

ACCURACY • INDEPENDENCE • INTEGRITY



Students test for microplastics

The IC Toxicology Lab enables students to test water from Cayuga Lake

BY CAROLINE GRASS

Cayuga Lake is the longest of the 11 Finger Lakes, stretching 40 miles from Ithaca to Seneca Falls, New York, and is home to thousands of plants and animals. However, the IC Toxicology Lab estimates that the lake has 100,000,000 microplastic particles in it, which can harm aquatic life and people.

According to a National Geographic encyclopedia entry, microplastics are plastic pieces that are less than 5 millimeters in diameter that degrade from larger plastics. Primary microplastics come from microfibers from clothing and textiles, and secondary microplastics come from particles that break down from larger, often single-use plastics like bags or water bottles. The entry states that microplastic particles are often so small that they easily pass through water filtration systems and end up in waterways and the ocean.

Susan Allen, professor in the Ithaca College Department of Environmental Studies and Science, is the professor and principal

investigator for the IC Toxicology Lab. The lab collaborates with the Ithaca Area Wastewater Treatment Facility and researches microplastics in Cayuga Lake. In 2018, Allen was awarded a \$40,000, two-year grant from the Park Foundation, a charity organization started by Roy H. Park, that promotes education in specific areas of interest to the Park family through grant making. During this time, the lab found how many microplastics were in Cayuga Lake. Allen said the lab has been awarded the same grant for another two years — until September 2022 — to research the sources of where the microplastics are coming from.

The National Geographic entry said the problem is that plastic does not break down into harmless molecules and takes hundreds or thousands of years to decompose. The entry also says microplastics have been found in organisms as small as plankton and as large as whales, in addition to being found in seafood and drinking water.

Allen said there are multiple reasons why microplastics are a concern for organisms. She said that Bisphenol A (BPA) is a harmful chemical that can be leached from plastic and that plastic can act as a vehicle for other toxic pollutants that can be absorbed into an organism's tissues.

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Senior Megan Plummer works at the IC Toxicology Lab where students test samples from Cayuga Lake for microplastics. Microplastics are plastic pieces that are less than five millimeters in diameter that degrade from larger plastics. Microplastic particles are often so small that they easily pass through water filtration systems and end up in the ocean.

KALYSTA DONAGHY-ROBINSON/THE ITHACAN

Third suspect still at large after incident by Cornell University

BY CAITLIN HOLTZMAN

After multiple shelter-in-place orders at Cornell University and other local schools during the afternoon Nov. 9, local police have apprehended two out of three suspects involved in a shots-fired incident.

As of 8:50 p.m. Nov. 9, law enforcement officials believe that the third suspect is no longer in the Cayuga Heights area.

According to a press release, the original report of gunfire at 1:23 p.m. is believed to be between two groups of people.

Law enforcement does not believe the third suspect poses an immediate threat to the community. His whereabouts and identity are still being investigated.

In a press release from Nov. 9, police said that at 1:23 p.m. Nov. 9 the Ithaca Police Department was dispatched to the 600 block of Hancock St. to respond to reports of gunfire between two groups of people.

A vehicle that one of the groups left the scene in was spotted traveling north on New York



Local police were pursuing men with guns Nov. 9, prompting parts of Cornell University and Cayuga Heights to shelter-in-place.

FILE PHOTO/THE ITHACAN

State Route 13 near the Cayuga Heights exit.

A Tompkins County Sheriff's Office vehicle spotted the suspect's vehicle and the pursuit ended when the vehicle left the road and ended up in the front yard of a residential home near the parkway and Klinewoods Road in the Village of Cayuga Heights.

After the vehicle stopped, one suspect was apprehended and two others fled on foot, the release stated. The Tompkins County Sheriff's Office, Ithaca Police Department, Cayuga Heights Police Department, Cornell University Police and the New York

SHELTER, PAGE 4

New program teaches violence prevention

BY CAROLINE GRASS

A new program at Ithaca College, IC Responsibility (ICR), aims to educate students about intervention to ensure that violence prevention education goes further than just the two months of National Domestic Violence Awareness Month in October and Sexual Assault Awareness Month in April.

The program, led by a team of five faculty and staff members at the college, offers workshops about being a pro-social bystander, which is a person who intervenes in potentially negative situations and teaches intervention strategies to help students respond to potentially violent situations. The committee includes Omar Stoute, deputy Title IX coordinator in the Division of Legal Affairs; Linda Koenig, Title IX coordinator in the Division of Legal Affairs; Elyse Nepa, Clery Act and crime prevention coordinator in the Office of Public Safety and Emergency Management; Natasha Bharj, assistant professor in the Department of Psychology; and Samantha Elebary, program director of the BOLD Women's Leadership Network.

All of the members of the ICR committee are a part of the Sexual Violence and Prevention Committee, which will still operate with the addition of ICR. Stoute said the feedback from students who have taken existing workshops was that they wanted a multifaceted program. The Bystander Intervention Certification Program, which is a part of ICR, allows students to take multiple workshops to build their skills to become a pro-social bystander.

Syracuse University's Barnes Center at The Arch defines a bystander as an individual who observes or witnesses an event they are not directly a part of, and by doing nothing to intervene, contributes to negative behavior. Instead, a pro-social bystander intervenes to make a positive impact on the situation.

Nepa said the committee believes that a well-rounded education about how students can be pro-social bystanders will help students feel empowered to intervene and increase campus safety.

"Our hope is that by empower-

BYSTANDER, PAGE 4

WINTER SPORTS PREVIEW 2021-22

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Speaker discusses self-acceptance

BY ELIZABETH KHARABADZE

Scott Fried, an HIV and AIDS activist, delivered a powerful message on accepting one's identity to the Ithaca College community Nov. 9 in the Muller Chapel.

The event, "I Am Enough: Closed Monologues," was held in collaboration with Hillel at Ithaca College and the Center for LGBT Education, Outreach and Services.

It is the first in a series of educational conversations that take place Nov. 9–11 on topics ranging from sexual health, intimacy and self-acceptance.

Fried said many people lie to others about their identity. For Fried, he said he lied when he was younger about being gay and being diagnosed with HIV.

He said in many ways he believed it was better to die of AIDS rather than come out as a homosexual male, since there was not much

support for either socially.

"I just didn't want to be gay," Fried said. "Way before we sang and danced about coming out and being different ... there was no coming out soundtrack for me in my 'pre-Glee' world. There were no heroes, no songs, nobody to look to."

The AIDS crisis in the United States rose to become the number one threat to public health in the 1980s. The virus had devastating effects on minority communities — namely racial minorities, homosexual and bisexual men — and resulted in 36.3 million deaths globally since the start of the epidemic.

HIV is a sexually transmitted disease that weakens the body's immune system and can lead to AIDS, if not treated.

There is currently no cure for AIDS, but HIV treatment can help lower the viral load — the amount of HIV in the blood. PEP and PrEP are also medical treatments used to



Scott Fried, an HIV and AIDS activist, spoke to Ithaca College students Nov. 9 about accepting oneself. The event was held by Hillel at Ithaca College and the Center for LGBT Education, Outreach and Services.

NOLAN SAUNDERS/THE ITHACAN

prevent infection from HIV.

Fried said at the end that he encourages this generation to live its whole truth.

"I can't honor you and bless you enough to be who you are. Wherever you are on the spectrum of diversity, of sexuality ... and everything in between, ... I can't honor and bless you enough for having the courage to explore it, to consider it, to be willing to talk about it, to tell the whole truth about it, the feelings

that come along with it," Fried said.

Lauren Goldberg, executive director of Hillel, said she took away many practical life skills from the event, as well as a general sense of peace and feeling seen.

"Sometimes it hurts a little because [Fried] pushes on those sore spots, and the parts of us that need the work the most are going to be the most tender," Goldberg said. "But afterwards you feel a sense of calm, and a re-alignment in your

spirit that is a real blessing."

Senior Benjamin Goldberg, who attended the event, said he thought Fried's presentation on his journey to self-acceptance provided a good outlook on life.

"It was pretty powerful learning from one man's experience," Goldberg said. "It can be transferred onto other people."

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Guiding Eyes dogs in-training celebrate Halloween

Guiding Eyes for the Blind at Ithaca College held a Halloween parade Oct. 31 outside the library that ended in a puppy playtime in Textor 101.



Women in Film: "D.E.B.S." (2004)

Host Sydney Brumfield and junior Juliana Luis discuss the 2004 film "D.E.B.S." and why it deserves recognition for its significance in queer culture.



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Faculty Council discusses finances

BY SYD PIERRE

The Ithaca College Faculty Council met with Tim Downs, vice president of Finance and Administration and chief financial officer, and discussed the college's past, present and future financial status at the council's Nov. 9 meeting.

Downs spoke with the Faculty Council about the current budget at the college, as well as the projected finances and strategies to improve the college's finances. Interim provost Melanie Stein also gave a brief update on the dean's searches in her report. Aaron Witek, assistant professor in the Department of Music Performance, asked Downs about the increase for both tuition and discount rate — how much the college makes in revenue after providing students with institutional financial aid.

Downs said the college provides each student with a \$10,000 scholarship instead of decreasing tuition for every student. He said if the college were to decrease tuition instead of providing the scholarship, the college would receive financial gains early in the year, but still end up in the same place by the end of the year.

Downs said the discount rate at the college has been increasing faster than the tuition and room and board rates, but the yield — the number of students



Pictured is the Faculty Council in March 2020. At its Nov. 9, 2021 meeting, the council discussed the college's financial state and the dean searches. There are currently three dean searches.

NICK BAHAMONDE/THE ITHACAN

who enroll at the college out of the total number of accepted students — has not improved.

Tom Pfaff, professor and chair in the Department of Mathematics, said he was concerned about the targeted retention rate of 90% in 2026.

"I'm kind of wondering how the administration thinks that with an increased acceptance rate, they're going to also manage to push retention rate up," Pfaff said. "Those sort of numbers seem rather optimistic to me."

Charis Dimaras, professor in the Department of Music Performance, asked Downs about how

he feels about the part of Ithaca Forever — the five-year strategic plan — that states that 5,000 students would be the target enrollment number for the college.

Downs said that he thought 5,000 was too specific of a number and that the college needs to target to be above or below 5,000 students.

In her report, Stein gave a brief update about the current deans searches at the college. Stein said she was hoping to release information about the deans search committees the week of Nov. 8. Stein said the college would be partnering with WittKieffer, an executive

search firm. Courtney Young, assistant professor in the Department of Theatre Arts, asked if the search agency would be open to faculty members submitting names for potential deans.

Stein said the first part of the search, which will happen this semester, will feature more work from members of the campus community.

"It's writing the leadership profile, soliciting input from the campus about what they're looking for in the new dean and doing all of that stuff," Stein said.

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Cornell campus safe after threat

BY CAITLIN HOLTZMAN

Local police determined that Nov. 7 a bomb threat at Cornell University was not credible. Cornell University community members were told to avoid central campus and evacuate multiple buildings for five hours during the afternoon of Nov. 7.

At 2:12 p.m. Nov. 7, Cornell University sent an alert to its campus community telling members of the campus community to avoid central campus and evacuate the Law School, Goldwin Smith, Upson Hall and Kennedy Hall. A total of seven alerts were sent to members of the Cornell campus community. However, it was not until the fourth alert that the university announced that there was a bomb threat.

Joel Malina, vice president for University Relations at Cornell University, sent an email to the Cornell campus community Nov. 7 after police had found no credible threats on the Ithaca campus. He said Tompkins County 911 received an anonymous call before 2 p.m. from an individual who claimed to have placed bombs in multiple academic buildings and was in another building with automatic weapons.

"We are relieved to report that this threat appears to have been a hoax," Malina said in the email.

In the email, Malina said there were multiple law enforcement agencies that responded to Cornell's campus, including the Cornell University Police Department, the Ithaca Police Department, the Tompkins County Sheriff's Office, Cortland Police Department, SUNY Cortland Police, the Federal Bureau of Investigation (FBI) and the New York State Police. He said Bang's Ambulance, Cornell Emergency Services and the Ithaca Fire Department also responded.

Dave Maley, director of Public Relations for Ithaca College, said that the Ithaca College Office of Public Safety was in contact with local law enforcement and that the college was able to determine that the event was not a threat to the Ithaca College campus. The college did not send out any alerts to the campus community regarding the threat at Cornell. Maley said this is because the general policy is not to alert the campus community when something is not a direct threat.

"Every situation is considered individually, and given a different set of circumstances — specific location, nature and durations of incident, for example — we would consider making a notification in some manner," he said via email.

Ithaca College junior Katharine DiDonna said she heard about the threat at Cornell over Twitter, which she said made her wonder why she did not hear about the threat via communication from Ithaca College.

"I was nervous," she said. "I didn't know if I should be following certain protocols and I wasn't sure what to do even though it wasn't a direct threat on Ithaca."

Cornell University sophomore Alanna Moskowitz said she was in her dorm building with friends when the first alert was sent out. She said she lives in Cascadilla Hall, which is 0.3 miles from the Law School, where community members were told to evacuate from. She said that while she thinks the university communicated what information it had, she wishes there were more frequent alerts.

"The first notification was at almost 2 p.m. I think, and they didn't tell us it was because of a bomb until around 4 p.m., but everyone was already thinking that and spreading rumors," she said.

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Some students eligible for booster shots

BY LORIEN TYNE

Samm Swarts, assistant director for Emergency Preparedness and Response, and Kirra Franzese, associate vice president for Human Resources, sent an email to the campus community Nov. 10 about updates regarding COVID-19 booster shots.

