IC students working at Starbucks brew up a hot cup of solidarity

BY ELIZA DE CASTRO

Joining in solidarity with the other workers defining the first-century labor movement, Ithaca College junior Gillian Rossbach and sophomore Alyssa Salerno, who work at Starbucks, have signed a petition for a vote to form a union at Ithaca’s Meadow Street Starbucks.

So far, 26 workers at the three different Starbucks locations in Ithaca — Meadow Street, College Avenue and The Commons — have signed the petition, which 65% of each location has signed, which is well above the 30% requirement needed to get a vote, according to the Ithaca Times. The workers were inspired when a Starbucks in Buffalo, New York voted 19–8 in favor of creating the only unionized store out of the over 8,000 Starbucks locations in America. These union efforts are taking place during a mid-pandemic American labor movement. Since 2021, labor strikes and efforts to form unions have exploded throughout the American workforce. Concurrently, an ongoing mass resignation has caused the quitting of nearly 70 million jobs and as a result has brought labor-related issues — the minimum wage, benefits and job quality — to national attention.

Rossbach has worked at multiple Starbucks branches since 2017. Recently, Rossbach has been working at the Starbucks on Meadow Street, which opened in January 2022. Rossbach said that for a few months, talks of unionizing began among workers at the Collegestown Starbucks location on College Avenue. Workers between Ithaca’s three Starbucks branches had been communicating about ideas for forming a union. However, fear of getting fired made them hesitant, as Starbucks has previously fired workers attempting to unionize.

Junior Petar Odazhiev quit from his position as an intern at the Ithaca College Office of Energy Management and Sustainability because there is no longer leadership in the office. The petition called for Luvelle Brown’s resignation, which opened in January 2022. Rossbach said that for a few months, talks of unionizing began among workers at the Collegestown Starbucks location on College Avenue. Workers between Ithaca’s three Starbucks branches had been communicating about ideas for forming a union. However, fear of getting fired made them hesitant, as Starbucks has previously fired workers attempting to unionize.

Environmental efforts at Ithaca College fall apart after administration’s job cuts

BY LOREN TYNE

Environmental efforts at Ithaca College are deteriorating, according to community members who have seen a lack of staffing support in campus-sustainability efforts.

The college has been named one of the most environmentally responsible colleges in the country according to The Princeton Review for 2022. However, campus members are concerned because of job cuts, lack of staffing and the college’s focus on reducing carbon emissions, other aspects of sustainability are decreasing.

Gregory Lischke, former director for the Office of Energy Management and Sustainability (OEMS), who oversaw many of the college’s environmental initiatives, resigned Nov. 15, 2021. Dave Maley, director of Public Affairs, said the college is actively finding a replacement. Rebecca Evans, former campus sustainability coordinator in OEMS, said the college eliminated her position at the end of Spring 2022 because of budget cuts.

Jake Brenner, associate professor and chair of the Department of Environmental Studies and Science, said he cannot tell if environment sustainability is still a priority for the college.

“There’s been no change in [the Senior Leadership Team’s] talk about sustainability,” Brenner said. “But as I look around, the people that used to be in charge of these programs are no longer here.... it’s hard to really ascertain if they’re still even going on.”

Maley said when Lischke resigned, the Student Eco Reps, a student-led campus organization created to engage the community in sustainability efforts, transitioned from reporting to OEMS to be overseen by the Center for Civic Engagement (CCE).

“Because the nature of the work that these students do is similar to other on- and off-campus student community service activities, being part of the Center is a natural fit,” Maley said via email.

Maley said David Harker, the director for CCE — who is on temporary leave until April 4 — met with Eco Reps prior to starting his leave to strategize for Fall 2022.

Junior Petar Odazhiev said he quit OEMS
Board of Trustees listens to concerns

BY OLIVIA STANZL

Members of the Ithaca College Board of Trustees discussed retention, the presidential search and LaVell Brown, member of the board of trustees and superintendent of the Ithaca City School District (ICSD), who has been accused of misusing his power, at a Feb. 14 open meeting for community members.

The virtual open-conversation session was led by David Lissy ’87, chair of the board of trustees, and James Nolan ’77, vice chair of the board of trustees.

Lissy said one of the main issues discussed at the winter meeting was the college’s retention rate.

“As important as it is to put our best foot forward and attract students, you know, if we can’t keep them here once they’re here, then of course, that becomes an even bigger challenge,” Lissy said.

Kelly Stern, the director of enrollment marketing in the Creative and Marketing Group said she feels the college is in a crisis because of the number of changes it has experienced in the past few years.

“As a community over the past five or more years, we have endured zero-based budgeting, the blue sky event and aftermath, student sit-ins in the Peggy Ryan Williams Center, an 18-month interlude while we awaited a presidential resignation, a sea change in leadership, — starting with a new presidential inauguration — a new strategic plan,” Stern said.

Lissy said that he understands the present state of the college is not sustainable, but that he said he believes in the college’s future.

“I’m not going to stop doing the work that I do tirelessly to try to affect the best possible future for IC,” Lissy said.

Sefia Rivera ‘19 said she is hesitant to recommend and endorse the college to interested applicants because Brown, who has allegations of domestic violence against him, continues to hold his position on the board of trustees as well as superintendent.

“I don’t feel comfortable sending vulnerable 18-year-olds to IC knowing that someone on the board of trustees has been accused of such egregious abuse,” Rivera said. “I don’t really understand, is there something that’s keeping you guys from talking about it?”

Lissy said he engages with prospective students and recommends the college.

Lissy said he is unable to make comments regarding Brown.

“The college is in the later stages of the presidential search process. “I think we need someone who is going to do the hard work of bringing the community together,” Lissy said. “I mean not just the faculty [members], but also the alumni. We’re all united in the success of Ithaca College, and we need someone who can inspire that.”

THE ITHACAN

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TVR major gets a name change

BY OLIVIA STANZL

For decades, Ithaca College students have graduated with a degree in television-radio (TVR), but in Fall 2023 and incoming TVR students will now be studying under the name ’television & digital media production (TDM).’

The TVR degree offers courses in different areas of media like video, audio and writing. The college’s TVR degree will be called TDM to better reflect the curriculum and the job market, according to an email from Steven Gordon, associate professor and TVR program director.

“Our name better reflects our goals as a program because we prepare students for the ‘exploding’ job market in digital storytelling,” Gordon said.

Jack Powers, interim dean for Roy H. Park School of Communications, said changing the name of TVR has been a topic of discussion among faculty for years.

