

College community feels impacts of high employee turnover rates

BY SYD PIERRE

Ithaca College continues to be affected by staffing shortages as the college rebuilds its leadership departments and deals with staff, faculty and administrative turnover because of the effects of the COVID-19 pandemic.

The effects of the national labor shortage and the “Great Resignation” have impacted colleges and universities across the country throughout the ongoing COVID-19 pandemic and created low levels of faculty, staff and administrative retention.

The College and University Professional

Association for Human Resources (CUPA-HR) found in a July 2022 Higher Education Employee Retention Survey that 35% of higher education employees are likely or very likely to look for new employment opportunities within the next year.

“These results indicate that higher[education] institutions are at risk of losing half of their current employees in the next year,” the survey stated.

According to the college’s Office of Analytics and Institutional Research (AIR), the college had 1,096 administrative and staff positions in

Fall 2019, 827 in Fall 2020 and 896 in Fall 2021. There were 708 faculty positions in Fall 2019, 646 in Fall 2020 and 537 in Fall 2021.

The Academic Program Prioritization (APP) process that began in September 2020 included the ongoing cuts of 116 full-time equivalent faculty positions and 26 majors, departments and programs. A focus of the APP was to realign the student and faculty ratio at the college. In Fall 2020, the student-to-faculty ratio was 9.4:1, while in 2021, the student-to-faculty ratio increased to 9.7:1.

Steven Gordon, associate professor in the

Department of Media Arts, Sciences, and Studies and a member of Faculty Council, said that he thinks the high rate of turnover is expected to happen in difficult economic times that were exacerbated by the pandemic and that he feels like the administrative turnover is a good thing.

“I think the past administration made some mistakes,” Gordon said. “It was difficult for that administration because they ran into the pandemic. But you know, there

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KALYSTA DONAGHY-ROBINSON/THE ITHACAN

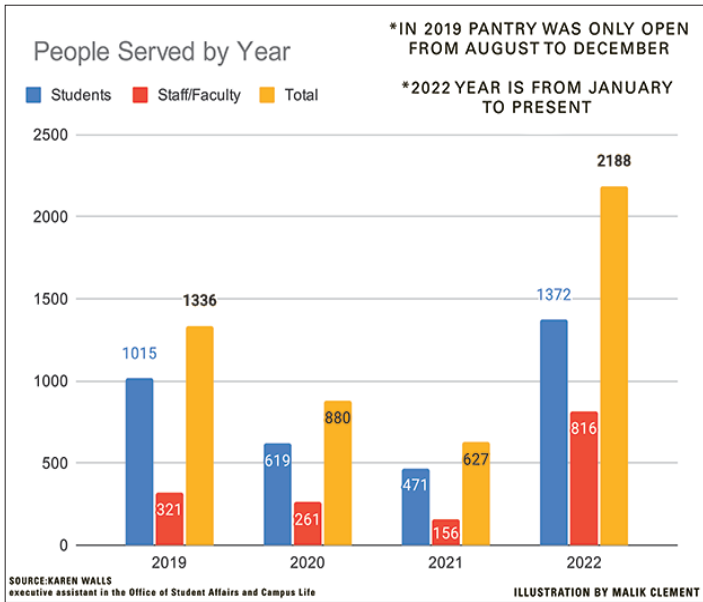
Campus food pantry sees more patrons in 2022 than past years

BY FUNMI OMOTOSHO

Data collected shows that Ithaca College’s Prunty’s Pantry continues to pull in patrons in need of food, now more than ever, but a lack of volunteers reduces its ability to serve the campus community.

Pantry’s Pantry, created in 2019 with the assistance of the Lissy Family Foundation and named after Dave Prunty, former executive director of auxiliary services, provides food for campus members in need as well as some non-food items like toiletries and health and beauty supplies.

The food pantry’s partnership with the Food Bank of the Southern Tier (FBST) requires it to collect data about the use of the campus pantry and patrons for FBST’s annual report. Each time a patron utilizes the pantry, they are asked to fill out a form that is then collected and compiled to review the impact of the pantry. This data, given to *The Ithacan* by Karen Walls, executive assistant in the Office of Student Affairs and Campus Life and primary coordinator of the pantry, shows that food insecurity — a lack of consistent access to food for



a healthy and active life — remains a prominent issue on campus.

Doreen Hettich-Atkins, executive director of the Office of Student Affairs and Campus Life, said she has seen positive changes in the lives of students because of the pantry.

“One student said to me this summer, ‘I haven’t eaten a real meal in three days,’” Hettich-Atkins said. “I think that without this, many of our students would be struggling much more

than they are.”

Walls said there are over 30 off-campus locations for residents of Tompkins County to have access to free food, which might be why the pantry is not being utilized by non-campus members even though it is open to them.

According to the Food Bank of the Southern Tier, in 2019, Tompkins County reported 13,980

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IC offers 2020 alumni graduation ceremony

BY KAI LINCKE

When Meaghan McElroy ’20 graduated from Ithaca College in May 2020 during the start of the COVID-19 pandemic, there was no procession, fanfare or graduation caps thrown. Now, the college is considering holding an in-person commencement ceremony for the Class of 2020 in May 2023.

“It would be so nice to finally have that moment to walk across the stage and have my family there,” McElroy said. “But I feel like I’m not the person that I was . . . when I graduated because it’ll be three years at this point, and now I work full time.”

McElroy said she received her diploma and honors cords in the mail and attended the virtual commencement ceremony from her home Aug. 6, 2020, more than three months after she finished her bachelor’s degree.

Her senior year ended abruptly after the onset of the COVID-19 pandemic forced the college to temporarily close its campus and move courses to online instruction.

McElroy said she did not have an opportunity to say goodbye to her classmates and professors or to mark the end of her time at the college.

“It just felt unceremonious,”

McElroy said. “It kind of felt like there was no real closing the door and celebrating the work that I had done for the four years that I was at Ithaca.”

In June 2021, the college did hold an on-campus celebration for the Class of 2020.

In a Sept. 6 email sent to 2020 graduates from the Commencement Committee, the college wrote that it is evaluating options for a commencement ceremony from May 19 to 21, 2023. The email invited 2020 graduates to fill out a survey to indicate their interest level in the event.

If held, the proposed ceremony for the Class of 2020 would coincide with commencement weekend for the Class of 2023. The survey, signed by President La Jerne Cornish, said one of her priorities is alumni engagement.

“When identifying areas for attention, one must look no further than the Class of 2020,” the survey stated. “COVID has impacted our college in many ways, and I recognize that your class did not have the opportunity to walk in a formal commencement ceremony. I want to change that! Accordingly, I would appreciate your feedback.”

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STAFFING ISSUES MUST BE SOLVED FOR PROSPERITY



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QUIDDITCH TEAM SEEKING A GOOD TIME THIS FALL

Ithaca College's loan billing platform has data breach

BY CAROLINE GRASS

Personal information of about 2.5 million student loan borrowers across the United States was exposed in a data breach of Nelnet Servicing LLC during Summer 2022. Now, because of the severity of the breach and time it took for the company to notify customers, Nelnet faces a class action lawsuit alleging wrongdoing.

In a statement released by Nelnet, an unknown party accessed accounts and a forensics investigation determined that impacted information included full names, addresses, phone numbers and Social Security numbers of people who have taken out loans with EdFinancial or the Oklahoma Student Loan Authority (OSLA). Nelnet said they discovered the breach Aug. 17 and the unknown party had access to accounts starting in June. On July 21, Nelnet notified impacted student loan servicers.

Nelnet is the largest federal student loan servicer and as of June 30 was providing \$589.5 billion in loans for 17.4 million borrowers, according to their second quarter 2022 earnings press release. Ithaca College uses the Nelnet Campus Commerce platform to view and

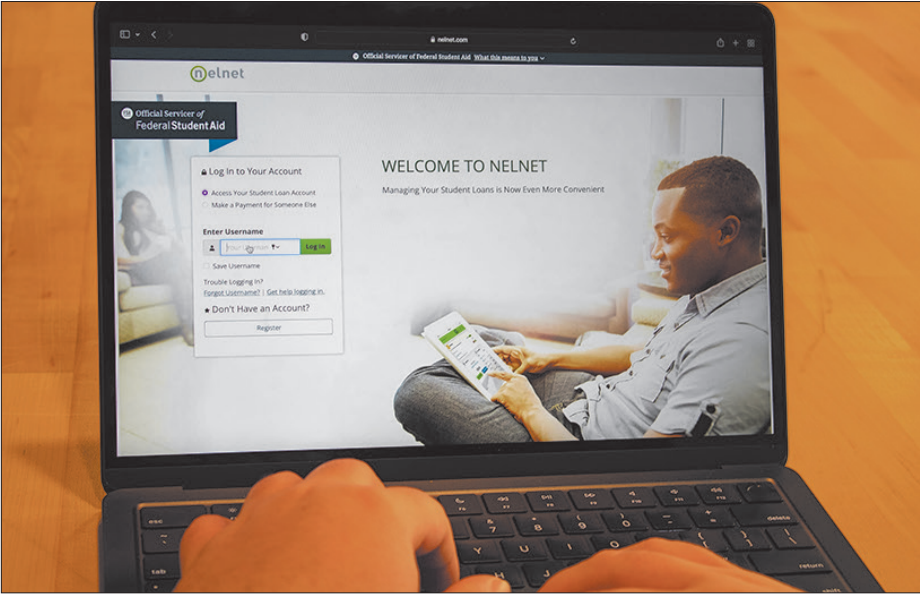
make payments on bills and set up a monthly payment plan. Shana Gore, executive director of student financial services, said Nelnet told the college that it believed no direct loan borrowers were impacted, but if any student was impacted, they were notified via a breach disclosure letter from Nelnet. The letter explained the scope of the breach and offered a free 24 months of identity theft protection.

“[Contracts like Nelnet Campus Commerce] is something that — totally separate from the breach — we constantly review to make sure that vendors are meeting students' needs, providing the product we need to be able to support students and that we are paying the best price possible,” Gore said.

Jason Youngers, information security officer in the Office of Information Security and Access Management, said the college’s contract review process is extensive.

“As part of that [review] process, we request and review information from vendors about their information security practices,” Youngers said via email.

One class action lawsuit against Nelnet was filed Aug. 30, 2022, by a firm representing plaintiff Jesse Herrick. Another class action



Nelnet, the largest federal student loan servicer, faces a class action lawsuit because of a data breach that exposed the information of about 2.5 million student borrowers.

PHOTO ILLUSTRATION BY MALIK CLEMENT/THE ITHACAN

from plaintiff Michael Varlotta, represented by Mattson Ricketts Law Firm and Peiffer Wolf Carr Kane Conway & Wise, LLP, was filed as well.

Now, a judge will have to rule if the case should be given a class action status for the case to continue and then the case could take a few months or stretch to a few years to complete.

Junior Hannah O'Connor said she had concerns about the breach because her student loans are serviced through Nelnet. She also works for Information Technology at the college and said the department has not had any discussions about the breach because of how separate Nelnet is from the college.

“Not all students at the school who take out loans have them serviced through Nelnet,” O'Connor said via email. “If there was a student that was directly affected by the data breach and reached out to IT regarding it, we would strongly recommend reaching out to Nelnet or the U.S. Department [of] Education directly.”

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Quidditch team kicks off the 2022 season

The Ithaca College quidditch team is back to practice with some new members for the 2022 season.



Ice cream with IC EmGar

On Sept. 19, apartment assistants held their first collaborative event of the year with free ice cream for residents in the Garden Apartments and Emerson Hall.