The U.S. Food and Drug Administration (FDA) authorized a single booster shot for the Pfizer two-dose COVID-19 vaccine Sept. 22. The FDA expanded the booster shot authorization to the two-dose Moderna and single-dose Johnson & Johnson vaccines Oct. 20. Swarts and Franzese said in the email that students, faculty and staff who are eligible to receive a booster shot should do so as soon as possible in order to maintain a strong immune response.

"At the moment, the college is encouraging anyone who may be eligible to get a booster, [to] do so at their convenience," Swarts said via email to *The Ithacan*.

People who received the Pfizer or Moderna vaccine can receive a booster shot at least six months after their second dose. Eligible individuals must be over 65 years old, ages 18–64 who live in long-term care facilities, ages 18–64 who have underlying medical conditions or people ages 18–64 who work or live in high-risk settings. People who received the Johnson & Johnson vaccine can receive a booster shot at least two months after their dose and only have to be over 18 years old.

Swarts and Franzese also thanked the campus community for their work to keep COVID-19 numbers at the college low during



Some members of the Ithaca College community may be eligible for booster shots of the COVID-19 vaccine. Students are encouraged to get a booster, if able.

ANNA BRODHEAD/THE ITHACAN

the fall semester. Surveillance testing continues to be an important part of COVID-19 safety for the Ithaca College community and cases are few in number.

Swarts said the college started the optional, randomized surveillance testing because they received feedback from campus members requesting it. Unvaccinated students and employees are required to test weekly.

Freshman Jill Stafford said she thinks the COVID-19 safety protocols for testing are adequate because of the low number of cases on campus. She said if cases were to increase, then testing should also increase.

"I think [surveillance testing] is important

to minimize COVID risk for everyone," Stafford said via email. "I think if people are asked to do it a lot of the time they will, but there will always be some that may not if it's not mandatory."

Freshman Kierra Reese said she participates in the surveillance testing because she sees a lot of people everyday and wants to make sure she does not have COVID-19.

"It's a good thing to do so the school knows how many tests are positive," Reese said.

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FROM MICROPLASTICS, PAGE 1

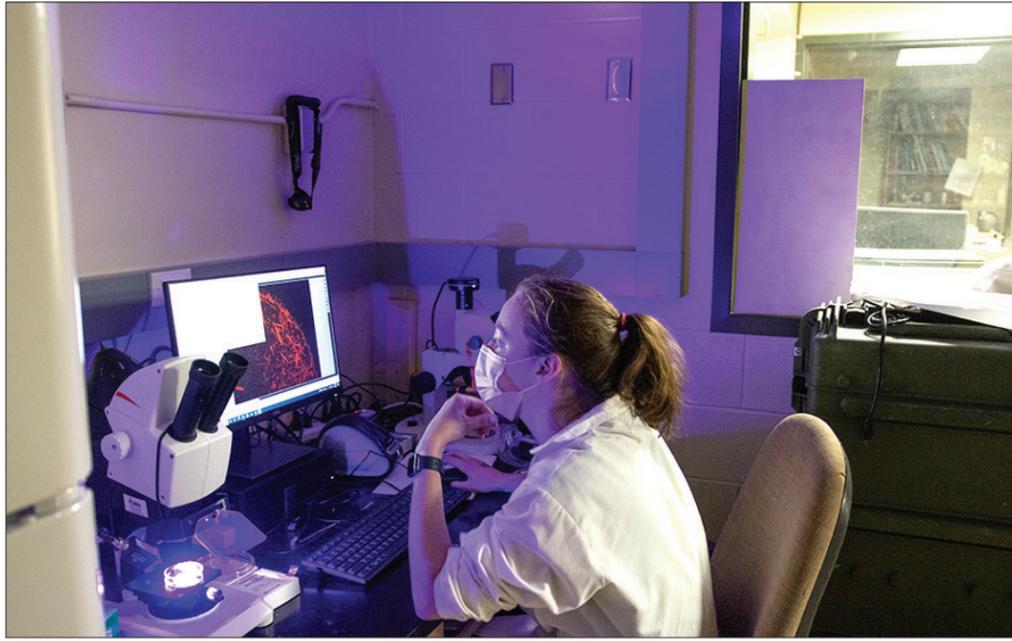
“The plastics have other ingredients in them . . . you don’t want them in your water bottle material or you don’t want them in your baby bottle material,” Allen said.

Allen said from the research the lab did from 2018–2020 to count microplastics, researchers found that Cayuga Lake falls in the middle of other major bodies of water. She said there are fewer microplastics in Cayuga Lake than some rivers in China or downtown Paris, but Cayuga Lake has about the equivalent per mile of what is being reported for the Great Lakes. According to the U.S. Geological Survey, there are 112,000 microplastic particles per square mile of water of the Great Lakes.

“Our research suggests that microplastics are everywhere,” Allen said. “In other words, there’s no air or rain or snow samples that we collect that we don’t find microplastics.”

Senior Jake Espenscheid said he is the lab intern at the IC Toxicology Lab and he said there is not much research into the effects of microplastics on behaviors of organisms, but there is some research on behavior changes of fish that eat microplastics.

“If [the fish] eat a bunch of microplastics, they’ll think that they’re full,” Espenscheid said. “But it’s not getting any nutrients. It’s hard to make sweeping generalizations, just because there’s not a lot of research that’s been done.



Senior Megan Plummer said samples are taken from Cayuga Lake, dyed with Nile red and placed under UV light after water is filtered out. Plummer said the dye makes particles easy to see.

KALYSTA DONAGHY-ROBINSON/THE ITHACAN

But it all points to the idea that yeah, ingesting plastic is actually very bad.”

Microplastics can damage organisms’ organs and hazardous chemicals like BPA can hurt immune function and reproduction leading to fewer offspring and shorter life spans of animals. Senior Megan Plummer said she has been working as a research assistant in the IC Toxicology Lab since Spring 2020 and explained how the lab is collecting samples this academic year. She said there are four types of samples: rain, snow, active and passive air. The active air sample comes from a vacuum that pushes air through a filter and the

passive one comes from large pots that are put out in the natural lands and local waterways like Six Mile Creek. Plummer said the researchers take the samples, put them in water and kill off any organic material with a strong hydrogen peroxide solution. Then the samples are dyed with a stain called “Nile red” and the water is filtered out.

“[The Nile red] turns all the plastics red, but what’s important about that is it fluoresces under UV light,” Plummer said. “And then we’ll, like, look at it under a microscope . . . so we can see all the things that are fluorescing or the little plastics, and then we’ll count them [with] like a

30-page long step list of how we’re counting microplastics.”

Espenscheid said this year the lab’s goal is to take 20 samples from each type of collection method so the student researchers can try and compare the counts from each sample which can be challenging.

“I feel like we do have a ton of samples, but when you break them down to try and compare them, and make some big statement, it’s kind of difficult because there’s not so many that you can confidently say this is a trend,” Espenscheid said.

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FROM SHELTER, PAGE 1

State Police all responded.

After a perimeter was set, members of the Tompkins County Sheriff’s Office apprehended another suspect without incident.

The release stated that the third suspect is a 6’0–6’1 tall Black male with dreadlocks extending past the shoulders, medium build and wearing a faded multi-colored shirt.

He was seen fleeing the scene with a handgun in his waistband and should be considered armed and dangerous.

Law enforcement officers found a handgun in the area the third suspect had fled from, as well as shell casings from the scene of the shots-fired incident in the 600 block of Hancock St.

The first suspect has been identified as 22-year-old Trimard Chris Campbell from Utica, New York.

The second suspect has been identified as 22-year-old Ramello Quayshawn Jackson from Ithaca. Charges are being drafted for both suspects.

In a release sent at 8:45 a.m. Nov. 10, Osborne released what charges both defendants are receiving. Jackson was charged with Criminal Possession of a Weapon 3rd, which is a Class D Felony; Obstructing Governmental Administration 2nd, which is a Class A Misdemeanor; and Criminal Possession of a Controlled Substance 7th, which is a Class A Misdemeanor. Campbell was also charged with Criminal Possession of a Weapon 3rd and Criminal Possession of a Controlled Substance 7th. He was also charged with Unlawfully Fleeing a Police Officer in a Motor Vehicle 3rd, which is a Class A Misdemeanor.

Both were arraigned and remanded to the Tompkins County Jail in lieu of a \$4,000 and \$8,000 cash or bond bail respectively.

At 2:09 p.m. Nov. 9, Cornell University issued a shelter-in-place order for its North Campus because local police were pursuing a man with a gun in Cayuga Heights.

This alert came just two days after a bomb threat shut down Cornell’s central campus for five hours.

Local schools — Ithaca High School, Boynton Middle School and Cayuga Heights Elementary School — were also placed under shelter-in-place orders.

Some Ithaca High School students received anonymous phone calls the night of Nov. 8 from someone threatening to “shoot up” the school.

Police determined that the threat was not credible.

The orders were eventually lifted around 3:30 p.m. At 4:22 p.m., Cornell canceled all evening events on North Campus and the shelter-in-place order was eventually lifted at 7:13 p.m.

During the shelter-in-place in Cayuga Heights, the Tompkins Consolidated Area Transit (TCAT) announced that it would not be serving certain stops along Trip-hammer Road between Jessup Road and Spruce Lane.

After 5 p.m. the TCAT resumed operation of Cornell Campus Routes 81 and 82 and Routes 30, 32, and 31–41.

Residents are encouraged to provide any information they may have to law enforcement agencies.

Potential witnesses of the third suspect should contact either the Tompkins County Sheriff’s Office or the Cayuga Heights Police Department.

Witnesses to the shots fired incident on Hancock St. should contact the Ithaca Police Department.

FROM BYSTANDER, PAGE 1

ing students with the skills to be pro-social bystanders . . . to know what to do in a situation, that we will create a better outcome for all of our students here,” Nepa said.

Elebiary said that violence on campus can include aggressive and violent high-level crimes like rape, but that those types of events don’t happen in a vacuum.

She also said lower-level situations like insensitive jokes or inappropriate comments create a culture where high-level situations of violence can occur.

“We’re also teaching people not only to know how to recognize and intervene in those really high-level, super dangerous and violent situations, but also the really low-level things,” Elebiary said.

Elebiary talked about the importance of intervening in low-level situations. She said if students are experiencing constant, everyday aggressions against an aspect of their identity or something they care about, it affects their mental health and social well-being.

“It’s another reason why it’s important for all of us to be aware . . . and intervene in these situations, so that we can protect not only ourselves, but each other,” Elebiary said. “Because when we do that, I think it just creates a more supportive community overall.”

The college has a one-meeting workshop called “Bringing in the Bystander” that the Advocacy Center of Tompkins County has run since 2015. The program was developed by the University of New Hampshire and is geared towards sexual violence and relationship and dating violence.

Stoute said the IC Responsibility: Bringing in the Bystander Certificate Program includes the “Bringing in the Bystander” workshop, but has many other courses like “Understanding



Elyse Nepa, Clery Act and crime prevention coordinator in the Office of Public Safety and Emergency Management, is leading a program about bystander intervention.

NICK BAHAMONDE/THE ITHACAN

Your Identity” and “Facilitation and Leadership” to give students a more well-rounded, pro-social bystander education.

“[Students] are looking for opportunities that are going to be with them throughout their entire campus experience,” Stoute said. “So part of this program is expanding beyond sexual violence prevention and talk about the intersections of violence and helping students to be able to connect those dots in real time.”

Nepa said ICR is bringing many existing programs at the college under one umbrella.

“We all realized . . . that prevention education goes far beyond just two months a year,” Nepa said. “And while we were offering a lot of programs, bystander intervention programs and affirmative consent from Title IX and others from the Center for [Inclusion Diversity Equity and Social Change] . . . we wanted to bring it into one area.”

The certification program has a core track of workshops that students will need to complete. In addition, a student will have

to complete at least one additional track. The other tracks are First Responder Education, Equity and Belonging, Self-Care and Supporting Survivors or Mental Health and Well Being.

These tracks are led by campus partners like Public Safety, the Center for Counseling and Psychological Services (CAPS), the Center for Health Promotions and the Southern Tier AIDS Program. The last requirement is the completion of a portfolio project before a student can apply for a certificate.

Stoute said that the certificate program will help students not just in college, but post-graduation as well. Elebiary said the certificate is something students could show to graduate schools or potential employers and be a very marketable skill.

“We really want students to think about this in the rest of their life,” Elebiary said.

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SGC discusses COVID-19 concerns

BY MEL ANDIA

Samm Swarts, assistant director of Emergency Preparedness and Response, spoke with the Ithaca College Student Governance Council (SGC) about areas of concern students have with the college's response to COVID-19 at its Nov. 8 meeting.

Swarts focused on three areas that he said multiple students had brought concerns of to him: volunteer surveillance testing, the community agreement reporting form and the employee vaccination rate.

In a Sept. 3 announcement, the college stated that voluntary testing would be conducted by selecting random groups of vaccinated students, faculty and staff every Monday. Swarts said there are currently no guidelines in place from the Centers for Disease Control and Prevention (CDC) or New York state for stipulating mandatory testing for vaccinated individuals.

"We heard a lot of feedback at the beginning of the semester from the student body about ... not feeling really so comfortable at the idea of coming back in person and us just jumping straight in," Swarts said. "So that's why we went with a voluntary testing program."

Swarts went on to highlight the community agreement reporting form, which allows all



From left, junior Austin Ruffino, senate chair of the Ithaca College Student Governance Council (SGC), and junior Déontae Guy, president of the SGC, discussed COVID-19 at a meeting Nov. 8.