Powers said the main reason for including the name of the major is that it will be a more appropriate descriptor of what the degree offers.

“T” is one of the degrees that always graduates more students than come in, because nobody knows what it is coming in, and then the name of the degree is the name of the major is that it will be a more appropriate descriptor of what the degree offers.

Junior Connor Hibbard works at WICB, the award winning Ithaca College radio station, as station manager. Hibbard has been working at the radio station since his freshman year at the college.

“WICB and VIC are both [does] that actually transform and make people feel uncomfortable?” Bhattar said.

As the atmosphere becomes more open-minded … and be willing to challenge the status quo of everyone gets the same thing.”

“Young leaders of different ages or digital producers,” Gordon said. “‘That’s the term today for making media, so we felt that we really needed to come up to that level and have that in our title.’”

Powers said that while using the term “radio” is currently becoming outdated, streaming radio, or online radio, is gaining lots of popularity.

“Things like Spotify and podcasts, that’s radio, but we don’t call it radio today, that’s digital,” Powers said.

Junior Connor Hibbard is the station manager for WICB and a TVR major. Hibbard said he is not in favor of the name change because it pushes radio to the background.

“WICB and VIC are both incredible, award-winning institutions and they will absolutely change that way,” Hibbard said. “I don’t anticipate us losing any resources or support or anything and we’re going to continue to be the best college radio stations in the country,” Hibbard said.

“Then it also starts to bury that for new people coming in.”

Powers said the new name encompasses all forms of broadcast, rather than just traditional radio broadcasting.

“It’s important, especially in a world of media that is ever changing for the Park School to change with it.” Powers said. And I think this is exactly what programs should be doing, is examining their curriculum, examining their name, and making sure that they do what is appropriately described.”

College offers new health app

BY CAROLINE GRASS

In an effort to respond to students’ concerns and needs regarding mental-health services, Ithaca College’s current and incoming students will now be studying under the name ‘television & digital media production (TDM).’

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Speaker lectures on equity in education

BY ELIZABETH KHARABADZE

Raja Gopal Bhattar, a diversity, equity and belonging strategist and an inaugural Racial Equity Fellow with Interfaith Youth Core’s Interfaith America initiative, spoke to members of the Ithaca College community Feb. 14 as part of the Difficult Dialogues: Cultivating Cultures of Belonging Symposium. Bhattar’s work combines qualitative and quantitative approaches to intersectional identity.

Interim Provost Melanie Stein gave the introduction, noting the relevance of the conversation as educators grapple with the after-effects of COVID-19 on classroom learning.

“Our campus commitment to diversity, equity and inclusion is reflected squarely in our strategic plan and is one of the priorities identified by the Senior Leadership Team this academic year,” Stein said. “Recent events on campus and nationally illustrate that inclusivity is not yet embraced by all. As educators, our classrooms remain one of our most powerful tools to advocate DEI [Diversity, Equity, Inclusion].”

The conversation follows the discovery of two swastikas drawn inside buildings on campus.

Bhattar said it was important for colleges to educate people on the history behind issues of intolerance — like the swastika — allowing growth, opportunity and progress to take place.

“What is the actual history of the symbol and other symbols that we use, and how [does] that actually transform and make people feel uncomfortable?” Bhattar said.

Bhattar also said that while diversity is a baseline for colleges, equity is a choice that requires intentional work to ensure that it can be met.

“I believe that we have to be equity-minded … and be willing to challenge the status quo of everyone gets the same thing.”

One audience member commented on the need to provide more critical resources for students to embrace equity.

“So much of what we see in classrooms is the difference between first-generation versus multi-generational learners,” they said.

Senior Michelle Pei, president of Active Minds, a student organization that focuses on promoting mental health on campus said she thought the app cannot hurt the campus community, but that more pressure on students to seek help alone might not be good.

“What [Sanvello is] doing is super cool,” Pei said. “Like any therapy mediation via your phone, the issue that I take with it is really putting the therapy and help seeking online rather than providing resources or lightening the burden.”

Pei also said she thinks funds could be better used on CAPS services since she knows students who have struggled to get appointments in a timely manner. In 2015, a group of students on campus formed the campaign #getCAPSready to push the college to increase CAPS services.

“I have also heard that CAPS has been a difficult process for many people in which they’ve had to be on hold for weeks, which is not an ideal situation for somebody who is trying to reach out and get help,” Pei said.

Freshman Miriam Schatz said she had not heard of the Sanvello partnership but was interested in downloading the app and trying it out.

“For me I could probably reach out to CAPS, but I just don’t because it’s a big process, but I feel an app is an easy on-the-go thing,” Schatz said.

Pei said she hopes the college still focuses on fostering interpersonal connections.

“I just don’t think it would be smart to have a technological device be the thing that hosts all of your workload, all of your therapies, all of your entertainment. It’s just too much centering around that and not enough of human relations,” Pei said.
A spokesperson for Starbucks' media relations department said that while the company will respect the unionization process, it believes direct discussions between management and workers is better for the company.

“We continue to believe a union is not necessary at Starbucks,” the spokesperson said. “We believe direct communication between our current management and workers has made us the company we are today.”

However, Rossbach said one of the biggest reasons she signed the petition for a vote to unionize is because she believes Starbucks fails to communicate with its workers. It was only when Rossbach and her coworkers began unionizing that Starbucks began to listen to concerns and give them more resources to fight anti-union propaganda and corporate law suits, and a firehose of cash being spent on in-store graffiti like under staffing, poor sanitation and grueling long work schedules.

Despite this, the National Labor Relations Board (NLRB) — which is in charge of filing the petitions with the National Labor Relations Board — has opened a bunch of different stores, Rossbach said. “He makes $1 [per hour] more than I do, and I just got my position.”

Salerno said that when Starbucks is tiring, takes large amounts of energy and the stores are frequently understaffed. As a result, Salerno and her coworkers take on more tasks than one person can handle.

“I always say that being a barista at Starbucks is like having one and a half jobs,” Salerno said. “When you take into account things like bathroom breaks and drinking water. That just doesn’t happen at Starbucks because the [union] contract would be that we can ban uncomfortable customers and coworkers. Starbucks, which has a workforce of 71% women and 48% people of color, has a history of failing to take meaningful action against sexual harass ment and racism that its workers have faced. Rossbach said that when she worked at Starbucks’ College Avenue location, the branch’s management would not ban a regular customer that frequently called the workers. Rossbach said part of the union contract that she and the co-signers of the petition are fighting for would grant them the ability to ban customers that make them feel uncomfortable.

