



BY ELIZABETH KHARABADZE

Ithaca College junior Caroline Mannion said much of her “typical” college experience was warped by the COVID-19 pandemic. Adding generalized anxiety, depression and anorexia disorders, Mannion said, only made things more difficult.

Mannion said she has had many difficulties during Fall 2021 finding groups where she feels she belongs. Much of the friendships Mannion said she began to make during her freshman year

were destroyed as a result of the pandemic cutting Spring 2020 short and not being able to see one another in person during Fall 2020, which was held remotely.

“That has taken a big hit on my mental health because [I wonder] is it just me who can’t find these friends?” Mannion said. “The March we left campus, I was starting to find friends and then we weren’t allowed back [on campus]. So that was really difficult ... because I live in Ohio, and they all live in Massachusetts and New York.”

Mannion said she struggles with juggling

academics, her social life and her mental well-being. Part of the stress, Mannion said, comes from dealing with professors who expect her to perform academically at high productivity levels. She said it was unfair for professors to expect students to be put together despite continuing to deal with the effects of the pandemic.

“With mental health, even though in some cases it can be really hard to deal with, [people] keep going, like they have

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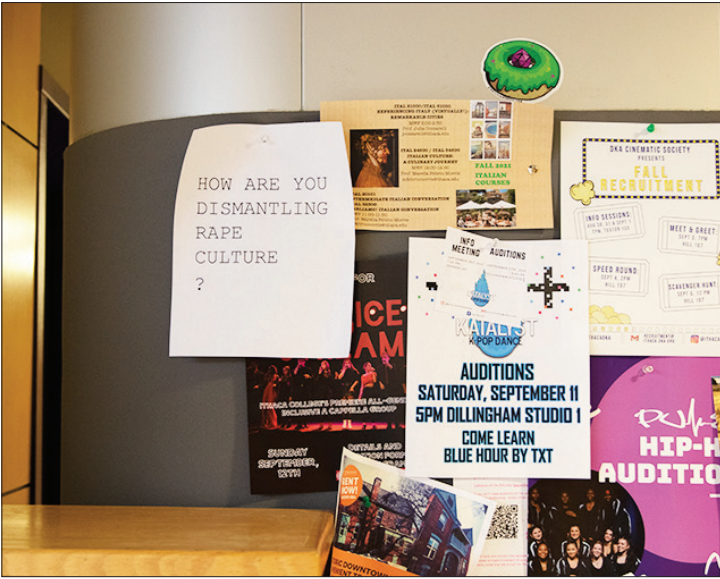
PHOTO ILLUSTRATION BY ELEANOR KAY AND ABBEY LONDON

Student creates zine to bring awareness to sexual violence

BY LORIEN TYNE

Scattered all across the Ithaca College campus are booklets with the words “Don’t Be Friends With Rapists” printed in a bold font, along with posters that say “Believe Survivors,” “How Are You Dismantling Rape Culture?” and “Believe Survivors, Not Gossip.” First circulated anonymously, the zine and posters are part of one senior’s campaign to call attention to the importance of sexual violence prevention.

The zine covers the topics of victim blaming, rape culture, allyship and bystander intervention. The zine addressed that consent is essential and that victims of sexual violence are never at fault for the actions of perpetrators. It also mentioned the lack of reporting that happens, what rape culture sounds like and, through tweets and data, made connections to how culture impacts reporting. Senior Aiden Nelson, author of the zine, said they wanted to let the college community have organic reactions to the zine, which is why they did not attach their name to



Senior Aiden Nelson anonymously wrote and distributed a zine about rape culture and bystander intervention around campus.

ELEANOR KAY/THE ITHACAN

it. Nelson said now that some time has passed and the community was able to have an uninfluenced perspective of the zine, they felt comfortable coming forward as the author.

Nelson said they began putting up the posters in early September and said the zine was the next step. Although they distributed the zine

independently, they are currently a member of IC Strike, a student organization that focuses on education, activism and allyship for survivors of sexual violence.

“In my head, the ideal situation was like, it’ll make survivors feel validated in their anger and

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College experiences new staffing changes

BY JILLIAN BLEIER

Recent staffing changes have been made in the Ithaca College Department of Student Equity and Belonging and the Office of Religious and Spiritual Life following the departure of Hieraal Osorto, previous executive director of both areas.

Two current staff members are stepping up into new leadership positions to fill the openings left by Osorto’s departure. News of his departure was first shared with the campus community in an Oct. 12 Intercom announcement and updates for the staffing in these departments and offices were shared in a Nov. 10 Intercom announcement. Rosanna Ferro, vice president for Student Affairs and Campus Life, wrote both announcements.

Luca Maurer, director of the Center for LGBT Education, Outreach and Services, is now additionally serving as the interim executive director for Student Equity and Belonging for the remainder of the 2021–22 academic year. Lauren Goldberg, executive director for Hillel at Ithaca College, is now additionally working as part-time

interim director of the Office of Religious and Spiritual Life until May 22, 2022.

Maurer said via email that he was offered this new position after having a conversation with both Ferro and Osorto, his previous supervisor. He said he was sad for the college’s loss of Osorto, but that he is up for the challenge of taking on this new role.

“Student Equity and Belonging has been at the heart of my work for my past 20 years at IC,” Maurer said via email. “This is a wonderful opportunity.”

Maurer said he will supervise the Center for IDEAS, the Martin Luther King Scholar Program and the First Generation programs as part of his new position.

“I’ll support equity and diversity initiatives by co-chairing the Diversity, Equity and Inclusion Action group, serving as the NCAA Diversity and Inclusion Designee, leading an upcoming campus climate survey process and coordinating a current campus climate initiative addressing

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Senator discusses political issues

BY ELIJAH DE CASTRO

Brought on campus by the Ithaca College Republicans, New York state senator Tom O'Mara discussed political issues that affect the Ithaca area Nov. 18 in the Dorothy D. and Roy H. Park Center for Business and Sustainable Enterprise. About 12 students showed up to see O'Mara speak.

O'Mara was elected to the state senate in 2010, during a Republican red wave.

Since then, O'Mara represented the 53rd district until 2012 and the 58th district from 2013 until now. The 58th district has parts of Tompkins County, including the City of Ithaca.

At the event, O'Mara described himself as a more moderate Republican who tries to respect both sides of the political aisle. O'Mara said he is not as conservative as many of the Republicans that he represents, but

in the New York senate, he is part of the Republican minority.

Most of O'Mara's district votes Republican, with former president Donald Trump winning some areas by 56% in the 2020 election, according to "The New York Times."

O'Mara said that while he works for the people who voted for him, he tries to respect all of his constituents in the Ithaca area, even some areas of the city where President Joe Biden won by 88%.

"Ithaca has always been a bit of a bubble of liberal progressiveness, even in a state as liberal as New York," O'Mara said. "Ithaca has its own little environment here."

During his talk, O'Mara took questions and discussed multiple issues important to the Ithaca community. Recently, the city approved a plan to become 100% decarbonized by 2030, the first city in the country to do so.

O'Mara said that while climate



New York state senator Tom O'Mara was brought to campus Nov. 18 by the Ithaca College Republicans. O'Mara discussed political issues like Ithaca's plan to become 100% decarbonized by 2030.

COURTESY OF MICHAEL POST

change is a threat, he believes Ithaca's plan is too expensive and unrealistic.

"It kind of caught me off guard when I read that they had actually passed that a couple weeks ago," O'Mara said.

Freshman Paloma La Valley attended the event and said she took issue with some of O'Mara's answers to the audience's questions, but overall found him to be a respectable politician.

"Some of his responses I found a bit concerning and some of them were amusing because he diverted from the questions," La Valley said.

La Valley also asked O'Mara about his 2011 vote against the Marriage Equality Act, which made same-sex marriage legal in New York state. O'Mara defended his vote.

"I thought we should take marriage out of the law," O'Mara said.

Senior Michael Post, president of IC Republicans, said having an

elected official come in and answer questions from students is valuable.

"I think it went well — better than I expected," Post said. "I'm pleased with everyone who attended. I think there were a lot of good questions and I think the senator was great at answering the questions. I think he gave a lot of insight into Albany and how politics works."

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IC Creatives: Naandi Jamison

Junior acting major Naandi Jamison shares her crocheting and plans to open her small business in the near future.



Women in Film: "Monsoon Wedding" (2001)

Host Sydney Brumfield sits down with junior Surina Belk-Gupta to talk about the beauty and sincerity of the 2001 film "Monsoon Wedding."

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Students collaborate with IC alum

BY CAROLINE GRASS

Students in Ithaca College’s journalism innovation class study entrepreneurial, grassroots ways of delivering journalism outside of the traditional news formats like print, radio and TV. During the fall semester, students in the class collaborated with an alum working on a startup to report on local stories in Ithaca.

The journalism innovation class is taught by Allison Frisch, assistant professor in the Department of Journalism, who has been running it since 2018. Fall 2021 was the first semester students worked with Jared Wiener ’06 on his app, Forth. Frisch said students in the class could choose to work with the app or create their own journalism startup idea.

Wiener graduated with a double major in politics and journalism. He has worked for ABC for the last 15 years and started working on his app idea in 2017.

Wiener said Forth focuses on local news presented in short segments from reporters in an area. Journalists post short parts of stories as they develop and readers can follow journalists or topics in their community.

“There’s clearly something that’s working [in social media], namely the brevity, the organization, the kind of keeping everything in one



Allison Frisch, assistant professor in the Department of Journalism, is helping students in her Journalism Innovation class work with Jared Wiener ’06 on his journalism startup company.

MIKAYLA ELWELL/THE ITHACAN

place,” Wiener said.

Junior Jordan Broking is in the innovation class and reported for Forth this semester. She said she liked the real-world experience of working with the startup and enjoyed having the ability to combine text, images and videos in her stories which cannot always be done in traditional print or broadcast news.

“This entire process of helping [Wiener] out, seeing what he wants to do with this startup helps us grow as journalists,” Broking said. “So that’s really the really cool part about this entire process and everything, being part of this startup.”

Frisch said journalism innovation does not always need to have huge investors; instead she said communities need credible information from reporters who are a part of the community to build trust with readers.

“We’ve seen that Facebook has kind of taken that over,” Frisch said. “And there’s a lot of misinformation that comes out when you don’t have community news.”

Junior Andrés Rendon also reports for Forth about housing policies in Ithaca. He wrote about the impact of a bill, the Tenant Opportunity to Purchase Act, which is in committee in

the New York state legislature and could impact how tenant organizations in Ithaca manage properties. He said he thinks the app is innovative and allows journalists more freedom.

“The ability to just go on your phone, give a live update, and follow up on that story, I think is very modern,” Rendon said. “We always need journalism and I think with this particular way of providing live updates from local journalists in local communities, I think that very much is needed.”

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Transgender deaths honored

BY OLIVIA STANZL

The Ithaca College Center for LGBT Education, Outreach, and Services and the Cornell LGBT Resource Center held the annual observance of Transgender Day of Remembrance (TDOR) on Nov. 18, 2021.

The event took place at the First Baptist Church in Ithaca and over Zoom. Transgender Day of Remembrance started in 1999 by transgender advocate Gwendolyn Ann Smith as a vigil to honor the memory of Rita Hester, a transgender woman who was killed in 1998.

The Human Rights Campaign Foundation (HRC) recorded that 46 transgender and gender non-conforming people were killed in 2021 as of Nov. 17, 2021.

The HRC said it has officially recorded more violent deaths of transgender and gender non-conforming people in 2021 than any year since they began tracking in 2013, according to its webpage.

At the vigil, Foula Dimopoulos, an advisor for the Office of Academic Diversity Initiatives at Cornell University, quoted Smith in the beginning remarks.

“Transgender Day of Remembrance seeks to highlight the losses we face due to anti-transgender bigotry and violence,” Smith said. “I am no stranger to the need to fight for our rights, and the right to simply exist is first and foremost. With so many seeking to erase transgender people — sometimes in the most brutal ways possible — it is vitally important that those we lose are remembered, and that we continue to fight for justice.”

Crissi Dalfonzo, Cornell University’s interim director for the LGBT Resource Center, introduced AFAB4, an all-transmasculine vocal quartet, which performed “The Village” by Wrabel.

“Wrabel wrote the song in February 2017, just after the Trump administration removed federal protection for trans students in public schools and the music video was released immediately after Trump tweeted about banning transgender individuals from the military,” Dalfonzo said.

Trump announced the ban through a series of tweets in July 2017. In April 2019, a version of Trump’s ban went into effect which blocked openly transgender individuals from joining the military and impacted thousands of transgender members of the military who were currently serving. President Joe Biden reversed the ban Jan. 25, 2021, according to the American Oversight webpage.

Ryka Aoki is a poet, composer, teacher and author. Her work has appeared or been recognized in “Vogue,” “Elle,” “Publisher’s Weekly,” “Bustle,” “Autostraddle,” “Popsugar,” “The Daily Dot,” “The Guardian,” “Buzzfeed,” “The San Francisco Bay Times” and “The Huffington Post.” During her speech Aoki said how she has been attending the TDOR for years. Aoki continued to discuss how the TDORs make her feel.

“Theres nothing like that wave of nausea you feel when you open that spreadsheet and you see the names of the trans and gender diverse people who were murdered that year,” Aoki said.

Dimopoulos spoke about the history of TDOR and why it is important.

“We will remember our 460 siblings, most of whom were trans women of color,” Dimopoulos said. “We will remember that our trans siblings have touched the lives of many and, in our remembering, we honor them.”

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College emphasizes using safe behaviors

BY CAITLIN HOLTZMAN

Following recent incidents involving Ithaca College students in Downtown Ithaca, Dean of Students Bonnie Prunty and Bill Kerry, executive director of the Office of Public Safety and Emergency Management, are reminding students to be safe and aware of their surroundings.