NOLAN SAUNDERS/THE ITHACAN

students and employees to report incidents that may raise any health and safety concerns related to COVID-19. Senior Leticia Guibunda, vice president of campus affairs, asked Swarts about the section of the form that allows students and employees to follow up on actions taken in response to individual reports.

"If a student wants to report something anonymously, are they still able to get the follow up report sent to them?" Guibunda asked.

Swarts said there is no way to follow up when someone

submits anonymously, because the only data recorded is the date and time that the form was submitted for all anonymous reports. Junior Lila Weiser, senator-at-large, asked Swarts about President Joe Biden's vaccine mandate plan.

"My question is about Biden's vaccination plan which was going to require that all workplaces with over 100 employees get vaccinated," Weiser said. "I just wanted to know what the college was planning on doing if the plan progresses anymore."

Swarts said he is looking at

the newest Occupational Safety and Health Administration guidelines which were released Nov. 6 with the Office of Human Resources at the college.

Swarts said he is hopeful for the spring semester, but stressed the importance of following current COVID-19 guidelines.

"I'm personally very hopeful that perhaps in our spring semester ... we might be able to relax some [more] restrictions," Swarts said.

CONTACT MEL ANDIA
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IC encourages safety at Cortaca

BY CAITLIN HOLTZMAN

The first Cortaca Jug game in one year will take place Nov. 13. However, this year's game will still take place during the COVID-19 pandemic.

Rosanna Ferro, vice president for Student Affairs and Campus Life, sent an email to Ithaca College students Nov. 8 reminding them how important this rivalry event is. She said that while it is exciting for the two schools to be meeting again for the annual game, students should still make smart choices within the context of COVID-19. All fans are encouraged to wear face masks regardless of vaccination status. Disposable masks will be available at entry gates.

"While I encourage all of our students to immerse themselves in the pageantry of this exciting weekend, please do so responsibly and respectfully," she said in the email.

Ferro also listed behaviors that are expected of students when at the game or interacting with others on social media. She said students should treat people at the event with dignity and respect regardless of if they are Ithaca College or SUNY Cortland supporters, they should show support in a positive way without verbal abuse directed toward others, they should not throw objects onto the field or in the direction of members of the football teams, and should not engage in acts of physical violence.

Students should not post anything on social media that might leave them liable to law enforcement or be detrimental to their personal character.

CONTACT CAITLIN HOLTZMAN
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Alum shares radio and print reporting experience

Vaughn Golden '20 is a freelance radio and print reporter who is currently covering the St. Lawrence County, New York legislature and the Town of Potsdam, New York. He also covers other topics like congressional politics, state politics, agriculture, trade, local business, native issues and local government beats for the Watertown Daily Times located in Watertown, New York.

Prior to his career, he double-majored in journalism and economics at Ithaca College. He was involved in ICTV shows like "Newswatch" and was a part of WICB radio.

Staff writer Jady Davis spoke with Golden about his time at the college and what he hopes current journalism students can learn before entering the real world post-graduation.

This interview has been edited for length and clarity.

Jady Davis: What was your experience at Ithaca College and how did it prepare you for your career?

Vaughn Golden: I was always interested in the news and I knew it was my focus and I got the opportunity to do that with WICB radio, but as time progressed, I shifted to TV for a few years. A huge part of my experience is what I did outside of college. I got connected to the "Ithaca Times" and did freelance reporting for them and another local newsprint such as the "Ithaca Voice."

JD: How did you apply the skills you learned in ICTV and WICB to your job now?

VG: The funniest thing that I find looking back

on my time with ICTV and radio is that they were always long nights and things that would go wrong. At the moment, we thought that it was unprofessional and things would be more organized when we go into the industry, but in reality now that I am in the industry, it's pretty much the same deal ... I think ICTV was fantastic preparation for that because it almost prepares you to face similar issues in the industry.

JD: What is a typical day in your everyday life?

VG: Every day is different for me and you have to roll with the changes. Last Tuesday was Election Day and I got in the office around three in the afternoon and left around three in the morning. Other days, I'm able to get a later start. Generally, within my day, I have to plan out some things and meet various deadlines that are spaced out either weeks or days apart.

JD: What advice would you give to a journalism major or anyone aspiring to be a journalist?

VG: It's a tough industry. What I always tell people is to find your way to make yourself an asset. I was a server operator for "News Watch" and within a few months, I was a senior assistant producer for a show. When you make yourself an asset, it opens doors for you, and that is the best way to make connections and prove yourself. It is also important to understand your own worth, but be careful not to overestimate it.

JD: How do you come up with story ideas?

VG: Internally, I try not to think of story ideas



Vaughn Golden '20, freelance radio and print reporter, double-majored in journalism and economics at Ithaca College. Golden was also involved in ICTV and WICB radio.

COURTESY OF VAUGHN GOLDEN

as something to go out and find per se. I suppose I just try to kind of insert myself into situations, issues and communities where the kinds of stories I want to cover naturally develop. By being inquisitive, knowing the "ins and outs" of various issues and talking regularly with the people who are actively involved, most stories will just develop naturally. Over the last few months, I was assigned to cover Binghamton's 2021 mayoral race. For probably six months leading up to that, I went to or tuned into just about every city council meeting. Municipal meetings are fairly dense and often rather boring, but provide a ton of

insight. That not only helped craft the coverage I did of the election, but also spurred dozens of other ideas for stories as well.

JD: Who was someone that mentored you throughout your career?

VG: I've had quite a few mentors over the last few years ... one of the most formative has been Matt Laslo ... Though I had been working with WICB since my freshman year, it was Laslo who really introduced me to public radio.

CONTACT JADY DAVIS
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COLLEGE BRIEFS

Cortaca Jug 2022 football game tickets to be sold starting Nov. 16

Tickets for the 2022 Cortaca Jug football game at Yankee Stadium between Ithaca College and SUNY Cortland will go on sale beginning at noon Nov. 16. The game is currently scheduled for a 1 p.m. kickoff time Nov. 12, 2022.

Prices range from \$24.50 to \$69.50 and will be sold online at ticketmaster.com and cortacajug.com. Interested individuals may purchase up to 19 seats and will be able to choose to sit on the Ithaca College or SUNY Cortland side of the stadium. For ticket purchases for groups of 20 people or more, there is a group ticket form that can be filled out on the Cortaca website.

Seats at the 400 level will be reserved for Ithaca College and SUNY Cortland students, faculty and staff at the price of \$24.50. Reserved tickets will be sold by each school during Fall 2022. Members of both campus communities may purchase tickets in advance of the on-campus reserved ticket sales during the general ticket sale Nov. 16.

Departments host book reading and discussion with IC alum

The Ithaca College Center for the Study of Culture, Race and Ethnicity, the Department of Writing and the Department of Psychology will host a book reading and discussion with Sophia Terazawa '17 — Ithaca College alum, poet and performer of Vietnamese-Japanese descent working with ghosts. The event will take place from 6 to 8 p.m. Nov. 17 on Zoom.

Terazawa will be reading an excerpt from her new book, "Winter Phoenix," a collection of poems written after the form of an international war crimes tribunal. The poet is the daughter of a Vietnamese refugee and navigates war trauma. Terazawa's work has appeared in journals and magazines like the *Offing*, *New Delta Review*, the *Iowa Review*

and *The Rumpus*.

Student salary structure changes to reflect New York state increase

The New York State Department of Labor has announced incremental minimum wage increases annually until the minimum wage is \$15 throughout New York state. The New York state minimum wage will increase from \$12.50 to \$13.20 effective Dec. 31, 2021.

The Ithaca College Student Salary Structure has been updated to reflect this new minimum wage. Many student employees in each job level at the college will see an adjustment in their hourly rates, effective Dec. 31 in accordance with state guidelines. All student employees hired by the college after Dec. 31 will need to be hired in accordance with the 2022 Student Salary Structure.

The Office of Human Resources will work with supervisors to determine if the student salary structure changes will result in equity or compensation issues for staff and will address any issues accordingly.

Virtual film screening offered to campus community members

Campus community members are invited to a special virtual screening of "Fauci," presented by the Ithaca College Center for LGBT Education, Outreach and Services. The documentary will be available by video on demand to individuals who register in advance from 9 a.m. Nov. 29 through 9 p.m. Dec. 4.

Once registered, individuals can view the documentary at any time that is convenient for them during this timeframe. Registration is required because the screening is part of a special arrangement with the film team.

The film follows Dr. Anthony Fauci, world-renowned infectious disease specialist, and his experience overseeing the U.S.'s response to epidemics including HIV/AIDS, SARS, Ebola and the ongoing COVID-19



Students perform for friends and families

Senior Emma Dwyer, music and performance education major, plays the clarinet at her senior recital Nov. 7 in Ford Hall in the James J. Whalen Center for Music. There were numerous recitals organized during Family Weekend.

THOMAS KERRIGAN/THE ITHACAN

and pandemic. The LGBT Center will be hosting a post-screening discussion the following week.

IC Physician Assistant program holds Thanksgiving food drive

The Ithaca College Physician Assistant Program Class of 2023 is hosting a Thanksgiving food drive Nov. 8–19. Drop-off locations for the food drive are Smiddy Hall 109, Hill Center G38 and the Campus Center.

All donations at the end of the drive will be going to Loaves and Fishes, a food pantry in Tompkins County.

Workshop hosted by drone club still has open spots for students

The Ithaca College Drone Squadron is hosting a two-day drone workshop from 10 a.m. to 5 p.m. Nov. 13 and 14. Spots remain open for both days of the workshop.

Beginning in 2017, individuals affiliated with the college have been given the opportunity to participate in this drone workshop and later sit for the FAA 107 exam to receive a drone license. The workshop is free to college community members. Interested individuals can email broberts@ithaca.edu to register.

PUBLIC SAFETY INCIDENT LOG

SELECTED ENTRIES FROM NOVEMBER 1 TO NOVEMBER 7

NOVEMBER 1

MEDICAL ASSIST/ILLNESS RELATED

LOCATION: U-LOT

SUMMARY: A caller reported losing vision and feeling faint. The person was transported to the hospital by ambulance. Sergeant Don Lyke responded.

HARASSMENT 2ND DEGREE

LOCATION: Unknown

SUMMARY: A caller reported a person sending unwanted communications by phone call and email. Patrol Officer Mayra Colon responded.

NOVEMBER 2

MEDICAL ASSIST/ILLNESS RELATED

LOCATION: James J. Whalen Center for Music

SUMMARY: A caller reported some third-hand information that a person passed out. The person was transported to the hospital by ambulance. Sergeant Don Lyke responded.

MEDICAL ASSIST/PSYCHOLOGICAL

LOCATION: Circle Apartments

SUMMARY: A caller reported a person made threats to harm themselves with a knife. The person was taken

into custody under the New York state mental hygiene law and was then transported to the hospital by ambulance. Master Patrol Officer John Elmore responded.

NOVEMBER 3

RAPE 3RD DEGREE

LOCATION: All campus

SUMMARY: A caller reported some third-hand information that a person was sexually assaulted. Clery Act and Crime Prevention Coordinator Elyse Nepa responded.

MEDICAL ASSIST/PSYCHOLOGICAL

LOCATION: All campus

SUMMARY: A caller reported that a person sent concerning texts about possibly harming themselves. The officer determined that the person was not a threat to themselves. Master Patrol Officer Joe Opper responded.

MEDICAL ASSIST/ILLNESS RELATED

LOCATION: Terrace 11

SUMMARY: A caller reported feeling ill after having received an electrical shock Oct. 29 and requested to go to the hospital. The person was transported to the hospital by ambulance.

Fire and Building Safety Coordinator Charlie Sherman responded.

NOVEMBER 4

FIRE ALARM ACCIDENTAL

LOCATION: Circle Apartments

SUMMARY: Simplex reported a fire alarm. The officer reported that the activation was caused by burnt food. Master Patrol Officer Bryan Verzosa responded.

FIRE ALARM ACCIDENTAL

LOCATION: Circle Apartments

SUMMARY: Simplex reported a fire alarm. The officer reported that the activation was caused by burnt food. Fire Protection Specialist Debbie Perkins responded.

NOVEMBER 5

CRIMINAL MISCHIEF 4TH DEGREE

LOCATION: Hilliard Hall

SUMMARY: A caller reported that an unknown person damaged multiple exit signs and stole several light fixture covers. Patrol Officer Kevin McClain responded.

SUSPICIOUS CIRCUMSTANCE

LOCATION: E-Lot

SUMMARY: A caller reported that an unknown person in a vehicle

engaged in a verbal altercation and made a threatening gesture. The officer was unable to locate the vehicle. Master Patrol Officer Bryan Verzosa responded.

NOVEMBER 6

MAKING GRAFFITI

LOCATION: Circle Apartments

SUMMARY: A caller reported that an unknown person vandalized a door with paint. Master Patrol Officer Bryan Verzosa responded.

MEDICAL ASSIST/INJURY RELATED

LOCATION: The Athletics and Events Center

SUMMARY: A caller reported that a person wrestling in the NCAA tournament injured their head and neck. The person was transported to the hospital by ambulance. Master Patrol Officer Joe Opper responded.

NOVEMBER 7

MEDICAL ASSIST/INJURY RELATED

LOCATION: Terrace 7

SUMMARY: A caller reported some third-hand information overhearing a conversation of a person who was possibly having an allergic reaction. Prior to the officer's arrival,

the person left the area and advised the caller that they did not request or need assistance. Patrol Officer Mayra Colon responded.

PETIT LARCENY BETWEEN \$50-\$199

LOCATION: Campus Center Quad

SUMMARY: An officer reported that several people were attempting to steal tables. Three people were referred for acts of dishonesty and one for stealing. Patrol Officer Sophia Dimkos responded.