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Corrections

Correction: In "OTD doctoral program to begin Fall 2023" published in the Sept. 15 issue of *The Ithacan*, the article incorrectly stated that students in the master's program would be overqualified for the doctorate program. They would not be overqualified. The programs have different curriculum, so there is not a pathway for current students to move into the doctorate program. In a quote from Julie Dorsey, professor, chair and program director of the Department of Occupational Therapy, the word 'retentional' was used when in fact the word 'intentional' should have been used. Two names were also misspelled, Linda Petrosino and Aliana Zabel, in the print paper and online. These corrections have been made in the online version of the article.

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Professor discusses generational trauma

BY JOSHUA PANTANO

On Sept. 20, Annette Levine, professor in the Department of World Languages, Literatures, and Cultures and Jewish studies coordinator at Ithaca College, gave a lecture in the Klingenstein Lounge in the Campus Center on the impacts of generational trauma in second-generation Holocaust survivors in Argentina.

At Levine's lecture, "Fragile Knowledge," she spoke about her work interviewing and researching second-generation Holocaust survivors in Argentina and Brazil. As a second-generation survivor herself, Levine said her research led her to many important — and often personal — discoveries.

"I didn't expect to be so emotionally moved the way I was while I was listening to [second-generation survivors] speak," Levine said. "It became clear that I hadn't yet unpacked much of my own family history."

Through a Holocaust database from the United States Holocaust Memorial Museum, Levine said she accessed the names of relatives of people she spoke to and of her own family.

"Descendants of survivors are pulled toward knowing, as it is a space from where their core identity is spawned, and this knowing is also repellent," Levine said.

Levine said the search for information can be difficult for second-generation survivors because of the traumatic nature of the Holocaust.

Levine referenced the graphic novel "Maus" by Art Spiegelman



Annette Levine, professor and Jewish studies coordinator in the Department of World Languages, Literatures, and Cultures, presented on generational Holocaust trauma Sept. 20.

JASMINE SCIRVEN/THE ITHACAN

during her lecture. Levine said that in the book, Spiegelman struggles to engage with his trauma as a second-generation Holocaust survivor. Levine said she had similarly struggled when she was younger.

"I wasn't really fully cognizant of how I was avoiding learning about my family's truth, because I knew my parents themselves were self-shielding," Levine said. "I knew on a subconscious level that it wasn't safe for them, for me, to unearth all this information."

Senior Isaac Schneider, president of Hillel at Ithaca College, is a third-generation Holocaust survivor and said Levine's lecture was significant because it emphasized the importance of engaging with topics about the Holocaust.

"I fear that people are afraid to engage with this material because there's not many opportunities to [talk] with living Holocaust survivors anymore," Schneider said. "I think we need to capitalize on that."

Sophomore Cassi Silver said she connected personally with Levine's presentation.

"[The lecture] definitely had an emotional impact on me," Silver said. "[Levine] described her relationship with her grandmother ... and that really resonated with me because, being half-Jewish, my grandmother was also Jewish. That was pretty much exactly our relationship."

As she closed out the lecture, Levine explained the importance

that stories of generational trauma have today.

"An event that may seem to have happened before one's time, or in some faraway place, is still present in the fabric of our everyday," Levine said. "We're increasingly surrounded by fractured lives and families, and their stories of loss and survival are also being embodied and inherited by you and by their descendants. Being able to share these findings with you, and also with my own children, who will now have a better sense of their own family's history and identity, is extremely fulfilling."

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Mini mart gets new ownership

BY LIAM MCDERMOTT

With new owners and a new menu, Smiley's Mini Mart on Rogan's Corner hopes to appeal more to Ithaca College students.

Smiley's Mini Mart is located at 825 Danby Road, next door to the Sunset Grill. Before Smiley's Mini Mart opened in August 2022, the store was a local convenience store chain called Dandy's, and until 2018, the store was a privately owned convenience store named Rogan's Corner. Rogan's Corner has been known for years as a staple spot for Ithaca College students. Smiley's is open from 7 a.m. to 11 p.m. Monday-Saturday and 7 a.m. to 10 p.m. on Sundays.

Raj Singh, who also owns a store in Newfield, bought Rogan's Corner from Dandy's in June 2022 because he wanted to cater to college students, something he said he thought that Dandy's had failed to do.

"Our aim is to be a one-stop shop for groceries, takeout, gas, bowls, bongs ... and lighters," Singh said. "It is a great community and the students have been very welcoming."

However, opening Smiley's was more of a challenge for Singh than he had anticipated, as Dandy's had taken a lot of the equipment, like an oven, that was supposed to be left in the kitchen.

Singh said that he had to order a new oven and that it delayed the store from selling some food items. Not only that, but supply chain issues, which has caused problems for stores and companies nationwide because of labor shortages, lingering effects from the COVID-19 pandemic, and effects from the Russia-Ukraine war caused the delay in the oven being shipped. Singh said that the oven has since come in and that the store is in full swing except for lottery tickets, which he expects to have at the start of October.

Some students at the college are excited about the changes on Rogan's Corner and said they would rather support local businesses like Smiley's Mini Mart than a chain like Dandy's.

Sophomore Maria Baker said she thought that the atmosphere at Smiley's was more relaxed than Dandy's.

"Employees here seem more happy now than those who were here when it was Dandy's," Baker said. "Workers are better now, but the inventory was better when Dandy's was here."

Junior Shea Caudell said he felt that the store seemed more empty now than it was when Dandy's owned it. However, Caudell said he also felt that the store had a selection that made it stand out from other convenience stores in the area.

"Some of the products here have really raised an eyebrow to how different this store is from other convenience stores, especially since they have a whole cabinet of bongs for sale," Caudell said.

Smoking accessories are not the only thing that makes Smiley's different from other convenience stores. Jim Reynolds, the chef at Smiley's, who also was the head chef at the location when it was Rogan's Corner, said that he wanted to prioritize bringing fresh food back to the Rogan's Corner area.

Reynolds said that the corner has always been a go-to spot for students, and that he felt that students deserved better than what he thought Dandy's was offering them.

"I'm excited to be part of this new chapter at Rogan's Corner and am excited to get to know both the students and the alumni," Reynolds said. "With new apartment buildings being built, we hope to provide a quick stop-and-go experience for students who may live off campus."

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Alum receives three presidential honors

BY EMMA KERSTING

Ithaca College alum Maggie Eckerson '18 was recently awarded two United States Presidential Volunteer Service Awards and the President's Lifetime Achievement Award because of her service in the Peace Corps and AmeriCorps.

Eckerson said she applied to join the Peace Corps shortly after graduating from the college. She served for 11 months in Belize before being sent home because of the COVID-19 pandemic.

Eckerson said that when she was searching for jobs in summer 2020, a friend recommended that she join the AmeriCorps, an independent agency of the United States government that sends volunteers across the country to serve communities in need.

Eckerson worked with the AmeriCorps for two 10-month sessions, building houses and doing other physical labor jobs.

"It was definitely a physical experience because it's exhausting work, but it's very fun and it passes the time really quickly," Eckerson said.

Eckerson contributed over 100 hours to each of the two Independent Service Projects that she organized for her AmeriCorps team, which involved trail restoration, working with Habitat for Humanity and building houses.

"At first, I was devastated when I wasn't able to go back to the Peace Corps, but AmeriCorps has just been a wonderful opportunity," Eckerson said.

President's Lifetime Achievement Award recipients must contribute more than 4,000 hours of service in their lifetime. Eckerson was able to achieve this goal through her work in the AmeriCorps.



From left, Maggie Eckerson '18 and President Joe Biden met in August 2022, when Eckerson travelled to the White House to receive a Lifetime Achievement Award.

COURTESY OF CAMPUS COMPACT MID ATLANTIC

In August 2022, Eckerson met President Joe Biden and received a medal for the Lifetime Achievement Award at the White House.

Eckerson said she applied to serve for the Peace Corps in Belize because of her experience with Susan Allen, professor in the Department of Environmental Studies and Sciences.

Allen, for the past 10 to 15 years, has run a program where students take a course during the fall semester then take a trip to Belize during the winter semester to study the subjects discussed in the course.

"I think that a lot of students that go have never been outside of the United States, so for

them to experience another country ... is often transformational," Allen said.

Mike Smith, professor in the Departments of History and Environmental Studies, has known Eckerson since her first year at the college.

"What [Eckerson] embodies, and this is such a cliché but it's true, is that she was not afraid to go outside her comfort zone," Smith said. "She just was interested in testing boundaries and limits and taking the path of least resistance was just not something she was going to do."

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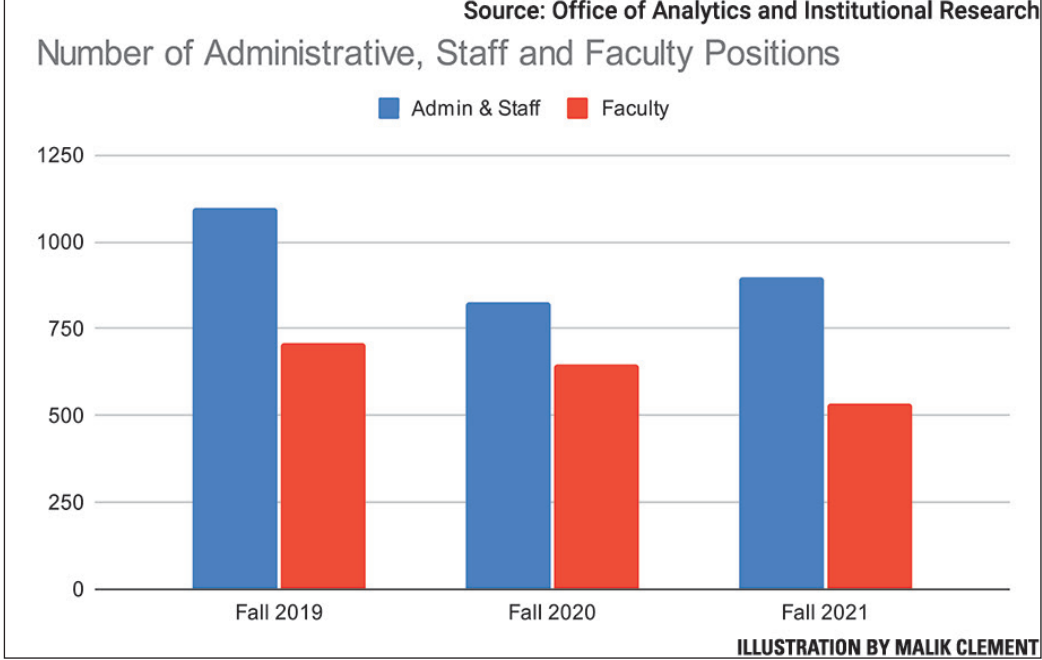
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were things that we felt could have been stronger. And this administration, I think, recognizes that, and I mean, every new management team brings in people they think can do the job they think needs to be done that hasn't been done as well as it could be in the past. And I think that's what's going on. So I think to me, the outlook is brighter."

Recent changes to the college's administration include La Jerne Cornish assuming the role of the president at the college in March 2022 after holding the interim role since August 2021. In June 2022, Bonnie Prunty was appointed as vice president for Student Affairs and Campus Life and Marsha Dawson was appointed as Dean of Students.

Provost Melanie Stein served as an interim since August 2021 and assumed the role in March 2022. Quincy Davidson is now serving as the interim vice president for the Department of Philanthropy and Engagement following Wendy Kobler's departure in July 2022.

