

IC works with JED Foundation Mental health resources added to college

BY OLIVIA STANZL

Ithaca College is halfway through the JED campus initiative, the four-year mental health program the college joined in January 2020. The college's JED Campus Committee released a progress report this September, which includes an overview of the program and progress made so far.

The JED Foundation is a nonprofit organization that creates programs to promote and encourage the strengthening of emotional and mental health within young adults. When an institution becomes a JED Campus, it is evaluated by a campus adviser. Campus advisers also help the schools that they work with release a Healthy Minds Survey (HMS) — a student-focused survey that collects information on student attitudes around mental health — to the student body.

The college held its HMS from March 2–23, 2021, and it was completed by 1,226 students — about 21% of the full-time equivalent students. The survey results included the information that: 20% of students reported having severe anxiety, 21% of students reported having moderate anxiety, 25% of students reported having severe depression and 22% reported having moderate depression.

Michelle Goode, program director for the Center for Counseling, Health and Wellness, said that culturally, the U.S. has begun stigmatizing mental health less by creating programs encouraging people to talk about

JED UPDATE, PAGE 4



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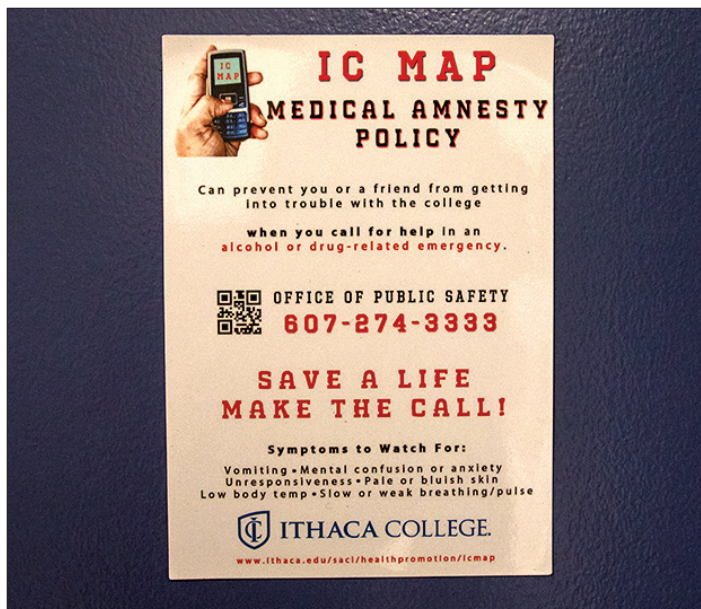
Students feel frustration with the IC Medical Amnesty Policy

BY AUBREN VILLASEÑOR

Confusion about Ithaca College's Medical Amnesty Policy (MAP) has caused some students to call for clarity.

According to the college, the MAP allows students who suffer a medical emergency as a result of drugs or alcohol to not face drug or alcohol related sanctions; the student that calls for help is also protected under the policy. According to Students for Sensible Drug Policy, the MAP at Ithaca College is similar to policies at other colleges and universities in the United States. The MAP was created in Fall 2010 and the policy is advertised through floor meetings between students and their Resident Assistant (RA), student orientation and magnets posted on doors of the residence hall rooms.

Some students are confused about the specifics of the policy. First-year student Anita Preuss, who said she was recently involved in a situation with the MAP because a friend needed help, said she wished there was more clarity in the college's messaging about the details of the MAP. Preuss said



The Medical Amnesty Policy is advertised in many ways at the college, including through magnets in residence hall rooms.

GRACE VANDERVEER/THE ITHACAN

responders gave conflicting accounts of whether or not she and her friend would qualify for medical amnesty and said she was not aware that the responding RA did not request medical amnesty when they called the Office of Public Safety and Emergency Management.

"The [Resident Assistant] told [me and my friend] that because

we ourselves called the [Office of Public Safety and Emergency Management], we could not request medical amnesty," Preuss said. "That was misleading because [the RA] offered to call public safety." Katie Newcomb, assistant director for the Office of Student Conduct

MEDICAL AMNESTY, PAGE 4

Discussion addresses women in leadership

BY VIVIAN ROSE

"[At Ithaca College, the] president, provost, general council, chief of staff, vice president for student affairs and campus life, vice president for marketing and enrollment strategy, vice president of human resources, athletic director, and four of five deans are women," President La Jerne Cornish said at the Women in Leadership Panel on Sept. 27.