MEDICAL ASSIST/INJURY RELATED

LOCATION: Circle Apartments

SUMMARY: The Tompkins County 911 Center reported an ambulance responding to a person with chest pains. The person was transported to the hospital by ambulance. Patrol Officer John Elmore responded.

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

KEY

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

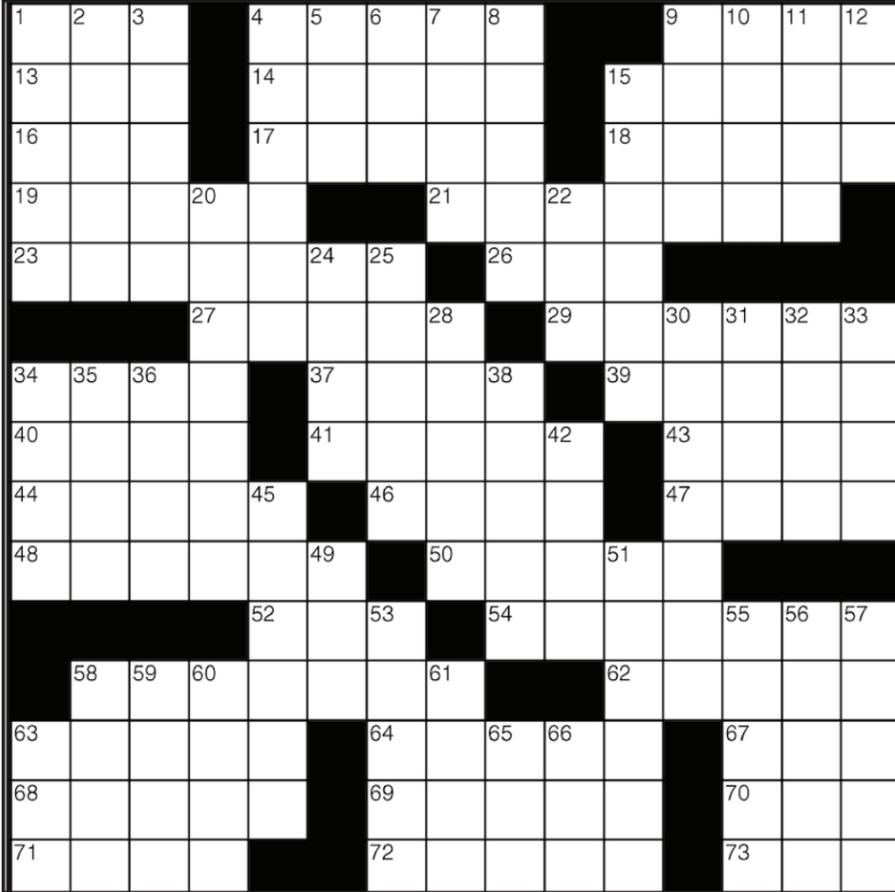
DIVERSIONS

THURSDAY, NOVEMBER 11, 2021

7

crossword

By Quill Driver Books



ACROSS

- 1 Keep off the air
- 4 Broker's concern
- 9 Moreno or Rudner
- 13 Ames inst.
- 14 Car owner's proof
- 15 Classical language
- 16 Digital watch readout
- 17 Loosen
- 18 Lying still
- 19 Sound reasoning
- 21 Long established (hyph.)
- 23 Lettering guide
- 26 Amount
- 27 Hot drink
- 29 Fuel gas
- 34 Basilica area
- 37 Actress Sedgwick
- 39 He'll sell you a vowel
- 40 Steady
- 41 Lawns
- 43 Expose or reveal
- 44 High-IQ group
- 46 Prospector's find
- 47 Parts of ovals
- 48 Harsh
- 50 Lasts a long time
- 52 Patricia Neal film
- 54 Bram Stoker

novel

- 58 Helped out
- 62 "Haystacks" painter
- 63 Repeatedly
- 64 Media star, briefly
- 67 "Gal" of song
- 68 Open-back shoe
- 69 Bow down
- 70 Baseball stat
- 71 Animal skin
- 72 Pasture
- 73 Hosp. personnel

25 Devoted

- 28 Direction indicator
- 30 Hot sauce
- 31 Partly open
- 32 DEA operative
- 33 Just makes do
- 34 Fictional captain
- 35 Assert positively
- 36 Hawk
- 38 Computed the total
- 42 Scorch
- 45 Exclaiming over
- 49 Tote

51 Gallivant

- 53 Packs of cards
- 55 Bobby of Indy fame
- 56 Discover
- 57 Cartographer's book
- 58 Stare rudely
- 59 Scoop out water
- 60 Loose threads
- 61 Soup can flaw
- 63 Rattlesnake kin
- 65 Grass-skirt accessory
- 66 Moray

DOWN

- 1 Wallet stuffers
- 2 English racetrack
- 3 Prod
- 4 Plaster
- 5 Shiny metal
- 6 Homer-hitter Mel
- 7 Ad award
- 8 Tips over
- 9 Hindu princess
- 10 Piece of news
- 11 Become fatigued
- 12 Crumb-toter
- 15 Paper in chem lab
- 20 Fragrant stick
- 22 Work on sound tracks
- 24 Goopy

last issue's crossword answers



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answers to last issue's sudoku:

medium

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

hard

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

sudoku

medium

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

very hard

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

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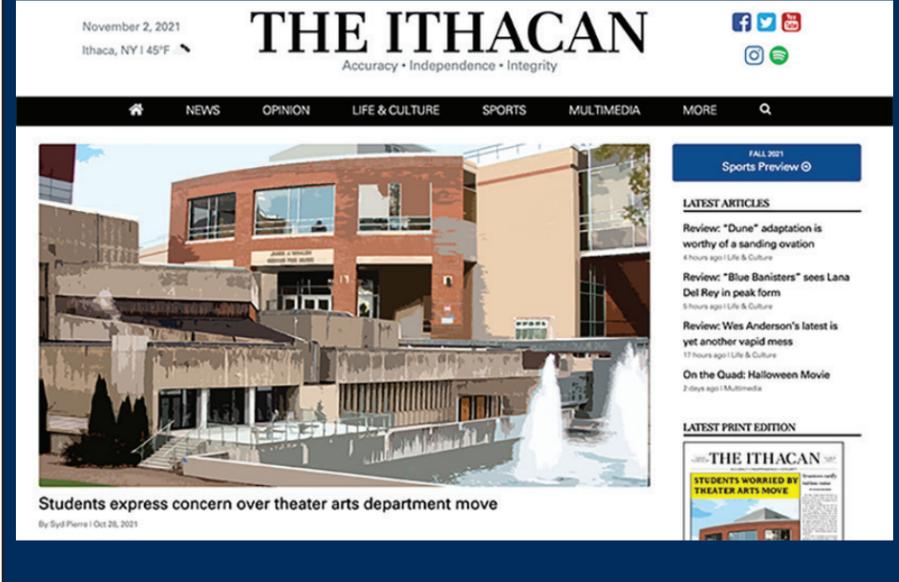
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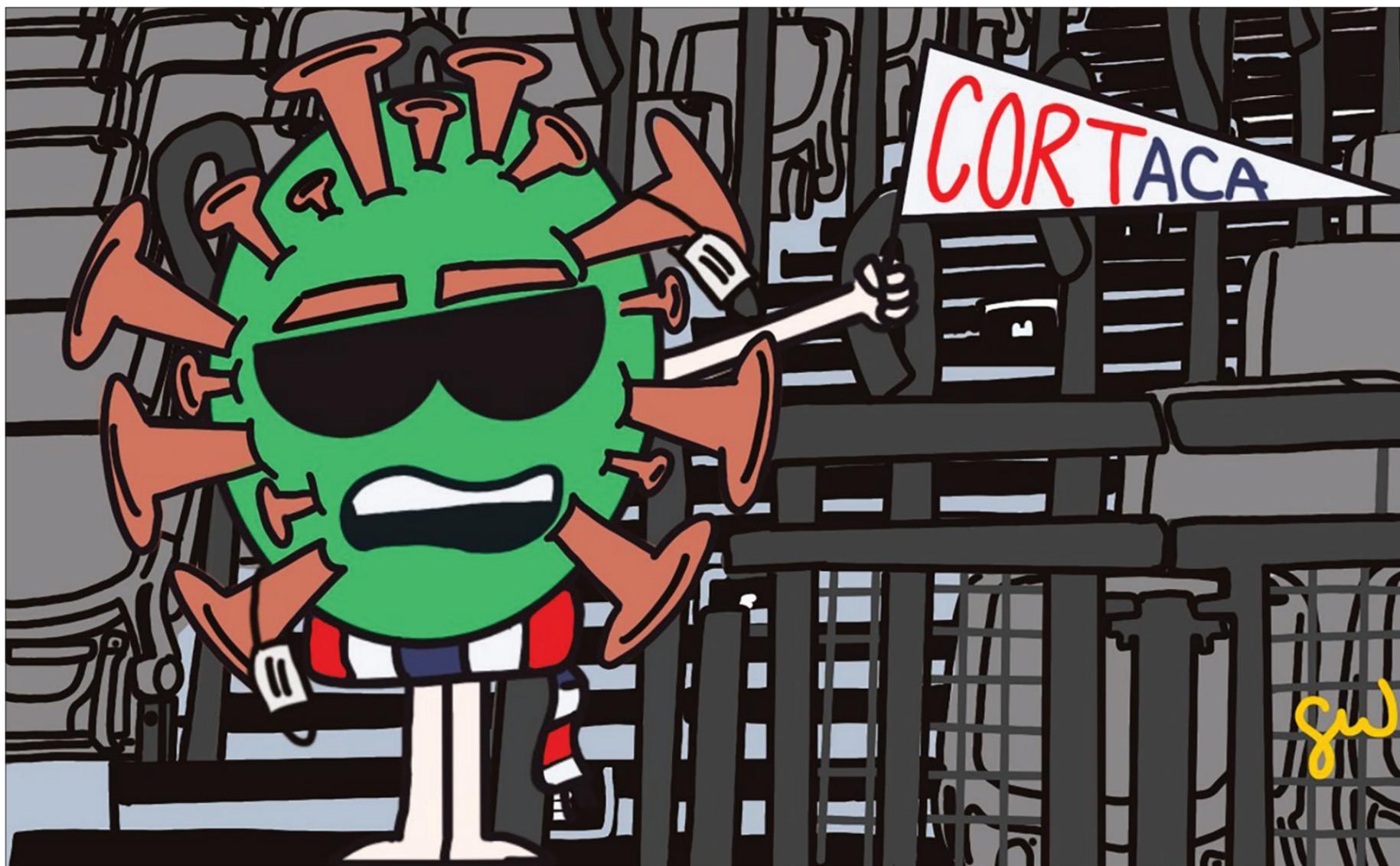
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EDITORIALS

Don't forget to wear a mask when you cheer at Cortaca

We are living in the midst of a global pandemic — it has not stopped and is not over. We should rightfully continue to move forward with our lives and establish a new normal, but as a community cannot neglect simple actions that can prevent and minimize the spread of the virus. With the Cortaca Jug game rapidly approaching, Ithaca College students and community members need to remain conscious of their behavior at such a large, public event. The majority of students, exempting those with a medical or religious excuse, are vaccinated, but that does not mean everyone else at the event will be as well. There will be families and alumni in attendance, and vaccine cards will not be checked at the entrance of the stadium. The organizers are providing masks at the event and requiring the use of them. Keeping your masks on is the bare minimum. Wearing a mask won't be a detriment to the event — you can cheer for the Bombers as they (hopefully)

beat Cortland, with a mask on.

Have fun, yell and cheer, hug your peers and such — but do so responsibly. Aside from the usual behavior rules regarding COVID-19, there are certain behavioral expectations that Ithaca College students should abide by. It's incredibly easy to get caught up in the energy of a game against long-term rivals, especially when the game hasn't taken place in more than a year. Energy will be high and it can be easy to get caught up in it, but vulgarity and disrespect will not be tolerated.

Don't forget that this is just a game; there's no need to stoop down to immature and embarrassing behaviors. Make sure you check the rules of the stadium, as there is a long list of items that you cannot bring with you, including banners and bags. Be careful with what you say, what you do and what you choose to post on social media. But remember, this is still an event to have fun, feel a part of your community and watch the "biggest little game in the nation." Go Bombers!

Terrifying events at Cornell affect all students in Ithaca

Over the past few days our neighbors at Cornell University have faced some terrifying events. On Nov. 7, Cornell University told its students to avoid Central Campus and evacuated certain areas while it waited for the SWAT team and law enforcement to investigate the bomb threats that ended up being cleared and were not credible threats. On Nov. 9, the university issued a shelter-in-place order for North Campus because local police were chasing three men, all of whom were armed, following a shots fired incident. While the vagueness of the communications when the situations were developing was troubling, it seems that Cornell is taking the appropriate actions by sharing mental health resources for its students online and postponing preliminary exams. Due to the close proximity of Ithaca College's campus to Cornell University's campus, our students were also impacted by the series of events occurring just five miles away.

Ithaca College students have friends and know people at Cornell and some even attend classes on their campus. However, Ithaca College failed its own students by providing little to no reassurance or updates. From the IC Emergency Notification System, students received a too-late, short, condescending and unhelpful alert about the college being aware of the men and the armed men trying to be located.

The college sent this disrespectful alert hours after the majority of Ithaca College students were made aware of the events happening a few miles away through Twitter.

In the aftermath, the college has taken no action to check in on the mental health of its own students or provide any further information aside from the email it sent.