The college now has a complete leadership team for academic affairs, following the 2020–21 and 2021–22 academic years where multiple positions — including three dean positions for the Roy H. Park School of Communications, the School of Business and the former School of Music, which has since merged with the Department of Theatre Arts to become the School of Music, Theatre, and Dance — were held by interim roles.



Odalys Diaz Piñeiro, chief of staff for the Office of the President, said the college has been working to fill administrative positions and is continuing to recruit faculty and staff.

"Our intent is to ensure that critical academic and administrative leadership positions have the right people in place to provide appropriate planning and oversight for their respective areas of responsibility," Diaz Piñeiro said via email.

Lower numbers of staff have impacted a variety of areas at the college, including dining and services offered by the Tompkins Consolidated Area Transit, Inc. (TCAT), while some departments like the Center for Counseling and Psychological Services (CAPS) and Eco-Reps have gradually rebuilt their staff.

Vadim Serebryany, associate

professor in the Department of Music Performance and a member of Faculty Council, said the amount of turnover in departments across campus — as both an effect of the APP and as a result of faculty leaving for personal reasons — has made it harder to predict what will happen at the college in the future.

"I think at times that either people in pivotal roles are very new and don't always know all the ins and outs of their new roles because they've just arrived because we've had so much turned around, or certain offices are understaffed and ... things take longer to happen than one might have wished," Serebryany said. "That's all understandable. It's understandable how we got to this place, and the repercussions are also understandable and predictable, but they present challenges."

Rachel Gould, senior director for the Department of International Programs and Extended Studies, said the department has dealt with staffing issues since 2015 because of workforce consolidation.

She feels that a silver lining to the staffing issues across campus is that faculty and staff are able to provide support to one another.

"I think one of the good things about Ithaca College is we all understand that other departments are going through similar staffing issues," Gould said. "It helps us to be understanding about the challenges other colleagues on campus are facing, and I think one of the benefits is that we've learned how to support each other in different ways over these last couple of years."

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FROM COMMENCEMENT, PAGE 1

Olivia Southworth '20 said she feels the two ceremonies should not be planned for the same weekend.

"I want [the Class of 2023] to have their weekend," Southworth said. "We all looked forward to this experience the first day we stepped on campus and I think the Class of 2023 needs to have their own weekend and be celebrated by themselves. It's only fair."

Currently, there are no definite plans for the proposed ceremony and any developments will be known after the Class of 2020 shares their level of interest.

MaryAnn Taylor, executive assistant to the president and member of the Commencement Committee, said via email that the committee is assessing interest and will release more details once the survey closes Sept. 25. Taylor said she thinks college leadership does not want to speak more about the commencement until after results from the survey are in.

When McElroy received the survey, she said she initially did not believe it was real. She said she was upset that the college offered a commencement ceremony three years after her class's graduation.

"It feels kind of meaningless at this point," McElroy said. "Upon receiving that email, [I felt] mostly frustration and also just disbelief that now is the time that they would choose when I've had friends who attended other institutions who have had makeup graduation ceremonies in the last few years."

Universities like Syracuse University, The University of Rochester and Cornell University held commencement ceremonies for the Class of 2020 during Fall 2021.

Allison Ritting '20 said via text that she and her friends made the most of their isolated 2020 graduation and celebrated their achievements together. She said she is not interested in returning for a 2023 commencement ceremony.



Ithaca College has asked the Class of 2020 if there is interest in a commencement ceremony in May 2023. Some students feel that the time to celebrate has passed.

DAVID TILLINGHAST/THE ITHACAN

"I think we ... ultimately lost the opportunity to celebrate how we had expected and were looking forward to," Ritting said. "Having other ways to celebrate has helped to provide some closure, but now that it's approaching three years since our undergraduate graduation, many of us in the Class of 2020 have already completed grad school or entered the workforce ... which makes graduation feel less relevant and more in the past now."

Southworth said she would not return for a commencement ceremony because it no longer feels significant.

"It's not something I think about anymore," Southworth said. "I'm trying my very best to move on with my life and build my next future in my new life. ... I think the height of it, the excitement has completely worn off for me."

Southworth received her bachelor's in occupational therapy in 2020 and received her master's degree from the college in 2021.

She said she feels that the hooding

ceremony for her master's degree was more significant than her bachelor's degree ceremony would have been.

"Being able to celebrate [my master's] was really what I looked forward to the most," Southworth said. "I was able to get that and I'm forever grateful for it, but I'm pretty done with my bachelor's and getting emails about graduation."

Leighanne Sullivan '20 said via text that she believes that the college did the best that it could to celebrate the Class of 2020 given the circumstances, and she feels it is time to move on.

"I appreciate Ithaca thinking of us," Sullivan said. "Unfortunately, there's no way they will be able to replicate the ceremony we would have gotten had there been no pandemic."

McElroy worked for *The Ithacan* from Fall 2016 to Fall 2019.

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FROM FOOD PANTRY, PAGE 1

food-insecure residents. By the beginning of 2021, that number lowered to 11,920 residents, according to a report from the Tompkins Food Future organization.

From January to September 2022, the pantry has served 1,372 students and 816 staff and faculty members — signifying the highest use of the pantry since its opening in 2019. For the first five months of the pantry's run — August to December 2019 — the pantry served 1,015 students and 321 staff and faculty.

Senior Abigail McGuire, who started volunteering at the beginning of Fall 2022, said she is surprised at the turnout of patrons.

"It's kind of tucked away, so I wondered if it would be inaccessible to students, but it seems like we have a lot of foot traffic coming in and out," McGuire said.

Despite the decreased number of students still living on or near campus during the COVID-19 lockdown — which started in March 2020 — the pantry remained open twice a week until December 2020. Use of the pantry dropped to a total of 880 patrons served throughout the 2020 calendar year. In 2021, the pantry served 627 total campus members. Although classes were still being held virtually, by Spring 2021 many students were back on campus. Walls said that even with the decrease in patrons, she can still recognize the positive impacts the pantry has had on the college's student body.

"COVID[-19] aside, I've seen a gradual increase in the utilization of the food pantry," Walls said. "I would think there's been more student retention because of the pantry."

Hettich-Atkins said more data has been collected through the forms patrons fill out before shopping at the pantry, but it has been challenging to process because of reduced staffing in the Office of Analytics and Institutional Research. Hettich-Atkins said she does not know when the data will be processed because there is still uncompiled data going back to 2019.

Junior Abigail Hoffert, who has been volunteering at the pantry since Spring 2022, said she has realized how many students struggle with food insecurity through her time as a volunteer.

"A lot of the people we get don't have meal plans because they don't have the money to pay for it ... and might not have access to the grocery store," Hoffert said.

Despite a clear need among the student body for the food pantry, there is a struggle to keep it open due to the lack of student volunteers. The pantry can only open when there are volunteers to help with patrons and inventory. Hettich-Atkins said that occasionally the staff in the Office of Student Affairs and Campus Life fill in, but when staff or students cannot volunteer, the service is unavailable to the public. Currently, there are 34 volunteers for the pantry. The pantry's operating hours are currently 12:15 to 2 p.m. Tuesdays and Thursdays and 4 to 6 p.m. Wednesdays and Fridays.

Hoffert said that these hours may be a factor limiting the number available volunteers and that, that promotion should also target volunteers.

"I feel like the advertising needs to be for student volunteers to sign up, not necessarily just the people that come to the food pantry," Hoffert said. "I would love to have a staff of volunteers that you know when they're going to be there. ... You can start to build relationships."

Walls said she thinks that having more honest conversations surrounding food insecurity will increase support for the pantry and the fight against hunger on campus.

"People think that it's only poor people that use the pantry and that's not necessarily true," Walls said. "It's just an aid: everybody needs aid sometimes, and students need to work on decreasing the stigma of using the food pantry."

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New SGC senators join committee

BY LORIENTYNE AND
EMMA KERSTING

Voting for Ithaca College’s Fall 2022 Student Governance Council (SGC) elections ended Sept. 16 with all nine candidates elected to senator positions. At the SGC’s weekly meeting Sept. 19, the senate confirmed students to the Appropriations Committee.

Appropriations Committee

Senior Connor Watson, assistant vice president of business and finance, said the Appropriations Committee is required to have two SGC senators as part of their quorum of voters and attended the SGC meeting to ask for those positions to be filled. The committee meets weekly to allocate funds to student organizations on campus.

Watson said that without enough senators, the Appropriations Committee cannot meet to review funding requests.

“Without the senators, without a full quorum, we can’t provide for [student organizations] the way we want to,” Watson said.

Candidates for the committee included junior Noah Strathmann; senior Tyler Rodriguez; first-year students Asata Rothblatt and Eleanor Paterson, Class of 2026 senators; and sophomore Hannah Ahmed, Class of 2025 senator. All five applicants were instated to the Appropriations Committee.

The Sept. 19 meeting was the first time the new senators were at the meeting as official members of the senate.



The Sept. 19 Student Governance Council meeting was the first time that newly elected senators attended as official members, although some had previously been guests.

BROOKE VOGEL/THE ITHACAN

“It was really exciting to see all of these new senators jump right into this meeting,” senior Senate Chair Austin Ruffino said. “When I joined SGC, I don’t think I talked this much the entire first year I was here.”

Senator-at-large, Caleb Cackowski said he felt enthusiastic about his first meeting.

“It was nice to be part of the discussion as a senator and not just a guest,” Cackowski said. “I’m really excited to get involved.”

Election Results

Rothblatt and Paterson were

both elected as Class of 2026 senators. Rothblatt received 50 votes and Paterson received 27 votes and there were two votes of no confidence for both of them.

Junior Utkarsh Maini was elected as the School of Business senator with 26 votes and one vote of no confidence. First-year student Lili Chalfant ran for School of Communications senator and was elected with 21 votes and one vote of no confidence. First-year student Nicole Sutura was elected as the School of Music, Theatre, and Dance senator

with 21 votes and one vote of no confidence. Four candidates ran unopposed for senator-at-large for five available positions, including first-year students Rishabh Sen with 81 votes, Matthew Williams with 50 votes, Dante Conde with 69 votes and Cackowski with 49 votes. There were four votes of no confidence. A total of 130 students voted.

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EKERSTING@ITHACA.EDU

Vaccine offered for monkeypox

BY SYD PIERRE

The Tompkins County Health Department (TCHD) is offering a clinic for monkeypox vaccination from 1 to 4 p.m. Sept. 22.

The clinic will be held at TCHD at 55 Brown Road in Ithaca and first and second doses of the vaccine will be offered.

Appointments are required for vaccination and individuals can register online for an appointment or call 877-211-8667.

The vaccine is free and available for any members of the community who meet the high risk criteria as determined by the New York State Department of Health. Individuals at high risk include people with weakened immune systems, the elderly, children under 8 years old and pregnant people.

As of Sept. 21, there have been three reported cases of monkeypox in Tompkins County.

The clinic will offer JYNNEOS, a vaccine licensed by the U.S. Food and Drug Administration (FDA), as a two-dose series for the prevention of monkeypox for individuals ages 18 years and older.

The vaccine may reduce the likelihood of infection if it is given before exposure or within four days of exposure and may reduce the severity of symptoms if it is given within 14 days of exposure.

The vaccine doses are given four weeks apart from each other. Individuals who receive the two doses are considered fully vaccinated two weeks after their second dose.

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Q&A: Filmmaker talks inspiration and offers advice

Jeff Orlowski-Yang is an American filmmaker who primarily directs and produces documentaries. Some of Orlowski-Yang’s most well-known works include his 2017 film, “Chasing Coral,” and “The Social Dilemma,” released on Netflix in 2020.

