

## RHYTHM AND BLUES

Music students struggle to balance course load

BY ASHLEY STALNECKER

In Spring 2017 at Ithaca College, then-freshman Courtney Webster was taking 13 courses, worth 16 credits, to fulfill her music outside field major. The stress and exhaustion from her workload finally became too much while she was onstage performing for her oboe repertoire class.

"My whole body just started shaking," Webster said. "I just burst into tears."

She ran off the stage, and her professor followed. Webster said her professor told her that her body and mind had reached their limits. Her experience is not unique as a student in the School of Music.

"It's very stressful, and it's very exhausting," Webster said. "It really drains you as a human, and it kind of takes away the things you enjoy, and you kind of lose what you enjoy a little bit, which is unfortunate."

Many students in the music school have to take approximately 18 credits every semester, and some often petition to take over the 18-credit limit. The demands of students' course loads put strains on their mental health and well-being, as well as on their personal lives outside school. Many students also said unhealthy competition, excessive criticism and exhaustion are common in the music school's environment. As a result,

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Sophomore Baily Mack is a performance and music education major. She said she has taken at least 17 credits every semester in college.  
REED FREEMAN/THE ITHACAN

## Toxins lead to evacuation

BY ALEXIS MANORE

At approximately 10:45 p.m. Feb. 4, Landon Residence Hall residents at Ithaca College were forced to evacuate their rooms because of a fire extinguisher that was set off, but there was no fire.

Officers from the Office of Public Safety and Emergency Management told students that a fire extinguisher went off in Landon Hall, causing the air to become toxic. Students were not allowed to re-enter the building until it was cleaned. Residents were told to go to the Campus Center to stay warm.

Approximately five emergency vehicles were outside Landon Hall. The vehicles were outside Landon for approximately 15 minutes. Public Safety declined to comment. Residents were allowed to re-enter the building at 11:38 p.m.

Dave Maley, director of public relations at the college, said the dry chemicals in the fire extinguisher omit what looks like smoke when it is discharged, and this caused the fire alarm to go off. Maley said it seems as if a student set off the fire extinguisher. He said it also took a long time to clean up the powder that was discharged because it should not come into contact with humans. If it did, it could have set off the fire alarm again.

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## Cornell student quarantined for symptoms of coronavirus

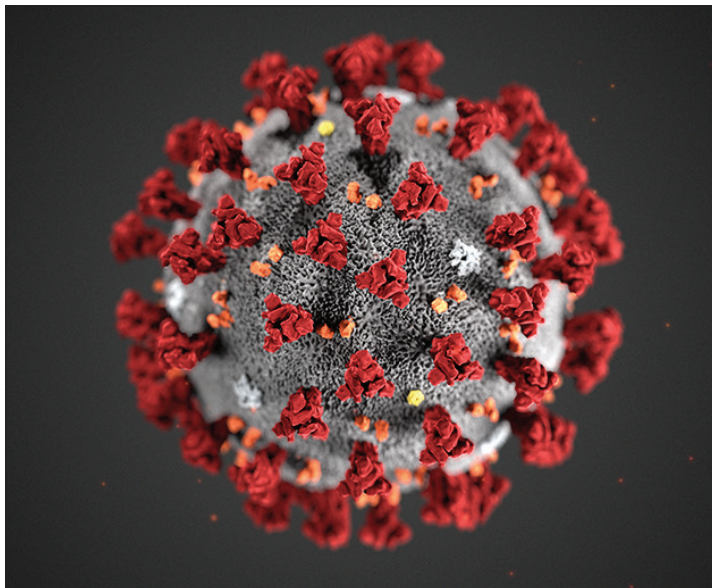
BY CORA PAYNE

A Cornell University student is being quarantined after presenting symptoms that met testing criteria for the 2019 novel coronavirus Feb. 2, according to an email from Cornell administrators.

The student, who lives off campus, is currently receiving medical care from the Tompkins County Health Department, according to the email. The email was sent by Ryan Lombardi, vice president for Student and Campus Life at Cornell, and Sharon McMullen, assistant vice president of Student and Campus Life for Health and Wellbeing at Cornell. The student's laboratory tests are currently being processed by the United States Center for Disease Control and Prevention (CDC). Getting the results can take up to a week, the email stated.

The coronavirus has currently infected over 17,000 people in China and killed more than 420 people. Over 170 cases are currently confirmed outside of China across over 20 countries.

Currently, 12 cases have been confirmed in the United States as of Feb. 5, and 82 potential cases are being investigated, according to the CDC. There are cases in five states, including Washington, California,



There are 12 confirmed cases of the new coronavirus from China in the United States. It can spread through contact.

COURTESY OF THE CENTER FOR DISEASE CONTROL AND PREVENTION

Arizona, Illinois and Massachusetts.

Ellyn Sellers-Selin, physician and medical services director of the Office of Counseling and Wellness at Ithaca College, sent a statement via email Jan. 24 on behalf of the Hammond Health Center informing the community about the viral virus, and she encouraged students to reach out if concerned.

The mode of transmission

for coronavirus is still unclear, Sellers-Selin said via email, although it is likely spread through close contact between people.

The email from the Health Center also encouraged campus community members to stay home if they do not feel well.

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## Suspicious people try to recruit on campus

BY CAITLIN HOTLZMAN

Several Ithaca College students reported being approached on campus by two women asking them to join a religious organization, according to the Office of Public Safety and Emergency Management on Feb. 3.

Tom Dunn, associate director for Public Safety, did not specify how many reports were made or where they occurred on campus, but he said there were multiple. The announcement sent to the campus community Feb. 3 informed everyone to be wary of any strangers who approach them and to report anything suspicious. Public Safety is seeking further information to conduct its investigation, the announcement said.

Sophomore Macy Brandwein said that three women approached her in the Ithaca College Library while she was sitting alone Feb. 3 and that they asked her to read proverbs with them.

Freshman Anna Schmeltzer said that a woman approached her at approximately 4 p.m. Feb. 2 while she was studying alone in the library and asked her to join a Bible study.

"I was at the computers working by myself, and this girl comes up to me," Schmeltzer said. "She was about my age, nothing noticeably different than any other kid on campus. She said,

"Excuse me, can I talk to you?"

Schmeltzer said the woman was talking quietly, so she thought at first she was asking her to join an on-campus organization.

"I heard her say she was in a Bible study group, and she said, 'I'm with the Mother of God Church. Would you like to join our study group?'" Schmeltzer said. "At first, I thought it was just a club on campus, and I'm not personally religious, but I don't mind learning about that type of stuff."

Schmeltzer said at first that she would not mind going to a study group but later decided to say that she did not have enough time. She said that the woman left but that she was with another woman who was talking to another student. The Mother of God Church is also known as the World Mission Society Church of God. The church, which was founded in 1964 in South Korea, claims to have over 3 million members in 175 countries.

Rumors have been circulating on Facebook pages about the church's supposed ties to sex trafficking. Multiple other college campuses in the country have reported the group's presence on their campuses is an attempt to recruit new members.

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COACH HELPS  
POLE VAULTERS  
RAISE THE BAR



NATION & WORLD

Iowa Democrats release results following caucus after delay

Partial results of Iowa’s kickoff presidential caucus showed former Mayor Pete Buttigieg and Sen. Bernie Sanders leading the opening contest for the Democratic Party’s 2020 primary season. Sen. Elizabeth Warren, former Vice President Joe Biden and Sen. Amy Klobuchar were trailing in the tally of state delegate equivalents, according to data released for the first time by the state Democratic Party nearly 24 hours after voting concluded. After a buildup that featured seven rounds of debates and nearly \$1 billion spent nationwide, the Iowa caucus is under heavy criticism due to the lack of any clear winner at the end of the day.

Hyundai halts Korea production as virus outbreak fallout spreads

Hyundai Motor Company is suspending production in South Korea, a sign that economic fallout from China’s viral outbreak is spreading. For other companies bracing for losses from coronavirus, the damage has so far been delayed because Chinese factories and many businesses were closed anyway to let workers travel home for the week-long Lunar New Year holiday. If much of industrial China remains on lockdown for the next few weeks, Western retailers, auto companies and manufacturers may

run out of the Chinese goods they depend on. Wuhan, the Chinese city where the outbreak hit hardest, is a center of automotive production. It’s been closed off, along with neighboring cities, isolating more than 50 million people and bringing factories to a standstill.

Former Kenyan president dead after ruling country 24 years

Daniel arap Moi, a former schoolteacher who became Kenya’s longest-serving president and led the East African nation through years of repression and economic turmoil fueled by runaway corruption, died Feb. 4 at age 95. Moi succeeded Kenya’s founding president, Jomo Kenyatta, in 1978 and ruled for 24 years. His death was announced by Kenyatta’s son and current president, Uhuru Kenyatta, who called him a leader in the struggle for Kenyan independence and an ardent Pan-Africanist. Moi died peacefully at a private hospital in Nairobi, his son Sen. Gideon Moi said. His critics called him a dictator for his authoritarian style, although Moi enjoyed strong support from many Kenyans and was seen as a unifying figure when he took over after the death of Jomo Kenyatta, who had led the country following its independence from Britain in 1963.

US general meets Iraq leaders to talk to mend rocky relations

Top U.S. commander for the Middle East,



Annual Japanese event brings good luck

People try to catch lucky beans scattered by celebrities during “Mame-maki,” a bean throwing ceremony, Feb. 3 at Zojoji Buddhist temple in Tokyo. The ritual, performed annually, is believed to bring good luck and drive away evil.

EUGENE HOSHIKO/ASSOCIATED PRESS

Marine Gen. Frank McKenzie, slipped quietly into Iraq on Feb. 4 as President Donald Trump’s administration works to salvage relations with Iraqi leaders and stop the government’s push for an American troop withdrawal. McKenzie became the most senior U.S. military official to visit since an American

drone strike in Baghdad killed a top Iranian general last month. McKenzie met with Iraq leaders in Baghdad and then went to see American troops at al-Asad Air base, which was bombed by Iran last month in retaliation. His visit comes amid heightened anti-American sentiment that has fueled violent protests within the country.

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Pins ‘n’ Things inspires resourcefulness

Pins ‘n’ Things teaches students to sew, mend and alter their clothing so they can learn to become more self-sufficient.



Variety vaudeville show exhibits performers

La Cerise Noir is a performance that showcases different acts, including puppets and burlesque.

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The Ithacan



# Public safety to develop app for communication

BY SAM HAUT

Bill Kerry, director of the Office of Public Safety and Emergency Management at Ithaca College, discussed the creation of a Public Safety app with the Student Governance Council on Feb. 3 at a meeting held in the Public Safety office.

Kerry said that development for the app began in Fall 2019 and that it should be completed during Spring 2020. He also said that in addition to the Public Safety office, Information Technology and the Office of College Communications helped to develop the app, too.

Kerry said the app has not been finalized yet and still could change. He said the purpose of creating the app is to communicate high-level emergencies to the college community in a more efficient way.

Kerry said the app can be used for both high-level and day-to-day emergencies.

"It's about where can students go push a button, and, instead of having to Google search all these different things and wonder what's out there at Ithaca College and have to find it on your own or something, this will actually have a list of numbers that you could call if you are in some form of crisis or if you just need support," he said.

The app has six different menu items: inbox, support/crisis number, emergency resources, safety timer, Public Safety and local 911 centers. Kerry said the current design and names of the menu items of the app

are still subject to change because the app is still in development.

While the app is not completed, there are some aspects that have been developed. In the app, the inbox menu is for messages Public Safety sends to the campus community, so similarly to the email and text alerts it sends messages about school closings or suspicious persons. The support menu has a list of phone numbers students can call to get immediate help.

Junior Yetunde Smalls, student trustee to the Ithaca College Board of Trustees, said she thinks the support menu should include information on whether the sources provided are confidential or not.

The emergency resources menu provides a list of links to various crisis centers on campus, from Public Safety to the Center for LGBT Education, Outreach and Services to the Center for Counseling and Psychological Services.

The safety timer feature allows users to set someone as a "guardian" for a certain amount of time. The guardian will get text notifications reminding them to check to see if the user is all right.

The Public Safety menu item allows the user to immediately call the Public Safety office, and the local 911 menu calls the nearest 911 center, whether the user is in Ithaca or somewhere else in the country.

Kerry said the app can also work without Wi-Fi.

"This is actually Wi-Fi-enabled, so we actually could lose every cell



On Feb. 3, members of the Student Governance Council discussed an app that will give students quick access to the Office of Public Safety and Emergency Management at Ithaca College.

CAROLINE BROPHY/THE ITHACAN

tower in this area and this is still going to work," Kerry said. "It works off of what's called push notification technology. And so let's say we did have an extreme emergency on campus, and there's a lot of stuff going on. This actually allows us to completely bypass the jamming of information so that we can still send information quickly."

Kerry asked the SGC senators for feedback on possible changes that could be made to the app.

Junior Senate Chair Abigail Murtha asked if the safety timer section of the app could allow for calling Public

Safety instead of texting a friend.

"My friends, they're my roommates, go to bed at like 9 p.m., and I'm in the library until at least 11," she said. "And so, if I was feeling unsafe, would there be a possibility for me to get a safety timer for that?"

Kerry said that Public Safety is working on this but that it will not be a part of the initial rollout because there is currently only one dispatcher.

Sophomore Hunter Simmons, Class of 2022 senator, said he thinks Public Safety should work with students to market the app.

Junior Elijah Nishiura, vice president of campus affairs, asked Kerry if the app would allow people using the safety timer to know a user's location through the app. Kerry said the app currently does not have a feature to share the location of a user's phone directly with Public Safety, but through the safety timer menu, a user can share their location with their guardian, who could in turn share it with Public Safety.

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## Food tasting aims to prevent food wasting

BY LUCY CALDERON

Chefs from Ithaca College, Cornell University and Maines Paper and Food Service Inc. came together Feb. 4 in the Emerson Suites to show students that "ugly" food tastes a lot better than it looks.

Terms like "ugly" and "misfit" are used to describe produce that does not normally get chosen by people in grocery stores or restaurants because of its appearance. As a result, there are a lot of fruits and vegetables that end up in the trash because of their appearances.

"There are plenty of vegetables that are completely usable, even if they have blemishes," said Andrew Sutton, campus executive chef at Ithaca College Dining Services.

The Center for Civic Engagement, Dining Services and the Office of Energy Management and Sustainability started to plan this event in October with the goal of creating a competitive and tasty way for students to learn about food insecurity, sustainability and food waste. After brainstorming events that would both attract students and resonate with them, the Ugly Food Challenge was born.

Chefs set up stations around the room to present their creations, with specific guidelines from the event coordinators. All dishes had to be plant-based and made of "ugly" produce. Everything, including the plate, had to be edible.

"Plant-based was an obvious [choice] because it's sustainable, and then as far as the zero-waste piece, we really wanted to challenge ourselves since our goal was [to serve] anywhere from 300 to 800 people," said Rebecca Evans, campus sustainability coordinator in the Office of Energy Management and Sustainability.

At the doorway of the event, volunteers handed each student a wooden fork that would be used to cast their vote for their favorite dish after tasting. Students then embarked on their culinary journeys, visiting each station to watch local chefs cook before their eyes and tasting the results. The stations surrounded a colorful cornucopia of "ugly" produce that was unused by the chefs. Rebecca Sexton, assistant director for Dining Services, hoped the cornucopia would start a dialogue about food quality between students, she said.



A chef from Maines Paper and Food Service Inc. prepared beet and goat cheese crostini as students watched the preparation process and eventually taste tested the dish.

MIKAYLA ROVENOLT/THE ITHACAN

"It sort of gets you talking about the things that are important, which are food waste, food insecurity and the importance of not wasting food just because it doesn't look perfect," Sexton said. "It's perfectly imperfect."

In addition to enjoying the food at the competition, the students were encouraged to take produce from the cornucopia home with them.

"We let people take [the food] away so there would be zero waste," Sexton said. "And if they're food insecure, they can cook it themselves if they know what to do with it."

The chefs received a multitude of positive feedback for their food.

