

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, Marist College and Emerson College, three private institutions similar to Ithaca College in size and location. Emerson had the highest percentage of women

Sports Media Students From 2017-2021

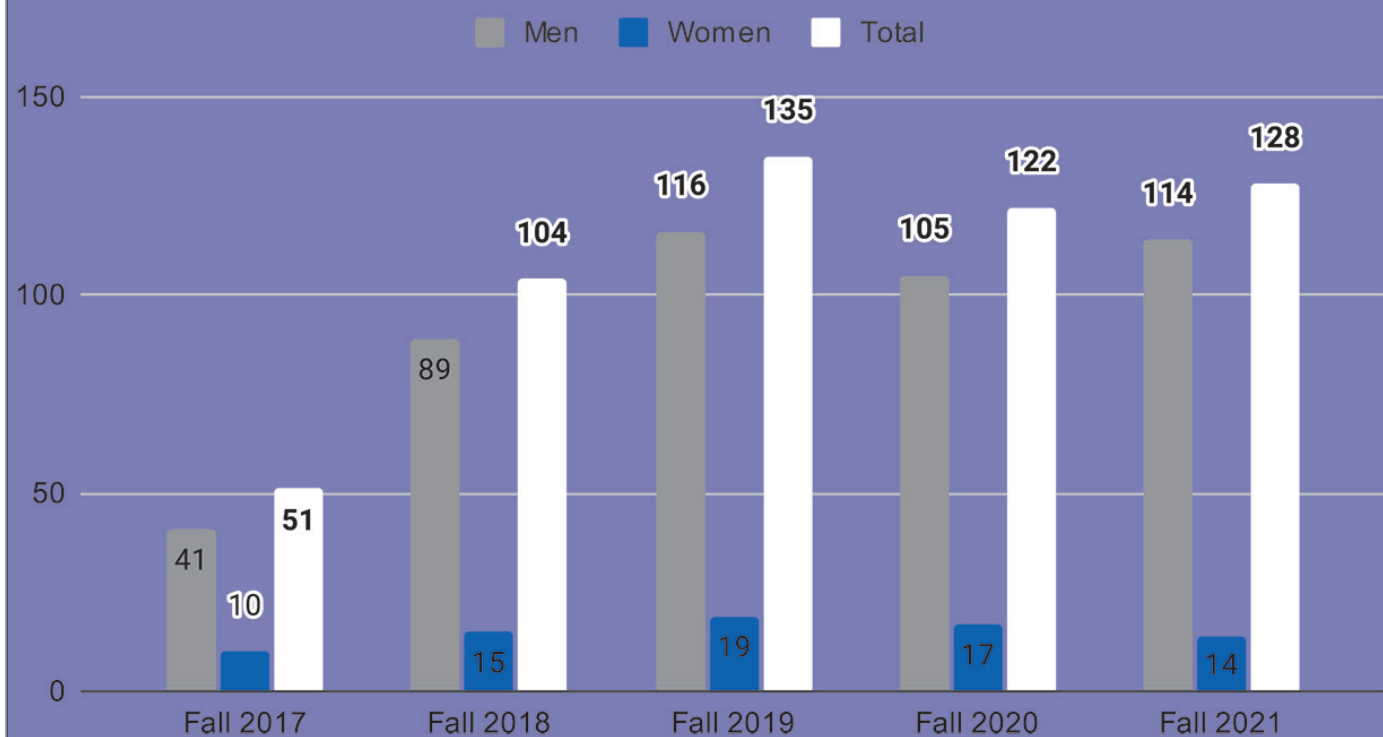


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GENDER GAP, PAGE 4

Former dean of H&S named new provost of Ithaca College

BY ALEXIS MANORE

Ithaca College President La Jerne 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 H&S in 2019, and she previously worked as dean of Academic Affairs at Trinity College in Hartford, Connecticut.

"I am confident that Ithaca College will benefit from [Stein's] continued service on behalf of



From left, Melanie Stein and Claire Gleitman are provost and Dean of the School of Humanities and Sciences at Ithaca College, respectively.
ASH BAILOT, FILE PHOTO/THE ITHACAN

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

PROVOST, PAGE 4

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 works 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 these feelings.

"Teachers are in such an amazing position to be able to model

TEACHING, PAGE 4

LIFE & CULTURE | page 12

STUDENT WRITES HAMILTON-STYLE MUSICAL: 'BURR'



OPINION | page 8

COVID-19 TRAUMA NEEDS RESOURCES FOR EDUCATION



SPORTS | page 14

IC ATHLETES SEE SUCCESS DURING SPRING BREAK

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 role of the president for the rest of the academic year is that elections will start in April and replacing the president will present even more challenges.

“We felt, as an e-board, that replacing the president would not be the best thing for the organization,” Zampetti said. “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



Since junior Déontae Guy, former Student Governance Council (SGC) president, resigned in November 2021, members of SGC have had to distribute the responsibilities of the president among themselves.

MAGGIE BRYAN/THE ITHACAN

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, waspassed 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 Shingler 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,” Shingler 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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IC Creatives: Rachel Paskowitz

Junior Rachel Paskowitz, a television-radio major, talks about ICTV and the internship at NBC that helped her cover the 2022 Winter Olympics.



Deja View - “Greener Grass” (2019)

Host Sydney Brumfield is joined by junior Charlie Amand as she continues her comedy mini series by talking about the 2019 film “Greener Grass.”

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The Ithacan

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, where students will perform at Cayuga Medical Center.

Community outreach is not new to the School of Music, as it has had other programs like the Music as Medicine Project, which was 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 the American Journal of Medicine. Lori Gooding, president of the American Music Therapy Association and associate professor of music



Junior Isaac Schneider is one music student taking part in Music as Medicine, a collaboration between Ithaca College and Cayuga Medical Center to provide music to hospital patients.

ABBY BRADY/THE ITHACAN

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 calming."