According to Netflix, “The Social Dilemma” dives into the dangers that come with social networking with experts in the field of technology calling for caution on their own programs. Interviews came from past employees of media giants like Facebook, Instagram, Google, Twitter and more.

On Sept. 22, Orlowski-Yang will be making an appearance at Ithaca College as a 2022 Park Distinguished Visitor to give a presentation on the making of “The Social Dilemma” and a master class titled “Filmmaking from A-Z: Development, Financing, and Fundraising” from Sept. 19 to 21.

Staff writer Emma Kersting spoke with Orlowski-Yang on his process for filmmaking and advice for aspiring filmmakers.

This interview has been edited for length and clarity.

Emma Kersting: Why do you make films?

Jeff Orlowski-Yang: I love documentaries because I feel like it’s a very accessible medium for the public, and I enjoy the challenge of the process of making films. It’s a combination of art and writing and photography and music, and we get to spend our time thinking about really big ideas and big issues and work to make them accessible for the audiences.

EK: Where does your inspiration come from when you’re creating documentaries?

JOY: Almost always I am thinking about this one prompt: what are the stories that we need

in society today? And, in turn, it all comes back to that — what are the stories that we need? And that’s in my mind as a driving force around the stories that I choose and our team ... chooses. So, working from that lens and finding a way to learn about those ideas and convey those ideas.

EK: Was there any particular instance that inspired you to make “The Social Dilemma”?

JOY: For me, that project really came from our main protagonist, Tristan [Harris]. I saw him starting to talk about technology as an insider in a way that I’ve never heard from anybody before and I really started realizing it in 2017 —that’s when we started paying attention ... and that’s what led us down the path to explore the subject.

EK: How does the knowledge you gain from your films impact you?

JOY: One of the things that I love about filmmaking like this in general is that it is sort of an excuse to become a subject matter expert, you know? We spent years studying an issue just so we can convey to the public, and in the process, that knowledge changes us as a team. Our environmental films completely change the way I think of the natural world and my role in it and “The Social Dilemma” changed the way I use technology. I can’t express that enough — my usage of tech is night and day different before and after “The Social Dilemma.” I feel like filmmaking is pursuing a doctoral degree; it’s a couple of years spent going really, really deep on one issue and trying to explore it and understand it.

EK: What advice would you give to aspiring filmmakers?



Jeff Orlowski-Yang is an American filmmaker who will give a presentation and teach a master class at Ithaca College on Sept. 22 as a Park Distinguished Visitor.

ELEANOR KAY/THE ITHACAN

JOY: I think the biggest thing for aspiring filmmakers is that you just have to start making movies. And the technology is available now that you don’t need that much equipment or money to make a film. Documentaries, or nonfiction films, it’s also a really great place to start because usually you don’t have to hire actors, you can just go and start filming potential subjects. So just start. Just start making stuff and make as much as you can and get honest feedback from people that you really trust. I think that’s one of the most important things. Keep doing it over and over and over and over again.

EK: How do you hope your visit to Ithaca College will impact the students that come to your panel?

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COLLEGE BRIEFS

Tickets on sale for performances by theater and dance students

The Center for Theatre and Dance is selling tickets to all scheduled productions for the 2022–23 academic year. The performances this year include “Sweat,” “Into the Woods,” “The Language Archive” and “Collaboratory.” Tickets can be purchased at <https://tickets.ithaca.edu> and costs range from \$10 to \$20. The full list of performances can be found on the college’s website.

College to host discussion series for prospective-student outreach

The college is seeking sophomore, junior and senior students to share their experiences about their time on campus to help the college focus their outreach to future prospective students. A series of discussion sessions will be hosted by the college for a total of 80 students. Each session will host 20 students.

The sessions will be from 10 to 11 a.m., 2 to 3 p.m. and 7 to 8 p.m. Sept. 27 in Campus Center. From 12:10 to 1 p.m., a session will be held in Williams Hall. Food will be provided and at each session, and one student will receive a \$25 gift card to the college’s campus store.

Interested students should register through the form available on Ithaca College Intercom by Sept. 23.

Students who need accommodations should contact Jennifer King MacKenzie, director of marketing strategy in the creative and marketing group in the Department of College Communications, at jmackenzie1@ithaca.edu or 607-274-3498 as soon as possible.

IT office seeks student workers for different technology areas

The Office of Information Technology (IT) is hiring student employees for Fall 2022. IT has 12 different technology areas students can work in and employs over 75 students at the college.

Students from all schools and majors are able to apply and the office is seeking

students who enjoy working with others, are interested in technology and are interested to learn in their positions.

Students who would like to apply can find more information about the different positions in IT on the IT student employment website. The application form is available to fill out on Ithaca College Intercom.

Registration is open for retreat where SLI credits can be earned

The Knowledge to Action Retreat is taking place for the first time Nov. 5. Any current student at the college is eligible to register. At the retreat, students will travel to Auburn, New York, to see the New York State Equal Rights and Heritage Center, to educate themselves about local activism, experience walking part of the Harriet Tubman lantern trail and have the opportunity to speak with a panel of alumni.

Students will also engage in making a plan for themselves to take action against injustice. Those who attend can earn three Leading in a Diverse World student leadership credits. No fee is required to register and spaces are limited. More information is available on how to register on Ithaca College Intercom.

College is looking for workshops on leadership during block two

The Office of Student Engagement (OSE) is seeking students, faculty and staff to present Student Leadership Institute (SLI) workshops during block two for Fall 2022. The workshops will be held Oct. 17 to Dec. 2. Presentations should align with one of four SLI tracks: Leading Self, Leading Others, Leading in a Diverse World or Leading at IC and are typically 45 to 60 minutes long.

Anyone can propose a presentation, including individuals who are already planning presentations during block two and want to register them as an SLI to increase outreach and attendance.

In order to apply, individuals should pick the SLI track they feel their event



IC Hillel cooks up a sizzling Sha-BBQ

From left, juniors Felissa Gaber, Gabby Krain-Sasson and Rachel Gellman enjoy a Kosher barbecue and s’mores next to a campfire at a camp-themed Shabbat on Sept. 16 outside of Muller Chapel held by Hillel at Ithaca College.

DAISY BOLGER/THE ITHACAN

aligns with — OSE is especially looking for presentations that fall under Leading Others and Leading in a Diverse World — and fill out the application form. The SLI workshop application form can be found on IC Engage and is due by Sept. 26. SLI workshops for block two will be published Oct. 10. Individuals who are looking for more information can contact leadership@ithaca.edu.

Professor to discuss elections from a historical perspective

Michael Trotti, professor in the Department of History, is scheduled to give a talk on the upcoming midterm elections from a historical perspective. The event, titled “What You Wish You Knew About the

Midterm Elections: Notes from a Historian,” is interactive and will be held from 12:10 to 1 p.m. Sept. 29 in Textor 102.

College plans course in Belize about environmental issues

The college is offering students a one-credit study abroad course in Belize from Jan. 3 to 16 in Spring 2023. In the course, students will explore Belize and learn about environmental conservation and the impact of humans on the country. The course costs \$2,700 in addition to airfare and 20 students will be able to attend. Students looking for more information should contact Susan Allen, professor in the Department of Environmental Studies, at sallen@ithaca.edu.

PUBLIC SAFETY INCIDENT LOG

SELECTED ENTRIES FROM SEPT. 5 TO SEPT. 10

SEPTEMBER 5

TRESPASS NO DEGREE
LOCATION: Higgins Stadium
SUMMARY: An officer reported that there were people in the area of Higgins Stadium after hours. The officer gave three people a warning to leave the area. Sergeant John Elmore responded to the scene.

SEPTEMBER 6

UNLAWFUL POSSESSION OF MARIJUANA
LOCATION: Hilliard Hall
SUMMARY: The Office of Student Conduct reported that one person was referred for an SCC violation for unlawful possession of marijuana. Lieutenant Michael Nelson responded to the report.

V&T LEAVING THE SCENE OF AN ACCIDENT
LOCATION: Z-Lot
SUMMARY: Caller reported an unknown vehicle had damaged a parked vehicle and left the scene. Patrol Officer Kevin McClain responded.

MEDICAL ASSIST/ILLNESS
LOCATION: Textor Hall
SUMMARY: A caller reported that a person had passed out and regained consciousness. The person declined medical assistance. Charlie Sherman, fire and building safety coordinator, responded to the call.

SEPTEMBER 7

PETIT LARCENY UNDER \$50
LOCATION: Campus Center
SUMMARY: A caller reported that a person stole items. Officer referred one person to the Office of Student Conduct for petit larceny. Patrol Officer Kevin McClain responded.

MEDICAL ASSIST/INJURY
LOCATION: East Tower
SUMMARY: Caller reported a person fell and injured their head. The person was transported to a hospital by ambulance. Security Officer RJ Petrella responded to the call.

ACCIDENTAL FIRE ALARM
LOCATION: Landon Hall
SUMMARY: Simplex reported a fire

alarm. The activation was caused by steam from a shower. Patrol Officer Kevin McClain responded.

SEPTEMBER 8

SUSPICIOUS PERSON
LOCATION: Circle Apartments 160
SUMMARY: Caller reported that an unknown person was banging on the door. Officers were unable to locate the person. Patrol Officer Abdallah Hassan responded.

SUSPICIOUS PERSON
LOCATION: Terrace 4
SUMMARY: Caller reported an unknown person knocking on the door. Officers were unable to locate the person. Patrol Officer Abdallah Hassan responded.

LARCENY IN THE FOURTH DEGREE OVER \$1000
LOCATION: Ithaca College Athletics and Events Center
SUMMARY: Caller reported an unknown person stole their computer. Officer determined the computer had been found and was not stolen. Larceny was unfounded. Patrol

Officer Kevin McClain responded.

PETIT LARCENY \$50–\$199
LOCATION: Lower Quad
SUMMARY: A person reported that an unknown person stole their phone. Master Patrol Officer Sophia Dimkos responded.

SEPTEMBER 9

MEDICAL ASSIST/INJURY
LOCATION: Garden Apartments 26
SUMMARY: Caller reported a person accidentally cut their finger while preparing food. The person declined medical assistance. Charlie Sherman, fire and building safety coordinator, responded to the call.

CHANGE IN CASE STATUS
LOCATION: Lower Quad
SUMMARY: A person reported finding a cell phone in D-Lot and turned it over to the Office of Public Safety. Officer determined the phone had been reported stolen Sept. 8 and the phone was returned to the owner. Larceny was unfounded. Master Patrol Officer Sophia Dimkos responded to the report.

SEPTEMBER 10

TRESPASS NO DEGREE
LOCATION: Garden Apartments 29
SUMMARY: Caller reported two people on a roof. Officer gave four people a warning. Master Patrol Officer Sophia Dimkos responded.

SCC IRRESPONSIBLE USE OF ALCOHOL/DRUGS
LOCATION: Hood Hall
SUMMARY: Caller reported an intoxicated person. Officer reported the person declined medical assistance and they were referred to the Office of Student Conduct for irresponsible use of alcohol. Master Patrol Officer Sophia Dimkos responded.