“We need to be able to ban people [customers] that make us uncomfortable,” Rossbach said. “The management was ex cluding this, but the union enables us to ban uncomfortable to serve that man [who was calling the workers]… Part of our
Jennifer Metzgar has been appointed as the new director for Student Health Services at Ithaca College and is taking the place of Elynn Selin-Sellers, former director for Student Health Services. Metzgar graduated from SUNY Health Science Center in Syracuse, New York in 1999 and has worked in public health services and what she hopes to bring to her new position.

This interview has been edited for length and clarity.

Caroline Grass: Where are you from and can you tell me about how you started your career?

Jennifer Metzgar: Yeah, so I’m actually local. I was raised in a very small town called McGraw, which is probably 30 miles from here. I started my career in medicine really at the age of 15. I worked in a nursing home as a nurse’s aide, that’s how this all started.

CG: What inspires you or who were some of your biggest influences in the health field?

JM: I’ve always been fortunate to have great mentors along the way. From instructors that I’ve worked with to special colleagues that I’ve worked with, it’s really been a lot of nice personal experiences… I worked with Dr. Vivian Lorenzo. She and I worked together at the VA, that’s kind of how.

CG: How does college health differ from other health fields?

JM: The unique thing about college health is that I really just take so much satisfaction in working with young adults. It’s a different age group and often sometimes it’s simple, sometimes people just want to come in and have their sore throat treated, but other times there’s an opportunity to help students learn about their bodies, learn about the medical system, and gain confidence around seeking medical care for the first time maybe without their parents being involved. I also have empathy towards parents who may think their child may be at school encountering health or illness problems all on their own for the first time. So I really love kind of filling that gap between the student and the parents to help facilitate some of that.

CG: Do you have main goals to continue to improve or expand services available to students?

JM: Yeah, I would love to explore some creative ways to deliver service, some thinking outside the box. In the past, I did pioneer an STI [sexually transmitted infections] express clinic for students. But that’s an example of just how we can have more care for more people with less kind of bureaucracy around medicine. Right now we’re unable to run a clinic because of COVID and its social distancing restrictions, but that’s an example of ways that I’d like to think about providing care.

CG: For the director position, did the college come to you with the offer or was the opening something you saw and felt like you really wanted to step into this position?

JM: So a little bit of both. It really began as a conversation. Having spent my entire life being immersed in medicine, I began to see areas that systems could help make the work easier for both the staff and for the student or for the patient. I think just one other thing I wanted to share with you about myself and this has been a good fit for me career wise. I have a very science-focused mindset so there’s enough intellectual stimulation in medicine, but I’m also a caretaker. I’m very empathetic, I have a knack for connecting with people. So I think for me medicine has been kind of that perfect marriage of science and heart.
LGBT Center wins history award from the GLBT Historical Society

The Ithaca College LGBT Center’s Ithaca History Tour has been awarded the Allan Birnbaum Prize for outstanding work in public or community-based lesbian, gay, bisexual, transgender and queer history. The American Historical Association Committee on Lesbian, Gay, Bisexual, and Transgender History granted the college with the award. The prize is underwritten by the Gay, Lesbian, Bisexual, Transgender (GLBT) Historical Society in San Francisco, California.

Student wins jazz contest prize with music piece called Fireflies

Fireflies of Kobayashi by Masaya Taniguchi of Miyazaki City, Japan was named the winner of the John P. ’60 and Susan W. Wolfsheuer Jazz Ensemble Composition contest at Ithaca College. Taniguchi won $1,000 and is going to have their piece performed at 8:15 p.m. March 5 by Camille Thuman, guest saxophonist and vocalist, as well as the IJC Jazz Ensemble.

Leadership workshops to begin in March for women in college

The Women Leaders Series is a program that teaches a wide range of personal and professional development workshops for the college’s women leaders throughout the month of March. The program is run by the Office of Student Engagement. The leadership series is offering 12 different programs throughout March and students can register now on IIC Engage. Students will get Student Leadership Institute credit after attending the workshops. The workshops offered by the women leadership program include: 1- Hate Networking, Thinking and Feeling: Gender Differences in the Myers-Briggs Type Indicators, Women in Sport Trivia, Starting a Podcast with Purpose, College Women are Stressed Out and Totally Exhausted, Flipping the Perspective on How the Houston teams could capitalize on an aspect of the team's community involvement, and Closing the Gender Pay Gap: What Are You Calling Toxic? Creating and Maintaining Friendships, and Know your competencies. The programs are free and are open to all current students at Ithaca College.

Leadership proposals due Feb. 21 for ideas regarding workshops

The Office of Student Engagement is looking for students, faculty or staff to submit proposals for presentations they would like to give included in leadership workshops. Presenters are able to pick a date and time for their workshop which will run 45–60 minutes long and decide if they would like to run it in person or virtually.

Those who are interested must fill out a student leadership institute proposal form by Feb. 21. All workshops must fall under one of four categories: leading self, leading others, professional teams — Texans, Astros, Rockets and Dynamo — and how to improve an aspect of the team’s community relations in the Houston area. The group also presented a panel about how the Houston teams could capitalize on their assets to benefit their community.

Clothing drive taking donations for Southside Community Center

The Physician Assistant (PA) Program Class of 2023 is holding a winter comfort clothing drive now through March 1. Anyone who is interested in donating can drop off clothes at three locations: the PA program suite in Smiddy Hall on the third floor, Orange Brewery and Scrubs 413. All kids, adults to need and all donations will be given to the Southside Community Center for further distribution.

Artist to speak at virtual lecture series held by IC art department

Molly Zuckerman-Hartung will be speaking at an art lecture held virtually at 1:30 p.m. Feb. 17. It is a part of Ithaca College’s Department of Art visiting artist lecture series. Zuckerman-Hartung is the recipient of multiple awards and fellowships. Her work can be found at the Aspen Museum of Art, DePaul University Art Museum, the Museum of Contemporary Art, the Booth School of Business at the University of Chicago and the Walker Art Center.

Park student writing award open for submissions or nominations

The Roy H. Park School of Communications is seeking submissions for the 2012–2013 Park Student Writing Awards. Submissions of scholarly or creative writing will be accepted for consideration.

The deadline for submissions is March 4. To be eligible one must be a current Park student for the 2021–2022 academic year. Students can submit their work but entries can also be submitted by a Park faculty member or student media director. Students must submit a statement explaining which course or organization they wrote their submission work for.