In an email to the campus community Nov. 30, Prunty and Kerry said the college was made aware of two incidents that occurred on The Commons in which Ithaca College students were victims of assault. The Ithaca Police Department said there is no indication as to whether the events are connected or if they are a threat to the campus community, however, Prunty and Kerry said the events are a reminder to be vigilant.

“Ithaca College places the utmost importance on prioritizing the well-being of our students,” the email said. “We want to assure you that we are committed to working with local government and law enforcement to identify strategies to help create a safer environment for students not only on The Ithaca Commons, but throughout our greater Downtown and South Hill neighborhoods.”

Prunty and Kerry included a list of safety reminders for students in the email including using the buddy system — staying with friends or a group, especially at night — and using well-lit and well-traveled routes when walking. They recommended that students not be distracted by their cell phones and instead be aware of their surroundings.

Prunty and Kerry also reminded



Following recent incidents involving two Ithaca College students, the college is reminding students to be vigilant and aware of their surroundings when out.

LEXI DANIELSON/THE ITHACAN

students to remember to drink alcohol in moderation as alcohol can impair awareness and judgment.

Additionally, the email encouraged students to download the Rave Guardian app. The app provides the campus community with emergency notifications as well as access to safety and support contacts and resources. The app also includes the Guardian Timer function where users can invite a family member or friend to serve as a “guardian” and virtually escort students to and from locations.

Prunty and Kerry reminded students that they can sign up for Swift911 messages through Tompkins County to receive alerts

about local emergency situations. Students can also sign up for notifications from Cornell University’s emergency notification system by texting “CornellVisitor” to 226787. Recently, Cornell experienced a bomb threat and had part of its campus shut down because of a shots-fired incident that occurred near Cornell’s North Campus in Cayuga Heights.

Ithaca College students can also receive emergency notifications through the Rave Guardian app.

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FROM HEALTH, PAGE 1

perseverance,” Mannion said.

The college is attempting to address the mental health needs of students through its partnership with the JED Foundation, which is a nonprofit that works to prevent suicide and protect emotional health.

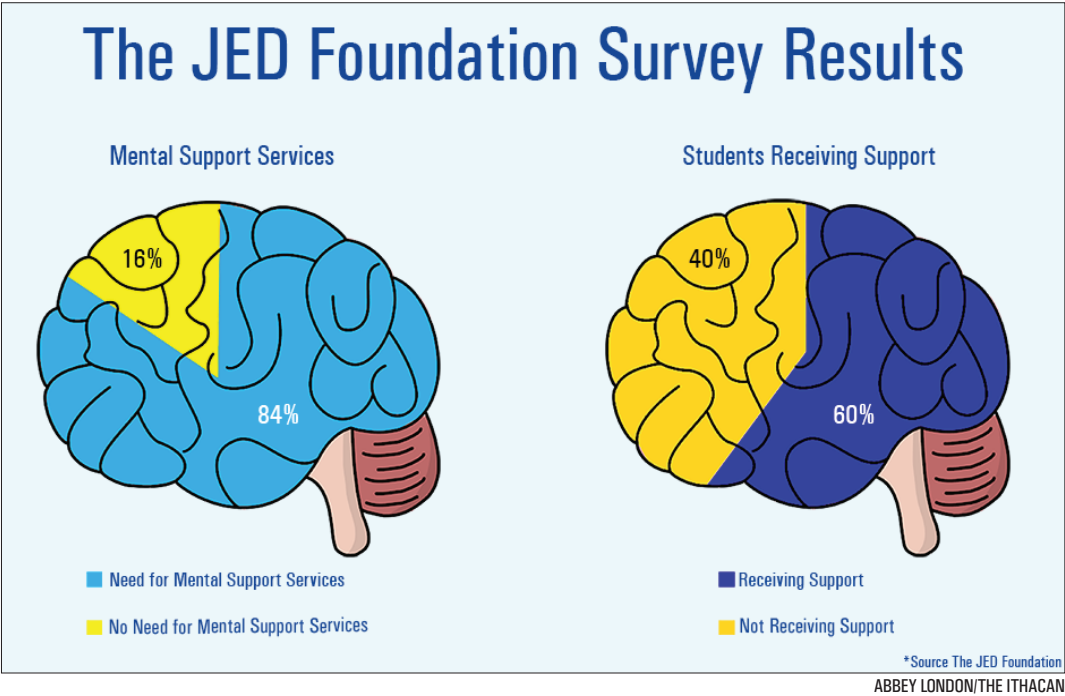
In Spring 2021, the college sent out the Healthy Minds Survey as part of the JED process in order to assess student attitudes toward mental wellness support, identify areas in the community that needed to be changed, and gain feedback on how college life is affecting students emotionally.

Of the 1,226 students who participated, 84% reported feeling the need for mental health support services and 60% reported receiving services in the past.

Brian Petersen, director of the Center for Counseling and Psychiatric Services (CAPS), said part of the process was forming different subcommittees to focus on different areas throughout the year. These include faculty and staff training, student engagement and outreach, stigma reduction and strategic planning.

“So we really want to look at what CAPS is doing and make sure that every student feels that we are a resource for them,” Petersen said.

Petersen also said he was not surprised by an increase in levels of depression and anxiety at the college. In an online survey



conducted by Active Minds, 80% of college students reported that COVID had a negative impact on their mental health in Spring 2020, with 91% reporting feeling stress and anxiety.

“There’s just a constant awareness of health right now ... we’re caring much more even though we may not be aware of it,” Petersen said.

Afton Kapuscinski, director of the Psychological Services Center and associate teaching professor of psychology at Syracuse University, said the pandemic contributed to mental health concerns nationally.

“Since loneliness and lack of variety in activities can cause feelings of depression for anyone, those who already had mental health struggles prior to

the pandemic were particularly at risk with limited social contact,” Kapuscinski said via email.

Sophomore Alex Kabat also said she felt challenged by the sudden shift to in-person classes for the fall semester after a hybrid spring. Kabat, who lived off campus in Ithaca last year, said the environment was completely different during Fall 2020.

“Being around everybody again is so great because there was nobody here all [during Fall 2020] semester,” Kabat said. “And then when everybody came spring semester, it was very difficult to get to know new people since all my classes were online.”

Kabat also said that while she was looking forward to being on campus, she struggled with becoming motivated and

managing her time. One way Kabat said she deals with this is through her friend group, which she finds solace in.

“I think that everybody gets it, so it’s nice to feel the same sense of knowing that we were going through it all together,” Kabat said.

Senior Michelle Pei, president of Active Minds at Ithaca College, said she often has trouble with her work-life balance — often putting her own mental health aside in favor of completing assignments.

“The fact that we are still held to the same degree of productivity as before the pandemic seems quite unfair,” Pei said.

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FROM ZINE, PAGE 1

potentially make people uncomfortable with how they handle themselves and make them actually question [their actions],” Nelson said.

Out of all college-aged students in the United States, 13% reported experiencing rape or assault according to the Rape, Abuse & Incest National Network (RAINN). Approximately 51.1% of female survivors were raped by an intimate partner and 40.8% of female survivors were raped by an acquaintance according to the National Sexual Violence Resource Center (NSVRC).

The college has prevention tools like the Rave Guardian app and the Safe Escort Program. The app provides safety alerts, quick access to emergency contacts, access to college emergency resources, and the Guardian Timer which a student can use to invite someone else to virtually escort them to and from a location. The program provides members of the campus community with someone to accompany them to and from anywhere on campus.

Nelson said they think the consent education training that takes place during orientation is not enough because the conversation needs to be a more regular occurrence on campus.

“When you first come to IC, you’re just bombarded with information and [the consent training] is just another box you have to tick,” Nelson said. “I know that I did take it, but I don’t remember the information that was provided within the little course.”

Linda Koenig, Title IX coordinator in the Department of Legal Affairs, said bystander intervention is crucial to creating a safer campus community.

A recent initiative that Koenig is a part of is called IC Responsibility (ICR), which aims to give students the tools to be socially responsible and caring community members. The program takes students through a range of workshops that all revolve around learning to be a good member of society.

“[Being an ally means] being able to recognize there’s a problem, knowing what the resources are and then understanding how to deliver that information in a way that really empowers [a survivor],” Koenig said.

Natasha Bharj, assistant professor in the Department of Psychology, is also a board member of ICR.

She mentioned the importance of unlearning rape myths to deconstruct rape culture.

Rape myths are false beliefs about how and why rape occurs.

“One of the issues is that society gives people so many ways to rationalize harming another person,” Bharj said. “So yeah, a lot of those kind of rape myths are around kind of providing that validation.”

The zine specifically highlighted the idea of not accepting behaviors that contribute to rape culture.

Rape culture is a term that describes how society enables victim blaming and normalizes sexual violence, according to Women Against Violence Against Women (WAVAW).

Kristi Taylor, education director for the Advocacy Center of Tompkins County, said even the language used to talk about sexual violence feeds into rape culture.

“I think it’s wrapped into a larger piece around who gets to control the narrative and who has the power in our culture, which is, of course, around rape culture,” Taylor said.

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FROM STAFFING, PAGE 1

antisemitism,” Maurer said via email.

Maurer said he feels thrilled to take on this new role and work closely with Goldberg.

“I am looking forward to making even more connections with students and colleagues to further the critical work of equity and belonging at IC,” Maurer said via email.

Goldberg also said she is excited to work more with Maurer.

She said that she has been by Osorto’s side for years through his ordination process, and that the news of his departure was bittersweet to hear. Ordination is a status given by a church and the process, which may vary based on individual churches’ policies, may include receiving several different degrees and certifications.

“While he was working as the director for the Office of Religious and Spiritual Life, he was also working simultaneously on fulfilling his ordination and it was beautiful to see that come to fruition, because that’s what he was born to do,” Goldberg said. “So, simultaneously with, like, the pain of knowing that I wouldn’t have my dear colleague next to me, I was happy for him to finally be able to actualize what his passion is.”

Goldberg said she thinks it made logical sense for her to fill this position due to her history working in the Office of Religious and Spiritual Life as the executive director for Hillel at Ithaca College.

She said she was on the search committee when the college was looking to hire Osorto, who was actually the inaugural director in the office, hired for this new position back in 2018.

“I think [Osorto] and I oftentimes said that we, like, shared one brain,” Goldberg said. “You would hope that we shared two, but we were very much partners, thought partners,



Luca Maurer, interim executive director of Student Equity and Belonging, and Lauren Goldberg, interim director of the Office of Religious and Spiritual Life, take on new roles.

COURTESY OF LUCA MAURER AND LAUREN GOLDBERG

throughout the years here. I was honored to be able to keep stewarding what he’s really built, he really created this office.”

Goldberg said that her role as executive director is mainly based in lifting up as many students as possible, and that the Office of Religious and Spiritual Life serves the same purpose, just in a broader tent.

“To be honest, I always felt, like, responsibility for any student that walked into [Muller] Chapel — this has just formalized that even more,” Goldberg said. “I think Hillel as an organization really tries to live that as well, although our primary user is Jewish students, that we’re really an open support network and empowerment system for anybody that wants to affiliate with the organization formally or informally, so it’s really just an expansion of that.”

A nationwide search will be conducted to find a more permanent successor to Osorto, according to the Oct. 12 Intercom announcement. Junior Isaac Schneider, president of

Hillel at Ithaca College, said he was excited to see what the future holds for both Hillel and the Office of Religious and Spiritual Life.

“The only thing I would hope for the search is to be able to find somebody that’s as committed to, you know, diversity and equity and kind of the student body as a whole and like long term, as [Osorto was],” he said.

Goldberg said that she believes she is not meant to permanently serve as director, but that she will be perfect for helping search for that person.

She said she does not currently have any information or timeline as far as the search process goes.

“They want to grow this really unique, really warm, very innovative spiritual and religious community,” Goldberg said. “That person for the long term will not be me, but I think I am a perfect person to help find that person.”

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SGC discusses online bookstore

BY MEL ANDIA

Dave Prunty, executive director of Auxiliary Services, met with the Ithaca College Student Governance Council (SGC) to discuss the benefits of the online bookstore at its Nov. 29 meeting.

Prunty and Esther Go, client success manager at Akademos, Inc., spoke about wanting to increase awareness of the online bookstore. Akademos is the platform behind the college's online bookstore.

The college switched to an online bookstore in August 2020 in response to changes in purchasing habits. Previously books were sold in person at the campus store.

Prunty said part of why the college picked Akademos was because of the company's transparency and the number of textbook vouchers Akademos provides to the school.

"One of the reasons we picked Akademos is because we liked who they were," Prunty said. "The fact that they as a company are willing to show others [competitors'] books is really meaningful."

Go said that 64% of the college's students have logged in to the store this semester, and that only 33% of students with course materials available on the website have purchased them from the online bookstore.



At the Nov. 29 Student Governance Council meeting, Dave Prunty, executive director of Auxiliary Services, discussed the bookstore's switch from in person to online because of buyer habits.

BRENDAN IANNUCCI/THE ITHACAN

Go shared data from the Fall 2020 and Fall 2021 order summaries. In Fall 2020, there were 2,074 total orders, 1,722 total purchasers and a total of 5,611 items sold.

In Fall 2021 there were 2,027 total orders, 1,700 total purchasers and a total of 5,152 items sold.

Go said that in Fall 2020, 43% of purchases were new books, 10% were used, 27% were from the marketplace where students can sell their old textbooks, 13% were e-books, 6% were digital copies, 2% were rental and 0%

were merchandise or other.