Two informational sessions were held March 1 and 5 and while only a handful of students attended, Ivy Walz, interim dean of the School of Music, said 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."

Schneider said he thinks it is important for music to be played for staff as well as patients.

"I think this is like acknowledgement in the way that we can, as musicians, [say] we hear you, we see you, we support you, especially in the context of the pandemic," Schneider said.

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Duo security expands at IC

BY ELIZABETH KHARABADZE

Ithaca College staff, students and faculty can expect to find an extra step when logging into Zoom and Formstack Forms. 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 vulnerable to cyberattacks and being stolen by third parties.

While Zoom was highly utilized during the COVID-19 pandemic, it also experiences a form of cyber-attack called 'Zoombombing,' 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, while 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 have been no immediate threats 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 is] 30 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 login 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 able to get into your account," Burgos said. "I hope that people here are more mature and that [Zoombombings] wouldn't happen in Zoom meetings and at Ithaca College."

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New club supports student veterans at IC

BY ELIZABETH KHARABADZE

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 college, there's a very small amount of traditional students that are in any way related to the military," Hinojosa said.

According to the 2021 national SVA Census Survey, 77.85% 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), is a monthly allowance paid to eligible service members when government housing is not available. The stipend, Hinojosa said, is often not reflective of the cost of living at the college — with the cost of tuition for the



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

KEVIN YU/THE ITHACAN

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 he was dismayed by the financial limitations BAH posed, which makes focusing on school more difficult for him.

"Ithaca College doesn't have to figure anything out, it is all just reinventing the wheel," Kang said. "They have literally hundreds of colleges with proven effective means. It's just whether an administration wants to step

forward and implement that with time and financial investments."

Jacqueline Winslow, director of New Student and Transition Programs, is one of the people working with SVA to provide resources to aid their transition.

"It's talking to and listening to those students as individuals and understanding [what they need]," Winslow said. "What I'm hoping to build with the help of our current veteran students is some advice and mentorship about what's most important for incoming student veterans."

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FROM GENDER GAP, PAGE 1

enrolled in a sports communication degree with 25.6%, followed by Rider with 18.75% and Marist with 18%. At the time, Ithaca College’s sports media major was 14% female.

Mead Loop, professor in the Department of Journalism and director for the sports media program, said he thinks it is important for enrollment numbers to increase for both the major and the college, regardless of gender.

Tim Mirabito ’03, assistant professor in the Department of Journalism, said the most women he has had in a sports media class is six. He added that the lack of growth is something the program is paying attention to, but knows it still has a long way to go.

“I think we are trying to [fix the gap],” Mirabito said. “I think the results haven’t matched the efforts from my point of view.”

Mirabito said he thinks part of the reason for the gap is because of the lack of professional opportunities. A study from the University of South Carolina also found that 95% of sports anchors and co-anchors at ESPN and local affiliate stations were men.

But he added that the low numbers cannot just be played off under the reasoning of fewer professional opportunities. If anything, he said it shows just how important it is for more women to enter the field.

“I don’t consider the professional prospects as an adequate excuse for not having more female students,” Mirabito said. “It’s a complete effort across the board to be mindful of this, it’s a charge that I think we all understand and can kind of be on board with.”

Emily Adams ’21, a former sports editor for *The Ithacan*, now works in Knoxville, Tennessee as a sports reporter after graduating with a degree in journalism and a minor in sports studies. Although Adams wanted to go into sports, she said she did not want to be in the sports media major at the college.

She said one reason she thinks the sports media major has such a big gender gap is because of students who want to go into sports, but want a more specific major such as journalism or television-radio. Women make up 48% of the students in television-radio and 70% in journalism.

“I think it’s interesting because the journalism 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 “bro-y.” Because of that, she thinks the men do not get challenged in their ideas since many of them come from the same perspective.

“It turns into a bit of an echo chamber in some ways,” Adams said.

But a step in the right direction, Adams said, was the program hiring Ellen Staurowsky ’79, professor in the Department of Media Arts, Sciences and Studies. Staurowsky earned a Master of Science in sport psychology 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 environment for women.”

The college has a chapter of the Association for Women in Sports Media (AWSM), a nationwide organization that acts as a support 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 advisers.

Harris said she used to feel uncomfortable walking into classrooms with only men, not only because of the students, but the fact

Number of Men and Women at Ithaca College

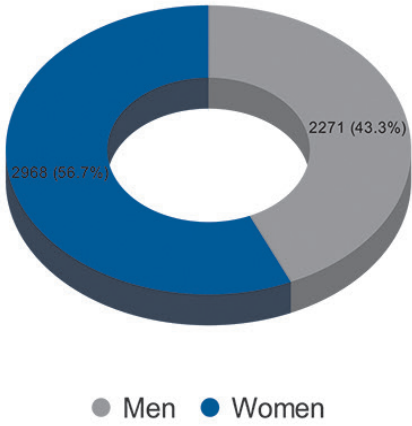


ILLUSTRATION BY MALIK CLEMENT

that all of her professors were men before Staurowsky rejoined the college.

“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 professors [than with students] . . . that has made me uncomfortable or made me feel that I didn’t belong there.”

Harris 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 dissuaded 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 program head,” 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 individual, so he hopes they will do the same to him.

“I would hope that, in the year 2022, we would stop judging people by the color

of their skin or their sex,” Loop said. Staurowsky, despite being one of just three professors for the degree, said she does not know how recruiting for the major works. While she has made inquiries about the demographics of applicants, she said she has not been able to receive an answer.

“I have a lot of questions about the dynamics 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 more inclusive in their conversations, especially the ones that happen before class.

“I’m not sure if I’ve ever heard somebody come in and . . . offered commentary that was about the WNBA that was a male student,” Mirabito said. “[But] it’s a shift in culture, which takes a long time.”