PUBLIC SAFETY INCIDENT LOG

SELECTED ENTRIES FROM JAN. 31 TO FEB. 6

JANUARY 31

SUSPICIOUS CIRCUMSTANCE
LOCATION: 115 Campus Center Way SUMMARY: Caller reported a person used a college-issued ID without permission. An officer determined the person used the ID incidentally. Sergeant Bryan Verzosa responded.

WELFARE CHECK
LOCATION: 341 College Circle Lane SUMMARY: A caller reported that another person had sent alarming text messages. The responding officer located the person and reported that the person was a student. Sergeant Bryan Verzosa responded and the person declined assistance.

FEBRUARY 1

PETIT LARCENY UNDER $50
LOCATION: South of 145-151 Tower Drive SUMMARY: Caller reported an unknown person stole a parking sign. Patrol Officer Mayra Colon responded to the scene.

FEBRUARY 2

MEDICAL ASSISTANCE
LOCATION: 286 Lyceum Drive SUMMARY: A caller reported that a person was vomiting. Master Patrol Officer Bob Jones responded and the person declined assistance.

FEBRUARY 3

ACCIDENTAL FIRE ALARM
LOCATION: 412 Grant Eibgen Blvd. SUMMARY: Simplex responded to a false fire alarm. An officer reported the alarm was activated because of room being too warm. Sergeant Jon Elmore responded.

FEBRUARY 4

SUSPICIOUS CIRCUMSTANCE
LOCATION: 318 Grant Egbert Blvd. SUMMARY: A caller reported people were smoking marijuana on a balcony. Sergeant Bryan Verzosa verified one person for possession.

FEBRUARY 5

CRIMINAL TRESPASS OF THE THIRD DEGREE
LOCATION: 324 Grant Eibgen Blvd. SUMMARY: Caller reported that a person had walked into another resident’s room and passed out in a bed. Officer reported the person was transported to a hospital by ambulance and referred for irresponsible use of alcohol. Master Patrol Officer Joseph Oppen responded.

FEBRUARY 6

LICENSE VIOLATIONS (ALL)
LOCATION: 122 Farm Pond Road SUMMARY: Several fictitious licenses were given to the Office of Public Safety. Sergeant Jon Elmore responded.

V&T – Vehicle & Transportation
SCC – Student Conduct Code
SCC – Student Campbell Code
SCC – Student Conduct Law
SCC – Student Code
SCC – Student Code
KEY
SFC – Student Conduct Code
V&T – Vehicle & Transportation
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IFD – Ithaca Fire Department

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LICENSE VIOLATIONS (ALL)
LOCATION: 122 Farm Pond Road SUMMARY: Several fictitious licenses were given to the Office of Public Safety. Sergeant Jon Elmore responded.
Importance of union action needs to be taken seriously

In the age of pestilence, death and sorrow, the most serious danger arises not from the loss of human life but the loss of what makes us human. In these times — times of crisis — we risk being divided by fear, fear induced by those in power, where the wealthy have no sympathy for the poor, and greed becomes a symptom of survival. Fear and greed weaken our social capital and drive our communities apart. It rips open what was already broken in our society: the mistreatment of U.S. laborers and the system that allows for their exploitation. Thus, it brings to light the importance of unionization; the rich cannot escape what the poor must endure.

Those who endure or reject this lack of humanity turn inward to more familiar bonding connections: assistance, reciprocity, information transparency, compassion and trust. This is the making of strong social capital where the working class unites. There is a reason 2021 saw an explosion of unionization efforts and labor strikes. The mid-pandemic American labor movement is a result of what can no longer be ignored in this country, and when we are forced to face our fears, movement occurs. Ithaca is currently a hub of such movement with a petition to form a labor union at the Meadow Street Starbucks location underway.

Unions promote higher wages and better benefits: workers deserve a good quality of life. Unions provide protection: workers should not be fired because they want to unionize. Unions stand up for women: workers on the line shouldn’t be forced to serve their stalkers. The time to support Starbucks workers and labor unions is now.

As students at Ithaca College, we must remember we are not, and will not always remain, just a student. We are participants in the economic world. A majority of us are already members of the workforce. We must care that our basic rights are met because when we don’t, we risk losing what makes us human.

The focus on sustainability at IC continues to decrease

T rue: Ithaca, New York is the first city to begin 100% de-carbonization of all buildings by 2030. But what must fail for this plan to thrive? With Ithaca College’s focus on reducing carbon emissions, other aspects of sustainability are decreasing. The Academic Program Prioritization (APP) was responsible for the elimination of a number of programs, recent job cuts and resignations. Sandra Steingraber, former distinguished scholar in residence in the Department of Environmental Studies and Sciences, left the college following the finalization of the faculty cuts, resulting in the loss of the proposed Ithaca College Center for Climate Justice.

The problem with a lack of staffing is glaring and has trickled into the Office of Energy Management and Sustainability (OEMS), rendering it nearly non-existent. Currently, the college does not have a director of OEMS, and the position of campus sustainability coordinator was terminated due to budget cuts. The decisions made by the college for financial survival are negatively and directly affecting the environment. Institutional survival once again takes precedence over environmental initiatives.

This swift shift from environmentalism to economics is harmful to overall campus sustainability but not shocking. With a lack of financial backing from the college, inconsistency of leadership positions and the non-prioritization of sustainability staff, we can no longer applaud ourselves for our sustainability efforts.

Community members and students cannot become lazy or discouraged by the college’s lack of prioritization to important sustainability efforts. There has been an increase in excessive litter across campus. This is unfair to 1) the staff members in the Department of Facilities and Ground Transportation who have to pick up what is not theirs to throw away and 2) the environment. The college community must care for the environment from the ground up.
Account uses art to help heal trauma

BY WREN VERGA

@__here4you__ is an Instagram community built around collective, shame-free healing from trauma through art and dialogue. In its origin, a sleepy and poingnant January evening, Here 4 You was a deep attempt to find a hand to hold through personal pain.

Here’s how it was created: to the digital safe space someone could find on their own scavenger for peace and belonging.

It is an Instagram page that discusses and shares hard-to-talk-about topics like abortion, miscarriage, post-partum depression, sexual assault, chronic pain and sex work. The space is sex-positive, pro-choice, anti-shame, gender neutral and anti-white supremacy. I didn’t know who or what I would find on the other side of sharing such content.

