IC sports media major struggling to fix its widening gender gap

BY AIDAN CHARDE

The sports media major has been growing fast ever since it entered the Roy H. Park School of Communications in 2017, increasing from 51 members in Fall 2017 to 128 in Fall 2021, according to the Office of Analytics and Institutional Research (AIR). However, those numbers do not show the lack of growth in the gap between the number of male and female students in the sports media major.

While the number of men in the major has continued to grow, the number of women has stagnated. In Fall 2017, the major enrolled 10 women, 19.6% of the total enrollment, and 41 men. But in Fall 2021, that number was up to just 14 women, making up 10.9% of the major, while the number of men rose to 114.

The gender breakdown in the major is not reflective of the rest of the college, however, which is 57% female. AIR did not make note of students who identified as other genders. According to data collected in 2020 by Dani Pluchinsky ’21, former sports editor for The Ithacan, other colleges with similar programs also struggle with female enrollment numbers. Pluchinsky analyzed data from nine other colleges and universities, including Rider University, Marietta College and Emerson College, three private institutions similar to Ithaca College in size and location. Emerson had the highest percentage of women.

Sport Media Students From 2017-2021

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<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
<th>Total</th>
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<tr>
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Former dean of H&S named new provost of Ithaca College

BY ALEXIS MANORE

Ithaca College President La Jere Cornish has named Melanie Stein, former dean for the School of Humanities and Sciences (H&S), as provost and senior vice president of Academic Affairs, and Stein has named Claire Gleitman, professor in the Department of English, as dean of the School of H&S.

Cornish announced the appointments to the campus in a March 23 email. Both Stein and Gleitman have served in their roles since August 2021. Cornish, who was interim president from August 2021 to March 2022, was appointed as president of the college March 7. Cornish previously served as provost and senior vice president of Academic Affairs and later executive vice president. Cornish also selected Stein to serve as the dean of the School of Humanities and Sciences at Ithaca College, respectively.

“1 am confident that Ithaca College will benefit from [Stein’s] continued service on behalf of our faculty and our students,” Cornish said in the email. “Her experiences as an administrator, a scholar, and an educator in the classroom make her well-suited to lead the ongoing implementation of the Ithaca Forever strategic plan and to guide our academic community through the next phase of its evolution.”

Gleitman has worked at the college for about 30 years. Gleitman has held leadership positions on the Faculty Council Executive Committee, has been president of the H&S Faculty Senate, has worked as the chair of the Department of English, and has been the coordinator of the School of Humanities and Sciences.

“Her leadership has been crucial to our continued service on behalf of College will benefit from [Stein’s] continued service on behalf of our faculty and our students,” Cornish said in the email. “Her experiences as an administrator, a scholar, and an educator in the classroom make her well-suited to lead the ongoing implementation of the Ithaca Forever strategic plan and to guide our academic community through the next phase of its evolution.”

Trauma awareness centered in teaching

BY LORIEN TYNE

In the wake of the COVID-19 pandemic, faculty members at Ithaca College are working to support students’ education and mental well-being as well as their own, with a growing focus on trauma-informed teaching.

To be trauma-informed is to recognize that everyone may be holding trauma and to support control and autonomy, therefore avoiding retraumatization. While trauma-informed practices are often associated with caregiving professions, educators have started to apply it to learning environments. As mental health struggles increase as a result of trauma from the COVID-19 pandemic, colleges have implemented extra support and training.

Brian Petersen, director for Center for Counseling, Health and Wellness (CAPS), said trauma can result from feelings of lack of control and trauma-informed practices help bring control to an individual. “COVID came along and just kind of blew up everybody’s sense of what’s normal and how the world is supposed to work and it removed this sense of safety,” Petersen said.

Even before the pandemic, students reported high levels of mental health struggles. In a 2018 ACHA survey of college student health, 54% of students said three or more areas of their life in the past 12 months had been traumatic or very difficult to handle.

Mandi Zucker, affiliate in the Office of Religious and Spiritual Life, is the founder and CEO of Inner Harbor, a program that supports grieving students. Since Fall 2021, the college has been in partnership with Inner Harbor to provide ongoing grief support and education for staff, faculty and students.

Zucker described working with grieving students, but she said any kind of change is a loss that causes some level of grief. She said just going to college can be a loss for some students and losing seemingly small things like the smell of their house, laundry detergent or favorite food can be a trigger for those feelings. “Teachers are in such an amazing position to be able to model correctness,” Petersen said.

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SGC president seat unfilled for spring

BY JADYN DAVIS

The Ithaca College Student Governance Council (SGC) has decided to leave the position of president unfilled and to instead distribute the president’s responsibilities among the executive board members following junior Déontae Guy’s resignation from the position in November 2021. Neither the SGC nor Guy ever provided any reason for his resignation. Guy declined to comment for this article.

Sophomore James Zampetti, vice president for communications, said the reason the SGC will not replace the president will present more challenges. “The president, aside from filling roles, is also a manager for the executive board … and we felt that we can do that job just fine ourselves.”

The elections for the SGC are a month-long process where every seat for the senate and executive board is available to be taken. Freshman Paloma La Valley was a Class of 2025 senator during Fall 2021 but has temporarily resigned because of other commitments. La Valley said the lack of presidential leadership did not hinder the SGC’s normal operations.

“I hope for this semester that students can at least acknowledge what SGC is doing to serve their community,” La Valley said. “They’re putting a lot of extracurricular hours into a position that isn’t even paid.”

During Fall 2021, the SGC had a decreased amount of student engagement and passed fewer bills — four total — in comparison to previous semesters. Only two bills were passed during Guy’s time as president. The Employee Vaccination bill, which recommended that the college make it a requirement for employees to be fully vaccinated against COVID-19, was passed in September 2021. The college did not act on the recommendation. The Varsity Athlete Senator Position Clarification, was passed in October 2021, which clarified procedures for the SGC. Varsity Athlete senator process to align with that of the Student-Athlete Advisory Council.

Junior politics major Reilly Shinler said she has been following the SGC since Spring 2020 because she thinks it is an important part of campus life for students. She said she hopes the next president is able to listen to students and administration members of the college and take it into account while they craft policy.

“I’m looking for somebody who has a lot of people skills, who is good at bridging the gap between students and administration,” Shinler said. “I know it is a tricky place to be in because I know that often times students’ voices are the ones often focused on.”

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Music majors to perform at hospital

BY CAROLINE GRASS

In an effort to bring live music and a brief reprieve from an often stressful hospital environment, the Ithaca College School of Music is starting a Music as Medicine initiative, a collaboration between the School of Music and the college’s Gerontology Institute, where students worked with senior citizens and used music as a therapy tool.

Karl Paulnack, former dean of the School of Music, is a chaplain at Cayuga Medical Center. He said he thought a collaboration between the college and hospital would be a perfect match and facilitated the meeting of the two groups.