"The event is the best of both worlds because it's talking about sustainability and you get to eat delicious food while you are here," freshman Cedar Winslow said. "The beet and goat cheese crostini changed my life. It's wonderful and amazing and perfect."

After a total of 289 votes were cast by students, Winslow's favorite beet dish came out on top in a very close race.

"Our winner, Jonathon Merrick from Maines, edged out IC Executive Chef Jack Applegarth by

only 4 votes. Jonathon made the beet tartare and happily accepted the Golden Jackfruit," Evans said via email.

Other dishes included chargrilled rainbow carrots, sunchoke chips seasoned with lemon rosemary and salt, and a vegan and gluten-free sweet potato cake that Ryan Richards, executive chef in Terrace Dining Hall, smoked with a smoking gun as students watched.

Sutton said there are many ways to make "ugly" food delicious at home instead of wasting it. With bruised potatoes or yams, Sutton suggests scraping away at the damaged areas and creating a mash out of the leftovers. If tomatoes are still good to eat but are not pretty enough for a salad, Sutton suggests doing what he did at the event: turn the tomatoes into a roasted salsa.

Clubs and organizations also participated in the event. Environmentalists of Ithaca College, Oxfam America Hunger Banquet, Eco Reps and Friendship Donations Network tabled at the event.

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## Faculty council closes meeting

BY JORDAN BROOKING

The Ithaca College Faculty Council went into executive session twice while discussing issues pertaining to the campus community at its Feb. 4 meeting.

The meeting focused on a follow-up discussion about an all-college faculty meeting that took place Jan. 30, as well as a discussion about honorary degree candidates and updates regarding the Integrative Core Curriculum task force and the faculty handbook, according to the Faculty Council agenda for its Feb. 4 meeting.

Chris McNamara, clinical associate professor and clinical director in the Department of Physical Therapy and chair of the Faculty Council, requested a motion for the council to go into executive session for a discussion about the all-college faculty meeting.

The Faculty Council passed the motion to go into executive session, which restricted the meeting to only Faculty Council members and lasted for approximately an hour and a half.

After the executive session concluded, the council briefly returned to an open meeting. During this, McNamara spoke about the value of having transparent dialogues within their executive sessions.

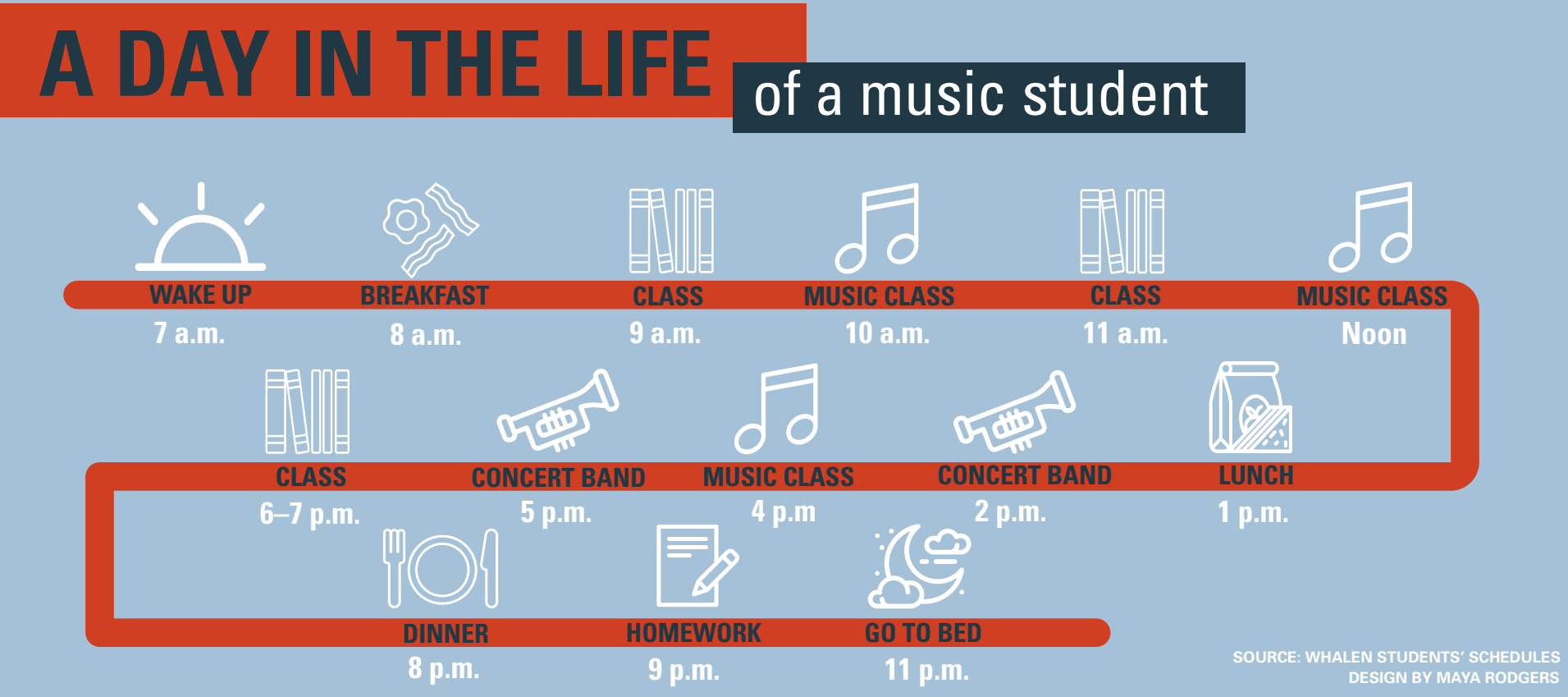
Following this, the council went into executive session again until the meeting ended. This executive session took place due to the council considering a recommendation from the Honorary Degrees Advisory Committee, McNamara said via email.

McNamara provided an explanation via email for why the executive sessions took place.

"Faculty Council goes into executive session when discussing strategy, personnel matters and other issues that must remain confidential," McNamara said via email.

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# Panel honors rescuers during the Holocaust

BY JULIE DANNEVIG

Like many kids, Roald Hoffmann, born to a Polish-Jewish family in Ukraine, had a relatively normal life as a child until the Nazi occupation of Eastern Europe.

He spent 15 months hiding in his schoolhouse attic after escaping a Nazi labor camp with three other children and two women.

“Everyone was scrambling for a place to hide,” he said. “It was 1,000 miles to the nearest border. You were looking for someone to hide you.”

Hoffmann’s story of survival is just one example of the roles non-Jewish people played in hiding and protecting Jewish people during the Nazi regime that was discussed during a panel held Feb. 2 in the James J. Whalen Center for Music at Ithaca College. The panel consisted of Hoffman; Eva Fogelman, who shared about her experience working with Holocaust survivors and rescuers; and Dan Schwarz, who shared his views on being an ally.

The panel took place less than a week after the 75th anniversary of the liberation of Auschwitz, a death camp where approximately 1 million Jews were murdered by Nazis. It focused on sharing stories about non-Jewish rescuers during the Holocaust. The intention was to emphasize the importance of not being a bystander, the panelists said.

“As we commemorate the 75th

anniversary of the liberation of Auschwitz, we cannot only remember the victims and the perpetrators,” Fogelman said. “We must also pay tribute to those who risked life and limb in order to continuously remain humane under conditions of extreme terror.”

The event was sponsored by Hillel at Ithaca College, the Department of Jewish Studies and other Jewish centers in Ithaca. Mostly faculty, staff and Ithaca locals attended the event.

Miriam Spitzer, who is the rabbi at Temple Beth-El, a synagogue in downtown Ithaca, opened the panel with a prayer and an excerpt from a book by Rabbi Lawrence Kushner of Emanu-El in San Francisco. She said this story was just one example of a selfless act of kindness during the Holocaust.

Spitzer also mentioned how anti-Semitism is still prevalent today, noting anti-Semitic hate crimes in Monsey, New York, and Jersey City, New Jersey.

“Anti-Semitism is on the rise in the world,” she said. “We are seeing things none of us ever expected to see again in our lives, certainly not in the United States of America.”

Fogelman said she has worked with rescuers of Jewish victims from the Holocaust because she wanted to better understand the psyche of someone who would put their life at risk for someone else. Non-Jewish people who rescued Jews during the Holocaust are recognized at Yad Vashem,



Marica Zax, chair of Ithaca Area United Jewish Community, introduces the panel, which consisted of three guest speakers sharing their first- and second-hand accounts about the Holocaust, on Feb. 2.

ELEANOR KAY/THE ITHACAN

a Holocaust museum in Jerusalem, as “Righteous Gentiles.” The website contains many of their testimonies as well as certificates of honor to commemorate the rescuers.

Schwarz said he believes everyone should continue learning and remembering the events of the Holocaust because this is the last generation that will be able to hear firsthand accounts.

“We all need to remind ourselves what it is to be vigilant,” he said.

Mirit Hadar, lecturer in the

Department of Modern Languages and Literatures at the college, who teaches Hebrew and Israeli culture and has family members who survived the Holocaust, said she attended the event because she thinks it is important to learn from the past.

“It is of a tremendous importance to understand the culture of hate nowadays, not just in the respect of anti-Semitism, but in a larger extent,” Hadar said. “Hearing why people should stand up and not be

bystanders is a lesson that we should learn for the future generation.”

Sean Norton, a local community member, said he appreciated being able to hear firsthand testimonies.

“To have people with this collection of experience in one place and having them expand on their experiences is quite a value itself,” Norton said.

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## IC senior conducts neuroscience research

For many students in the Ithaca College School of Health Sciences and Human Performance, conducting their own research is a big goal. Senior Justina Snyder has already achieved it.

Snyder is a clinical health studies major, which is part of the six-year physical therapy program, and she has minors in neuroscience, psychology and honors.

Snyder was inspired to start her own research project in the fall of her sophomore year after taking a behavioral neuroscience course taught by Tamara Fitzwater, assistant professor in the Department of Psychology.

With Fitzwater’s guidance, the two worked together to study how physical stress impacts the brains and behaviors of adolescents. Last spring, Snyder and Fitzwater applied for the Academic Challenge Grant from the Office of the Provost, a grant that provides funding to student-faculty teams involved in collaborative research projects. Snyder said she plans to use her findings in her honors thesis, a final project that is required for seniors completing the honors minor in interdisciplinary studies.

Staff writer Ryan Bieber sat down with Snyder to discuss the inspiration for her research and the process of writing her thesis.

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

**Ryan Bieber:** What made you want to major in physical therapy?

**Justina Snyder:** I always kind of knew I wanted to be in the medical or health care field, and when I was looking at different options, I realized PTs actually get to sit down with their patients and develop a rapport. I really like building connections with people, and I thought that was a better way for me to be able to help people meet their goals and get better.

**RB:** How did you come up with the idea for your honors thesis?

**JS:** I knew stress was always a really big topic of discussion, and I kind of wanted to tie it into PT. I was kind of thinking about how stress impacts people’s ability to perform tasks and tying that into PT and neuroscience in general to see how stress affects the brain.



Senior Justina Snyder is currently conducting her own research on how physical stress impacts the brain. Snyder plans to use her research in her honors thesis.

MOLLY BAILOT/THE ITHACAN

**RB:** How has the honors program played a role in your research?

**JS:** The whole purpose of the honors program is interdisciplinary, so they want you to take classes outside of your given major and explore different themes and topics. I really like this project because it’s taking my psych and neuroscience background and pairing it with PT and the classes I’ve taken within the honors program and kind of putting it all together. It’s cool to see things from different perspectives both in the neuroscience and psychology realms.

**RB:** What was your reaction when you found out you received the grant?

**JS:** We were really happy that we were able to secure the money to do the project. It was kind of nerve-racking because if we didn’t get this money, I don’t know that our project would have been able to happen. Science research in general is just really expensive, so we knew this was a great way we could get funding for the project.

**RB:** What phase are you at in your research?  
**JS:** We did all the hands-on work last

semester. This semester is really geared toward me writing my thesis. We’re exploring the opportunity to present at the Whalen Symposium here on campus, which is kind of a bucket list thing for me.

**RB:** What’s the most important takeaway from your research?

**JS:** Research projects are a fluid process, so you have to adjust. There’s going to be challenges and deadlines or something might not go as planned, and you just have to make adjustments to it. It’s been a great learning process.

**RB:** How do you balance all the classes in your major and minors with your research?

**JS:** It just comes down to organization and having a passion for things. It’s about all of the knowledge I’ve gained, the experiences I’ve had and the people I’ve met. It’s about having the drive and the passion to do it.

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## IC Trustee is J.Crew CEO

BY CORA PAYNE

Ithaca College trustee Jan Singer ’86 has been named CEO of the clothing retailer J.Crew, according to a statement released by the company Jan. 28.

Singer, who majored in business and psychology at the college, left her former position as CEO of Victoria’s Secret lingerie and joined J.Crew, which is currently struggling financially, on Feb. 2. She has worked in the fashion industry for over 25 years at iconic brands like Calvin Klein, Chanel, Nike and Prada, according to an article posted Jan. 29 on IC News.

“I’m excited and honored to join this iconic brand and team at such an important time,” Singer said in the college’s announcement. “For me, J.Crew has led specialty retail by knowing what it to be a brand — putting the consumer first and at the center. My passion for developing product, brand experiences and teams feels very at home at J.Crew. It’s a beloved brand that has always been in my heart and, like millions of consumers, in my closet.”

Chad Leat, director and chairman of the board of directors at J.Crew, said in the J.Crew statement that Singer is a “dynamic leader” who has a “passion for [the] brand, focused vision of [the company’s] potential and deep understanding of the modern consumer.”

J.Crew has said it operates 184 J.Crew stores, 138 Madewell stores, which is an affiliate brand of J.Crew, and 171 factory outlets.

Singer recently joined the Ithaca College Board of Trustees in April and returned to the college again in Fall 2019 to address faculty members, staff and students who are part of the Women’s Mentoring Network at the college. Singer was given the Beta Gamma Sigma Business Achievement Award on behalf of the college’s international honor society chapter in 2018.

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# Drone policy addresses privacy and safety issues

BY ASHLEY STALNECKER

Ithaca College will have a new policy in place by the end of Spring 2020 that requires everyone who flies a drone on campus to have a license and an approved flight plan.

Phil Garin, assistant counsel in the Division of Human and Legal Affairs, said at the Ithaca College Faculty Council meeting Jan. 21 that the college created the policy to address privacy and safety concerns with drone use, like the possibility of a drone hitting a building or person. The policy also gives officers in the Office of Public Safety and Emergency Management a way to enforce drone regulations on campus, he said.

Previously, because the college is on private property, it could restrict drone usage, but there was no policy in place. Garin said the new policy will be in place by the end of Spring 2020 and will be available in the college's policy manual.

Bryan Roberts, associate dean of the Roy H. Park School of Communications, said the most important part of the policy is the distinction between recreational or hobbyist use and commercial use. The college defines any educational or extracurricular use as commercial use as long as the person flying the drone has a license or is acting under the supervision of someone with a license. A hobbyist is defined as someone who does not have a license. Hobbyists are not allowed to fly drones on the campus.

Roberts said drones cannot fly above 400 feet, and the policy has limitations as to how closely drones can fly to buildings on the college campus.

"The campus community safety is

my number one priority, and [the policy] helps us ensure that, so I'm all for it," Roberts said. "People who know me know I don't love rules, but some rules you do need, and this will help keep everyone safe."

