Tibetan refugees, who in the mid-20th century were given refugee status in the United States. He also said the monastery partners with the nonprofit organization Tibetan Association of Ithaca.



The Namgyal Monastery Institute of Buddhist Studies is a Tibetan monastery located approximately one mile from Ithaca College. It is the North American seat of the personal monastery of the Dalai Lama.

REED FREEMAN/THE ITHACAN

“Me personally, and the rest of the new generation of Tibetans in Ithaca, are very close to the monks of Namgyal Monastery that reside in Ithaca,” Dongtoe said. “We used to go to Sunday school to learn how to read and write in Tibetan until we reached high school. [This] created a bond between us and the monks.”

This connection is preserved by the monastery’s summer retreats and yearly activities, Dongtoe said. Every summer in Ithaca, the monastery hosts a retreat called Kalachakra. The Dalai Lama’s personal monks from India visit for the summer and recite mantras. Dongtoe said the summer

retreat allows participants to form personal relationships with the monks from India.

“We show [the monks] around Ithaca since they’ve never been here before, and we get to connect with the monks,” Dongtoe said. “We also play games like soccer and volleyball with them and go swimming.”

At the end of the Kalachakra, the monks from both Ithaca and India create a sand mandala and help to put together a fire puja. Sand mandalas are intricately designed symbols made of colored sand, crafted and hand-poured by the monks. Per Tibetan Buddhist tradition, the monks create

and destroy the mandalas to spread a blessing over the world. A fire puja is a ritual in which a series of offerings are burned to bless the environment and create hope for world peace.

Dongtoe said that practicing different Buddhist rituals continues Tibetan traditions in Ithaca.

“Ithaca is known for being very nice toward immigrants,” Dongtoe said. “Ithaca is a small town, so most communities in Ithaca know about the Tibetan community and support our beliefs.”

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# Jazz musician to perform with campus ensemble

The origins of Alexa Tarantino, a guest saxophonist at Ithaca College, as a jazz artist trace back to her hometown. Tarantino grew up in West Hartford, Connecticut, where she started playing saxophone and piano as a kid. Her instrument then turned into a career — one based on collaboration and music education, she said.

Tarantino has participated in both large and small jazz ensemble performances and recording sessions around the country. She has also become a recurring member of the Jazz at Lincoln Center Orchestra. Tarantino will perform in a concert at 8:15 p.m. Feb. 29 in Ford Hall in the James J. Whalen Center for Music with the Ithaca College Jazz Ensemble.

Assistant Life and Culture editor Arleigh Rodgers spoke with Tarantino about her inspirations for her music and upcoming album.

*This interview has been edited for length and clarity.*

**Arleigh Rodgers:** What sparked your interest in [piano and saxophone]?

**Alexa Tarantino:** The town that I grew up in . . . had a really strong . . . jazz program in particular. So I would see their concerts, and I actually saw a young woman playing the saxophone in . . . one of those groups when I was in fifth grade, and that’s how I decided to play saxophone. And one of my grandparents was a pianist, so that’s why I started a piano.

**AR:** What kind of educational situations [do you participate in]?

**AT:** I’m a freelance guest artist a lot of the time, so I’ll be a guest at many universities or summer programs or high schools, colleges, things

like that. And then I run my own summer jazz workshop in Massachusetts, and that’s called the Rockport Jazz Workshop. And I work at Jazz at Lincoln Center [Orchestra] as an educator and saxophonist for them.

**AR:** What is it like to perform with the Jazz at Lincoln Center Orchestra?

**AT:** It’s awesome. It’s a really great time. I’m not a full-time member with them. . . . I’ve been there when they need me, but I’m really grateful to have the opportunity.

**AR:** What is the upcoming album you have [planned]?

**AT:** It’s on a label called Posi-Tone Records. I’m not sure what we’re going to call [the album] yet, but it’ll be out in May, and it’s original music. I’m playing multiple woodwinds, and it should be fun. We’ll be . . . doing a CD release in New York at Dizzy’s Club in June.

**AR:** What was it like to work on the album?

**AT:** I’m currently in the mixing process, so I’m listening to the mixes and tweaking things, but I wrote all the music a little bit quickly, kind of fast for the project. . . . It’s still straight-ahead jazz with a few of my favorite standards in there. . . . I was really excited to hear it come to life, and I had an awesome band with me, and . . . I’m really happy to make the music and hope people enjoy it.

**AR:** Do you think there are any influences, or particularly some people, . . . that have influenced your work?

**AT:** Well, Wynton Marsalis is definitely a huge



Musician Alexa Tarantino has been playing the saxophone and piano since she was a child. Tarantino will be performing as a guest with the Ithaca College Jazz Ensemble.

COURTESY OF TORY WILLIAMS

influence, and my family [is an influence]. . . . There [are] so many jazz musicians that have influenced me. It’s kind of hard to pick some. A saxophonist named Phil Woods was one of my favorites, and a woman named Maria Schneider, who has her own jazz orchestra, was one of my favorites.

**AR:** Do you travel to colleges or universities often to perform or teach?

**AT:** I travel multiple times a week, so, right now, I’m at the University of Northern Iowa. Last week, I was in Wisconsin at Sun Prairie High School. Before that, I was in Chicago at New Trier High School. And before that, I was in the North Shore of Massachusetts and a few high

schools there. Before that, I was conducting the Arizona All-State Jazz Band.

**AR:** What are you looking forward to most about your upcoming performance at Ithaca College?

**AT:** Oh, well, I’m certainly excited to be in upstate New York, . . . and I’m excited about . . . the fact that [the Ithaca College Jazz Ensemble’s] performance is all by ear, so they’re not using music, which I love. . . . It’s an interesting style of learning, and I think everybody should experience it. . . . It’s definitely quite a feat to do it at the large ensemble level.