“It’s like when you see somebody and you think, ‘Oh, these two people should date each other, they’d be great,’” Paulnack said. “I was just sort of being a matchmaker. The hospital and the School of Music, they should go together.”

Listening to music can assist cognitive recovery, elevate mood and improve quality of life, according to a recent article in the Journal of Music Therapy. Lori Gooding, president of the American Music Therapy Association and associate professor of music therapy at Florida State University, said music therapy is targeted to the specific needs of patients and administered by licensed professionals, which differs from music as a tool to improve the health and wellness of individuals. “In the context of health [and wellness], music would be used to do things like improve the environment or reduce anxiety,” Gooding said. “And often that is to make the environment more comfortable.”

Two informational sessions were held March 1 and 5 and while only a handful of students attended, by Walz, interim dean of the School of Music, it will be good to start small. “We were talking about kind of, like a little ember, like it’s a little fire, and we’re just going to keep feeding it energy and see where it goes,” Walz said. “And over time, five to 10 years from now, who knows what this could become.”

Right now, Walz said the plan is to try out performance locations and different music performances during the second block of Spring 2022. Junior Isaac Schneider is a part of Phi Mu Alpha, a professional music fraternity on campus, and said the group is interested in performing at the hospital. “I think it is important to allow students to integrate into a more real-world experience and opportunity,” Schneider said. “There’s an educational opportunity you get, especially as a student-musician, connecting with the community.”

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New club supports student veterans at IC

BY ELIZABETH KHIRABADZE

After leaving the Marines in 2021, freshman Jose Hinojosa enrolled at Ithaca College to pursue film. Yet, there were hardly any resources aimed toward supporting his experience as a veteran and as a non-traditional student. To help bring these resources to the college, he started a Student Veterans of America (SVA) chapter.

As president of the college’s student chapter of SVA, a club that was officially recognized by the college in Spring 2022, Hinojosa said he hopes to bridge the gap between student-veterans and non-veteran students, partly by hosting events that would help veterans integrate into college and non-military life.

“There used to be a much bigger percentage decades ago. ... but it seems like at Ithaca, there’s a very small amount of students that are in any way related to the military,” Hinojosa said.

According to the 2021 national SVA Census Survey, 77.8% of veterans were enrolled as full-time student. Ithaca College has approximately eight veterans.

Hinojosa also said the living stipend the GI Bill provides has been one of his main areas of concern. The bill provides benefits for all veterans and active-duty members of the military looking to receive an education. Basic Allowance for Housing (BAH), a monthly allowance paid to eligible service members when government housing is not available, is one stipend. Hinojosa said, is often not reflective of the cost of living at the college — with the cost of tuition for the upcoming 2022–23 academic year at $48,126 and room and board at $15,934.

“The only really financially viable way to go to school and college as a veteran is either you live here … or your family lives here,” Hinojosa said.

Freshman Vincent Kang, veteran and vice president of the SVA, said the GI Bill was dismayed by the financial limitations BAH posed, which makes focusing on school more difficult for him. “Ithaca College doesn’t have to figure any anxiety,” Gooding said. “And that’s important for music to be played as a therapy tool.”

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Duo security expands at IC

BY ELIZABETH KHIRABADZE

Ithaca College staff, students and faculty can expect to find an extra step when logging into Zoom and Formstack, and Duo Multi-Factor Authentication (MFA) will now be required to prevent accounts from being compromised.

The changes were announced with Zoom requiring Duo MFA on March 17. When logging in, students will now be expected to answer a phone call or go into the Duo app in order to log into Zoom. The college is one of more than 300 educational institutions that uses Duo MFA. The electronic authentication method is gaining popularity with companies — including Bank of America, Facebook and Microsoft.

For security purposes, it requires users to use two or more identity verifications in order to gain access to a website or application. This multi-step verification process helps to reinforce security, while usernames and passwords remain protected from hack attempts and being stolen by third parties.

While Zoom was highly utilized during the COVID-19 pandemic, it also experienced a rise of so-called ‘Zoombombings’ — a practice in which internet trolls hijack calls — inserting lewd, obscene, racist, misogynistic, homophobic, Islamophobic or antisemitic material. Zoombombings have occurred during classes at the college in the past.

“We will continue to add Duo protection to systems wherever login is required, but also continuing enhancements to our single sign-on systems to reduce how often individuals are prompted to authenticate,” Jason Youngers, information security officer for Information Security and Access Management said via email.

While there has been no immediate threat to security in these programs, David Weil, chief information officer for Information Technology, said the changes were made because of MFA’s ability to deter hacking and to better protect accounts.

“It really has been shown to be a very strong deterrent to having an account be compromised,” Weil said. “And industry best practices is really recommending that wherever possible, you should put MFA in front of all logins … it really is another layer of protection.”

Senior Nicholas Isaacs said he was unable to login because his phone had died and he was not able to access Duo Mobile.

“There’s been cases where my phone’s been off and [I] haven’t been able to get in,” Isaacs said. “I have to charge my phone before I can get in. … and I just couldn’t get into the account, so that was a big inconvenience. But other than that, if you have your phone on, then maybe [logging in in] 50 seconds more at most.”

Duo offers a way to speed up the login process by allowing users to remain logged in for 90 days. Whenever a user is asked to use Duo, Weil said it was to ensure the person using the device is the right person.

For sophomore Jesus Burgos, using Duo is just another part of his college process — which is why he said he did not mind the addition of Duo to Zoom and Formstack. Instead, he saw it as an opportunity to further prevent Zoombombings.

“If you get hacked or if someone knows your password, that doesn’t mean they’re going to be getting into your account. Because they’re going to have the hoops to figure out you’re more mature and that [Zoombombings] wouldn’t happen in Zoom meetings and at Ithaca College.”

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From left, seniors Kyle Rouleau and Sam Williams, freshman Vincent Kang, sophomore Jake Grodis and freshman Josia Hinojosa attend a club for veterans.

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DUO security expands at IC
enrolled in a sports communication degree with 25.6%, followed by Rider with 18.75%.

Joe Adams, a former sports editor and now works in Knoxville, Ten-
nessee as a sports reporter after graduating with a degree in journalism and a minor in sports studies. Although he has never been a big sports fan and was never a student at Ithaca College, Adams said that he is thrilled to be working with the students and faculty at Ithaca College.

"I think it's interesting because the jour-
nalism major is overwhelmingly women," Adams said. "[Sports media] tends to cater to a very specific type of person."

Adams said many of the men in the major are what she would describe as "broy." Be-
cause of that, she thinks the men do not get the same amount of attention as the women. "Many of them come from the same perspective."

"It turns into a bit of an echo chamber in some cases," Adams said.

But in the right direction, Adams said, was the program hiring Ellen Stau-
rowsky, ‘79, professor in the Department of Media Arts and Studies. Staurowsky earned a Master of Science in Sport psychol-
ogy from the college, where she also taught from 1992 until 2011 in the Department of Sport Management and Media.

