

As elections near and Albany redraws districts, lack of student voting concerns Ithaca residents



BY LORIEN TYNE

As the 2022 elections near — following controversial redistricting — the perceived political apathy of 1.2 million students enrolled in postsecondary education in New York state is becoming more concerning for long-term residents who are impacted by the census of colleegetowns like Ithaca.

During the academic year, students from Ithaca College and Cornell University account for roughly two-thirds of Ithaca's population. College student populations throughout the state impact the census report, which in turn, affects local redistricting, determining the number of seats in Congress that are allotted to each state and how U.S. federal funding is allocated.

Students are counted in the census as residents of their colleegetown because that is where they live and sleep most of the time. Due to the COVID-19 pandemic, the U.S. Census Bureau asked colleges and universities to provide rosters for off-campus students. This was in an effort to include students in the census where they would have been living if there were not school closures or shifts

to virtual learning. While they are counted in the census, students have to choose between registering to vote in their college's county or in their home county — many of whom continue to vote at home.

Donald Beachler, associate professor in the Department of Politics and resident of

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Thomas Kerrigan/The Ithacan

Resolution seeks sovereignty for local Gayogohó:no' Nation

BY OLIVIA STANZL

In September 2021, multiple members of the Gayogohó:no' Nation and its allies began crafting a resolution for the City of Ithaca Common Council, with the intent to restore sovereignty within the nation. Clint Halftown, the tribal representative, was unrecognized by the Gayogohó:no' Nation years ago, but continues his grasp to power federally.

Halftown, who did not respond to a request from *The Ithacan* for comment, has enacted violence upon the Gayogohó:no' Nation that includes the overnight demolition of longhouses, a daycare center, businesses, dwellings, gardens and fruit trees. Halftown is also attempting to evict Gayogohó:no' people from their territory. Despite Ithaca's council not yet ratifying the resolution to restore the nation's sovereignty, the Dryden Town Board did March 17 and became the first municipality in Gayogohó:no' territory to pass the resolution.

New York state and the Bureau of Indian Affairs' (BIA) refusal to recognize the Gayogohó:no'



From left, Leanna Young, Brett Kettle, Bryan Kettle and Wanda John tend the Gayogohó:no' community garden in August 2018.

COURTESY OF REBECCA CUTTER

Nation as a sovereign people directly impacts the nation's ability to practice its ways of life. This includes farming, learning the Gayogohó:no' language, educating children and making decisions with the Great Law of Peace. The refusal also interferes with the rights of freedom of disruption and freedom of self governance.

Leanna Young, a Heron Clan citizen, said for around 13 years she has actively been involved in attempts to remove Halftown as the Gayogohó:no' Nation's representative. Young said Halftown ignored the Clanmothers, who are considered the eldest and

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SFS to make reforms during debt crisis

BY ELIJAH DE CASTRO

Despite having left Ithaca College at the end of the Fall 2021 semester because of her financial situation, former sophomore Gianni Guzman owes the college over \$40,000. Guzman cannot afford to pay it in cash and cannot get a loan approved to cover it, putting Guzman in a stalemate. Guzman joins other students in stressful financial situations criticizing the college's Office of Student Financial Services (SFS).

"I've actually spoken with some people from the office who've literally said they don't care how they get the money, but they need the money," Guzman said. "My friends and I were making jokes of how they don't care what we have to do with ourselves or our situation as long as they get their money."

However, Shana Gore, executive director of Student Financial Services, said SFS is making reforms so that it can better help students work through their financial problems. This office also aims to increase the financial literacy of students. While burdensome loans are endemic in the American student loan system and bury the college's students in debt, financial literacy is an important method for navigating the system.

When Guzman was at the college, she was a first-generation student. Since her parents do not speak English, Guzman was in the dark and had to make all of her financial decisions by herself. Since Guzman is no longer a student, she will have to begin paying back her federal loans when the federal pause on student loan repayments resumes May 1. However, Guzman's inability to get loans to cover her fall semester led to her racking up monthly \$200 late fees after missing multiple deadlines. One of her biggest issues was mixed messaging that she believes SFS gives.

"Everything I learned about financial aid I learned on my own," Guzman said. "That was really annoying because depending on who you speak to at Student Financial Services, they give you a different answer."

Like Guzman, senior Jade Greer said one of her biggest issues with SFS has been poor communication. Greer said that shortly before her freshman year, she was told by SFS that she would not be able to come to college until an issue with her family's taxes was solved. While the situation was eventually sorted out, Greer said the situation caused

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DO NOT REPAIR
BROKEN SYSTEM



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TAKES HOME PAIR
OF NCAA TITLES

Activists demand climate justice

BY ELIJAH DE CASTRO

On March 25, protestors holding signs that read “Planet before profits” and “System change not climate change!” filled the Bernie Milton Pavilion in support of climate justice.

Their demands are part of a movement to strengthen Ithaca’s Green New Deal through climate justice efforts, which would address Ithaca’s socioeconomic inequality while lowering the city’s carbon emissions. The protest was organized by the Ithaca Sunrise Movement that aims to stop the effects of climate change while creating jobs in the process. Ithaca Sunrise Movement also collaborated with the Ithaca chapter of Democratic Socialists of America, an American socialist organization that advocates for a democratic economy.

The protest was part of the movement for climate justice,

which aims to address the disproportionate effects of climate change on communities that have been historically subjugated. Climate reports have found that poor people and communities of color will be the most impacted by climate change.

Jane Glaubman, former adjunct professor at Ithaca College and lecturer in English at Cornell University, said that depending on identity, climate justice can mean something to one person and can mean something completely different to another person.

“Locally, we’re trying to think about what local campaign we could make that would make a huge difference to making this [Ithaca] a more equitable community,” Glaubman said.

Jorge DeFendini, current senior at Cornell University and the alderperson for Ward IV Ithaca Common Council, spoke at the protest. DeFendini said the



Local activists gather to rally for the Ithaca Green New Deal March 25 at the Bernie Milton Pavilion on The Commons. The climate justice protest was organized by the Ithaca Sunrise Movement.

ASH BAILOT/THE ITHACAN

protest aimed to push for climate policy that reduces two issues: carbon emissions and socioeconomic inequality. Despite being an ideologically progressive city, the U.S. Census Bureau found that Ithaca has the worst inequality of any city in New York.

“A lot of folks in the [Ithaca] establishment — and this includes liberals and progressives alike —

like to think that [being progressive] just means they mind all their p’s and q’s,” DeFendini said. “They might do statements or a number of things to virtue signal, when in reality, their action doesn’t match it.”

Joaquin Lira, a teacher’s aide at Ithaca High School who is of Arizona indigenous ancestry, spoke at the protest. Lira said people

must be aware of the fact that issues that climate activists face are often recurring.

“We need to always be vigilant because sometimes the old fights that were fought years ago by other generations all of a sudden find a way to come back,” Lira said.

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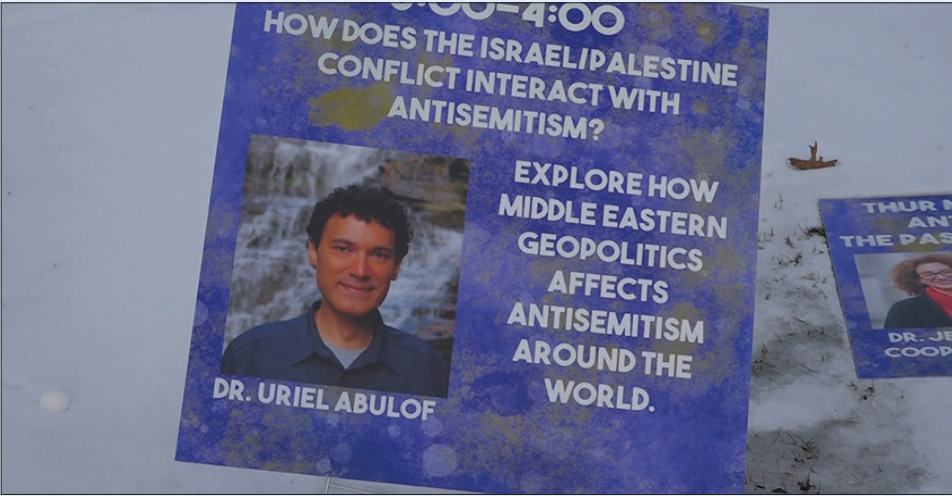
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Climate Justice Protestors Call for Action

On March 25, residents of Ithaca and college students alike, all gathered at the Bernie Milton Pavilion demanding climate justice for all.



Ithaca Discusses Antisemitism

“IC Day of Learning: Grappling with Antisemitism” was a one-day mini-conference held Feb. 28 in response to antisemitic activity on campus.

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Corrections

Correction: In the previous issue of *The Ithacan*, an article titled “Former dean of H&S named new provost of Ithaca College” incorrectly stated that a March 22 meeting was a Faculty Council meeting. The March 22 meeting was a meeting with faculty council members, and no official Faculty Council business was conducted at the meeting. The correction has been made to the online publication of the article. In the same issue of *The Ithacan*, an article titled “SGC talks with program director” stated that the office for the MLK Scholar and First Generation Programs are within the office of the Center of IDEAS. While Wallace works in the Center for IDEAS’ office suite, the programs she leads are independent and not within IDEAS’ scope of responsibility.

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BOLD receives \$2 million grant

BY ELEANOR KAY

The Ithaca College chapter of the BOLD Women's Leadership Network received a \$2 million grant from the Helen Gurley Brown Foundation, which will help fund the program through the next two cohorts.

The Helen Gurley Brown Foundation funded BOLD in 2020 with a \$1.2 million grant, which was the last time BOLD received a grant. Since 2017, BOLD has empowered approximately 50 women through community engagement as well as support for their finances.

The grant will support the scholars directly through financial support in the form of scholarships and programming that align with the BOLD program goals. The college's chapter of BOLD connects the scholars with a deep network of fellow BOLD scholars.

Junior Amulya Ravitej Bachala is a part of BOLD's fifth cohort of scholars. She said the biggest reason she wanted to get involved with BOLD was to learn from the other women.

"I think it's really great that we received this grant because now there won't be this constant impediment of 'Will we be able to fund all of this?'" Ravitej Bachala said. "The things we do are so important and to not have the constant question of finances will make a big difference."

The BOLD program accepts between seven and 10 students.



From left, senior Bella Topping, juniors Amulya Ravitej Bachala, Morgana Zendejas Peterson and Hope Borsic are BOLD scholars. The BOLD Leadership Network received a \$2 million grant.

ABBY BRADY/THE ITHACAN

Each scholar also receives a two-year scholarship of up to \$27,500 per year beginning their junior year. The financial support is crucial for most scholars.

The scholarship aspect of the program is need-based. The average amount awarded to a student for one year is \$19,000 according to Rosanna Ferro, vice president for student affairs and campus life. Ferro is the administrative lead for the BOLD program at the college.

"It [the grant] has allowed for us to continue supporting the growth and development of the program," Ferro said via email.

Senior Khangelani Mhlanga said if it were not for the BOLD

scholarship, she probably would not have been able to complete undergraduate school. Mhlanga is an international student and is unable to take out federal loans for her education but was able to work full time off campus and also work as a resident assistant to help cover the initial cost of tuition expenses.