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FROM TEACHING, PAGE 1

vulnerability for students . . . to say, ‘You know, this is hard to talk about, it’s hard for me to talk about, you know, how are you guys doing?’” Zucker said. “It doesn’t have to be because we’re talking about trauma. It could be in an accounting class. You never know what’s triggering for one person and it might not be triggering for another person.”

Sophomore Will Regalado Succop said he is currently taking a class where he is assigned many upsetting books to read, and while he finds the perspective of struggle important to reflect on, content warnings are necessary to include when teaching.

“I think that in artistic fields and literary fields, art is often the product of trauma or a way to work through suffering,” Regalado Succop said. “So, specifically in fields like that, it would be especially important to make sure that . . . they’re [students] at the very least aware of the kind of things that they’re going to be exposed to.”

One way Zucker said professors can bring trauma-informed practices to the classroom is simply by giving students a heads up of possibly sensitive or triggering content like abuse, neglect and death. The next step, she said, is to talk with students about some of the strategies that they may need to use in the classroom like allowing space for frequently checking in, taking breaks and offering for students to leave if necessary.

“The reality is, we’re all going through huge losses right now with COVID,” Zucker said. “So, even the people that look like they’re doing OK deserve to be honored for the trauma and loss that they’ve been through.”

In early March, Melodie Kolmetz, director of didactic education and assistant professor in the Physician Assistant Program, co-taught a one-time course for faculty on trauma-informed teaching. The course covered



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

ARIANA GONZALEZ/THE ITHACAN

how to implement specific trauma-informed educational practices designed to meet needs and teach responsive educator behaviors.

“Assume that everyone has had trauma,” Kolmetz said. “It’s safe to assume that now, because pretty much everybody that’s lived through COVID.”

Another way in which the college has begun to adopt trauma-informed practices on campus is by partnering with the JED Foundation (JED) at the start of the pandemic in Spring 2020. Through this partnership, the college has implemented various plans aimed at supporting mental health on campus. Ryan Bunts, JED coordinator for the college, said the foundation has been looking extensively into the impacts of COVID-19 on students’ mental health.

“A lot of people, I think, thought it would just go back to normal once the pandemic started slowing down, but there is a lot of PTSD, a lot of trauma,” Bunts said.

Regalado Succopo said he thinks the support system that exists for students and faculty

should be more diverse in order to fully accommodate the campus community’s needs.

“I’m a cis white guy, so I can talk to anybody and they’ll get it,” Regalado Succopo said, “Each individual struggle is very unique and needs to be treated by or addressed by someone who can really understand that.”

While there is significant work being done to accommodate the growing need for mental health services and accommodations, Kolmetz said there is a lack of support for faculty trauma.

“I would like students to understand or at least entertain the idea that it’s not just students that have trauma; faculty members are experiencing many of the same things that learners are experiencing,” Kolmetz said. “We have barriers and challenges as well. So I feel like it should be a working partnership, and a two way street so that we can make sure that everyone is successful.”

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FROM PROVOST, PAGE 1

college’s newly founded Women’s and Gender Studies program.

“I have considered it an honor to serve in leadership roles within the liberal arts core of Ithaca College,” Gleitman said in a March 23 announcement. “I look forward to continuing to support H&S faculty and students in the innovative, collaborative, creative work that they do — inside and outside of the classroom; in seminars, performance spaces, lecture halls, internships, and labs — as they demonstrate the urgent importance of the liberal arts to imagining a better future for all citizens of our troubled world.”

The email noted that during the 2019 national search for the dean of the School of H&S that led to Stein’s hiring, Gleitman was one of the four finalists.

In a post on the Ithaca College News website, Stein praised the careers of both Cornish and Gleitman.

“During my time at the college I have been continually impressed by the quality of our amazing faculty, our dedicated staff, and our engaged students,” said Stein. “I look forward to partnering with President Cornish to guide us into our bright future. Claire has done a terrific job in the role of interim dean of humanities and sciences this year, and I look forward to continuing our work together as part of an academic leadership team with all five deans appointed.”

The announcement took place after the Ithaca College Faculty Council held an unscheduled meeting on March 22. Unlike normal faculty council meetings, *The Ithacan* was not allowed to attend.

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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 survey, at its March 21 meeting.

Shadayvia Wallace, program director for the MLK Scholars and First-Gen Programs, started at the college in August 2021 as director for both programs 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 between herself and the students. The programs meet together once a month all together and Wallace said she has started meeting with each cohort individually because she found there was a need for more attention to specific students.

"Are there any trends of things you might hear from students of resources they might want to have at the institution that aren't as available?" junior senate chair Austin Ruffino said.

While MLK Scholars do receive a \$25,000 scholarship from the college along with additional



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 BRYAN/THE ITHACAN

need-based aid, she said there are other expenses that it does not account for and first-gen students 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 talking 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 removing 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," Ruffino said. "I think it came from a really good plan, but now, not so much."

CONTACT LORIEN TYNE
LTYNE@ITHACA.EDU

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 Cornell dropped its mask mandate March 14.

In a statement to the Ithaca community, 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" operating status calls for "immediate voluntary actions" to be taken, like wearing high-quality masks at parties and participating in surveillance testing.

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

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

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

CONTACT ELIJAH DE CASTRO
ELIJAHDECASTRO@ITHACA.EDU

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 negative and positive 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, Ysabel 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 networks and to in many ways, live a better life," Rosen said. "But within that same window, we have our democracies imploding, we have misinformation, 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 insurrection that happened Jan. 6, 2021 at the U.S. Capitol.

Currently, society is seeing misinformation spread about 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 is seen on social media and is coming from third parties.

"We see a regime under [Vladimir] Putin using social media to create horrible disinformation that's fueling 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 consequences and the problems [of social media]," Gerrard said. "And because they are so powerful, 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."

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

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

Rosen said governments manipulating information 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 new. If we look at traditional media, it was a little bit slower. It was easier to vet."