My thoughts surrounding these topics were conclusive and shrouded in question marks to which I could not provide definitive answers. Here 4 You page was, and still is, my gallant attempt to unearth these questions and feelings that have kept many of us silent and riddled with shame, embarrassment and deep pain.

That we have been made to feel shameful and silenced about our experiences with abortion, miscarriage, sexual assault and abuse is not an accident. We’ve been taught to shove it down, to get over it, to keep on and let it go. It is only to the benefit of those in power that we hold in our pain and trauma.

This makes it easier to be controlled, continuing to feed and provide to their capitalist and exploitative systems, so we may not put up a fight in the ongoing and immense siege on our bodies.

After 11 months, the page feels like a home; something I never imagined could be felt on social media. It is a small and wonderful community that is full of kindness and love and support.

The comics themselves address the hard-to-talk-about topics in the hopes of making them feel more approachable and comfortable to discuss.

Especially as we live through a time in which reproductive health and choice are again at great risk, having these conversations feels especially important.

Since the creation of Here 4 You, many people have reached out to share their stories. People who have commented, shared or messaged have truly confirmed that we are all longing for these spaces to heal through our honesty, vulnerability and pain.

WREN VERGA is a former IC student. Contact them on Instagram via direct message @__here4you__.

Ice at IC creates unsafe walking conditions

BY NOA RAN-RESSLER

It was a chilly evening, and I was on my way to the Athletics and Events Center to go to rugby practice. I had just opened my bottle of water prior to the beginning of fitness. As I stepped out the back doors on the first floor of Lyon Hall, my feet caught on an ice chip, which nothing but a slip dawned. My balance was thrown off, causing me to fall on my butt. My leather jacket and jeans were soaked, and I was nổied, but not as what you can do about the patriarchy, it’s what the patriarchy can do for you,” TikTok users have said.

TikTok was semi-inspired to start my account. But when I saw a creator who was my age telling their TikTok audience exactly how to make an OnlyFans, how to market their content, how much money she made and why she should do it too, I was hooked.

I was excited by the prospect of using creepy men behind computer screens to fill my pockets. I was a broke college student and as a 19-year-old woman, I knew how much my society valued my sexuality. Everyone knows that sex sells — and as porn statistics have taught me, the closer to underage, the better.

After getting my account approved, I spent hours taking pictures and messaging men who seemed interested. It was a big mistake (a friend of a friend) got a little friendly, asking me to send pictures and videos that I had told them I didn’t want to send. When I didn’t, they called me a temper. I blew it off because they were told to change their passwords. People pointed and laughed, and I thought to myself, “I can never show my face on this campus again.” I looked at my left hand, and there was my open water bottle, completely full. Not a drop had spilled. I shared this mondy to brag about my fantastic balancing skills, but I also share this to make other students that have fallen feel less alone.

On top of the below-freezing temperatures, college students now have a new barrier to face: the ground. On a walk to class or the dining hall on any given day after snow or rain, dozens of students can be seen slipping on the ice that cakes our sidewalks and roads. The injury and damage that can come from ice skating to class has me shaking in my heavy-rared boots.

I wrote this article so that all of the weather’s victims can feel heard and to ask Ithaca College to do something. I have my issues with salt. It harms the plants around campus, it hurts the paws of all walks of life without the fortune of wearing shoes and it costs money and time for the college. And while it is true, the grounds and facilities crew are understaffed, salting will continue to happen and the mounds of salt in unhelpful places will continue to be a danger to students.

The college will salt roads regardless of its impact, so instead of waiting days after a snowstorm to even plow the walkways and streets, perhaps we can save a few scraped knees and elbows with the proper preparation for a predictable storm (thank you, modern technology).

Of course, by now the snow has somewhat cleared on the roads, and you can almost taste the tall mountains of salt around campus. However, we must remember a time when walking to rugby practice in Crocs was a death wish.

NOA RAN-RESSLER (she/her) is a freshman journalism major. Contact her at rrannressler@ithaca.edu.
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18 Stage direction
19 Exploding stars
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100 Votes in

sudoku

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answers to last issue’s sudoku:
Climate change awareness pictured by IC students

Senior Sophia Toledo, an integrated marketing communications major, was inspired by the rising sea levels in her home state of Florida to make a poster raising awareness titled “The Sunken State.” She said she is very passionate about this topic and was excited to be able to share her design with others.

BY M MINTON

For the final project for her Graphic Design II classes, Patti Capaldi, assistant professor in the Department of Art, wanted to end the course with a project that would give students the opportunity to be able to voice their opinions.

“It wasn’t just [about] global warming,” Capaldi said. “I wanted it to be more about extreme weather and the crisis of the climate.”

The results of this project were “the climate will determine the green of the future forests” exhibition, which is a set of graphic design posters that feature raster- and vector-based imagery and abstract depictions of environmental issues created by Ithaca College students.

The exhibition had its opening reception Feb. 11 at the Community School of Music and Arts and is open to the public until March 25. The work of 12 current students and alumni are all represented with their posters.

When Capaldi first introduced the project to the students, the 2021 United Nations Climate Change Conference was taking place in Glasgow, Scotland. Capaldi said none of the students knew what the conference was when she mentioned it.

“A few students in the beginning wanted to just recycle plastic,” Capaldi said. “You know, we’ve been seeing those posters about recycled plastic for 15 years … how do we make something feel fresh and new?”

Adam Thacker, a senior emerging media studies major, said Capaldi was looking for students to use all of the knowledge that they had learned in Graphic Design II to make a poster that would push beyond the basic designs they were doing before.

“She really wanted us to try to use something physical,” Thacker said. “So either photos or other ways to manipulate things … more like stuff that we ourselves would create instead of just using the internet.”

Thacker said he wanted to discuss the environmental cost of even proposed green technology through his design.

“I specifically wanted to go after something that was a little less talked about,” Thacker said. “Electric cars still require a lot of lithium that is taken from countries in the Global South that usually use either slave labor or pay terrible wages.”

Thacker’s poster features large letters saying, “Wake up and smell the ashes,” with the bottom few words cut off and falling to the bottom of the poster.

“It was challenging in the way that it was kind of the first graphic work I’ve done that is purely photography based,” Thacker said. “I had to design it digitally and then translate that out.”

Capaldi said it was very important for students to be up to date with climate change in order to keep topics relevant to today’s current climate issues.

“We really tried to think about turning things around,” Capaldi said. “How can we have a little bit of hope … we just didn’t want to be grotesque in our imagery.”