"Even now, I still have to work as hard as I did before, but I don't have to worry about the thousands of dollars that were hanging over my head, and so the scholarship definitely meant a whole deal because it meant I could stay at IC," Mhlanga said.

Kelly Madden '20 was a part of BOLD's second cohort at the

college. After graduating in 2020, she completed her BOLD fellowship at Active Minds, a non-profit for mental health awareness and advocacy for young adults in Washington.

"After completing my fellowship, I was offered a program management position and was accepted into graduate school," Madden said via email. "Without the faculty mentorship, networking opportunities to develop leadership skills, support of my fellow cohort members, and program lead, I'm not sure if I would be in this field today."

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FLEFF screens protest doc

BY OLIVIA STANZL

An in-person screening of the documentary "The Unmaking of a College" was held March 27 at Cinemapolis. Professors discussed how the documentary connects to issues seen in higher education across the nation as well as at Ithaca College.

The Finger Lakes Environmental Film Festival and the Park Center for Independent Media hosted the screening as well as a discussion afterward. The documentary explores the 2019 crisis at Hampshire College — a private, liberal arts college in Massachusetts — that occurred after Miriam Nelson became president and created a controversial plan that she said would help the college survive financially. This plan included partnering with another college, not admitting a full 2019 freshman class and cutting faculty and staff.

In order to stop the changes, students held a 75 day sit-in, which became the longest in American college history. The documentary is told through student-shot footage and interviews of alumni, staff and students. The president eventually resigned from the college and the college remained independent.

Salman Hameed, associate professor of integrated science and humanities at Hampshire College, said he had no idea the announcement was happening and that even the academic deans did not know Nelson was going to enact this change within the college.

"Being in there was like the middle of a storm," Hameed said. "The way the announcement was made, it was to maximize the shock. It came out of nowhere. ... So I can pretty much safely say that this was one of the most stressful times in my life."

Patricia Rodriguez, associate professor and chair of the Department of Politics at Ithaca College, said she wished more people would have seen the film because it relates to the changes the college has faced within the past few years, like the Academic Program Prioritization (APP).

In Fall 2020, Ithaca College introduced the APP. The final recommendations of the APP included the recommendation to cut 116 full-time equivalent faculty positions and 26 departments, programs and majors.

"I think that it speaks so much to the uncertainty that we're all facing in higher ed in general, but also, in terms of small liberal arts colleges and for us [Ithaca College], it's kind of personal, right?" Rodriguez said.

Rodriguez said the documentary exposed that many higher education institutions are not as transparent as they say they are.

"I think one of the things that we realize is how much secrecy there is behind the decision-making processes," Rodriguez said. "How much we do not know, how much untruths there are about what the real intentions are or the real reasons for which these administrators are hired and what goes behind them."

Similar to the way that community concerns arose during Hampshire College's changes, Ithaca College community members shared their concerns. The Open the Books coalition and IC Alumni Against Austerity were two groups active in protesting the APP.

Raza Rumi, director for the Park Center for Independent Media, moderated the event and said too much siloization has taken place at the college.

"At the broad macro level, there hasn't been a concerted intellectual effort to redefine what the purpose of this college is — how is it different from other smaller colleges in the area to begin with?" Rumi said.

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Finance club mimics investment firms

BY JADYN DAVIS

The Core Trading Consultants (CTC) club at Ithaca College prepares its members for the financial industry and applies practices from real investment firms.

CTC is a student-run organization that allows its 30 members to integrate their course work with real-world experiences in financial services. The CTC works alongside the School of Business by providing new opportunities for the club's members to expand their financial knowledge, experience and confidence. CTC is open to all students regardless of major.

Trading involves a short-term approach to buying and selling stocks, while investing focuses on a long-term approach to stocks.

Junior Maxwell Perry said CTC has helped him develop and grow as a finance major. He said he enjoys working alongside other students so everyone can collaborate on ideas.

"The best thing about [CTC] is working with a bunch of like-minded people," Perry said. "I've learned just as much from CTC as I have from taking some of my major's classes."

Similar to how an investment bank functions, CTC breaks its members into sector groups, which are known as CTCs. These groups have additional meetings and research companies within their industry and set up a watch list of firms.

Junior president Calvin Carmichael said the club conducts itself the same way an investment bank operates.

"Traditionally, finance is a competitive space," Carmichael said. "So everything that you can possibly do to set yourself apart is



From left, juniors Alex Murphy, Calvin Carmichael, Aaron Isenberg and Max Perry are the board members of the Ithaca College Core Trading Consultants club.

NOLAN SAUNDERS/THE ITHACAN

going to be very valuable."

When it comes to ethical trading, Carmichael said CTC researches everything about a company before investing.

"The overarching theme that we have in our club is that we invest for the long term," Carmichael said.

Members of the group aspire to hold internships in major financial services companies such as Goldman Sachs and Chase Bank. Neither of these banks promote ethical trading. Goldman Sachs has been in the news multiple times for misdeeds, ethically questionable practices and manipulating the stock market. Chase Bank was accused of

manipulating the U.S. market from 2009–16.

Junior Alex Murphy said CTC has done prepared him for a career in finance. He said he was able to complete an internship at Wolfe Research during summer 2021.

"I was ahead of all my peers and my intern class even though they went to Ivy League schools, which are considered top in the world," Murphy said. "I knew the hard skills associated with the work, such as financial modeling and how to present in PowerPoint and Excel."

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FROM VOTING, PAGE 1

Ithaca, said he is frustrated with the lack of student involvement in politics, especially when it comes down to state and local city redistricting. Ward 4 of the Ithaca Common Council has a total population of 7,594 people — composed of mostly Cornell students — but only 102 votes were cast in the 2021 election for its City Council representative, according to The Ithaca Voice.

“My old joke was that more students throw beer cans on the street in Collegetown than actually cast votes,” Beachler said. “That’s one of the implications of [dense student populations]; you have very few voters.”

The City of Ithaca released its first draft proposing ward lines March 28. The draft proposal was drawn with the intention of keeping neighborhoods and communities together, as well as having districts within a 5% deviation of each other.

Beachler is one of many residents who wishes that college students would be diluted into the city wards, allowing long-time residents to have a larger impact in local voting.

“They’re [students that are] never going to pay \$1 of property taxes, so it’s easy to sit there and raise taxes that you’re never going to pay,” Beachler said.

Ithaca College and Tompkins County have moved into a newly blue 22nd Congressional District as a result of state redistricting. Previously, the college and county were in the 23rd



Vanessa Fajans-Turner is a lifelong Ithacan and a progressive Democrat who is running for New York’s 22nd Congressional District, which has recently been redrawn to favor liberals.

BRENDAN IANNUCCI/THE ITHACAN

Congressional District. The current Rep. Tom Reed (R-NY), does not plan to run again.

After the recent redistricting process, Democrats have an advantage nationally, with 182 blue districts and 147 red districts. However, during midterms the sitting president often loses House seats for their party, and with 62 competitive districts, elections will be impacted by President Joe Biden’s job-approval rating, which is currently at a low 40%.

Junior Jacob Shelley now lives in the Town of Ithaca but votes where he grew up in Trumansburg, a town near Ithaca in Tompkins County. Shelley said student voices are oftentimes missing from political discussions and decisions.

“To be honest, I think a lot of

people in this area are comfortable with the fact that usually the Democratic Party has a strong presence and isn’t really rivaled in the Ithaca area,” Shelley said. “I think to a lot of people that just makes them comfortable so they don’t necessarily want to get out and vote.”

A born and raised Ithacan, Vanessa Fajans-Turner, is one of the first Democratic candidates to join the 2022 election race for the 22nd District representative in Congress.

“I think the world would be a much better place if students all voted regularly, and if they voted wherever they feel at home and feel most impacted by policies and actions,” Fajans-Turner said.

Anna Kelles, the Democratic Assembly Representative for Tompkins County, voted to

adopt the new district lines for the state. She said the priority in deciding on new districts was making sure to give marginalized populations a voice that had previously been diluted into different districts and therefore denied a voice. Kelles said any political changes impacted by the new districts are an indirect result of keeping previously divided voting populations together.

“I find it comical in the context of what’s going on across the entire country,” Kelles said. “Rights are being torn down [for American voters] across very Republican-dominated states to a level where it definitely borders on taking away human rights.”

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FROM REFORMS, PAGE 1

her significant stress.

“This was like two weeks before school and I had a major panic attack,” Greer said. “I just freaked out. ... It was just a really lengthy process and I was emailing like four different people from Student Financial Services. They were all telling me different things on what to do. ... They could have told me that in May or June, not August.”

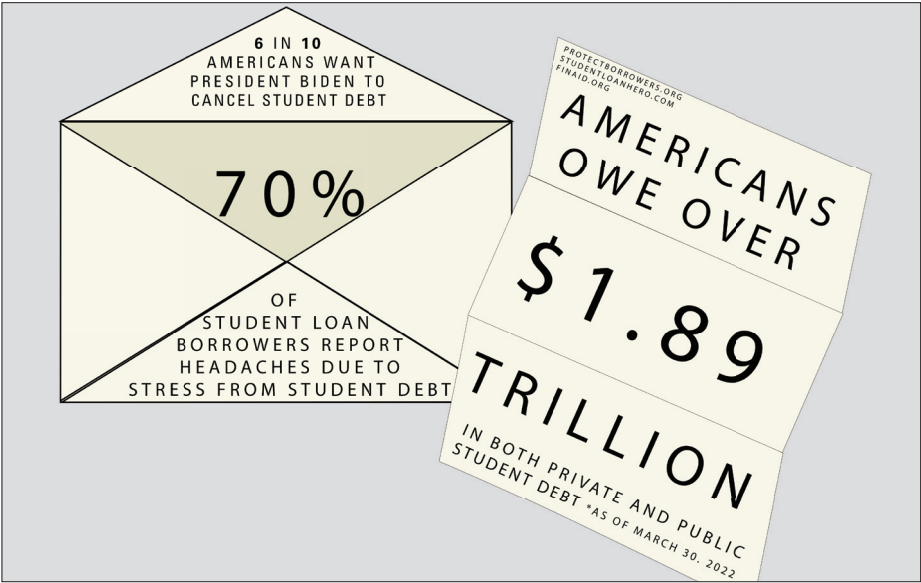
Gore said via email that SFS is seeking improvements in communication and has taken multiple steps to streamline its process. These steps include personalized financial aid packages and the utilization of electronic forms.

“We are committed to the continuous improvement of SFS services,” Gore said. “All SFS team members participate in weekly training to stay up to date on federal, state, and institutional regulations and policies. ... I follow up with any student who indicates a negative or neutral response, to better understand their situation.”

SFS helps students take out both federal and private loans. Many private student loans need to be cosigned, meaning that the student needs someone — typically a parent or guardian — to jointly sign the loan in case of failure to repay. Since Guzman’s parents do not have U.S. citizenship, they cannot cosign Guzman’s loans, making it more difficult for Guzman to pay for college. Eventually, Guzman found a way take out private loans, which are riskier and often harder to repay.

“I was always constantly calling (SFS) about what I should do, how to fill out things and I was getting different answers from everybody,” Guzman said. “It became a routine of ... the same back-and-forth every semester.”