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

BRENDAN IANNUCCI/THE ITHACAN

Gerrard said the social media debate also needs to be grappled with in societal 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 image 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. teenagers found that one in six teenagers have experienced at least one form of abusive behavior online.

"It's forcing us to ask really serious questions 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 Cardiff 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
OSTANZL@ITHACA.EDU

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.

The 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, context-specific writing strategies, basic visual design and ethics. It will also have students address challenges like job hunting, group work, institutional demands and market forces.

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 DiRenzo, professor in the Department of Writing, at direnzo@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 Koru 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 on IC Engage and anyone who has questions should contact Diana Dimitrova, director of international student and scholar services in the Office of International Programs and Extended Studies, at ddimitrova@ithaca.edu.

Writing contest accepting work of any type from student writers

The writing department is holding a writing contest for Spring 2022. Categories students can submit to are: poetry, short story, hybrid, 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, assistant 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 COVID-19 as well as visual reflections 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.

Any current student that is attending the college during Fall 2022 is eligible to apply. Students with questions or concerns can email nstp@ithaca.edu.

College to hold campus club fair for admitted students in April

The Office of Admission is holding a student organization fair during Ithaca Today, a program for admitted students held in April. The fair is from 11:45 a.m. to 1 p.m. April 8 and 9.

Student organizations can take part in the fair and begin recruiting new students. Any campus clubs interested in participating are encouraged to email ictodayevent@gmail.com to reserve a spot for one or both days. Individuals requiring disability



A capella group performs at IC Square

From left, juniors Talia Fontanilla, Allie Lewis, Emma Clinton, freshmen Lily Lipka and Jess Williams from Ithaca College's Tone Cold a capella group perform covers of fun, popul and familiar songs March 21 in IC Square.

MAGGIE BRYAN/THE ITHACAN

accommodations can call 607-274-3124 with the extension number: 4-1080.

College seeks students for panel about involvement with clubs

The Office of Admission is looking for student volunteers 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 East Tower or Circles Community Center during summer 2022.

If hired, a student office assistant would provide front desk coverage by answering phone calls, guiding students through the housing experience, directing inquiries and completing special projects assigned to them. Interested students are required to apply for the job through the student employment portal.

Individuals with disabilities that require accommodations can contact Kasey Huddle Spada, administrative operations coordinator in the Office of Residential Life, at either kjspada@ithaca.edu or 607-274-3141.

PUBLIC SAFETY INCIDENT LOG

SELECTED ENTRIES FROM MARCH 7 TO MARCH 13

MARCH 7

MEDICAL ASSIST/ ILLNESS

LOCATION: 122 Farm Pond Road/ Office of Public Safety
SUMMARY: A caller reported a person experiencing abdominal pain. Patrol Officer Kevin McClain reported that the person was transported by ambulance to a hospital.

SCHEME TO DEFRAUD

LOCATION: 288 Lyceum Drive/ Holmes Hall
SUMMARY: Caller reported unknown person attempting to extort the caller through social media. Master Patrol Officer Bob Jones responded.

MARCH 8

SCC UNDERAGE ALCOHOL POSSESSION

LOCATION: 199 Tower Skyline Drive/ Terrace 2
SUMMARY: The Office of Student Conduct reported one person was referred for underage possession of alcohol. Lieutenant Michael Nelson responded to the conduct report.

ACCIDENTAL PROPERTY DAMAGE

LOCATION: 100 Block Conservatory Drive/ F-Lot
SUMMARY: An officer reported two signs were damaged from high winds. The Office of Facilities was notified to replace the damaged signs. Patrol Officer Kevin McClain responded.

MARCH 9

MEDICAL ASSIST/ INJURY

LOCATION: Grant Egbert Blvd.
SUMMARY: Caller reported a person tripped and fell, injuring their knee. Officer reported that the injured person declined medical assistance. Master Patrol Officer Bob Jones responded to the scene.

MARCH 10

MOTOR VEHICLE ACCIDENT/ PROPERTY DAMAGE

LOCATION: Flora Brown Drive/ L-Lot
SUMMARY: Caller reported a two-car property damage motor vehicle accident. Master Patrol

Officer Bob Jones responded.

PROPERTY MISAPPLICATION

LOCATION: 145 Textor Circle
SUMMARY: A caller reported that a person knowingly failed to return a borrowed laptop computer. Patrol Officer Kevin McClain responded.

MARCH 11

MEDICAL ASSIST/ INJURY

LOCATION: Lyceum Drive
SUMMARY: Caller reported pain and swelling to their knee as a result of falling on stairs due to slippery conditions. Officer reported that the fall occurred March 9. Sergeant Bryan Verzosa responded.

SCC FIRE SAFETY OFFENSE

LOCATION: 170 College Circle
SUMMARY: Caller reported a smoke detector was covered with a plastic bag and hanger. Officer confirmed the plastic bag and hanger were removed from the detector. The Office of Residential Life referred residents for causing a fire safety hazard. Sergeant Jon Elmore responded.

MARCH 12

MEDICAL ASSIST/ INJURY

LOCATION: Substation Road
SUMMARY: Caller reported a person sledding appeared to have collided with a tree. Officer reported the person was not affiliated with the college and that they had left to seek medical treatment prior to the officer's arrival. Patrol Officer Mayra Colon responded.

UNLAWFUL POSSESSION OF MARIJUANA

LOCATION: Flora Brown Drive/ Terrace 8
SUMMARY: Caller reported finding marijuana and drug paraphernalia during health and safety checks. Patrol Officer Mayra Colon reported one person to be referred to the Office of Student Conduct for unlawful possession of marijuana.

MAKING GRAFFITI

LOCATION: Flora Brown Drive/ Terrace 3
SUMMARY: Caller reported that an unknown person made graffiti on

a wall in the laundry room. Patrol Officer Mayra Colon responded.