Staurowsky said that she is too new to the program to truly understand the causes of the gender gap in the program, but that it is part of the larger culture she has witnessed. "I walk into a classroom [and] I'm the only woman professor and there is one or two woman students," Staurowsky said. "This is a male environment ... we have significant work to do from a cultural perspective in terms of creating a more inclusive environ-
ment for women."

The college has a chapter of the Associa-
tion for Women in Sports Media (AWSM), a nationwide organization that acts as a sup-
port network and advocacy group for women in sports media. Senior Anna Harris, a sports media major, is a part of the group, while Mirabito and Staurowsky are faculty advisors.

"It's a really great group," Harris said. "We have an opportunity to be more inclusive in our conversa-
tions."

"I would hope that, in the year 2022, we would stop judging people by the color of their skin or their sex," Loop said. Stau-
rowsky, despite being one of just three pro-
fessors for the degree, said she does not know how recruiting for the major works. While she has made inquiries about the de-
mographics of applicants, she said she has not been able to receive an answer.

"I have a lot of questions about the dy-
namics about our enrollment efforts and wish that I could understand them more," Staurowsky said.

Until the program begins to recruit more women, Mirabito thinks there are many things that the people already at the college can do to make the environment more inclusive. For starters, he said men can "be there for their female classmates, especially the ones that happen before class.

"I'm not sure if I've ever heard somebody coming in and saying, 'I don't belong there.'" Mirabito said. "But it's a shift in culture, which takes a long time."

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FROM TEACHING, PAGE 1

She said one reason she thinks the sports media major has such a big gender gap is be-
cause of students who want to go into sports, but want a more specific major such as jour-
nalism or television-radio. Women make up 48% of the students in television-radio and 76% in journalism.

"I don't want to give in to that mindset, but you do feel that your opinion is less valued in a room full of men," Harris said. "[But] I've seen more animosity with profes-
sors [than with students] ... that has made me uncomfortable or made me felt that I didn't belong there."

Adams also said she does not see how the program is attempting to recruit more women, even with the hiring of Staurowsky. She is not sure if the program ever has specifically tried to recruit women, but the program currently does not feel welcoming.

"I don't think men are going to be dis-
suaded when there's a woman who's the head of the sports media program, but I think women will feel a lot more supported than seeing an older white man as the pro-
gress," Harris said.

Loop said he hopes people will not make their college decision based on his race or gender. He treats each student as an individ-
al, so he believes they will do the same. "I would hope that, in the year 2022, we would stop judging people by the color of their skin or their sex," Loop said. Stau-
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FROM PROVOST, PAGE 1

Since the start of the COVID-19 pandemic, rates of depression have increased on
campus campuses. Ithaca College is using trauma-informed teaching to combat it.

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Book launch event discusses social media’s power

BY OLIVIA STANZL

Finger Lakes Environmental Film Festival (FLEFF) and the Park Center for Independent Media hosted a book launch for “The Social Media Debate: Unpacking the Social, Psychological, and Cultural Effects of Social Media,” a book that aims to show the debates surrounding the positive and negative impacts of social media on society.

Editor Devan Rosen, professor in the Department of Media Arts, Sciences and Studies, spoke about the book with two of the contributing authors, Isabel Gerrard and Francesca Sobande, at noon March 23 via Zoom. The book has 14 chapters that consist of work from 23 authors, including Rosen.

“We have these social media platforms that allow us to connect with those that we love, to find resources better than our neighbors, to really do anything,” Rosen said. “But within that same window, there are other problems that are occurring, realities happening all over the place, and we have a globe of people that are becoming chronically addicted to these various platforms.”

Rosen said social media has allowed for misinformation to spread, which has had negative impacts on society, like the inspections that happened Jan. 6, 2021 at the U.S. Capitol.

Currently, society is seeing misinformation spread and the Russia-Ukraine war. According to Forbes, misinformation is normal during wars, but has been occurring more than usual during this conflict. Much of the misinformation comes on social media and is coming from third parties.

At its March 21 meeting, the Student Governance Council spoke with Shadayvia Wallace, who became the program director for the MLK Scholars and First-Gen Programs in August 2022. MAGGIE BROWN/THE ITHACAN

SGC talks with program director

BY LORIEN TYNE

The Ithaca College Student Governance Council (SGC) discussed how the SGC can support the Martin Luther King (MLK) Scholars and First-Gen Programs, as well as advocating to end the COVID-19 health sur- vey, at its March 21 meeting.

Shadayvia Wallace, program director for the MLK Schol- ars and First-Gen Programs, started at the college in August 2021 as director for both pro- grams when in past years, the programs were run separately. Each year, the college supports 60 MLK Scholars. About 15% of each incoming freshman class identify as first-generation.

Wallace runs everything for these programs like supporting students’ individual needs and planning events. She said her goal is to bridge the gap be- tween herself and the students.

The programs meet together once a month all together and Wallace said she has started meeting with each cohort indi- vidualy because she found there was a need for more attention to specific students.

“Are there any trends of things you might hear from stu- dents of resources they might want to have at the institution that aren’t as available?” junior senator Derick Ruffino asked.

While MLK Scholars do receive a $25,000 scholarship from the college along with additional need-based aid, she said there are other expenses that it does not account for and first-gen stu- dents have concerns about gaps in financial aid.

“They come to my office for support and I’m like ‘I only have X amount of budget that I have to use for certain things,’” Wallace said. “My pot is very small in what I can do.”

The office designated for the two programs is within the Center for Inclusion, Diversity, Equity, and Social Change, and Wallace said having a dedicated space for the first-gen students would be beneficial.

After the SGC finished talk- ing with Wallace, the council moved into an open agenda session in which sophomore James Zampetti, vice president of communications, said he does not understand why students are still asked to complete the COVID-19 health badge survey that is required to eat in campus dining halls and in some classes.

“I’m in the mindset that it might be best to advocate re- moving it,” Zampetti said.

Members of the SGC plan to reach out to Samm Swarts, assistant director of Emergency Preparedness and Response, to see about ending the practice.

Ruffino said during Spring 2021, the health badge was used to see if students were completing their COVID-19 testing.

“That is, I think, the last time that they were meaningful,” Ruffi- no said. “I think it came from a really good plan, but now, not so much.”

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Cornell moves to yellow alert

BY ELIJAH DE CASTRO

On March 23, Cornell University raised its COVID-19 operational level to yellow “Low to Moderate Risk” after reporting 151 new positive COVID-19 cases March 22 — the highest number of new cases since Cor- nell dropped its mask mandate March 14.

In a statement to the Ithaca commu- nity, Cornell credited multiple factors for the outbreak.

“COVID-19 cases on the Ithaca campus are increasing beyond our predictions, indicating a substantial prevalence of the virus on campus,” the statement said.