Freshman Noah Richardson, Class of 2025 senator, said he recently spoke with Jenna Linskens, director of Learning and Innovative Technologies. He said he suggested sending out information about Akademos through announcements on the Canvas dashboard.

"I have learned from experience ... that the less that students have to find out information, the more students find out about information," Richardson said. "So having that announcement as soon as

they open up their computer to Canvas would be a great way to reach out."

Senior Letícia Guibunda, vice president of campus affairs, suggested advertising perks available to students as an incentive to use the bookstore over other sellers.

"In the past, as a student, when I did check out things on the bookstore, it was significantly more expensive than everywhere else," Guibunda said.

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New alumni trustee elected

BY SYD PIERRE

The Ithaca College Board of Trustees elected Kirk Harbinger '89 to a four-year term as alumni trustee at its recent meetings, according to an Intercom post.

According to the post, Harbinger — a former president of the Alumni Association Board of Directors — has served as director of development for the University at Albany, in Albany, New York since 2020.

Prior to that, Harbinger worked at Ithaca College as a major gifts officer in the Division of Philanthropy and Engagement, and as development coordinator for the Roy H. Park School of Communications.

Harbinger earned his bachelor's in politics from the School of Humanities and Sciences. He also has completed coursework toward his master's in public administration at the University at Albany. While a student at Ithaca College, he served as vice president of the senior class, resident assistant and student justice.

Over the past three decades, he has also served as president of the Alumni Association Board of Directors and volunteered with the IC Career Network.

Harbinger has volunteered with a number of professional and community organizations, serving as vice president of the local Association for Training and Development chapter and board member of the Capital Region Workforce Investment Board. A longtime foster parent, he was named "volunteer of the year" by CAPTAIN Community Human Services.

CONTACT SYD PIERRE
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Professor receives first Dana Award for Park School

Patricia Zimmermann, professor in the Ithaca College Department of Media Arts, Sciences and Studies, received the Dana Professorship Award in July 2021, making her the first Charles A. Dana Professor in the Roy H. Park School of Communications.

This award lasts five years and is given to full professors of the college who have demonstrated excellence in teaching, scholarship and service.

Zimmermann published over 200 scholarly research articles and essays, as well as 11 books.

Her most recent co-authored book is "Flash Flaherty: Tales from a Film Seminar," released in 2021, and she is currently in the process of writing "Digital Habitats: Transnational New Media and the Environment."

Staff writer Lorien Tyne spoke with Zimmermann about some of her accomplishments and her thoughts on the evolving world of media.

This interview has been edited for length and clarity.

Lorien Tyne: I am interested to hear a little bit more about how technology is changing documentaries and your recent i-Docs interview with Kate Nash, author of "Interactive Documentary: Theory and Practice."

Patricia Zimmermann: So I will start out by saying i-Docs is a research unit looking at interactive documentaries on new platforms at the University of the West of England in the U.K. You're the first to hear they have become one of our partners for [the Finger Lakes Environmental Film Festival] FLEFF. So, that event that we did was also a

FLEFF event, and it's the first of many events we will be doing with our partnership, and they will be part of the festival this year. What I would say is we're at a massive point of change and we've been in that point of change for about 20 years in terms of documentary. It's not that technology is changing documentary and journalism, what's happened is that documentaries and journalism have had to reinvent themselves and what they've done is looked for ways in which to do that and they have used these technologies.

LT: What are you most excited about for FLEFF 2022?

PZ: First of all, it's [the 25th anniversary] and it's just incredible to me that Ithaca College is one of 15 major environmental film festivals in the world. The festival deals with every school on campus. In every field, we show film, we do new media, we deal with musicians, artists, public health people, scientists. We show films from all over the world, we show new media exhibitions, it's a plurality of practices. It's like a big festival of intellectual life. And I'm just really proud that it is interdisciplinary, international and intellectual.

LT: Do you feel like that is representative of Ithaca College in general and the idea of [the Integrative Core Curriculum]

PZ: Frankly, I never thought about it being related to the ICC, but it really is because it's what you do in the ICC, right? You work to put these things together. I think it's the strength of Ithaca College that we have so



Patricia Zimmermann, professor in the Department of Media Arts, Sciences and Studies, has published over 200 scholarly articles and essays, as well as 11 books.

ELEANOR KAY/THE ITHACAN

many different forms of knowledge production. ... I think it makes it a very dynamic place. I believe justice is rendered by putting people together who wouldn't normally be together and having conversation. So, one thing that FLEFF has done for 25 years is embody what I think is the DNA of Ithaca College, which is exactly that, mixing it all up, getting scientists talking to artists — local, regional, national, global — and mixing it all up. It's very exciting.

LT: How has amateur media contributed to our culture in ways that larger, more popular media can't?

PZ: As technologies proliferate and as their cost gets reduced, things become amateurized, meaning they're cheaper, they're more accessible. It creates opportunities for people to tell their own stories that may not have been there before. So, I've spent my entire academic career advocating for decentralized communications and amateurism as part of that. Professionalism is often a way to keep people out of the media, especially marginalized voices in society.

CONTACT LORIEN TYNE
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COLLEGE BRIEFS

Documentary workshop screening to showcase students’ final work

The documentary workshop screening will take place at 7:30 p.m. Dec. 9 in Park Auditorium in Roy H. Park Hall. The presentations, including the screenings and judgments, should end by 9:30 p.m. and will showcase two intriguing short documentary films.

The students whose films are being showcased at the screening are currently in Ithaca College’s documentary workshop class, which is taught by Ben Crane, assistant professor in the Department of Media Arts, Sciences and Studies.

All are welcome to come and see the students’ work as the event will be free and open to the public.

Parking Services Team announces new spaces for student parking

The Parking Services Team at Ithaca College in the Office of Public Safety and Emergency Management announced in a Nov. 28 email to the campus community that there is a new enhancement to student parking on campus.

The J-lot, a spot for parking outside of East and West Towers, is currently split into sections for separated student (red) and faculty and staff (blue) parking.

With this new enhancement, a section of lower J-lot, east of the second-floor entrance to East Tower, will be changed from faculty and staff parking to student parking.

The decision was made as a result of monitoring data that showed consistent availability in J-lot blue. The enhancement went into effect Nov. 29. A parking map is available at <https://map.ithaca.edu/> to view the new changes.

Staff Council committee to host event for IC campus community

The Staff Council’s Employee Engagement Committee is hosting a crafting event called

“Finding Calm Through Creativity” to help campus community members reduce their stress heading into the end of the semester through creativity.

The event will be held from noon to 2 p.m. Dec. 6 in Clark Lounge.

IC organizations to host faculty event near end of the semester

The Faculty Development Committee and Center for Faculty Excellence are hosting a mixer from 3 to 4:30 p.m. Dec. 9 in the Clark Lounge for all Ithaca College faculty members who have joined the college in the past three years.

Members from across a variety of campus organizations will also be invited to join in the celebration so that new faculty members can meet those involved in important services and functions that support both faculty and the college.

Light refreshments will be provided and all faculty members are encouraged to stop by and come and go as they please during this time.

IC YouTube Team seeking students for student vlogging opportunity

The Ithaca College YouTube Team is looking for new student vloggers. The team is seeking students who are interested in sharing their own personal experiences at the college.

The team is currently made up of seniors Alyssa Carbonell, Megan Handley, Jaye Kayne and Alie Barrett. Interested individuals can apply through a Google Form posted on Intercom and do not need to have any previous editing experience. Candidates will hear back from the team by the end of February 2022.

Rainbow Honor Cords available for graduating LGBTQ+ seniors

LGBTQ+ seniors who are graduating in December 2022 can fill out a form and sign up online to receive Rainbow Honor Cords



Hillel holds candle lighting for Hanukkah

From left, sophomores Jacob Hanai and Noah Kamens light a menorah for the third night of Hanukkah on Nov. 30 in Muller Chapel. For the eight nights of Hanukkah, Hillel at Ithaca College organized candle lighting events for students.

LEILA MARCILLO-GOMEZ/THE ITHACAN

in time for December commencement at 10 a.m. Dec. 12 in the Glazer Arena at the Athletics and Events Center. Cords will be available for pick-up near the end of the semester and details will be sent out in emails to registered individuals.

College-wide committee to plan process for refining schedule grid

The Office of the Provost and the Office of the Registrar welcome nominations — including self-nominations — of individuals to serve on an ad hoc college-wide Schedule Grid Advisory

Committee. The committee will include representation from all five schools, key campus offices, students and Faculty Council.

The committee will facilitate an inclusive process for refining and recommending a new, shared schedule grid for Fall 2023 implementation. Interested faculty members can send an email to provost@ithaca.edu by Dec. 6.

Committee members will be notified by Dec. 10 in order to coordinate spring meeting schedules. Most of the work of this committee is expected to be completed in Spring 2022.

PUBLIC SAFETY INCIDENT LOG

SELECTED ENTRIES FROM NOVEMBER 15 TO NOVEMBER 20

NOVEMBER 15

SUSPICIOUS VEHICLE

LOCATION: Even Grant Egbert Blvd.
SUMMARY: An officer reported that there was a vehicle with the headlights on for a long period of time. The officer reported that the owner was sitting in the vehicle listening to music. Master Patrol Officer Joe Oppen responded.

MEDICAL ASSIST/ILLNESS RELATED

LOCATION: 121 Tower Skyline Drive
SUMMARY: A caller reported a known person suffered a burn while working in the kitchen. The officer reported the person burned a finger and was transported by ambulance to the hospital. Master Patrol Officer Bob Jones responded.

NOVEMBER 16

MEDICAL ASSIST/PSYCHOLOGICAL

LOCATION: 98 Flora Brown Drive
SUMMARY: A caller reported a person actively attempting to harm themselves. The officer reported that the person was placed into custody under the New York state mental hygiene law and was transported to the hospital by ambulance. Master Patrol Officer Bob Jones responded.

CRIMINAL MISCHIEF 4TH DEGREE

LOCATION: 100 Block Odd Grant Egbert Blvd.
SUMMARY: A caller reported that an unknown person intentionally caused damage to their car Nov. 15. Security Officer Kevin English responded.

CHANGE IN THE CASE STATUS

LOCATION: 122 Farm Pond Road
SUMMARY: An officer determined the vacuum previously reported stolen Nov. 10 from the Circle Community Building was located and not stolen. Larceny unfounded. Master Patrol Officer Bryan Verzosa responded.

NOVEMBER 17

FORCIBLE TOUCHING NO DEGREE

LOCATION: 143 Tower Skyline Drive
SUMMARY: A caller reported some third-hand information that a person had unwanted sexual contact with another person. The caller is also reporting this incident to Title IX. Master Patrol Officer Bob Jones responded.

ACCIDENTAL PROPERTY DAMAGE

LOCATION: 326 Grant Egbert Blvd.
SUMMARY: A caller reported that an unknown person spray-painted a nerf gun on the balcony and paint residue

got onto the building. Master Patrol Officer Waylon DeGraw responded.

NOVEMBER 18

SCC HARASSMENT/INTIMIDATION/ENDANGERING

LOCATION: 143 Tower Skyline Drive
SUMMARY: A caller reported an unknown person caused unwanted physical contact. Master Patrol Officer Waylon DeGraw responded.

SCC DRUG VIOLATIONS

LOCATION: 120 College Circle
SUMMARY: A caller reported finding drug paraphernalia during room inspections. The officer reported one person to be referred for violation of the drug policy and one person to be referred for fire safety violations. Master Patrol Officer Bryan W responded.

NOVEMBER 19

SCC IRRESPONSIBLE USE OF ALCOHOL/DRUGS

LOCATION: 326 Grant Egbert Blvd.
SUMMARY: A caller reported an intoxicated person knocking on doors. The officer reported that the person was located and referred the person for irresponsible use of alcohol and failure to comply. Patrol Officer Sophia Dimkos responded.

MOTOR VEHICLE ACCIDENT/PROPERTY DAMAGE

LOCATION: 100 Block Conservatory Drive
SUMMARY: A caller reported a two vehicle property damage motor vehicle accident. Patrol Officer Shawn Lansing responded.

CHECK ON THE WELFARE

LOCATION: 100 Block Lyceum Drive
SUMMARY: A caller reported that an unknown person was sitting in their vehicle crying. The officer reported that the person was located and was found to be the subject from a medical injury report. Patrol Officer Shawn Lansing responded.

MEDICAL ASSIST/INJURY RELATED

LOCATION: N of 286 Lyceum Drive
SUMMARY: A caller reported injuring their right ankle while walking on uneven pavement. The officer reported that the caller complained of a sore and swollen right ankle. The person declined medical assistance. Sergeant Don Lyke responded.

MEDICAL ASSIST/INJURY RELATED

LOCATION: 150 Lyceum Drive
SUMMARY: A caller reported a person suffered a head injury during a sporting event. The officer reported

that the person declined medical assistance from ambulance staff. Patrol Officer Kevin McClain responded.

SCC FIRE SAFETY RELATED OFFENSES

LOCATION: 334 Grant Egbert Blvd.
SUMMARY: A caller reported string lights wrapped around a sprinkler head. The officer reported that the lights were removed and that Residential Life will be issuing a conduct referral. Patrol Officer Sophia Dimkos responded.

NOVEMBER 20

CRIMINAL MISCHIEF 4TH DEGREE

LOCATION: 143 Tower Skyline Drive
SUMMARY: A caller reported that an unknown person damaged an oven. Master Patrol Officer Jon Elmore responded.