MARCH 13

SCC IRRESPONSIBLE USE OF ALCOHOL AND DRUGS

LOCATION: Grant Egbert Blvd./ Eastman Hall
SUMMARY: Caller reported a highly intoxicated person. Officer reported the person was taken into custody under New York state's Mental Hygiene Law and was transported to the hospital by ambulance. Person was reported to be judicially referred for irresponsible use of alcohol. Sergeant Jon Elmore responded.

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

KEY

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



ILLUSTRATION BY ANNA MCCRACKEN

EDITORIALS

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 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.

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



BETWEEN THE SHEETS
GREEN-EYED EX-GIRLFRIEND

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 10, your straight guy friends are only friends with you because they want to hook-up with you.

I know how insufferable 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 debatably delusional belief, I have hooked-up with a few of my straight guy friends, and what happened after? They slowed 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 am no longer 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 all of 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 deems women "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 would I want to have a relationship with someone where the only thing standing in the way of us never speaking again is my choice to gate-keep sex or not? The answer is, I don't.

So for now, I would rather have trust issues and no straight male friends than be disposable.

BETWEEN THE SHEETS is an anonymous sex column of stories from Ithaca College students. Contact *The Ithacan* at ithacan@ithaca.edu.

GUEST COMMENTARY

IC needs proactive mask mandate

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 March 4, 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 oddly-timed decision, we have yet to see any true consequences of the lift in advisory. However, understanding the difference between proactive and reactive decisions in response to fluctuating case counts nationwide is imperative when it comes to keeping our campus safe.

Proactivity and reactivity are the same in terms of administration as they are in everyday student 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 when they continue to enforce mask-wearing



Freshman Tess Ferguson discusses the lifted campus-wide mask mandate and urges the Ithaca College community to continue wearing masks as a proactive measure.

KALYSTA DONAGHY-ROBINSON/THE ITHACAN

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 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 be truly safe until protections 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 experience living 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

Textbook costs burden first-gen 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 classwork. To combat such issues, I have pitched a program, working with the First-Generation Center and the Ithaca College Library. In collaboration with Shadayvia Wallace, program director of MLK Scholars and the First-Gen Program, as well as Bernard Hogben, the library's access service manager, we hope to create a collection of textbooks donated from students from their previous classes as a resource for current students taking those classes. This idea was created for



Junior Leanna Crouse discusses the overwhelming costs of textbooks, how they impact first-generation college students, and what she is doing to help relieve future costs.

ASH BAILOT/THE ITHACAN

first-generation and other students that find it difficult to obtain textbooks.

How this will 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 lcrouse@ithaca.edu.

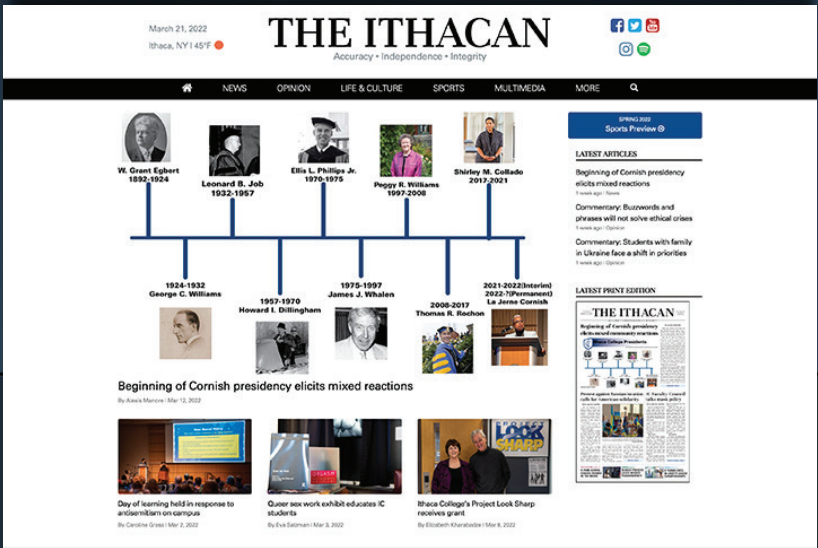
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crossword

By Quill Driver Books

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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 (2 wds.)

20

Flourish

22

Body of water

23

Blends

24

Expected

26

Mauna —

27

Pleasant scents

29

Helsinki locale

33

Hills

34

Switch to low beams

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

48

Whodunnit

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49

Spleen

50

Odometer button

51

Beside

54

Type of party

55

Luxury fur

59

Civil servant

62

Designer label

63

Like some fears

64

Common greeting

65

Island near Corsica

66

Fawn or doe

67

Arab nation

68

For fear that

DOWN

1

“Jaws” actor

Robert —

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

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Antennas

11

Computer system

12

Paddy crop

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Hubbubs

19

Portent

21

Cupolas

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 Ms.

34

Rx givers

38

Magazine execs

39

Facets

42

Glossier

45

Fortified place

47

Units of work

48

Fab Four member

50

Domain

51

Between

52

Put cargo on board

53

Look at amorously

54

Bird abode

56

Liver secretion

57

Underhand throws

58

Latin 101 word

60

Your, old style

61

Geologic time

last issue’s crossword answers

Y	E	T	I		A	B	A	S	E		O	K	R	A
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Create and solve your Sudoku puzzles for FREE. Play Sudoku and win prizes at: PRIZESUDOKU.COM The Sudoku Source of “The Ithacan”.

sudoku

medium

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

very hard

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

Not throwing away his shot

FRESHMAN COMPOSES 'BURR,' A 'HAMILTON'-INSPIRED MUSICAL

ILLUSTRATION BY BRIANNA TOVAR

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 entirely student written, composed and casted musical, "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 has led him to his biggest and most challenging production yet: "Burr."