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# Rap music must focus on quality

BY LUCAS JAFET

I listen to an abundance of music every day, and I have noticed one overarching theme in the music I listen to: a significant drop-off in the quality and focus of recently released rap albums. Streaming services like Spotify, Apple Music and Tidal made music so widespread that what drives rap artists now is higher streams and, therefore, higher sales.

It's upsetting to think that the sole reason for this lack of quality could just be higher sales and streams. But the rise of the streaming era changed the way the concept of a streaming hit is approached. A song that was considered successful in the early 2000s would usually be categorized into one genre. Now, streaming platforms take top-charting songs and place them in multiple genres of music. For example, Post Malone's "rockstar" was placed on the charting lists for rap and pop. Fans of both genres were exposed to the song, meaning more streams and radio plays for Malone.

This phenomenon is not specific to Malone. Rap group Migos personifies the negative influence the streaming era has had on once-great artists. Even rapper Kanye West fell into mediocrity with "Jesus is King." West was never one to make something average — why start now?

West's titanic 2010 album "My Beautiful Dark Twisted Fantasy" is regarded by many as one of the best hip-hop records of all time, and for good reason. West spent countless hours in the studio to craft a narrative-driven album, and his obsession with perfection resulted in the best work of his career. All of the 13 tracks are richly produced and lyrically astounding.

When West's album was released in 2010, listening to music was not as convenient as it is now. Per the Recording Industry Association of America's (RIAA) 2018 report, streaming accounted for 75% of recorded music revenue in 2018. It was 7% in 2010.

Rap should revolve around authenticity, and West's album was no exception. Yet even West was susceptible to a significant lack of quality as a result of the streaming era. 2019's "Jesus is King" is the lowest rated album in West's discography and failed to live up to the massive expectations fans had. It was a surprise for many fans of West to see this turn of events, but it further shows how the streaming era is lowering the standards of modern rap.

"Culture II," Migos' follow-up to the group's 2017 breakthrough "Culture," also suffered from in the streaming era. "Culture II" is loaded with a 24-song palette, and many songs feel lackadaisical. As a result, the album feels like an oversaturated ploy to exploit the RIAA and Billboard charting rules. Songs like "Flooded," "Beast" and "Work Hard" serve no narrative purpose on "Culture II." Instead, they sound like unfinished snippets of songs.

I am not claiming that the streaming era has not had its major benefits. Music is much easier and cheaper to access now than when West released his 2010 project. New artists hoping to make it in the industry can reach much larger audiences in significantly shorter amounts of time. The rise of SoundCloud, in particular, has been instrumental for new artists, as it offers a free and easy way for up-and-coming musicians to share their work or gain followings.

As artists continue to produce music, look to support ones who prioritize quality in their music. Whether narrative-driven like "My Beautiful Dark Twisted Fantasy" or otherwise, we should demand creative work — and accountability — from the artists we listen to.

**POPPED CULTURE** is a biweekly column, written by Life & Culture staff writers, that analyzes pop culture current events. Lucas Jafet is a freshman sports media major. Contact him at [ljafet@ithaca.edu](mailto:ljafet@ithaca.edu).

# Show serves viewers appetizing story

DOCUMENTARY REVIEW: "The Chef Show Volume 3" Netflix ★★★★★

BY GABRIELLE TOPPING

Côte de Boeuf, wagyu brisket sliders, Peruvian border ceviche, uni dynamite rice, Los Angeles bacon street dog and Pasta a la Raimi are only a few of the mouthwatering dishes featured in the third volume of "The Chef Show." While the close-up shots of the food are enticing, the featured dishes are far from being the only appealing aspects of "The Chef Show."

This Netflix documentary series stars filmmaker Jon Favreau and chef Roy Choi. Every episode invites the audience into the kitchen to watch Choi and an array of guest chefs prepare delicious and creative dishes.

Compared to the previous seasons that gave instructions about how to actually produce the featured food at home, this season is designed so the audience can follow along with the recipes themselves.

In the first episode, celebrity chef Wolfgang Puck explains the different cuts of meat and how he seasons them. He recommends seasoning Côte de Boeuf with sea salt and cracked pepper and cooking the meat until it is medium-rare. For extra flavor, he advises home cooks to add rosemary. If the steak is lean, he says to add olive oil so there is enough fat to get the proper cook. All of these instructions are explained in detail and in a way that anyone could understand. This change creates a much-appreciated connection between the chefs on screen and the viewer.

In every episode, the series introduces a new guest chef. The chemistry between the hosts and the guests makes the interactions easy and comfortable. In the sec-

ond episode, chef Mary Sue Milliken and chef Susan Feniger from the restaurant Border Grill join Favreau and Choi to cook ceviche, tacos and port. The charisma of Milliken and Feniger makes the already engaging food creations even more enticing.

While most of the guests are chefs from various restaurants around the world, one of the guests was not like the others. Sam Raimi, the director of "The Evil Dead" and "The Amazing Spider-Man" trilogy came into the kitchen for episode four. Raimi is friends with Favreau, and he is not a professional chef. In this episode, it feels like the viewer is learning about the food alongside Raimi. This furthers the viewer's personal connection to the show.

While the guest chefs are enjoyable and skilled, watching Choi and Favreau in action is the most enjoyable aspect of the show.

Favreau and Choi also have a wonderfully balanced chemistry. Choi has a more reserved camera presence when compared to Favreau, so the two bounce off each other amusingly without overwhelming the viewer.

In previous seasons, Favreau did not normally cook on the show, but in this season, there are moments in which the filmmaker picks up a pan and a spatula and gets to work.

In one episode, Favreau whips up a morel mushroom omelet alongside Puck. Seeing Favreau grow as a chef under the tutelage of so many talented chefs is a refreshing element that will excite existing fans of the show and attract new viewers.