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

| KEY |
|--|
| SCC – Student Conduct Code |
| V&T – Vehicle & Transportation |
| EH&S – Environmental Health and Safety |



ILLUSTRATION BY CODY ACQUISTA/THE ITHACAN

EDITORIALS

IC administrators must prioritize their faculty

After the majority of the dust from the COVID-19 pandemic settled, Ithaca College rested with 116 full-time equivalent faculty and staff cut from their roster and a hopeful plan for the future. These losses are standard and expected among colleges of similar size and status, but it is not the losses the college community should focus on, it is the recovery. The Academic Program Prioritization (APP) process is a slow build toward a better future, but filling the shoes so many faculty left behind will prove to be a struggle for the college. We must also acknowledge the snowball effect this has on staffing. Many more faculty and staff are leaving the college for positions elsewhere. Those leaving our college are moving on to better positions, better pay and better working conditions.

The faculty seem hopeful that the turnover of the upper administration will bring prosperity, and their hope is well-founded in the prior execution of the APP. Steven Gordon, associate professor in the Department of Media Arts,

Sciences, and Studies and a member of Faculty Council, said, “It was difficult for that administration because they ran into the pandemic. ... Every new management team brings in people they think can do the job they think needs to be done that hasn’t been done as well as it could be in the past. And I think that’s what’s going on. So I think to me, the outlook is brighter.” His outlook echoes the aim of the APP process, and so far, the college has stuck to it. The shroud of uncertainty and disappointment surrounding our past administration is clearing after the senior leadership shuffle, leaving the remnants of their mistakes behind. It is up to the new leadership to remedy those mistakes and raise the college back to its prime state and beyond.

This is not an impossible feat. The administration must look to the workplaces their faculty are departing to for a solution to their own staffing shortages. Raising wages and allocating funding for dying programs should be the highest priority for the college if they are to stay afloat as an institution.

Commencement proposal is far too little far too late

It will be three years from the originally planned date of the 2020 commencement by the time we reach the graduation ceremony of the Class of 2023. Three years that the Class of 2020 has had to move on from their college years, find secure, full-time employment and begin to settle down in their lives.

At this stage, many of those graduates have moved to places all around the country, or even abroad. To recall these alumni for a rain-date ceremony three years down the line is to do so in vain. Finding the time off work, housing in Ithaca and transportation to the ceremony are all high barriers of entry to this proposed event.

Some colleges were able to find the time in 2021, like the Cornell University Class of 2020, finding some reasonable success (but doing so at the high risk of COVID-19 transmission). Ithaca College had a celebration event in July 2021 where they invited the Class of 2020 back for the senior splash into the Dillingham Fountains and a few other events.

The proposal is a kind sentiment, providing closure to those who did not receive it at the end of their long, four-year student experience. Class of 2020 alum Meaghan McElroy put it well when she said, “It kind of felt like there was no real closing the door and celebrating the work that I had done for the four years that I was at Ithaca.” It is a shame that many students share this emotion, but it is our reality.

This news appears to come with poor planning, as the notice from the Commencement Committee states the 2020 ceremony will be held the same weekend as the 2023 ceremony. This is a travesty of event planning that raises a plethora of questions. Where will they be hosted? Where will the families, alumni and graduates stay? Many recommend booking a hotel for family a year in advance for a normal graduation, never mind finding a place when two graduations are happening in tandem. The Commencement Committee must answer these questions before inquiring about interest from the alumni community, or else there will be no interest.

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 sfiske@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 650–750 words. Whether more or less space is allotted is at the discretion of the editor

GUEST COMMENTARY

BIPOC experiences belong in class conversations

BY ARES GARCIA

A common sentiment among students of color is feeling like a caricature of themselves when participating in discussions about race around white people, often felt when giving experiences in an academic setting. Imposter syndrome is felt heavily by students of color in academia already, whether it be for accomplishments or experiences. Having our oppression intellectualized by white students and professors tends to only heighten this feeling.

This campus is overwhelmingly white and details like that become especially apparent in discussions surrounding marginalization and oppression. White students reference texts and say, “what I read in x made me think y about z,” and make connections with themes in class. Students of color often have lived experiences to contribute and may feel more inclined to share those as opposed to speaking in a possibly detached manner about readings that intellectualize those experiences and feelings. Students of color are often told by teachers and professors to limit statements like that and focus on “real evidence.” Their experiences were real.

That’s not to say one should ignore their readings and go off on a soapbox tangent. But some can

better explain their thoughts and feelings on something when they have a tangible experience to tie it to. There’s been a number of moments within my classes where someone makes a blanket statement about a marginalized group. Phrases like, “x isn’t fair to working class families working paycheck to paycheck because of y,” said by a student who

“

Some can better explain their thoughts and feelings on something when they have a tangible experience to tie it to.

- Ares Garcia

”

has no idea what food or housing insecurity looks like. Giving a lived experience in response to them would be a completely appropriate return, and yet often this anecdotal evidence won’t be given the same space as one



Sophomore Ares Garcia details his experiences in the classroom as a BIPOC student. Garcia argues that lived experiences BIPOC students share in class discussions should be given serious consideration.

JADYN DAVIS/THE ITHACAN

that directly references the resources provided by the class.

It’s equally important to recognize your and others’ privileges. I say this referring to people who feel they’re being treated unfairly due to their privilege. No one hates you simply for having a privileged identity. The problem arises when those people marginalize their privilege: “people don’t like me because I’m white and straight.” These aren’t made up

phrases: each and every quote in this piece is a real quote heard by someone on this campus. People must realize this isn’t just a bunch of words on a page, this is a real occurrence.

I don’t like to generalize a feeling, which is why I’m refraining from saying “we,” but as a student of color, I’m tired of having my oppression intellectualized by white students and faculty. I’m tired of hearing “life’s not fair” from white students

discussing class structure. I’m tired of hearing “we’re all complicit” from white professors discussing systematic oppression.

It’s possible to have an intellectual and academic conversation about oppression while holding space for those who have real life experiences.

Ares Garcia (he/him) is a sophomore mathematics major. Contact him at agarcia10@ithaca.edu.

GUEST COMMENTARY

Armenians’ cries for help cannot be ignored any longer

BY NANEH HAKOBYAN

Yet again, my family in Armenia woke up Sept. 13 to the news that Azerbaijan is firing at them. Despite similarity to any other dark morning, these particular attacks are so close that at any moment I might hear the worst news of my life.

For many decades, Azerbaijan and Armenia have been at war for the Republic of Artsakh because Azerbaijan claims that Artsakh, a state where Armenian cultural buildings are older than Azerbaijan itself, belongs to them. Armenians tried everything: revolutions, fighting back harder, giving up land and trying to come to peace to address this issue with Azerbaijan and Turkey throughout our very long history. However, Azerbaijan and Turkey have resorted to violence once again.

Around September 2020, Azerbaijan started a 44-day war to capture Artsakh, during which thousands of 18- to 20-year-old teenage soldiers and many civilians were murdered, including four of my friends.

Later on, with Russian President Vladimir Putin’s interference, Armenian Prime Minister Nikol Pashinyan gave most of Artsakh’s land to Azerbaijan for “peace,” which angered Armenian society because no one wanted to give up on our land.

But did the war ever stop? Shockingly, no! It has become standard for people in Armenia to wake up to more attacks. However, it got worse.

The morning of Sept. 13 changed everything when undisputed central Armenian land was bombed.

Throughout these two years, my fellow Armenians and I tried everything to reach

the attention of international people and governments, yet most of the time our calls were futile.

Since 2020, I have shared many pieces of important information on my social media about how non-Armenians can help, talked about this ongoing catastrophe in class, but all I get is “sorry to hear about that.”

I ask people to help and give them directions on how to be helpful and supportive, but lately I have come to realize that my cries are not heard. I scream that my childhood home is burning and notice that many around me aren’t reacting.

To my understanding, there are two major reasons for people’s ignorance. First, many people I have met in Ithaca and other foreign cities and countries do not bother worrying about issues that are not trending. People only show sympathy when there is something in return, like being considered caring and smart. So people go around lying to themselves that they shared a fresh opinion that has been tweeted a million times but don’t bother caring for countries like Armenia, Yemen or Ethiopia.

Secondly, it relies on how the media and government talk about the issue. During the Russian invasion of Ukraine, the media covered the news of the attacks correctly, showing the actions of the real aggressors. However, during the Armenian attacks, there is not much coverage that tells the true story. A great example is the headline from the Washington Post: “Azerbaijan and Armenia exchange fire in Nagorno-Karabakh border zone.”

It’s not in the Nagorno-Karabakh border zone, it’s not just exchange of fire, but at-



Sophomore Naneh Hakobyan discusses the importance of helping Armenian citizens. Hakobyan notes the lack of proper media coverage related to the attacks on her home.

ELEANOR KAY/THE ITHACAN

tacks on my home. Media doesn’t cover the truth when they cannot profit from the plights they highlight.

I’ve been far from home throughout this conflict and the loneliness I feel is alarming. It’s very disappointing knowing that some people in my classes wouldn’t care if my family was harmed. Although, I would say that I have some amazing friends and professors who honestly care for me and other Armenians. Unfortunately, they are a significant minority within our community. Now I’m calling upon you. Please, don’t let me feel alone. Take action. You can follow me on Instagram where I share news and how others can

help (@hakobyan__n).

Share awareness in your community, but make sure your information is correct. Contact your representatives to block military aid to Azerbaijan (Armenian National Committee of America, Armenian Assembly of America).

Reach out to me if you have any questions or comments about providing aid at nhakobyan@ithaca.edu. We, Armenians, are tired of screaming alone. The time has come to raise your voices with us.

Naneh Hakobyan (she/her) is a sophomore legal studies major. Contact her at nhakobyan@ithaca.edu.

STUDY ABROAD FAIR

Tuesday, September 27

11:00 AM – 2:00 PM

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NEW ISSUE EVERY THURSDAY



THE ITHACAN



WE'VE GOT A NEWSLETTER



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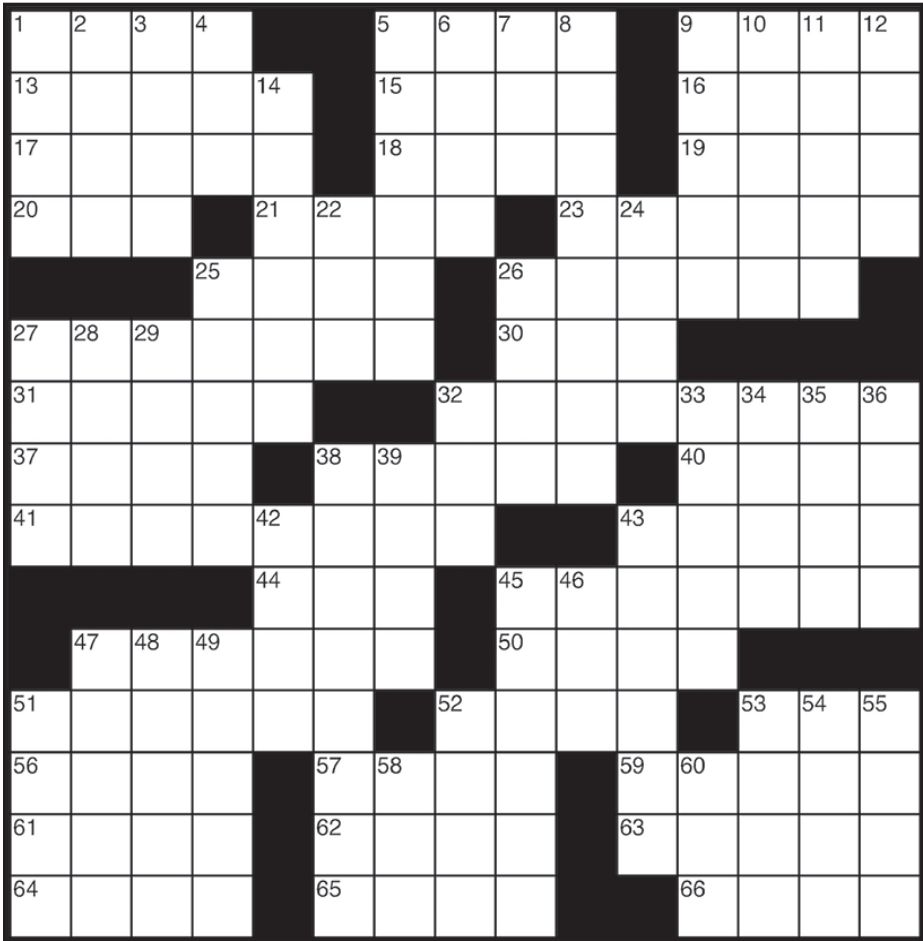
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DIVERSIONS