“This rising transmission is likely due to a number of factors, including relaxing mask requirements, the emergence of the BA.2 variant, and increased social activities. The ‘Low to Moderate Risk’ operat- ing status calls for ‘immediate voluntary actions’ to be taken, like wearing high-quality masks at parties and participat- ing in surveillance testing.”

The increase in cases comes 10 days af- ter Cornell dropped its mask mandate for most on-campus locations. High-quality masks were still required to be worn in classrooms, laboratories, public transpor- tation and testing sites.

At Ithaca College, COVID-19 cases re- main low, with four total active student cases as of March 23. On March 4, the col- lege lifted its mask mandate.

At the end of the Fall 2021 semester, both Cornell and Ithaca College experi- enced enormous COVID-19 surges that made national headlines. The colleges re- sponded by mandating booster shots.

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We see a regime under [Vladimir] Putin using social media to create horrible disinformation that’s feeling this invasion,” Rosen said. “But the exact same platform is allowing the Ukrainian people to coordinate to find each other to get aid, and to really try to maintain subsistence in this invasion.”

Gerrard, who is a lecturer in digital media and society at the University of Sheffield, said it is important to remember that there are positive aspects to social media.

“It’s really easy to fall into that trap of just thinking about the harms and the conse- quences and the problems [of social media],” Gerrard said. “And because they are so power- ful, they are so vivid, we talk about them all the time. But then there are benefits of social media, we enjoy it in so many ways. And it’s really hard to strike that balance.”

Rana Rumi, director for the Park Cen- ter for Independent Media, moderated the event and asked if the misinformation about the Ukraine-Russia war will result in long-term effects.

“We have a war on ground but there’s also a war on social media in parallel, so much disinformation spread by TikTok is being spread by Russian bots,” Rumi said.

Rosen said governments manipulating misinformation is not new, but social media is spreading misinformation at speeds that are difficult to combat.

“Governments can very easily manipulate what people can see and understand here,” Rosen said. “It’s very efficient, and it’s very fast. That is very, very new. If we look at local, it was a little bit slower. It was easier to vet.”

Devan Rosen, professor of the Department of Media Arts, Sciences and Studies, edited, “The Social Media Debate,” which covers social media’s societal impact.

BRENDA VANNUCCI/THE ITHACAN

Gerrard said the social media debate also needs to be grappled with insin absolute terms. This is because it greatly impacts everyday lives. Gerrard said that while society learned how to handle issues brought on by the TV and radio like mental health, body im- age and bullying, it must now adapt to the role of social media in these topics. A 2018 Pew Research Center’s survey of U.S. teen- agers found that one in six teenagers have experienced at least one form of abusive behavior online.

“It’s forcing us to ask really serious ques- tions about the best ways to moderate it [social media], I think that the debates that we’re having about mental health, body image, bullying we talked about that… all of these debates have happened in the past, but there is something new here,” Gerrard said.

Sobande, who is a lecturer in digital media studies at Cardif University, discussed the necessity of media literacy.

“Quite often, the point at which people start to learn about things such as media, framing, editorializing, narrativizing... and the filtered nature of media depictions,” Sobande said. “All these different forms of media power need to be part of education as early as possible.”

CONTACT OLIVIA STANZL

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COLLEGE BRIEFS

Technical writing course offered that fills curriculum requirements
The Department of Writing is looking for students to enroll in its course called Technical Writing. This course will be offered during Fall 2022 and Fall 2024. In Fall 2022, the course is scheduled to be held at 1:10 p.m. on Tuesdays and Thursdays in Smiddy Hall Room 114. Technical Writing teaches students how to communicate technical, medical, and scientific information. The course will cover the foundations of technical writing, formats and applications, content-specific writing strategies, basic visual design and ethics. It also has student address challenges like job hunting, group work, institutional demands and more. This course fulfills the Writing Intensive requirement for the Integrated Core Curriculum and the professional writing concentration for writing majors. For more information, students can contact Anthony Dillenzo professor in the Department of Writing, at ddimitrova@ithaca.edu.

Professor to guide meditation retreat for all levels of experience
Mary Ann Erickson, associate professor in the Department of Gerontology, will be guiding a seated and walking meditation retreat. Erickson is a certified Kōru Mindfulness teacher.

Both beginning and experienced meditators are welcome to attend between 10 a.m. and 4 p.m. April 2 at the Muller Chapel. Individuals attending may bring their own cushions, but cushions will be provided to all participants.

All attendees will also be given lunch. Students can sign up via IC Engage and anyone who has questions should contact Diana Dunn, program manager of international student and scholar services in the Office of International Programs and Extended Studies, at ddumtino@ithaca.edu.

Writing contest accepting work of all ages, any level of student writers
The writing department is holding a writing contest for Spring 2022. Categories students can submit to are: poetry, short story, history, humor and satire, creative nonfiction, nonfiction, feature and magazine, first-year essay, and personal essay or memoir. First- and second-place prizes will be awarded in each of these categories. There will be an awards ceremony in early May. Entries should be emailed to writingcontest@ithaca.edu.

Students with questions or concerns can reach out to Jim Stafford, associate professor in the Department of Writing, at jstafford@ithaca.edu.

Professor publishes her artwork and displays it at public gallery
Patti Capaldi, assistant professor in the Department of Art, was published in the fifth issue of Message Journal, a University of Plymouth publication. The fifth issue features her work among other artists in a special edition that focuses on photography and visual arts, and includes photographs and insights of the current era. Capaldi’s work, titled “Drift,” is also displayed at Ithaca’s Community School of Music and Art.

Application deadline extended for Fall 2022 orientation leaders
The Fall 2022 orientation staff application deadline has been extended until 11:59 p.m. March 30. Being an orientation leader is a two-week paid position.

Orientation is held from Aug. 16 to 21 and staff training is the week prior. The Office of New Student and Transition Programs will provide orientation leaders with early arrival campus housing and meals.

The Office of New Student and Transition Programs is accepting applications from students looking to take part in panels during the Ithaca Today admitted student program in April. The fair’s events are from 10:30 to 11:45 a.m. April 8 and 9. Ithaca Today volunteers will be asked to answer questions about themselves and their involvement with organizations at the college. All volunteers will be given a $10 GrubHub gift card in exchange for their time.

Individuals with questions or requests for accommodation should reach out to Cara Cirino, admissions counselor in the Office of Admission, at ccirino@ithaca.edu.

Office assistant position open for students seeking summer job
The Office of Residential Life is accepting applications from students looking to work as an office assistant in an office to assist in Fall 2022 orientation leaders' training. The assistant will provide leadership orientation leaders with early arrival campus housing and meals. Other duties include training is the week prior. The Office of New Student and Transition Programs will provide orientation leaders with early arrival campus housing and meals. Individuals requiring disability accommodations can call 607-274-1416 with the extension number: 4-1080.