The third season of "The



"The Chef Show Volume 3" is engaging and educational. The show features mouthwatering food and easygoing comedy.

COURTESY OF NETFLIX

Chef Show" is informative and entertaining. Additionally, the pleasing visuals of the fully prepared dishes entice the viewer to continue watching. "The Chef Show" will undoubtedly leave viewers ravenous for more.

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# 70s-inspired album rushes away from band's roots

ALBUM REVIEW: "The Slow Rush" Island Records Australia

★★★★★

BY EVA SALZMAN

After teasing fans with four singles off its upcoming album, Tame Impala finally released "The Slow Rush." As anticipated, the album follows the band's neopsychedelic rock style, but it also offers a nod to the 70s and experiments with disco-funk elements.

The album brings listeners into a swirling pool of dreamy falsetto harmonies and complex electronic beats. Where "The Slow Rush" differentiates from Tame Impala's previous works is the presence of disco-funk influence. "Breathe Deeper" is one of the album's more experimental tracks. It features elements of funk complemented by the sparkling sounds of piano that dance underneath a catchy chorus.

Kevin Parker, the frontman for the group, is known for his drowned out words and stylistic lack of diction. Besides his artistic singing voice, he is also an incredibly emotional and brilliant lyricist. This talent shines in many places throughout the album

but especially in "Posthumous Forgiveness." He devotes this track to his late father. However, the profound strength and emotional vulnerability of the track shows through Parker's tender and moving lyrics.

Parker's brilliant lyricism suits individual songs but is best exhibited over the course of the full album. His ability to create an album with a comprehensive flow and lyrical theme has been demonstrated in past works and is certainly present in "The Slow Rush." "The Slow Rush" is about the passing of time, growing up and the ultimate existential meaning of life.

The album begins with the track "One More Year." Parker sings about living life without thinking about its inevitable end. These thoughts are complemented by the upbeat, optimistic sound that lies beneath it. Although a cliché theme, it is exercised brilliantly.

Although Tame Impala makes notable strides in its theme and, especially, in its



COURTESY OF ISLAND RECORDS AUSTRALIA

broadening of genres, the band still plays it safe in some songs throughout the album. In "Instant Destiny," the band sacrifices the refreshing funk influence that makes the album so charming. The track falls back heavily on the band's classic psychedelic sound. Luckily, this lapse only lasts for the duration of this one song.

"The Slow Rush" shows immense development in Parker since his earlier works. Tame Impala has been defined by a thread of existential dread and loneliness in past albums, so it is pleasant to see the group experimenting with a more upbeat, groovy style. With this, Tame Impala's return is a refreshing and dazzling take on past works and the meaning of life.

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# Low-budget film lacks imagination

MOVIE REVIEW: “Fantasy Island” Blumhouse Productions ★ ☆ ☆ ☆ ☆

**BY THOMAS MACHACZ**

Even before “Fantasy Island” begins, the movie is trying to scare you. The Columbia Pictures logo is accompanied by a melodramatic score and the echoes of an elevator door opening. This proves to be the movie’s most effective scare tactic, as it only gets more disappointing. Released by the prolific Blumhouse Productions, “Fantasy Island” is another heartless product filled with unlikable characters, tensionless action and a convoluted plot.

Blumhouse Productions is a curious company. Built on a production model of low budgets and generous creative freedom for its directors, the company has been behind some of the biggest movies in recent memory. Its releases range from ultra-cheap horror blockbusters like the “Paranormal Activity” series to Oscar winners like “Get Out” and “BlackKkKlansman,” which had the largest budget of the three. Its latest release, “Fantasy Island,” falls firmly into the former category. Directed by Jeff Wadlow — the man behind 2018’s “Truth or Dare” — “Fantasy Island” severely lacks the creative vision of Blumhouse’s best products.

The original “Fantasy Island” was a charming, goofy television series that aired 1977–84. The series followed the dashing mysterious Mr. Roarke and his sidekick, Tattoo, as they granted high-paying customers the ability to live out their fantasies. These fantasies rarely played out as expected, and each episode concluded with a lesson about love, friendship or the power of kindness. The 2020 quasi-reboot keeps the classic premise but replaces the series’ moralizing lessons with manipulation and nonstop violence.

The visitors to the titular island include Melanie (Lucy Hale), a shady college graduate with hidden anger; Gwen (Maggie Q), a regretful divorcee; and Patrick

(Austin Stowell), a former police officer. As the movie showcases the various fantasies of its ensemble cast, it is clear that these characters are nothing more than their brief descriptions. As is tradition for cheap horror movies, the characters lack common sense and are limited to their stereotypical function in the story. Add a couple of obnoxious supporting characters loaded with forced and outdated jokes, and the movie becomes unwatchable. Even Michael Peña, a talented actor whose performances elevated “Ant-Man” and “End of Watch,” struggles to find any mystery or depth in the movie’s vaguely menacing version of Mr. Roarke.

So even if the characters do not feel real or interesting, the madness of the fantasies have the potential to be entertaining. Regrettably, the limited budget, a meager \$7 million, is most obvious here. Despite the island’s picturesque jungle, every interior location in the film looks temporary and bland, similar to a cheap amusement park ride. Even the violence is sanitized and largely bloodless, most likely to adhere to the more profitable PG-13 rating. With such obvious limitations in production, every danger feels riskless and rehearsed. If the audience sees no consequences for the characters’ actions, why should it have any concern for their survival at the end of the story?

If there is one saving grace for “Fantasy Island,” it is its last-minute twist. Quite literally in the final moments of the movie, the secret identity of one of the Fantasy Island visitors is revealed. Given the total lack of foreshadowing in the rest of the movie, the reveal makes absolutely no sense. And yet the sheer hubris of introducing such a bizarre twist in the movie’s last seconds is actually rather admirable. It possesses a manic energy that could have elevated this movie from a lifeless slog to a campy treat.