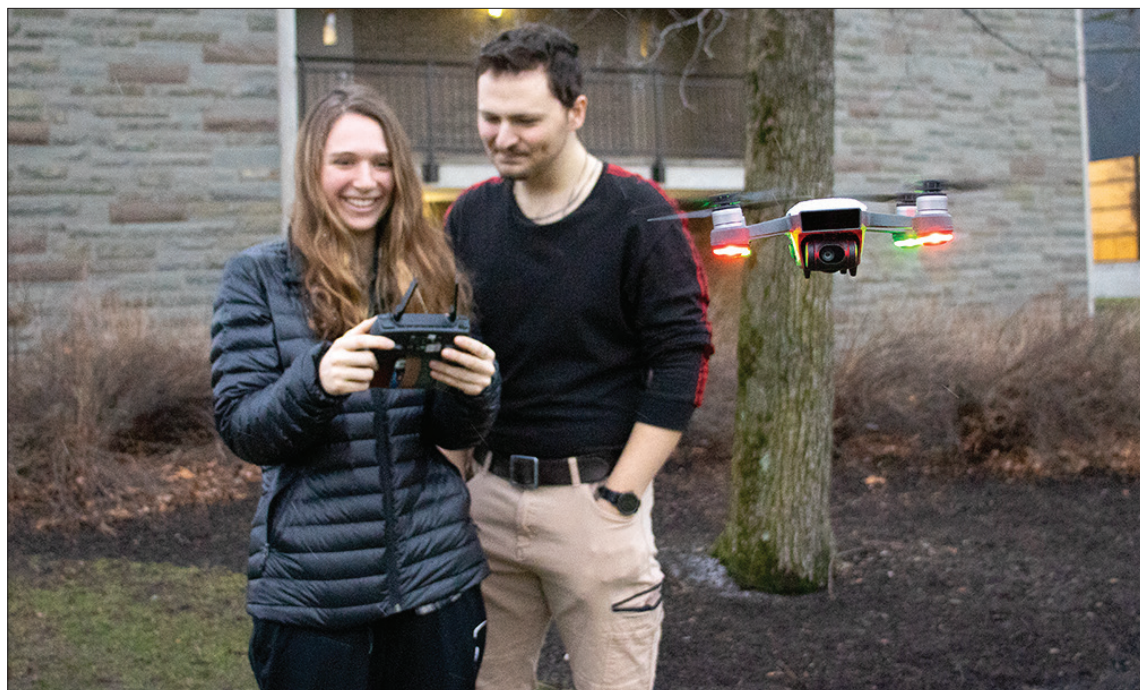
Students, faculty, staff and Ithaca community members can get their licenses by taking a free three-day course offered through the college to learn the basics of flying a drone. The college's drone policy will be discussed during the workshop. Those who have taken the course can go to the Ithaca Tompkins Regional Airport to take an exam and obtain a Remote Pilot Certificate from the Federal Aviation Administration. Roberts said licenses have to be renewed every two years to keep up with changing technologies.

Currently, drones are housed in the Park School. Students, faculty or staff who wish to use them must rent them from the Park School. Flight plans go through Roberts and Alan Schelter, engineer in the Department of Technical Operations.

Personal drones cannot be flown on the college campus.

Roberts said he worked with students to start the drone program at the college, a program that has been in place since 2017. He said he looked into the logistics of having drones available for student use.

"There was a Park student who was doing a senior film, and he rented a helicopter and was hanging out of the helicopter to get aerial shots over a swamp in Florida, and I said to myself, 'There's got to be a better way,'" Roberts said. "I started looking into drones, and it just seemed like a good fit for what we do here — not just for



From left, freshmen Ani McMannon and Nick Matakchieri fly a DJI Spark drone, a mini drone with a built-in camera, with a remote control through the sky Jan. 28 outside of Eastman Hall.

ATHINA SONITIS/THE ITHACAN

Park, but it started with Park."

The Ithaca College Drone Squadron is an organization for both those who have their licenses and those who do not have licenses but wish to learn more about using drones. Members of the organization use drones to capture professional photographs and videos. Those with licenses can supervise those without licenses during a flight, like an adult overseeing a driver with a learner's permit. The organization can continue to teach students in this way with the policy in place.

Junior Brandon Galione, president of the Ithaca College Drone Squadron, said the policy will not majorly change

how the organization operates. He said the organization is happy to abide by the policy.

"We always operate under extreme caution regardless because it's a new technology, and it's unpredictable, and it should be taken seriously," Galione said. "These are not toys."

Public Safety director Bill Kerry, said the office's main goal is to help people get their flight plans approved.

"The approach we'd rather see instead of skipping straight to enforcing is actually to educate on the front end," Kerry said. "It allows us to tangibly show someone or let them know what it is they can do to be approved."

Kerry said Roberts invites Public Safety officers to participate in the drone workshops. Currently, one Public Safety officer is certified to fly a drone.

"It's good because it allows, if you're certified to do it, you understand all the rules, regulations and understand what it means to be an approved operator," Kerry said. "Another thing is, it's a great opportunity during those workshops, really, for our officers to work with students directly."

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## College creates system to report phishing

BY SAM HAUT

On Jan. 24, Ithaca College implemented a new system for the campus community to report possible phishing emails directly to the Information Technology's Office of Information Security.

Jason Youngers, director and information security officer for Information Security, said the college previously used a system that sent reports of phishing to a specific email address that would have to be checked. Phishing involves tricking people into giving away personal information, often through emails posing as people or companies.



It's especially helpful because it compliments the other protections we already have in place.

— Jason Youngers



Youngers said that three years ago, there was an increase in the number of phishing scams reported at the college, and in that time, there have been a variety of phishing reports.

The college has been dealing with phishing scams over the past several years while also taking action to prevent phishing. In 2017 there were 14 college accounts that were compromised, and in 2018 the college



Ithaca College recently implemented a system through which the campus community can report emails meant to scam the recipient, otherwise known as phishing emails.

EMILY SILVER/THE ITHACAN

implemented Duo Multifactor Authentication to increase security when accessing the college's email service and affiliated websites.

In 2019, a new phishing scam began popping up in campus email inboxes, with emails pretending to be potential employers, supervisors or tech support trying to offer iTunes gift cards, all previously reported by *The Ithacan*.

Now, Youngers said, the college is able to use a new feature that comes with Office 365 in order to more easily track and eliminate phishing scams.

This feature uses Outlook's built-in message reporting capability and allows the college to better review and act on reported phishing messages. The new system is also able to delete any similar messages from other accounts it finds, either with an automatic detection system or by the messages people report.

Youngers said it is important for the college community to use this service because

it informs IT about phishing scams that were not automatically detected.

"We encourage our students, faculty and staff to report phishing messages to us," Youngers said. "It's especially helpful because it complements the other protections we have in place by bringing to our attention the messages that made it through other detection and quarantine capabilities."

Sophomore Brianna Mutsindashyaka said she appreciates the college implementing a more useful tool to combat phishing.

"I think it'd be super useful for the campus because earlier today I heard someone got hacked," Mutsindashyaka said. "I feel like you'd think it was common knowledge about what phishing is and how to avoid it, but it's good to have certain programs in place as further protection for that."

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## BOLD network awarded grant

BY ALEXIS MANORE

The Pussycat Foundation recently granted the Ithaca College BOLD Women's Leadership Network \$1.2 million to continue the program.

President Shirley M. Collado announced Jan. 28 at the All-College Gathering in the Emerson Suites that the BOLD scholarship program received a \$1.2 million grant from the Pussycat Foundation, a nonprofit foundation that honors Helen Gurley Brown, former editor in chief for *Cosmopolitan Magazine*.

Collado created the BOLD program when she worked at Rutgers University–Newark, and she brought it to Ithaca College in 2017.

The program provides cohorts of approximately seven female-identifying students with two-year scholarships worth up to approximately \$27,500 per year.

Collado said that during her time at the college, the BOLD program has received a total of \$3.6 million.

She said she is thankful for everyone who has helped support the BOLD program, including Rosanna Ferro, vice president of student affairs and campus life, and BOLD Program Director Samantha Elebiary.

Elebiary said she is excited about the grant because it will fund two more cohorts of BOLD scholars. There have already been three cohorts. Elebiary said the program benefits other women at the college, not just the BOLD scholars.

"A big part of that is for the scholars, while they're in the program, is to work with other women on campus," Elebiary said. "By getting them to participate in events, workshops, trainings, they get the chance to do a transformational project during their time in the program."

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COLLEGE BRIEFS

College to host Latin American string quartet for performance

Cuarteto Latinoamericano will hold a performance at 8:15 p.m. Feb. 7 in Hockett Family Recital Hall in the James J. Whalen Center for Music at Ithaca College as a part of the Robert G. Boehmler Community Foundation Series. Cuarteto Latinoamericano is a world renowned string quartet. For over 35 years, it has been the leading proponent of Latin American music for the genre. Founded in 1982 in Mexico, the Cuarteto has toured throughout Europe, North and South America, Israel, China, Japan and New Zealand.

The program will include “Quartet No. 5” by Heitor Villa-Lobos, “Four for Tango” by Astor Piazzolla, “La Calaca” by Gabriela Ortiz and “String Quartet No. 14” by Franz Schubert. The Cuarteto will also give a master class at 7 p.m. Feb. 6 in Hockett Family Recital Hall. The concert and master class are both free and open to the public.

Athletics department holds search for 2020 hall of fame nominations

The Office of Intercollegiate Athletics is accepting nominations for the 51st annual Ithaca College Athletic Hall of Fame induction ceremony as part of Alumni Week-end during the 2020–21 academic year. The Athletic Hall of Fame was founded in 1969 to honor people who have made outstanding contributions to the intercollegiate athletics program at the college.

Candidates become eligible 10 years after graduating from the college and can include coaches, athletic trainers, administrators, any other person who has made outstanding contributions to athletics at the college and people who, subsequent to their years at the college, have distinguished themselves in the field of athletics. Nominations for the Athletic Hall of Fame will be accepted until March 31.

Committee looks for participants in sexual assault awareness event

The 3rd Annual Sexual Assault Awareness Month Kick-Off Event hosted by the Sexual Violence Prevention Committee is looking for any participants involved in research, scholarship

and creativity related to the theme #IAsk, or any topic related to sexual violence, to submit a poster, presentation, or visual media and performing arts session. The event will be held from 6 to 8 p.m. April 6 in the Emerson Suites. The committee requests that all presentations be five minutes or less.

Interested participants are welcome to submit more than one proposal. However, there is a limited number of presentation slots available. Submissions must be received no later than 11:59 p.m. Feb. 10, and applicants will be notified about their submissions by Feb. 17.

IC announces professor as new assistant honors program director

Cory Young, associate professor in the Department of Strategic Communication, has been selected to serve as the assistant director of the Ithaca College Honors Program from January to May 2022. Young was interim assistant director of the honors program in Fall 2018 and has been actively involved in the program as an advisor and course instructor.

Her leadership responsibilities will include the areas of admissions, advising, assessment, and program planning, and she will serve as an ex officio member of the Honors Program Steering Committee. Alicia Swords, director of the honors program and associate professor in the Department of Sociology; Jonathan Ablard, associate professor in the Department of History; and Brooks Miner, assistant professor in the Department of Biology are the members of the Honors Steering Committee who served as representatives during the screening process. Mike Haaf served as interim assistant director of honors in Fall 2019.

CAPS changes winter coat drive to extend through March 2020

Due to high need, the Center for Counseling and Psychological Services (CAPS) is continuing its coat drive through March 2020. The coat drive is extended for the remainder of the winter season, and CAPS will continue to take donations of coats and money for purchasing new coats to have available. It is especially in need of heavy winter coats in sizes large and up.

To donate, the drop-off is at CAPS



Handwerker Gallery holds exhibit opening

Attendees gather Jan. 30 in the Handwerker Gallery for the opening reception of “A Kind of Ache,” an exhibition curated by Mara Baldwin, director of the Handwerker Gallery. The exhibit features work from artists that are about the role of longing.

LIBBY O'NEIL/THE ITHACAN

reception in the lower level of the Hammond Health Center. Coats are hanging in the hallway, and students and employees can take a coat they want without letting anyone know.

Women’s swimming and diving team holds spring swim lessons

The women’s swimming and diving team will be offering its annual spring swim lessons. Children of all different ages and skill abilities are encouraged to participate. A member of the team will teach participants in either private lessons or in groups of two. The lessons are 30 minutes long. A

person older than five and of a lap swimming level may sign up for two consecutive sessions. The sessions are 10–10:30 a.m., 10:45–11:15 a.m. and 11:30–noon.

The team will not be holding make-up lesson dates. There will be no opportunities for make-up lessons.

Four lessons will be offered on the following dates: March 28 and April 4, 18 and 25. The fee for four 30-minute lessons will be \$75. The fee for four one-hour lessons will be \$140. Those interested can register by going to the college’s recreation web page. There is limited space in each session, and it will be on a first come basis.

PUBLIC SAFETY INCIDENT LOG  
SELECTED ENTRIES FROM JANUARY 20 TO JANUARY 26

JANUARY 20

SUSPICIOUS CIRCUMSTANCE

LOCATION: Lower Quads  
SUMMARY: The caller reported finding a pair of pants in the snow. The officer checked the area and reported no one in the area and no fresh footprints in the snow. The pants were logged into found property. Master Patrol Officer John Tagliavento responded.

SUSPICIOUS VEHICLE

LOCATION: Y-Lot  
SUMMARY: The officer reported a suspicious vehicle was occupied with the lights on. The officer determined that the driver of the vehicle had stopped to rest. Master Patrol Officer John Tagliavento responded.

JANUARY 21

FIRE ALARM ACCIDENTAL

LOCATION: Circle Apartment Building 211  
SUMMARY: Simplex reported a fire alarm. The officer reported the alarm was caused by burnt food. Sergeant Ron Hart responded.

JANUARY 22

SUSPICIOUS CIRCUMSTANCE

LOCATION: Holmes Hall  
SUMMARY: The caller reported thirdhand information that a person was smoking marijuana. Officers checked the area and were unable to locate the person. Sergeant

Ron Hart responded.

ASSIST TOMPKINS COUNTY SHERIFF’S OFFICE

LOCATION: Danby Road  
SUMMARY: The officer reported a property damage motor vehicle accident. The officer assisted in controlling traffic until Tompkins County Sheriff’s Department responded. Sergeant Ron Hart responded.

JANUARY 23

LARCENY CREDIT CARD

LOCATION: Fitness Center  
SUMMARY: The caller reported an unknown person stole a wallet that held cash, a credit card and identification information. Patrol Officer Kevin McClain responded.

SCC FIRE SAFETY RELATED OFFENSES

LOCATION: Terrace 13  
SUMMARY: Environmental Health and Safety reported a burning candle was located during a fire drill. The officer reported two people were judicially referred for fire safety offenses. Fire and Building Safety Coordinator Charlie Sherman responded.

JANUARY 24

ASSIST ITHACA POLICE DEPARTMENT

LOCATION: Other  
SUMMARY: Tompkins County 911 Dispatch requested assistance

with an intoxicated person at an off-campus location. The officer reported the person declined medical assistance from ambulance staff. The officer assisted the person to their residence. Master Patrol Officer Waylon Degraw responded.

SUSPICIOUS PERSON

LOCATION: Lower Quads  
SUMMARY: The caller reported a person smoking marijuana. The officers checked the area a were unable to locate the described person. Sergeant Don Lyke responded.

SCC FIRE SAFETY RELATED OFFENSES

LOCATION: Terrace 9  
SUMMARY: Environmental Health and Safety reported finding a smoke detector that was covered while conducting a fire drill. The officer judicially referred three people for fire safety offenses. Fire and Building Safety Coordinator Charlie Sherman responded.

SCC UNDERAGE POSSESSION OF ALCOHOL

LOCATION: R-Lot  
SUMMARY: The officer reported an underage person was found to be in possession of an open container of alcohol. The officer judicially referred the person for underage possession of alcohol and failure to comply. Security Officer Alec Williams responded.

JANUARY 25

CRIMINAL MISCHIEF FOURTH DEGREE

LOCATION: Emerson Hall  
SUMMARY: The caller reported an unknown person damaged two exit signs. The damage to the signs resulted in exposed electrical wires. Patrol Officer Sophia Dimkos responded.

SUSPICIOUS PERSON

LOCATION: Bogart Hall  
SUMMARY: The caller reported an unknown person knocked on their door and requested entry. The officer reported the area was checked and was unable to locate the person. Patrol Officer Sophia Dimkos responded.

MEDICAL ASSIST/ILLNESS RELATED

LOCATION: East Tower  
SUMMARY: The caller reported a person with severe abdominal pains due to illness. The officer reported the person was transported to the hospital by ambulance. Master Patrol Officer John Tagliavento responded.