College seeks students for panel about involvement with clubs
The Office of Admission is looking for students to take part in panels during the Ithaca Today admitted student program in April. The fair’s events are from 10:30 to 11:45 a.m. April 8 and 9. Ithaca Today volunteers will be asked to answer questions about themselves and their involvement with organizations at the college. All volunteers will be given a $10 GrubHub gift card in exchange for their time.

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A capella group performs at IC Square
From left, juniors Talia Fontanilla, Allie Lewis, Emma Clinton, freshmen Lily Lipska and Jessa Williams from Ithaca College’s Tone Cold a capella group perform covers of fun, popular and familiar songs March 21 in IC Square.

THURSDAY, MARCH 24, 2022
NEWS
IC sports media program must promote inclusivity

Imagine a sports media classroom full of men, where the conversation is sustained by “bro culture” easily found in the world of sports. Now imagine being a woman in this classroom, or holding any other identity counter to the dominating bro-y archetype: uncomfortable feelings of anxiety, fear and exclusion take hold. And now remember that Ithaca College stakes its claim on inclusion and diversity.

The gender gap in the Ithaca College sports media degree is glaring and should not get comfortable in this light.

The program became a part of the Roy H. Park School of Communications in Fall 2017, with just 10 out of 51 members being female. As of Fall 2021, only 10.9% of women make up the major after the program’s relocation.

What is the cause for these concerning and limited numbers of women in the sports media program? Why aren’t the results matching the efforts being made in the recruitment process? In fact, what efforts are being made by the administration to recruit more women into the major?

The dynamics with the program’s enrollment efforts need to be made transparent so professors and students can provide insight, recommendations and suggestions to help close the gender gap and make this learning experience truly inclusive.

While students wait for larger administrative action to be taken, it is necessary for them to prioritize the education they want: it is the role of the students to dispel narratives that perpetuate inequality.

Raising class discussions of women’s sports at an equal rate to men’s sports is feasible. Taking an interest in the taboo and creating a dialogue around it is necessary.

While current culture cannot be changed and the gender gap cannot be closed all in a day, it is on students to be thoughtful participants of the day-to-day conversations to help generate a nuanced discussion and overall education that everyone deserves.

Trauma-informed teaching aids in students’ well-being

It has already been two years since the pandemic took hold of the world and forever changed the course of history. Its impacts are now starting to be considered. The trauma everyone will collectively carry from this historic event is significant. Collective understanding of the human experience is healing. Enter trauma-informed teaching.

Dedicated faculty members at Ithaca College have taken note of this change and are working to support their students’ education and attempt to heal their students’ — as well as their own — overall mental health by centering trauma-informed teaching.

Trauma-informed teaching recognizes that everyone may be holding trauma and takes inventory of the individual and their life rather than equating them to a certain standard of being. This way of teaching does its best to avoid retraumatization by actively supporting students’ ability to have control, choice and autonomy.

In the past, everyone’s mental well-being has been pushed to the margins and productivity, output and retention looked to as a sign of health. This unsustainable way of life has been ripped apart and put on display — perhaps the only good thing to come of such a horrific virus. The college’s efforts for adopting trauma-informed practices include partnering with Inner Harbor — a program that provides ongoing support and education to grieving students, staff and faculty — and the JED Foundation which has helped implement different plans focused on supporting mental health on campus.

It is near to impossible for students, faculty and staff to perform at their best if they have greater needs that aren’t being met. That is why being trauma-informed is of the utmost importance for student success and allows faculty to curate a space for collective healing.

By remaining open-minded to this method of teaching, the college community is on the mend to being healthier and smarter, giving way to a better quality of life.
Why can’t we be friends?

If there’s one consistency in my life, it’s the inconsistency of straight male friends. I hate to be the bearer of bad news, but as a woman who is interested in men, I have learned that nine times out of ten, your straight guy friends are only friends with you because they want to hook-up with you. It clutters how inauthentic it sounds, but I’m rather nonchalant about sex. I have been a firm believer that friends can hook-up with each other and return to normal afterward. So, because of this debatable, delusional belief, I have hooked-up with a few of my straight guy friends, and what happened after was a slow communication with me and eventually cut me off completely — in other words, things did not go back to normal after we hooked-up. This may sound like an exaggeration, but I can to this friends with any of my guy friends who I have hooked-up with, and the ends of our relationships were not at all my choice.

It didn’t take me long to understand why these friendships never repaired themselves — I just refused to learn from it. If one of my closest friends who I had previously hung out with all the time and who had treated me with kindness and given me a sudden cut-off all communication with me after we hooked-up, I’d be naive not to know what was going on all along. Is it possible that this man only befriended me in pursuit of seeing me naked?

Turns out it’s entirely possible and probably true. After the same thing happened again and again, I accepted the truth — they never actually cared about me or our friendship, they just wanted to hook-up with me. I felt incredibly used. The experience is dehumanizing and I wonder why it always ends this way. If I was fine to carry on as normal, why weren’t they? Though I don’t subscribe to the idea that women are the gatekeepers of sex, it was kind of true in these instances. As soon as I decided I wanted to hook-up with my guy friends, it happened. And so, before I began to accept that I had been used, I searched for a target to blame. If my decision was responsible for the change in our relationships, whose fault was it but mine? However, as my feelings moved from sadness to anger, I stopped thinking this way. I now realize their immaturity is not my fault, but I’ve found myself unable to trust straight men enough to befriend them at all anymore. I know you might be thinking that there’s an easy solution to this problem — just don’t hook-up with your friends — but why would I want to be friends with men who only see me as an object in the first place? Why wouldn’t I want to have a relationship with someone who has the only thing standing in the way of us never speaking again is my choice to gatekeep sex or not? The answer is, I don’t.

So for now, I would rather have trust issues and have straight male friends than be disposable.

BETWEEN THE SHEETS
GREEN-EYED EX-GIRLFRIEND

GUEST COMMENTARY

Textbook costs burden first-generation students

BY LEANNA CROUSE

College is expensive; I knew that when applying. What I didn’t know as a first-generation student, was exactly how much it was. I didn’t have much guidance, but I managed to get accepted and face the intimidating price tag of Ithaca College. With the help of federal loans, scholarships and a full-time job during the summer, the bill was covered. In the end, I was left with almost nothing and had forgotten to consider the cost of textbooks.

The average textbook costs $80 to $150. Each semester I have taken a minimum of five classes with at least three of them requiring course textbooks. That totals to a minimum of $240 each semester. Like many other first-generation students, I don’t receive any financial help from my family as they cannot afford it. Through alternative methods, I have managed to acquire textbooks at a reduced cost or completely free but often, I cannot get the required materials on time for assignments and coursework. To combat such issues, I have pitched a program, working with the First-Generation Center and the Ithaca College Library. In collaboration with Shadiayya Wallace, program director of M.I.L.K. Scholars and the First-Gen Program, as well as Bernard Hogenh, the library’s access services manager, we hope to create a collection of textbooks from students from their previous classes as a resource for current students taking those courses.