The reboot of “Fantasy Island” is a thrill-free romp through conventional horror tropes, a result of the movie’s low budget. COURTESY OF BLUMHOUSE PRODUCTIONS

“Fantasy Island” is a horror movie only in concept. None of it is actually frightening, but a horror movie does not need to provide genuine scares to be entertaining. Unfortunately for this movie, its by-the-numbers plot is a challenge to enjoy even ironically. Each character’s arc is immediately obvious, save for the out-of-nowhere twist. The filmmakers play it safe at every corner, diving headfirst into every known horror movie trope with no self-awareness or style. The freewheeling insanity of a

horror movie’s plot makes for a thrilling experience. Here, there are no thrills — only a stale product devoid of character and sincerity.

Yet in just one weekend, “Fantasy Island” already made more than its budget back at the box office. That is the Blumhouse business model at work, and looking at the company’s four additional releases scheduled for 2020, it is not stopping any time soon.

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# Bieber transforms former pop style into electro-R&B

ALBUM REVIEW: “Changes” Def Jam Recordings

★ ★ ★ ☆ ☆

**BY DYLAN CAMPBELL**

What is the sign of true growth? Is it the humility of self-awareness or the willingness to learn from the past? More importantly, does change indicate growth? In Justin Bieber’s new album, “Changes,” his first since 2015’s “Purpose,” the answer is more complex than the question.

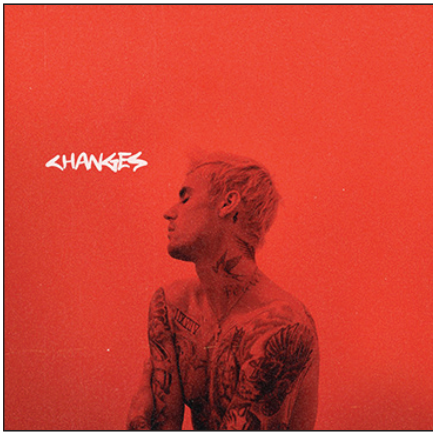
Appropriately released on Valentine’s Day, the 17-track work is a soulful love letter to Bieber’s wife, Hailey. Steeped in electro-R&B, the album’s stripped-down production lets the pop star’s voice steal the show. This is a departure from the electronic dance music sound of “Purpose.” Bieber also uses the production to highlight his voice, creating an album far more intimate and mature than his previous work — no small feat for arguably the planet’s biggest pop star.

Although the album is cocooned in gentle trap-soul production, the album features two types of love letters to Hailey. The first kind

is Bieber’s solo songs. Bieber’s silky-smooth falsetto cascades over the loopy beats as he serenades Hailey and beckons the listener deeper into the album. Tracks like the introductory “All Around Me,” the enticing “E.T.A” and the snappy “Available” allow Bieber’s voice to shine in a manner first seen in 2015’s “Love Yourself.”

If the solo songs are Bieber journaling about his feelings, then the collaborations are him screaming from the rooftops. The Quavo-assisted “Intentions” and the insatiable “Running Over,” featuring Lil Dicky, succeed in their tonal similarities to the solo tracks. Even in the faster-paced songs, the production never veers too far out of the album’s electro-soul sphere.

Unfortunately, these love letters are unified by largely vapid and empty lyrics. How can the line “Let’s get it in expeditiously” be taken seriously when one can almost see Bieber reaching for the thesaurus? As a result, “Changes” drops from a heartfelt expression of



COURTESY OF DEF JAM RECORDINGS

love to a mirage of a great album. The other dilemma is the message behind “Changes.” Throughout the album, Bieber assumes the role of a flawed male, and Hailey is his perfect wife. His perception of their bond feels a little shaky in “That’s What Love Is:” “Ooh and you can trust me/ After all the lies I told you.” By elevating Hailey’s character, Bieber is inadvertently propelling the toxic notion that women are rehabilitation centers for broken men.

Bieber’s willingness to invite the listener into his music is a change that took five years to make. In the end, “Changes” is an album that’s difficult to turn off and equally hard to justify turning on.

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## QUICKIES



COURTESY OF INTERSCOPE RECORDS

“21” Gracie Abrams, Interscope Records

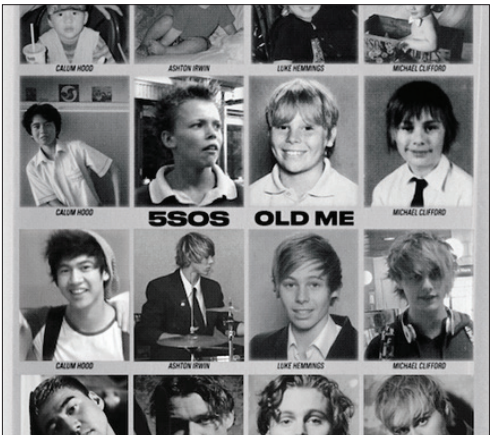
Abrams’ vocals and lyrics are the focus of this sweet love song. With a stripped beat and easy harmonies, “21” is an excellent addition to the singer’s repertoire.



COURTESY OF WARNER MUSIC UK LIMITED

“LYING THAT YOU LOVE ME” JC Stewart, Warner Music UK Limited

“Lying That You Love Me” sounds like a One Direction song — the lyrics describing endless heartache, and the song’s pop beat reflect this. Stewart’s vocals are strong, but they’re not charismatic enough to be memorable.



COURTESY OF INTERSCOPE RECORDS

“OLD ME” 5 Seconds of Summer, Interscope Records

This song is bouncy and thrilling, and the lyrics are defined by catchy lines like “Shout out to the old me and everything he showed me/ Glad you didn’t listen when the world was trying to slow me.” The lyrics are made additionally charming through the band’s vocals.