JANUARY 26

SUSPICIOUS CIRCUMSTANCE

LOCATION: Emerson Hall  
SUMMARY: The caller reported an unknown person was repeatedly knocking on their door. The officers were unable to locate the person. Master Patrol Officer

John Elmore responded.

ACCIDENTAL PROPERTY DAMAGE

LOCATION: East Tower  
SUMMARY: The officer reported water damage to ceiling tiles. Master Patrol Officer John Elmore responded.

MEDICAL ASSIST/INJURY RELATED

LOCATION: J-Lot  
SUMMARY: The caller reported falling on the ice and hitting their head. The officer reported the person declined medical assistance. Master Patrol Officer John Tagliavento responded.

FIRE ALARM ACCIDENTAL

LOCATION: Garden Apartment 26  
SUMMARY: Simplex reported a fire alarm activation. The officer reported the alarm activation was caused by burnt food. Patrol Officer Khiem Nguyen responded.

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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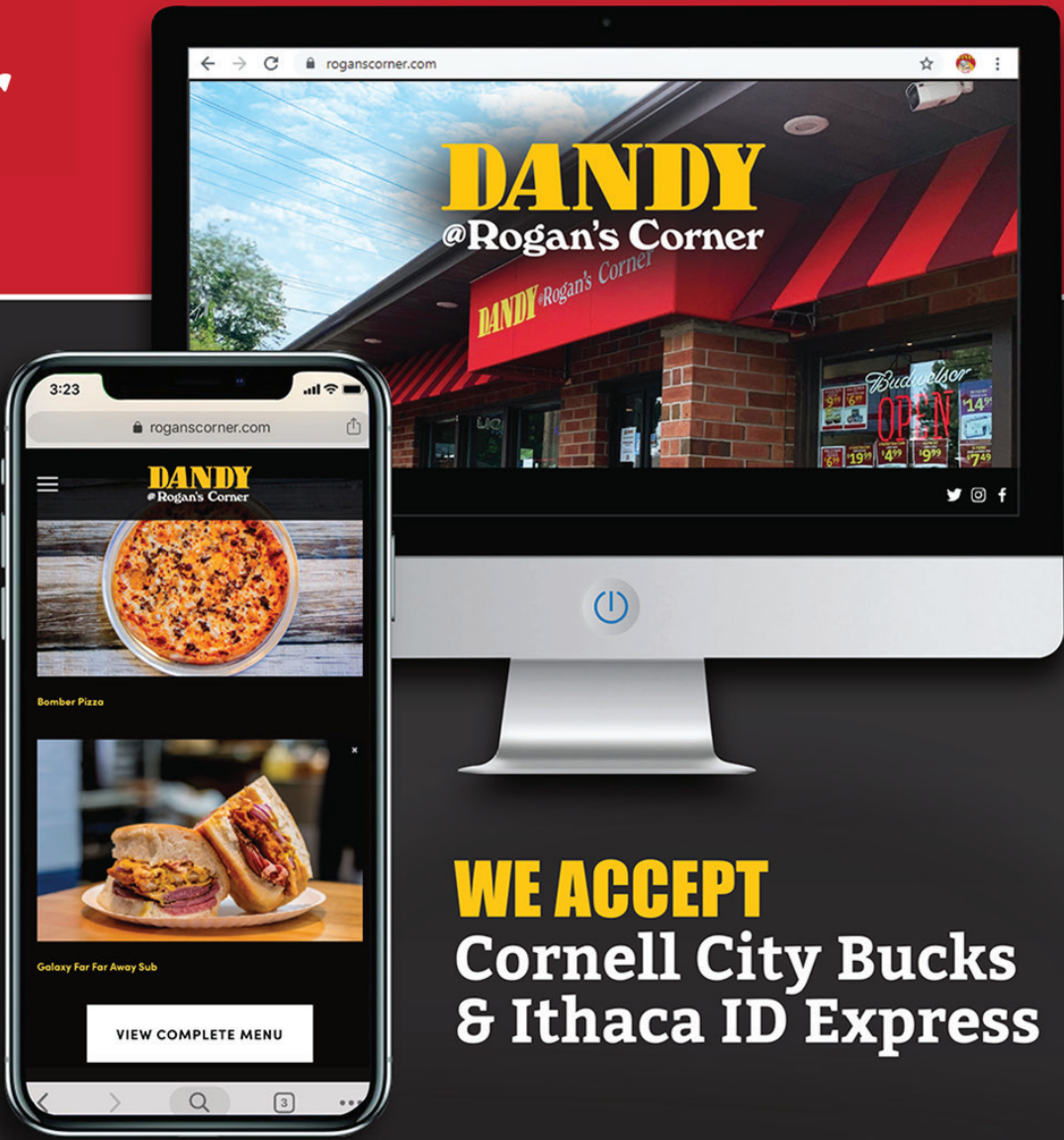
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# OPINION

THURSDAY, FEBRUARY 6, 2020

9



JACOBA TAYLOR/THE ITHACAN

## EDITORIALS

### Ithaca theater scene brings students and locals together

In Ithaca, there are numerous opportunities for individuals to partake in the arts, regardless of if they are a part of the local community or are students attending any of the three colleges in the area. The Kitchen Theatre Company, one of these venues for creatives, was actually created by two Ithaca College students in 1991, Matt Tauber and Tim O'Brien. The company was created in their very own kitchen, hence the theater's name.

The theater has produced over 200 plays, and it stages seven different shows from September to June. Currently, the show "Cry It Out" is playing at the theater and will run from now until Feb. 22. The show itself is a comedy about motherhood, particularly looking at the issues of sexism and classism that are interwoven in other issues within motherhood. Multiple college alumni are involved in the production, both on and off stage.

For many graduates, working in a local theater is a great way to stay involved in the community and give back to an artistic scene in the place they called home for four years. The college community is very

involved in productions that go on downtown, with students and faculty members from the college working on local productions. Beyond the Kitchen Theatre, alumni work at many local companies in the downtown area, like The Cherry Artspace and the Hangar Theatre.

These theater spaces provide internship opportunities to current students at the college who hope to pursue creative careers postgraduation. This creates a relationship between the college and the downtown community that is mutually beneficial. Students are able to expand their learning and hands-on experience beyond the classroom and extracurriculars, and these theaters have more opportunities to hire young, excited and creative people.

Most importantly, having places for local Ithacans and students from the college to work and create together helps to develop a more closely knit community. The tagline of the Kitchen Theatre Company is "Important Conversations Happen in the Kitchen," and these are conversations that could be shared by all Ithacans — students and locals alike.

### Whalen's culture around mental health must change

On Ithaca College's campus at night, it is not surprising that most academic buildings are rather quiet. But walk into the basement floor of the James J. Whalen Center for Music, and it is full of activity. Students flood the hallways and rehearsal rooms, and there are instruments and voices heard in every corner.

Some of these students will spend the rest of their nights there until a member of the janitorial staff tells them to leave. These late hours allow students to squeeze in rehearsal times, at the expense of sleep.

This is the reality of many music majors at the college: the feeling of never being allowed to stop, even if that means disregarding the needs to sleep and eat. It is a culture that has inhabited the music school for years, and it is also a mentality that glorifies exhaustion.

Creating spaces where students can express their stress is a great start to addressing cultural issues in the school. The work that is currently being done by the Mental Health Awareness for Musicians Association (MHAMA) is providing

an avenue for open dialogue and events for self-care implementation.

Music students internalize very intense pressures to be perfect. These often lead to students isolating themselves from their peers, even when their peers are experiencing the same feelings. The work of MHAMA shows students they are not alone in the anxiety they face.

The efforts that are currently taking place in the school are important. They pave the way for future conversations regarding mental health. There need to be continued efforts of opening this conversation, perhaps through additional resources, forums or even the implementation of a seminar that prepares new students for the workload. The School of Music is a competitive school that is internationally renowned for training musicians to be masters at their crafts. Its high standards and rigorous training should not be compromised. However, the culture that makes students feel like they have to face the intense workload alone can and should be changed.

## 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

## Iranian students stopped by Border Protection

BY KATE SUSTICK

As relations between the United States and Iran continue to worsen, individuals traveling from Iran continue to be stopped, detained and reportedly harassed upon entry into the United States. Two college students from Iran claim to have been mistreated and illegally denied entry into the U.S. at Logan International Airport in Boston.

The two students, Shahab Dehghani, 23, and Reihana Emami Arandi, 35, were both on their way to universities in the Boston area. They have now filed separate civil rights complaints with the U.S. Department of Homeland Security, requesting an investigation of the conduct of U.S. Customs and Border Protection officials.

In their complaints, both students say that they were taken in and questioned for hours and that their luggage was confiscated and searched. Arandi said that her cellphone was also confiscated and that the officers did not allow her to make any calls, not even to the individuals awaiting her at the school she was attending. After hours of interrogation, the officials concluded the two students were planning to stay in the country longer than their temporary student visas allowed. According

to the students, this was a false claim. Neither Arandi nor Dehghani said they had any plans to overstay their visas' expirations, and they said the officials did not have any proof to support these conclusions.

Arandi was arriving for her first week of classes at Harvard University. While detained, Arandi refused to sign a statement officials provided to her and, as a result, has been banned from U.S. entry for five years.

Arandi said she did not have any intention of staying in the United States beyond her years in school. She said she plans to earn a master's degree at Harvard University and then conduct research, teach and partake in humanitarian work in the Middle East or North Africa.

"I have never had any interest in or intention to stay in the U.S. for the long-term," Arandi stated in her complaint. "In fact, Harvard is the only school in the U.S. I even applied to."

Dehghani attends Northeastern University and studies economics and mathematics. Dehghani claims that in recent years, he was able to enter the U.S. three different times. Recently, it took approximately a year of the U.S. Department of



Protesters gather in support outside the courthouse where the hearing for Shahab Dehghani is scheduled regarding complaints made against the U.S. Department of Homeland Security.

PHILIP MARCELO/AP NEWS

State vetting him before he was granted a visa.

Both Dehghani and Arandi said they were not permitted to communicate with attorneys and were subjected to "threatening and uncivil interrogation" about topics like religion, political beliefs and opinions about recent events in the Middle East. Officials from U.S. Customs

and Border Protection declined comment, while the Department of Homeland Security did not respond to an email seeking commentary.

Since August, these two students are two of at least 10 different Iranian individuals who have been denied entry into the United States. According to civil rights groups, Iranians con-

tinue to be targeted for extra screenings and inappropriate personal background checks. This has happened since 2017, they said, when President Donald Trump issued a travel ban on individuals from several predominately Muslim countries.

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## NEWSMAKER

## Hillel staff member wins Rookie of the Year award

Austin Reid is a Springboard fellow who works with the professional staff at Hillel at Ithaca College. Because of the work he does in the community on and off campus, Reid won the Rookie of the Year Award as a part of the Tompkins Chamber Fab5 Young Professional Awards.

Since joining the staff at the Office of Religious and Spiritual Life, Reid has worked to create events for Jewish LGBTQ students. Reid is also a board member of Ithaca's young professionals group called Tompkins Connect. The group works to better the community for Ithacans under 40.

Opinion editor Kate Sustick spoke with Reid about this achievement and the continued work he does for both the young professionals of Ithaca as well as the Jewish community on the college's campus.

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

**Kate Sustick:** What brought you to Ithaca?

**Austin Reid:** I finished up my undergraduate studies in spring of 2018, graduated in May of 2018. During my senior year, I was looking for positions. I was working in nonprofit work in Ohio, then I found out that Hillel International has this fellowship for young career professionals and recent college graduates, ... the Springboard Fellowship. ... I started in July of 2018, and it will go through to the end of June 2020. It's been an awesome experience.

**KS:** What drew you to continuing religious work as a career?

**AR:** I wanted to do work that I could unite my interest in Jewish communal work and higher education, and Hillel really provided that opportunity for me. ... I actually converted to

Judaism in college at the end of my first year. I grew up attending a Catholic school, and it really got me thinking about theology. ... My family's religiously diverse. We have Jewish members of my family. There are Protestants in my family and Catholics. I had these questions and eventually found answers that work for me in Judaism.

**KS:** What was the moment that it clicked that you'd rather practice Judaism than Catholicism?

**AR:** Growing up in Catholic school, I learned about original sin and the view of the world there, and I think that the Jewish faith does not really have original sin as part of its theology. ... Every person is not necessarily bound up immediately from birth in this state. Also, I am gay, and I know that ... there's affirming and accepting Catholic congregations now, but, at least where I grew up, that wasn't what I grew up [around].

**KS:** What is the Keshet chapter at Ithaca College? What was your role was in its establishment?

**AR:** When I was hired, one thing it did for Hillel was nearly double the size of our staff. [Keshet] was something that students and even alumni of Hillel had been saying, "This would be a really cool group to have on campus." It's a place for queer Jews to meet one another and learn more about what that intersection looks like. ... Last year, we had a Pride Shabbat. We have had informal meet-ups. We'll get meals together. We had a drag show last year. ... Having a staff member helps bring it from the idea stage to reality. Keshet ... is the desire to have a space primarily for queer students, [which] was lacking. We've had in our student leadership and staff queer



Austin Reid, faculty member of Hillel at Ithaca College, won the Rookie of the Year award as a part of the Tompkins Chamber Fab5 Young Professional Awards.

SURINA BELK-GUPTA/THE ITHACAN

representation for quite some time.

**KS:** You were recently awarded Rookie of the Year by the Fab5 Awards here in Ithaca. Could you tell me how that came to be?

**AR:** I'm on a board for a young professionals group in town called Tompkins Connect. It's a group that provides community for individuals in Tompkins County that are under the age of 40, who are living and working here. ... I'm not sure how often Ithaca College students see Ithaca as not just a place to go to college and learn during four or five years but really the best place [for] young people to settle here, have lives here and have careers here. That's something the City of Ithaca and the local chamber of commerce have really been passionate about sharing. Ithaca is much more

than just a college town.

**KS:** What do you hope for the future as a young professional in Ithaca?

**AR:** I'll be starting a master's program at [Cornell University] in the fall in public administration, ... [as way to] better unite the skills I've learned over the last few years. And then, I don't really know. I really enjoyed working in the nonprofit sector, ... government affairs. I'm deciding what is the long-term route for me. ... I never have a day at work where I'm like, "I don't want to go to work today." ... I just hope that whatever next step after grad school, I get the similar feeling.

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GUEST COMMENTARY

# Exploratory Program puts student interest first

BY CAROLINE ANSON

If you are reading this as someone who knew their educational path from a young age, stuck with the same major for all four years and is excited to start a career in your area of study: congratulations!

That being said, you may have a friend who switched programs more than once or a peer you might have realized stopped attending the same classes as you. Maybe it was even once you who hesitated and reassessed your choice of major when reading a

“

When I stumbled upon the Exploratory Program, it was almost too good to be true.

— Caroline Anson

”

particularly lengthy syllabus.

It is largely expected of you to have made that massive life decision at 17 or 18 years old. How does that make any sense?

For context, roughly a third of students change their bachelor degree

program in typical four-year institutions. This does not include students who have yet to declare — those students who are sitting there “undecided.” At Ithaca College, students who have yet to decide their major make up, give or take, 20% of their incoming class, depending on the year. This is a large portion of a class that is not in their right major yet.

All I knew when looking over vast lists of majors, minors, concentrations and additional areas of study was that I did not know which one was right for me. I had been visiting schools that had a lot of programs. I was searching for a level of flexibility, that way if I needed to hop from one program to the other, I would be able to. Still, this idea came with many limitations. I was told I would have to figure it out on my own — I would not be able to study abroad, and potentially, I would have to stay an extra year. When I stumbled upon the Exploratory Program, it was almost too good to be true.

The Exploratory Program is Ithaca College’s version of “undecided,” except, it recognizes that you are exploring; you are on a journey to figure out the best path for you. It does not rush the milestone decision of declaring your major — instead, it provides up to 60 credits, or two years of time, to figure it out. The program provides additional resources, great faculty and peer support systems and activities that all aim to help you narrow down the choice that is right for you.