In the loan industry, it is extremely difficult for borrowers with low credit scores to get higher-quality loans. Additionally, private lending companies — like those recommended to students on the college’s SFS website — engage



As college costs drown American students with debt, students at Ithaca College have criticized the Office of Student Financial Services, which is reforming itself.

MALIK CLEMENT/THE ITHACAN

in predatory lending that is often toward borrowers with lower credit scores.

Freshman Zac Sultzer said that with managing his scholarships and financial statement, SFS has been timely and helpful.

“They are effective,” Sultzer said. “They’ve always been able to fix things. ... I think they always answer within a reasonable amount of time.”

A key part of the student loan process that SFS helps with is the expected family contribution (EFC), which is the combination of the student contribution to tuition and the parent’s contribution to tuition. Calculating a student’s EFC is a complicated process that requires looking at the taxed and untaxed income of a family as well as its assets.

Freshman Noah Rosenzweig said that before he arrived at the college, his EFC was too high for him to pay and as a result, SFS was not able to help him get his tuition paid for.

“The bulk of my experiences [with SFS] were before I came to Ithaca,” Rosenzweig said.

“I was trying to talk to them about financial aid and financial need. ... I kept talking to them but essentially getting the same response.”

While fixing EFCs and helping a family with their taxes is out of the control of SFS, Rosenzweig said SFS can improve by looking at who is behind tuition payments. Rosenzweig believes this would allow SFS to understand which students are paying out of their own pocket and which are getting help from their family.

“I think that would be a little more helpful,” Rosenzweig said. “Some students ... get help from mom and dad or from grandpa and grandma. There’s also students that pay themselves ... and are working themselves down to the bone.”

Editor’s Note: Gianni Guzman was the opinion editor for The Ithacan.

Staff writer Joshua Pantano contributed reporting to this article.

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FROM RESOLUTION, PAGE 1

most knowledgeable women of the clan and have the duty of appointing the Chief of Clans, along with other members of the clan. Since Halftown is the federal representative, he has access to federal funds.

“He took it as ... ‘I control these accounts, I control the money, I control the businesses, therefore I control the people,’” Young said. “It’s been hell ever since. It hasn’t gotten any better since those guys have taken the reins of the nation.”

The Gayogohó:no’ Nation has faced a history of violence, dating all the way back to America’s first president, George Washington. On May 31, 1779, Washington commanded Maj. Gen. John Sullivan to destroy settlements of the Six Nations.

The Gayogohó:no’, which is the original, vernacular name for the Cayuga Nation, are members of the Haudenosaunee Confederacy, which also includes Seneca, Onondaga, Oneida, Mohawk and Tuscarora Nations. The Gayogohó:no’ have five clans which signify family lineage: the Bear, Heron, Snipe, Turtle and Wolf. The Gayogohó:no’ Nation resides along the Finger Lakes region of New York next to Cayuga Lake.

For about two years the Gayogohó:no’ Nation has been working with community organizations within Tompkins County. Young said the nation began working with Maddie Halpert, settler community organizer in Ithaca, who works with people to support the Gayogohó:no’ Nation in whatever way possible. Halpert helped create the #HalftownMustGo campaign.

On March 17 the Town Board in Dryden, New York passed a resolution that calls for the federal government to honor the traditional Gayogohó:no’. The Gayogohó:no’ Nation reserves the right to govern itself and write its own laws. The government has gone against the nation’s rule by continuing to label Halftown the Nation’s representative.

The Dryden Groton Plus-Human Dignity Coalition, a local group that educates people on racism and inequity, brought the resolution to the Town of Dryden’s attention. Kathy Russell, a member of the coordinating circle of the coalition, heard about the resolution through emails from the “Halftown Must Go” resolution and informed her coalition of the issue.

“I was familiar with the resolution, and I thought, ‘We could probably pass that resolution in Dryden and I can bring it to the coordination circle of the coalition,’” Russell said. “So that’s what I did. And so first, the coordinating circle ratified it, and then we presented it to our membership and they ratified it as well.”

Sachem Sam George, the Bear Clan Condoled Chief, was happy with the timing Dryden took to pass the resolution. The role of Clan Chief is to act as the voice of his people. After individual clans meet and make decisions the Chief then brings the discussion to the Chiefs council meeting.

“I thought it was great that somebody didn’t waste a whole lot of time asking questions and just went ahead and did it,” Sachem Sam George said.

Russell said the issue the Gayogohó:no’ Nation is facing stems farther than just the Ithaca area and is rooted in the the federal government, specifically the BIA.

“I think that we need to recognize that the Bureau of Indian Affairs is an oppressive bureaucracy, and so is the Department of [the] Interior,” Russell said. “They are continuing the travesty of interfering with the livelihoods of Native people. And this is one of the things that they’re doing right here in our backyards. And we can help. I mean human beings are being treated violently. They’re being threatened with eviction. Their whole lives are being interfered with.”

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SGC discusses student advocacy

BY LORIEN TYNE

Two guest speakers joined the Ithaca College Student Governance Council (SGC) at its March 28 meeting and imparted information about initiatives on campus regarding student advocacy, mental health and housing. Angélica Carrington, director for the Center for Inclusion, Diversity, Equity, and Social Change (IDEAS), said by providing culturally validating spaces, the center works to empower marginalized students. Dean of Students Bonnie Prunty was the second guest speaker. She discussed housing updates and health and wellness initiatives with the SGC.

After starting at the college in January, Carrington said she is still learning about the campus but that the SGC can help students be aware of the Center for IDEAS and the resources it provides. She said something important that many students do not know is that she and Omega Hollies, associate director for the Center for IDEAS, are both confidential resources. Most faculty and staff are mandatory reporters and are responsible for reporting certain crimes and incidents like discrimination. “If there’s a bias incident or a student that experiences an unfortunate event that impacts the way that people want things to be at this institution, please let us know,” Carrington said. “If we start to see a trend among faculty



The Student Governance Council discussed initiatives with two guest speakers at its March 28 meeting. Topics like student advocacy, mental health and housing were brought up.

LEILA MARCILLO-GOMEZ/ THE ITHACAN

and staff that are not being inclusive ... we can try to advise on how to help faculty and staff be more inclusive.” To improve mental health resources and housing, Prunty explained some of the efforts the college has made and plans to make in the near future. Prunty said the college has a committee working on making a centralized hub of information about both mental and physical wellness on the college website. One infrastructure change is that the college will be

replacing closet rods with break-away rods to increase student safety in dorm rooms. Two new residential learning communities (RLCs) have been added to the list of options. One is named Open Pages, a transgender and nonbinary living space. The other is the Health and Wellness Community. Freshman Noah Richardson, Class of 2025 senator, said some constituents had brought up the desire for a residential community for people of color on campus and said the request

had resonated with him. “There was one day sitting in the lounge and ... I was like ‘I am the only Black person on my floor,’” Richardson said. “I live an hour out of New York and it’s a very diverse area, so coming here, ... I do feel as though at some times, there is a bit of loneliness that comes with seeing less and less faces that look like you.” and share the same personalities and cultural interests and stuff like that.”

CONTACT LORIEN TYNE
LTYNE@ITHACA.EDU

BA.2 subvariant found in Ithaca

BY OLIVIA STANZL

The new Omicron subvariant BA.2 was detected in Tompkins County, but the Tompkins County Health Department (TCHD) said hospitalizations are low in a statement released March 28. The U.S. Centers for Disease Control and Prevention reported that the Omicron subvariant BA.2 is now the dominant strain of COVID-19 in the U.S. Both Cornell University and the Cayuga Health System’s COVID-19 testing have detected the variant, but the systems are still waiting for the sequencing to be confirmed on positive cases. As of March 28, Tompkins County has a total of 29 new positive cases with only three active hospitalizations, according to the TCHD data. As of March 27, Cornell University has 433 active cases, including both students and employees, according to the university’s COVID-19 tracking webpage. Ithaca College only has two active student cases and seven active employee cases.

Samm Swarts, assistant director for Emergency Preparedness and Response in the Office of Public Safety and Emergency Management, said the college will continue to monitor the situation and provide the college with updates as needed. “Over the past several weeks, there has been an increase in COVID-19 cases within the greater Tompkins County community,” Swarts said. “Many of these cases are associated with Cornell University and have not greatly impacted Ithaca College at the moment.”

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IC alum creates sculpture series for climate change

A set of human-like sculptures made with mud and burlap were found placed around the City of Ithaca in January. The sculptures were part of a 13-piece series made by Ithaca College alum Andrew Lackland '21 with the intention to create conversations about climate change. Lackland majored in art at the college and displayed their sculpture series in the Handwerker Gallery in May 2021 while they were still a student. They posed some of their pieces around Home Dairy Alley, Ithaca Falls and the Route 13 overpass in January before they were quickly removed. Lackland also has had their pieces on display since October 2021 at a gallery in Los Angeles, California. The inspiration to have the sculptures in outdoor environments came from an idea of Lackland’s to have viewers perceive the pieces in different contexts.

Staff writer Jadyn Davis spoke to Lackland about their time at the college, the inspiration behind these sculptures and their thoughts on receiving recognition from the college. *This interview has been edited for length and clarity.*

Jadyn Davis: How did climate change play a role in the inception of these sculptures?
Andrew Lackland: I really was interested in how I could put a more extreme or impactful or emotive situation for people to maybe grapple with that [climate change] in a bit more of a personalized way instead of a detached frustration sort of way. It’s a real thing that is already influencing major global systems and also — was sort of hoping to demonstrate or get at with these figures — is

not just the global systems aspect of things, but also getting down to like the individual level. ... The reason that I was choosing climate change is it’s going to influence everyone in the world — is already influencing everyone in the world — even if it’s coming around in a very detached sort of way. **JD:** Why did you decide to use mud and burlap as materials?
AL: Mud was the main surfacing agent or component that I used. I used burlap to get the form to make a surface and then it’s mud and clay and stuff like that. I made up a pretty particular concoction of things to make it really sort of lock on there. The full range of materials that I used was wire fencing, to do the frame inside of it, and then cement, to do the feet and cast the hands because they’re all real peoples’ hands that I casted to get in really particular positions.

JD: After graduating a year ago, how does it feel to get recognition from the college for your sculptures?
AL: I gained a lot from the program and the people that I encountered at Ithaca College. ... I was lucky enough to have really great staff. I was trying to get more funding ... and I was actively getting in the faces of the administration when I was there. I started running petitions and getting people to sign things and I was talking to the administration about how they weren’t upholding their end or expectations of providing funding and things like that for the art department and kind of for lots of departments, but that was really what I was trying to hammer home. ... The response that I’ve gotten has been really



Andrew Lackland '21, created a 13-piece series of human-like sculptures that they made out of mud and burlap. Lackland placed the sculptures around Ithaca. COURTESY OF ANDREW LACKLAND

surprising and amazing. I don’t know if this is really the case, but I do wonder if maybe Ithaca College sees this as an opportunity for them to bolster the reputation of their art program, which is great, but then there’s also some part of me that’s like, ‘You guys actually have to do something now and put more money back into [the Department of Art].’ I hope that, in some way, this would come around to them feeling like [art] is something that they should invest in. **JD:** What do you hope people take away after looking at this sculpture?
AL: I feel like my biggest hope is for people to sort of actualize the sincerity of these circumstances as they relate to not

just ourselves in this moment but also projecting into the future a little bit. ... There’s a story that’s fabricated around a truth that exists or a projection into the future. That’s kind of how I would hope my work could function. I’m creating people that don’t exist in circumstances that are fabricated. But from that, I would hope that people can be like ... ‘What is this alluding to in terms of our future?’ ... I want you to feel like you’re next to a person and that person is in the circumstances that they’re in and then what does that imply about where you as a person are in that moment?