crossword

By Quill Driver Books



ACROSS

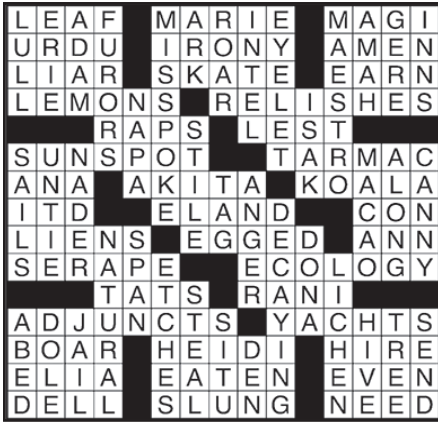
- 1 Loud sound
- 5 Without delay
- 9 Arizona tribe
- 13 Fix a manuscript
- 15 Errand runner
- 16 Tale of adventure
- 17 Love affair
- 18 Astronaut — Shepard
- 19 It lasts seven days
- 20 Slip on
- 21 “Oh gross!”
- 23 More than enough
- 25 Show relief
- 26 Grovelike
- 27 Legation member
- 30 Narrow inlet
- 31 Be generous
- 32 Restrain
- 37 Curly-leafed veggie
- 38 Throw lava
- 40 Ph.D. exam
- 41 Became ill
- 43 Male duck
- 44 QB objectives
- 45 Fastened together
- 47 Succeed in the end (2 wds.)

- 50 Teacup handles
- 51 Cranes’ kin
- 52 A tractor pulls it
- 53 “Give — — break”
- 56 Prepare for print
- 57 Phillips University town
- 59 PC screen images
- 61 Costless
- 62 Wealthy, to Pablo
- 63 Effrontery
- 64 Pitch
- 65 Electronic junk mail
- 66 Popular one-named singer

- 14 Frozen carbon dioxide (2 wds.)
- 22 “Nasty!”
- 24 Amount carried
- 25 Mr. Spock’s father
- 26 Decorate gifts
- 27 Requests
- 28 Bangkok native
- 29 Dusting powder
- 32 Cabinet div.
- 33 Peace —
- 34 Eurasian range
- 35 Like some furs
- 36 Ran off
- 38 Ultimate consumers (hyph.)

- 39 Take a break
- 42 British school
- 43 Famed naturalist
- 45 Almost never
- 46 Lao-Tzu’s way
- 47 Director — Almodovar
- 48 Ram, in astrology
- 49 Quick letters
- 51 Hoist
- 52 Type size
- 53 Poet’s new day
- 54 Jealousy
- 55 Cruising
- 58 Tweak
- 60 Average grade

last issue’s crossword answers



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sudoku

easy

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answers to last issue’s sudoku:

very easy

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

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LIFE & CULTURE

THURSDAY, SEPTEMBER 22, 2022

New theater clubs push diversity into the spotlight

BY JESS WILLIAMS

Two new theater organizations, Black Artists United (BAU) and Harmony Theatre Collective (HTC), are focusing on creating people of color-exclusive spaces for artists at Ithaca College and taking different approaches to address continuing racial issues in the Dillingham Center.

Both groups emerged after increasing racial tensions in the college's theater programs during the 2019–20 academic year. Following an incident where a professor asked students to write the N-word and other racial slurs on a whiteboard, a group of students set up a display in the Dillingham Center titled "A Manifest of Visibility," which detailed examples of microaggressions and racially charged incidents occurring within the theater program at Dillingham.

BAU formed partly as a direct response to these events.

"Part of our charge, and part of what we came out of as an organization, is the need to organize structural empowerment for Black students in Dillingham and make sure that there are affinity spaces, educational spaces, spaces where you can just kind of, like, take a load off, chill, ... because it can be very intense," junior Achille Vann Ricca, co-president of BAU, said.

BAU was founded at Ithaca College and is still exclusive to the college, but the group is attempting to expand nationwide so that every college with an established theater program will have a BAU chapter, Jessica Brock, co-founder of BAU, said.

Similarly to BAU, HTC was born out of a need for an exclusive space. The group was created after co-founders senior Cris Rabines and junior Olivia Celenza reflected on their experiences while engaged in extracurricular theater done through clubs on campus.

"Especially since this is very much a predominantly white institution, you have strange experiences working with non-[people of color] sometimes," Rabines said.

Celenza said HTC wants to create a safe and welcoming environment for BIPOC students involved in the theater world.

"I remember sometimes I would come home, like, you know, crying because I had a really rough day, ... but I could always turn to my [people of color] friends to



Co-founder Jessica Brock '22, far right, goes over choreography with members of Black Artists United. The club was created in order to foster a sense of community among BIPOC artists.

ANA GAVILANES/THE ITHACAN



From left, co-presidents sophomore Jasmine Williams, junior Achille Vann Rica and sophomore Sydney Wilson, secretary of Black Artists United, meet in the library to discuss the club.

JASMINE SCRIVEN/THE ITHACAN



From left, seniors Cris Rabines, president of Harmony Theatre Collective, and Naandi Jamison, secretary of Harmony Theatre Collective, hold their first meeting of the semester Sept. 18.

ELEANOR KAY/THE ITHACAN

help me get through it," Celenza said. "They were the ones that really understood."

HTC's first official meeting happened Sept. 17, where students met on the red carpet at the entrance of Dillingham to do a read through of the script for "Spiderman: Into the Spider-Verse." The group is currently planning their first full production in the spring.

It has been more than two years since "A Manifest of Visibility" was displayed in Dillingham, and even though an email sent out Jan. 17, 2020, by La Jerne Cornish, then-provost and senior vice president for academic affairs and current president of the college, and Rosanna Ferro, former vice president of student affairs and campus life, detailed how the college would correct these grievances, some students have yet to witness any meaningful change.

Senior Alysia Duncan, BAU's social media coordinator, said the issues brought up by the Manifesto are rarely addressed ever since students returned to campus.

"There was never really a consensus on the issue. It was just kind of like, 'oh, we're back for the spring,' and then we got sent home and then we never really talked about it again," Duncan said.

BAU is committed to enforcing change at the college according to the group's constitution on IC Engage. The group is also affiliated with the Ujima Black Student Union at Ithaca College and the Musicians of Color Association.

"It's all about fully committing to your BIPOC community and saying: 'Hey, we see you, we appreciate you and we know what you bring to the table,'" Celenza said. "If your actions don't equal what you say, then nothing holds weight, there's nothing there."

The members of the executive board for both BAU and HTC said they seek to bolster minority groups at the college, holding the college accountable for how BIPOC students are treated.

"We're not just there for your posters or for your website. We are human beings," Rabines said. "We chose this place for a reason. Show us that you support us instead of framing us and throwing us up on the wall like we're some piece of art, like we don't have feelings and motivations and aspirations."

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Local film festival celebrates Latino heritage

BY JADYN DAVIS

In honor of Hispanic Heritage Month, Cultura Ithaca and The Latino Civic Association of Tompkins County (LCA), which are organizations that strive to foster and share Latino culture with the Ithaca community, organize the Cine con Cultura Latinx American Film Festival in Ithaca every fall.

Cine con Cultura aims to showcase Latino heritage both in the United States and Latin America through dance, art and films, with 2022 marking the eighth edition of the film festival. The festival will showcase a total of 14 films from a wide variety of feature-length films and documentaries that explore topics that are central to Latino communities in Latin America and the United States.

Festival screenings will take place from Sept. 17 to Oct. 16. Some screenings at Ithaca College, Cornell University and the Greater Ithaca Activities Center will be free and open to the public, while others at Cornell Cinema and Cinemapolis will require people to pay for a ticket online or at the door. Additionally, some of the films will be shown over Zoom for people that are unable to make it to the festival in person. The films will also be shown in English, Spanish and Portuguese with English subtitles.

Hispanic Heritage Month, which is from Sept. 15 to Oct. 15, is an annual month-long celebration of Latino history and culture in the United States and Latin America.

Coinciding with the screenings

is the Latinx Art Exhibition, Semillas al Viento, which will take place at the Community School of Music Gallery in Downtown Ithaca on the gallery night Oct. 7 and will continue until November. The exhibit will be open from Tuesday to Friday from 2:30–7 p.m. and Saturday from 9:30 a.m. to 2 p.m.

In his seventh year of working with the festival, Enrique Gonzalez-Conty, associate professor in the Ithaca College Department of World Languages, Literatures, and Cultures, is the 2022 festival director for Cine con Cultura. Gonzalez-Conty is a member of LCA and Cultura Ithaca will be working alongside two additional members of LCA and Cultura Ithaca, Azucena Campos Lopez and Daniela River-so, who will oversee the dance and the art exhibition.

River-so said she is excited about expanding beyond showing what is traditionally considered fine arts by featuring craft and performance.

“I think the Cine con Cultura does a really amazing job of showcasing all these diverse experiences,” River-so said.

Gonzalez-Conty said the reason people should go to Cine con Cultura is so that they can further educate themselves.

“We’re also exposing the Ithaca community to some opportunities that maybe they wouldn’t be exposed to if they don’t watch themselves at the festival,” Gonzalez-Conty said. “The film festival is going to be also not only an opportunity for the [Ithaca] community to watch films that are in



Enrique Gonzalez-Conty, associate professor in the Ithaca College Department of World Languages, Literatures, and Cultures, is the 2022 festival director for the eighth edition of Cine con Cultura.

BRENDAN IANNUCCI/THE ITHACAN

Spanish and Portuguese and in English, but it is also going to expand on the knowledge that they have of several Latin American countries ... that are going to be shown.”

Junior Jesus Burgos said he had not heard of Cine con Cultura until recently. Additionally, he said he is glad that there is a film festival that showcases Latino films, since he said there is not enough Latino representation in his classes.

According to the University of California, Los Angeles’ 2020 Hollywood Diversity Report, Latinos received only 4.6% of acting roles

and 2.8% of writing credits in 2019.

“I’m proud of the [Latino] representation, as it motivates me more to write more scripts for more Hispanic people,” Burgos said. “I want to write films that have a lot of representation and diversity.”

Sophomore Jaqueline Pereira said she is excited to see the film “Pasajeras” because she is from Rio Grande do Sul, Brazil, and she said she feels represented.

“It’s a different [outlook] about what Brazil is,” Pereira said. “Just by watching the trailer, I could literally see [that] this is not like a typical

Brazilian movie.”

Gonzalez-Conty said that not only does Hollywood have a lack of Latino actors in major films, but that there are not enough Latino workers and filmmakers.

“Being chosen for characters that [maintain] the racist mentality about our communities can be problematic,” Gonzalez-Conty said. “We should still be able to have films that are being produced by Latin American people.”