Senior Austin Zhang, an environmental studies major and said his creation depicts oil rigs in different states across the United States, turning the rig into an insect through anthropomorphism to show how annoying and inconvenient they are. Zhang’s poster prominently features a large image of an oil rig with the definition of fracking written out along with the states California, Pennsylvania and Wyoming inscribed inside the oil rig.

“I’m really deeply rooted in environmental issues and problems and love talking about them,” Zhang said. “The United States, [oil rigs] cause many problems like erosion. They pollute the water and destroy the land.”

Fracking is the process of drilling into the earth, putting wastewater into the ground and using explosives to get oil that is later used for natural gas, oil and petroleum.

“Exploiting the ground, you expect a lot of issues coming from it,” Zhang said. “That connects directly to my field of environmental studies, where I take a look at these problems, the pros and cons of them, and what environmental damage they caused.”

Senior integrated marketing communications major Sophia Toledo said her origins in Florida gave her the inspiration to focus on rising sea levels in her poster, which features an image of a Florida orange front and center with the title “The Sunken State.” One side of the poster has a plain background with the fruit while the other side depicts an orange object in a flood.

“There’s a lot of articles about Miami sinking,” Toledo said. “I’ve participated in beach cleanups, so I feel like I do value that issue specifically. … I wanted to highlight that instead of global warming in general. Making it more personal.”

Toledo said everybody’s posters in the class are conceptual, relying on visuals rather than trying to catch the audience’s attention.

Capaldi said she wanted the posters to represent a good cause and show her students that design can be a powerful force for change.

“It’s really a cross between how graphic design works with social and ethical issues,” Capaldi said. “You have an image that should really be powerful, should really draw the person, the viewer, in a little closer.”

The Community School of Music and Arts hosts the exhibition show displaying students’ work on climate change and will be open from Feb. 11 to March 25.
In 2010, Kathleen Mulligan, professor in the Department of Theatre Arts, went to Kerala, India on a Fulbright project. During her time there, Mulligan worked with women who were victims of domestic violence, focusing on empowering the women through theatre.

After speaking to the director of the women’s shelter, Mulligan and her husband discovered that the shelter’s transportation system was inadequate to rescue women and their children in the night. The Mulligans raised the funds to purchase a rickshaw with the help of activists at the Hope Summer Repertory Theatre in Holland, Michigan, marking the first Wheels for Women Cabaret.

On Feb. 5, the Ithaca College Wheels for Women organization held its 11th annual cabaret, produced by the students in the Department of Theatre Arts. The cabaret took place over Zoom this year and featured performances by members of the senior class in the Department of Theatre Arts as well as Voicestream and Black Artists United.

The funds raised by Wheels for Women support job training for shelter residents, assisting them in gaining independence and the ability to move away from their abusers. The goal for this year’s fundraiser is to contribute to the building of a permanent refuge for women and their children.

While the cabaret has ended, it is only the beginning of the opportunity for students to get an insight into Buddhism. Senior Thu Thu Hlaing, a practicing Buddhist, said, “I’ve never been able to properly learn about Buddhism. I was always interested but it would be naive to say it’s a goal I have every moment of my life.”

Hlaing said, “Finding the Buddha is something that not everybody knows. Some people attend a cabaret from the Ithaca College London Center. Funds raised came from donations by patrons as well as raffle ticket sales and an auction during intermission, where DeVaugh acted as auctioneer.”

An item that has been auctioned off for the last several years at the event is a homemade pie from Mulligan herself, which was sold for $550 this year, breaking the record for how much the pie has gone for in the past.

"[The pie] tradition has taken on a life of its own," Mulligan said. "This year, I think about 20 students chipped in. Believe me, I’ll make sure there’s enough pie for all!”

After 12 years of the Wheels for Women cabaret, Mulligan says seeing the concrete results of the performers’ hard work is always greatly rewarding.

“Seeing how our students in the department devote their energies to changing the lives of women they don’t know, that never ceases to move me,” Mulligan said.

Eric Steinschneider, assistant professor in the Department of Philosophy and Religion, instructs a course that challenges his students’ preconceptions of Buddhism.

By Emma Kersting

New IC course explores principles of Buddhism

BY INBAAYINI ANBARASAN

Housing the North American Seat of the Personal Monastery of His Holiness the Dalai Lama, Ithaca’s South Hill is no stranger to Buddhism. Also located on South Hill, Ithaca College has introduced a new course, titled Seeking the Buddha in effort to educate its students about Buddhism.

The course has been approved for the Integrative Core Curriculum (ICC) Diversity credit at the college. The class, taught by Eric Steinschneider, assistant professor in the Department of Philosophy and Religion, explores the historical evolution and lived experience of Buddhist religious traditions by studying how people have tried to search for, understand and discover the Buddha.

“[The class] remains an introduction to Buddhist traditions, from the ancient times right down to the present day around the world, both in Asia and also in the West,” Steinschneider said. “This idea of seeking the Buddha, it’s a sort of an active way of imagining what Buddhism is.”

Senior Thu Thu Hlaing, a practicing Buddhist, said she is looking forward to taking the class. “I’ve never been able to properly learn a lot of the academic side of Buddhism, so, coming from the practice side, I’m really eager to learn more,” Hlaing said.

Steinschneider said this class is an opportunity for students to get an insight into Buddhism and its presence in Asia. He also said the class will look at Buddhism as both a philosophy and a religion. While religion is based on beliefs that pertain to the supernatural, philosophy discusses the moral truths about humanity and causes humanity to launch a quest into understanding the truth of the world.

“When people in America probably think that Buddhism is a philosophy and not a religion,” Steinschneider said, “I really want my students to think about what we are doing when we call something a philosophy and not a religion, and why we don’t like the term religion here.”

The religious studies major offers students the opportunity to cultivate critical reading, writing and thinking skills, according to the Department of Philosophy and Religion. Faculty members in the Department of Philosophy and Religion have introduced new courses and restructured many existing courses, like the Seeking the Buddha course, which was previously titled Introduction to Buddhism.

Junior Chloe Gibson, majoring in documentary studies and religious studies at the college, said the class also talked about establishing the definition of the word religion as a whole.

Gibson said the class discussed the idea of religion being a Western academic study that is on the terms of people in Western academia.

“We started by acknowledging that religion isn’t really a term that other people would associate what we would consider their religious practices with,” Gibson said. “Kind of framing the idea that Buddhism is not something that you are, but something that you say and do.”