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COLLEGE BRIEFS

Mental health support offered through ICare referral process

In an effort to support struggling students, the college has asked for individuals who are having difficulty managing their mental health, or know someone else who is, to reach out for help.

Individuals can do this through the ICare referral process or an Academic Alert submission if there is concern about a student's academic success or participation.

An ICare referral may be helpful if a student is experiencing unmanageable distress, exhibiting significant changes in mood or daily functioning, expressing thoughts of suicide or other acts of self-harm, or becoming increasingly isolated or disconnected.

Once a referral is made, the Office of Case Management will contact the referred student to offer support and to help connect them with resources on and off campus that may be helpful.

For more information, contact the office at 607-274-7731.

College seeks student feedback in focus group for ICare outreach

The college is seeking students to join a group taking part in a small discussion held virtually at noon April 13 or 3 p.m. April 15 to give feedback on the Office of Case Management's ICare outreach process. The focus group is scheduled to take no more than an hour. All participants will be entered in a raffle to win one of two \$25 gift cards to the college bookstore.

For those interested in participating, the college is requesting individuals fill out a survey located on Intercom or by emailing hdengler@ithaca.edu to receive further information about the focus group.

Concert and discussion to be held on Judeo-Islamic soundscapes

The Ithaca College Jewish Studies Program and the School of Music is hosting guest speaker Samuel Torjman Thomas, ethnomusicologist and multi-instrumentalist, to present a talk and concert on Mediterranean Encounters: Judeo-Islamic Soundscapes.

The event will start with a pre-concert talk at 7 p.m. and the concert is scheduled to begin at 7:45 p.m. April 10 at Hockett Family Recital Hall. The event is free and open to the public.

The pre-concert talk will be a discussion with Torjman Thomas on the interrelationship of Jewish and Muslim music, where he

will provide foundational understanding of the musical languages of the region.

The concert will then present a blending of North African and Levantine song traditions with vocals, oud, violin, nay and percussion, as well as with songs in Hebrew, Arabic, Spanish and Ladino.

Torjman Thomas teaches ethnomusicology and Sephardic Jewish studies at City University of New York. He is also a faculty member for the Academy of Jewish Religion Cantorial Programs.

Individuals with disabilities requiring accommodations or those with questions can contact Rebecca Lesses, coordinator of Jewish studies, at rlesses@ithaca.edu.

IC program seeks peer leaders to assist exploratory students

The Exploratory Program is looking for peer ambassadors and leaders (PAL) to join its team. Students interested in applying must submit a short letter expressing their interest in this position in addition to a one-page resume. All components of the application should be sent to exploratory@ithaca.edu no later than April 1.

Once the submissions are received, the program will reach out to interested students to schedule a 20-minute interview.

PALs have the role of connecting with prospective students visiting the college campus and helping them learn more about what the Exploratory Program offers. PALs also help facilitate class discussions, give short presentations on exploratory class projects and events, and offer new students insights into college life.

As a PAL, students would be working closely with faculty members who teach Exploring the Options as well as students taking the course.

College prepares for Giving Day to raise donations for campus

Ithaca College's Giving Day is scheduled for April 26. The event is a 24-hour period when the community — including alumni, faculty, staff, family and friends — come together to support programs at the college by donating.

The Spring 2021 Giving Day raised over \$1.8 million from over 3,400 donors. The event consists of hourly challenges, matching funds and leaderboard bonuses that provide an opportunity to win extra money for participants' favorite school, department, sport or club. In the days leading up to Giving Day,



Star-crossed lovers enter the multiverse

Freshmen Chloe Harris and Owen Burns embrace one another in a scene during "Constellations," a play performed by IC Second Stage on March 25. The play follows the endless possibilities of the characters' relationship.

KEVIN YU/THE ITHACAN

the college will be giving updates about what this year's celebration will look like.

Registration workshop to be held for scheduling Fall 2022 courses

For students in need of help registering for Fall 2022 courses, the Exploratory Program's peer ambassadors and leaders (PALs) will be answering questions at Road Trip to Registration.

The information event will be from 7 to 9 p.m. April 6 in Friends 207. Students should bring their laptops but extra computers will be provided if students do not have one. The event coordinators encourage students to come early if they can and will be providing candy for attendees.

PALs will be giving tips and tricks so registering for courses will be less stressful. Everyone is welcome to attend the workshop session. Registration for the event is on Engage and is requested but not required. This event happens once each semester to prepare for the next.

Any questions about the event can be directed to exploratory@ithaca.edu.

Peer career advisers to be hired for fall as paid paraprofessionals

The Office of Career Services is seeking committed and dependable student leaders who are motivated to help others and take advantage of opportunities for their own professional development.

Students who match this description are encouraged to apply for the role of peer career advisers (PCA) in the Office of Career Services starting in Fall 2022.

This is a paid position where students will work as paraprofessionals. PCAs help to educate and provide assistance to their peers in regard to career development through drop-ins and presentations.

In addition to the work with peers, PCAs represent the office at events and tabling on campus.

Other benefits to being a PCA are exposure to thousands of job and internship opportunities and chances to network with recruiters and alumni.

Interested students must apply for the listed 1002 job in the HR Cloud with a resume and cover letter.

PUBLIC SAFETY INCIDENT LOG

SELECTED ENTRIES FROM MARCH 14 TO MARCH 19

MARCH 14			MARCH 19
PETIT LARCENY BETWEEN \$50–\$199 LOCATION: 143 Tower Skyline Drive SUMMARY: A caller reported that an unknown person had stolen someone else's clothing from the laundry room March 11. Patrol Officer Kevin McClain responded to the report and an investigation is pending for the case of stolen property.	responded to the call.	determined that the person was a staff member. Master Patrol Officer Bob Jones responded.	
	MARCH 16	CRIMINAL TAMPERING/ THIRD DEGREE LOCATION: 116 Flora Brown Drive SUMMARY: The Ithaca College Environmental Health and Safety staff reported that an unknown person had discharged a fire extinguisher. Patrol Officer Mayra Colon responded to the scene.	INJURY-RELATED MEDICAL ASSISTANCE LOCATION: East of 132 Grant Egbert Blvd. SUMMARY: A caller reported that another person had fallen and injured their left knee. The responding officer reported medical assistance was offered but that the person declined. Patrol Officer Kevin McClain responded to the scene.
	MARCH 17	OFF-CAMPUS INCIDENT LOCATION: Other SUMMARY: Caller reported a person had made threats to harm themselves. Officer reported local law enforcement made contact with the person and determined that the person was not a threat to themselves or others. Sergeant Jon Elmore responded.	Full public safety log available online at www.theithacan.org.
MARCH 15	ACCIDENTAL FIRE ALARM LOCATION: 110 College Circle SUMMARY: Simplex reported a fire alarm. Officer found the alarm was caused by burnt food. Master Patrol Officer Bob Jones responded.		KEY SCC – Student Conduct Code V&T – Vehicle & Transportation AD – Assistant Director IFD – Ithaca Fire Department
SUSPICIOUS CIRCUMSTANCE LOCATION: General area Grant Egbert Blvd. SUMMARY: A caller reported hearing a loud noise like a pop. The responding officer reported that the area was checked and that no person or evidence of the source of the noise was found. Patrol Officer Sophia Dimkos	ACCIDENTAL FIRE ALARM LOCATION: 151 Tower Skyline Drive SUMMARY: Simplex reported a fire alarm. Officer found the alarm was caused by burnt food. Patrol Officer Bruce Hall responded.		
	SUSPICIOUS CIRCUMSTANCE LOCATION: North of 140 Textor Circle SUMMARY: A caller reported that an unknown person had walked toward them. Officer		



ILLUSTRATION BY MALIK CLEMENT

EDITORIALS

Ithaca College must uplift Indigenous sovereignty

We have probably all attended an event or sat in a lecture where the starting statement sounds something like this: “At Ithaca College, we inhabit the homelands of the Cayuga people and Haudenosaunee Confederacy. These are stolen lands, still occupied due to expropriation, violence and deceptive and broken treaties.” This is the land acknowledgment Ithaca College has incorporated into the mainstream dialogue in hopes of dismantling the ongoing legacies of settler colonialism.

While the sentiment is well-intended and acknowledgment is an important first step to respecting Indigenous people and native lands, acknowledgement alone is not nearly enough. Language has always been the companion of empire and by encouraging this land acknowledgment we have begun to decolonize the voice of the Ithaca College community. However, the discussion has been opened up for a while and the

conversation is starting to stall. Step two incorporates both communication and action. Once we start aligning as a community, we move beyond the performative action of institutions. Understanding this as a historical, structural problem which requires centering the needs and desires of the Indigenous people is key. Supporting Indigenous artists, performers and musicians is a way to encourage and recognize the local impact of Indigenous groups. Another way the college community can take action is by getting involved in local level political movements: recently members of the Gayogohó: no’ Nation and its allies began crafting a resolution for the City of Ithaca Common Council.

The intent is to restore sovereignty within the nation. Uplifting and investing in local Indigenous sovereignty is a tangible means to change. Those interested in helping and learning more about this movement can visit the Intercom post requesting group/individual sign-ons to aid in the resolution on Indigenous sovereignty.

Reforms act as a bandage to larger systemic issues

Ithaca College’s Office of Student Financial Services (SFS) has become notorious for poor communication among the college’s students. Not having a cohesive line of communication with them has caused severe stress in the lives of some students. Depending on who they have spoken to at SFS, students have been given a different answer to their financial situation.

Thankfully, the question of what SFS can do to relieve undue stress for students and ease the load of financial burden is finally starting to be addressed. According to Shana Gore, executive director of Student Financial Services, SFS is planning on making reforms and expanding its capacity so that it can better help students work through their financial problems.

Such reforms include improvements in more personalized communication and streamlining the general process. Transparent communication is a must when dealing with financial matters — this is the

least SFS can offer.

The office is going a step further by expressing interest in creating optional courses that would help increase the financial literacy of students. While these reforms are necessary and encouraging, they do not solve the larger systemic issues students continue to be burdened by.

The American student loan system is brutal and does not care about the individual. SFS cannot continue to uphold the same impersonal, burdensome mentality. It is OK to feel hopeful about the SFS reforms as it is promising, but we must remain critical of the — at times — all-consuming financial struggles students endure.

When we become systematically desensitized to the absurdity of institutional cost, we lose. Continuing to hold these systems accountable and demand transparent and accurate information will always be necessary. While SFS is set to improve, the Ithaca College community must urge the office to see the person behind the tuition payment.

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 zsandhu@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

GUEST COMMENTARY

ICLA program lacks transparency with students

BY LI DE JONG

The ICLA program was one of the main reasons I chose Ithaca College, so you could imagine my excitement when I found out I was accepted into the program. Imagine it — working at a fancy advertising agency by day and taking classes for a major I loved — it sounded like a dream. The opportunities promised just sounded too enticing to pass up, but that’s just what they were, promises, nothing more. These unfulfilled, empty promises are what ultimately led me to decline ICLA.