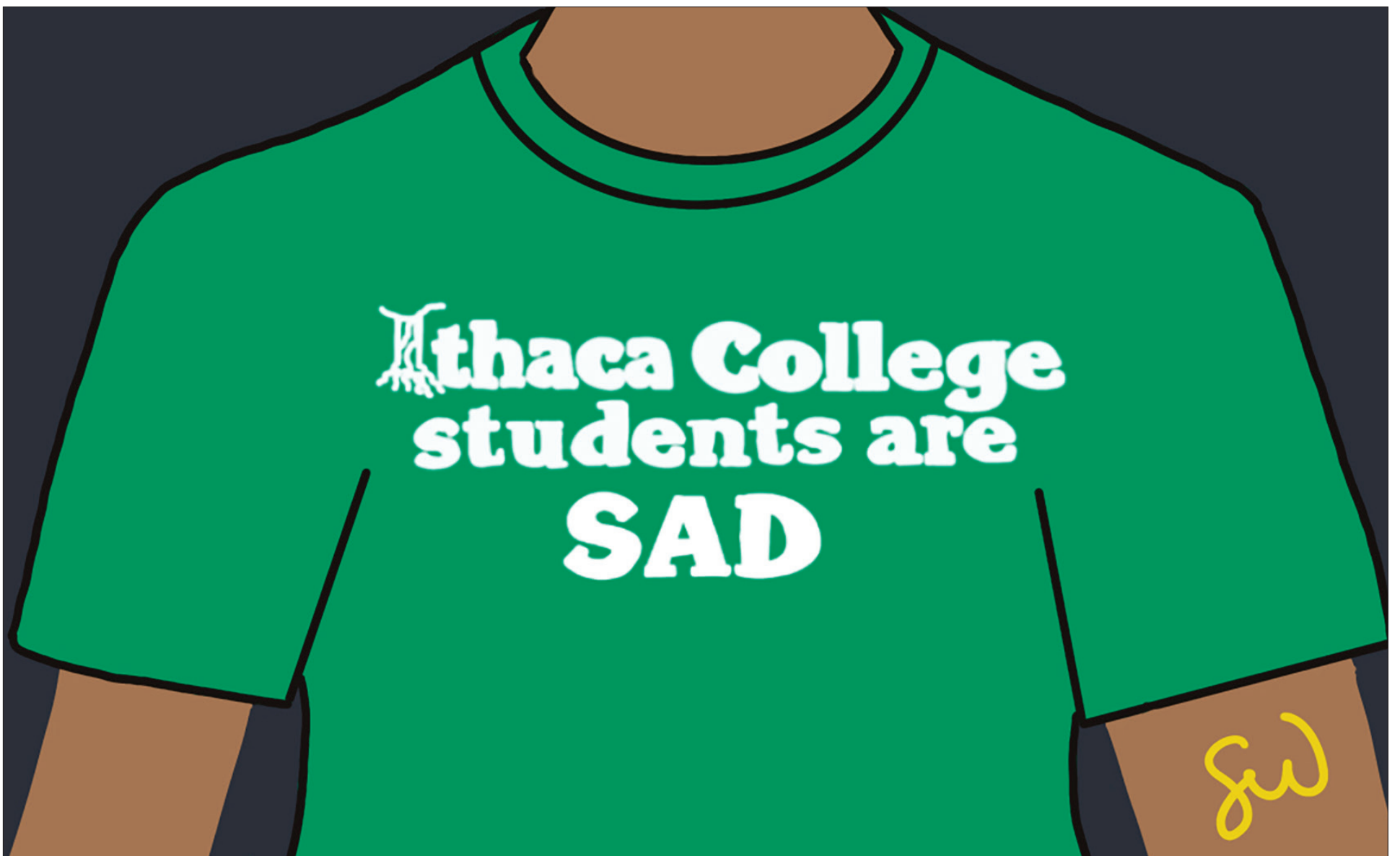
Full public safety log available online at www.theithacan.org.

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

OPINION

THURSDAY, DECEMBER 2, 2021

7



FRANKIE WALLS/THE ITHACAN

EDITORIALS

Students call for empathy with mental health issues

The COVID-19 pandemic influenced the way we all approach mental health. Being separated from friends and loved ones and remaining isolated for your own physical health and that of others was incredibly difficult for everyone.

Anxiety and depression rose in staggering numbers, and we had to figure out the hard way the importance of self-care and prioritizing mental health above all. Students were struggling to maintain their studies through online classes and work; many students had to balance responsibilities within their homes with their schoolwork or had difficulty finding access to the internet or a laptop. Some professors understood this and were lenient with attendance and classwork.

When hybrid classes ceased and fully in-person classes began, the professors and the administration seemed to think we could return to complete normalcy just like that. It was ridiculous and an oversight on behalf of

the members of the community to think that there would not be a transition period where students needed more empathy and support than ever before.

Leniency shouldn't have dissipated with the return to in-person classes. If anything, this is the time for extensions and sympathy. It isn't helpful for a student struggling with mental illness to receive leniency and extensions in one class but in another be failing and falling behind because both professors hold different standards and different understandings of what the student needs from them. To thrive and succeed, students need to feel supported and have their mental health concerns validated. The college failed to do this, this semester, and that is unacceptable.

Student Accessibility Services should consider restructuring so that the process for special circumstances can be easier and more open for everyone. Students can't feel alone with their mental health issues anymore; it's simply no longer acceptable.

A zine starts conversations regarding sexual assault

At the start of the semester, students began seeing posters appear around campus anonymously. Each poster held statements and questions about sexual assault and rapists. Now around campus, there are booklets titled "Don't Be Friends With Rapists," with information about sexual assault. The author, a student at Ithaca College, has come forward as the one who began this campaign to bring attention to this crucial topic.

Resources that students and members of the community can see online include the Rave Guardian app and the Safe Escort. The college also has many resources under the program IC Responsibility that leads workshops on bystander intervention and educating students on consent and self-care.

However, even with these resources, these conversations are not commonplace in our community, hence why senior Aiden Nelson made the choice to distribute the zine so that these conversations could begin to happen in

a day-to-day setting and not just at freshman orientation.

Considering the fact that 13% of all college students reported rape or sexual assault, and that women ages 18–24 are at an elevated risk of experiencing sexual violence, it is necessary that everyone on campus is aware of the resources available to them. If these offices could take the time to create informative and interactive posts, it would allow students to be able to share this information on their personal platforms and curate consistent conversations among students and community members. In order to hold ourselves and others truly accountable, we must confront our own internalized misogyny, reflect on our own beliefs regarding believing survivors, and make sure that we listen to survivors without any sort of judgment.

Sexual assault and rape are never the victim's fault. You have resources around you for when you are ready to handle or go forward with any situation you need to speak about.

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



CHECKMATE
CHESS CABRERA

Food pantry
is open for all

As of 2020, 10.5% of households in the United States faced food insecurity, and an additional 3.9% had faced “very low food insecurity,” according to the Economic Research Service from the U.S. Department of Agriculture.

Forbes also reported that during a study in Fall 2019, it was reported that nearly 40% of students in school for their associate’s or bachelor’s degrees had also experienced food insecurity.

In an attempt to combat food insecurity amongst students, Ithaca College officially opened an on-campus food pantry Feb. 21, 2019, called The Pantry at Ithaca College. The struggle I have found among both the students in my residence hall, as well as students across campus, is the lacking presence of the resource that is The Pantry.

I have even been asked if The Pantry was even open due to COVID-19 regulations — similar to how Mac’s General Store, the on-campus grocery store attached to the Ithaca College Campus Store, was closed for Spring 2021 alongside other dining locations on campus.

I, among other students with social anxiety, experience crowd anxiety which can be a detriment in dining halls that need to feed 7,000 students — and that is not to exclude students who are commuters or needed to select a cheaper meal plan, with fewer swipes per week, to make yearly tuition more affordable.

Proper marketing and awareness of The Pantry is a necessity for all students to have proper access to food. Very few students are aware that The Pantry is located in the DeMotte Room in the lower level of Egbert Hall in the Campus Center.

Many students are unaware that The Pantry has a selection of items beyond frozen foods and non-perishables, including personal care products and other grocery items.

Shoppers are limited to one bag per visit, which they request you bring your own reusable bag due to the limited supply of plastic bags, but are welcome to visit The Pantry at Ithaca College as many times as they need.

You must bring your Ithaca College ID and check-in before you can begin shopping during open hours of 12:15–2 p.m. on Tuesdays and Thursdays and 4–6 p.m. on Wednesdays and Fridays. The Pantry is also open to staff and faculty, and if you are unable to visit The Pantry during its hours of operation, you can email Karen Walls at kwalls@ithaca.edu to set up a time outside the hours of operation to ensure proper access to The Pantry for all members of the college community.

CHECKMATE is an informative advice column. CHESS CABRERA (he/she/they) is a sophomore documentary studies and production major. Contact them at ccabrera@ithaca.edu.

GUEST COMMENTARY

Toxic community is hurting students

BY JOSE CRUZ

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

I’ve only been attending Ithaca College for less than two years and how would I describe my experience? It’s been a poor experience. So poor it’s living in a rat-infested apartment in the Bronx. So what exactly put my experience under the NYC Section 8? Well, to put it simply, it was the community.

Don’t get me wrong, I’ve surrounded myself with a decent number of genuine people who have supported me throughout several aspects of life, and for that, I couldn’t be more thankful.

However, that doesn’t seem to be a common trait among the majority of the community here.

From multiple Ithaca-based Instagram accounts showcasing what people here are like, you will often either find overdramatic, high-school-level drama and gossip from adults or people exposing actual criminals and serious allegations.

I’ve encountered a lot of pretentious people here at the college who think they’re better than everyone else, but I’ll never forget the person who anonymously posted a piece



Sophomore Jose Cruz explains his experience with toxic social media platforms that students at the college engage with and common hurtful behavior he’s noticed in a lot of students.

LEILA MARCILLO-GOMEZ/THE ITHACAN

about why they “don’t like” me, which is weird seeing as I don’t even leave my room to eat.

Their reasons for making this post cited my “edgy humor” and the fact that I am “enabled by white people,” also going as far as to say, “[Oftentimes] it seems like he’s just looking for attention,” — which is true. I figured that would be obvious, since people who don’t desire attention wouldn’t usually go into a school’s Discord server and send out multiple-notifications to everyone in it to annoy them.

I grew up in two households, one in the East Harlem projects and the other in my own

rat-infested apartment in the Bronx. I was raised in a completely different environment than many of the people here. So in reality when a white person “enables me,” it’s just me continuing to be myself without letting another person’s ideology or morals affect my own.

I see people posting, once again anonymously, about the person who runs the Instagram account Ithacacore saying things like “she’s cringe,” “she isn’t funny” and “why is she so popular?” sometimes personally attacking her for how she chooses to identify. This pushes people away instead of bringing them together, isolating people for

being “different” even more than they already might be for living in Ithaca in the first place. Not everyone has the same sense of humor or moral compass, some people are very sensitive and others have become numb to the dark reality of the world we live in.

With that being said, I can’t hate on anybody for how they live their life, even if it involves the depressing reality of constantly putting others down out of jealousy, boredom or maybe even their own lack of self-fulfillment, but I sure can complain about it.

JOSE CRUZ (he/him) is a cinema and photography major. Contact him at jcruz3@ithaca.edu

GUEST COMMENTARY

Alum discusses theater department changes

BY ALEX NICOPOULOS

When I think back to my time as a student at Ithaca College pursuing musical theater, I remember it as an incredibly formative time in my life. My degree path allowed me to learn in not one but two different schools: theater and music. In fact, it was a big reason as to why I chose the college in the first place. I remember my classmates and I used to joke that our degree path was actually a double major in theater and music, with a minor in dance.

The knowledge and opportunities I was given to learn alongside other music majors were what I felt set me apart in my career as a performer. If there is an opportunity for a merge in schools, I believe it would be of great benefit to both schools and the students who study in them.

As an alum immersed in the entertainment industry, the ability to have a versatile skill set is extremely important. The world of live performance is combining genres and producing pop operas, incorporating Cirque du Soleil and even requiring onstage performers to learn an instrument.

By merging the music and theater schools, students of varying degree focuses will have the opportunity and bandwidth to take classes that would have otherwise been available exclusively in the individual schools. Not to mention the close proximity will allow for collaboration between schools to create new plays, musicals, compositions,



Alex Nicopoulos ‘17 sheds light on the benefits of the theater-music future merger. She explains how it can benefit the college and the students in both departments.

COURTESY OF ALEX NICOPOULOS

performances and more. On the flip side, I can see where there may be resistance. Re-examining degree paths as well as how auditions and applications are conducted in tandem with the school as a whole would have to be completely re-evaluated. Class sizes and jury requirements for current degree pathways would have to be altered to accommodate a more versatile group of students.

Overall, the pros could definitely outweigh the cons here. The heavy lifting will have to be on the department chairs, coordinators and professors to use the opportunity and develop their two schools

into one heavy-hitting, dynamic, versatile department. With the support of the entire college, I believe merging the music and theater departments will not only provide a diverse learning environment that will prepare their students for a difficult and rewarding career path, but also elevate the prestige and value of the college’s performing arts programs nationally as students go out into the world and succeed in their careers.

ALEX NICOPOULOS (she/her) is a 2017 Ithaca College graduate. Contact her at nicopoulusa@gmail.com

What I Wish I Knew...

This week, our seniors responded to the prompt, “What is your experience with college breaks?”