As a graduating college senior, I have spent a lot of time reflecting on my educational path. I speak so highly of this program because it has entirely shaped my college experience.



Senior Caroline Anson, Exploratory Program intern, explains her own experience finding her major and the ways the program can help other students as well.

LUCAS CAVANAGH/THE ITHACAN

Through guiding my first-year experience, allowing me opportunities through volunteer positions and internship opportunities and for understanding that I was here to figure out what my passions really were, the Exploratory Program was a monumental aspect of my experience as a student at Ithaca College.

As my time with the program ends, I am excited to see it continue to grow under the new leadership of Maria DiFrancesco. It will

continue to be a wonderful home to those who need it.

I hope that even if you did not directly interact with the program, you take on its core value with you — there is so much out there waiting for you to explore.

CAROLINE ANSON is a senior integrated marketing communications major. Contact her at [canson@ithaca.edu](mailto:canson@ithaca.edu).

CORRECTIONS

A original version of the All-College Gathering article stated that the college spent approximately \$6.7 million on the new positions within the Division of Student Affairs and Campus Life. However, that \$6.7 million was not used entirely for the new positions.

LETTER TO THE EDITOR

## SOCC seat added to SGC senate must be recognized

BY FARWA SHAKEEL

On Monday, January 27th, the Ithaca College Student Governance Council (SGC) unanimously passed an amendment to seat a member of the Students of Color Coalition (SOCC), with voting power, on the senate. Effective immediately, the Students of Color Coalition Senator will be tasked with representing the Coalition and the interests of students of color on the Senate.

The Coalition, which was established in Fall 2019, is meant to synchronize efforts between ALANA organizations on campus while advocating for students of color. SOCC is a student body housed in the Center for IDEAS.

For many years, Student Governance Council, the primary advocacy body for Ithaca students, has debated the creation of such a position. In 2015, POC at IC led a series of protests that effectively forced former president Tom Rochon to step down from the presidency. In 2017, President Shirley Collado began her term as Ithaca College’s ninth president. After the protests, and the excitement surrounding President Collado’s term, it was clear that students of color needed more meaningful representation than already existed. Questions arose of how to best do this — would an ALANA senator be too broad, or in fact too narrow? Would an ALANA senator risk tokenization?

When seniors Sobeida Rosa and Annis Bell, with several other colleagues, created the Students of Color Coalition, SGC saw an opportunity to solidify a position that was aimed at advancing the needs of students of color. With the Coalition established, there was a mechanism through which a senator position could be created.

Sophomore Sebastian Chavez and junior Roy Perera collaborated on writing the legislation that eventually passed.

While *The Ithacan* chose to focus on the Council’s discussion with Dean of Students Bonnie Prunty — no doubt an important, and necessary, conversation — the creation of this position was grossly underrepresented in last week’s article. With just 4 lines, *The Ithacan* minimized what is perhaps one of the most significant pieces of legislation SGC has passed in recent times which will have an impact on the students of Ithaca for years to come.

The legislation is for the students who bravely fought for change in 2015. It is for the students who just at the end of 2019 displayed inequities in their classrooms. It is for students of color like myself who have always struggled to find their place on this campus. It is for the students of color who struggle quietly, in their own ways, as well as the students of color who express their struggles for the good of their peers. This legislation tells students of color: You are an integral part of this community.

The seating of the SOCC senator will change as the needs of students of color change. Responsibilities can expand, and the role can change according to the times. For now, however, this is a monumental piece of work that cannot be minimized to four lines of writing.

FARWA SHAKEEL is a senior international politics and economics double major. Contact her at [fshakeel@ithaca.edu](mailto:fshakeel@ithaca.edu).

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THE ITHACAN

THURSDAY, JANUARY 23, 2020

THE ITHACAN

VOLUME 87  
ISSUE 15

ACCURACY • INDEPENDENCE • INTEGRITY

MLK Scholars call for social justice solidarity

BY CORA PAYNE  
AND FALYN STEMPLER

Martin Luther King Jr. said to a crowd in 1967, "A time comes when silence is betrayal," and that line was the theme for Ithaca College's annual MLK Week. For the college's Martin Luther King Scholar cohort of 2023, continuing King's fight for social justice cannot be achieved without solidarity.

"As we learn about and celebrate the legacy of Dr. King, it's important to recognize that the movement predates him and outlives him," freshman Tisha Morris said at the college's annual MLK Scholar presentation Jan. 20. "We have a place in it."

The presentation took place during the college's 13th annual MLK Week from Jan. 20 to 25, a presentation that honors King's 91st birthday. The week began with the freshmen class of MLK Scholars' presentation from 10 to 11:30 a.m. Jan. 20 in the Emerson Suites followed by a brief sermon from La Jerre Cornish, provost and senior vice president for academic affairs. The students' presentation offered an overview of the history of the civil rights era while critiquing the exclusivity of the movement and relating it to the injustices of today.

The following days consisted of Student Leadership Institute student workshops, a seminar about the media and the 2020 election.

MLK, PAGE 4

Rally held to free convicted killer of student

IC responds to tensions



# DIVERSIONS

## crossword

By United Media

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
			18	19			20	21				
22	23	24					25					
26				27	28	29		30		31	32	33
34			35		36		37		38			
39				40		41		42		43		
			44		45			46	47			
48	49	50					51					
52					53	54			55	56	57	58
59					60				61			
62					63				64			

### ACROSS

- 1 Actress -- Sedgwick  
5 Dow Jones fig.  
8 Import car of yore  
12 Novelist -- Uris  
13 "Golly!"  
14 Soprano -- Gluck  
15 Marshal Dillon  
16 Giants hero of yore  
17 Poet's contraction  
18 Joule fraction  
20 Start a paragraph  
22 Reason  
25 Vat  
26 Mountain curve  
27 Form 1040 info  
30 Of ships  
34 Carpe --  
36 Large cup  
38 Speed contest  
39 Alleviated  
41 Beret kin  
43 NFL "zebra"  
44 Alley from Moo  
46 Secret rendezvous  
48 Lays upstream  
51 Eggs, in biology

- 52 Name in jeans  
53 Harley, to some  
55 Winter runner  
59 Ra's symbol  
60 Astonish  
61 Traveler Marco --  
62 Freight hazard, briefly  
63 Really tiny  
64 Kebab holder


### DOWN

- 1 Dutch carrier  
2 Formal vote  
3 Nonsense!  
4 Gambling stakes  
5 All excited  
6 Check for accuracy  
7 Understand (2 wds.)  
8 Boating hazard  
9 Helm position  
10 Right on!  
11 "Simpsons" kid  
19 Lawyer's thing  
21 Wimple wearer  
22 Yield  
23 Where India is  
24 Manipulates  
28 Not Ig.  
29 Filbert

- 31 Deviate  
32 Virtuosos  
33 Moved on  
35 Back fence sound  
37 Dixie st.  
40 Spanish gentleman  
42 "Jersey Shore" channel  
45 "Baloney!"  
47 Speaks hoarsely  
48 Hunk of cheese  
49 Seeger or Sampras  
50 State firmly  
51 Double-curved molding  
54 Get a loan  
56 Snip (off)  
57 Yale alumnus  
58 Tiny circle

### last issue's crossword answers

KILO	LOC	MADE
EDEN	OOH	EMIR
PLAT	GPA	TYPE
TENORS	NEE	
	UFOS	COOPT
OVERDUE		ORALS
KEG	TDS	FOP
RIATA	ATTESTS	
ANDES	NEAR	
	SKI	TWOER
OMIT	GPS	IOTA
KALE	ORO	CANS
SEED	RON	AMAH



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3/7 AN EVENING WITH GRAHAM NASH  
3/12 O.A.R. *SPRING FLING TOUR*  
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  
5/28 CITY AND COLOUR

**HAUNT**

2/7 BRANDON "TAZ" NIEDERAUER  
2/11 ANDY FRASCO + BIG SOMETHING  
2/15 DURAND JONES  
2/16 MIKE DOUGHTY  
2/22 QUINN SULLIVAN  
2/26 CJ CHENIER  
3/4 GEOFF TATE

**HANGAR**

2/9 JOHN SEBASTIAN  
3/13 HOWARD JONES  
3/18 TOM PAXTON  
4/4 BURNS SISTERS  
4/23 ALASDAIR FRASER & NATALIE HAAS  
5/9 CHRIS SMITHER



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## sudoku medium

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

### answers to last issue's sudoku:

#### easy

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

#### medium

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

#### hard

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

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## HIGHLIGHTING NEW MOTHERHOOD

Female-focused story takes the local stage in play



From left, Erica Steinhagen and Melissa Miller rehearse for their respective roles as Adrienne and Lina in the Kitchen Theatre's current production, "Cry It Out."

JILL RUTHAUSER/THE ITHACAN

BY JULIA DiGERONIMO

When the lights go down and the actors step onstage at the Kitchen Theatre Company, the audience knows to prepare itself for a jaw-dropping performance. This is the case in "Cry It Out," the theater's fourth show of the season that opened Feb. 2 and will run until Feb. 22.

The theater produces shows that highlight real-life situations, house manager Melissa Accordino '16 said. "Cry It Out" focuses on three mothers and illustrates the hardships they face, like juggling parenthood and work, through a comedic point of view.

"Cry it Out" is one of the over 200 plays and 34 world premieres that have been produced at the Kitchen. The theater puts on seven shows between September and June, and this season, it started with "The Children," which ran Sept. 8–29; "The Two Kids That Blow Shit Up," which ran Oct. 20–Nov. 3; and "Proof,"

which ran Nov. 23–Dec. 15.

Accordino said the theater's mission is also to produce innovative works and create a welcoming environment for audiences and artists. "Cry It Out" fits this standard, she said.

"I love 'Cry It Out,'" Accordino said. "It's one of my favorite shows of the season. It sheds light on [a] female narrative. ... It begs a lot of questions that revolve around classism and internalized sexism. ... It really makes you sit down and put yourself in an experience that is outside your own."

"Cry It Out" was written by Molly Smith Metzler and published in 2017. Smith Metzler said she had not seen a play that discussed new motherhood and maternity leave openly and comedically, so she decided to write these themes into "Cry It Out."

"I feel like this period [of motherhood] is so rife with drama and comedy," Smith Metzler said. "You're trying to keep a human alive and not lose your mind. ... I couldn't think of

another play that talked about it and put a spotlight on women, so I was inspired to do that myself."

The theater is one of 13 theaters performing "Cry It Out" in 2020, and the topics "Cry It Out" explores are relevant today, said Lesley Greene, associate producing director at the theater.

"There is a big article in The New York Times ... about the very issue covered in the play, that is moms or parents juggling work and raising kids," Greene said. "There is all this talk about choice and having the choice to go back to work, but in reality, there is very little choice for so many people because the socioeconomic reality is that most people need to go back to work right away. And that is the really big topic of the play."

The theater offers tickets to students for \$20. It also sells student rush tickets in which students can buy seats that have not been sold yet on the day of the performance for \$15.

Several Ithaca College alumni, including Accordino, worked at the theater after graduating. Accordino was a student in the Roy H. Park School of Communications before becoming the house manager at the theater. The theater is known for being deeply involved with alumni from the college, Greene said.

"People get to know the Kitchen Theater when they are students and then keep in touch," Greene said. "Sometimes Ithaca College faculty will be a designer on a show, and they will bring along a student they are mentoring to be their assistant. Then they graduate and come back."

Accordino said the theater encourages students and alumni to attend shows and become involved.

"I really do think that IC students would take interest in seeing this



"Cry It Out" focuses on three women as they navigate the ups and downs of new motherhood. The play was written in 2017.

JILL RUTHAUSER/THE ITHACAN



The show opened Feb. 2 and will run until Feb. 22. Regularly priced tickets are \$20–\$32 and sold on the Kitchen Theatre website.

JILL RUTHAUSER/THE ITHACAN

show," she said. "I know firsthand that IC students are incredibly motivated and incredibly driven, and I know that they like to be involved when it comes to the Ithaca community and issues that really matter."

Erica Steinhagen '99 plays Adrienne, one of the lead roles of the show, and Tyler Perry '12 works backstage. As an undergraduate at the college, Perry designed for the theater, and now he works at the college in the Department of Theatre Arts and at the theater as a lighting designer.

"As an Ithaca College student, I was excited to be able to build my resume with professional experience gained at the Kitchen," Perry said. "Their long-standing tradition of championing compelling, timely and evocative plays helped expand my theatrical

palette and experience with different styles of storytelling."

Steinhagen was a vocal performance major in the School of Music who started her career at the theater in 2004. She has since acted in over 12 shows.

"I really consider the Kitchen one of my artistic homes and a place where I feel I have been able to grow as an artist," Steinhagen said.

Accordino said the theater has an amazing environment to work in and see shows.

"Seeing shows at the Kitchen are unlike anything I have ever seen in my life, and that's even before I started working there," Accordino said. "It's really a special place."

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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

“It was important for me to have all these products available because I know better than anyone that different styles and textures have different needs. ... But that’s the beauty of hair — it’s unique to everyone.”

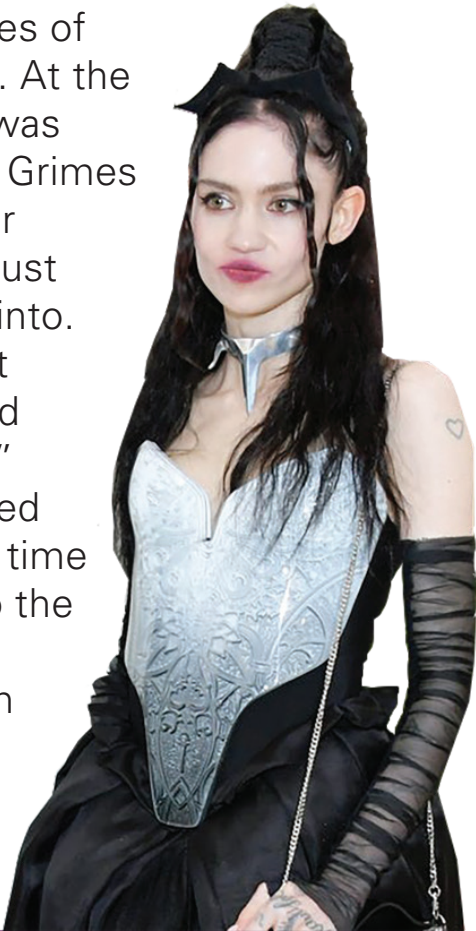
**TARAJI P. HENSON,**  
on her new natural hair care brand



## SPOTLIGHT

### SINGER GRIMES ANNOUNCES PREGNANCY

Canadian singer Grimes confirmed Feb. 1 that she is pregnant. In January, Grimes posted a series of pregnancy pictures to her Instagram account. At the time, fans were not certain if the performer was trolling them or not, according to CNN. Now, Grimes has revealed her pregnancy to fans in another Instagram post. In this post, Grimes said, “I just didn’t [really] understand what I was getting into. It’s been good too, but it makes working a lot harder. Good at writing and having lots of wild ideas [though], but anything physical is hard.” Grimes also told fans that she had experienced early complications but was having an easier time her second trimester. She did not reveal who the father of the baby is, but the songwriter has been dating SpaceX CEO Elon Musk since 2018.



## HOT

- “America’s Got Talent” host Terry Crews apologized to Gabrielle Union for comments he made about Union’s claims that she experienced racism and sexism while working as a judge on AGT. In an interview with TODAY, Crews said he had never experienced racism at AGT. On Jan. 31, Crews tweeted an apology and said, “I want you to know it was never my intention to invalidate your experience — but that is what I did. I apologize.”
- The British Academy Film Awards implemented a different theme this year, one that promoted sustainability. The event was held Feb. 2 and a spokesperson for the awards said, “The goal is that the EE British Academy Film Awards 2020 will be carbon neutral, working towards having a net positive impact on the environment.”



## NOT

- Actor Pamela Anderson tied the knot in January with director Jon Peters in a secret California wedding ceremony. Twelve days after the ceremony, the two have split. Anderson said to E! News, “Life is a journey and love is a process. ... We have mutually decided to put off the formalization of our marriage certificate and put our faith in the process.”
- The Miami Fire Department canceled a Lizzo and Harry Styles joint concert as strong thunderstorms moved into the city after 8 p.m. Concertgoers were evacuated from the venue soon after the cancellation. Styles apologized to fans on Twitter and said that the fire department would not let the concert continue under any circumstances.