When drafting my four-year plan as a freshman student, in big bold letters read “JUNIOR YEAR: LA.” That was always the plan. Although when I began my process of finalizing my decision on whether to go, two shocking realities came to light, those being the lack of classes offered and the inability to promise an internship once out there. For those two reasons, I was not able to financially justify the cost of living and studying in LA during my college career.

Due to the effects of the COVID-19 pandemic and the college experiencing lower and lower enrollment each year, the college has had to make serious

cuts at the expense of several academic programs and classes. These cuts didn’t just occur at the main campus but also impacted the college’s satellite campuses, including ICLA. As an integrated marketing communications (IMC) major, one of the classes that I intended to take was Writing for PR. This directly impacts IMC students as Writing for PR was always meant to be taken in LA. I initially thought it was only the strategic communications department that was impacted, but that is not the case. Prior to the cuts, 17 courses were offered across the four communication departments. Now, there are only six classes that remain. To clarify, I am not blaming the LA program director for the lack of classes, I am more so upset with the overall lack of transparency from the LA program and the college as a whole. When viewing the LA Program course offerings website, these courses are still being advertised as active. This seems deceptive to me. Students are required to commit to attending the program well before any information of the lack of courses is communicated.

Another reason why I had to forgo the ICLA program was due to the lack of internship security.



Junior Li de Jong addresses her concerns with the Ithaca College Los Angeles Program. She was unable to justify the cost to the lack of resources, which ultimately led her to decline studying away for a semester.

ASH BAILOT/THE ITHACAN

One of the big appeals of going to LA is the semester-long internship you partake in while there. Sounds great! The program even advertises that staff will help students with securing an internship and work with you during the process. Although, when speaking with students currently in the program, they said that could not be further from the truth: “Ithaca did very minimally in really helping me” and “I didn’t get it until the 2nd of February, which

is well after the required move-in.” Basically, students are asked to pack up their lives and move across the country with no guarantee of an internship. While internships are not guaranteed upon arrival, there is little help provided to students to secure an internship even while there, and packing up your life and moving across the country without solidified work can be daunting for anyone — I wish the program did a better job at

advertising that upfront. The LA program is an amazing opportunity for students to gain professional experience and completely immerse themselves in their desired field. While I wish I could go, I was unable to justify the cost of LA with all the uncertainties the program left unanswered.

LI DE JONG (she/her) is a junior integrated marketing and communications major. Contact her at ldelong@ithaca.edu.

GUEST COMMENTARY

Multicultural Greek life produces secure communities

BY SEBASTIAN SANTIAGO

Walking around campus during my first year at Ithaca College, I felt reclusive and immediately assimilated into what seemed to be a different culture. I’ve been in academic settings all my life, even private institutions, but why was this experience so different? I felt disconnected from the student body because I didn’t talk a certain way, received regular doses of sympathy — not empathy — and was questioned about how I did things. This was an unfamiliar experience considering that every school I went to before college was majority Black and Latino.

As a Puerto Rican, first-generation student from Newark, New Jersey, I had a minimal understanding of what an advanced academic setting would look like, especially in a predominately white institution. As this is my experience, I am positive there is a small population in most colleges or universities that feel this way.

In an environment that required an abundance of structure, focus and determination, I struggled to find a purpose for these. Being lost in a thousand different paths to pursue during my life felt like I was running out of time to make the most of this opportunity. I yearned for more of an identity that represented me in my career and my personal life. Instead, a facade is necessary for success in American education. I believed this to be true until I was introduced to multicultural Greek life in Ithaca.

Of course, I joined clubs to find the communities I felt more engaged with, but these connections were only temporary and for the time being. The clubs I was in, like PODER and First Generation, met weekly and were about an hour long. Within this hour, spoken

are the promising words of a future for underrepresented communities. In these spaces, we uplift each other to a degree where we can only flourish with the inspiration of all our dreams and goals that make us feel invincible. This is all we have because once we walk out of the comforting space of each other, we step into a predominately white world that diminishes much of the progress made.

Searching for something deeper and more permanent, I stumbled upon La Unidad Latina, Lambda Upsilon Lambda Fraternity, Inc. I felt like Greek life was nonsense, a waste of time and a distraction from my purpose here. I felt this way being that my only introduction to Greek life was white organizations, with whom I had no relatable background with its members.

It wasn’t until I met the hermanos of this Latino fraternity that I was opened up to a new perspective and experience of a permanent brotherhood away from home. It is easy to provide someone with a space to transform and feel like they can fit in. However, how often have you been presented with a space where you are welcomed as yourself and instead learn what you’re capable of naturally rather than leave yourself behind? The goal of multicultural Greek life is aimed toward supporting and giving underrepresented populations the power to express their lens of life genuinely and sincerely without assimilating into the typical white-American culture.

Joining La Unidad Latina, Lambda Upsilon Lambda Fraternity Inc. at Cornell University has equipped me with skills that have led me to embrace my identity within a predominantly white academic environment rather than comparing myself to the rest of my peers. It has shed new light on the potential for me to



Junior Sebastian Santiago discusses why he feels disconnected from students at a predominately white institution and what he has done to find a community of color.

ASH BAILOT/THE ITHACAN

gain a better college experience. Being a part of a small community that remains true to themselves no matter the circumstances and proving to be just as capable as the rest of the students at Ithaca College was inspirational to me. I adapted to create the ideal space for me to excel in a way I knew would differ from others, and it was the fact that I was okay with it that made me realize Greek life can have a huge impact on college campuses.

Not only can it affect the whole campus, but it uplifts the underrepresented populations in ways that Ithaca College’s administration cannot. Being that the college does not recognize social or service fraternities or sororities on campus, you may not be aware of this opportunity to join unless a multicultural organization risks its presence on campus to share its existence. Professional fraternities and sororities being

allowed on campus may be of benefit towards a specific career path as they offer many connections within a particular field. However, multicultural Greek life can connect many people with leaders of their community that have achieved what they yearn for and come from the same background as them. These types of relationships can be more impactful and powerful in promoting longevity in our youth’s success.

Regardless of whether you are a member of a multicultural Greek organization or not, their existence alone has a tremendous impact on the quality of life for oppressed populations on our campus. They provide a sense of identity security, access to higher education and a sense of home.


SEBASTIAN SANTIAGO (he/him) is a junior sociology major. Contact him at ssantiago@ithaca.edu.

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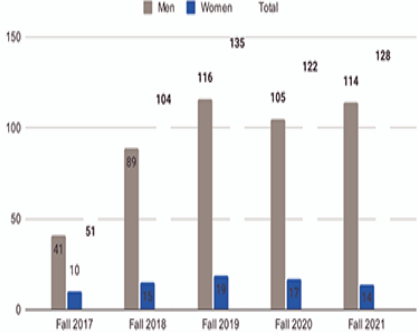
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MORE

Sports Media Students From 2017-2021



Year	Men	Women	Total
Fall 2017	41	10	51
Fall 2018	89	15	104
Fall 2019	116	20	136
Fall 2020	105	20	125
Fall 2021	114	14	128

IC sports media major struggling to fix its widening gender gap

By Asher Daniels | Mar 24, 2022

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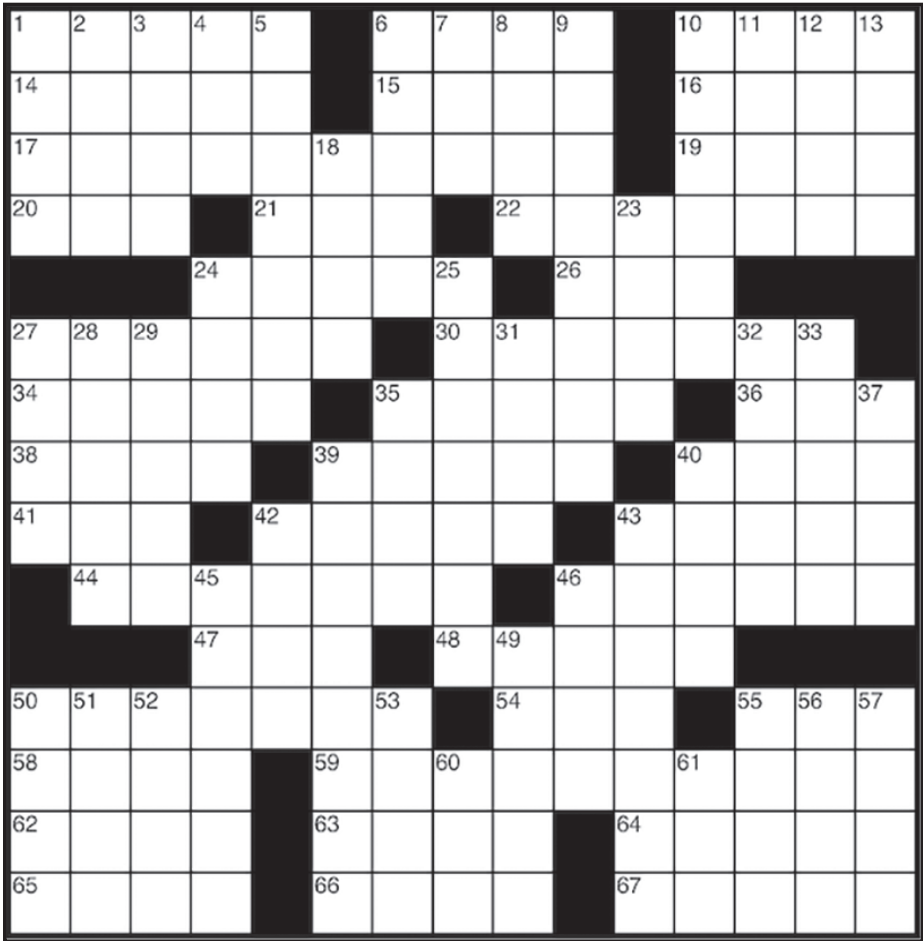
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1 Made inquiries
6 Love, to Pablo
10 Candied tubers
14 Type of dog
15 Made an appearance
16 Emmy's relative
17 Shout of praise
19 Holler
20 I, to Caesar
21 Make dollies
22 Do over
24 Appoints
26 Andy Capp's quaff
27 Cookie cooks
30 Sophisticated
34 Distrustful
35 Discontinue
36 — Kippur
38 Old-time oath
39 British poet
40 Take cover
41 Beat the field
42 Goes sky-high
43 Eatery
44 Knuckle under
46 Join the crowd
47 Dory's need
48 Dough raiser
50 Xylophone kin

54 Actress — Delaney
55 Double helix
58 Strong — — ox
59 Consecration to the ministry
62 Antler prong
63 Light in a tube
64 Sgt. Preston's beat
65 Reported
66 Trilled
67 Trial figure

one
25 Rely on (2 wds.)
27 Huffed and puffed
28 Sponsorship
29 Actor — Reeves
31 Hardwoods
32 Fibbing
33 Mountaineer's refrain
35 Shellfish
37 Insignificant
39 Corn-based whiskeys
40 Imply
42 Hoax
43 Perturbs

45 Invented a word
46 Water pipe
49 Scraping by with
50 Tatamis
51 Where Cambodia is
52 Rajah's wife
53 Length times width
55 Sea barrier
57 Cato's year
60 Football coach Shula
61 Well-known pharaoh

DOWN

1 Long for
2 Thick carpet
3 Metric pound
4 Pipe fitting
5 Of nutrition
6 Intense
7 Capt.'s superior
8 "Rubaiyat" author
9 Practice
10 Vacillated
11 Sleeping
12 Treadmill unit
13 Deal in
18 Takes a powder
23 Mme.'s daughter
24 Socially inept

last issue's crossword answers

S	T	A	B		H	A	S	T	A		A	U	R	A	
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sudoku medium

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very hard

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answers to last issue's sudoku:

medium

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

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Global styles hit the runway



From left, senior Iderase Ademoyo, junior Oluwadami Oyetunji, senior Letícia Guibunda, Cornell University senior Elena Stoeva, Ithaca College sophomore Hazel Bali and below, senior Ioanna Vargianiti, all participated in International Club's Inter-Fashional Night. The event drew a crowd of international and domestic students alike.