This idea was created for first-generation and other students that find it difficult to obtain textbooks. How will this work? Any student who attends the college and has old textbooks can donate them to the First-Gen Center to have them put into the collection that will be in the Ithaca College Library circulation desk. The system will work the same as books that are on reserve in the library. Students will have to check out a book with their student ID and will have to return it to the circulation desk eventually. Students can search for any textbook they need on the Ithaca College Library website. We hope students will donate their books, grow the collection and remain a resource for all students. This textbook donation will relieve some of the stress related to financial issues that students may have.

This program will be set up to run in Fall 2022. You can reach out to me or the First-Gen Center at firstgen@ithaca.edu for more information on donating your textbooks and future updates.

LEANNA CROUSE (she/her) is a junior integrated marketing and communications major. Contact her at lcrouse81@ithaca.edu.

BY TESS FERGUSON

While an uncovered face might feel like a relief to some, fear still looms over many as students return to campus from their spring break vacations without a mask in sight. The Ithaca College administration ultimately lifted the mask requirement on March 3, only a week prior to the campus closure for spring break.

Although the majority of students have opted to continue wearing their masks, seeing the bottom half of my classmates’ faces for the first time all semester has been a jarring experience.

Because of this odd-time decision, we have yet to see any consequences of the lift in advisory. However, understanding the difference between proactive and reactive decisions is necessary. With three cases nationwide in imperative when it comes to keeping our campus safe.

Proactivity and reactiveness are the same in terms of administration as they are in everyday life. We are being proactive when we attend office hours for clarification on an assignment. We are being reactive when we ask for extra credit because the assignment was done wrong.

The administration is being proactive enough to continue to enforce mask-wearing policies, despite lower case counts. Reactive action is taken when forced to reinforce the mandate because cases begin to skyrocket without it.

Not only is being proactive about prevention, but it is also about growth. By continuing to wear a high-quality mask, I feel safe as though I am protecting not only myself, but my peers, professors and teammates from the ongoing dangers that COVID-19 continues to pose.

It is true, interacting with an unmasked face sounds refreshing but this reality will never truly be true until precautions against the virus, like the vaccine, are welcomed by all and efficiently distributed worldwide. Wearing a mask should not be a personal choice, it should be a personal responsibility.

As we gain living experience with the virus that has plagued the world for the past two years, there will always be those who remain complacent about its impacts, resulting in reckless and poorly-thought-out decisions. Because of this reactive lift in advisory, the burden is handed to professors to pick up the slack that the administration has disregarded in the name of “normalcy.” Now more than ever, the Ithaca College community needs to take accountability as individuals and make mask-wearing an essential part of our routine.

Administrative decisions play an incredibly important role in the lives of all students and staff. The poorly-timed decision to no longer require a mask indoors regardless of vaccination status completely disregards the lives of the immunocompromised and those with loved ones who are unable to get vaccinated.

A college campus should be a place where all students and staff are able to feel safe and comfortable. Instead, many will return to campus feeling at risk. Lifting the campus-wide mask mandate is a reckless, reactive decision made in haste, and will soon prove to have done more harm than good for the mental and physical health of our community.

TESS FERGUSON (she/her) is a freshman journalism major. Contact her at tferguson1@ithaca.edu.

GUEST COMMENTARY

CGCC needs proactive mask mandate

THURSDAY, MARCH 24, 2022

Freshman Tess Ferguson discusses the lifted campus-wide mask mandate and urges the Ithaca College community to continue wearing masks as a proactive measure.
Three Bedroom South Hill Houses or Apartments – Walking distance to campus. Available June or August. Full Furnished, laundry. Starting from $600 per person/month. Certified Properties 607-273-1669
Sudoku

medium

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

very hard

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

answers to last issue’s sudoku:

medium

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

Hard

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

Last issue’s crossword answers

ACROSS
1 Iffy attempt
5 “— la vista!”
10 Subtle glow
14 Robust
15 Use force
16 Wife of Geraint
17 Figure skating jump
18 San Juan’s island
20 Flourish
22 Body of water
23 Blends
24 Expected
25 Narrow inlet
26 Mauna —
27 Pleasant scents
29 Helsinki locale
33 Hills
34 Switch to low beams
35 Feng —
36 Use force
37 Record players
40 Boise’s st.
41 Harper in “Far North”
43 Ego companions
44 Pocket change
46 Ball game openers
48 Whodunnit

DOWNS
1 “Jaws” actor
2 Roll down the runway
3 Sheltered
4 Hotel staffer
5 Streetwise
6 Tickles
7 Burn up the road
8 Prefix for “trillion”
9 PC key
10 Antennas
11 Computer system
12 Paddy crop
13 Hubbub
14 Fortified place
15 Units of work
19 Portent
21 Cupola
25 Hobby
26 Geishas’ attire
27 Extraterrestrial
28 Cook in embers
29 Hamlet’s oath
30 “Take — —!”
31 Unclad ones
32 Watch part
33 Tijuana Mts.
34 Rx givers
35 Feng —
36 Narrow inlet
37 Record players
40 Boise’s st.
41 Harper in “Far North”
43 Ego companions
44 Pocket change
46 Ball game openers
48 Whodunnit

sUDOKU MEdiuM

1 7 2 3
4 3 6 9
2 6 1 4
5 2 7 8
By Natalie Tribiano

"And then you're going to turn your head!" directs freshman Sophia Maiello. A group of students follow her lead, turning their heads to the beat of orchestral music playing through the speakers in a Hill Center classroom. Maiello is teaching the group of students the choreography for the entire student written, composed and casted musical, "Burr."

"Burr."

Freshman Sam Wurdemann, music major with a vocal concentration, said he has had a passion for playwriting and composing since he was in the seventh grade. An interest that his life story, but Wurdemann took a liking to Hamilton's nemesis, Aaron Burr. He took his head to the beat of orchestral music while also telling a story with historical accuracy was brand new to him. Wurdemann said that composing and writing these styles of music while also telling a story with historical accuracy was brand new to him. Wurdemann said he is beyond proud of "Burr." Wurdemann reached out to her after they worked together on Ithaca College Second Stage's "The Addams Family," where she was dance captain. Maiello choreographed five main dance numbers entirely on her own, and then worked with Wurdemann on the rest of the songs.

"This has become so much more than theater in high school, but drifted away from it in college," Rabines said. "I sit down and have to listen to the song and visualize it first," Maiello said. "I'm going to do it."

"This is so interesting and compelling, but I'm going to do it."