The event was coordinated by Julie Dorsey, chair and professor in the Department of Occupational Therapy, and had about 50 attendees in Clark Lounge along with five speakers.

The event's five panelists were Anne Hogan, the dean of the School of Music, Theatre, and Dance; Odalys Diaz Piñero, chief of staff in the Office of the President; Susan Bassett '79, associate vice president and director of Intercollegiate Athletics; Marsha Dawson, dean of students in the Office of Student Affairs and Campus Life; and Amy Faulker, dean of the Roy H. Park School of Communications. The event was mediated by Cornish.

The panelists discussed their

pathway to leadership, knowing their value, self-care and lifting each other up.

Each panelist began by speaking about how they became inspired or interested in achieving a leadership role in higher education, like how Hogan was a ballet dancer and then got her Ph.D. in English Literature, and the role Diaz Piñero's immigrant family had on her education.

Bassett spoke about being a student at Ithaca College and then getting her first job as director of athletics at several collegiate institutions.

Dawson talked about being a first-generation student and developing a passion for people. Faulkner talked about how playing sports throughout her high school career made an impact in her life and grew her knowledge and experience in leadership.

Basset said that in the male-dominated field of athletics, she has felt the pressure of having to prove herself to men. However, when playing golf with men, those are the times she has felt

LEADERSHIP PANEL, PAGE 4

LIFE & CULTURE | page 11

PORCHFEST RETURNS AFTER SHORT HIATUS



OPINION | page 7

JED PARTNERSHIP NECESSARY FOR MENTAL HEALTH



SPORTS | page 14

GOLF TEAM TEES OFF THE SEASON WITH HOT START

IC community collaborates on inauguration ceremony

BY LUCIA COUTERMARSH

The Presidential Inauguration ceremony of Ithaca College’s 10th President, La Jerne Cornish, will be held Oct. 1 along with multiple events and showcases to join in the celebration with the theme of “Ithaca Together.”

The inauguration ceremony, which will be held at 10 a.m. at the Athletics and Events Center, will be followed by performances from the School of Music, Theatre, and Dance at 8 p.m. and then a dessert reception and fireworks. All events will be held at the A&E Center leading into the fireworks, which will take place outside the building.

Cornish took office in March 2022 after serving as interim president since August 2021. Prior to becoming president, she served as the provost and executive vice president of academic affairs.

Dave Prunty, revenue generation and special projects coordinator for the Office of Finance and Administration and co-chair of the Inauguration Committee, said the committee began meeting in late Spring 2022 and that a large group of students, faculty and staff have come together to collaborate on this event.

The Ithaca College Chorus, the Ithaca College Wind Ensemble and members of the African Drumming and Dance Ensemble will be performing. There will also be student performances of “Into The Woods” and “Sweat,” a 2015 play by Lynn Nottage.

“The inauguration of President Cornish is not only a college community event,” Prunty said via email. “It is a celebration of the Ithaca College student experience.”

Students from the live event production major are involved in stage managing and producing the event and students from the Department of Theatre Arts are working in the A&E Center on the venue setup, lighting and sound.

Senior Rachel Kaiser, who is on the marketing team for the Inauguration Committee, said it has been satisfying seeing all the pieces come together.

“From a student lens, I feel honored to be a part of this process,” Kaiser said via email. “It is really nice to be able to represent the IC student body and what I think students’ values are when it comes to this exciting day.”

Prunty said the purpose of the event is to officially instate the president to office as well



Ithaca College President La Jerne Cornish took office in March 2022 after serving as interim president since August 2021. She will be inaugurated as president Oct. 1.

NOLAN SAUNDERS/THE ITHACAN

as establishing the vision the president has for the college.

“Every president of every college or university brings their own personality, focus and goals to the position,” Prunty said via email. “As a result, the inauguration of President Cornish has been designed to focus on the theme of ‘Ithaca Together,’ which focuses on inclusivity and the importance of the Ithaca College community.”