Thanksgiving break — a time for you to spend with your loved ones. Not to get super emotional, but the holidays mean a lot more to me now because I have fewer people to spend it with. My family took a big hit from 2019 to now, so I get extra sentimental about family time. Even if we argue ... a lot. Thanksgiving is the first long-ish break before you're home for a month in the winter. Quality time is definitely important, but I'm typing this an hour into the four-hour drive to the Airbnb my family and I are staying at for Thanksgiving. And, if I'm being honest, I might already be over it. There's something about having to come back to your house after having so much independence at college that always feels weird. It could be because my little brother (who is four years younger) loves to act like a grown man when he's a child. Or the fact that until I was officially 21, people saw me as a kid. But I have been away from home since I was 14 (this is where I mention I went to boarding school). Coming back and getting into a routine that doesn't solely focus on me is weird. As of right now, this Thanksgiving will be the most unique compared to all the ones before it. We did it in a different state, and almost all the usual people we have it with were not there. Not only that, but coming back from Thanksgiving, I only have a week and a half to finish literally everything I need to. I am going abroad next semester to a program that has limited Wi-Fi access. Not only have I been trying to get my travel plans in order, but I have also been finishing school and handling graduation proceedings months in advance; it's a lot. I can't believe that when I get back, I'll have so little time at the college. It's also made this break seem a lot less like a break. Don't get me wrong — I don't think any of my breaks have ever been restful breaks. I spend the first few days catching up on sleep and binging the TV shows I want to and then the rest of the week, I lock myself in my room doing work. That's something that has always happened; senior year isn't going to change that. I wish it would. But it seems like I have always been busy, so it's whatever. I'm grateful for everything that happens either way.

Thanksgiving, for me, used to be filled with happy memories and laughter, but now it comes with dread and hesitation. My family has had a long tradition of preparing food the days before Thanksgiving and waking up to watch the parade while we all eat cinnamon rolls. Now that my sister and I are adults, we maybe roll out of bed just in time to watch the parade, eat some food and there's a high probability that we will fall asleep mid-parade. It also is not helpful that it has come to my attention that I have a cinnamon allergy, so goodbye cinnamon rolls. As the day progressed, we would greet the family at the door and enjoy time together. Now my heart races as members come to the door knowing someone will make a comment that will send me into a complete tailspin. I hold my breath waiting for one of my family members to drop a comment about my sexuality, religion, health or appearance. The past was filled with family cooking and sharing of recipes. Now, it is chaos to figure out who hosts, cooks and has an issue with who. Honestly, I get it now; thank god for alcohol (of course, in moderation). Being 21 is a blessing. Going home for Thanksgiving is such an odd experience in college. On the one hand, I cannot wait to see my friends and family in New Jersey, and on the other, I do not want to leave my friends, schedule and life in Ithaca. It's not like it is ever really a break anyway. I still have assignments and finals pre-work I have to do. I end up falling behind and drowning in work when I return to Ithaca. Seeing home friends during college breaks is also a bizarre experience that I wish I had been briefed on at first. Now I have the most solid friendships with people from home than I ever had, but my first few years at home were a bit rocky. Now my friends and I just fall right back into our groove, mainly because we take time to stay in better contact throughout the school year. Juggling friend groups and friendships, in general, is a skill you have to build. It takes work and effort on both ends, and something that college has taught me is if they are not giving you the same amount of energy that you are giving them or you don't feel like the relationship is working anymore, it is okay to move on. People grow and change and maybe your paths will join again in the future, but evolution and self-growth are natural.



FRANKIE
WALLS

ELEANOR KAY/THE ITHACAN

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



ABBEY
LONDON

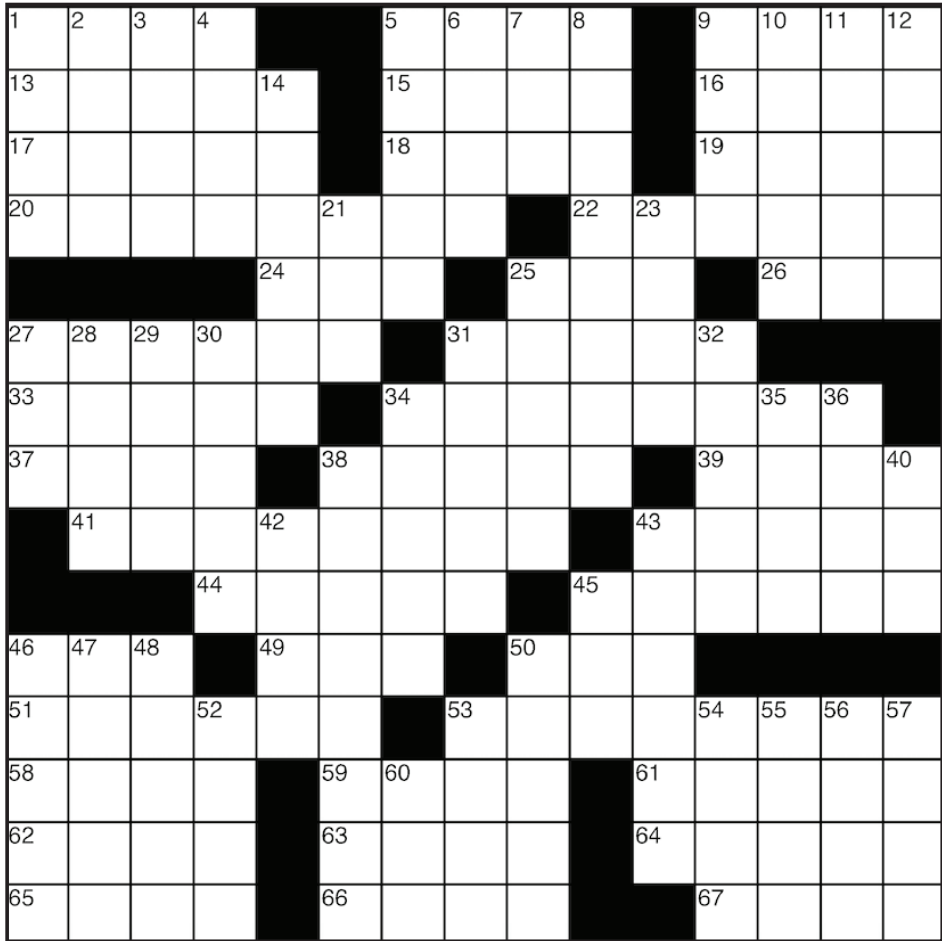
ANA MANIACI MCGOUGH/THE ITHACAN



DIVERSIONS

crossword

By Quill Driver Books



ACROSS

- 1 Caviar source
5 Remnant
9 Beatles’ meter maid
13 Noted fabulist
15 Peeve
16 Ginger cookie
17 Boxing locale
18 Tuneful Paul ---
19 Siren
20 Demi, Molly, Ally et al. (2 wds.)
22 Descend a cliff
24 Back in time
25 Caesar’s law
26 Endeavor
27 Colorful T-shirt (hyph.)
31 Calf-roping event
33 Open-air lobbies
34 Large number
37 Sparklers
38 Firm and fresh
39 Ripped
41 Shirley of film
43 Round numbers?
44 Pound division
45 Baja souvenir, maybe
46 Simile center (2 wds.)

- 49 Sault --- Marie
50 Tip of a pen
51 Temple of Apollo site
53 Omaha’s state
58 Inkling
59 Tobacco plug
61 Wedding setting
62 Auditory organs
63 Misstates
64 Nobody’s fool
65 Golden Rule word
66 Maelstrom
67 With competence

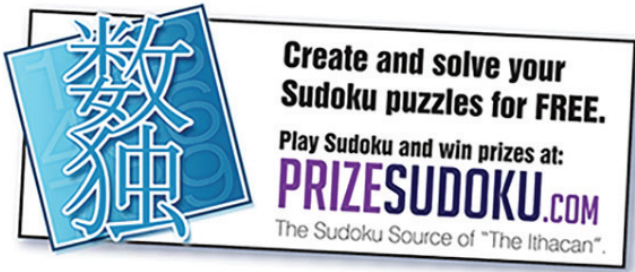
- 12 Fill out a form
14 Yellow fruit
21 Bronze of Iron
23 Cutting tools
25 Set free
27 Assign the blame to
28 List component
29 Funny Bombeck
30 Nightclub
31 River to the North Sea
32 Movie with a posse
34 In a --- (quickly)
35 Mrs. Charles
36 Globule
38 Song of praise

- 40 Flight dir.
42 Luxuriant
43 Striped animals
45 Family mem.
46 “Ciao!”
47 Type of car
48 Watchful
50 Informative
52 Spanish step
53 Lack
54 Mme. Gluck of the opera
55 Wild guess
56 Mr. Benz
57 Showy and pretentious
60 Kept out of sight

DOWN

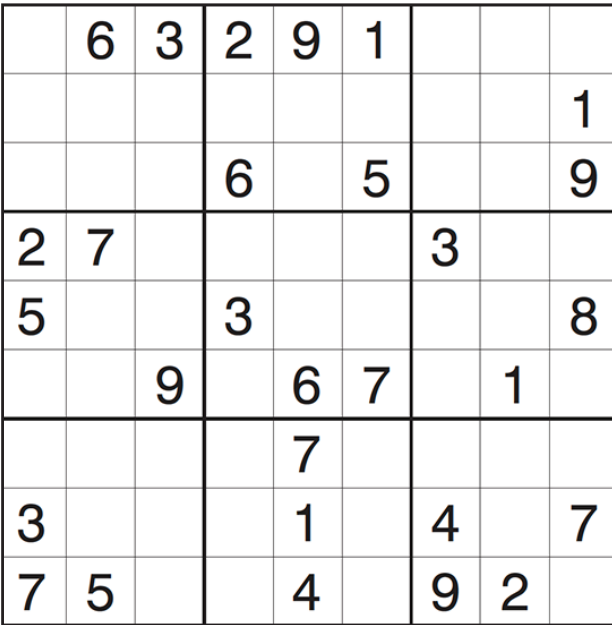
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4 “You --- say!”
5 Harry and Ron’s nemesis
6 Curling venue
7 Large deer
8 Got ready (2 wds.)
9 Party-thrower’s plea
10 Ill-chosen
11 Not as wild

last issue’s crossword answers

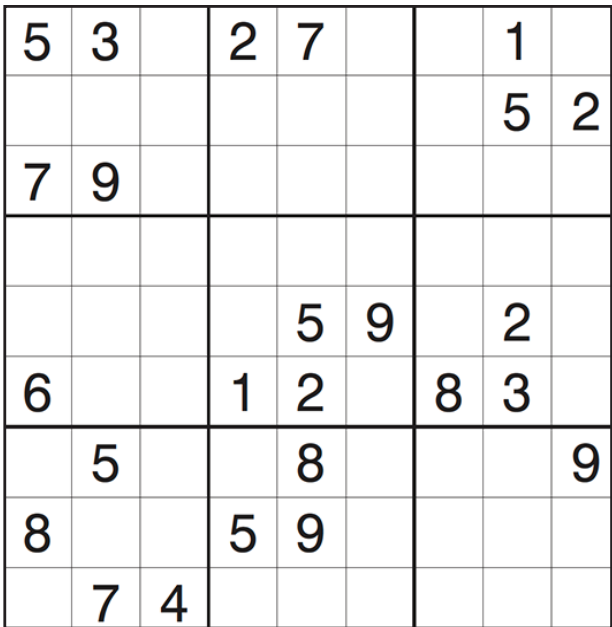


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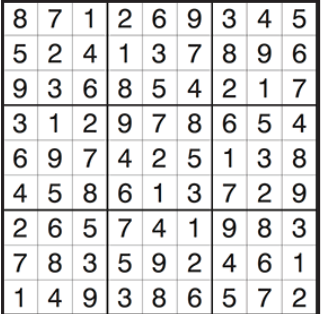


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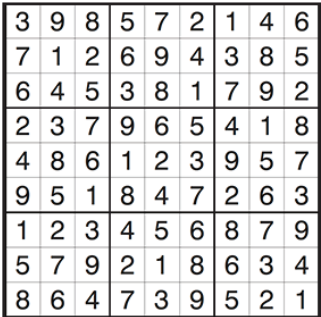


answers to last issue’s sudoku:

easy



medium



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Milk, cereal and the word of God

Christian students come together over cereal to discuss the Bible and their faith in new club



ILLUSTRATION BY ANNA MCCRACKEN

BY GRACE AZAULA

As the clock strikes 7:37 p.m. on Thursday night, a crowd of people file into the Campus Center Dining Hall. A rainbow of cereal boxes and milk cartons cover the tables, a feast to accompany the Bible study that will take place momentarily.

At 7:37 p.m. every Thursday, the Ithaca College Cereal Ministry Club meets to eat cereal and discuss the Bible together. Junior Alexa Spinnato, president of the Cereal Ministry, said for the first 20–30 minutes, the club just eats and socializes. Then, around 8 p.m., a member of the club leads a Bible study where members read and analyze different sections of the Bible. Spinnato said right now the club is focusing on the Book of Mark.

Spinnato said the overall goal of the club is to create a welcoming place for students.

“We just want to see more people feel like they have a sense of community on this campus,” Spinnato said. “Because not just Christians, but a lot of people on this campus kind of just feel lost in that they’re the only ones going through a certain situation, and we kind of just want to bring a home to those people.”

The Cereal Ministry meets at exactly 7:37 p.m., which Spinnato said was chosen because

of the Bible verse, John 7:37. The verse reads, “On the last day, that great day of the feast, Jesus stood and cried out, saying, ‘If anyone thirsts, let him come to Me and drink.’”

“We were bouncing around a bunch of different times and ideas and we landed on John 7:37,” Spinnato said. “Just because of the message behind it and, like, how it talks about coming together and feeding people and we were like, that’s exactly what we wanted to happen. We want people to come together in cereal, in Jesus’s name. It just felt right to put it together.”

Sophomore Megan Burghdorf said joining the club has given her the space to express her beliefs.

“I felt like I didn’t have a group of people that I could talk to really about my beliefs,” Burghdorf said. “So it’s nice now that I have a group of people who I can hang out with. It’s very refreshing.”