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Exercise science professor uses TikTok to educate

BY KATIE KROM

Imagine scrolling through TikTok to review metacarpals, phalanges and the pulmonary trunk before class. Tim Reynolds, assistant professor in the Ithaca College Department of Exercise Science and Athletic Training, started a TikTok account for his students to do just that.

Reynolds said he started his TikTok account because some of his students last semester thought that his dad jokes during class needed their own platform. After some persuading, Reynolds started posting on TikTok in March 2022, gaining a following of more than 400,000 people as of September 2022. He started with anatomy dad jokes and has since then moved on to anatomy quizzes.

Reynolds is not the only professor at the college to take advantage of TikTok. Peter Johanns, associate professor in the Department of Media Arts, Sciences, and Studies, also has a TikTok account.

According to Interfolio, TikTok has become a popular app for educators to incorporate into their lesson plans to spread knowledge through a new creative outlet.

“If I could present content in a way that would be absorbed by the students, on a platform that they’re probably on more so than other platforms, that would be a success,” Reynolds said. “I think traditional teaching styles have to be adapted to today’s culture.”

In his TikToks, Reynolds covers recaps of his class material. He gives his students an opportunity to receive extra credit on their tests by dueting a specific video pertaining to the material and also gives his students an opportunity to review for their tests and

assignments whenever they are scrolling through TikTok.

Senior Brianna Weiner is an occupational therapy major and said she had Reynolds for two of her classes.

“My initial reaction to his TikTok was, ‘oh my goodness, this is embarrassing,’” Weiner said. “But honestly, professor Reynolds is a very dedicated and committed professor who is exceedingly eager to make the learning environment work for all his students. So the more I sat on this idea of a TikTok account to inspire learning, it didn’t [come as] a shock at all.”

Weiner said that because TikTok has had a large influence over her generation, incorporating the platform into her education has only been beneficial.

“As someone who is always on their phone either for pleasure or for school, adding a fun way to actively learn on your own time is 100% useful,” Weiner said.

Weiner said she would like to see other professors incorporate the platform into their teaching strategy.

“Instead of spending all night with your head in the textbooks, why not take advantage of possible educational platforms that exist,” Weiner said.

Fifth-year physical therapy student Emilee Murray said she had Reynolds as a professor for her anatomy class before he started creating his TikToks. Despite this, she said she still watches them to review for her exams.

“I’ll have anatomy questions pop up and I’ll need a quick reminder on certain body regions and I thought it was super helpful because he posted TikToks with



Tim Reynolds, assistant professor in the Ithaca College Department of Exercise Science and Athletic Training, started a scientific, educational TikTok account.

KAI LINCKE/THE ITHACAN

dances and different sayings he taught in class,” Murray said.

Reynolds said he loves posting TikToks, but posting them has been quite a learning curve for him.

“I don’t have social media or communications training background in terms of my education,” Reynolds said. “I’ve learned a lot in terms of the TikTok algorithms and what hits and what doesn’t hit.”

Reynold’s followers on his channel consist of many students and faculty from the college, but the majority of his followers come from outside the college.

“I have gained some really loyal followers and they’ll comment on every video,” Reynolds said. “People are also really mean on social media. So it’s one of those things, ... learning how to embrace the positive and just deflect the negative.”

Although Reynolds is still learning some ins and outs, his following has grown quickly.

“Now I have the opportunity to see exponential growth opportunities, ... I don’t think that’s unreasonable.”

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New horror creation shocks audiences

MOVIE REVIEW: “Barbarian” 20th Century Studios



BY EVAN MILLER

There have been few genuine cinematic surprises in the past year quite like “Barbarian.” Going in knowing as little as possible about this film is easily the best way to go about seeing it — this is a horror film unlike any other in recent years that demands to be seen.

“Barbarian” follows Tess (Georgina Campbell), a young woman who arrives at an Airbnb late at night in Detroit to discover that the home is already being rented by a man named Keith (Bill Skarsgård). With no other options, Tess decides to share the home with Keith after he extends the offer to her so they can figure out what went wrong together. She soon learns that there is much more to fear within the house upon the discovery of a hidden stairway in the basement.

There are so many shocking twists and turns throughout writer/director Zach Cregger’s masterful screenplay that it would be a crime to say anything about “Barbarian” that is not already featured in its refreshing trailer.

Cregger constantly keeps the information about what is really going on in the film at arm’s length from the viewer, successfully keeping them at the edge of their seat, eager to understand what is really

happening. As the film seems to constantly reinvent itself throughout its three acts, the viewer learns one bit of significant information each time. By the end of the film, audiences are able to put all the pieces together in a way that is not simply handed to them.

It cannot be understated how truly brilliant Cregger’s direction of this film is. He consistently builds suspense and tension with such ease throughout the entirety of “Barbarian” that once it ends, the viewer is left in a perpetual state of unease and fear regarding what they have witnessed on screen.

Tess is very much the viewer’s guide through the winding and seemingly never-ending hellscape that Cregger creates through his smart and twisted original work. Campbell effectively portrays Tess’ intelligence and fearlessness through her terrific performance.

Skarsgård is equally fantastic in his suspicious role. The actor, who has made a name for himself in projects like “IT” and “Castle Rock,” in which he has expertly portrayed frighteningly unsettling roles, is very mysterious here. He does an amazing job of keeping his character’s role in the plot hidden as the viewer constantly questions what his true intentions are and if he is who he says he is to Tess.

Justin Long portrays AJ, a



Tess (Georgina Campbell) arrives at an Airbnb only to find secrets hidden underneath an underground basement.

COURTESY OF 20TH CENTURY STUDIOS

character that is refreshingly unlike many of the types of dorky characters he has played in past projects. Long provides plenty of comedic relief through his self-centered, unlikable and often idiotic character. AJ adds a very interesting element of social commentary to “Barbarian,” which is fairly layered, yet not the main focus of the film. This element of gender politics adds some unexpected depth and is all the more impactful when seen in the film.

The film also features an intense score composed by Anna Drulich and claustrophobic cinematography by director of photography Zach Kuperstein that, when paired together, heightens the suspense in several key moments.

“Barbarian” is the film that fans of horror have been waiting for, as they leave eager to experience it all over again.

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New John Legend record is worthy of his last name

ALBUM REVIEW: “Legend” Republic Records



BY JADYN DAVIS

John Legend’s eighth studio album “LEGEND” proves his notable status in the music industry as a singer, songwriter and producer. The album is Legend’s most daring record with a total of 24 songs and is split into two parts. In an interview with UPROXX, Legend said the reason for the two parts is because the album shows different sides of himself based on his life now and his growth as an artist over the years.

The album starts with “Rounds,” featuring the rapper Rick Ross, with the melodic guitar and slow drums setting a seductive mood. The song heavily implies sex, but Legend’s lyrics do a great job at keeping it classy rather than overdoing it. However, Ross’ section in the song is a little too graphic, with some of the lyrics potentially making listeners uncomfortable.

“LEGEND” continues with more upbeat and playful songs like “Splash,” featuring Jhené Aiko and Ty Dolla \$ign, “Strawberry Blush” and “Guys Like Me.” One of the highlights from the album is “All She Wanna Do,” featuring Saweetie, who does a great job at highlighting her ability to add her signature flair and artistry to any song. Saweetie’s vocals and adlibs compliment Legend’s voice, adding more layers to the track without overtaking it at any time.

“LEGEND” is not just an upbeat and experimental album, as the album has both emotional and powerful songs. The second part of “LEGEND” digs more into Legend’s personal life with a more emotional tone than the first half.

Songs like “Wonder Woman,” “Pieces,” “Good,” “Stardust” and “Home” showcase how Legend’s vocals and lyrics can move people. These songs are motivational and also center around Legend’s family. “I Don’t Love You Like I Used To” sounds misleading based on the title, but the lyrics say otherwise.

“I Don’t Love You Like I Used To” centers around Legend’s relationship with his wife, Chrissy Teigen. The lyrics “I know you better than I used to/ Every corner, every curve/ I fell in love with your mind/ Put in the time to make it work” showcase his vulnerability by telling fans about all the things he and his wife have been through over the years. Both the lyrics and the sweet sound of the piano make this song a treat for listeners because of how personal the track is to him.

“Home,” the final song on the album, is another emotional and vulnerable song, as the lyrics imply that the song is about his two children, Luna and Miles. The lyrics “I can’t catch your every fall/ But I’ll be there if you call/ As long as my heart is beating”



John Legend’s self-titled album explores Legend’s growth as an artist over time.

COURTESY OF REPUBLIC RECORDS

can cause the listener to shed a few tears upon listening to it. Vocally, this is Legend’s best song, as he stretches his voice to the absolute limit.

Overall, “LEGEND” is one of Legend’s best works, as it showcases his growth as an artist and person. The only thing that holds this album back is the number of songs. Even though Legend explained the reason for the number of songs, the large amount of songs can make it difficult for the listener to keep track of where they are in the album. Most artists will release an album with around 10–12, and then a deluxe album with closer to 20 songs. Legend could have added a transitional track between the two parts of the album to make it more interesting for the listeners. Despite this issue, the album is still successful and shows why his name is John Legend.

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QUICKIES



COURTESY OF SUB POP RECORDS

“IT’S NOT JUST ME, IT’S EVERYBODY”
Weyes Blood

Indie artist Weyes Blood finds beauty and peace in an effortlessly perfect track, featuring terrific vocals from Blood along with impressive piano and percussion that suck the listener in.



COURTESY OF WARP RECORDS

“WASHED AWAY”
Kelela

With her first new song in five years, Kelela carefully lulls her way into the heart of listeners through beautifully restrained vocals. The time spent away from music clearly proved to be crucial, as “Washed Away” impresses.



COURTESY OF ONE LITTLE INDEPENDENT RECORDS

“OVULE”
Björk

The second single from “Fossora,” Björk’s highly anticipated new album, is an ambitious and surreal meditation on love, showcasing her stunning, iconic vocals.



COURTESY OF SCHOOL BOY/INTERSCOPE RECORDS

“TALKING TO YOURSELF”
Carly Rae Jepsen

In the years since “Call Me Maybe” played excessively on radios, Carly Rae Jepsen has been reinventing herself as more than a one-hit wonder. “Talking to Yourself” isn’t necessarily one of her most memorable songs due to a lack of unique themes, but it’s catchy and fun.

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Seeking a good time on the pitch

Students take flight at club quidditch



First-year student Claudia Homiski, a member of Ithaca Hex Quidditch, holds the quaffle while teammates and opponents surround her. Her goal is to throw it through one of the three hoops while her opponents, called beaters, try to block it.

JASMINE SCRIVEN/THE ITHACAN

BY TOBIAH ZBORAY

When Ithaca College’s students returned for the Fall 2022, many club teams returned to practice and play at the start of the new academic year. Among these teams was the Ithaca Hex Quidditch team, who returned to South Hill flying high with excitement.

Senior Lauren Mitchell said the team plays a form of quidditch called muggle quidditch. Mitchell said the game involves five different positions: chasers, keepers, beaters, seekers and the snitch. Points are scored when chasers throw a volleyball, referred to as a quaffle, through one of three rings at the end of the field, while keepers and beaters try to stop them from scoring. After 20 minutes, the snitch, which is someone with a tennis ball attached to a pair of special shorts, is released, who the seekers go after. The game ends when a team gets to 80 points after the 20-minute mark.