Wurdemann wrote "Burr" to feature mostly musical numbers with both hip-hop and R&B influence, taking inspiration from "Hamilton's" composition. Wurdemann said that composing and writing these styles of music while also telling a story with historical accuracy was brand new to him. Wurdemann said he conducted months of research both reading the book "American Emperor" and listening to beloved hip-hop artists like 2Pac, Eminem and Biggie Smalls.

"Burr" contains a total of 16 numbers, all written and composed solely by Wurdemann. He said that it took him two years to write and that the most recent version was finalized two weeks ago.

Junior Cris Rahines, a theater arts management major, had worked alongside Wurdemann at a cabaret performance for IC Second Stage during the fall semester. Rahines said Wurdemann contacted her in November 2021 and asked her to work alongside him as producer of "Burr."

Rahines agreed because she said she saw the show's potential to run independently and not with one of Ithaca College's theater a chance to perform again. Freshman and Ithacappella member Jaiden Collier said he used to be heavily engaged in musical theater in high school, but drifted away from it in college, Rabines said that being a part of "Burr" has been an incredible experience.

"I sit down and have to listen to the song and visualize it first," Maiello said. "I'm going to do it."

"This is so interesting and compelling, but I'm going to do it."

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SPOTLIGHT

Amanda Bynes’ conservatorship ends after nine years

The conservatorship of the former child-actor Amanda Bynes was terminated by a judge March 22. The arrangement was ended following a petition advocating for Bynes. Bynes, 35, has been in a personal conservatorship since 2013, but a conservatorship of her estate ended in 2017. Bynes’ father has been the trustee of the conservatorship while her mother had control of her personal and medical arrangements. The termination was requested by Bynes’ attorney in February 2022 and was met with the full support of her parents. Bynes released a statement through her attorney saying, “In the last several years, I have been working hard to improve my health so that I can live and work independently, and I will continue to prioritize my well-being in this next chapter. I am excited about my upcoming endeavors — including my fragrance line — and look forward to sharing more when I can.”

CULTURED

The Ithacan’s recap of current mainstream and alt culture

Compiled by Eva Salzman

QUOTE OF THE WEEK

“What we do, we’re a conduit for the people . . . we represent for the people and we put it on a platform . . . hopefully I can do my small part to speak for the people, represent, and just keep pushing.”

Lizzo, addressing her fellow artists who won’t use their platforms to challenge politics.

THIS WEEK IN POP CULTURE HISTORY

March 24, 1958

On March 24, 1958, Elvis Presley was enlisted into the United States Army when he was 23 years old. At the time of his enlistment, Presley was a household name as his fame was beginning to peak. Though he was to be inducted Jan. 20, 1958, he requested a deferment because he was in the midst of filming his 1958 film, “King Creole” when he was drafted. Presley left active duty March 5, 1960 at Fort Dix, New Jersey, and received his discharge from the Army Reserve March 23, 1964. Throughout his time in the army, Presley served as a member of two different battalions and was stationed in Germany for two years from October 1, 1958, until March 2, 1960.

March 27, 1952

On March 27, 1952, the film “Singin’ in the Rain” premiered at Radio City Music Hall in New York City. The musical is a romantic comedy about the struggles of three Hollywood actors who are struggling to get their big breaks. The film starred Gene Kelly, Donald O’Connor, Debbie Reynolds and Jean Hagen. Though the film is well known today, it was not very popular during its initial release in 1952. However, the film saw commercial success when O’Connor won the Golden Globe for Best Actor and Betty Comden and Adolph Green won the Writers Guild of America Award for their screenplay.
The sweet message of Weezer’s latest release, “A Little Bit of Love,” could have gotten cheesy fast, but the band’s style saves the track from going sour. The single is innocently bright and sunny.

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Pixar’s latest movie, “Turning Red,” addresses heavy topics with ease, discussing shame, generational trauma and puberty.

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There are lessons for everyone to take away from this album, representing the importance of healing. Overall, it offers a sur- prising success given the sizable weight of emotion in the songwriting.

CONTACT AVERY ALEXANDER
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Singer Alex O’Connor gets intimate with his feelings in Rex Orange County’s new album “WHO CARES?” by informing his listeners that he is stressed about girls, his friends, his music career and even little things like forgetting to close the blinds. He weaves together the mundane reality of life with the fantasy of teenage love.

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Although the album has the elements of a bittersweet breakup, the listener is left to ponder about the deeper meaning of the artist’s experiences through this understanding.

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Normani gets vulnerable in her latest track, “Fair.” The singer’s soothing vocal blend swells over a muted bass line and catchy beat as she sings of love and betrayal.

CONTACT AVERY ALEXANDER
aalexander@ithaca.edu

The artist’s soothing vocal blend solves over a muted bass line and catchy beat as she sings of love and betrayal.

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aalexander@ithaca.edu
WHAT YOU MISSED FROM THE BOMBERS OVER BREAK

BY TOMMY MUMAU AND AIDAN CHARDE

Sophomore swimmer Jack Wadsworth took home the national title for the men’s 100-yard backstroke, at the NCAA Division III Swimming and Diving Championship from March 16 to 19. Wadsworth’s victory in the 100-yard backstroke made him the first national champion for the men’s program since 1996, when Colin Herlihy ’96 brought home titles in the 100- and 200-yard backstrokes. The sophomore’s championship was earned by posting a time of 46.45, a mark that broke his own team and Liberty League record as well as breaking the Division III national record.

Senior Meghan Matheny won her second national title in the women’s pole vault during the NCAA Division III Indoor National Championships on March 11 and 12. Matheny, who won the outdoor title in 2021, had a dominant season for the Bombers. Going into the championship meet, she had cleared 3.90 meters five times, with only one other athlete in the country managing to complete the feat. Matheny cleared 3.95 meters on her first attempt but failed to clear 4.00 meters, something she had achieved twice this season.

Sophomore diver Ava Lowell, on the women’s team, finished in first place for the 3-meter dive at the NCAA Division III Swimming and Diving Championship from March 16 to 19. Lowell posted a score of 486.45 in the finals to win the NCAA title for the 3-meter event. With the victory, Lowell became just the fifth athlete in the history of the women’s swimming team to win an individual national title. The last member of the program to win a NCAA championship was Nickie Griesemer ‘17, who won a pair of titles in the 1- and 3-meter dives in 2018 as a graduate student.

Sophomore sprinter Jalen Leonard-Osbourne won the national title for the men’s 60-meter dash at the NCAA Division III Indoor National Championships on March 11 and 12. Leonard-Osbourne won the first national title in his career with a mark of 6.76 seconds in the finals. He also sped to a 6.72 time in the preliminaries, breaking his own program record for the fifth time and setting the sixth-fastest time in Division III history. Over the course of the season, Leonard-Osbourne compiled a perfect 13–0 record in the event, including preliminary heats. With the win, he also earned the first individual national title in program history.