COURTESY OF ISLAND RECORDS

“YOU CAN’T FIX ME” Yoste, Island Records

While Yoste’s electric-pop song is not necessarily great, there are not too many forces working against it. The song is set to be catchy and, perhaps because of this, successful, but the beat and lyrics are too basic to be anything noteworthy.





**ONLINE**  
WATCH  
THE VIDEO ON  
THEITHACAN.ORG/  
RUMBLE-TUMBLE

Senior Ben Brisman and Cahal Donovan, SUNY Cortland freshman wrestler, face off as senior gymnast Cassidy Marquette competes on the balance beam behind them.

QUENTIN BOWDEN/THE ITHACAN

#### BY EMILY ADAMS AND ARLA DAVIS

When Ithaca College senior gymnast Paige Landes stepped onto the spring floor to perform her routine Feb. 19, her music began to blare over cheers and the thud of wrestlers hitting the mat on the other side of Ben Light Gymnasium.

The Bombers hosted the fourth annual Rumble and Tumble Meet against SUNY Cortland on Feb. 19. The Rumble and Tumble Meet is a competition format in which a college's wrestling team and gymnastics team compete simultaneously against the same opponent.

The gymnastics and wrestling teams competed side by side on either side of the gymnasium, and athletes could be seen running back and forth between the wrestling mat and the various gymnastics apparatuses to cheer on their respective schools throughout the meet.

The gymnastics team lost to the Red Dragons this year 185.550–188.150, and this brought the series to a 2–2 stalemate. The wrestling team dominated Cortland 31–9 to remain undefeated in the Rumble and Tumble Meet matchup.

Rick Suddaby, Ithaca College gymnastics head coach, said Gary Babjack, then-Cortland gymnastics coach, came up with the idea for the meet in 2017. The meet has been alternately hosted by the two schools since its inception.

"The idea has been done at other schools," Suddaby said. "Usually, Division I schools will do it, but Cortland held our first one. It's good to have [the meet] with Cortland as such rival schools."

Cortland gymnastics coach Sulekha Modi Zaug, who is also an alum of the Red Dragons' gymnastics program, is in her first season leading the team, so this was her first experience with the Rumble and Tumble Meet. She said the meet is extremely competitive because of the history between Ithaca College and Cortland.

"The tradition of Cortland versus Ithaca is always intense," Zaug said. "I've known these coaches for 20 years, and it's such a fun rivalry. It



Freshman wrestler Luis Hernandez attempts to pin Cortland junior Jeremy Pond during an exhibition match at the Rumble and Tumble Meet. The Bombers posted a dominant 31–9 win over Cortland.

PETER RAIDER/THE ITHACAN



The crowd of spectators cheer on the wrestlers and gymnasts during the meet in Ben Light Gymnasium.

QUENTIN BOWDEN/THE ITHACAN



Freshman Zoe Kyriakopoulos prepares to leap onto the high bar during the meet.

PETER RAIDER/THE ITHACAN

strong performances against the Red Dragons. No. 10–ranked sophomore Eze Chukwuezi defeated Cortland senior Kevin Morgans in a 14–2 major decision in the 184-pound weight class. Brisman came out on top in a close 3–2 decision over Cortland SUNY freshman Cahal Donovan in the 149-pound weight class.

Suddaby said the gymnastics team also used the Rumble and Tumble Meet to prepare for upcoming championships. The team will host this year's National Collegiate Gymnastics Association National Team Championship on March 28.

"It's fun to get out there and compete in the main gym for this year because we're hosting our national tournament," Suddaby said. "It helps us get out there and see what it's going to be like. It's really exciting stuff to get there."

The Bombers' gymnastics team posted a higher score than the Red Dragons on vault and trailed them by less than half of a point on the uneven parallel bars and the floor exercise. Landes posted her season-best floor score of 9.525 to take second place in the event. Senior Cassidy Marquette led the squad on vault with a 9.650 to finish in first.

Freshman Zoe Kyriakopoulos said that her favorite part of the night was the Bombers' big finish in the floor exercise after struggling in the beam and the uneven parallel bars.

"We started super strong on vault," Kyriakopoulos said. "We had a couple mishaps, but then we finished super strong on floor, which we've been working pretty hard on to clean up, and to bring that floor squad together was really good."

Suddaby graduated from SUNY Cortland in 1979, but he said he loves the rivalry between his alma mater and his current team.

"As much as I admire Cortland, I want to beat them," Suddaby said. "I was there for four years, but I've been here 35, so I'm a Bomber."

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feels like coming back home."

The Rumble and Tumble Meet was also a Bomber Bash event for the Ithaca College Student-Athlete Advisory Council and a pink event for the Ithaca College Unites For HER club. It was also the wrestling team's senior night. The partnership among the teams and on-campus organizations drew a large crowd that filled the majority of the bleachers in the gymnasium. Senior wrestler Ben Brisman said the meet

is often one of the best attended of the year.

"I really enjoy that a lot of people come and watch it," Brisman said. "It's cool to have a big crowd and a lot of excitement. It's a great environment, and a lot of other student-athletes come to support."

Marty Nichols, Ithaca College wrestling head coach, said that having so much going on during the meet provides the wrestling

team with good experience for the distractions that are often present at larger competitions.

"[The gymnasts] are flying all around and the music is on, so it's a really good training situation," Nichols said. "Getting ready for regionals and stuff, people are going to try to distract you, so if you can focus on what you're doing with all of that stuff going on, it's really good practice."