As far as we know, no one was hurt and students are safe now. But that does not change that these events most likely affected many students and the college failed to check in or help anyone.

LETTER TO THE EDITOR

Send to ithacan@ithaca.edu.

ALL LETTERS MUST:

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

GUEST COMMENTARY

Send to ithacan@ithaca.edu or to the opinion editor gguzman@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



MINDFUL TALKS

ALLIE RICHTER

'Tis the season to ask for help

As the leaves begin to change, the days become colder and the nights longer, our old friend seasonal depression begins to creep in, making itself known.

Seasonal depression, also known as seasonal affective disorder (SAD) is a mood disorder that is related to the changing of the seasons. It is most common for people to experience this at the end of fall and into the winter months. This probably has to do with it being colder and darker, which is the perfect environment for depression to thrive in. I wanted to shed some light on resources and tools to help anyone who is struggling during these hard months.

Vitamin D is an extremely beneficial vitamin and allows us to feel happier and less depressed. Vitamin D mainly comes from the sun, which unfortunately isn't out that much throughout the winter months. Therefore, many people who are used to receiving this through sunlight see a decrease in their mood. There are multiple easy ways that can help with the decrease in vitamin D and sunlight. One way is to start taking vitamin D pills. This way, your body is still getting its daily dose of vitamin D, which will allow you to feel happier.

Another way to help with the lack of sunlight, which I have recently learned about, is light therapy. This comes from phototherapy boxes, which mimic the light that comes from natural sunshine. This exposure to light can help with keeping a person's circadian rhythm in line since in the winter it normally becomes unbalanced. Sitting in front of this lightbox for just 20 minutes a day can help change the chemicals in your brain to boost your mood. The Center for Counseling and Psychiatric Services and the Center for Health Promotion offers the chance to use light-therapy units if you contact them and explain your needs.

Another option, that I know is hard to do if you are feeling depressed, is to exercise. I know that during the winter months, getting up and getting dressed to work out seems like the last thing you would want to do, but it can actually be really helpful with treating the winter blues. Exercising naturally releases endorphins, which are known to boost your mood. It will also help with feeling productive, which can really help when sitting around depressed.

If you are struggling, know that there are so many other people who are in the same boat. Don't feel ashamed to reach out to a friend and let them know how these colder months are affecting you. You may be surprised as to how many other people feel the same, and creating support systems is the most important aspect of dealing with mental illness.

MINDFUL TALKS is a column on mental health, meant to destigmatize and educate. **ALLIE RICHTER** (she/her) is a freshman psychology major. Contact her at arichter@ithaca.edu.

GUEST COMMENTARY

Restaurant workers need empathy

BY EMILY GUDERIAN

Editor's Note: This is a guest commentary. The opinions expressed in this piece do not necessarily reflect the views of the editorial board.

My favorite question asked while on a two-hour wait at a local Ithaca restaurant is, "Well, why do I see so many empty tables?" The answer is the same as most restaurants around the country that are down 12% in employment from pre-COVID times.

While that question irks me, I have experienced much more cruel interactions while working at a restaurant. As a hostess, we are the first faces you see when entering. We are also responsible for making our best estimate of wait times and informing the guest of such. And yes, it can be well over two hours for a table. Due to subsequent impatience, my coworkers and I have been spat on, sworn at, and persistently bothered by hundreds of guests throughout the summer and into the fall. We need more kindness during one of the hardest times of our lives — over a year into the COVID-19 pandemic.

The American Medical Association states four in 10 Americans claim the COVID-19 pandemic has negatively impacted their mental health. This can result



Senior Emily Guderian discusses her experience working at a restaurant during the pandemic and the disrespect many of the workers experienced from customers when they needed patience.

ELEANOR KAY/THE ITHACAN

in feeling "pandemic anger," or "pangry," from a variety of factors during these hard times. These feelings of anger and anxiety are still valid, yet should not be reflected on community workers, especially when these outcomes are in no one's control.

Being kind to people can also be rewarding. Studies reported by the BBC show that "volunteering correlates with 24% lower risk of early death." Participants were also told to complete random acts of kindness. This decreased activity of genes is related to inflammation in the body. Although volunteering or random acts of kindness may be more difficult during the pandemic, there are

still ways to go out of your way to be kind.

Humans are innately social beings and creating these connections with one another benefits all parties involved. Apt Cape Cod Restaurant in Massachusetts, as reported by WGBH, closed the restaurant for a day to bring attention to the increase in aggressive customers. As I hesitate to inform people of our current wait time at the restaurant in fear of their automatic angry response, I try to remember the root causes of this emotion.

However, our lack of staff that results in crazy wait times and disorganization is not something we can control. We have less than half

our usual staff, but still about 100 tables within the restaurant. We are trying our best to work with the current circumstances. Many restaurants in Ithaca have this same issue.

The restaurant infrastructure allows more people to be accommodated, but a lack of staff limits the ability. Next time you enter a restaurant in Ithaca or elsewhere, I ask you to be patient with the surrounding staff.

As my manager likes to say: "It's dinner. It's not that deep."

EMILY GUDERIAN (she/her) is an integrated marketing communications major. Contact her at eguderian@ithaca.edu

GUEST COMMENTARY

Social media influences college students

BY MAX ISAAC

Social media is all around us, whether we like it or not. The new technological age in which we currently live has changed the way that we interact as a society. Every person has had their life impacted by social media in one way or another. Modern times have surrounded us with technology at every corner. The most prominent version of this is college students and social media. There are hundreds of different social media platforms, like Instagram and Twitter, that students use to voice their opinions and flaunt their lifestyles. Whether it be to check up on friends, post something of their own, or check up on news, many students at Ithaca College use some form of social media daily. Social media has many negative effects on sociability among college students. It is very easy to just sit on your phone and not interact in classrooms and social settings — I have even been guilty of doing this.

The constant need to check up on our social media accounts is lowering our society's moral values. Students are becoming more focused on online friendships over in-person interaction. Evidently, this has been resulting in decreased physical interaction. Around 44% of teens agree that social media can distract them from their current in-person interactions. As almost half of the college population is distracted by electronics, I urge people to remind themselves of the value of face-to-face communication.



Senior Max Isaac sheds light on the influence that social media has on college students. He discusses the negative side of social media and the affect on mental health.

LAUREN LUBENOW/THE ITHACAN

Social media does have a dark side to it. Negative comments on social media can be detrimental to a person's image and mental health. There are too many cases in which social media has resulted in severe bullying cases that have led to self-harm, suicide, etc. Although it is easy to forget that accounts are run by ordinary people, social media users seem to disregard this in the comment sections of photos and videos. It is very easy to say things behind a screen that you would not say in person. There are fewer real-time repercussions and less accountability when commenting on a post. Anonymity is easier

than ever on social media with the usage of burner accounts and other identity-hiding methods used on social media platforms. This results in accounts posting negative reactions that they most likely would have kept to themselves if it was an in-person interaction. It is always important to remember that social media is not the real world and things you do on social media do not always translate to in-person human interactions.

MAX ISAAC (he/him) is a business administration major. Contact him at misaac@ithaca.edu.

What I Wish I Knew...

This week, our seniors responded to the prompt, "What is your experience with mental health?"



College will mess with your mental health so much. I started therapy when I was in high school due to personal issues and that was my sophomore year. I continued until senior year, when I chose to end therapy for myself when coming into college. And boy was I wrong. In my first semester, I found myself always crying and wanting to go home every weekend or thinking about transferring. I just felt like I could not do it and felt like I did not belong. A lot of that was imposter syndrome. My first semester I was slapped with so many emotions — homesickness, seasonal depression and anxiety. But I kept pushing without going back to therapy even though I knew I needed it. I struggled with asking for help. As a student of color in a predominantly white school and space, it always feels like there is no room for messing up, no room for any mistakes and just no room to ask for help. And when talking to our parents, it's always, "What are you sad or depressed or anxious about? You have food on the table and a roof over your head." This really means you have no real struggles — you should be grateful for everything you do have. Some institutions do not prioritize the mental health of their students and if they do, it's "Take a mental break day whenever you need to but do not forget about your assignments." What kind of mental break is that? I decided to go back to therapy during the pandemic, which was my sophomore year of college, because I constantly felt myself in a hole and had no way of escaping it. So, I chose to prioritize my mental health and my well-being.

Something that is super important for everyone no matter the age, is mental health. I, Frankie Walls, am a number one mental health advocate. Especially since mine is not always great. For the longest time, I thought my mental health was something that could sit on the back burner. Until very recently, it still seemed taboo for people of color to even seek out therapy or talk about the need for medication. It was also not just a cultural thing for my family — talking to someone and airing out our "dirty laundry" was seen as another way others could bestow their judgment on you and who raised you. At least that's what my brother always said. He always wanted me to go to him when I had an issue. It was a nice sentiment, but doesn't help when the issues involve family. There were a lot of extenuating circumstances that kept piling on, and I'd say the newest peak is when my older brother died in July. Intense emotions are something that I experience a lot; I get really sad and I cry for no reason. Sometimes I even shut down and go silent for a day. That's okay and normal. Feeling things is okay. It's okay to feel things and be sad, but you have to continue on with living life and sometimes that can be really hard. Prioritizing your mental health and putting your feelings first is so important. Sometimes it won't feel like it and the need to put work first will show up, but don't be afraid to put yourself first.



GISELA ROSA

ELEANOR KAY/THE ITHACAN



FRANKIE WALLS

ELEANOR KAY/THE ITHACAN

Mental health in college is tricky. I feel like everyone has struggled at some point. While challenges often echo others, they remain individualized in source, severity, manifestation and solutions. Thankfully, it is finally being talked about, and students seem keenly aware now of its importance. Our education was restricted to small boxes on a screen, and the in-person interaction with our college friends, organizations and professors that previously defined everyday life took new forms that sometimes worked and sometimes didn't. If you have found yourself struggling with mental health with regards to school or social interactions, just know you are not alone in feeling that way and our circumstances have made it so most of us are in similar mental states. So then, what is to be done if everyone is struggling with different things in unique ways and toxic stress at times feels inescapable? The best way to do this is to find some set rituals for yourself to do each morning and every week. It can start small, like making sure your bed is made or doing some push-ups before you leave for class so you can start off your day with a little boost of accomplishment. Schedule workouts or join an athletic club so you can keep up your fitness (and by extension, mental health) in a regular way while having a social group attached. Beyond day-to-day though, if you need help, make sure you take it and reach out. It may not be ideal for you that the Center for Counseling and Psychiatric Services remains on telehealth, but it's still there for the students.

To read the rest of the blog entries head to TheIthacan.org.



JAY BRADLEY

COURTESY OF JAY BRADLEY



CORTACA IS BACK!

Message to Cortaca Fans from the IC Football Team:

The results of this year's Cortaca Jug mean more than they ever have in the past. Not only are we giving it our all to retain the Jug and make our team and school proud, but this is also the final Jug Game for our senior class! **This has upped the ante.**

We need our fans to show up to the game, rock the stadium with cheers, and remember to keep the tradition of the game clean. Many look forward to this game all year long and it's a tradition that we want to continue for many years to come, when we are also alumni so – Let's keep it classy:

- Cheer with Bomber pride! No need for swearing, yelling at the opposing players/teams, fighting, or negative distractions from the game.
- Let's not let the Cortaca tradition be defined by any negative media attention that comes from a minority of people who care more about posting pre-game/party selfies than the football game itself. Social media posts can have lasting consequences, for the ones doing the posting as well as for those named or pictured in the posts.
- While this should go without saying, remember also to be respectful visitors. Respect the residents and their property in Ithaca if you're off campus and elsewhere in the community.

Please represent our school in a way that makes us proud to represent you. We hope to see you all there this Saturday, November 13, in Cortland at 12 p.m. Be loud and proud to be Bombers and keep the Jug on South Hill!

The Ithaca College Football Seniors.



Students of Ithaca College:

On November 13, Ithaca College renews a time-honored tradition when the Bombers travel to Cortland for a clash with the Red Dragons in the Cortaca Jug football game. The history of the Jug rivalry dates back to 1959, and we are as proud as ever of the spirit, passion and storied memories that are associated with this annual event and that engages so many students, alumni and fans.

This year's contest carries with it some special significance, as it will be the first time Ithaca and Cortland have met on the football field since 2019 due to the COVID-19 pandemic. It is within the context of the ongoing pandemic that I ask you to please remain mindful of the behaviors and actions that have allowed us to return to a fully in-person semester this fall. While I encourage all of our students to immerse themselves in the pageantry of this exciting weekend, please do so **responsibly and respectfully.**

Expected Behavior:

Please remember that your behavior related to the game reflects not only on yourself, but also on your college.

- Please treat every single person at this event with respect and dignity, regardless of the team they support or whether you disagree with their words or actions.
- Please show your support in a positive manner. Do not become involved in behavior that includes: vulgarity or the demeaning of players, coaches, officials, team representatives or opposing fans. Verbal abuse has no place in any setting, rivalry game or otherwise.
- Throwing objects on the field, or in the general direction of players, coaches, officials, team representatives or other fans will not be tolerated and are grounds for immediate ejection from the stadium.
- Fighting and other acts of physical violence will result in criminal arrest and can lead to on-campus judicial action, including possible suspension or expulsion from Ithaca College.
- Please travel to and from the game responsibly. You can expect a heavy law enforcement presence patrolling roadways and various game day parking lots. Driver checkpoints to deter driving under the influence has been a common occurrence associated with Cortaca.
- Please be mindful of comments, photos and videos you may post to social media before, during, and after the game. Your online profile can have a powerful impact and follow you during your time at Ithaca College and beyond.
- Please abide by all rules and regulations outlined in Cortland's visiting spectator policy.