Junior treasurer Luke Pohlman said the group was founded after he, Spinnato and other Christian students from the college met at Real Life, a program held by the Christian group Cru at 7:30 p.m. every Friday at Cornell University. Spinnato said the Cereal Ministry

took on the format of Cru’s groups where members share meals and discuss the Bible and their faith.

J.W. Betts, campus minister at Cornell, said he has talked with students about starting up a Christian club at Ithaca College, and this year they were able to make it happen.

When the club first started meeting in the beginning of September, it met in the Roy H. Park Hall parking lot.

Pohlman said it met outside because it was not recognized by the Office of Student Engagement (OSE) as a club yet.

Spinnato said via email that the club was officially recognized by the college Nov. 3, enabling the e-board to book rooms.

Pohlman said he thinks there might be some misconceptions about the club because of politics.

“I think, in many ways, religion has become politicized,” Pohlman said. “And I think it’s rather unfortunate, because it’s falling into that category of political polarization, where people will fixate on one little thing that they disagree with instead of seeing the whole picture. I think specifically with Christianity, there’s a lot of targeting in terms of intolerance of sexual orientation, things of that sort.”

According to previous reporting by *The Ithacan*, Ithaca College students felt



Junior Nick Daniel and other students enjoy cereal before the club begins Bible readings at Cereal Ministry Club on Nov. 18.

BRENDAN IANNUCCI/THE ITHACAN



From left, juniors Will Howell, Nick Daniel and Dylan Race enjoy their favorite cereals before they begin Bible readings at Cereal Ministry Club on Nov. 18 in the Campus Center Dining Hall.

BRENDAN IANNUCCI/THE ITHACAN

that the religious group, the Protestant Community, was exclusionary of the LGBTQ+ community. The Protestant Community has since changed its name to the Lighthouse Christian Fellowship as part of the club’s effort to become more welcoming and inclusive of LGBTQ+ students. Pohlman said he thinks other religious organizations like the Protestant Community have been dismissed by the college community because they perpetuated the beliefs that Christian clubs are unwelcoming, and he hopes that does not happen to the Cereal Ministry.

“My biggest hope is that when or if that pushback comes, that the people who are on this quote-unquote, opposing perspective, would come for themselves and see what it’s all about,” Pohlman said. “Because we don’t want to push anyone away.”

Pohlman said he wants to continue fostering a sense of community for everyone through Bible study and cereal.

“We want everyone to come,” Pohlman said. “We want conversations with people, we want to share what we believe and hear what other people believe and engage in friendly conversation over a bowl of cereal.”

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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

“There’s going to be so many gay rappers. There’s going to be more trans people in the industry and whatnot. Ten years from now, everything that I’m doing won’t even seem like it was shocking.”

LIL NAS X,
on where he thinks the music industry is moving.



SPOTLIGHT

Ashanti announces she is re-recording her debut album

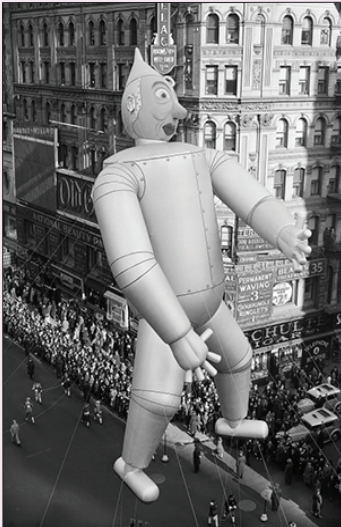
After Taylor Swift obtained her own masters and began to re-record her previous albums, other artists like Ashanti followed suit. Ashanti is re-recording her 2002 self-titled debut album after officially obtaining her masters. Most recognized for her 2002 track, “Foolish.” The singer revealed the news during an appearance on “Tamron Hall” back in September. “It’s so surreal,” she said. “I have an amazing legal team. And I got my first record deal when I was 14 years old, so understanding and seeing how things have changed so much from then to now and conceptually understanding what you’re signing is so imperative, it’s so important nowadays.” On Nov. 15, she appeared on “The Angie Martinez Show” and opened up about why she chose to re-record her album instead of making a new one and to explain the importance of owning her masters.



THIS WEEK IN POP CULTURE HISTORY

Nov. 24, 1924

On Nov. 24, 1924, Macy’s department store in New York City presented the first Macy’s Thanksgiving Parade, which was originally called a Christmas parade. The Thanksgiving tradition began as a celebratory event for the store’s grand opening.



From the very first occasion, the parade included elaborate costumes, floats, bands and even live animals that were borrowed from the Central Park Zoo. At the end of the parade, Santa made an appearance and was escorted to the balcony of the 34th Street store entrance where he was crowned the “King of the Kiddies.” Three years later the parade saw its first large balloon character – Felix the Cat.

Dec. 2, 1997

“Good Will Hunting” was released in theaters Dec. 2, 1997. The film is about Will Hunting, an unrecognized genius who goes to therapy after assaulting a police officer.



The movie was directed by Gus Van Sant and starred Robin Williams, Matt Damon, Ben Affleck, Minnie Driver and Stellan Skarsgård. The film’s screenplay was the first screenplay written by Affleck and Damon. With a \$10 million budget, the film grossed over \$225.9 million during the theatrical run. The film was also nominated for nine Academy Awards and won Best Supporting Actor for Williams and Best Original Screenplay at the 70th Academy Awards.

Association brings accounting students together

BY ELIJAH DE CASTRO

In 1969, during the height of the Black power movement, only 136 out the 100,000 Certified Public Accountants in America were Black. That December, nine Black accountants met in New York City, wanting to form a group that would address concerns of minorities in the accounting profession and promote professional excellence. Thus, the National Association of Black Accountants was born.

Its local chapter, the Ithaca College National Association of Black Accountants (IC NABA), has been aiming to bridge gaps for minority students in the School of Business for 10 years. The club meets at 6:30 p.m. on Mondays in room 206 of the Dorothy D. and Roy H. Park Center for Business and Sustainable Enterprise to talk about building resumes, getting internships, making investments and networking.

Junior Adrian Rosario Beato is the club's president and an accounting major. Rosario Beato said that while the club's main goal is to help students work on building opportunities, it also aims to create a welcoming community for finance students. Rosario Beato said there are currently around 10 to 14 members of the board and 35 people on the club's mailing list.

"We talk about internships and networking and all that stuff," Rosario Beato said. "All that stuff is just to make sure that you have a comfortable environment and a family that you can go to and talk to."

Rosario Beato said he hopes students understand that while the club promotes Black students in the School of Business, the club is open to non-Black students and non-accounting students.

"This is not specifically for Black students or for accountants," Rosario Beato said. "It can be for anyone who is outside the accounting field. Basically we want to make sure that members of this club can become leaders of tomorrow ... and have strong responsibilities [that] prepare them for adversity they might face."

Freshman Brenda Acevedo is the secretary of the club and a business administration major. Acevedo said she appreciates the emphasis that Rosario Beato puts on LinkedIn profiles of club members. LinkedIn is a key part of networking for many business students.

"I joined IC NABA when [Rosario Beato] was promoting the club for the IC business fair," Acevedo said via email. "The things that [Rosario Beato] said were really interesting, and he motivated me to join. The experience in NABA has been very exciting. I enjoy learning from the other members and building connections in our LinkedIn."

Rosario Beato said that when he began as president of the club, he was the only member of the executive board. His goal has been expanding the size of the club.



The Ithaca College National Association of Black Accountants has given its members access to networking events, LinkedIn profile building lessons and other career-focused opportunities.

COURTESY OF ITHACA COLLEGE NATIONAL ASSOCIATION OF BLACK ACCOUNTANTS

"At the end of the day, when we graduate or we move forward ... you can look back and say 'Hey, I was a part of this club that helped me become a better leader or more responsible or just a better person,'" Rosario Beato said.

Margaret Shackell, assistant professor in the Department of Accounting and Business Law, became the new adviser of the club in Fall 2019.

Shackell said that when classes were virtual during the pandemic, the club stopped meeting. But when Rosario Beato took one of her accounting courses during Spring 2021, they decided to restart the club.

"I'm continuing to monitor what the situation will be for these meetings next year," Shackell said. "It was so beneficial to our students to be able to get offers as a result of this conference."

Freshman Hadil Khodji said the club has helped her find a place to grow as a business major and make friendships as an international student. Khodji said being from Morocco has made it hard for her to find people who share her experience and identity as a white African.

"The other day we had a meeting, and I was really upset about [how] my country closed [its] borders," Khodji said. "I went to the meeting, and they're all kind about how to deal with your feelings and your stress ... [and] for example what to expect from yourself and what your goals are."

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New book club cracks open one of Jane Austen's classics

BY ELIJAH DE CASTRO

"I love him. Indeed he has no improper pride. He is perfectly amiable. You do not know what he really is; then pray do not pain me by speaking of him in such terms."

These iconic lines, spoken by Keira Knightley as Elizabeth Bennett in the 2005 adaptation of Jane Austen's "Pride and Prejudice," had tears rolling from the eyes of members of the newly-founded IC Book Club. The club meets once every two weeks in the Ithaca Falls room of the Campus Center. After spending a month reading Austen's classic novel of manners — which tells the story of Bennett navigating the pressures of 19th century marriage — the 15 members of the group reconvened Nov. 30 to watch the film together.

Freshman Jennifer Odum, president of the IC Book Club, said she decided to form the club when she arrived at the college and saw that there were no book clubs. Odum, who is from Nigeria, said she started her own book club at home for working people who were looking for an escape in reading. Odum also said she became a bigger fan of book clubs when she joined one while staying in Dubai.

"When I got here I quickly searched for a book club to join and I didn't find that anywhere," Odum said. "I was like 'I need this, it keeps me grounded.' My aim was to start one next semester, but once I got the hang of what the semester was like, I was like 'I'm gonna start it this semester.'"

Odum said the goal of the book club is to have a natural environment around reading that encourages people to share perspectives on commonly read literature. When deciding what book the members should read first, Odum held a vote to decide. "Pride and Prejudice" won, while the other books to vote on were James Baldwin's "If Beale Street Could Talk," Gillian Flynn's "Gone Girl" and Kevin Kwan's "Crazy Rich Asians."

"The idea is to keep it very organic, very playful and flexible," Odum said. "I'm hoping to come up with more events that will make people be more interested in reading and not just seeing it as a very tedious task."

Sophomore Cate Middleton is a member of the IC Book Club and said she joined after a friend connected her to Odum. Middleton said she was thrilled to read "Pride and Prejudice" again and discuss it with members of the club who had different experiences with the book. Middleton said her personal connection to Bennett, the main character of the book, made it an exciting book for her to reread.

"I think the book has created this romance trope," Middleton said. "Now you can see a million romance movies and read a million books that follow the same pattern, and it's really cool that this one woman created it ... I've never been in a book club before. So this is a first for me, but I'm hoping it'll introduce me to better books that I've never read before."

Odum said for next semester, the club hopes to read a book by a local author and



The Ithaca College Book Club read "Pride and Prejudice" last month and held a screening of the movie Nov. 30. The club meets to discuss literature every two weeks.

NIKO STYCOS/THE ITHACAN

host them at one of its events.

Freshman Yash Mohod is the webmaster and treasurer for the IC Book Club. Mohod said he joined to introduce himself to new literature and to meet new people. Mohod said being from India has made it difficult for him to adjust to circles in Western culture and Odum helped him get connected to the club.

"Initially when I came in here I didn't know many people and Jennifer was one of the first people [who I met]," Mohod said. "I was never a fan of literature before. But then I knew that the stories and the characters do play a part in impacting you as a person or learning something about yourself. But I never had the chance to because I never gave it a chance."

Mohod said that discussing literature like "Pride and Prejudice" allows him to take a break from technical work he does as a computer science major for deeper conversations.

"I thought this club would be a good way to come out and try to connect with people in a place where I had never been," Mohod said. "It's just a good medium to have a conversation about."

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Holiday movies get secularized

BY SYDNEY BRUMFIELD

America’s holiday season is typically packed with presents, feasts, family — oh and of course — religious traditions. Our society’s “mainstream” festivity of Christmas is deeply rooted in Christianity. Christian Christmas came about when the church decided there needed to be a celebration of the birth of Christ. It is believed that Pope Julius I chose the date Dec. 25 in an effort to adopt and absorb the traditions of the pagan Saturnalia Festival. However, the prominence of Christianity in the American landscape is shifting along with its association with Christmas.

In 2020, an annual survey conducted by Gallup found that, for the first time since 1937, only 47% of Americans said they belong to a church, synagogue or mosque. The increase of secularism in society — while reshaping the holiday season as a whole primarily through the increase in consumerism — is most directly seen in the progression of holiday films.

When Christmas movies first came onto the scene with classical hits like “A Christmas Carol” (1938), “Miracle on 34th Street” (1947) and “It’s a Wonderful Life” (1946), they were deeply rooted in religious symbolism and morals. The entire premise of “It’s a Wonderful Life” demonizes suicide as being against God’s will. God sends an angel down to convince a man that his existence matters, and the film ends with the iconic line, “Everytime a bell rings, an angel gets his wings.”

These classic Christmas films serve as concrete reminders of how relevant and pervasive religion has been in American society. However, as we have grown more secular, so have our movies.

Looking back on holiday films, the gradual increase in secularism is abundant. The holiday films from the ’80s to the early 2000s either focused on one of two things: one, an emphasis on the trials and tribulations of being with family for the holidays with films like “National Lampoon’s Christmas Vacation” (1989) or “Home Alone” (1990) where religion plays a minor role with prayers made and characters attending church and secondly, films from this period would focus on “believing” either in yourself or the Christmas spirit like in “Jack Frost” (1998) or “The Polar Express” (2004). This component helped push holiday movies in a whole new direction, you could have the magic of Christmas without the miracles of Christ.