The wrestling team put up several





Junior midfield Jacqui Hallack carries the ball Feb. 22 versus Nazareth College.  
CAROLINE BROPHY/THE ITHACAN

# THE BOMBERS ROUNDUP

The *Ithacan* provides statistical updates on all the Bombers' varsity squads during the season

## WOMEN'S BASKETBALL

**89–70**  
ITHACA      FEB. 21      VASSAR



**90–45**  
ITHACA      FEB. 22      BARD

**NEXT GAME:** 2 p.m. Feb. 29 Liberty League semifinal against Rensselaer Polytechnic Institute in Ben Light Gymnasium

## MEN'S BASKETBALL



**91–70**  
ITHACA      FEB. 21      VASSAR



**102–64**  
ITHACA      FEB. 22      BARD



**64–54**  
ITHACA      FEB. 25      ST. LAWRENCE

**NEXT GAME:** 4:30 p.m. Feb. 29 Liberty League semifinal against Hobart College in Troy, New York

## BASEBALL

**1–11**  
ITHACA      FEB. 22      VIRGINIA WESLEYAN

**3–4**  
ITHACA      FEB. 22      VIRGINIA WESLEYAN

**8–2**  
ITHACA      FEB. 23      VIRGINIA WESLEYAN

**NEXT GAME:** 2 p.m. Feb. 29 at Allegheny College in Meadville, Pennsylvania

## WOMEN'S TRACK & FIELD

NAME	PLACE	EVENT	RESULTS
Tia Jones	2nd	200-meter dash	25.38
Ariyahna Bernard	1st	Weight throw	15.07 meters
Sarah Rudge	2nd	800-meter run	2:15.18



**NEXT MEET:** 11 a.m. Feb. 28 at the Liberty League championships in Rochester, New York

## MEN'S TRACK & FIELD

NAME	PLACE	EVENT	RESULTS
Andy Frank	1st	400-meter dash	50.88
Forest Stewart	1st	5,000-meter run	15:55.99
Kasim Cisse	1st	High jump	2.11 meters



**NEXT MEET:** 11 a.m. Feb. 28 at the Liberty League championships in Rochester, New York

## WOMEN'S TENNIS

**2–7**  
ITHACA      FEB. 22      ROCHESTER

**NEXT GAME:** Noon Feb. 29 against Rochester Institute of Technology at Reis Tennis Center in Ithaca

## MEN'S TENNIS

**0–9**  
ITHACA      FEB. 22      ROCHESTER

**NEXT GAME:** Noon Feb. 29 against Rochester Institute of Technology at Reis Tennis Center in Ithaca

## GYMNASTICS

NAME	PLACE	EVENT	SCORE
Courtney Christoforo	1st	Uneven bars	9.750
Cameryn Nichols	1st	All-around	36.450
Paige Landes	2nd	Floor exercise	9.725


**NEXT MATCH:** 1 p.m. March 1 at SUNY Cortland in Cortland

## WRESTLING

NAME	WEIGHT	SCORE
Ben Brisman	149 pounds	3–2
Sam Schneider	157 pounds	9–4
Eze Chukwuezi	184 pounds	14–5

**NEXT MATCH:** 11 a.m. Feb. 29 NCAA Mideast Regionals at the Athletics and Events Center

## WOMEN'S LACROSSE

**23–8**  
ITHACA      FEB. 22      NAZARETH

**NEXT GAME:** 1 p.m. Feb. 29 at SUNY Cortland in Cortland

## MEN'S LACROSSE

**13–18**  
ITHACA      FEB. 22      ST. JOHN FISHER

**17–5**  
ITHACA      FEB. 25      LYCOMING

**NEXT GAME:** Noon Feb. 29 at SUNY Geneseo in Geneseo, New York

\*Updated as of Feb. 25



# Sophomore runner soars in breakout season

**BY EMILY ADAMS**

Ithaca College sophomore sprinter Katelyn Hutchison is currently the No. 1 400-meter runner in Division III, but at this time last season, her personal-best time was approximately three seconds slower, and she was not even in the top 50 nationally.

Hutchison posted her nation-leading mark of 56.30 at the David Hemery Valentine Invitational on Feb. 14 in Boston. The time also broke the college's indoor 400-meter record set in 2018 by then-sophomore Ally Rheaume.

Because the track at Boston University is banked to make the tight indoor track turns faster, the time is converted up to a 57.05 so it can be fairly compared to athletes competing on a flat track for the purposes of the national rankings. Even with the conversion, she is just under a tenth of a second faster than the No. 2-ranked athlete. Hutchison said that seeing herself at the top of the rankings has been surreal.

"Not to get down on myself, but I've never been really good at track before these past two years," Hutchison said. "I was never the girl that everybody worried about. Then, this past weekend happened, and it says, 'Katelyn Hutchison, No. 1 in the entire nation.' I've never been No. 1 at anything, so to just see that and feel that boosted my confidence a lot."

Hutchison said she began running track in eighth grade because both of her parents competed in track and field. She said she fell in love with the individual nature of the sport.

"The thing with track is that you can mess up in practice," Hutchison said. "You will still have the opportunity to compete over the

weekend. It's not like you mess up and now you can't compete — it's you get to go compete and make yourself better."

Head coach Jennifer Potter said she has not been surprised to see Hutchison's success this season.

"I think a year of college under her belt and a year of college athletics was helpful for her," Potter said. "She came in very motivated based on her success last year, had a good summer of training, and I knew that she was in the right mindset. [She's] one year older and one year wiser."

Hutchison said her summer training has contributed significantly to her success so far this season. She is from Chicago and competed with her local club track team, the Windy City Hammers, after her freshman season at the college concluded. She had the opportunity to compete at the USA Track & Field National Junior Olympic Championships in Sacramento, California, and raced on the 4x400-meter relay that finished in sixth place to earn All-American status.

She said she took only two weeks off between the end of her collegiate season and the start of her summer training and a month between her summer season and the start of pre-season for the Bombers.

"I was training pretty heavily for a while and competing almost every weekend up until the end of July," Hutchison said. "I was just keeping myself in shape, making sure I'm still in a competitive mindset, making sure I'm working on fixing some skills or bettering some skills that I didn't have the opportunity to do before the season ended."

Hutchison also said she is handling the mental aspect of the sport much more effectively this season.