After "Hamilton" was released on Disney+ in July 2020, Wurdemann said he was struck with inspiration by the musical's history and its characters. "Hamilton" is a musical adaptation of Alexander Hamilton's life story, but Wurdemann took a liking to Hamilton's nemesis, Aaron Burr. He took to Wikipedia, and while looking at Burr's page, he came across a section titled, "Conspiracy and Trial." The page detailed Burr's life after he shot Hamilton and his rather unknown plans to venture West and establish a new country to overtake the United States. Wurdemann said that he was absolutely fascinated by this untold story and that he thought it deserved the same treatment

that "Hamilton" got.

"This is so interesting and compelling, but the fact that it hadn't been made into a story yet is insulting to me," Wurdemann said. "So I'm going to do it."

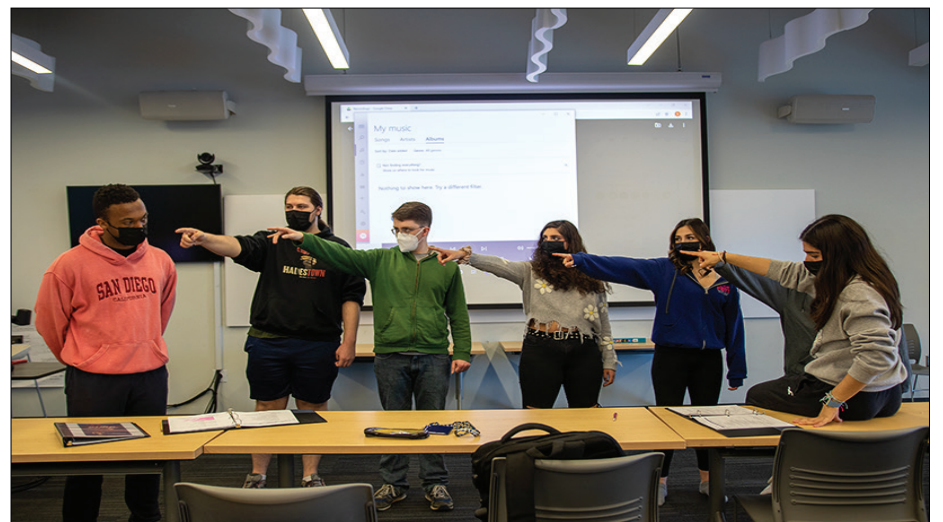
Wurdemann wrote "Burr" to feature mostly musical numbers with both hip-hop and R&B influence, taking inspiration from "Hamilton's" composition. Wurdemann said that composing and writing these styles of music while also telling a story with historical accuracy was brand new to him. Wurdemann said he conducted 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 Rabines, a theater arts management major, had worked alongside Wurdemann at a cabaret performance for IC Second Stage during the fall semester. Rabines said Wurdemann contacted her in November 2021 and asked her to work alongside him as producer of "Burr."

Rabines agreed because she said she saw the show's potential to run independently and not with one of Ithaca College's theater organizations.

"The vision we have for the show maybe



Freshman Sophia Maiello leads a dance rehearsal in Hill Center 107 for the cast of "Burr." Rehearsals take place three times a week for two hours each.

ARIANA GONZALEZ/THE ITHACAN

doesn't fit perfectly with what [the college] already has," Rabines said. "So nothing is stopping us from doing this on our own."

Rabines said she is excited to see such a diverse cast — a decision that stays true to the original casting choices of "Hamilton," which is led almost entirely by people of color.

"It can be a bit daunting as a person of color to audition for things when the school is so predominantly white," Rabines said. "It's cool to have a little production that has all of this [diversity] coming from everywhere."

Since Rabines is currently studying abroad in London, sophomore Olivia Celenza will step in to assist in producing the show. Celenza said she works closely with both Rabines and Wurdemann and said that being a part of "Burr" has been an incredible experience.

"I know how passionate and dedicated [Wurdemann] is," Celenza said. "And to see the little show that he was writing come to life in such a huge way is something that I am just so proud of."

Auditions were held Feb. 25 and 26 and 10 actors were cast in iconic historic roles like Thomas Jefferson, Theodosia Burr Alston, Jonathan Dayton and of course, Aaron Burr.

Since "Burr" is independent from any theater clubs at the college, it has given students who may have strayed away from musical 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. Celenza encouraged Collier to audition, and he wound up as the star of the show: Aaron Burr himself.

"I think it'll be a challenge for me to play [Burr] because ...I've typically done comedic characters up until now," Collier said. "So doing something a little more serious will be very [interesting]."

Maiello, "Burr's" choreographer, said 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.

"I sit down and have to listen to the song and visualize it first," Maiello said. "Naturally my body will start moving and then I'm like, 'OK. This makes sense.'"

As of now, Wurdemann said the team is set to debut in Iger Hall in the James J. Whalen Center for Music in late April. Tickets will soon be available via the team's Instagram page. Wurdemann said he is beyond proud of his cast.

"This has become so much more than just my vision," Wurdemann said. "And I'm excited to see everybody else get the chance to thrive."



Freshman Sophia Maiello choreographed five of the 16 numbers in the show by herself and worked on the rest of the songs with freshman Sam Wurdemann.

KALYSTA DONAGHY-ROBINSON/THE ITHACAN

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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.

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.”



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.

Latest Pixar film is heartfelt and quirky

MOVIE REVIEW: “TURNING RED” Pixar



BY AVERY ALEXANDER

While Pixar is known for making phenomenal movies, over the years, audiences have learned what to expect from them. However, in the studio’s latest films, there has been a trend in radically changing the way the studio tells stories. Its most recent film, “Turning Red,” continues to expand the scope of Pixar’s storytelling.

“Turning Red” focuses on the story of Meilin Lee (Rosalie Chiang), a 13-year-old Chinese Canadian girl living in 2002 Toronto. She’s an over-achiever, dedicated to school, her friends, her parents and her favorite boy band, 4*Town. Mei has her life together until she wakes up one morning to discover that she, as well as the other women in her family, transform into giant, mystical red pandas in response to any major emotions.