Gibson also said the title “Seeking the Buddha” was an effort to remind people that the course is not something that encompasses the entirety of Buddhism in itself.

“Adding the terminology of ‘seeking’ piques student interest,” Gibson said. “Finding the Buddha is something that not everyone who associates with or practices Buddhism achieves. It’s a common goal, but it would be naive to say it’s a goal for every Buddhist.”

Sophomore communication and design major Lisan德拉Spierisanto is enrolled in the course to fulfill her ICC credit. Spierisanto originally picked up the course because it fit her schedule, and was soon intrigued by the course material.

“These ideals and we’ll be studying in class are things you can use in real life,” Spierisanto said. “Those ideals can help you become a more adaptable and open-minded person.”

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This year’s cabaret took place virtually via Zoom.

COURTESY OF KELSEY DAVY

The Wheels for Women cabaret included performances from seniors in the Department of Theatre Arts, Voicestream and Black Artists United. This year’s cabaret took place virtually via Zoom.
Mitski uses ‘Laurel Hell’ as a heartfelt departure

BY EVA SALZMAN

After she announced an indefinite hiatus in 2019, Mitski fans thought they’d heard the last of the singer-songwriter. But following the release of four promotional singles, it appears Mitski is stepping back into the spotlight — and into the shadows — with the release of her sixth studio album, “Laurel Hell.”

Known for her vulnerable, mature, cut-throat lyrics, Mitski wears her heart on her sleeve, as a heartfelt departure for the band with a warm, folksy sound. Between the obviously obvious premise, awful CGI and shameless product placement, “Moonfall” is a failure.

The plot of “Moonfall” is both utterly confusing and uninteresting because there is little believable suspense that can be built from this abysmally bad premise of the moon falling. The audience expects that the moon will crash into the earth and then watch the destruction as the moon crashes into the earth. In disaster films where the outcome of natural destruction is pretty predictable, the audience knows nothing about the characters and has no reason to care for them. When the film does try to rely on something of substance about the characters, it is delivered in the most heavy-handed dialogue: “Moonfall” isn’t even visually stimulating. All of the action sequences and special effects appear as though they were made over the course of a long weekend.

At times, “Moonfall” stunts scenes even feel like they were made over the course of a long weekend. Between the obnoxiously obvious premise, awful CGI and shameless product placement, “Moonfall” is a failure.

Big Thief embraces a new sound on its latest track “Red Moon.” Featuring a scratchy violin and country-twanger vocals, “Red Moon” broadens horizons for the band with a warm, folkly sound.

Doja Cat breaks away from pop-rap with a cover of Hole’s 1998 track of the same name. Doja puts her own spin on the grunge classic — changing a few lyrics and adding a brighter, poppier flair.

CONTACT EVA SALZMAN

Mitski wears her heart on her sleeve, as a heartfelt departure for the band with a warm, folksy sound. "Laurel Hell" acts as Mitski’s bittersweet farewell to the burden of her success.

COURTESY OF DEAD OCEANS

Whether her fans want her to or not — and even among the energetic, impassioned throng of fans who would be willing to perform ever, and then I would find I’m back in line again.”

I was thinking this was the last show I would perform ever, and then I would quit and find another life,” Mitski told Rolling Stone in December 2021 regarding her 2019 Sunimestage performance. "Neither her last record, nor her band, nor her future, nor her fans wanted her to, but in truth they did. “There’s Nothing Left Here for You” and “I Guess” suggest that quitting and finding a new life is pretty much what Mitski intends on doing. The track “There’s Nothing Left Here for You” mimics the life of a star and is an album standout for its instrumental styling.

Mitski tells herself that there is nothing left for her in the music industry, that it is time for her to “find a new You.” Around the midpoint of the track, the instruments explode for a few beats until they burn back up into a calm mist of dazzling exhaustion. Though forced, this expresses a clear disdain for the constant visibility that accompanies fame and the music industry’s effect on creative work. "Laurel Hell" features some of Mitski’s time in the spotlight, and adds a brighter, poppier flair. "Red Moon" broadens horizons for the band with a warm, folkly sound.

CONTACT SYDNEY BRUMFIELD

CONTACT SYDNEY BRUMFIELD
Club ice hockey is just one of 40 club sports offered by Ithaca College, which can make it easy to get overlooked. But for the players on the team, it can be a good way of getting involved with a sport that the college does not offer at the varsity level.

Senior Harrison Fried, president and team captain, said he has been playing ice hockey since he was 10 and though he did not want to play Division I in college, he knew he wanted to keep playing after high school.

“I always knew hockey was going to be part of my life,” Fried said. “[I decided] club would be a really good option for me, so I could pursue my career and hockey could still be a part of my life.”

But even though Fried was able to find it prior to coming to the college, he knows it is not the most well-known club on campus.

“I can’t tell you how many times people have come up to me and said, ‘Ithaca [College] has an ice hockey team?’” Fried said. “It’s definitely, I think, a hidden gem.”

Sophomore Lauren Sieber is one of the people working with the club on trying to grow its social media presence and helping the team from behind the scenes. Sieber said the players have to carpool to get to games and practices. The home games are easy, but away games can force the team to travel three hours or more. For the most part, though, she said they play against teams closer to the college, like Cornell University, SUNY Cortland and Binghamton University.

Despite all the challenges that come with being a part of and running the club, Fried and Sieber both said the whole team loves playing the sport.

“Everyone’s there because they want to be there,” Fried said. “There’s a lot of energy on this team and a lot of excitement. … It’s honestly inspiring, and it motivates me every day. We got a great group of people this season.”

Senior Dylan McCrink said he joined the team because he played hockey for a lot of his life, but other sports took priority for him in high school. He said the club team has helped him get back into the sport.

“I kind of rediscovered my passion for hockey a little bit in college,” McCrink said. “I was always pretty good, but didn’t think I could play Division III or anything. So I found the club team, and then it kind of just went from there.”

Senior captain Alex Butler said he is also happy that the club gives him a way of continuing his athletic career. He added that athletics are an important part of his identity, so club hockey has been a great way of getting to keep that as a part of his life.

“I think [club sports] are super important,” Butler said. “I’ve been an athlete my entire life and it’s something that’s a part of my identity. I love playing sports, and being able to play a club sport where I might not have been able to play a varsity sport, it’s just very nice to have.”

As captain, Fried has a large role in practices and during games. However, because each club team needs an official coach, he said Josh Bonnetta, associate professor in the Department of Media Arts, Sciences and Studies, is the volunteer acting coach.