Sophomore sprinter Katelyn Hutchison races toward the finish line during the 200-meter dash at the Bomber Invitational on Feb. 1 in Glazer Arena. Hutchison finished in second place in the event.

MOLLY BAILOT/THE ITHACAN

"Last year, one of my biggest things was getting in my head a lot and worrying about things I didn't have control over," she said. "One of the rules that Coach [Potter] has is you only have 20 seconds to feel bad about it, but that's it. I make sure that I trust the process. It's OK to mess up, and it's OK to not be great at every single meet."

Potter said she has seen Hutchison get better at motivating herself while avoiding beating herself up for bad days.

"She learned from that and knew that that was not the way to handle things," Potter said. "I think she thinks and takes a breath before she reacts, and I think she's a little bit more

realistic as to how a practice should be. It's not a competitive situation. It's doing things at a certain amount of intensity."

Junior sprinter Allura Leggard said she has seen Hutchison's drive to succeed throughout the season.

"She's just really pushed herself," Leggard said. "She wants it so much. She's wanted this ever since last year. Every single day in practice, at a meet, she always just has so much energy, so much spunk to do better than she did the day before."

Hutchison has set very high expectations for herself heading into championship season despite the success she already has under her belt. She said she aspires to place in the

top four at the NCAA championships and earn the All-American title. She has also set a time goal of 55.80 — half a second faster than her current best time. The national championship will be held March 13–14 in Winston Salem, North Carolina.

"I have a lot of confidence that it's going to go well, but I also feel like it's going to go a lot better than [I think], especially if I hit the goal that I want to at nationals," Hutchison said. "I think some crazy things are going to happen to me."

*Staff writer Connor Glunt contributed reporting to this story.*

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# Former quarterback signs with German football league

**BY JACK MURRAY**

After the Ithaca College football team stepped off the field following the Eastern Collegiate Athletic Conference Bowl game Nov. 23, 2019, then-senior quarterback Joe Germinero was not sure if his football career was over. Now, he will play his next game May 2 on a different continent.

Germinero signed a one-year contract to play quarterback for the Kiel Baltic Hurricanes of the German Football League (GFL). The league was founded in 1979 and currently has 16 teams separated into two eight-team conferences. The Hurricanes are in a conference that has teams in cities like Berlin; Hamburg, Germany; and Dresden, Germany.

Germinero said he knew of competitive football in Europe but was not familiar with the GFL until he came to the college. He then made a Europlayers account, reached out to several coaches and said he felt the Hurricanes were a perfect fit.

"It was on my mind from the beginning of the season that I could possibly play overseas," Germinero said. "I felt it was a great opportunity because I played my last collegiate game in November and then played in two bowl games after the new year, so it's not like I am unfamiliar with being on a football field."

Germinero spent a year at the University at Albany and played as the starting quarterback for The College at Brockport for three years. He transferred to Ithaca College for just the fall semester after graduating from Brockport in Spring 2019 to use his last semester of eligibility. He also led the Bombers to victory at the 61st Cortaca Jug game held at MetLife Stadium.

Germinero said this opportunity allows him

to do something he was never able to do during his college experience: live in another country.

"I figured, 'What will be a better time to do it than now?'" Germinero said. "From being a kid who never really studied abroad and was always so focused on football here in New York state to now getting to go to a new country and see all the amazing and beautiful things in Germany and also seeing other countries when I have downtime. This, combined with being able to play the game I love, makes the decision easy."

The league uses a rulebook very closely aligned with the NCAA. The only differences are that the quarters are 12 minutes long and the teams play 14-game seasons. Germinero said the similarities made the league more appealing to him than trying to go to the Canadian Football League, which has more rule variances.

"We're playing American football in Germany, and you have to love that," Germinero said. "All it is is that we are playing football again. We are on a different field, but everything else is the same, and that is just a great and beautiful thing."

Germinero said he plans to at least stay in the GFL for the full season, which will last until September or October depending on how the team performs in the playoffs. He said that after the season, he is currently undecided about where to go next, but he believes the experience abroad will allow him to figure out what his options will be.

Freshman quarterback Andrew Wingfield said Germinero helped him adjust to being a college athlete and believes he will translate well to the professional level.

"I'm so happy for Joe, and I know his work ethic and preparation will carry him anywhere



Former quarterback Joe Germinero looks to make a pass during the Bombers' game against Union College on Nov. 2. He recently signed with a German football team.

ABBEY LONDON/THE ITHACAN

he goes," Wingfield said. "Joe really took me under his wing and went out of his way to help me every single day. He is undoubtedly one of the best people and teammates I've had, and I know he will continue to leave the same impression on others. I'm confident that he's going to do great and have a long playing career."

Susan Bassett, associate vice president and director of the Office of Intercollegiate Athletics, said athletes at Ithaca College who move to the professional level, like Germinero, exemplify the professional atmosphere that the college gives its students.

"Ithaca College is about excellence in all things," Bassett said. "To me, athletics is an extension of our institutional excellence, and when a student can thrive here ... and move to the

professional level, it reflects who we are as an institution."

While moving to a new country will be a huge change for Germinero, he said, he hopes that will help him grow as both a football player and a person and that it will help him find a career within football after, whether it be as a player or in coaching.

"I've never been afraid of change, as my college career shows," Germinero said. "I'm going to go in and try to embrace my new coaches and teammates just as I have done everywhere else. I want to be a good ambassador and leader and also a great teammate and person overall."

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# Junior diver discusses switch from soccer team

Junior Lindsey Duhamel spent the first two years of her college career as a member of the Ithaca College women's soccer team. This season, she replaced her cleats with a swimsuit and competed for the college's women's swimming and diving team.