The film targets a specific audience — any dorky, awkward girl who grew up in the 2000s will relate to Mei and her friends’ chaotic strangeness — and it accomplishes its goal perfectly. Those who recognize themselves in Mei’s over-eagerness and her friend group’s nerdy interests will cringe all the way through the film in the best way possible. The film shows that it’s okay to be weird and awkward, as long

as one is being true to themselves.

A huge accomplishment for this film is the open discussion of often taboo topics like periods, puberty, early sexual awakenings and more. The film questions cultures of shame in which children are discouraged from exploring who they are in any meaningful way. For example, there is a scene where Ming (Sandra Oh), Mei’s mother, discovers a notebook in which Mei was drawing so-called “sexy” pictures of a cute boy. When Ming finds the drawings, she confronts the boy out of fear for her daughter’s safety and ends up humiliating Mei in front of her classmates and friends.

This scene, and scenes like it, present the dangers of suppressing a child’s need to explore who they are and reckon with the strange feelings that may start popping up during early teen years. By not allowing children the freedom to find themselves, parents run the risk of fostering their child’s self-hatred and fueling a negative self-image, as demonstrated with Mei.

One major thing that sets this film apart from anything else Pixar has done is that the production’s leadership team consisted entirely of women. As director Domee Shi and production designer Rona Liu said during the documentary “Embrace the Panda: Making



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

COURTESY OF PIXAR

Turning Red,” many of Mei’s and her mother’s struggles throughout the film are based on their own and their parents’ own struggles and anxieties.

It also takes on a tone of generational trauma, as much of the movie focuses on Mei’s family pushing her to get rid of her panda in a ritual. Originally, the panda was bestowed upon the women in the family as a gift and a form of protection, but, as the movie says, after coming to Canada, the women

started “curing” themselves because they began to see the panda as an “inconvenience.” The pressure to fit in can be so powerful that people would rather trade what makes them special for safety. Mei’s journey is ultimately about breaking that cycle of shame and fear and finding her connection with that piece of herself, even if it’s scary.

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Album ‘WHO CARES?’ is worthy of caring about

ALBUM REVIEW: “WHO CARES?” Rex Orange County



BY HANNAH FICHTER

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 friendships, 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.

This album was the latest fans have heard from Rex Orange County after two years of silence.

“WHO CARES?” is made up of 11 songs, and each is unique and heartfelt. Every song is full of simple piano accompaniments that are noticeably more enthusiastic and perkier than the subjects of the songs. The artist succeeds again in blending guitar, drums, saxophone and vocals together to create a beautiful sound for the listener’s ears.

Throughout the album, O’Connor is a man temporarily rendered irrational by love. The artist is in love with a girl in the song “ONE IN A MILLION”: “There’s no one quite like you/ You’re one of one, one in a million.” However, this happiness does not last and the tone changes quickly in the song “IF YOU WANT IT”: “Come back and just give me a call.” Pleading for her, he sings, “Let me be your boy.”

The tone of the album shifts from

being happy and in love to being upset and heartbroken. In the song “KEEP IT UP,” O’Connor sings about self-worth, “Most my life, I’m asking, ‘Why?’” He relates to and sympathizes with the listeners, “I know it’s so frustrating.”

Throughout the album, O’Connor’s voice radiates soothing, relaxing tones that overshadow the many sad verses throughout the songs.

In eight of the songs in the album, O’Connor reaches out to the audience with questions — “What’s worth it anymore?” The artist is seeking help and guidance down the unknown paths of life, questioning everything along the way. Unsure of himself to the point that he looks for permission to perform simple tasks, he sings, “Can I open a window?”

O’Connor experiences a wide range of emotions at full length in the album. He takes the listeners along with him to figure out the issues that have been bothering him in life, looking to them for comfort.

By the end of the album, the artist grows the strength to stand up for himself. In the last song of the album, “WHO CARES?”, there is a realization that others’ opinions don’t matter — “There’s really no point living in fear.” — resulting in a full circle effect taking place in the album.

O’Connor begins by seeking guidance in



Rex Orange County’s latest, “WHO CARES?” is a look into his emotions.

COURTESY OF REX ORANGE COUNTY

his journey through life. In the middle, he is longing for romance and is riddled with self-doubt. The album resolves with O’Connor finally realizing that nothing matters but his own feelings.

From start to finish, O’Connor is on a journey of self-acceptance and healing, growing and developing through the course of each song. A new era for Rex Orange County is upon us, showing listeners a vulnerable version of the artist seen in previous albums.

There are lessons for everyone to take away from this album, representing the importance of healing. Overall, it offers a surface-level attachment to listeners, drawing them in by the artist’s vulnerability but not getting them hooked because of the instability of his emotions. However, altogether, it is still a great listen.

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QUICKIES



COURTESY OF CRUSH MUSIC/ATLANTIC

“A LITTLE BIT OF LOVE”
Weezer

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.



COURTESY OF STILL WOOLZY PRODUCTIONS INC.

“POOL”
Still Woozy, Remi Wolf

Remi Wolf takes it down a notch on a collaboration with indie/alternative artist Still Woozy. “Pool” is a soft, bittersweet love song where Wolf gets to show off her raspy yet warm vocals over acoustic guitar strums and bright synths.



COURTESY OF RCA RECORDS LABEL

“FAIR”
Normani

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.



COURTESY OF ZELIG RECORDS, LLC./COLUMBIA

“FOR MY FRIENDS”
King Princess

Even though her target audience hates her, King Princess perseveres with her release, “For My Friends!” If her friends have been to Forever 21, they’ve heard this song before. Its corny lyrics and overdone poppy beat sound like fluorescent lights and tacky jewelry.

SPORTS

THURSDAY, MARCH 24, 2022

14

WHAT YOU MISSED FROM THE BOMBERS OVER BREAK

BY TOMMY MUMAU AND AIDAN CHARDE



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

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.