Senior club president Athaliah Knoell said that while Quidditch is best known from the Harry Potter franchise, the team is not solely filled with Harry Potter fans. The team does not view itself as a Harry Potter club.

With 10 members on the team and the relatively niche nature of the sport, Knoell said the team has to do more work to get its name out there.

“I would say we do a fair amount,” Knoell said. “We had a table at the first-year organization fair, we put up

posters around campus, we added quidditch practices to the IC Engage page so it shows up with Weekly Happenings. We want to get the word out there.”

The team’s extra work in recruiting does help them reach the specific audience that they look for. First-year student Elliot House-Kelly said the club caught their attention at the first-year student organization fair.

“I saw it on a club list when I was looking at applying to the college,” House-Kelly said. “At the organization fair, I was kind of looking for it and I recognized Athaliah [Knoell] at the recruiting table because she was an orientation leader, and so I decided to sign up.”

With the new year, however, the team is looking forward to regaining some stability in its schedule. The team usually practices on Emerson field but could not during the 2021–22 academic year because the fields were included with Emerson Hall, where students who had COVID-19 were isolating. Mitchell said the team ended up using fields all across campus during the year, even playing at the Athletics and Events center.

Knoell said the return to Emerson field makes scheduling easier for the team, as the team no longer needs to get permission to use a field, and instead just has to tell club sports officials when they plan on using it.

Knoell said she is now able to focus on the role of president, which she said has been one of the most enjoyable parts of

their time at the college.

“Being on the quidditch team has been one of my most important things on campus for me since my freshman year and something that I’ve come back for, and so being the president has been so rewarding to be able to give back to the club that’s been so important to me throughout the years here,” Knoell said.

Knoell said another part of the team returning to Emerson field is a better ability to schedule games and tournaments against other schools. Mitchell said that with the more reliable schedule this year, the team is already looking to start getting games scheduled, with a scrimmage against Cornell University being something the team is trying to do.

But on top of organizing on-field events, the team also wants to work on connecting off the field through team bonding events. Mitchell said the team tries to get together regularly to build connections off the field and keep everyone in touch.

“We went to get Purity [Ice Cream Co.] last week with a bunch of the new first-year [students]. We’re trying to organize some things, like a Harry Potter movie marathon,” Mitchell said. “Sometimes it’s just little things, like getting lunch or dinner after practice, or during practice, taking the time to relax and talk to each other when we’re getting a water break. In the past, we’ve done trips to see the new Fantastic Beasts movies, we’ve done little parties and

get-togethers. For now, it’s just a matter of getting back into it.”

These team bonding events have helped to cultivate an environment on the team that Knoell said is extremely friendly and close, something which she has enjoyed during their time with the team.

“The team is incredibly supportive,” Knoell said. “We have had a group chat on Facebook, and now we have a Discord server where everyone can interact with each other about quidditch and non-quidditch things. I’ve gotten so much support from the team. We hang out together, we do little study sessions, and we try to support each other in whatever way is needed. We’re just really good friends.”

Despite only being on the team for a short time, House-Kelly said their experience with the team has been positive. They have even convinced friends to join, saying that the team’s atmosphere makes it more enjoyable.

“Honestly, I’ve had so much fun so far,” House-Kelly said. “I’ve dragged two [of] my friends to practice with me so they’re on the team now, and everyone is super nice. We’re all there just to have fun, so even if someone messes up it doesn’t really matter. We’re still going to put our best effort into it while still having fun and playing the game to the best of our abilities.”

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From left, first-year student Elliot House-Kelly and senior Lauren Mitchell chase a ball in mid-air during a practice.

JASMINE SCRIVEN/THE ITHACAN



First-year student Liz Columbia tries to block an opponent’s quaffle shot during practice.

JASMINE SCRIVEN/THE ITHACAN



The five positions on the quidditch team are chasers, keepers, beaters, seekers or the snitch itself.

RAY MILLBURN/THE ITHACAN

IC students stay in shape with PALS classes

BY DANIEL KING

While Ithaca College students work busy schedules, they may not have time to partake in physical activity. However, the physical activity, leisure and safety (PALS) program classes give students a chance to unwind and relax with various activities.

PALS offers students a wide range of classes that teach them new skills and the opportunity to get hands on with activities they may not have had the chance to ever partake in. Currently, 28 PALS classes are being offered in Fall 2022, according to HomerConnect.

Patrick Lewis, associate professor and chair of the Department of Recreation and Leisure Studies, has been at the college since Fall 2012 but has served in his current position for the past five years.

Lewis said the college's support for programs like PALS is essential, noting the benefits it brings to students' mental and physical health. Studies conducted on the effects of exercise on an individual's mental health have shown that exercise helped reduce sadness, anxiety and depression in individuals during the pandemic.

"I'm optimistic and hopeful that as things progress here that this can continue to find footing and grow and thrive," Lewis said. "I truly think it is critically important and hopefully remains an area of emphasis for the college."

One of the classes taught in the

program is springboard diving. Chris Griffin, aquatics coordinator and diving coach for the men's swim team, was a diver during his collegiate days at SUNY Cortland before graduating in 2005. Now in his seventh year teaching the class and eighth as a coach at Ithaca College, Griffin said the class is about gaining experience and knowledge.

Griffin said the class has five categories of dives: front, back, reverse, inward and twist. Once a student feels confident in these skills, at the end of the semester, they will put them into action. The class is open to students with and without diving experience.

"It's definitely intense, it gets people outside of their comfort zone," Griffin said. "But I think there's also a lot to be learned by putting yourself in things that challenge you mentally and physically."

From the pool to the hardwood, the basketball officiating course teaches students the rules of basketball officiating. While students do not receive any sort of certification for the class, Dan Raymond, head coach of the women's basketball team, said the local high school assignor comes and gauges the students' interests in pursuing opportunities to officiate at the high school level.

"We want all the students to at least take something away from this class that helps them to understand how the game has actually been played or supposed to be played," Raymond said.



From left Chris Griffin, aquatics coordinator and diving coach for the men's swimming and diving team, and first-year student Robert Mattesky watch the pool for the springboard diving class.

KALYSTA DONAGHY-ROBINSON/THE ITHACAN

Raymond said some of the participants in the class are basketball die-hards, while others are just learning about the sport.

"It's a great opportunity for seven weeks to do something that's fun," Raymond said. "They get a little exercise, run up and down the floor and experience something from a perspective they never thought they would."

One of the students in the class is senior Liam Spellman, a guard for the men's basketball team, who has gained a newfound respect for the referees for the job they do.

"It's a lot harder than it looks," Spellman said. "Just off the first

couple classes, there's a lot to remember. You have to remember hand signals, who committed the foul, and you have to do it quickly. They have a very tough job."

Raymond offers a coach's perspective to the class. An official named Vic Torregiano is brought in to help teach students the rules of basketball officiating. Raymond said Torregiano has been assisting with the class for the last ten years.

From a student-athlete perspective, Spellman said the experience of taking class with non-basketball players has been enjoyable.

"There's a couple of guys I know from the [Roy H.] Park School [of

Communications] that I mess around with since they're just trying to learn it," Spellman said.

While students may be hesitant to join something they don't know, Lewis encourages students to step out of their comfort zone, and they may find something interesting.

"Walk in with an open mind, try some things and learn something," Lewis said. "Worst case scenario, you have a skill that you're never going to use again. Best case scenario, you found something you love and you want to do more of."

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The Hidden Opponent hosts softball fundraiser

BY AIDAN CHARDE

The Ithaca College softball team might not be in action until Spring 2023, but it is already getting some practice in — and letting members of the campus community take some swings, too.

Sophomore catcher and utility player Alex Cruz is one of eight campus captains at the college for The Hidden Opponent, an organization advocating for mental health in collegiate athletes. As part of the role, Cruz said she and her fellow captains, some of whom made it to the event, have to host a fundraising event once a month. The event Sept. 17 was the first one of the semester.

This month, the event was a softball home run derby at Kostrinsky Field. For \$5, anyone, not just Ithaca College students, could come and swing the bat five times, trying to hit the ball as far off the tee as they could. Cruz said 30 people attended and raised about \$300, which will be donated to the American Foundation for Suicide Prevention.

"September is suicide awareness month," Cruz said. "I struggled a lot with mental health, especially last season. So having that organization available to other athletes, I want to build more awareness so people know it's there."

Some were better than others at the event. While there were people who were able to hit the ball past the 220-foot center field wall, most balls landed harmlessly in the outfield grass. But everyone knew the event was not about how far you could hit the ball, it was about supporting a good cause.

Senior Lauren DePietro, who is roommates with another campus captain, senior Erin Kiley of the women's swim team, showed up to support her roommate and show that

she cares about the cause.

"I'm not on the swim team, but I live with [other members of the swim team]," DePietro said. "Supporting them and knowing that, like, I'm a person they can talk to [is important]. I'm also a coach at home, so I'm just trying to be a better coach and make sure I have the awareness of mental health."

Cruz said one of the biggest issues she sees in mental health, especially with athletes, is the stigma they face for speaking out about issues. The Hidden Opponent was started by Victoria Garrick, a former Division I athlete at the University of Southern California, in 2019. Garrick spoke at TEDxUSC in 2017 on the topic, where she outlined the stigma she faced in coming to terms with her mental health.

A 2022 survey from the NCAA found that 22% of men's sports athletes and 38% of women's sports athletes reported feeling mentally exhausted in Spring 2021. The numbers are a decrease in findings from Spring 2020, which showed 26% for men and 39% for women, but remain a concern.

Now that The Hidden Opponent is making strides to ensure no one feels that way by starting conversations and educating people about mental health, Cruz said it is important for her to make sure athletes know they can talk about their emotions.

"[Mental health] is so stigmatized that people don't want to talk about it until it's too late," Cruz said. "Especially with athletes, you know, we're taught to be mentally tough and not show emotions when we're playing, [but we want to show] people it's OK."

Even some parents showed up for the cause. Linda Fabbo, the mother of junior Louis Fabbo on the baseball team, said she was at Butterfield Stadium with her husband



From left, sophomores Bella Scolaro and Cynthia Ehrenfeld of the Ithaca College softball team take swings during The Hidden Opponent's fundraiser Sept. 17.

MALIK CLEMENT/THE ITHACAN

for the football game against Alfred University on Sept. 17. But when her son told them there was an event going on that they should stop by for, they made their way up.

Linda Fabbo said she is a psychotherapist, a licensed therapist who completed psychiatric training, and between her job and having a son who has been an athlete his whole life, she said she knows plenty about mental health and the stigma behind it.

"It's been an ongoing conversation for a long time just with high school students about pressure and understanding that on social media, not everything looks as it is," Fabbo said.

The support from fellow athletes and teammates has been outstanding, Kiley said. She has not hosted an event yet, but she said she has some ideas and is excited about the

opportunity to raise awareness.

"I think we're going to all work together a lot to plan events like this and get the whole team involved," Kiley said. "I want to get a swim meet involved and get my team involved, because I know they care a lot too."

Senior Lauren Brady, another member of the swim team who showed up to support Kiley and the organization, said that she has first-hand experience with mental health struggles and that she wants to make sure her teammates have a support system.

"Every single one of my teammates has dealt with mental illness from high school to college, myself included," Brady said. "I think it's really important [to talk about]."

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Students from the Ithaca College Nature Club attended a field trip Sept. 17 to the Cornell Lab of Ornithology. The lab houses many species of birds including the Buteo hawk, E-3, who has been in the lab for many years because of injury. The club provides students with opportunities to learn about nature while building community.

XINYI QIN/THE ITHACAN