Duhamel competed on the 3- and 1-meter diving boards at the Liberty League championships from Feb. 19 to 22 at the Kelsey Partridge Bird Natatorium. She posted her best score of the season on the 1-meter with a 327.35 in the preliminary round. She also had a personal-best score during the 3-meter preliminaries with a 342.20.

The women's swimming and diving team collectively brought home the Liberty League title for the second year in a row. It came out on top by over 200 points after winning by less than 40 last season.

Sports editor Emily Adams sat down with Duhamel to discuss her first season with the swimming and diving team and her experiences at the Liberty League championship meet.

*This interview has been edited for length and clarity.*

**Emily Adams:** Why did you decide to stop playing soccer?

**Lindsey Duhamel:** I guess I just was not as happy as I thought I would be. It was just my time to try something different, but I did not want to stop being an athlete. [Diving coach Chris Griffin] is my boss for lifeguarding, so that's how I was introduced to diving. I came to the open clinic they have here and just kind of messed around and had fun, and Chris was like, "You're not bad. If you want, you can do it."

**EA:** Did you have any previous diving

or swimming experience? What was the transition like?

**LD:** I swam in eighth grade, but that was it. The clinic definitely helped. The clinic is [open to] anyone and different age groups. So people from high school and younger are also doing it, so I wasn't alone in the sense of being alone for the first time ever. I wasn't the only one who was inexperienced.

**EA:** How did you adapt to competing in a new sport?

**LD:** It's definitely different in many aspects, but I feel like I adapted pretty well. The team itself also made it really easy, and they were so accepting and open.

**EA:** Were there any skills from soccer that helped with diving?

**LD:** My leg power from soccer. I had a lot of power that just needed focus. I also did gymnastics when I was younger, so I had some of that experience with body awareness, so that definitely helped.

**EA:** What was the hardest part of the transition?

**LD:** The hardest part was just the mental capacity that it takes every day at practice. With other sports, especially team sports, you can go through on autopilot in a sense. I know that's not the best thing, and you want to be focused 24/7, but there's some days when you're off, and you're able to just get through a practice. With diving, you can't do that. You have to think about every movement you make and your body control and the awareness you have in the air. That was a really big thing.

**EA:** Was it nice for you to have a lot of new divers on the team with



Junior diver Lindsay Duhamel performs a dive off the 1-meter board during the Ithaca Invitational on Feb. 8. Duhamel was a member of the women's soccer team prior to this academic year.

ANA MANIACI MCGOUGH / THE ITHACAN

you this year?

**LD:** We had, I think, seven freshman, and three of them were gymnasts who had never touched a board, so that was cool. We all learned together, and everyone progressed differently, but, at the same time, everyone was so encouraging. It was an amazing environment to be a part of.

**EA:** What is your relationship like with Griffin as a coach rather than a boss?

**LD:** He is hands down the best coach I've ever had in my entire life. He's personable. He's understanding. I had a really good relationship with him through lifeguarding and being at the pool all the time. I'm always chatting with him in and out of his office and having fun. He has a really good sense of humor, so he can relate to you. I also don't like people to sugarcoat things, and he gives it to me straight. He's able to tell me what I need and able to push me in the right ways.

**EA:** What was the experience like at your first Liberty League championship meet?

**LD:** It's funny because I've been there and worked [the meet] for the last two years. It's so different to watch it as a spectator and then to be a part of it. To be a part of it is

so much more special, and it's a feeling you can't describe to a spectator. I was really happy with [my performances]. Having my best score on both boards was really exciting.

**EA:** What are you hoping to build upon for next season?

**LD:** My next goal is to make regionals next year. I'm just concentrating on that, and now that I have a year under my belt, I'm more comfortable and I know what to expect. I know how I need to push myself to get to that level.

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## IC Tutoring Services is accepting applications for Fall 2020!

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## Watch for details on our upcoming information session in March!

Got questions? Email [yclarke@ithaca.edu](mailto:yclarke@ithaca.edu) or [aenglerth@ithaca.edu](mailto:aenglerth@ithaca.edu) right away!

Interviews during the month of April! Training begins on September 8th!



# THE BUZZER

The Ithacan's breakdown of Ithaca College's week in sports



## ATHLETE OF THE WEEK

JUNIOR STANLEY ZANESKI

Zaneski **won** the 50-, 100- and 200-yard freestyles and three relays races at the Liberty League Swimming and Diving **Championships**. He was named **Swimmer of the Year** in the conference and **broke three meet records**.

COURTESY OF REILLY KLEINHEN



## COMPETITION OF THE WEEK

WOMEN'S SWIMMING AND DIVING

The Bombers **won** the Liberty League championship for the second straight year with a **228-point lead** ahead of second-place Rochester Institute of Technology. The team took home **six individual titles** in the meet.

ANA MANIACI MCGOUGH/THE ITHACAN

## EVENTS TO WATCH

11 A.M. FEB. 29 & 10 A.M. MARCH 1 AT THE ATHLETICS AND EVENTS CENTER

The 16th-ranked wrestling team will host the 2020 NCAA Mideast Regional championship. The team will attempt to defend its 2019 title.



ITHACA

at



NCAA MIDEAST REGIONAL CHAMPIONSHIP

11 A.M. FEB. 28 & 10 A.M. FEB. 29 IN ROCHESTER, NEW YORK



ITHACA

at



LIBERTY LEAGUE CHAMPIONSHIP

The No. 22 men's and No. 2 women's track and field teams will compete to defend their 2019 Liberty League titles at Rochester Institute of Technology.

## QUOTE OF THE WEEK



I was [at Cortland] for four years and been here [at Ithaca] for 35. I'm a Bomber at heart.

– RICK SUDDABY  
GYMNASTICS HEAD COACH







Senior Cassidy Marquette performs her floor routine at the Harriet Marranca Invitational on Feb. 23. The team won first place at the meet for the third year in a row.  
KRISTEN HARRISON/THE ITHACAN