Holiday movies are now transitioning into hybrid films where they are skillfully combined with other genres. Horror films “Krampus” (2015) and “Black Christmas” (2019) are invigorating and exciting projects in addition to being holiday movies.

What can we expect from our holiday movies as we continue the trend of increased secularism? As long as Christianity exists, Christian media will exist as well. This increase in the prominence in the separation between Christ and Christmas will continue to lead to fresh takes on holiday films.

POPPED CULTURE is a weekly column, written by Life & Culture staff writers, that analyzes pop culture events. Sydney Brumfield is a junior writing for film, TV and emerging media major. Contact her at sbrumfield@ithaca.edu.

The Williams sisters biopic is a hit

MOVIE REVIEW: “King Richard” HBO Max



BY M MINTON

The genre of biopics can grow tiring with a typical formula and story beats designed specifically to emotionally capture the audience in expected ways. “King Richard” proves that there is still life left in the sports biopic when the story and characters are compelling enough to overcome a sense of predictability.

Reinaldo Marcus Green, who also directed “Monsters and Men,” helms “King Richard.” The film is based on the true story of Richard Williams (Will Smith) coaching his two daughters, Venus Williams (Saniyya Sidney) and Serena Williams (Demi Singleton), into becoming legendary tennis players from a young age. According to the end credits of the film, Venus has gone on to win the Wimbledon tournament five times, and many people consider Serena to be the greatest tennis player ever. She has been a grand-slam champion 23 times at the age of 40.

Richard had a plan for the two girls since before they were even born that he intends to follow strictly. Many people around him considered his methods to be controversial, as Richard hesitated in allowing Venus to go pro at a young age despite her clear athletic ability. He felt a desire to protect and allow his children to enjoy their childhood, which created an interesting conflict with many of the professional coaches

who Richard enlisted to help his daughters later on in the film.

“King Richard” is an entertaining and crowd-pleasing film that also does not fail to shy away from the harsher realities of the story. The film accomplishes this by establishing Richard’s love for his daughters and immediately showing his insistence on getting them to be successful players in the first scene. The audience is pulled in right away as Richard’s daughters get rejected without getting a chance to play.

“King Richard” and its success is a testament to writer Zach Baylin, who does a great job at portraying moments between the Williams family. The dialogue between the characters feels extremely natural and flows very well. The film’s 144-minute runtime does end up feeling too long, with moments in the second act feeling a bit repetitive. However, the film’s commitment to its characters makes it worth seeing through.

Scenes where the characters play tennis are exhilarating to watch. The camera beautifully and smoothly captures the sport in exciting ways, emulating the quick, intense and fluid movement of a tennis match.

The performances in “King Richard” help to bring life to the film with grounded and realistic performances from the entire cast. Richard often makes choices that hurt the other characters in the film, primarily his



The acting in HBO Max’s “King Richard” biopic creates an effective depiction of the Venus and Serena Williams story. COURTESY OF HBO MAX

wife, Brandy Williams (Aunjanue Ellis). Smith’s portrayal of Richard makes the hard choices he makes understandable, creating a space for the audience to sympathize with him.

Ellis is also exceptional in the film, showcasing Brandy’s love for her daughters through subtler moments and dialogue-heavy scenes. In one of the best scenes of the film, after often holding back her

emotions for much of the film, Brandy lets loose to Richard and the audience is sympathetic to her pain.

Ultimately, in watching the story of Venus and Serena Williams and how their father’s plan coached them to stardom, the audience is left on a powerful and inspiring note.

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Lin-Manuel Miranda earns his first directing credit

MOVIE REVIEW: “Tick, Tick... Boom!” Imagine Entertainment



BY CAITLIN HOLTZMAN

For a man who has no experience directing movies, television or musicals, Lin-Manuel Miranda keeps “Tick, Tick ... Boom” from bombing. Taking a show from the stage and delivering it to the big screen can be difficult — think the 2019 “Cats” movie — but it seems as though Miranda’s stage musical expertise helped him bring Jonathon Larson’s semi-autobiographical musical to life.

The original “Tick, Tick ... Boom” musical was written by Jonathan Larson, who was also the creator of the more popular musical “RENT.” Larson died Jan. 25, 1996, the day before “RENT” made its first off-Broadway preview. The musical follows Jon (Andrew Garfield) who is an aspiring composer living in New York City in 1990 while working on his musical “Superbia” to be performed in a workshop. Jon has never had a musical go past the workshop phase, but he is on the verge of a breakthrough. While writing, he is juggling working at the Moondance Diner, relationship issues with his girlfriend Susan

(Alexandra Shipp) and the ongoing AIDS crisis rocking New York City. The story itself is autobiographical, however, Larson stated that some parts have been more fictionalized.

Garfield has never had a singing role before playing Jon in “Tick, Tick ... Boom.” However, he has had experience on Broadway before when he performed a speaking role in “Angels in America.”

Miranda’s directing skills are not perfect, but for his first directing credit, he manages to create some beautiful scenes. Not everyone can adapt a stage show to the big screen, but Miranda puts a clear amount of effort into the film’s look.

Most notably, scenes like the “Sunday” sequence shot in the Moondance Diner look like a Broadway production. The actors — all of them Broadway cameos — do not have much dancing during the scene, but they are placed around the set and the minimal choreography work together to make the viewer feel like they are watching a stage production.

In the movie, Stephen Sondheim, who is



“Tick, Tick... Boom!” is an exciting portrayal of Jonathon Larson’s musical-writing career. COURTESY OF IMAGINE ENTERTAINMENT

played by Bradley Whitford, leaves Jon a message after his workshop telling him he loved the performance and looks forward to what Jon will do next.

While it was interesting and surprising to see so many Broadway stars throughout the movie, at times it felt overdone including so many people. It may not have been necessary to include so many different people.

“Tick, Tick ... Boom” is a movie full of surprise cameos and Broadway nods. Miranda’s experience on Broadway enables him to create a successful stage-to-screen adaptation and Garfield — along with his supporting cast — draws the audience in and begs them to learn more about the man behind one of Broadway’s biggest hits.

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Taylor’s Version reaches mastery

ALBUM REVIEW: “RED (TAYLOR’S VERSION)” Republic Records



BY DARIENE SEIFERT

About four weeks before the re-release of Taylor Swift’s fourth studio album, “Red,” she left a message for her fans on streaming platforms: “Musically and lyrically, ‘Red’ resembled a heart-broken person [...] A fractured mosaic of feelings that somehow all fit together in the end. Happy, free, confused, lonely [...] and tortured by memories past. These are the original thirty songs that were meant for ‘Red.’” Even though it has been nine years since the antecedent album, the singer-songwriter is able to return to that tumult of emotions and create a masterpiece with her own version.

After losing her masters when switching from Big Machine to Republic Records, the singer is intent on re-releasing her old music. Swift brought back her “Folklore” team, producers Jack Antonoff and Aaron Dressner for a more polished production. As with “Fearless (Taylor’s Version),” Swift’s first re-recording, there are several unreleased tracks included. Most impressive and surprising is the explicit “All Too Well (10 Minute Version).”

Unlike the heartbreaking, five-minute precursor, the extended song is more bitter. Swift does not hold back as she retells

her broken romance. Along with the fierce vocals, a symphony of instrumentals and a backing choir make the lengthy listen absolutely worth it.

Another song strikingly different from its original is “Girl At Home (Taylor’s Version).” The previous track was more dialed back with its country roots and tamed vocals, but the updated one goes full synth-pop; a hidden window revealing her genre transition from “Red” to “1989.” Swift sounds courageously energetic as she wards off an admirer who is already taken.

The vulnerability in “Sad Beautiful Tragic (Taylor’s Version)” and the hope that radiates in “Begin Again (Taylor’s Version)” truly make Swift’s vocals shine. The former opens with ominous bells and shifts into a visually painful tale of lost love. The plucking of guitar strings accompany Swift, and somehow gorgeously sound akin to a harp.

There are a few featured artists as well, including Ed Sheeran and Chris Stapleton. However, “Nothing New (Taylor’s Version) (From The Vault) [ft. Phoebe Bridgers]” proves to be the most lyrically stunning. The duet is emotionally raw as Swift and Bridgers discuss their fears. A soft reverb on the vocals



Taylor Swift’s re-recording of “Red” shows Swift’s capability to turn emotions of the past into a masterpiece of the present.

COURTESY OF REPUBLIC RECORDS

and a guitar gently strumming builds on the dread that both singers express.

Swift’s previous hit singles also have a reimagined makeover. “I Knew You Were Trouble (Taylor’s Version)” has more punch with its punk-like instrumentals, such as an electric guitar and a thumping drum. However, the chorus for “22 (Taylor’s Version)” sounds strangely tinny. Even the iconic “Who’s Taylor Swift

anyways? Ew!” line is far too faint in the background. Despite this hiccup, nothing stops this powerhouse of an album. Little details, like the ending laugh in “Stay, Stay, Stay (Taylor’s Version)” or the comedic “Like, ever!” in “We Are Never Ever Getting Back Together (Taylor’s Version)” adds genuine charm to the album.

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Adele releases new album on heartbreak and growth

ALBUM REVIEW: “30” Columbia Records



BY STEPHANIE MONTEIRO

Adele’s newest album, “30,” has been highly anticipated ever since her album “25” was released six years ago. In her latest release, the 2016 “Album of the Year” recipient elaborates on her divorce — which she called “the most turbulent period” of her life.

In “30,” Adele explores jazz, soul, funk and R&B while still preserving some of her music’s familiar aspects like her relatability. Though the singer’s most popular work has consisted of pop-ballads, this album features a more fitting, soulful sound.

Soul runs throughout the entire album, but it is in the song “Hold On” that Adele unveils her inner Aretha Franklin. Although the classic soul-belt sound does not seem to come quite as naturally to Adele, she thoroughly embellishes the simple chordal piano accompaniment in “Hold On” with impassioned wails. Even though most of the higher belts on “30” are cut short with some strain in the voice, the songs “Hold On” and “To Be Loved” have moments where Adele projects her voice brilliantly — like in the ending of “To Be Loved,” which features an amazing belt.

While there are lovely moments of instrumentation in “30,” like the use of synthesizers in the opening song “Strangers by Nature,” the vocals are the most impressive aspect of “30.”

This album finds a way to be both grim and lively. “Cry Your Heart Out” is an upbeat pop-soul emotional cry for help and sounds like it could have been written by a modern Amy Winehouse. In the song “I Drink Wine,” Adele lusciously pleads for contentment in her life over a swinging piano.

“All Night Parking (interlude)” is the most creative, interesting and experimental song on “30.” This melodically simple song features famous jazz pianist Erroll Garner, making Garner the first artist to be featured on an Adele album. Garner’s playing gorgeously flourishes under Adele’s comforting, warm vocals.

Adele’s wonderful writing has always seemed to come from unadulterated sentiment and truth and yet, in “30,” the British singer-songwriter reveals more of herself than ever before. Throughout “30,” it is readily apparent to the listener that Adele was struggling to find peace in the midst of her divorce from her ex-husband Simon Konecki.



“30” is an emotional album filled with soul and themes of loss and love.

COURTESY OF COLUMBIA RECORDS

In “Easy On Me,” which was initially released as a promotional single, Adele asks for forgiveness from her 8-year-old son Angelo for needing to separate from his father for her own happiness. The album is flushed with emotive lyrics like these — Adele has allowed her listeners to relate with her the same way they have on every single one of her other deeply emotional albums.

“30” is brimming with authenticity, pain and strength. Each song reveals more than the last, and these truths are all displayed through a multitude of styles.

It would have been easy for Adele to stick to a formula that would have guaranteed top spots on The Billboard Hot 100, but instead she has taken risks and provided the world with refreshing but still deeply personal and relatable material.

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QUICKIES



COURTESY OF INSTERSCOPE RECORDS

“ANOTHER DAY IN AMERICA”
Kali Uchis, Ozuna

Kali Uchis collaborates with Ozuna to create her latest single. Though the instrumentation is lush and bright, Uchis contrasts this with lyrical imagery as she touches on dark topics that have been normalized under the guise of the “American dream.”



COURTESY OF SUB POP RECORDS

“ARE YOU OKAY?”
Grace Aimi

Singer-songwriter Grace Aimi sings of love and betrayal in her latest release, “Are You Okay?” Aimi’s pleasantly soft yet raspy vocals glide along average instrumentation to create another mellow indie heartbreak track.



COURTESY OF ENTERTAINMENT ONE MUSIC

“CHOSE ME”
Blueface, Blxst

Blueface is back with another boring single — complete with annoying, monotone vocals, off-beat rapping and sexist lyrics. The one semi-redeeming quality of the track is the catchy beat.



COURTESY OF TCTS RECORDS

“RICH GIRL”
TCTS, CHAMELEON LIME WHOOPIEPIE

If you haven’t heard of these artists before, consider “Rich Girl” your introduction. The techno track is incredibly catchy, utilizing elements of house and EDM to create an infectious dance beat. Though the lyrics are simple, the effects in the track are nothing short of encapsulating.

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Students express concern over theater arts department move

By Syd Parris | Oct 28, 2021

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EXPERIENCE FROM THE BENCH

Student-managers help out basketball team



In blue from left, junior James Dimeo, freshmen Sara Hunter and Tim Cheeseboro and junior Lucas Jafet work for the Ithaca College men's basketball team as student managers. They work for the team during home games and practices.

MALIK CLEMENT/THE ITHACAN

ILLUSTRATION BY ANNA MCCrackEN

BY AIDAN CHARDE

As the Ithaca College men's basketball team has jumped out to a 3–1 start, several students have been working behind the scenes to make sure the team runs smoothly.