Game Day Information:

The gates to the stadium will open at 11:00 a.m., with kickoff for Cortaca at noon.

- You must show your ticket in order to gain entry to the stadium. There will be NO ticket sales at the gate. Ithaca College has already completed its on-campus ticket sales for this event. Lost or stolen tickets cannot be re-issued. There is also a no re-entry policy, once you leave the stadium, your ticket is no longer valid.
- The following items are prohibited from being brought into the stadium. Please note that you should prepare to be "patted down" upon entry to the stadium:
 - Alcoholic Beverages
 - Food
 - Backpacks, Bags, Carryalls, Totes (bags holding essential items/medicines are permissible and are subject to inspection)
 - Banners, Flags and/or Signs attached to sticks or poles
 - Bottles, Cans, Containers, Coolers
 - Pets of any kind
 - Tobacco Products
 - Umbrellas
 - Weapons of any kind
- The following items are prohibited in the various stadium lots.
 - Glass Bottles
 - Pets of any kind
 - Charcoal Grills
 - Kegs
- All fans attending the game are encouraged to wear face coverings regardless of vaccination status. Disposable masks will be provided upon request at stadium entry gates.

In conclusion, let's remember to keep responsibility and respect foremost in our thoughts this upcoming weekend. I appreciate your cooperation and look forward to a fun weekend that makes us all proud to say: **It's a Great Day to Be A Bomber!**

Sincerely,

Rosanna Ferro, Ed.D.
Vice President for Student Affairs and Campus Life



IC performers take the stage at International Club concert



The annual One World Concert celebrates cultures from around the world



From left, sophomore Maddie Kramer, junior Andrea Cosgrove, senior Emma Feeley and freshmen Camden Kelley and Abby Bertram perform as part of Ithaca College Unbound Nov. 5. The group closed out the evening's events with three separate performances at the annual International Club One World Concert.

KEVIN YU/THE ITHACAN

BY MIKE ROSS

Ecstatic crowd members cling to the edges of their seats as senior Nelson Wu's diabolo — a Chinese yo-yo — zips across the stage at seemingly impossible speeds. Wu launches the diabolo toward the ceiling once more, effortlessly catching it on its string to excite the audience at the 2021 One World Concert.

The crowd's applause jolts across a dimly lit Emerson Suites as the next set of performers are introduced, those which will have an entirely different sound and style than the last. From Caribbean to K-pop, audiences don't know where in the world the next performance will take them until it starts on this tour of global talents.

The Ithaca College student body's vast cultural diversity and wide range of unique talents came together Nov. 5 for the One World Concert. Held in Emerson Suites, the One World Concert is an annual event hosted by the International Club that celebrates the college's cultural multiformity through performances by international and domestic students alike.

The International Club works to provide a safe space for international students and maintain close working relationships with domestic students. Nov. 15–19 is International

Education Week. As the week marks an initiative to learn about global cultures, the Ithaca College International Club holds the One World Concert in November annually. As stated on its IC Engage page, "The One World Concert is the highlight of this week where we ... feature a variety of international talent."

The show's opening act was a heartfelt solo performance from junior Bea Tria, who sang a Filipino song called "May Bukas Pa."

"It means 'There's Still Tomorrow,'" Tria said. "It was actually the theme song for a Filipino drama that I watched when I was a kid and I always liked it."

The conclusion of Tria's performance was followed by a stark change in atmosphere. Accompanied by the fade-in of a hip-hop beat, Ground Up took the stage for a high-energy performance.

Junior Connor Chin and senior Jay Lin are the co-presidents of the college's breakdancing group, Ground Up. Ground Up's performance is fitting to the One World Concert, as breakdance has a deep cultural history.

Breakdancing occurred in the South Bronx starting in the 1970s and grew relevant in the evolving culture of hip-hop music and fashion. This hip-hop style spread to other parts of the world as American television became more accessible globally, and was popular in East Asian countries like South Korea and Japan.

"Historically we have performed at One World ... it's like a tradition," Chin said. "Breakdancing is usually [considered] an African-American thing, I ... think we put a bit of an Asian twist to it."

Ithacappella, which is the college's only all-male-identifying a cappella group, was the first a cappella group to perform, with the all-female-aligned Premium Blend performing in the show's second half. Premium Blend also performed a number of cover songs, which junior Sammi Frieri, the group's president, refers to as the "staple tracks."

Frieri said she always enjoys the concert not only to get to perform, but to experience the diverse group of performers.



The Ithaca College International Club hosted the One World Concert, a cultural event concert, that had performances from student organizations like Ithacappella on Nov. 5 in Emerson Suites.

BRENDAN IANNUCCI/THE ITHACAN

"I just love that so many performers from campus are being showcased," Frieri said. "It's such a rich pool of entertainment and talent."

Staying true to the event's theme, performers from outside the college's community came to celebrate global cultures as well. Cornell University's Teznia Bellydance Troupe appeared in the show's first half, with an authentic celebration of Egyptian and Middle Eastern styles of dance.

Wu and his diabolo performance was the concluding act of the show's first half. His performance carried a high energy that viewers would bring with them in the second half of the show.

Premium Blend was first to the stage in the second half before passing the baton to the Island Fusion Dance Team.

Founded in 2014, the Island Fusion Dance Team is Ithaca College's only Afro-Caribbean dance group. The group carried out an explosive mix of styles and cultural influences in its performance, infusing the foundational choreography of hip-hop with Afro-Caribbean genres like reggae and calypso.

Sophomore Jae Williams has been dancing for the team since September 2021.

"I saw the Island Fusion Dance Team perform at Fountain Fest and their mix of genres really caught my attention," Williams said.

Williams said he was drawn to the group because it focuses on Afro-Caribbean music while incorporating different styles.

"For the One World Concert, we performed

one Caribbean song, one Spanish song and one hip-hop song," Williams said. "Since the concert was focused on different cultures, we wanted to show off dances that incorporate different cultures and represent what Island Fusion is really about."

The concluding act of the event was none other than IC Unbound, the college's largest and longest-running dance company. The crew leaped, spun and dashed across the stage in three separate performances, each containing a new set of dancers to embrace the group's immense strength in numbers. After the last IC Unbound group finished its rhythmic performance to the accompaniment of Ru Paul's "Supermodel (You Better Work)," the One World Concert came to a close.

The show was emceed by junior Déontae Guy and senior Thais Gutierrez.

"The International Club team reached out to me asking me to host," Guy said. "I ... planned a few activities, and just went off of the crowd's energy throughout the night."

Throughout the event, the two hosts initiated some crowd engagement with activities like a dance battle, a raffle giveaway and more.

William Streleckis '21 was the winner of a game of musical chairs.

"It's a really great energy, creating a space where everybody can have fun and express their talents and passions," Streleckis said.



Junior Bea Tria opens the concert Nov. 5 with a song from one of her favorite childhood shows.

BRENDAN IANNUCCI/THE ITHACAN

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CULTURED

The Life & Culture editor's recap of current mainstream and alt culture

Compiled by Eva Salzman

QUOTE OF THE WEEK

“The conversation is not about you, [it's] deeper than that. It is about the systems of oppression and erasure of people of color who contribute to the culture.”

BILLY PORTER,
clarifying his comments from
February 2021 on Harry Styles' *Vogue* cover



THIS WEEK IN POP CULTURE HISTORY

Nov. 8, 1972

Today there are over 300 streaming services available to choose from, but the first and longest paid TV service began airing Nov. 8, 1972.

HBO, or Home Box Office, first presented the film “Sometimes a Great Notion,” starring Paul Newman and Henry Fonda. The movie was transmitted to 325 subscribers and was followed by the airing of an NHL game. The network's first special, “Pennsylvania Polka Festival,” aired in February 1973.

For the first nine years, HBO only aired for nine hours a day and 24-hour programming didn't begin until 1981.

In 2015, HBO became available on the internet via the HBO Now streaming service and in May 2020, was rebranded as HBO Max.



SPOTLIGHT

Crowd surge at Travis Scott's festival results in casualties

At least eight people were killed and dozens injured at the first night of Travis Scott's Astroworld music festival Nov. 5, 2021. A crowd of over 50,000 people began to rush the stage during Scott's performance and people were pushed to the ground and trampled. “The crowd became tighter and tighter, and at that point it was hard to breathe,” a concertgoer told CNN. “When Travis came out performing his first song, I witnessed people passing out next to me.” Despite the chaos that ensued in the pit, Scott did not stop the performance and the few medical personnel who came to the rescue were too late. “There weren't enough security guards and there weren't enough EMTs and people helping out the crowd,” another concertgoer told CNN. “The paramedics couldn't even reach the crowd.” The dead ranged from ages 14–27.



Nov. 5, 2007

Beginning Nov. 5, 2007, 12,000 film and television screenwriters of the American labor union's Writers Guild of America, East (WGAE),

and Writers Guild of America West (WGAW) went on strike. The goal of the strike was to increase funding for the writers given the profits of large studios and was targeted at the Alliance of Motion Picture and Television Producers (AMPTP). A tentative negotiation was reached Feb. 8, 2008, but the strike shut down production on more than 60 TV shows. The AMPTP estimated that WGA writers and crewmembers in the International Alliance of Theatrical Stage Employees union lost \$342.8 million in wages.



Making food and friends at IC nutrition club

BY GRACE AZAULA

Plates of apple nachos smothered in peanut butter, melted chocolate and chocolate chips cover the tables of Williams Hall Room 210 during an IC Nutrition Club meeting. Students chat as they eat their snacks and compete in trivia.

The nutrition club meets bi-weekly at 8 p.m. on Tuesdays in Williams 210. Sophomore Alison Hitchen, president of the nutrition club, said the club runs activities like making its own snacks and having trivia nights.

Hitchen said the goal of the club is to be a resource and a social outlet for people interested in nutrition.

"[The purpose of the club is] just to kind of raise awareness about healthy options on campus and in dorms," Hitchen said. "I know it's really difficult to have accessible, healthy food in college, especially if you're on campus and not [in] an apartment."

Junior Eliza Ostrofsky said the club has given her new recipes and ideas for healthy eating as a college student.

"I think being in a dorm room, nutrition club is very useful because the food that we are making and we're learning about I think is curated to students who don't have a lot of access to food or cooking besides dining hall food," Ostrofsky said.

Hitchen said she has found that there are a lot of misconceptions around nutrition that do not look at the idea holistically.

"People always see it like 'Oh, you're a nutrition major. You eat healthy all the time.' And I'm like, no,

actually, that's not really what it is," Hitchen said. "It's more like a balance of your overall well-being of what you emotionally desire and what makes you feel good internally."

Junior Briana Carrasca, treasurer of the nutrition club, said she wants people to feel supported, not judged, by the nutrition club members.

"Food is food," Carrasca said. "There are nutrients in anything you can find. As long as you're just fueling your body with what makes you feel good, like that's all we really care about."

Hitchen said it has been difficult to find nutritious, fulfilling options on campus, specifically in the campus dining halls.

"I find a lot of times especially like breakfast, like, I'm not feeling full for the time I should be just due to the quality of the food," Hitchen said. "And I think that does need to change."

Amy Frith, associate professor in the Department of Health Promotion and Physical Education, said she has been the advisor for the nutrition club for eight years. Frith said she is also part of the dining hall committee, and believes the dining hall is trying to provide nutritious options for students.

In 2019, the college ended its contract with its long-time food provider Sodexo, instead opting for in-house dining services. Frith said this switch to sourcing local food from local businesses has resulted in healthier options for students.

"It's good for students, their food is much healthier and more nutritious," Frith said. "So even that kind of move



From left, sophomore Alison Hitchen, juniors Sarah Zakrzewski, Briana Carrasca and Bee Iosso, executive board members of the IC Nutrition Club, smile together outside of Williams Hall.

LAUREN LUBENOW/THE ITHACAN

of getting local people and local businesses providing the students food that's healthier food for the students."

Frith said that making food more accessible has been a key part of the nutrition club. She said the club has worked with organizations like Meals on Wheels, a non-profit that provides nutritious meals to seniors who have limited access to food, in the past. Frith said this year the club wants to work more with the IC Food Pantry and the food cabinet set up on campus by Tompkins Mutual Aid.

Prior to the COVID-19 pandemic, food insecurity was the lowest it had

been since the 1990s with one in nine individuals living in food-insecure households. According to Feeding America, this number increased with approximately 45 million people, or one in eight individuals, having experienced food insecurity in 2020.

Hitchen said she wants the club to get more involved in addressing food insecurity, but has struggled because of the COVID-19 pandemic.

"Service and food inequality is definitely a big part of our club," Hitchen said. "That's definitely something that's been kind of a struggle with like COVID, like, more hurdles

to jump through in terms of getting volunteer hours."

Hitchen said she encourages people to embrace nutrition in college, but to do so in a way that is gradual and healthy.

"Just making small changes over time ... is definitely something I would recommend," Hitchen said. "If you're restricting yourself too much, that just ends up with you starting from scratch. Just go easy on yourself and know that the process isn't always super linear."

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Professor signs to agency after going viral on TikTok

BY M MINTON

After gaining notoriety on TikTok with his videos of satire and humor, Peter Johanns, associate professor in the Department of Media Arts, Sciences and Studies, has now been signed to the talent agency A3. His agent is Emma Clarke, a former student of Johanns.

When Johanns first became popular on TikTok, he said his videos connected with a global audience. Last May, his TikTok fame had already gained him attention from across the world, with a little over 600,000 followers on the platform. Now, he has about 1.2 million followers as of November 2021. Johanns said that although many of the recurring jokes in his videos are still the same, like pretending to be a bad parent to his son through absurd scenarios, Johanns hopes to reach a larger audience with his content.