Dan Robinson ’79 will retire as head coach of the Ithaca College men’s crew at the end of the 2022 season after 47 years on South Hill, including his time as a student-athlete and coach. A March 9 statement from the college stated Robinson was named the head coach of the men’s crew in 1988, following four campaigns as the head coach of the women’s program. He competed on the men’s team during his years as a student and served as an assistant coach for the four years. Robinson has helped lead the team to over 200 regatta victories, three lightweight New York State Small School Championships and three such titles for the heavyweight crew.

Dan Robinson ’79 has been the head coach of the Ithaca College men’s crew since 1988, and will retire at the end of the 2022 season after 34 years in the role. COURTESY OF ITHACA COLLEGE ATHLETICS

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Park offering NIL course to students

BY DANIEL KING

As the country continues to learn about the NCAA's new Name, Image and Likeness (NIL) policy, the Roy H. Park School of Communications is offering a special topic class titled Personal Branding for College Athletes during Spring 2022.

On Friday, March 25, the NCAA approved a new interim policy that would allow college athletes to profit from sponsorships and endorsements. After the policy was passed, Ellen Staurowsky, professor in the Department of Media Arts, Sciences and Studies at Ithaca College, knew this was a topic she wanted to have available for sports media majors to expand their knowledge. Staurowsky said she reached out to Jack Powers, interim dean in the School of Communications, about starting this course.

“It was a long time coming,” Staurowsky said. “The NCAA interim policy is really a reflection of that leadership. All of this is restoring the rights athletes should have had throughout the 20th century that was taken away from them through NCAA regulations.”

Classes like this are becoming common in institutions across the country, but especially in Division 1 schools. Out of 65 Power Five universities, which consists of the SEC, Big Ten, Big 12, PAC 12 and ACC, 53 of them are offering a NIL related class, according to Sports Illustrated.

What also drove Staurowsky to teach this class was the interest of students. While there is limited to only those pursuing a major in sports media, it can be helpful for student-athletes at the college. Senior Brady Lynch, women’s basketball player and former women’s soccer player, said she was particularly interested in taking this course as a student-athlete.

“Between soccer and basketball, we never had any type of talk of how to be able to promote your own image and name,” Lynch said. “When I saw we were going to have a class about that and Dr. Staurowsky was teaching it, I knew it was something I wanted to take.’

Staurowsky said the course is divided into two key areas of focus. The first half of the semester is set on trying to better understand exactly what this new NIL policy means in the world of college athletics. The second half of the semester is more focused on the branding aspect for athletes to capitalize on the NIL rules.

Junior football wide receiver Julien Deumaga said he hopes to learn more about enhancing his brand by taking this course and pass what he learns in this course onto others.

“If ever I did have a chance to further brand myself, I definitely feel I will be more prepared after taking this class,” Deumaga said.

“Learning about it has been very cool. So if the opportunity ever arises, then we will see where it takes me.”

For the athletes and coaches, this was an opportunity to better understand how to use this in the modern day, as Chris Hayes ’16, head coach of men’s and women’s tennis teams, said. “It was supposed to say the least.”

Hayes said the teams were eager to return to this tradition in 2022 after the abrupt end to the last trip. During this year’s spring break from March 12 to 20, several Bombers teams returned to the annual tradition by traveling to compete. The college’s baseball, softball, men’s and women’s tennis and men’s and women’s tennis teams traveled south for the spring break.

Both tennis teams played four matches in Hilton Head, South Carolina, and the men’s and women’s tennis teams played a pair of games in Memphis, Tennessee. The baseball team played in the Russell Invitational during the break, competing against teams from Florida. The softball team also traveled around North Carolina to play four doubleheaders before playing two games in Salisbury, Maryland.

The Bombers’ spring sports teams were able to play a restricted season in Spring 2021, facing only local and conference opponents. This season, the college’s teams were allowed to head down South again for a spring break trip.

For the athletes and coaches, this was an experience that many have either missed out on or experienced for the first time. Freshman Anna Cornell, pitcher on the softball team, traveled south for her first time with the team. Cornell said that the excitement surrounding the team had been building up and that a few upperclassmen on the team shared their experiences.

“The upperclassmen have expressed the impact of the trip from a team bonding standpoint in addition to the athletic opportunity itself,” Cornell said. “With this being the first spring break for over half of the players on our roster, we are hopeful that spring break will allow us to continue to define our team values and determine what sets ’Team 54’ apart from previous teams.”

Each of Ithaca College’s teams traveling south faced unfamiliar competition. Jeff Long, head coach of the men’s lacrosse team, said a majority of its focus had been on the first five games, and it had started the season with a 4–1 record before the break.

The men’s lacrosse team won both of its games in Tennessee. The South Hill squad defeated Birmingham-Southern College 18–10 and Rhodes College 16–6. Sophomore attacker John Sramac scored his 23rd goal of the season and junior attacker Jake Erickson earned his 20th during the trip. The Bombers returned to South Hill with a 6–1 record.

The softball team finished the trip with a 3–4–0 record, bringing it to 5–7–0 on the season. The Bombers swept Pfeiffer University winning 4–1 and 8–0. The Bombers also defeated William Peace College 11–1 in a non-conference game.

While heading back to New York, Ithaca College defeated Muhlenberg College 9–0 and lost a close game 3–0 to Salisbury University, which is ranked second in the country. Cornell struck out 38 batters over 22.2 innings pitched over the break. She also threw a one-hitter against Muhlenberg.

The Bombers men’s tennis team went 2–2 during its trip to Hilton Head. The squad defeated Nichols College 7–2 and Webster University 9–0. The team was defeated 6–3 by Washington College and 7–2 against Ashbury University.

The women’s tennis team also went 2–2 playing the same opponents with the exception of Webster. The team defeated Nichols 8–1 and Ashbury 7–2. It lost close matches to George Fox University and Washington College, falling 5–4 to both teams.

The Bombers baseball team had a productive trip, 6–1 during the break, which was highlighted by a 3–2–0 win over No. 11 Wheaton College. The club scored 16 runs on North Park University and the University of Wisconsin-La Crosse winning both games.

The squad also defeated Springfield College and Franklin & Marshall College scoring 10 runs in both games. The club ended its spring break trip with a 7–2 victory over Stevenson College.

Although COVID-19 restrictions still loom over everything, Chris Hayes Long and the rest of the Bombers are cautious and know the importance of athletes being able to travel extended distances once again. While it isn’t all normal, there is snowing in February and it’s 10 degrees, it’s nice to have something to look forward to,” Long said. “It has been such a crazy last couple of years and I think it’s going to be really special.”
Junior Alea Razmjou pours maple sap into a boiling pan March 21 to kick off the Non-Timber Forest Products class’ maple syrup boil. The class boils sap during the spring semester in order to make maple syrup that will be sold via South Hill Forest Products, a student-run business that specializes in products made from natural materials.

BRENDAN IANNucci/THE ITHACAN