BY CAYENNE LACKO-CAVE

National flags of numerous countries decorated a dimly-lit Emerson Suites as students gathered around high top tables and sipped mocktails. The crowd cheered as the emcees walked down the catwalk, ready for this year's Inter-Fashional Night to begin. Some models spun across the stage in colorful, twirly skirts while others strutted in flowy dresses to the booming soundtrack of genres from around the world.

Ithaca College students came together



Honestly, it's just a reminder that even when you're thousands of miles away from your home, you feel connected to different kinds of people. It's the heart that keeps you united, not the barriers like language, flag, countries and stuff like that.

— Surya Sharma



to celebrate and appreciate culture March 24 for Inter-Fashional Night. Inter-Fashional Night is an annual event hosted by the Ithaca College International Club (ICIC) that celebrates students' diverse cultures by showcasing fashion from around the world. This year was the first return of Inter-Fashional Night to campus since before the COVID-19 pandemic started in March 2020.

Senior Bryan Wood, ICIC co-president and an international student from Ghana, said COVID-19 regulations, like not being able to serve food from outside vendors, created challenges with planning events for the past two years.

"I just felt like I never expected to see this again," Wood said. "Honestly, it was so surreal. There were lots of emotions going on."

This year's theme was "International

Cocktail Party" and the event featured appetizers and mocktails from different countries like "Saudi Champagne" and "Aqua de Jamaica." Wood said that the purpose of Inter-Fashional Night is to bridge the gap between international and domestic students. According to the college's 2021–22 Facts in Brief, there were 127 international students enrolled at Ithaca College in Fall 2021.

Student models wore clothing that represented their home countries and walked down the runway to a chosen song from their country. A diverse collection of fashion was showcased throughout the night, incorporating a wide range of different styles, colors and textures from all around the world.

Some student models wore traditional clothing from their culture, while others took a modern approach to their outfits, like senior Ioanna Vargianiti, an international student from Greece, who wore a flowy orange patterned sundress from her favorite Greek clothing brand.

After walking the runway, the emcees asked each model to describe their clothing and to share a "fun fact" about their country. Multiple countries across several continents were represented by student models in the show, including India, Brazil, Greece and Nigeria.

Freshman Surya Sharma modeled in the show for the first time this year. Sharma said she represented her home country of India by wearing a churidar, a dress worn on special occasions. Sharma's churidar was navy blue with white flowered detailing down the front and sleeves of the dress. She said her favorite part of the night was seeing people represent their countries and becoming aware of different cultures.

"Honestly, it's just a reminder that even when you're thousands of miles away from your home, you feel connected to different

kinds of people," Sharma said. "It's the heart that keeps you united, not the barriers like language, flag, countries and stuff like that."

The crowd was lively and full of energy, reacting to performances from Teszia Belly Dance, a belly dance troupe at Cornell University, and IC Pulse, an Ithaca College hip-hop dance team. The event included engaging activities that kept the audience's minds and bodies active, from an intense round of trivia to a dance battle. Members of the audience competed to win prizes in a game of trivia, testing their knowledge of national flags and world geography. Several students participated in a dance battle as audience members cheered in support of their favorite dancer.

The show's opening performance was from freshman Anna Ferronato Pimentel, who played guitar and sang three songs in Portuguese. Ferronato Pimentel, an international student from Brazil and events manager on the ICIC executive board, said she loved the event because it had been a long time since she'd had the opportunity to perform a song in her native Portuguese.

Ferronato Pimentel said she performed four songs which encompassed a wide range of musical styles popular in Brazil. The songs included "Girl from Ipanema" by Antônio Carlos Jobim and "Só os loucos sabem," or in English, "Only Crazy People Know," by Charlie Brown Jr.

"Personally, [the event] just means getting to express myself and seeing other people express themselves in an extremely genuine way that I don't get to see on a day-to-day basis because at least for me personally, sometimes I find myself kind of suppressing parts of my culture simply because I am in the U.S.," Ferronato Pimentel said. "So

these events are important for me to remind myself and for me to see other people reminding themselves that their culture is actually very, very valued, regardless of where they are."

While the event is hosted by ICIC, the event drew a crowd of both international and domestic students across the campus community to be exposed to cultures around the world.

Sophomore Jae Williams said he was drawn to Inter-Fashional Night because he thinks that the International Club does a great job at representing different countries from around the world. He also said he enjoyed his experience performing with his dance team, Island Fusion, at ICIC's One World Concert event last semester.

"I thought [the event] was a really good representation of all the countries around the world," Williams said. "The clothing was really expressive and bright and I liked all the different incorporations of dance that they had, the hip-hop and the belly-dancers, that was really good to see."

Freshman Motheo Mawela said he attended the event to support his friends who were walking as models and performing as part of the IC Pulse dance group.

"It was fun, I really enjoyed it," Mawela said, "There was a lot that I saw that I wouldn't see anywhere else. People had a lot of fun and always seeing that happen is amazing."

Wood said that seeing the event come back to life reminded him how the International Club had been there as a community and safe space for him throughout his four years at Ithaca College.

"Because I struggled so much to assimilate into the U.S. culture ... I couldn't just shut down my culture and just be this new other person," Wood said. "So the international club was my safe haven, a place where I could always be myself because everyone else embraced those differences and that's how we became a really close community."

IC community unwinds with meditation events

BY M MINTON

Students walk into the vast open space inside Muller Chapel and find themselves enveloped by pure silence. The students then sit on the steps across the room and tune the world out, engaging in the practice of meditation.

Ithaca College offers noon hour guided meditations on Mondays, Wednesdays and Fridays along with mindfulness circles at 5 p.m. every Monday. These opportunities are open to all students and emphasize mindfulness and connection with each other.

Mary Ann Erickson, associate professor in the Department of Gerontology, typically guides the noon hour meditation on Fridays and is hosting an upcoming retreat from 10 a.m. to 4 p.m. April 2. Erickson said the meditation programs are really valuable for people to take a needed break from their day.

“The goal of mindfulness practice is to really feel settled and grounded so that you can observe what’s going on in your mind,” Erickson said. “A longer period of practice can be really helpful.”

Erickson said that at the retreat, attendees will alternate between periods of sitting and walking meditation, going back and forth every half hour. She said that people can choose to only do the morning or afternoon sessions of the retreat if they can’t stay for both.

“I’ll offer guidance for people who have never done walking meditation,” Erickson said. “We’ll do

different kinds of practices during the periods of seated meditation as a great way of initially getting settled, ... just paying attention to different parts of the body and those sensations.”

Diana Dimitrova, director of International Students and Scholars Services, is the coordinator of Mindful IC, an affiliate program for the Office of Religious and Spiritual Life. Dimitrova said that she is excited to offer the retreat this year because previously, it has been online.

“It’s quite different when you practice in the same space with others,” Dimitrova said. “So we finally get to do that.”

Erickson said that there’s an idea in society that there is only one way to meditate – by sitting down and keeping their mind quiet. She said that most people’s minds aren’t quiet, and that the idea is that people are watching their thoughts, not that the brain stops producing them.

“I’ve definitely had students, when they experience walking meditation, say that ‘this is the practice for me,’” Erickson said. “So just recognize that there are a lot of different ways to meditate. ... If you’re interested in it and you haven’t found something that works, keep trying.”

Dimitrova said that meditation and mindfulness practices have helped make her a better person and therefore an even better parent and educator.

“Mindfulness practice centers around this whole idea of



For Spring 2022, there is a one-credit meditation class offered called Meditation: It’s Not What You Think, where students learn about different practices of meditation and practice them during class.

ANA MANIACI MCGOUGH/THE ITHACAN

intentionality, discipline and presence,” Dimitrova said. “So those are the things that I feel like have been the greatest gifts for me to be aware of. Why was that the intention? Why am I approaching things in this way? And also to have a moment of pause.”

Freshman Ariana Clark said that she attended one of the noon hour meditations for her seminar last semester. Clark said it was a quiet, comfortable space where everybody got to gaze out the tall windows while letting their minds wander to anything or nothing.

“I found it very calming as well as reflective and therapeutic in a sense,” Clark said. “It was a pretty fun experience.”

Senior Brett Gasmer said he enrolled in a one-credit meditation course taught by Julia Lapp, associate professor and chair in the Department of Health Promotion and Physical Education, after previously having the worst semester he’s ever had.

Gasmer said that it has helped calm himself down, ease up his mind and gather his thoughts in order to clear his head.

Dimitrova said that oftentimes when significant events happen in life, people react head-on without thinking, causing them not to notice the things around them.

“We miss out on a lot of stuff we just don’t notice, or we miss other paths that could be taken because we just think straight ahead,” Dimitrova said. “One of the gifts of this practice has been the opportunity to increase the likelihood that I will allow insights to appear.”

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President of anime club highlights new activities

The Ithaca College Anime Club (ICAC) is an organization dedicated to the appreciation of animation. In the past year, the club has become increasingly more active in the Ithaca College community. ICAC hosts regular in-person meetings at 7 p.m. every Monday night in Friends 302 in addition to weekly movie and series screenings where it has shown Hayao Miyazaki’s “Spirited Away” and episode marathons of anime series like “Mob Psycho.”

ICAC plans to branch out from the club’s usual in-person screenings by hosting events alongside other clubs as well as focusing on other aspects of animation to attract interest from students who might not be interested in anime.

Some planned event themes will leave the realm of animation entirely, like the club’s upcoming April Fools’ screening of Disney Channel’s 2007 sitcom “Cory in The House,” which is being screened in reference to an internet joke which categorizes the show as an anime.

Staff writer Laura Iliaoai spoke with junior Esther Moore, ICAC president, to discuss the club’s activities, her involvement in ICAC and their plans for the future.

This interview has been edited for length and clarity.

Laura Iliaoai: What’s your personal history with ICAC?

Esther Moore: I joined ICAC in the fall of 2019 as a first-year. It jumped out to me because I could connect with people who

had similar interests in anime and it was a club that met purely for fun.

LI: How has the club changed since you joined in 2019?

EM: I don’t know if “professionalism” is the right word, but the club is no longer just about people coming together to watch anime on a weekly basis. We’re learning more about Japanese culture and how the animation industry has affected Japan and the wider culture as well.

LI: What are some events that ICAC will be hosting this semester?