A3 is a full 360 agency, focusing on all possible sources to maximize client brands, exposure and income. The agency is based in Los Angeles and has offices in New York and London. Johanns said he was approached by several agencies, but he ultimately chose A3 because Clarke is a Roy H. Park School of Communications alum.

"I really decided to sign with A3 because of my connection with Emma Clarke ... who was my former student, and I really felt that she would be working hard for me and have my back," Johanns said.

Johanns said he has since branched out

into YouTube content, gaining around 145,000 subscribers in a seven-week period by reposting his popular TikTok content.

During her time at the college, Clarke had Johanns as a teacher for a number of production classes. Clarke said Johanns helped show students skills for the television industry and the importance of adapting to what life is like outside of the classroom.

Since graduating, Clarke works in both the unscripted and scripted departments at A3. She represents Johanns in both of those departments. On the digital side of things, Clarke said she focuses on finding brand relationships to promote on social media platforms. On the unscripted side, she represents producers and companies to help them find different jobs.

Clarke said she and Johanns share a common goal to grow on all platforms and expand to new opportunities. One day down the road, Clarke said they hope to create a brand as a way to elevate Johanns' voice.

Johanns said another reason why he chose to sign to Clarke and A3 is because she understands the content he wants to create.

"I'm not necessarily [wanting] to turn my kind of account into a strictly commercial account," Johanns said. "I still want to create these kinds of funny and absurd scenarios that people find entertaining."

Senior Casey Honigbaum majors in television-radio and has Johanns as his advisor. Honigbaum has also taken classes from Johanns, like Broadcast Performance and



Peter Johanns, associate professor in the Department of Media Arts, Sciences and Studies, went viral on TikTok and has 1.2 million followers. His handle is @peteytvprof.

KALYSTA DONAGHY-ROBINSON/THE ITHACAN

Advanced Studio Production.

Honigbaum said he started watching Johanns' TikTok videos in Spring 2021 after his first class with him.

"They're hysterical," Honigbaum said. "When you watch his TikTok, obviously all his humor is sarcasm and satire and that's exactly how he conducts his classes."

Steven Gordon, program director of the Television-Radio program, said his first introduction to Johanns made Gordon realize he was an amusing character.

"I was coming up the stairs in Park,"

Gordon said. "And I pulled on the door, and it wouldn't open. And then finally it opened and a guy fell on the floor with books all over the place. That was Peter."

Johanns said he is really happy to be working with A3 and a former student of his.

"It's an illustration of how powerful that kind of Park network really is," Johanns said. "I'm so very excited to see what working with Emma and A3 will be able to do."

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POPPED CULTURE

Romance novels capture hearts

BY MADDY MARTIN

A close-up of a man's tanned eight-pack framed by a dripping-wet, white button-up shirt is not something I'd expect to see at the grocery store. And yet I have seen this exact image at the grocery store so many times that I don't even register it.

If you don't care about them, chances are you don't think about them, but romance novels are everywhere and they always have been. Check the little book stands and aisles in Wegmans, CVS and Walmart, and you'll see them in all their paperback, curly-font glory.

Romance novels account for 23% of all fiction sales and generate around \$1.08 billion per year. They make the same number of annual profits as the mystery and science fiction/fantasy novel industries combined.

Despite its prominence, romance is often the laughing stock of the literary world. The novels are stereotyped as being pulpy, poorly written and full of fluffy depictions of hot heroes rescuing damsels or bizarre erotica that is somehow both misogynist and misandrist. So, what are romance novels really and why are they so popular?

Last summer, a self-published romance series called "Ice Planet Barbarians" by Ruby Dixon made Amazon's bestsellers list despite the first book in the series having come out six years prior on the Kindle store with little attention received. The novels — about a group of women who are abducted by aliens then rescued by another group of aliens who are blue, ripped and shockingly gentlemanly — gained viral popularity due to how surprisingly well-written they were.

The popularity of "Ice Planet Barbarians" has sparked the series receiving a print release from Berkley on Nov. 30. I have never read "Ice Planet Barbarians" and I likely never will, but I'm happy it exists. Despite how entertaining it is to make fun of the series, at their core, these books are escapist fun. Escapism and sex sell, that's just the truth.

As far as romance novels go, "Ice Planet Barbarians" is an extreme example. Most romance novels are more down-to-earth, literally. Amazon's current bestsellers include "A Not So Meet Cute" by Meghan Quinn, about a fake relationship between a businesswoman and businessman searching for wealth, and "It Ends with Us" by Colleen Hoover, about a workaholic trapped in a love triangle.

With a readership that is 83% female and a primarily female authorship, romance novels are written for women by women. To the women who read romance, the genre is often empowering. Romance heroines are often intelligent, unapologetically-feminine ladies who don't exist for the male gaze.

Although I've spent much of my life as a reader extensively mocking the genre, if cynical businessmen and buff aliens bring people joy, who am I to judge? The genre wouldn't be as popular as it is if it wasn't near and dear to many people's hearts.

POPPED CULTURE is a weekly column, written by Life & Culture staff writers, that analyzes pop culture events. Maddy Martin is a senior writing major. Contact her at mmartin5@ithaca.edu.

Film fails to meet its great potential

MOVIE REVIEW: "Last Night in Soho" Film4 Productions



BY SYDNEY BRUMFIELD

Although it's littered with intricate, mind-boggling effects and cinematography that transports viewers back to 1960s London, "Last Night in Soho" is an unworldly spectacle that unsuccessfully attempts to be a girlboss-psychological thriller. Written and directed by Edgar Wright — director of "Baby Driver," "Scott Pilgrim vs. the World" and "Shaun of the Dead" — "Last Night in Soho" is a slow-burn, thriller that explores what could happen if secrets buried in 1960s Soho, London found their way to the present.

"Last Night in Soho" follows Eloise Turner (Thomasin McKenzie) who moves from her rural, small town to London to study at the London College of Fashion. Things take a turn for the peculiar when Eloise — who has the ability to connect to spirits — is transported to 1960s London when she sleeps each night in her new apartment. In her dreams, she becomes Sandie (Anya Taylor-Joy), a young woman who lived in Eloise's apartment in the 1960s and was willing to do anything to become a singer. What starts off as Eloise living her best life through Sandie becomes a living hell when Eloise is no longer able to escape her dreams. Sandie's perfect life is uncovered to be a dark fall from the path to stardom as she is pimped out to wealthy and influential men.

Eloise makes it her goal to find the perpetrator that led to the downfall of Sandie's life and the woman's apparent demise.

"Last Night in Soho" takes too long to get into the primary conflict of its plot. The beginning of the film spends too much time building up the world of the film and setting up Eloise's character with unnecessary details. It focuses so heavily on Eloise being bullied by her new classmates that the main conflict of Eloise uncovering the seedy life of Sandie comes completely out of left field. The second act redeems many of the shortcomings of the beginning of the film, as it shows Eloise continue to learn more about Sandie and grow obsessed with her. Eloise discovers that Sandie fell victim to involuntary sex work and gave up all hope of ever being a singer. Eloise watches helplessly as Sandie is sexually assaulted and abused night after night. By the third act, the line between Eloise's reality and dreams is unrecognizable, as Eloise is tormented by not only Sandie's spirit, but the men who terrorized Sandie.

"Last Night in Soho" attempts to be a commentary on the physical, mental and emotional burden of involuntary sex work, which it successfully does until the end. The resolution is male-centric and distracts from the promising premise of solidarity among women. This ultimately makes "Last Night in



While the depiction of 1960s London is certainly beautiful, "Last Night in Soho" is a male-telling of a women's problem. COURTESY OF FILM4 PRODUCTIONS

Soho" a commentary on the society that pushes people to engage with prostitution rather than highlighting the lasting impact of involuntary sex work. In the resolution, female sex workers are made to be the villain in this story to the poor men who fall victim to them. This is a misogynistic tone that is unneeded in today's film landscape.

While the plot is slow to unravel, the third act twist is

fast-paced and stuns viewers like a cup of cold water to the face. However, at length, "Last Night in Soho" feels glaringly inauthentic. It is the male perspective on a dominantly women's problem of lack of bodily autonomy and professional agency. If Wright did research or consulted women on this project, it doesn't show.

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New 'Paranormal Activity' is paranormally acceptable

MOVIE REVIEW: "Paranormal Activity" Blumhouse Productions



BY JACKSON NOEL

After seven entries in the "Paranormal Activity" franchise, the flying chairs and door-slammings haunted house shenanigans start to seem like normal activity. Luckily, "Paranormal Activity: Next of Kin" — the franchise's direct-to-streaming return after a six-year hiatus — remixes just enough of the series's familiar material to feel worthwhile nearly 15 years after the original film became a cultural sensation.

For the first time in the franchise, "Paranormal Activity: Next of Kin" tells a completely stand-alone narrative, a decision that positions the film as a reboot of sorts. In fact, the script written by Christopher Landon could as easily be a reworked "Blair Witch Project" sequel as much as a "Paranormal Activity" one. After being abandoned by her Amish mother as a child, Margot (Emily Bader) gathers two of her friends, Chris (Roland Buck III) and Dale (Dan Lippert), in the hopes of making a documentary about her family lineage. This venture leads them deep

into a strange, secluded Amish community in the middle of winter where bizarre events occur at every turn.

As with the series's previous entries, "Paranormal Activity: Next of Kin" employs a found-footage presentation to situate the audience in the eyes of its main characters. "Paranormal Activity" films are some of the cheapest horror flicks to produce, with budgets around \$5 million and consumer-grade cameras used in order to reflect the idea that this footage was created by a regular person. It leads to a visually dynamic end result that occasionally produces some surprisingly stunning images for this series, like a grotesque creature running through the snow or drone shots of the Amish community.

Unfortunately, many of the tropes commonly associated with the franchise again appear in "Next of Kin." For one, the found-footage aura is enforced quite haphazardly. Many scenes are shot in a way that breaks the illusion that the characters are the ones recording. It would be hard to imagine that everything would be in perfect focus



"Next of Kin" is a lukewarm addition to the "Paranormal Activity" franchise. COURTESY OF BLUMHOUSE PRODUCTIONS

while running away from mortal danger.

Another frustrating element is the overreliance on cheap jump scares. The structure of a "Paranormal Activity" film calls for a number of extended tension sequences where characters either attempt to hide or search around until a loud noise disrupts the silence and jolts the audience. In some cases, these jump scares can be done well, but an overuse of them creates an exploitation of audiences.

Any franchise eventually runs out of steam at some point, and that moment of creative bankruptcy will be immediately clear to audiences. "Next of Kin" leaves the "Paranormal Activity" franchise somewhere near death, but with enough juice to squeeze out a worthwhile — if slight — horror film.

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WRESTLING ROLE REVERSAL



Senior transitions from being one of the wrestling team's top performers to an assistant coach

Senior Logan Ninos was ready to contend for a national championship at the 125-pound weight class heading into his final season. However, Ninos has suffered nine concussions, and his doctor said he should stop wrestling. Now, he has remained a team captain, but also serves as an assistant coach to remain a part of the team.

RICHIE MORRIS/THE ITHACAN



Senior Logan Ninos has wrestled since the third grade up until this fall season.

COURTESY OF LOGAN NINOS

BY CONNOR GLUNT

When the Ithaca College wrestling team competed for the first time since the NCAA Midwest Regional Championships on March 1, 2020, the team was missing one of the best wrestlers on its roster: senior captain Logan Ninos. Ninos was not on the mat during the Ithaca Invitational on Nov. 5 and 6, and will not compete again after doctors advised him to stop wrestling due to multiple concussions.

Although Ninos will not wrestle, he has taken up a new role to stay connected with the program and the sport. The former wrestler has transitioned from being one of the first competitors to wrestle in meets for the Bombers, to being a team captain and assistant coach.

Ninos began wrestling after he moved to North Hampton, Pennsylvania, in third grade and was introduced to the sport by his neighbors.

He wrestled ever since then, but began suffering concussions in fifth grade outside of wrestling, and was diagnosed with his first one from wrestling in high school. His most recent concussion came in May 2021, which ultimately led to his doctor telling him in August 2021 that he should stop wrestling.

Ninos said it took a while to realize after he got the news that his wrestling days were over. It was not until after he arrived back on campus and preseason rankings came out for the 125-pound weight class that he finally processed that he would not be competing.

"It's unfortunate because I know, like, I can beat these

guys that are top running," Ninos said. "But really, it's bigger than wrestling, it's my brain, and I need to obviously stay healthy for the rest of my life."

Ninos had a conversation with head coach Marty Nichols about his future a week after he got the news from his doctors. Nichols' first reaction was to check on the well-being of his former wrestler, but also figure out how to keep Ninos a part of the team. Now, Nichols refers to Ninos as "Coach Logan."

Before he became Coach Logan, Ninos was the top wrestler for the Bombers in the 125-pound weight class. In the 2019–20 season, Ninos compiled a 30–11 record. Even though he has transitioned to helping the team as a coach now, Nichols said he sees similarities in Ninos' approach to the two roles.

"He's kind of like the Energizer Bunny for us," Nichols said. "He motivates everybody. That's the thing we'll miss because he's usually the first match of the tournament, or the first match of the dual meet, and he's really getting after it, chasing the guy around. Still, his intensity levels are really high, and he's the spark for our team."

However, Ninos said he still enjoys being an assistant coach and captain for his teammates. Ninos is a resource for wrestlers like senior Matt Griffin and junior Adam Wagner.