# Center dives into the history of Tompkins County

BY ANTONIO FERME

Mementos from the past are the focus of the Tompkins Center for History and Culture. The center is filled with vibrant infographics and historical items, including an interactive replica of a 19th-century schoolhouse and a World War I Tommy plane that was built in 1918 in Ithaca.

In February 2019, the center relocated from its space in the Gateway Center to a new space on The Commons. The center itself is a collaborative partnership among 12 different community partners, and the exhibit space features attractions that are created through collaborations with community partners like Cayuga Chamber Orchestra and Historic Ithaca. The exhibits are usually categorized by theme: people, land, architecture, culture and enterprise. The center itself is open 10 a.m.–5 p.m. every day of the week.

On Jan. 23, the museum opened the exhibit “Sisters of Change: Dorothy Cotton and Unsung Sheres for Racial Justice, Human Rights and the Vote” in partnership with the Dorothy Cotton Institute.

Ben Sandberg, executive director of the center, said the exhibit honors Cotton's legacy. She was a colleague of Martin Luther King Jr., a civil rights leader and an Ithaca native. She worked at Cornell University as the director of student activities and lived in Ithaca until she died in 2018. The exhibit opened Jan. 23 and will run until the end of April.

Sandberg said the museum aims to rotate and develop new exhibits twice a year. Sandberg also said the center serves as a welcoming community hub that celebrates the great aspects of living

within the Ithaca community.

“I am part of the governance body for the building, but I’m not the sole voice, nor could I do it on my own,” Sandberg said. “It’s about building creative synergy between our organizations and managing the space as a cultural community.”

Sandberg said that through new technology, the center is able to collect data about its visitors, including how long people are reading a specific page or looking at an image. With this information, Sandberg said, he hopes to integrate new and better ways to engage guests.

Another way Sandberg said he plans to increase enthusiasm among visitors is by looking at age demographics.

“I think history gets this bad rap that it’s just for older generations,” Sandberg said. “So in this museum, we want to have pieces that are exciting and engaging for young kids.”

The center also houses a research library toward the back of the exhibit space. The library became open to the public in May 2019. It has a broad collection of books and newspapers dating back to approximately 1819. It also contains hundreds of scrapbooks, manuscript collections and a large photo collection consisting of approximately 100,000 photographs.

Donna Eschenbrenner, director of archives and research services at the center, is responsible for the archival materials. She said that making information available to the community is a top priority. Eschenbrenner said she has approximately 15 staff members, including Ithaca College senior Liza Gillespie.

Gillespie, who is a history minor, said she volunteered at the



Sarah and Rowan Catterall read a plaque in The History Center in Tompkins County. The center focuses on the history of Tompkins County, and its goal is to connect residents with the history of the area.

BECKS EDELSTEIN/THE ITHACAN

center in May 2018 before interning with Eschenbrenner this semester. Gillespie said she is exposed to different parts of history through her internship.

“Archives are a great place to dig deeper into to find information about early Ithaca College, for example, and how that has impacted the rest of the area,” she said. “It has been really great for me personally just because I’m obviously interested in history.”

Sophomore Victoria Sheridan also works at the center as a docent. During the summer, Sheridan guided

guests through a quick overview of the museum and answered their questions. When visitors decrease during the winter, Sheridan helps to maintain the exhibits and shares social media posts for the center.

Sheridan said the atmosphere of the space is great to be a part of.

“It’s just a very comfortable atmosphere because the people are super friendly,” Sheridan said. “It’s very well laid out and doesn’t feel like a bunch of information is being thrown at you. And it’s a really, really great place to work.”

Sheridan is involved with the Ithaca College History Club and serves as the executive board’s local historian. She said she wishes to see a stronger link between campus life and the center.

“I’m trying to work on getting a volunteer group from the club over to the center,” Sheridan said. “I want to involve people not because I have to but because I think it’s a great place, and I think more people should visit.”

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## Alum nominated for Oscar with documentary short film

On the edge of a political movement sits one man caught between the roles of father and community leader. In “St. Louis Superman,” an Oscar-nominated documentary short film, Bruce Franks Jr. becomes a politician after 18-year-old Michael Brown Jr. was shot and killed by a police officer in 2014.

Sami Khan '02, a former cinema and photography major, was one of the directors, producers and cinematographers of the film, which has been nominated for Best Documentary (Short Subject) at the 92nd Academy Awards. Khan has directed other films like “Khoya,” “Habibi” and “75 El Camino.”

Staff writer Alex Hartzog talked with Khan about his work in the film industry and his feelings about his nomination.

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

**Alex Hartzog:** What is your favorite part of filmmaking?

**Sami Khan:** It’s hard to compete with moments like the opening of “St. Louis Superman” where you’re capturing life and two people connect in a way that is so incredible and beautiful. Moments like that exist because of filmmaking. They exist beyond time. You capture the moment, then you realize in the editing room fully what you have.

**AH:** Could you give me a rundown of what the movie is about?

**SK:** “St. Louis Superman” is about Bruce Franks Jr., who in 2014 was a battle rapper and community leader, and then after the death of Michael Brown Jr. that August, ... he decided to run for political office. Our film is about Bruce in the [Missouri House of Representatives], which Bruce is an African American man, and at the time, he was in

his early thirties. It’s about Bruce trying to get this bill passed that would honor his late brother that died of gun violence. ... He’s a father. He’s a battle rapper. He’s a community leader. Our film gets into the many facets of his personality, and one of the most important parts of that was and continues to be Bruce’s struggles with mental health: depression. One of the themes of the film is how does somebody who wants to effect change in the political system survive psychologically.

**AH:** Could you give me a history of the film and its road to the Oscars?

**SK:** We were commissioned to make a short documentary by Al Jazeera Witness in the fall of 2017, and we pitched several different ideas, and Smriti, one of my co-directors, pitched Bruce Franks Jr. as one of the ideas. ... We approached Bruce to try and get him to agree to be filmed, and it took a couple months. ... We started filming in April of 2018 and filmed through August of 2018 off and on. We were in [postproduction] for four months, and it premiered in February of 2019 and went to [Tribeca Film Festival] and won a prize, and then we were acquired by MTV Documentary Films to kind of propel us into the stratosphere.

**AH:** Could you describe how the movie has progressed since being picked up by MTV [Documentary Films]?

**SK:** The stage has gotten a lot bigger — from just small film festivals to rubbing shoulders with people like Brad Pitt and Kathy Bates and Joaquin Phoenix. Because of that, more people are familiar with the film. ... What we’re sensing now is there’s a huge demand for people to see the film and see Bruce’s story, and that’s exciting.



Bruce Franks Jr. and his son King Bruce Franks III are featured in the Oscar-nominated documentary short film. “St. Louis Superman,” directed by Sami Khan '02.

COURTESY OF SAMI KHAN

**AH:** Can you describe where you were and what you felt when you found out you were nominated for an Oscar?

**SK:** I was sitting on my couch, and I had to convince my wife to go [into work] late. ... She did, so she was sitting next to me and our young daughter. ... Then they announced, and we were nominated, and I blacked out for a while. Life goes on. We had to take our daughter to day care because life doesn’t stop, even for the Oscars.

**AH:** How did you first get into filmmaking?

**SK:** I was always making film, sort of the cliché that my dad got a video camera, and I was a kid, and I kind of commandeered. ... At [Ithaca College], ... I was able to understand that storytelling could thrill you but also reveal a deeper artistic truth or a political truth.

**AH:** How do you hope your work will

impact people who see it on a personal level?

**SK:** I hope to connect emotionally with people, and there are sort of political elements to films I tell. I think that by connecting to people emotionally with people like Bruce in our film says, “Storytelling is your superpower.” Emotion is the key part of storytelling.

**AH:** What struggles did you face breaking into the filmmaking industry after college?

**SK:** Certainly there’s structural disadvantages I’ve faced because I’m not the child of a famous director. ... I think the color of my skin and my religion placed me at structural disadvantages. ... Maybe you’re good but not quite good enough to get noticed. That’s the advice I’d give filmmakers starting out: Keep getting better. ... People will notice, and you’ll find the champions who will support you.

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# OSCARS

## PREVIEW

Life & Culture editors Avery Alexander and Arleigh Rodgers sat down with Deja View host Rachel Weinberg to discuss their predictions for the 92nd Academy Awards. The show airs at 8 p.m. Feb. 9. Their full conversation is available on *The Ithacan's* Spotify, SoundCloud or Apple Podcasts.

### BEST ACTOR

#### Joaquin Phoenix for "Joker"

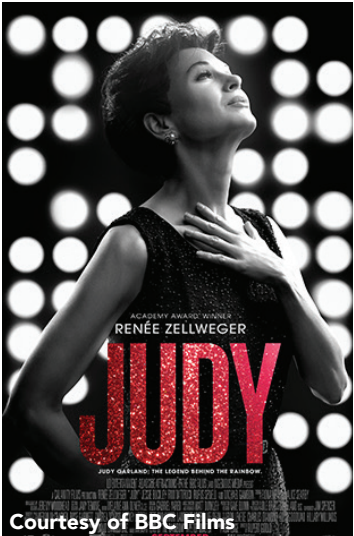
**Rachael Weinberg:** All four of [the acting awards] are locks. ... Even though I want it to be Adam Driver, I know it's going to be Joaquin Phoenix.

**Arleigh Rodgers:** I thought that Joaquin Phoenix was the best part of "Joker" hands down and brought this character to life that's ... really sad.

**Avery Alexander:** It's interesting because I haven't heard people say that he's better than what Heath Ledger did in his Joker role, but

people have definitely said he's the best Joker since Heath Ledger. And that's a hard act to follow, and one reason why I think he's definitely going to win, simply because the Joker's a really difficult character to get, and people have struggled with getting that right. I think every Batman fan agrees that he knocked it out of the park.

**AR:** Also the Academy loves transformative performances, and this is pretty transformative.



### BEST ACTRESS

#### Renée Zellweger for "Judy"

**AR:** I think [this award] is a similar situation to Phoenix. Renée Zellweger has been sweeping all the awards. I haven't seen "Judy," but I think she will win.

**AA:** My heart wants Saoirse Ronan to win because she was absolutely amazing in "Little Women." When I watched it, her performance knocked me out of the park. She's always been a great actor, and I've always appreciated what she's done. I know she's not going to get it, but my heart really wants her to.

**RW:** I agree, it's Renée Zellweger for "Judy" for sure. I did see "Judy," and part of it is because Renee had a very transformative role with the hair and makeup, but also it was just an OK movie that was elevated by such an amazing performance. ... Renée was able to show off her tap-dancing ability. She sang live while they filmed. This was the performance of her career, and especially since she took a six-year break from acting, and now she's coming back and hasn't won since 2004. I believe she's a shoe-in.

### BEST DIRECTOR

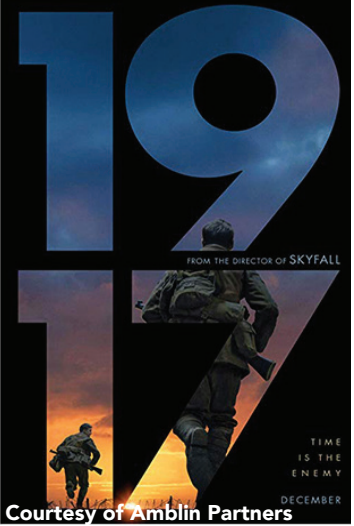
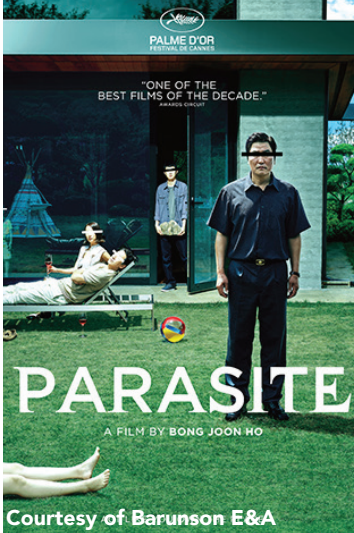
#### Bong Joon Ho for "Parasite"

**RW:** I think this is going to be between Bong Joon Ho and Sam Mendes. If there was an upset, it could be [Quentin] Tarantino. I originally thought that Tarantino could take that director spot because he's only been given screenplays, but if we look at [the Director's Guild of America awards], which gave best picture to "1917" and best director to Sam Mendes, ... I think this could be a year where we get back to director and picture both winning the same. ... It's really a two-man race at this point, but if I threw money behind one, I would go with Bong Joon Ho over Sam Mendes.

**AR:** I think I agree. We've [talked about] awards acting as an

honorary thing for other parts of [a film] that are not going to win in other categories, and this would be a perfect win for Bong as a way to both honor the film, which was my favorite of 2019, and also as one of the strongest contenders for all the awards. I wouldn't be upset if Sam Mendes won because I enjoyed "1917" very much. It would be a well deserved win.

**AA:** I have the same thoughts, especially about making it an honor. I think "1917" and "Parasite" both deserve it, so whatever happens, happens.



### BEST PICTURE

#### "1917" or "Parasite"

**RW:** I think it's going to be "1917" or "Parasite," and for this category this year, it's very reliant on International Feature, which we think will be "Parasite," and director. In the last five years, it's really been about separating the director from the producers who are a part of the picture.

**AR:** I think it will be "1917" as well, but I would love to see "Parasite" win. I thought overall that "Parasite" was stronger than "1917," and I was way more engrossed in the story and the turns of "Parasite." "1917" was well done and I enjoyed it, but it would be very exciting to

see "Parasite" take best picture.

**RW:** It would be the first time that an Asian film would win. It's the first time that a Korean film has even been nominated. For it to be nominated and win would be an exceptional feat.

**AA:** It would be so groundbreaking and offer opportunities for other filmmakers shaking up the way the Oscars usually go. I think that's what it needs to do because right now people think the Oscars are stale and not inclusive, and it lacks equity. This would be a great way to move forward and shake off the cobwebs.



# Show promotes sticky pseudoscience

SHOW REVIEW: "The Goop Lab" Netflix ☆☆☆☆☆

BY ELIJAH DE CASTRO

A warning appears at the beginning of every episode of actress Gwyneth Paltrow's new Netflix docuseries, "The Goop Lab." It reads, "The following series is designed to entertain and inform — not promote medical advice." Given the show's content, this warning does not do justice to the danger of what Paltrow is promoting.

"The Goop Lab" is an extension and a promotion of Goop, Paltrow's alternative wellness and lifestyle company. Goop is known for selling overpriced, ridiculous products. Each of the six 30-minute episodes of "The Goop Lab" explores a different healing technique: psychedelic drugs, masturbation, cold therapy, anti-aging diets and exorcisms. In every episode, Paltrow brings in an expert, although their credibility should be questioned, to discuss the history and modern interest of the healing techniques. As the title "The Goop Lab" suggests, the pith of the show is to discover the true efficacy of these techniques. Each episode documents Paltrow's Goop staff testing each healing method — yes, even masturbation.

"The Goop Lab" is also an overwhelmingly hollow experience. Sterile, stilted and repetitive, every episode in the show is assembly-line manufactured. The structure is the same for every episode: Paltrow and Elise Loehnen, Goop's chief content officer, conduct interviews with so-called experts while Goop's staff tests the wellness topic of the episode.

A documentary should create a voice of its own to make a cohesive argument. "The

Goop Lab" is squeaky clean and spotless, creating a false aura of professionalism that should not be rewarded to people promoting products with little scientific backing.

Paltrow is either a con artist or completely delusional from living such a wealthy lifestyle. There is no other way to explain her behavior. It seems like Paltrow is completely naive and lacks any level of self-awareness about the ideas and remedies she is selling. The actress has been consistently criticized for marketing products based on pseudoscience to the readers of the Goop newsletter. An example is "Body Vibes" stickers that Goop claimed were made by the conductive material NASA uses to line astronauts' space suits. The stickers would supposedly "rebalance the energy frequency within our bodies."