EM: Outside of our regular Monday and Saturday meetings, we plan to host at least one more game night. We are also in the process of creating a collaboration with Nerf Club. Our Monday meetings feature an anime-themed activity and then a pre-selected variety of shows that attendees can vote to watch. We alternate Saturdays between showing an anime movie and the first six episodes of a show.

LI: What was the process of organizing an event with the Nerf Club like?

EM: We were reached out to by the Nerf Club a few weeks ago to see if we wanted to collaborate with them since we’re one of the more chill clubs on campus. We’re currently hashing out some details, but we’re hoping to have that event sometime in April.

LI: How does the club plan on bringing in



Junior Esther Moore is the president of the Ithaca College Anime Club, which meets every week in person on Mondays in Friends 302. It plays games and watches anime.

MAGGIE BRYAN/THE ITHACAN

a newer audience?

EM: The main thing is trying to bring the idea of anime outside of the very niche “weeb” category. “Bring a friend night” is something we’ve been considering – members could bring another person for a night and maybe spark some inspiration in their head to check out a new culture of animation that exists.

LI: What are your intentions for the future endeavors of ICAC?

EM: I hope that we can host an event that’s more campuswide and not so specific to

Japanese animation. That aspect of our club is great, it’s what helps build the community we have, but there is a wider world of animation that can sometimes be overlooked by us and others. It would also be great if we got more students who don’t watch anime to come experience it for a meeting or two. The weekly themes that we have can potentially help students not interested in anime at least consider watching a superhero show if that’s the kind of content they like.

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Horror film is a beautiful catastrophe

MOVIE REVIEW: "X" A24



BY SYDNEY BRUMFIELD

In the 1979 back country of Texas, entrails are splattered, lives are irreversibly changed and cinema is made in Ti West's new film, "X." Though this film may not be for viewers with a weak stomach, with exceptional writing, staggering visuals, compelling characters and superb editing, "X" is a masterpiece.

"X" follows a group of starving artists who venture to a farm with the hopes of making the most cinematic pornography film to date. Upon their arrival to the farm, conflict quickly arises as the owners of the property — an elderly couple named Howard and Pearl — are extremely religious and have a conservative outlook on how the younger generation behaves. Over the course of 24 hours, the two worlds of rigid tradition and younger fluidity bump heads, finally resulting in a large-scale blood bath.

Immediately "X" attracts viewers with outstanding cinematography. The muted colors and visual strategy transport the audience back to the late '70s in rural America in an eerie and mystifying manner.

The camera work, shot styles and editing are extremely well done. Most compelling is when the character RJ (Owen Campbell)

begins filming on his camera, the movie cuts to a smaller aspect ratio. During these sequences, a yellow color palette is also utilized to show the viewer what RJ is seeing through his camera. These techniques immerse viewers into the terrifyingly entrancing world of "X."

What makes "X" more than just a run-of-the-mill slasher film is its brilliant narrative and complex themes. The character of Maxine (Mia Goth) has entered the adult entertainment industry as a route to reach Hollywood and be famous. Maxine feels the best years of her life may almost be passing her by as she has been patiently awaiting her chance at stardom. When she arrives at the farm, her and Pearl play brilliant parallels of one another. These characters mirror the themes of old versus young, religion versus secularism and ultimately how one's life can turn out different than initially expected. This would not be possible without Goth's impactful acting performance.

"X" beautifully confronts viewers with their innermost conflicts and moral alignment with its excellently-crafted full-circle narrative. The primary divider between the group of adult filmmakers and all "others," like Howard and Pearl, is sex. "X" depicts two groups of people: those who embrace sex and sexuality and those who,



"X" leaves viewers both entranced and a bit squeamish. The stunning cinematography and acting is highly praised.

COURTESY OF A24

primarily through religion, suppress their desires. "X" dares to present these two polarizing ideas in a captivating visual format that pushes viewers to question what damage is done to the individual by stifling human instincts.

Though "X" takes place in 1979, the themes discussed are those still frighteningly relevant in American society today. "X" eloquently critiques fragile masculinity, sex, religion and

tradition in a seamless manner.

None of this would have been possible without the extraordinary performances given by this all-star cast, including Jenna Ortega, Brittany Snow and Kid Cudi. The talent effortlessly brings this story to life.

"X" is a beautiful catastrophe that audiences cannot look away from.

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New Charli XCX release is everything but a crash

ALBUM REVIEW: "CRASH" Charli XCX



BY EVA SALZMAN

Sprawled across the hood of a car wearing a black bikini and sporting a bloody gash on her forehead in the album art, pop princess Charli XCX is back with her latest release, "Crash."

The album marks the end of a five-album-long contract with Atlantic that the artist signed when she was 16 years old, but Charli makes it clear that she isn't going to slug through a contractually obligated project — she wants to finish strong.

"Crash" is a perfect collision of elements that differentiate a pop album with a message from a made-for-radio pop album. Charli has always played off the "engineered for stardom" pop star picture with consistent imagery throughout her albums of sleek machinery, cars and robotics. She furthered her investment in this concept with her stint in hyperpop — a subgenre characterized by its pitch-modified vocals, distorted bass and glitchy sound effects. "I'm interested in the concept of selling out," Charli tweeted in 2020, and it seems like that's exactly what she's trying to explore in "Crash," spitting out a piercing message about how record labels exploit their young female pop products.

Charli cites Britney Spears as one of her biggest musical inspirations, telling

Cosmopolitan in 2014, "The way her songs are crafted is really amazing."

Being a woman in pop music, literacy within the genre is key to her success, and "Crash" track "Lightning" tells listeners all they need to know. The track was co-written by Spears' "...Baby One More Time" co-producer Rami Yacoub, and between robotic monotone pre-choruses ring out the lines, "So tell me what you want and I'ma give it to you" — an acknowledgement of the naive, young pop star to engineered radio product pipeline.

If there's one thing "Crash" proves, it's that Charli knows her stuff — the album is an encyclopedia of pop. The dreamy synth-pop "New Shapes (feat. Christine and the Queens and Caroline Polacheck)" features airy choruses and a bombastic drum kit right before moving into the seductive, dark eurohouse track "Good Ones."

Charli's genre intelligence shines even brighter in her sampling. If something about that bouncy synth line in "Used to Know Me" sounds familiar, that's because it's interpolated from Robin S' 1993 dance hit "Show Me Love." And if, well, everything is recognizable from "Beg For You (feat. Rina Sawayama)," that's because it uses the melody of September's 2005 "Cry For You."



"Crash" proves to be an encyclopedia of pop, featuring a number of iconic artists.

COURTESY OF ASYLUM RECORDS

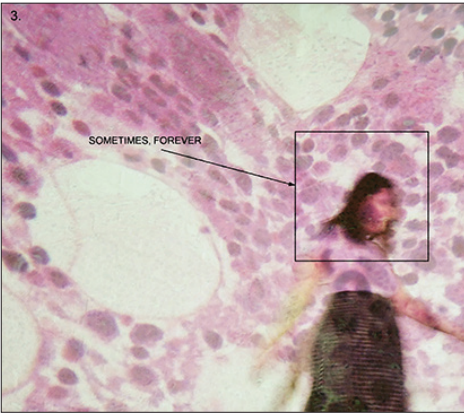
Amid her style swapping and hit homaging, Charli checks-in with repeated collaborator and producer A.G. Cook with the '80s-electronic ballad "Every Rule." The track is a sentimental change of pace on "Crash," detailing the tragic fallout of a relationship.

But as soon as it fades out, Charli switches gears again into the punchy "Yuck," where she expresses distaste for romance when she's "just tryna get lucky." Interestingly, "Yuck" is by far the most commercial piece on "Crash," providing a weaker moment among the tracks. Its sassy one-liners make it sound like it was made for middle schoolers to make TikTok dances to.

"Crash" is Charli's 101 lecture on what goes on in the pop industry, and when class is dismissed, she drops the mic and walks out first.

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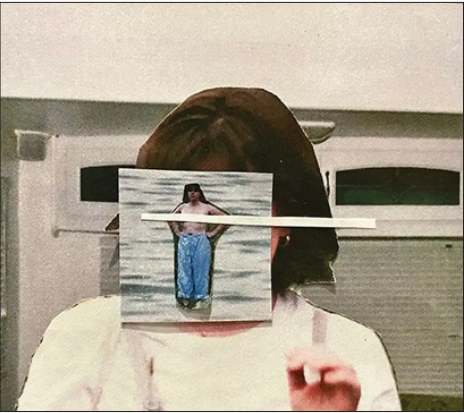
QUICKIES



COURTESY OF LOMA VISTA RECORDINGS

"SHOT GUN"
Soccer Mommy

Soccer Mommy is back in her usual style with the angsty yet delicate single "Shotgun." The track is electric but subtle with muted vocals and a dark guitar riff but doesn't offer anything new.



COURTESY OF REPUBLIC RECORDS

"WE'LL NEVER HAVE SEX"
Leith Ross

If you're in the mood to think about past relationships and sob, take a listen to singer-songwriter Leith Ross' "We'll Never Have Sex." The incredibly moving track has had listeners hooked with its beautifully poetic lyrics.



COURTESY OF INTERSCOPE RECORDS

"NEVERLETYOUGO"
ROLE MODEL

Fans speculate that ROLE MODEL's latest track, "neverletyougo," is about his girlfriend Emma Chamberlain, the YouTube star. It's an overall obnoxious song with cringy lyrics and boring beat.



COURTESY OF DIRTY HIT

"TALK"
beabadoobee

Amid the Y2K revival of recent years, the bubblegum pop-rock sound of the early 2000s has made a comeback. Though beabadoobee has made a name for herself in this style, the low-energy yet poppy vocals and bright, muted guitar are getting stale.

BOMBERS MAKE A SPLASH AT NCAA CHAMPIONSHIPS



RYAN PILLION/THE ITHACAN

BY ORI JORDAAN-GRADY

In a season to remember for the Ithaca College men's and women's swimming and diving teams, the programs capped-off the campaign at the Division III National Championships in Indianapolis, Indiana, on March 16–19, bringing a pair of national titles back to South Hill.

Both programs performed well and had strong individual performances. The women's team placed 18th in the nation with a total of 43 points, led by a historic 3-meter diving win by graduate student Ava Lowell. On the men's side, the team was led by sophomore Jack Wadsworth, who finished in the top three in all the events he participated in and was crowned first in the 100-meter backstroke with a record-setting time of 46.45 seconds. Not only did it break program and Liberty League records, but it also set an NCAA Division III record. The men's team as a whole tallied 57 points to secure 18th place in the meet.

Lowell said she didn't let the big stage of the national diving championships get to her. In fact, she felt that they were more relaxing compared to her regional meet experience.

"Regionals definitely felt more kind of serious," Lowell said. "There was a lot of pressure, whereas nationals was a little bit more lighthearted and enjoyable. Mentally, I was just trying to go in with the idea of 'this is just icing on the cake.'"

Lowell, who has earned a total of six career All-American honors, said she treated nationals like any other one of her career meets.

Lowell felt calm yet determined to help her team in the contest because of her incredibly competitive nature. The 486.45 score she put up in the 3-meter dive made her the second Bomber to do it behind Nickie Griesemer '18, who won two national championships, the last in 2018.

"Physically we've been training really hard this whole year and put a lot of effort and work into our winter training," Lowell said. "So it really was all about refinement."