Sophomore Abby Dinstell got involved with the presidential inauguration through the

Ithaca College Chorus, which is scheduled to perform at the event. Dinstell said the opportunity to gain more performing experience and to see the other groups’ talent was what excited her the most.

“It is also nice to know we are honoring the new Ithaca College president in the process and making her feel excited and inspired to lead this school to future success,” Dinstell said via email.

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On the Quad: What is your favorite festival in Ithaca?

On Sept. 23, *The Ithacan* asked Ithaca College students on the quad what their favorite festival in Ithaca is.



COURTESY OF DUPLASS BROTHER PRODUCTIONS AND THROUGH FILMS

'Deja View' - "Tangerine" (2015)

Senior Sydney Brumfield and sophomore Therese Kinirons talk about what makes a queer film authentic with “*Tangerine*” (2015).

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THE ITHACAN IS PRINTED AT JOHNSON NEWSPAPER CORPORATION

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Students feel add/drop period is too short

BY RYAN JOHNSON

Some students at Ithaca College feel the period to add and drop classes does not provide enough time to decide if a course is right for them.

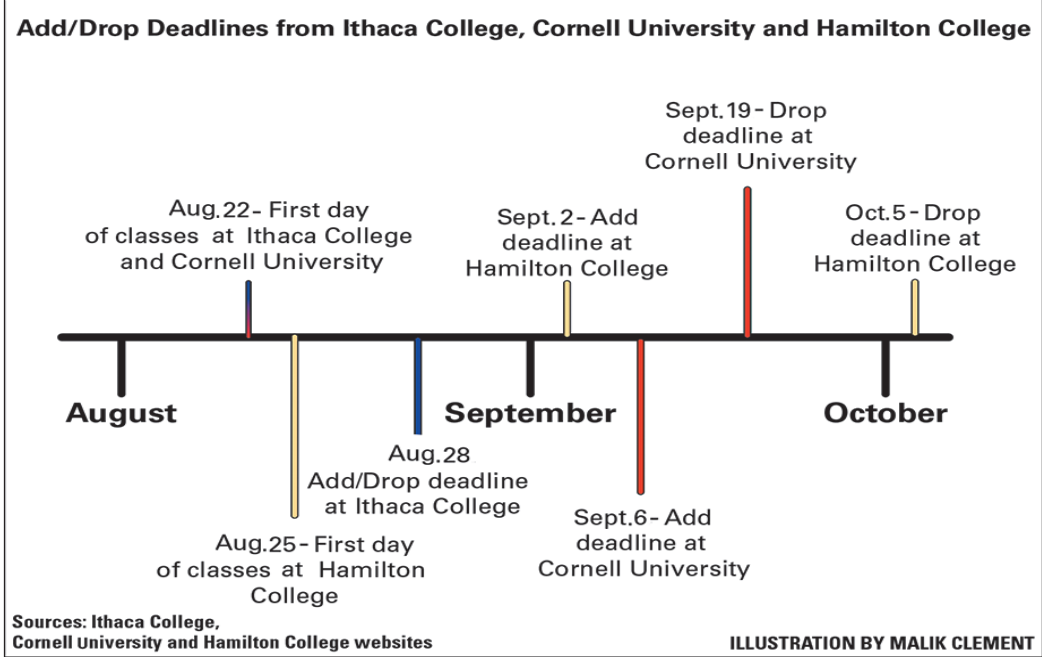
For the first seven days of a semester, students can add or drop a class from their schedule with no penalty. Students pay the same amount of tuition to take anywhere from 12–18 credits, so there is no financial impact for dropping a class after the deadline if a full-time status is kept. If a student wants to drop below 12 credits to part-time status, they must do so by the end of the add/drop period or a refund will not be permitted.

Students who drop under 12 credits may have to forfeit access to on-campus housing and their financial aid could change. The period to add or drop courses for Fall 2022 was from the first day of classes Aug. 22 to Aug. 28.

First-year student Megan MacNeely said the deadline should be longer than a week because students do not know if they are fit for the course or not from only a couple of classes.

“In the first week of school, you sometimes don’t even really know what [the class] is about or what type of work you are going to be doing,” MacNeely said. “I feel like you don’t have enough time to think through if it’s a class you want to drop or keep.”