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.



Sophomore Jack Wadsworth won in the 100-yard backstroke event, winning the first individual national title for the men's swimming and diving team since 1996.

COURTESY OF ITHACA COLLEGE ATHLETICS



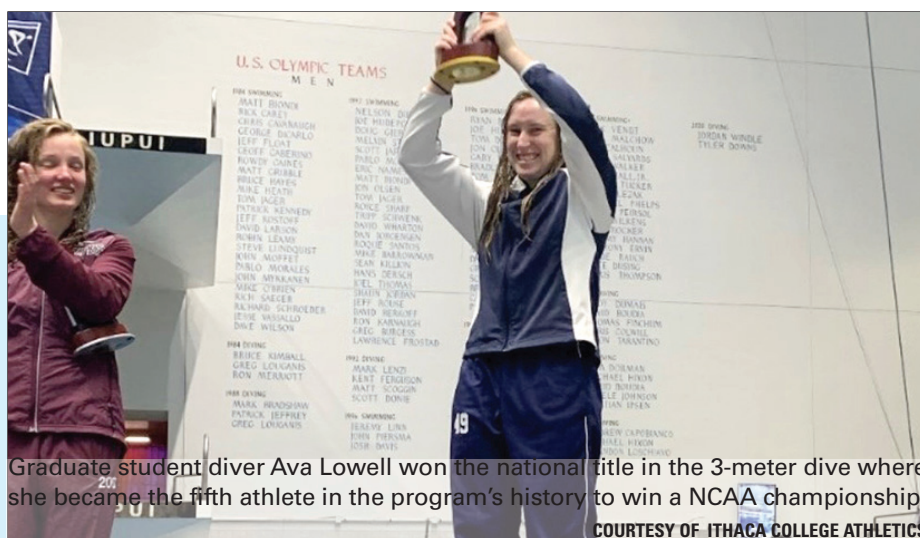
Senior Meghan Matheny won her second national title in pole vault, joining Katherine Pittman '18 as the only athletes in program history to win multiple titles in the event.

COURTESY OF ITHACA COLLEGE ATHLETICS

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.



Graduate student diver Ava Lowell won the national title in the 3-meter dive where she became the fifth athlete in the program's history to win a NCAA championship.

COURTESY OF ITHACA COLLEGE ATHLETICS

Graduate student 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 first national title of his career, winning the 60-meter dash at the NCAA Division III Indoor National Championships.

COURTESY OF D3PHOTOGRAPHY

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.

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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 topics class titled Personal Branding for College Athletes during Spring 2022.

On June 30, 2021, 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 failed 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 I schools. Out of 65 Power Five universities, which consists of the SEC, Big 10, Big 12, PAC 12 and ACC, 53 of them are offering an NIL related class, according



During Spring 2022, Ellen Staurowsky, professor in the Department of Media Arts, Sciences and Studies at Ithaca College, is teaching a new course titled Personal Branding for College Athletes.

MICHAEL SERGIO/THE ITHACAN

to Sports Illustrated.

What also drove Staurowsky to teach this class was the interest from students. While the class 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 course 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 I ever 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 Staurowsky, when the semester is over, she said she hopes the students in the section understand the moment's significance.

"I hope they gain a much richer understanding of the historical moment," Staurowsky said. "I hope our students can go into an industry and not do business as usual, but that they are empowered to see how they create change in a way that creates win-win scenarios and make systems better for everybody."

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Four Bombers win at nationals

BY AIDAN CHARDE

A total of four Ithaca College athletes won national titles over the past week, garnering two individual NCAA championships each for the Bombers' track and field and swimming and diving programs.

Two track and field athletes took the top spot at the NCAA Division III Indoor National Championships. Senior pole vaulter Meghan Matheny won her second national title in her event while sophomore sprinter Jalen Leonard-Osbourne won the 60-meter dash. Two members of the college's swimming and diving teams also won national titles. Sophomore swimmer Jack Wadsworth took home the title for the 100-yard backstroke, setting a D-III record, and graduate student diver Ava Lowell won the 3-meter dive.

Matheny won on a tiebreak after failing to clear 4.00 meters. 3.5 meters was her winning height. Leonard-Osbourne won the first national title in his career and first in program history 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 and setting the sixth-fastest time in Division III history.

As for the swimming and diving programs, Lowell posted a score of 486.45 in the finals to win the NCAA title. With the victory, Lowell became just the fifth athlete in the history of the program to win an individual national title. Wadsworth's record-breaking time of 46.45 seconds made him the first national champion for the men's program since Collin Herlihy '96 won twice in 1996.

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Ithaca College teams travel during spring break

BY DUSTIN TERRY

The Ithaca College tennis programs were in the midst of their annual spring break trip when the 2020 season was canceled, ending the trip before the Bombers competed in their fifth and final match of the week.

"We went down to Florida and that's where our season ended," Chris Hayes '16, head coach of the men's and women's tennis teams, said. "It was surreal 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 lacrosse, 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 lacrosse team played a pair of games in Memphis, Tennessee. The baseball team played in the Russmatt Invitational during the break, competing in seven contests in Florida. The softball team also traveled around North Carolina to play four doubleheaders before playing two games in Salisbury, Maryland.

The college's 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 University 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 4-6 record, bringing it to 5-7 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 series split. The team lost both of its games to Greensboro College and Guilford College during the trip.

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



The Ithaca College men's and women's tennis programs were among five teams that traveled south to compete during the college's spring break, from March 12 to 20.

COURTESY OF CHRIS HAYES

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 Asbury 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 Asbury 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 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 and Marshall College scoring 10 runs in both games. The club finished its spring break trip with a 7-2 victory over Stevenson College.

Although COVID-19 restrictions still loom over everyday life, Hayes, Long and the teams are cautious and know the importance of athletics teams being able to travel extended distances once again.

"When you're out there shoveling snow 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."

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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