The student-managers have several roles including getting equipment, setting up the scoreboard, helping out in drills and filming the practices so the team can watch it back later. Juniors James Dimeo, Lucas Jafet and freshmen Sara Hunter and Tim Cheeseboro are the four student-managers for the team this season. Dimeo has been involved with the team as a student-manager since his first year at the college and is the only one with experience in the role. As a student studying sport management, Dimeo is glad to have the opportunity to get experience in the field he is studying before graduating from college.

"When I got here as a freshman, I wanted to be a manager [for a sports team]," Dimeo said. "I plan on going the long way and staying in it for all four years, I love it so much."

Dimeo played basketball in high school and wanted a chance to stay with the sport without playing, which was also a reason that he decided to join the team. He said he is not sure what path he will follow after college, but one potential option could be working as a graduate assistant at a Division I program.

As the oldest and most experienced student-manager on the team, part of Dimeo's role also includes mentoring the other three managers and being a resource for them. Hunter said Dimeo has done a great job at teaching her and the other new managers.

"James definitely has the most experience out of all of us," Hunter said. "So he's making sure things get done and that we get

everything done that we need to do."

Cheeseboro added that they each help in all aspects of the game, like filming practices, not just sticking to one role per person.

"During the past month we have all managed to discover what we are best at," Cheeseboro said. "With that being said, no one is assigned to a role, and everyone can complete any task given to them."

Despite not being a player, Cheeseboro said he feels like he and the other managers are still a part of the team. He said the players and coaches have become close over the past few months and is glad he is a part of the family.

"Being a manager has made me feel like I am part of the team," Cheeseboro said. "The players as well as the staff have fostered an inclusive environment that makes me, as well as the other managers, feel included."

The players are also grateful to have the student-managers around, junior guard Liam Spellman said. Spellman said it is great to have extra helpers around the team because there are only two coaches and a graduate assistant.

"Having the managers there to help the coaches is really good," Spellman said. "James [Dimeo] has really taken the other three under his wing a little bit and teaches them ... just having those four managers is good."

In 2019–20, Dimeo said he traveled with the team for away games, but not overnight trips. While the managers cannot travel with the team to away games due to COVID-19 protocols this season, Hunter said they work during home games.

Although the team has only played one home game so far this season, Hunter said being at those games is the best part of the job. The energy, she said, is unmatched.

"Watching the game with all of them, cheering them on, giving them high-fives as they come in ... it's definitely just like a big family atmosphere in that aspect," Hunter said.

Hunter is in the same major as Dimeo, so she said her goals for the future are similar. She said the role has helped her realize that she wants to focus on the operations side of sports and that this is great experience.

"This is a good tool in showing me how a lot of sports work behind the scenes," Hunter said. "It definitely gives me a new perspective on everything, and I think it definitely does help in the long run with what I want to do with my career."

Cheeseboro said he plans on taking the job in a different direction. As an athletic training major, Cheeseboro said he is interested in observing how athletes recover from injuries.

"The advantage I'd be given [over other students in my major] is being able to watch aid be administered in person," Cheeseboro said. "I wanted to see what it was like being on the medical side of an athletic organization. ... I am able to observe what [athletes] need to do in order to recover."

Even if the four student-managers are looking for different things with their experiences, Dimeo said it is a really good opportunity for students at the college, especially those looking to go into sport management.

"Some of the values that you learn [as a student-manager] ... are really good things to pick up on," Dimeo said. "Being at a Division III college means there's a lot of opportunities for student-managers to come in and really represent."

Dimeo also said he urges other students at the college to become student-managers, whether it is for basketball or other sports.

"I feel like anyone can reach out to those coaches," Dimeo said. "Just say, 'Hey, I really like soccer. I really like baseball. Do you guys have any opportunities for me to be a student-manager?' There's a plethora of opportunities here."



The four student-managers for the Ithaca College men's basketball team help film practices and home games.

MALIK CLEMENT/THE ITHACAN

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Men’s cross-country runners race at Nationals

BY ORI JORDAAN-GRADY

Ithaca College seniors Danny Jagoe and Benjamin Tiber, dynamic cross-country duo, both participated in the 2021 NCAA Division III Cross-Country Championships on Nov. 20 in Louisville, Kentucky. The two runners ran the second fastest times of their collegiate careers on the biggest stage.

Jagoe finished 208th and Tiber 205th out of the 289 best Division III runners in the country. Jagoe raced in the championship during his sophomore season and said he knew what to expect for the long day ahead.

“It was really great to just be able to go back to a course that I knew really well,” Jagoe said. “It’s been in the back of my mind forever.”

On the other hand, Tiber made his first championship appearance since this was his first complete season on the team. He was on the team last year, but missed a large portion of the season because of an injury. Tiber also studied abroad in the previous season.

“The experience of competing at this level was definitely a once-in-a-lifetime experience,” Tiber said.

Jagoe and Tiber woke up early Saturday morning, ate breakfast and got to the course by 9:30 a.m. Coming off his fifth-place finish at regionals at SUNY Geneseo, Tiber was locked in and confident before the biggest race of his life. He knew that he put in the effort all season long to help him get to the position

he was in now.

“For me, it kind of felt like just another day,” Tiber said. “The race itself, I mean. It was no different than anything else.”

Jagoe, who finished in ninth place at regionals, was feeling very appreciative for the ability to be competing in the championship. Jagoe said he reflected on his road to this event in the moments prior to competition.

“I’m grateful that I’m here,” Jagoe said. “I thought about the fact that I’ve done what I’ve done and there was a lot to get here.”

It was 11 a.m. and the stage was set. Jagoe, Tiber and the 287 other participants were all ready. Jim Nichols, the men’s cross-country team’s head coach, said he strategized with his runners to help give them a game plan for the race.

“We talked from day one to get out fast and early to get a good position,” Nichols said.

However, it was not easy, especially since the field was so crowded. Because of the crowded field, Tiber and Jagoe had a difficult time making a fast push to the finish line.

“There was a point in the race when they were only five feet from another,” Nichols said. “Wall-to-wall with people. A wall of bodies in front of you. They got into the middle but never got rolling again.”

Even after their second best career times, 25:33.3 for Tiber and 25:36.5 for Jagoe, the two runners felt like they could have done better.



From left, seniors Benjamin Tiber and Danny Jagoe, runners on the men’s cross-country team, competed in the NCAA Championship on Nov. 20 in Tom Sawyer State Park in Louisville, Kentucky.

LAUREN LUBENOW/THE ITHACAN

Tiber said he knows that it is not healthy, though, to dwell too much on the past. He also understands the importance of learning from the race and not taking the experience for granted.

“I could have decided to keep being upset about it or to dwell on it, but there’s no point in that, and you don’t learn anything from doing that,” Tiber said. “The experience of being there was the highlight.”

Jagoe and Tiber were not just leaders on the grass running, but were also leaders for every other teammate around them during the season. Junior Alex Whatley, teammate and roommate of Jagoe, has seen the leadership roles Jagoe and Tiber filled all year long

and is honored to be around them.

“They’re amazing teammates, and they’re always there for us,” Whatley said. “I’m so proud of them for what they did this postseason.”

A big reason for their strong leadership is the remarkable bond they have with one another. Both Tiber and Jagoe looked back on the incredible time they had together during the week and with Nichols. They know that shared experiences, like traveling to the national championships, do not occur on a regular basis.

After the race, Tiber and Jagoe had dinner with Nichols and a few other coaches that participated in the event.

As much as Tiber and Jagoe

appreciate having Nichols by their sides, the respect is mutual. Nichols said he feels incredibly lucky to coach Tiber and Jagoe and sees how important they were for the team’s success.

“It was a pleasure coaching them all year long,” Nichols said. “They were two leaders that grew as the season went on.”

Now that the cross-country season has drawn to a close, Jagoe and Tiber are prepared for what’s next: the track and field season.

“Our track team is going to be really good, and we have a lot to look forward to,” Jagoe said.

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Senior swimmer steps up as a leader for freshmen

As the Ithaca College men’s swimming and diving team moves from the fall semester into the spring semester, the team holds high goals leading up to the Liberty League Championships. For a team looking to make a push during the second half of the season, senior swimmer Michael Sheehan sees his role on the team as a mentor.

Sheehan has appeared in Liberty League championships in each of the last two seasons that the team has had, finishing with a team-best time of 4:48 in the 500-meter freestyle in the 2020 Liberty League Championship. Without having a season last year due to the COVID-19 pandemic, Sheehan is ready to step back into his place as a role model for the new members of the team.

Staff writer Tobiah Zboray sat down with Sheehan to discuss his impact as a leader, growth over his four years and the expectations for the team this season.

This interview has been edited for length and clarity.

Tobiah Zboray: In high school, you were the captain of your swim team. How did that experience help you both in the pool and out of the pool?

Michael Shaheen: In the pool, it just shows how important working hard is. Setting the example that if I’m in the pool, I’m going to do the best that I can, and I expect the same level of energy and effort from my teammates, and that has carried over into college, it’s something that doesn’t change. The best leaders are the ones that can walk it, the ones that can do it just like everybody else. Just because they’re seniors, it doesn’t make them better.

They’re still putting in the effort and they have the drive and determination to still get better. Out of the pool, you have to step up and show a good example. College is definitely more serious than high school because this is the only sport that you’re doing here, this is what you’re putting all your time and effort into. A lot of the stuff, besides classes, everything else revolves around swimming, so trying to be the best example that I can be out of the pool so hopefully I can make an impact on someone else.

TZ: How have you seen yourself grow as a swimmer?

MS: As a swimmer, I feel like I’ve definitely become more mature. When things don’t go as they are planned, you can either let that bring you down, or you can keep pushing forward and keep doing as much as you can. It taught me that while it might not be the way that I expected things to go, there is still a lot to get out of it and I can still enjoy the sport in the same way that I did before.

TZ: With that maturity, how have you been able to help this new class of freshman swimmers joining the team, helping them to make an impact both in the pool and in the locker room?

MS: As a senior on this team, it’s your job to kind of show them the ropes, this is what it’s like to be a Bomber, this is what it’s like to be a part of the team. It’s also your job to make them feel appreciated and wanted, because they are, they are wanted. Everybody talks about them when they’re recruits, we are



Senior swimmer Michael Sheehan has helped the Ithaca College men’s swimming and diving team jump out to a 5–1 start and also welcome in a large freshman class to the team.

KALYSTA DONAGHY-ROBINSON/THE ITHACAN

always looking to see who’s coming in the following year, and we’re very excited. They’re coming into a team that has been together for a while and it might be a little intimidating at first, but in reality the team just wants to become one and become closer together.

TZ: What are your expectations for the rest of the season for yourself?

MS: Personally, I just want to try to motivate my teammates as much as possible. I want to make sure that they know what it feels like to be a Bomber, and I’m very excited to be able to show that. In the pool, just focusing on every day, trying to get better than I was the day before. It’s easy to focus on the outcome that you want, but my focus this year has just shifted to making sure I can better myself every day.

TZ: Shifting to the team, what are the expectations for the rest of the season?

MS: You could ask anybody, and they’d all say we want to win our conference championship. Overall, that’s the team goal, but we also want

everyone to get better throughout the season. It’s also just making sure that we’re focusing on the little steps to help us reach that goal. We’re not focused on that outcome, we’re focused on taking it day by day, doing the little things, and staying focused on what we’re doing. If we lose focus and miss a few things here or there, it could throw off the season, so as long as we’re on the right path for the rest of the season it will be very beneficial for the team.

TZ: With one tournament left in the fall semester in the Bomber Invitational, is there anything that the team wants to do specifically in this final meet?

MS: We have a few extra relays that we can swim, and this is a great opportunity for the new kids to show what they’re capable of in swimming. They are capable of a lot, I know that from watching them every day at practice and from their times.

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THE BUZZER

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



ATHLETE OF THE WEEK

ETHAN GODFREY

Junior diver Ethan Godfrey was named Liberty League Co-Diver of the Week after the Bombers meet against Rochester Institute of Technology on Nov. 20. Godfrey placed first in the 3-meter event and second in the 1-meter event.

ANA MANIACI MCGOUGH/THE ITHACAN



COMPETITION OF THE WEEK

WRESTLING NYS CHAMPIONSHIPS

The Ithaca College wrestling team placed second out of 19 teams in the NYS Championships on Nov. 20. Juniors Travis Jones, Matthew Beyer and senior Eze Chukwuezi each brought home individual titles for winning their weight classes.

ALYSSA BEEBE/THE ITHACAN

EVENTS TO WATCH

5:30 P.M. DEC. 3 AT POUGHKEEPSIE, NEW YORK

In a rematch of the 2019–20 Liberty League Championship, the Ithaca College women's basketball team will hit the road to face Vassar College. The two programs have competed nine times, with the Bombers being undefeated against the Brewers.



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10 A.M. DEC. 4 GREG PAGE CORNELL RELAYS

The Ithaca College women's track and field team returns to competition for the first time since its impressive Spring 2020 season. The Bombers are returning with standout seniors like Meghan Matheny, Logan Bruce and Katelyn Hutchison as the South Hill squad looks to continue its dominance from last season to this year. The meet kicks off the team's season and is the team's only competition before Jan. 8.

QUOTE OF THE WEEK



"I want to make sure that they know what it feels like to be a Bomber, and I'm very excited to be able to show that."

- Michael Sheehan

Men's swimmer





From left, freshmen Lauren Rodriguez and Aksah Roy add the finishing touches to their gingerbread house Nov. 30 in the Emerson Suites at the gingerbread house competition hosted by the Student Activities Board (SAB). Each group of students had an hour to create an innovative house to impress the SAB judges.

BROOKE VOGEL/THE ITHACAN