Registrar Vikki Levine said the reason for the early deadline is because the college issues refund checks to students who are



eligible. She also said that in the six years she has worked at the college, the add/drop deadline has not changed.

“Let’s say the add/drop [deadline] was at the end of week two,” Levine said. “students couldn’t get refund checks until week three and a lot of our student population will use those refund checks to buy food, pay rent, buy [Bomber] Bucks, all these things that are also part of your student experience.”

Shana Gore, executive director of Student Financial Services, said students who have an excess amount of financial aid are eligible for a refund check, including students who drop to part-time status. Refunds are given after the second week of classes.

“The amount a student is billed each semester and the amount of

financial aid they are eligible to receive is directly related to their number of enrolled hours,” Gore said. “We wait until add/drop ends so that we can review any students who need updates to their bill and/or aid based off a change in enrolled hours. Then we can disburse the financial aid and begin to process refunds.”

Some colleges opt to have their drop deadline after their add deadline. Hamilton College’s add deadline is Sept. 2, the second Friday of Fall 2022 — the drop deadline comes almost a month later Oct. 5.

Kristin Friedel, registrar at Hamilton College, said via email that the reason for the shorter course add deadline is because the college’s leadership feels like students should not be missing more than a week’s worth

of class material.

“Hamilton allows students to drop a course until the sixth Wednesday with no penalty or record,” Friedel said via email. “After that point, students may petition for a late drop with a grade of W, but no GPA impact. Students drop courses because they may be having academic difficulties, they have decided they no longer are interested in the course, or a variety of other reasons.”

Senior Erin Gallagher said students who miss the add/drop deadline often feel stuck.

“Having a withdraw on your transcript feels like an admittance to failure,” Gallagher said. “You’re stuck — you don’t have options at that point.”

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Professor at IC plans to leave

BY NOA RAN-RESSLER

James Rada, professor and chair for the Department of Journalism at Ithaca College, announced Sept. 20 that he will leave the college after the 2022–23 academic year.

Rada has accepted a position as the coordinator for the graduate program in Mass Communication at Virginia State University (VSU), a historically Black university in Petersburg, Virginia. Before starting in person at VSU in August 2023, Rada will work remotely beginning Jan. 1, 2023.

“It’s an incredible opportunity,” Rada said. “Virginia State is a school that’s on the rise. ... I’m excited to be a part of everything [VSU is] doing and everything that’s going on down there.”

Rada began working as an associate professor in the Department of Journalism at Ithaca College in Fall 2011.

Since 2013, he has led 13 experiential learning trips and produced two documentaries with students. The experiential learning trips were opportunities for students to travel all over the country and do live reporting on major events, like the 50th anniversary of the Selma Marches. Rada said one of the documentaries, “With INFINITE HOPE: MLK and The Civil Rights Movement” (2018), has aired 1,200 times on different public television stations since its premiere in January 2019.

Mead Loop, professor in the Department of Journalism and director of the sports media program, has worked with Rada since Rada began his career at the college.

“I don’t think anyone else has done more to give our students experiential opportunities, particularly covering the political economy and civil rights,” Loop said. “He has given students a lot of opportunities that they otherwise wouldn’t have had.”

Rada said he is amazed by the talent of faculty and students in the Roy H. Park School of Communications.

“I am absolutely awestruck and amazed by the level of talent we have in the Park School,” Rada said. “The time I’ve spent with the students ... I would say it’s been a little slice of heaven.”

Tim Mirabito ’03, associate professor in the Department of Journalism, said Rada has been dedicated to his students and their success.

“[Rada] wants everyone within the [journalism] major to do well and to have the fundamentals to go out and be change agents,” Mirabito said.

Loop said he does not know what the Department of Journalism will look like once Rada departs. He said that with professor Anthony Adornato’s departure — who left the college at the start of Fall 2022 to teach at Syracuse University — the college’s journalism department is low on staff.

“We hope that we’ll get at least one of those positions back in a search for a new colleague,” Loop said.

Junior Jess Moskowitz, a journalism major, has taken two journalism classes with Rada during their time at the college and said they appreciate his commitment to students.