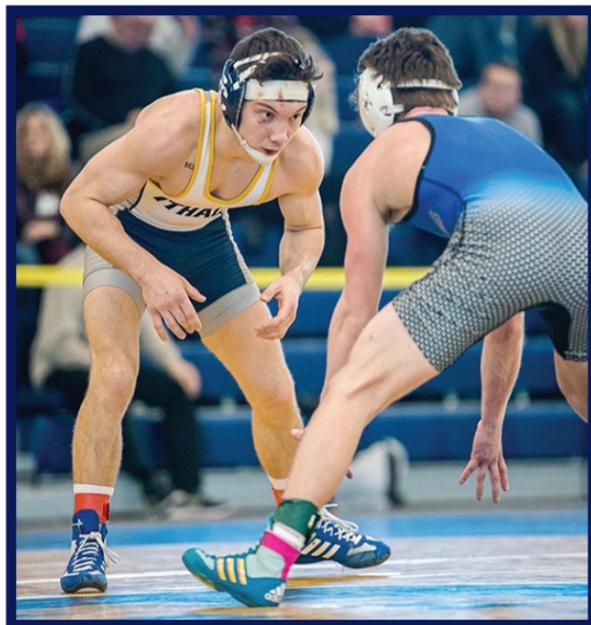
Ninos said he told his friends the news after coming back to South Hill, and Griffin said that hearing the news was bittersweet. Ninos' reaction though, did not surprise Griffin.

"He dealt with it how Logan would," Griffin said. "He's a really mentally strong kid. And he's a great asset to our team, whether he's on the mat or if he's off the mat."

After he wrapped his head around his new role, Ninos started to provide a fresh voice for the wrestlers. Wagner said it is refreshing to have Ninos reach out rather than a teammate he spent two hours practicing against.

When Ninos thought about the goals for his senior season, he envisioned himself as a national champion. He bested wrestlers that were in the 2021–22 rankings for the 125-pound weight class and saw no reason why he couldn't be at the top of that list. While it is not the end to his career that he thought would happen, Ninos is looking forward to helping the wrestling team in a new way this season.

"I understand that there are things I can control and things I can't control," Ninos said. "Obviously, if I could control it, I would love to have a national title. Unfortunately, that's just not how the cards fell. But, what I do know I can control is where I go from here, how I affect my teammates, how my work ethic wears off on them and how my energy is in the [wrestling] room."



Senior Logan Ninos went 30–11 as a sophomore in the 2019–20 season competing in the 125-pound weight class.

COURTESY OF LOGAN NINOS



Senior Logan Ninos has remained a team captain, but has transitioned to becoming an assistant coach for the wrestling team. He is not on the active roster for the team.

RICHIE MORRIS/THE ITHACAN

Logan Ninos' Concussion Timeline

Sledding 5th Grade, 2010–11

Basketball 6th Grade, 2011–12

Wakeboarding Sophomore Year High School, 2015–16

Wrestling Junior Year High School, 2016–17

Wrestling Junior Year High School, 2016–17

Jet Skiing Freshman Year College, 2018

Wrestling Freshman Year College, 2018–19

Wrestling Junior Year College, 2021

Wrestling Junior Year College, 2021

Currently helping Ithaca College Men's Wrestling Team

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THE BOMBERS ROUNDUP

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

Mike Snowden competes in the Ithaca Invitational at the Athletics and Events Center. The tournament took place Nov. 5-6 and spectators were not allowed to attend the event.

ALYSSA BEEBE/THE ITHACAN

MEN'S SOCCER

 0-0 W 3-0 PKs NOV. 6	 SKIDMORE	 1-3 L NOV. 6	 ST. LAWRENCE
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RECORD: 8-5-6

WOMEN'S SOCCER

 3-0 W NOV. 6	 UNION	 2-3 W NOV. 7	 WILLIAM SMITH
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RECORD: 14-3

FOOTBALL

 26-7 W NOV. 6	 UNION	NEXT GAME: Noon Nov. 6 against SUNY Cortland in Cortland
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RECORD: 8-1

VOLLEYBALL

 1-3 L NOV. 5	 CLARKSON	NEXT GAME: TBD Nov. 11 against Wisconsin-Whitewater in Grand Rapids, Michigan
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RECORD: 16-13

WRESTLING

NAME	WEIGHT CLASS	DECISION
Adam Wagner	157 lbs	13-5
Eze Chukwuezi	197 lbs	9-3
Matt Haycook	125 lbs	6-1
Matt Griffin	125 lbs	7-6
Dylan Earl	133 lbs	6-3

NEXT MEET: 1 p.m. Nov. 14 at Oswego State in Oswego, New York

WOMEN'S SWIMMING AND DIVING

NAME	PLACE	EVENT	TIME/SCORE
Morgan Hoffman-Smith	1st	1000 Yard Freestyle	10:57.01
Emily Shorb	2nd	1000 Yard Freestyle	11:11.80
Abby M. Ignagni	1st	50 Yard Freestyle	25.72
Kari Pawacio	1st	1 Meter Diving	248.85
Emily VanderSleen	1st	100 Yard Freestyle	55.77

Meet at SUNY Cortland
NEXT MEET: 5 p.m. Nov. 12 against Le Moyne College in Ithaca

MEN'S SWIMMING AND DIVING

NAME	PLACE	EVENT	TIME/SCORE
Matthew Stevens	1st	1000 Yard Freestyle	10:15.64
Matt D. Johnston	2nd	200 Yard Freestyle	1:51.42
James W. Collishaw	1st	100 Yard Backstroke	52.26
Spencer J. Brownwell	2nd	100 Yard Backstroke	55.03
Ethan Godfrey	1st	3 Meter Diving	240.65

Meet at SUNY Cortland
NEXT MEET: 5 p.m. Nov. 12 against Le Moyne College in Ithaca

FIELD HOCKEY

 0-1 L NOV. 6	 VASSAR
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RECORD: 14-5



Senior swimmer Matt Crysler competed in the swimming and diving team's meet Nov. 6. against SUNY Cortland at the Kelsey Partridge Bird Natatorium at Ithaca College.

*Updated as of Nov. 10

ABBY BRADY/THE ITHACAN

Swim coach enters into new role

BY TOMMY MUMAU

The Ithaca College swimming and diving program is currently in the midst of its first full season with Kevin Markwardt as the head coach for both the men's and women's teams. The change has been a major transition for the groups, navigating the challenges of developing a common program culture that is best for both squads.

For over three decades, the one constant in the program was Markwardt and Paula Miller as the head coaches for the men's and women's teams, respectively. In summer 2020, Markwardt took over as head coach of both programs when Miller decided to retire after an illustrious 36-year coaching career.

"I coached men and women the first five years I was here," Markwardt said. "So, it's not such a great leap. And, I always had a great relationship with a women's coach here."

Miller's retirement came as a surprise to many, especially after the Bombers posted a dominant 12-0 record during the 2019-20 season. Assistant coach Mike Blakely-Armitage '00 said the announcement initially received a mixed reaction from athletes.

"I would say they were very hesitant," Blakely-Armitage said. "They were sad that they were losing their longtime coach, in



From left, senior Michael Sheehan, freshman Ryan Pillion and Kevin Markwardt, head coach of the men's and women's swimming and diving teams, stand on the deck at Kelsey Partridge Bird Natatorium.

ABBY BRADY/THE ITHACAN

Coach Miller. I think some people were excited for the opportunity of having new coaches."

While she was disappointed to learn she would no longer be working with Miller, junior swimmer Jane Pfeufer said she was looking forward to the coaching change.

"The entire team loved Paula," Pfeufer said. "So it was really sad to see that she was going to change over. But initially, I was actually a little excited to finally be training with the men's team because in all high school swimming athletics, for the most part, men's and women's swim and train

together and compete together."

The college does not have any current plans to hire a new head coach for the women's swimming and diving team, Susan Bassett, associate vice president and director of Intercollegiate Athletics and Recreational Sports, said.

The college also announced it hired Blakely-Armitage as a new full-time assistant coach prior to the 2020-21 season, to aid in the daily operations of both groups. The former Bombers' swimmer also served as a part-time assistant from 2000 to 2004, and during the 2019-20 season.

Markwardt emphasized that

he wants to ensure each team maintains its traditions, despite sharing a coaching staff. He said he expressed this to Bassett when the college was considering this change.

"The teams do have their own identities," Markwardt said. "When this first came to light that I would be taking over both teams, I had a discussion with the athletic director and with the teams themselves and talked about the importance of that."

Sports editor Connor Glunt contributed reporting to this story.

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Senior sprinter prepares for season

The Ithaca College women's track and field team begins its season in less than a month and will look to set high expectations after coming back from a strong spring season. The team placed fourth at the NCAA Outdoor Championships. Senior sprinter Katelyn Hutchison will play an integral role for the Bombers team with the many accolades she holds on her resume and looks to add more.

Hutchison set a program record in the 400-meter dash, with a time of 56.30 seconds in the 2019-20 season. She was Liberty League First-Team and NCAA Indoor All-American that season as well.

Staff writer Rocco Di Maiolo sat down with Hutchison to discuss her goals and expectations for herself and the team in the upcoming indoor season.

This interview has been edited for length and clarity.

Rocco Di Maiolo: As you start your senior year, what kind of things do you hope to teach the underclassmen and what kind of an example do you hope to set for them?

Katelyn Hutchison: One thing that I've learned is to be really vocal about being confident in the goals that you have for yourself. ... I want to be a national champion and I want to have the national record. ... If that's something that you want to do, then you take the time, you take the dedication to be able to work towards that and get to it, because the thing is that people are going to take you seriously if you take yourself seriously.

RD: What can we expect out of this year's team? Any significant changes since the last time out?



Senior sprinter Katelyn Hutchison is one of the top returning upperclassmen for the women's indoor track and field team, and is looking to build off a strong spring 2021 season.

EMILY SILVER/THE ITHACAN

KH: You can definitely expect that we're winning nationals this year. I'm a person of extreme faith, so I feel as though we're going to do it because, for myself with what I want to do, I told coach, "I want to be national champion, I want to have a national record." A couple of my teammates have already done that, now it's my turn. ... We will definitely continue to practice and act as though we're going to get first and do what we have to do at regionals and at conferences as well. ... Even the freshmen have come into it and they're so excited and so pumped and ready to go.

RD: How do you feel right now going into this season? You and your team?

KH: In terms of the team coming back last semester, [there are] definitely some similar feelings of being stressed about all the new rules and stuff that we had to follow. ... But I think ... when we're able to start actually practicing outside and championship season starts to roll around, we'll definitely have ... better feelings ... We have something to actually be excited about considering our other championship season got canceled the year before. ... So, we're really focusing on coming to practice every day with that championship mindset and really appreciating the little things.

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Bombers prep for Cortaca Jug

BY CONNOR GLUNT

Ithaca College and SUNY Cortland held a joint-press conference Nov. 10 in Cortland, New York, leading up to the 62nd Cortaca Jug game.

SUNY Cortland hosted the event in the Hall of Fame Room, located in the SUNY Cortland Park Center. Fran Elia, sports information director at SUNY Cortland, kicked off the event and introduced the speakers from each football program. Elia first introduced Mike Urtz, director of athletics at SUNY Cortland, followed by Antonio Valle, graduate student and captain of the Ithaca College football team, Michael Bailey, senior and captain of the SUNY Cortland football team, Dan Swansstrom, head coach of the Bombers and Curt Fitzpatrick, head coach of the Red Dragons. Elia opened by talking about the successful seasons both teams have had leading up to the game.

The game will be played at noon Nov. 13 at SUNY Cortland Stadium Complex in Cortland, New York. Urtz spoke after Elia and urged both teams to cherish the game this year and not take it for granted. The Cortaca Jug game was not played last year due to seasons being canceled due to the COVID-19 pandemic.

Urtz added that anyone entering the event must wear a mask to be granted entry. The SUNY Cortland spectator policy states that, regardless of vaccination status, spectators at outdoor events are encouraged to wear face coverings.

Graduate students and captains Valle and Andrew Vito represented the Bombers at the press conference, both entering their final Cortaca Jug games. Since the game has not been played since November 2019, not all the players have had the opportunity to experience playing in the rivalry game. Valle said he has been preparing his teammates for what to expect when they step on the field.

"There's definitely a bigger buzz around it," Valle said. "The playing level is going to be harder; it's going to be a little bit harder to communicate, but it's football, and we're there to have fun every time."

Vito has played the Red Dragons three times prior to this year's game, and the Bombers are 3-0 in those games. Being familiar with the Bombers main rivals, Vito said the game is intense, but the animosity stays between the whistles.

"Every game we've come out, and it's been a competitive game, and there's never really been much tension in my four years," Vito said. "I mean, obviously you get a little trash talk on the field, but other than that, they put the same amount of work as we put in, so we're excited."

The environment will be different compared to the 2019 Cortaca Jug game, but Swansstrom said nothing else about the game will be different.

"We've got two programs that are flourishing, and we're going to put that together on Saturday for a big celebration of a lot of young student-athletes doing what they're supposed to do day-in and day-out with great competition, great sportsmanship and playing a huge game with a lot of energy and excitement," Swansstrom said. "I think it's a pretty neat experience. And I'm just fortunate to have the best ticket in the house."

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Sophomore Jake Williams, running back for the Ithaca College football team, reaches to try and catch a football for the Bombers at a Nov. 6 game against Union College. The Bombers beat Union 26-7 securing them an 8-1 record going into their final regular-season game against SUNY Cortland, which will be the 62nd Cortaca Jug game held Nov. 13 at Cortland.

ABBIE LONDON/THE ITHACAN