But after soaking in the win, Lowell felt both emotional and proud of her individual accomplishment. Also, because nationals were canceled as a result of the COVID-19 pandemic last year, Lowell said she felt this year's nationals was her chance to finish her collegiate career on a high note.

"It's pretty exciting and surreal," Lowell said. "It really felt like a comeback year for me, honestly."

Chris Griffin, assistant aquatics coordinator and men's and women's diving coach, said he was also incredibly proud of the hard work that paid off for Lowell. He was not surprised by the results because of the mindset Lowell had going into the event and said the crowd's and her team's reaction to her last dive said it all.

"Once she hit her last dive, there was a moment of silence while everyone's looking at the scoreboard, waiting for the scores to come," Griffin said. "It was just great to see her



Graduate student diver Ava Lowell won her first career national championship March 19 on the 3-meter boards. She also earned a third-place finish nationally on the 1-meter board.

RYAN PILLION/THE ITHACAN

reaction, her teammate's reactions and just the celebration."

This positive energy is not just spread in the women's swimming and diving program, it is also circulating the men's program. Mike Blakely-Armitage, assistant coach for the men's swimming and diving team, said he has noticed the impact Wadsworth has on the team chemistry. Blakely-Armitage said he thinks that Wadsworth's high standards of success that come from seasonal goals has trickled down to the team.

"It's always great to see a swimmer who has goals like he has," Blakely-Armitage said. "He said at the beginning of the season during the recruiting process that he wants to be a national champion."

Wadsworth's wishes were answered in only his first season on the team. By winning the 100-meter race for backstroke, he became the first individual Bomber national champion in men's swimming since Colin Herlihy '96 won twice in 1996.

After Wadsworth finished the race and saw the scorekeeper put the results on the board, it took him a moment to feel what it was like to be a national champion. All of the years work, physical training and especially the mental preparations before meets were rewarded in just one quick moment. Wadsworth said he was almost at a loss for words.

"It took me 10 to 12 seconds to actually soak in the moment," Wadsworth said. "It

was pretty surreal."

Blakely-Armitage said he wants to see Wadsworth reach his highest potential and knows that even after a near-perfect debut season, Wadsworth has room to improve.

Wadsworth has certainly become a leader of the men's swimming and diving team. Blakely-Armitage is not taking coaching Wadsworth for granted, a Bombers legend already in one year.

"Jack raises the bar of excellence," Blakely-Armitage said. "It's been amazing coaching him and helping him get to that level."

Wadsworth said he also appreciates how Blakely-Armitage and the entire Bombers coaching staff embraced him from day one and helped motivate him all year.

"I just have open communication with my coaches," Wadsworth said. "We plan accordingly, we develop a process to have a plan set out and then you just stick to the daily things."

Blakely-Armitage said he wants to ride the wave of recent success and sees a bright future in both programs. He is excited for the offseason and recruitment process as well, a time where new swimmers and divers can transition into the college.

"I think with recruiting on both the women's and the men's side, hopefully we will have swimmers at the NCAA's again because we want to be a presence at the national stage," Blakely-Armitage said.



Freshman swimmer Jack Wadsworth set a Division III NCAA record March 19 for his time of 46.45 seconds in the 100-meter backstroke, earning him his first career national title.

RYAN PILLION/THE ITHACAN

IC hosts gymnastics national championships

BY TOBIAH ZBORAY

In March 2020, Ithaca College was preparing to host the National Collegiate Gymnastics Association (NCGA) championship, where the top teams from the NCGA would compete to be the top team in the nation. But as the COVID-19 pandemic shut down athletics programs, the championship was canceled and the college lost its opportunity to host that year's championship.

Two years later, South Hill had the opportunity to play host to the event once again, as the 2022 NCGA championship was held at Ben Light Gymnasium March 26. The Bombers competed against SUNY Brockport, the University of Wisconsin-La Crosse, Springfield College, the University of Wisconsin-Oshkosh and the University of Wisconsin-Whitewater. The South Hill squad finished in fourth place with a total score of 192.325 points, with the University of Wisconsin-Oshkosh taking home the national title with 194.100 points.

The Bombers' performance set two new program records. The 192.325 are the most points the team has ever scored in a NCGA competition, breaking the previous record of 191.650 set in 2019. The team also set a record for the uneven bars, where the team scored a 47.850, 0.125 points higher than the previous record set in 2018.

Before the championship, the

attention of the team was set on preparing to participate in it. Head coach Rick Suddaby said he wanted the team to focus less on physical training and instead to work on focus and having the gymnasts get more confident in their routine.

"We've trained a lot on focus and what things we need to be thinking about," Suddaby said. "It's difficult because those are tough changes to make. Us coaches can't quite see that, we have to interpret what we see. We're teaching them how to think about their sport, how to think about performing, how to not get nervous and how to be confident. That's what we're doing."

On top of preparing to compete, the team also focused on the hospitality aspect of hosting the championship at Ithaca College. For the team, Suddaby said, the goal was to create an environment where the other competitors and teams felt welcomed, something he wanted to emphasize as well.

A major benefit to hosting the championship event, of course, is that the Bombers were able to bring a home crowd to the gym. A majority of the seats were filled by the Bomber faithful, and those that attended cheered loudly for each gymnast when they performed their routines.

Junior Nya Pauldon said the energy provided by the crowd in the gymnasium, along with getting to perform in front of people close to her, meant a lot both to her and to the entire team.



Junior Zoe Kyriakopoulos competes for Ithaca College on the balance beam at the National Collegiate Gymnastics Association championship, hosted by the college at Ben Light Gymnasium on March 26.

LAUREN LUBENOW/THE ITHACAN

"Getting to compete at home was an amazing opportunity," Pauldon said. "The energy in the gym was insane and for so many of my friends and family, and friends and family of teammates to be able to be there was super special. It was also so exciting to meet and reunite with a lot of alumni for nationals."

The Bombers heavily relied on the presence of freshmen gymnasts this season, with the class making up 12 of the 23 gymnasts. Suddaby said the expectation from early on was that the freshmen would compete at a high level for the team.

Two freshmen made a splash at the meet, with freshmen Skye Cohen placing third in the all-around and Jillian Freyman finishing in

a six-way tie for sixth place in the balance beam with a score of 9.775. Senior Amelia Bailey was also a part of the tie for the beam, helping the Bombers to the fourth spot in the standings. The three also took home All-American honors for their performances.

Seeing the results that the freshmen were able to post this year, Suddaby said the team was excited to see them succeed at nationals. He also said he is excited to keep working with them.

"We are thrilled to have three of us on the podium, earning All-American honors," Suddaby said. "It's a real honor and it's fun to have one senior and two freshmen finish so highly."

After being a part of the team that could not host nationals in 2020, Bailey said she felt like everything worked out well by having the college host this year instead. She said the chance to have her final collegiate competition held on South Hill held a special feeling for her.

"Competing at nationals in Ithaca is extremely special to me," Bailey said. "It really feels like a full-circle moment. We were supposed to have nationals at Ithaca my sophomore year but ... to compete for the last time at my own school is something I'll never forget."

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Men's lacrosse head coach reaches 350 wins

BY LIAM SHIELDS

Jeff Long, head coach of the Ithaca College men's lacrosse team, reached his landmark 350th career win with a 18–10 victory over Birmingham-Southern College on March 15. This dominance has been present for the team during the beginning of the season, starting the Spring 2022 campaign off strong with an 8–1 record.

Long's 350th win adds to his list of accolades that include being the Bombers' all-time leader in coaching wins, six Empire 8 Coach of the Year awards and inductions into the National Lacrosse Hall of Fame and the Ithaca College Athletic Hall of Fame. In 34 seasons with Long as head coach, the Bombers have had 25 winning seasons, with nine of them coming in the last 11 years.

"You don't really pay that close attention to those numbers," Long said. "I really didn't have an idea until the assistant coach mentioned something ... and I saw it on Facebook that night."

Graduate student midfielder Connor Brumfield has played under Long for five years and said the coach's guidance has aided in his success on the field. Brumfield was awarded with the 2018 Liberty League Rookie of the Year and has been named to the All-Liberty League Second-Team three times in his career.

"Anybody that plays under [Long] knows that he's probably one of the best lacrosse minds to play under," Brumfield said. "His wealth of knowledge for the game is pretty much unmatched to anybody that I've talked to."

Long has several decades of lacrosse experience as a player and coach, which has led to his success. Long played lacrosse at

the U.S. Naval Academy, where he was an All-American three times. He still holds the program record for 233 career points, 149 assists and 53 assists in a single season. Long's first coaching job was with his alma mater, where he worked with the "B" team and preparatory school unit. After his time at the U.S. Naval Academy, he coached at Norfolk Academy, Alfred University, Washington and Lee University and the University of Virginia before coming to Ithaca College in 1988.

In his 35th season on South Hill, Long and the team's success has continued as it has started the Spring 2022 season with an 8–1 record. Its only loss was a 20–12 defeat to St. John Fisher College on Feb. 26. Long said the team's success this season can be attributed to its experience.

"This is probably one of the biggest senior classes we've ever had," Long said. "To me that says something about this class ... I'm really tough on them the first few years and it really becomes their team and their legacy ... How good your team is, is only how good your seniors are."

The roster carries 44 players in total, 14 of them being seniors and one being a graduate student. There were only eight seniors last season and no graduate students.

Junior attackman Jake Erickson, who is tied for the team lead in goals this season with 25, said he is impressed by the level of talent on this team. He said the group is not relying on one or two athletes to make plays, as the whole offense and defense are doing a good job of what they call "raising the temperature," which means playing aggressively and putting pressure on the opponent.

The team's aggressive nature matches Long's tough coaching style, which Brumfield said has fostered a winning culture.



Jeff Long took his 350th career victory as the head coach of the Ithaca College men's lacrosse team with an 18–10 win over Birmingham-Southern College March 15.

ANA MANIACI MCGOUGH/THE ITHACAN

"He doesn't settle for anything less than what he expects your best to be," Brumfield said. "It's a big part of why he's been very successful as a coach ... the stuff he says resonates pretty well with me and I like the style of coaching."

Sophomore attackman John Sramac, 2021 Liberty League Rookie of the Year, who also has 25 goals since the season began Feb. 23, said he credits much of his success to Long's style of coaching.

"He does a really good job of challenging me and pushing me to get outside of my comfort zone and grow as a player," Sramac said. "He's always trying to expand your knowledge of the game and how you view certain situations ... I just try to be a sponge."

While Long has high expectations for his team, he also knows how to be light-hearted.

Erickson said Long's demeanor as a coach resonates with the team.

"He's a really funny guy," Erickson said. "It's hard for me not to come out of practice laughing."

The season is far from over with seven more regular-season games left to play and the team is currently in third place in the Liberty League. Even though the group has started strong, Long said he believes there's room for improvement.

"Right now I don't think we're playing our best lacrosse," Long said. "We're getting there ... I see us at like 80% of our potential right now. We still have another 20% to build through the next few weeks."

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Drag queen Onyx Black dances through the crowd at Drag Queen Bingo Night, hosted by the Student Activities Board March 29 in the Emerson Suites. Students enjoyed entertainment and performances provided by drag queens dressed as iconic characters who danced to pop hits while they called out bingo numbers to attendees.

ARIANA GONZALEZ/THE ITHACAN