“It’s [Bonnetta’s] first year coaching with us and he’s, you know, getting to know the team,” Fried said. “He’s a fantastic guy. We’re very happy to have him on board.”

But while Fried and Bonnetta help foster a serious atmosphere, Butler said the community is not too much.

“It’s not crazy serious. Our team knows that academics come first and that this is a club,” Butler said. “But when we get in there, we’re just a big family. We’re just about team spirit.”

Most importantly, Fried said he just wants people to have fun and play hockey. He said the club is open to whoever wants to join, no experience necessary, because it is all about the energy and enjoyment.

“If you want to give it a shot and be a part of the team, that’s all we can ask for,” Fried said. “[People who are new to hockey] bring a ton of character to the locker rooms and practices, on gameday and in team dinners. … We love growing the game.”

Contact Aidan Charde
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Bombers compete in Rumble and Tumble meet

BY EMMA KERSTING

The Ithaca College wrestling and gymnastics teams faced off against the SUNY Cortland Red Dragons in the 53rd annual Rumble and Tumble event for the first time in two years Feb. 16.

The rivals squared off against each other at Whitney E. Core Gymnasium in the first Rumble and Tumble meet in two years because the Liberty League canceled the 2020-21 winter season as a result of the COVID-19 pandemic. During the event, both the wrestling and gymnastics teams competed at the same time. To junior gymnast Nya Pauldson, the meet is an anticipated event each season.

“I think a really cool part of it is that you have people coming to watch the gymnastics or people coming to watch the wrestling,” Pauldson said. “While they’re there, they get exposed to another sport that they probably didn’t know much about.”

Pauldson said she and her teammates struggled returning to the mat this season because of the time missed from the pandemic. Although the team was able to get together to practice for Spring 2021, she said part of being on a gymnastics team is competing and setting goals for higher scores in each event.

“Gymnastics is a lot about goal setting and having a set timeline to get there,” Pauldson said. “I think we felt a little lost at first and just 23 miles away from each other.”

Entering the event, Chukwuezi said the high energy was noticeable. “It’s always fun to compete with Cortland and just being able to train. It’s always exciting to compete against someone when you’ve got to really be tuned in on what you’re doing. It’s good practice for the regional tournament.”

Suddaby said the event is a turning point in the season to continue growing at a consistent rate.

“The Rumble and Tumble meet concluded the 2021-22 regular season for the wrestling team, while the gymnastics program will close out the campaign March 6 against Springfield College,” Suddaby said. “Staff writer Rocco DiMatto contributed reporting to this story.”

Sprinter sets new mark in the 60-meter dash

BY ORI JORDAAN-GRADY

Sophomore track and field runner Jalen Leonard-Osbourne holds the Ithaca College program record for the 60-meter dash at 6.78 seconds, which is now tied for first in the country for Division III this season.

He broke his own record in three consecutive weeks against Moravian University at the Nazareth Indoor Conference Challenge Cup and the Bomber Invitational on Feb. 5. During the stretch, he has improved his time by 0.14 seconds. The difference may be small, but his previous program record of 6.92 seconds would not be enough to even put him in the top 20 fastest this season.

Leonard-Osbourne has been stretching the track as of late, but success and competition aren’t new grounds for the record-breaker. Leonard-Osbourne expects nothing less than success, which is why he has no expectations for slowing down after tying for the fastest 60-meter dash in the country. He is using to breaking records.

“I expected it and I just keep trying to get better and keep progressing over time,” Leonard-Osbourne said.

He knows that he has had to put in the work to achieve the new record and is soaking in the recent achievement. He is now already looking toward what’s next and is hungry for more.

“These next couple of meets are stepping stones for me to reach my goals at nationals,” Leonard-Osbourne said. “I’m just proud of myself honestly.”

He said running the 60-meter dash was an easy decision and transition from playing football. During the 2021 season, however, he injured his left wrist, which caused him to miss time in the football season. Since then, Leonard-Osbourne has spent a lot of time in the gym working on lower- and upper-body strength with fellow sprinter and football teammate, junior Daniel Hutchinson.

“We’ve noticed in the weight room that he’s always trying to get back to where he was and even higher,” Hutchinson said. “That motivates me to even do better in the weight room.”

Leonard-Osbourne said his time in the weight room has kept him in prime shape, but the process of recovering from a broken wrist hasn’t been all smooth. He said his success is not just from the amount of hard work he puts into preparing his body and studying the sport. In fact, a lot of his success comes from his extremely competitive and confident spirit. In the three meets he has raced in this season, Leonard-Osbourne has won the 60-meter dash each time.

[Setting another program record] feels great,” Leonard-Osbourne said. “I put in all the work, so I don’t expect nothing less.”

Leonard-Osbourne’s strong indoor season so far has played a part in bringing the Bombers to being ranked 15th in the country among NCAC Division III teams.

Jim Nichols, men’s track and field head coach, also said he is impressed with the sprinter’s work ethic and his drive to be the best version of himself. He said he is proud of all the success Leonard-Osbourne is having.

“If Leonard-Osbourne has a gift, as far as an athlete with talent, but he’s also working hard at trying to be the best that he can be,” Nichols said. “He’s got a great personality.”

Leonard-Osbourne said his goals are to finish the season as strong as he started. The team has two more meets before the regular season ends, and he wants to go all the way.

“I’m going to try to win the Liberty League 60-meter dash, after that then the All-Atlantic,” Leonard-Osbourne said. “After that, hopefully take it to nationals and see how that goes.”

If Leonard-Osbourne can make it to nationals, he might go face-to-face with Jaylen Grant, a sprinter from the University of Wisconsin-Oshkosh. Grant is the runner currently tied with Leonard-Osbourne for the fastest time in the country, running a 6.78 in December 2021 and matching it Jan. 28 and Feb. 12. Grant said he is just looking to get his best time possible, but he likes the competition with Leonard-Osbourne.

“Leonard-Osbourne is, doing this thing his way over there [in Ithaca],” Grant said. “And I’m excited to compete against someone when that time presents itself.”

With just under a month to go before the indoor season ends at the Division III Championships, Leonard-Osbourne still has plenty more time to break his record again.
From left, Monica Arambulo, facilities attendant in Facilities Services at Ithaca, and senior Charlotte Pavely meditate. Every Monday, Wednesday and Friday during the noon hour at the Muller Chapel, meditation sessions are offered by the Office of Religious and Spiritual Life and Mindful IC for all students, staff and faculty.