"Just because something isn't proven doesn't mean it doesn't work" and "You can't measure this stuff" are just a few lines the so-called professionals in the show use to explain away the science that would disprove "energy healing" and "anti-aging diets." It will take only a bit of skepticism to understand that the science the so-called professionals use is, from top to bottom, fictitious.

But Paltrow's brand thrives on the media coverage it attracts. Goop manages to profit from customers who are enticed by Paltrow's celebrity lifestyle. Goop's infamous "This Smells Like My Vagina Candle" will, and did, get media attention. However, it negligently gives the brand a platform to grow its audience.

Netflix faced criticism for agreeing to support "The Goop Lab," and perhaps for



"The Goop Lab" is a look into Gwyneth Paltrow's misleading lifestyle and beauty brand, Goop.

COURTESY OF NETFLIX

a good reason. Does "The Goop Lab" have a purpose beyond expanding the Goop brand? Not really. Its content fails to justify its three-hour length. Its presentation fails to establish itself as compelling infotainment. And, perhaps

most importantly, Paltrow fails to create a legitimate argument for her alternative science. As a result, "The Goop Lab" is harmful, unintentional self-satire.

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# Bland horror film churns with mediocre narrative

MOVIE REVIEW: "The Turning" Amblin Entertainment

☆☆☆☆☆

BY SARAH DIGGINS

The horror film "The Turning" begins with an intriguing prologue: A young governess desperately flees a foreboding mansion in the middle of the night. The film continues, revealing new bits of information before leading to a completely unsatisfying ending.

"The Turning" is based on Henry James' horror novella "The Turn of The Screw," published in 1898. In this adaptation, the story underwent several changes in plot details and modernization with a 1994 backdrop.

The updated story follows Kate (Mackenzie Davis), a young teacher who leaves her job to become a governess for a peculiar 7-year-old girl named Flora (Brooklyn Prince). Flora has recently been sheltered away from the rest of society after she witnessed the deaths of her parents in a car accident on the sprawling property of the estate. But Kate's trouble really begins when Flora's teen brother Miles (Finn Wolfhard) returns to the estate after he is expelled from his boarding school and

unexplained paranormal experiences happen in the house.

The performances from the central actors are one of the movie's strongest points. Prince tackles her role perfectly, putting a unique spin on horror movie tropes. Davis' terrified reactions are nothing more than standard for the horror genre, but her performance is convincing enough for the audience to root for her success. Wolfhard also has a grasp on his character, acting out Miles' numerous angry outbursts effectively.

There's an excellent creepy tone found in the shots of the mansion's hallways and endless fog surrounding the estate. A soundtrack that jumps from standard horror background music to modern indie rock also helps to add to the feeling of overwhelming dread. However, the horrifying moments of tension add up to nothing more than a few sleepless nights in which Kate investigates what is going on behind the darkness.

The film has severe issues as it attempts



COURTESY OF AMBLIN ENTERTAINMENT

to find its footing, making it hard to pinpoint what this film is actually even about. Audiences will leave "The Turning" with more questions than they entered with. Rather than setting up an established plot, the film piles on information that just adds to the confusion. Toward the end of the film, it seems as though some of this information is leading up to a fantastic twist, but this twist never comes. In fact, the ending is nonsensical and causes the rest of "The Turning" to feel like a massive waste of time.

"The Turning" had excellent potential. But with its severe lack of focus and a nonexistent ending, it seems as though the film had footage missing from the final draft.

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## QUICKIES



COURTESY OF NEIL FRANCIS

"BETTER WAY"  
NEIL FRANCIS, NEIL FRANCIS

"Better Way" is chilled-out yet electric. Its energy is bold but the execution is effortless. FRANCIS' lyrics are relaxed, and they ease into the song's playful back beat.



COURTESY OF UNIVERSAL MUSIC CANADA

"CHIEF" Allan Rayman, Universal Music Canada Inc.

Rayman croons his lyrics in a grungy whisper. He sings over a confident but subdued backdrop, complete with a strong drum beat and growling bass line.



COURTESY OF DUCK SAUCE

"SMILEY FACE" Duck Sauce, A-Trak, Armand Van Holden, Duck Sauce

This is the song someone shopping in Forever 21 might hear. "Smiley Face" is excessively repetitive, with no genuine fulfillment until the song ends.



COURTESY OF LIZ LONGLEY / TONE TREE MUSIC

"3 CROW" Liz Longley, Liz Longley / Tone Tree Music

Longley's vocals in "3 Crow" are reminiscent of Phoebe Bridgers, though perhaps not as refined or raw. The song nears vulnerability, but the heavy acoustic guitar, melodramatic lyrics and basic drums often undermine this attempt.



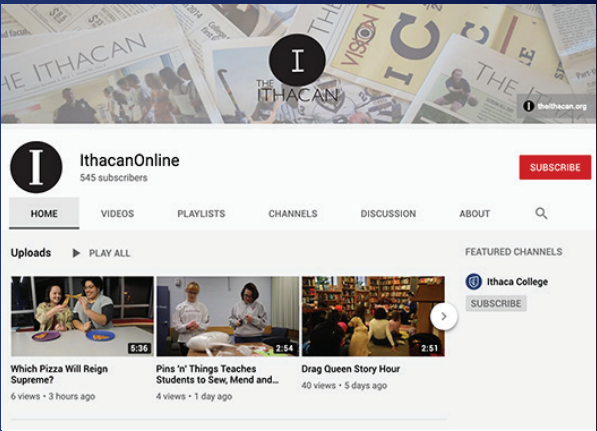
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# SPORTS

THURSDAY, FEBRUARY 6, 2020

19



Matt Scheffler, assistant coach for pole vault, guides junior Julia Nomberg through a form exercise during practice Jan. 30. He has worked at the college since 2006.

JILL RUTHAUSER/THE ITHACAN

## BY DANI PLUCHINSKY

When Ithaca College sophomore Meghan Matheny became the No. 1 pole vaulter in Division III after her performance at the Bomber Invitational on Feb. 1, the first thing she did when she got off the mat was run over and hug her pole vault coach, Matt Scheffler.

Scheffler is currently the assistant coach for pole vault for the men's and women's track and field teams at the college. He is also a head track and field coach at Lansing High School, and he runs the Ithaca College Pole Vault Clinic as well as the Tompkins County Pole Vault Club (TCPVC).

TCPVC is an organization that local athletes of any age can join to compete at meets in the offseason and learn more about the sport. Currently, there are three athletes on the college's roster who attended TCPVC as well as the clinic: Matheny, sophomore Dom Mikula and freshman Kennedy Heichel.

Scheffler said it is an incredible feeling to continue coaching athletes who have previously attended the clinic and TCPVC.

"A lot of the athletes when they come here, if they've never come to my clinic or been in my club, have different technical errors that need fixing," Scheffler said. "With Dom and Meghan, there wasn't anything I needed to tweak. They came in with the system that I taught, and to have that relationship with them is pretty special."

TCPVC runs in the summer on Monday and Thursday nights and is attended by 30-40 athletes. During the summer, the club goes to various competitions to practice and compete as well.

The club, which was founded in 2001 when Scheffler

was still a student at The College at Brockport, focuses on not only teaching the sport but making sure the athletes are practicing safely. Scheffler said that during the early 2000s, three athletes died in the United States while pole vaulting, which led people to question the overall safety of the sport. Because of this, Scheffler said, he wanted to help the community by sharing his knowledge of the sport and making sure people practice it safely.

Scheffler said that while competing in high school and at Brockport, he did not have a pole vault coach. He said he learned by filming himself with a video recorder his parents bought him, and he would watch his vaults on frame-by-frame playback. He would compare his videos to footage of elite pole vaulters and try to match their techniques.

Because of his accomplishments as a young adult with no official coach, Scheffler said, he wants to spread as much knowledge about the sport as he can. He said he tries to be flexible when coaching because every athlete is different.

"There's not one thing that works for everyone," Scheffler said. "If you have someone vaulting that's 5-foot-3, things don't work the same way with someone who is 5-foot-9. You have to be adaptable. If you get stuck in one way as a coach, you could be selling your athletes short."

Scheffler joined the coaching staff at Ithaca College five years after starting TCPVC. He said that as another way to share his knowledge, he started the pole vault clinic as well. The clinic, which runs on Monday nights from November to March, focuses on the developmental aspects of pole vaulting for high schoolers.

Scheffler said the clinic allows interested high schoolers to see the campus while learning about pole vaulting.

"It's a way to continue having high school kids around and



A group of pole vaulters for the Bombers practiced with Scheffler on Jan. 30 in Glazer Arena. Scheffler holds biweekly practices with small groups of the pole vaulters.

JILL RUTHAUSER/THE ITHACAN

jumping and teaching them safety and awareness," Scheffler said. "There is recruiting potential because kids come here, they see the facility, they work with me and they realize this is a great place to be."

Heichel, who attended the clinic and TCPVC in high school, said Scheffler was a big factor in her decision to attend the college.

"If he hadn't been here, I don't know if I would have leaned as strong towards Ithaca," Heichel said. "[High school athletes] know that if they train with Scheffler, they'll be better, and I think that is drawing people here."

The track and field programs have had immense success with pole vaulters in recent years. Alex Rechen '16 was Scheffler's first All-American as she finished in sixth place at the 2015 NCAA Indoor Track and Field Championships.

In recent years, Kat Pitman '18 won three national championships and five All-American honors during her career. In 2018, Scheffler was named the National Pole Vault Summit's Collegiate Coach of the Year. He was also named the U.S. Track & Field and Cross Country Coaches Association Atlantic Region Coach of the Year in both the 2016 and 2017 seasons.

Jennifer Potter, head coach of the women's track and field team, said Scheffler's familiarity

with the sport helps him to be successful.

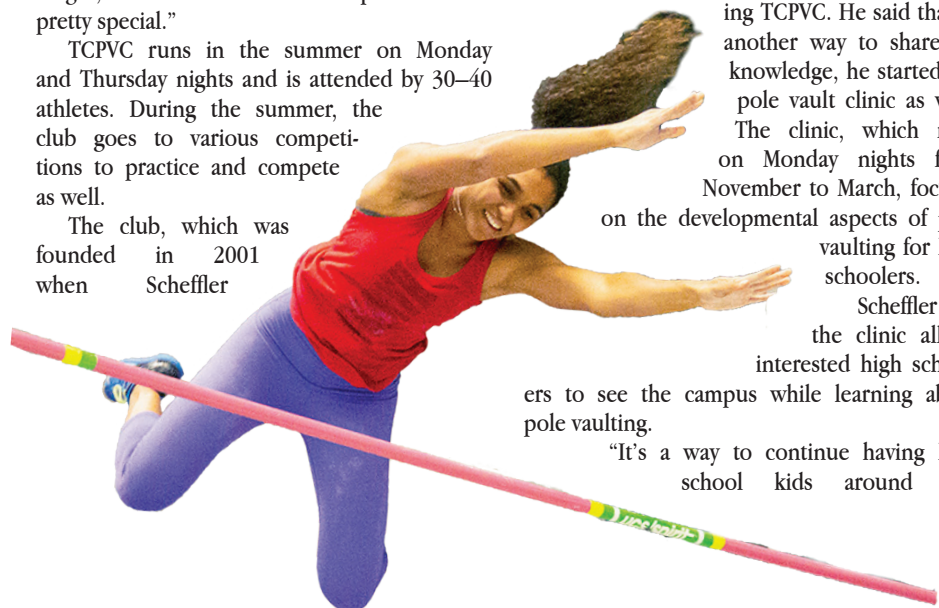
"He is very knowledgeable about the event, but it's not just his knowledge, it's also his delivery," Potter said. "I love to watch Matt coach because I feel the way he coaches athletes is unique in the sense that he can relate and react to different things that may occur."

Matheny was an NCAA indoor qualifier and attended Lansing High School. She said Scheffler's ability to coach athletes regardless of their pole vaulting experience is also a reason that the program is gaining recognition.

"We have so many kids on the team that never touched a pole until college, so I think a lot of that comes from seeing the success of other athletes that train with him," Matheny said.

Scheffler said he is happy when the clinic or TCPVC impacts athletes' decisions to compete for the Bombers.

"With the club, if we get anyone that comes here as a result, that's a great benefit," Scheffler said. "I have a passion for the sport, and I want kids to have the same success or even more success than I've had with it. I want to provide an avenue for them to succeed."



Freshman pole vaulter Martha Kemp-Neilsen clears the bar during a practice Jan. 30. Kemp-Neilsen is one of four freshman pole vaulters on the team this season.

JILL RUTHAUSER/THE ITHACAN

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Freshman diver Theo Summerville dives off the 1-meter board Feb. 1.  
JILL RUTHAUSER/THE ITHACAN



# THE BOMBERS ROUNDUP

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

## WOMEN'S BASKETBALL





	63–61			57–45	
ITHACA	JAN. 31	WILLIAM SMITH	ITHACA	FEB. 1	SKIDMORE

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	72–60	
ITHACA	FEB. 4	RIT

NEXT GAME: 5:30 p.m. Feb. 7 against Rensselaer Polytechnic Institute in Troy, New York

## MEN'S BASKETBALL



	77–78			83–81	
ITHACA	JAN. 31	HOBART	ITHACA	FEB. 1	SKIDMORE

---

	88–50	
ITHACA	FEB. 4	RIT

NEXT GAME: 5:30 p.m. Feb. 7 against Rensselaer Polytechnic Institute in Troy, New York

## MEN'S SWIMMING & DIVING



	216–51	
ITHACA	FEB. 1	UNION

---

NAME	PLACE	EVENT	RESULTS
Anthony Porto	1st	200-yard freestyle	1:49.78
Carter Matteson	1st	100-yard backstroke	54.86
Nate Bartalo	1st	200-yard butterfly	1:53.86
Andrew Mikhailichenko	1st	100-yard breaststroke	1:00.08
Justin Moczynski	1st	3-meter dive	295.05

NEXT MEET: Noon Feb. 8 at the Ithaca Diving Invitational at the Kelsey Partridge Bird Natatorium

## GYMNASTICS



	185.7– 187.975	
ITHACA	FEB. 1	BROCKPORT

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NAME	PLACE	EVENT	SCORE
Cameryn Nichols	3rd	Floor exercise	9.475
Zoe Kyriakopoulos	4th	Uneven parallel bars	9.450
Courtney Christoforo	1st	Uneven parallel bars	9.700
Cassidy Marquette	1st	Vault	9.675
Paige Landes	3rd	Balance beam	9.350

NEXT MEET: 1 p.m. Feb. 9 at the Springfield College Tri-Meet in Springfield, Massachusetts

## WOMEN'S SWIMMING & DIVING

	201– 63	
ITHACA	FEB. 1	UNION

---

NAME	PLACE	EVENT	RESULTS
Ava Lowell	1st	1-meter dive	265.6
Paige Landers	1st	200-yard freestyle	2:03.36
Emily Vandersleen	1st	50-yard freestyle	25.29
Katie Krom	1st	200-yard backstroke	2:12.02
Ashley Warren	1st	100-yard breaststroke	1:11.95

NEXT MEET: Noon Feb. 8 at the Ithaca Diving Invitational at the Kelsey Partridge Bird Natatorium

## MEN'S TRACK & FIELD

NAME	PLACE	EVENT	SCORE
Danny Jagoe	1st	5,000-meter run	15:27.32
Daniel Monchek	3rd	60-meter hurdles	8.61
Kasim Cisse	1st	High jump	1.99 meters
Dominic Mikula	2nd	Pole vault	5.00 meters
Harrison Buttrick	2nd	Weight throw	17.26 meters

NEXT MEET: 10 a.m. Feb. 8 at the Utica Invitational in Utica, New York

## WOMEN'S TRACK & FIELD

NAME	PLACE	EVENT	SCORE
Parley Hannan	1st	5,000-meter run	16:44.57
Katelyn Hutchison	2nd	200-meter dash	26.46
Meghan Matheny	1st	Pole vault	3.86 meters
Logan Bruce	1st	Pentathlon	3,393
Ariyahna Bernard	1st	Weight throw	15.57 meters

NEXT MEET: 10 a.m. Feb. 8 at the Utica Invitational in Utica, New York



# Crew athletes row 1 million meters for charity

BY ARLA DAVIS

As Ithaca College students walked through the Campus Center on Jan. 27, the space was filled with pounding music and the grating sound of ergometers being used by members of the men's and women's rowing teams.

The squads worked out in the Campus Center for Row for Humanity, a row-a-thon event in which the Bombers collectively rowed 1 million meters to benefit the two teams and the college's chapter of Habitat for Humanity. Family and friends pledged money before the event after receiving letters from the rowers. Men's rowing coach Dan Robinson said that as of Feb. 3, the teams raised approximately \$26,000, and they are also expecting to receive more checks by mail soon.

The event began at 8 a.m. and ran until 5 p.m. Over the course of the nine hours, the Bombers took shifts rowing at a uniform pace on eight ergometers that were set to 125,000 meters. The ergometers were stationed in the lobby outside the Emerson Suites for students to watch while passing by. Dan said that each member of the teams was required to row for a minimum of 50 minutes throughout the day instead of their usual training.

Freshman rower Jacob Lentz said it was a fun event because it was a different workout environment than the Athletics and Events Center, which is where the team does most of its winter training. He said it was a good opportunity to show his peers what he and his teammates do.

"It's cool to show people on campus kind of what we do over the winter because a lot of people ask," Lentz said.

The Bombers have raised over

\$30,000 over the last eight years and have donated at least \$5,000 of that to Habitat for Humanity, according to Dan. The rest of the proceeds help the teams cover a portion of their spring break training trip to Georgia and cold weather gear.

Sophomore Abby Paquet, treasurer of Ithaca College Habitat for Humanity, said that the row-a-thon is the biggest fundraiser for the organization during the year. The donations from the teams fund activities like making necessity bags for homeless people. The club also benefits the local branch of Habitat for Humanity and Second Wind Cottages.

“

Being supported by athletics is meaningful because it builds a sense of community on and off campus.

— Abby Paquet

”

"Being supported by athletics is meaningful because it builds a sense of community on and off campus," Paquet said. "It is also cool to be partnered with another campus club as it strengthens campus support and connection and increases our successes and efforts related to supporting Habitat for Humanity."

Dan said the Bombers started participating in Row for Humanity, which is a national event that teams



Senior rower Kelley Csernica participates in the men's and women's crew fundraiser for Habitat for Humanity on Jan. 27 in the Campus Center. The squads rowed 1 million meters to raise money.

LEXI DANIELSON/ THE ITHACAN

all over the country participate in, at least 12 years ago when Sandra Chu, William Smith College's women's rowing coach, brought the idea to them. The event became popular among rowing teams in the midwest before Chu left her assistant coaching job at Kansas State University and joined the staff at William Smith.

Dan said that prior to switching to Row for Humanity, the Bombers organized and participated in a row-a-thon that benefited the American Heart Association.

"We've been doing a row-a-thon for at least 30 years," said Dan. "It was always a big thing, but Row for Humanity made it an incredible

fundraiser because it was a national event."

Row for Humanity provides the rowers with letter templates to mail to family and friends asking them to make pledges for the row-a-thon. The team members simply had to address and sign the letters before mailing them, adding a personal note if they wanted to.

Lentz said he wrote his letters to people back home in Rhode Island who he feels helped him over the years. He said many of his family members, friends and former teachers told him they appreciated the handwritten letter so much that they donated even more than the letter suggested.

"I made sure to put a lot of thought into it because a personal written letter can go a long way," Lentz said. "We sent them out right before Christmas break, so when I came home, I had a lot of family and friends saying, 'That handwritten letter meant so much.'"

Women's rowing coach Becky Robinson said what she loves about donating to the college's chapter of Habitat for Humanity is that the money will go into helping Tompkins County.

"I think that the concept of giving back locally is really important to people right now," Becky said.

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## Athletes of color create new club to foster community

BY ARIEL DOWDY

When sophomore Katelyn Hutchison came to Ithaca College last year, she said, she felt lonely as one of the few black athletes on the women's track and field team. This semester, she created the Student-Athletes of Color (SAOC) club with the goal of creating the community she did not have.

SAOC was recently started by Hutchison and is intended to provide a forum for student-athletes of color to discuss their experiences on their respective teams and their racial identities. The club held its first meeting Feb. 2.

Hutchison said that she came up with the idea for the club after she returned home to Chicago for the summer after her freshman year. She said she noticed that she felt more comfortable with her summer training group of mostly black teammates than she did with her mostly white team at the college.

"Once I went through that process, I was like, 'Wow,'" Hutchison said. "I don't know if there's anybody else feeling like me, but if there is, I think that this would be the time to start providing resources for other people who might feel like me."

Sophomore Warren Watson, a member of the football team and treasurer of SAOC, said he believes the club will be an important continuation of discussions about race in the Office of Intercollegiate Athletics. The office hosted Voices of Experience on Jan. 21, an event that featured a panel of student-athletes of color voicing their race-related experiences in athletics at the college. The panel tackled issues including loneliness, use of the N-word and

lack of inclusivity.

"From the panel discussion we had, I think that we were able to see a lot of issues that happened on some of these sports teams that don't really have a lot of POC on them," Watson said. "I think that it's very beneficial to sports as a whole and to the school that POC athletes have a place where we can all come together and talk about issues within different sports and issues with just being a person of color in general."

“

We want everyone to feel like, no matter what, they have a place to talk and ask questions.

— Allura Leggard

”

At the club's first official meeting, only six people — the club's officers — attended. Their topic of discussion was why they chose to be athletes and why being an athlete of color matters to all of them. They also discussed logistics for the club's future and decided that they will hold biweekly meetings based on members' schedules.



From left, sophomore Katelyn Hutchison and junior Allura Leggard participate in a discussion during the first meeting of the Student Athletes of Color club Feb. 2.

FRANKIE WALLS/ THE ITHACAN

Junior Allura Leggard, a member of the track and field team and vice president of SAOC, said she believes the club will grow as its message spreads. Currently, the group is working on developing a social media page and is asking other organizations for students of color to promote SAOC.

"I would say my hopes for the club is one, definitely to spread and raise awareness in the athletic department, which I think is a huge thing on Ithaca's campus," Leggard said. "We've really been trying to do that."

Watson said the officers of the club are working on ideas for expansion throughout the semester.

"We're trying to create an environment where we can talk and have healthy conversation," Watson said. "It's going to be a catalyst for change."

Leggard said the group will serve as a safe, inclusive space for athletes to express their feelings.

"There's nothing to fear in this club," Leggard said. "We have open ears, and we want to hear everyone's experiences. We want everyone to feel like, no matter what, they have a place to talk and ask questions."

Hutchison said she wants to provide the support system for other athletes of color that she was missing when she first came to the college.

"You've got people there for you," Hutchison said. "Even if you don't know me, you can come to me. If you feel like you're crazy, I guarantee you 110% that you're not."

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# Senior nets 1,000 career points in final season

BY CONNOR GLUNT

Senior guard Sebastian Alderete became the 28th member of the Ithaca College men's basketball program to score 1,000 points during the Bombers' victory over Union College on Jan. 24.

Alderete said that when he was just 67 points away from the goal, assistant coach Sean Burton notified him. Alderete said that he kept this in the back of his mind but that he focused more on just playing basketball.

"I know in the game [Jan. 18 at Clarkson University], I was close to breaking it," Alderete said. "I had 13. No one told me anything, but I'm kind of glad they didn't so I could get [1,000 points] at home. ... I enjoyed the fact that it was at home. I'd much rather be at Ben Light [Gymnasium]."

It did not take long for Alderete to hit 1,000 points against Union. He entered the contest three points shy of the milestone, and he hit a 3-pointer just 34 seconds into the game. He said his nerves were not bad before the game because he went through the pregame routine he has had since freshman year: He put on headphones, listened to his favorite artist, Lil Baby, and visualized what he is going to do on the court to help his team.

Alderete said this milestone has been a long time coming. He said that joining the 1,000-point club was a matter of when, not if.

"I knew I was going to join the 1,000-point club at some point in my career before I even got to

Ithaca College," Alderete said. "In high school, I got to 1,000 points, so coming into this program, I knew that I was going to get it."

Alderete is currently averaging 16.2 points per game this season and has been a reliable source of offense for the Bombers since becoming a starter last season.

Alderete needed to grow as a basketball player and wait for an opportunity before getting his chance to consistently help the team on the court. He played behind guard Marc Chasin '18, the fourth-highest scorer in program history, until his junior year.

Alderete said that the summer between his sophomore and junior seasons was significant for his development. The Bombers lost four seniors, including Chasin, and the team needed someone to step up.

"I would say that summer going into my junior year I knew I had to step up for our team's success," Alderete said. "Honestly, I was very scared of not starting and not being able to fill that role. That drove me through the summer."

Alderete averaged approximately 10 more points per game, increased his shooting percentages from 38.2% to 46.9% from the field and 22.5% to 42.5% from the 3-point range, and he started all but one game in his junior season.

His progress did not surprise anyone who knew how hard Alderete worked on his craft. Head coach Jim Mullins said that he could see the potential in Alderete during his freshman year.

"His freshman year, we finished



Senior guard Sebastian Alderete leaps to release a jump shot during the Bombers' game against Rensselaer Polytechnic Institute on Jan. 25. Alderete scored his 1,000th career point Jan. 24.

QUENTIN BOWDEN/THE ITHACAN

playing a game, we went down to the locker room and talked, and guys are starting to head out to their dorms or supper," Mullins said. "I walk in, and Sebastian was doing situps in the locker room. I go, 'What, you weren't tired enough from playing?' Obviously, he's a very physical kid, and his shot has evolved."

Sophomore guard Skylar Sinon said that whether it was post-game workouts or getting extra shots up whenever he could, Alderete showed the coaches he was a dependable scorer.

"He's a competitor," Sinon said. "He wants to win. Just knowing

that he has the same mindset to go out there and do whatever he can to win is comforting for our team. If we need a bucket, he'll be fine with taking the ball and getting one for us."

Mullins said that when Alderete puts his mind to it, the coaching staff is confident he can accomplish anything on the court. Sinon said Alderete's athleticism allows him to outmuscle other guards and his quickness can get him past most forwards.

As his final season as a Bomber winds down, Alderete said he feels content with what he

has done individually. He said he has yet to sit back and reflect on his 1,000-points accomplishment, but he feels honored to be on an exclusive list in program history. In the midst of the best season the Bombers have had since joining the team, Alderete said he wants to accomplish more before he finishes his collegiate career.

"I still have a lot to prove in these last couple of months," Alderete said.

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## Junior guard discusses leadership on young team

Junior guard Grace Cannon has been a star on the court for the Ithaca College women's basketball team since her freshman year, but Cannon has set herself apart this year as an emerging leader for the young squad.

Cannon currently has 235 points for the 2019–20 season. Her highest scoring game was Nov. 19 at the South Hill squad's home opener against SUNY Cortland. This year, the squad lost five top senior players from the 2018–19 season who each started in 31 games. The women's basketball team is currently second in the Liberty League with a record of 10–2 and an overall record of 14–5. The Bombers are averaging 65 points per game.

Photo editor Abbey London sat down with Cannon to discuss this year's ongoing season, her personal growth and having a leadership role as a junior.

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

**Abbey London:** How has this season been so far for you and the team?

**Grace Cannon:** I think the season has gone really well. We started off pretty rocky, which is unlike us, but I think we responded really well after Thanksgiving break. Our league is really tough, so having two games and a lot of close games within a short period of time, I feel like as a team, we've responded really well and are showing up for all of our games.

**AL:** How has the team's chemistry changed since the 2019 seniors graduated?

**GC:** Going from five seniors to two seniors — one being a transfer — and only having two returning starters, myself and [senior forward] Cassidy O'Malley, I have had to step up and be way more of a leader than I thought I would be as a junior. I have the starting experience

of going deep into the NCAA tournament that the younger kids on our team do not have. It's definitely not just the seniors in leadership roles. The upperclassmen are filling these spots, too.

**AL:** Are there any players that you've seen stand out who should be watched for the future?

**GC:** Sophomore guard and forward Cara Volpe is starting now and going from not really playing a lot last season to having substantial minutes this season. She's definitely stepped up in that role and fulfilled it very well. Freshman forward Emily Dorn and freshman guard Natalie Smith have really stood out to me with the work ethic they have and being able to show up in games and in practice. I think having that young talent will really be good for us looking forward to next year and the years to come.

**AL:** After the win that you guys had Jan. 28 against Hamilton College, what are you looking to see carry over into future games?

**GC:** I think using that confidence that we had in Hamilton. It's hard on a Tuesday nonconference game to show up, but we did and played well against a very good team. We really got our confidence back, and I think we want to keep that confidence and keep the chemistry that we have going into the weekend and into the rest of the season.

**AL:** What do you think still needs to be improved upon based on your past games this season?

**GC:** I think our communication overall as a team could always improve. We always focus on playing a full 40 minutes, not just having a great first half or a great second half, but a full 40 minutes of great defense and great ball movement and overall a good game because anytime we do that, we have the talent and will win.



Junior guard Grace Cannon runs through a tunnel of her teammates before a game against Union College on Jan. 24 in Ben Light Gymnasium. She scored 24 points.

PETER RAIDER/THE ITHACAN

**AL:** How would you compare Ithaca College's style of play to your competitors?

**GC:** I think a big thing we've seen throughout the league is playing a 2-3 zone [defense]. That's something we don't play, but people love to play against us. I think a lot of the threats that we have are offensive, like how fast we play in our transition. Teams try especially early to slow that down. They'll put [their defense] into three zones to try to not let us get those fast break points or just score initially off our offense. I think that's something we've definitely focused on playing against and have improved on a lot.

**AL:** How have you seen your individual game

improve throughout the years?

**GC:** I've become a lot more confident as a player and leader. Coming in as a freshman, I was going through the motions, playing my game and not really speaking out vocally. I have been getting comfortable with telling people what I think is best or pointing out people's mistakes and trying to help them. In my game, I'm trying to improve in all aspects, not just being able to score, but being able to rebound, get steals and being able to always affect the game positively. I think I've improved that with every year, too.

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# THE BUZZER

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



## ATHLETE OF THE WEEK

SOPHOMORE MEGHAN MATHENY

At the Bomber Invitational on Feb. 1, Matheny set a **new personal best** in pole vault at **3.86 meters**. The mark ranks her **No. 1** in the country, and she took first place in the event, beating the second-place finisher by a foot.

COURTESY OF TIM MCKINNEY



## COMPETITION OF THE WEEK

MEN'S BASKETBALL AT SKIDMORE

The Bombers **beat** Skidmore College **83-81** Feb. 1 from a layup from senior guard Sebastian Alderete with **3.7 seconds** left in the game. Sophomore guard Skylar Sinon led the team with 24 points and 4 three-pointers.

QUENTIN BOWDEN/THE ITHACAN

## EVENTS TO WATCH

5:30 P.M. FEB. 7 IN TROY, NEW YORK

The women's basketball team is currently ranked No. 2 in the Liberty League while Rensselaer Polytechnic Institute is No. 4. The Bombers lost to RPI 56-54 Jan. 25.



ITHACA

VS.



RENSSELAER  
POLYTECHNIC INSTITUTE

12 P.M. FEB. 8 AT THE KELSEY PARTRIDGE BIRD NATATORIUM



ITHACA

at

ITHACA  
INVITATIONAL

The men's and women's dive teams will compete in the Ithaca Invitational. The Bombers swept the top spots in the Dick Comanzo Diving Invitational Jan. 26.

## QUOTE OF THE WEEK



I have a passion for the sport, and I want kids to have the same success or even more success than I've had with it.

– MATT SCHEFFLER  
POLE VAULT COACH







Freshman Ethan Godfrey dives at a meet against Union College on Feb. 1 at the Kelsey Partridge Bird Natatorium. He finished second for diving with a score of 290.60.

JILL RUTHAUSER/THE ITHACAN