“I think it speaks to him as a person, not just as a professor,” Moskowitz said. “Inside and outside of the classroom, he really sees you as a person and not just a student ... [and] it’s really valuable.”

Moskowitz said they hope that students are asked to provide input into the selection of the next chair of the Department of Journalism.

“I’m concerned. I think there are a lot of gaps in the [communications] program,” Moskowitz said. “I think [Rada’s] presence has helped it a little bit, but with that, I’m not really sure where it’s going to go from here.”

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Faculty founds mobility aid company

BY NOA RAN-RESSLER

Current and former Ithaca College faculty members founded a company called Assistance in Motion to research, build and distribute technology in the hopes of bringing mobility to young children with motor disabilities.

Carole Dennis, a co-founder of Assistance in Motion and professor emerita in the Department of Occupational Therapy (OT), and Sharon Stansfield, the other co-founder and professor in the Department of Computer Science, began research at the college in 2001, with grant funding from the National Science Foundation (NSF), to fill the gap they noticed in mobility aids for infants and toddlers.

“Kids learn so much from ... exploration,” Dennis said. “[The inaccessibility] just frustrated me as an OT. ... It would make sense, we believe, for children [with disabilities] to have mobility from as early a time as typically developing babies.”

Dennis said their solution is the WeeBot, a hands-free robot that infants and toddlers can sit on and control with small shifts on the seat. She said that because the robot does not require a switch or a joystick, children can reach for objects and interact with people when using it. Infants as young as five months old can control the WeeBot.

“Our motivation is to help these children,” Dennis said. “They can control the world they live in through their mobility. [Otherwise], kids with disabilities ... pretty much sit in one place, and the world comes to them.”

Julie Dorsey, professor and chair of the Department of Occupational Therapy, said her eldest child, who was nine months old in



Carole Dennis, professor emerita in the Department of Occupational Therapy, and Sharon Stansfield, professor in the Department of Computer Science, with a WeeBot.

RORY CASSIDY/THE ITHACAN

the fall of 2009, was the first child to test out the WeeBot.

“[Dennis] knew I had a little one and asked if I’d be willing to bring her in to do some testing,” Dorsey said. “As a parent bringing a kid in ... [I remember] being really impressed with the way that students were involved with the research, even early on.”

Madeline Smith ’10 began working on research with Stansfield in summer 2009 through an NSF-funded internship while she was finishing her undergraduate degree as a computer science major.

“Getting involved with research at Ithaca

[College] totally changed the direction of my life,” Smith said. “Seeing that I could use my technical computer science skills on projects that could help people ... was really exciting to me.”

Stansfield said that once they have a better prototype, they will either sell the robots themselves or find another organization to sell them.

“We’re in it until it looks like it’s getting to the children that need it,” Stansfield said. “That’s been the whole purpose all along.”

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FROM JED UPDATE, PAGE 1

their mental health struggles, like the Make It OK campaign.

“Sometimes I wonder if maybe the numbers have not changed as much as we think,” Goode said. “There was so much stigma before. ... There’s now new awareness, and, in some cases, that allows for people to really come forward and share that with others in a way that is different than it was before.”

Ryan Bunts, senior JED campus adviser, works with the college and has worked with the JED Foundation since 2020. He said the reason for rising national numbers is something he has actively been discussing at work.

“I feel like we’ve been successful in kind of creating that narrative of it’s ‘OK not to be OK,’” Bunts said. “Which is great. But, so, I think numbers have gone up because of that. ... But now, what are we going to do about it?”

Junior Kiara Valera said she believes that, because of social media, people are more comfortable discussing mental health. She said that while this is a good step to rid society of the stigma around mental health, some people are making mental health issues like depression seem more like a trend than an illness.

“People [are] trying to make [having a mental illness] a really cool thing,” Valera said. “But that’s not what we should be discussing. We should be discussing about how to make it better, not talking about how to make depression trendy and eating disorders trendy.”

Brian Petersen, director for the Center for Counseling and Psychological Services (CAPS),



From left, Brian Petersen, director of CAPS, and Michelle Goode, program director for the Center for Counseling, Health and Wellness, are co-chairs of the JED campus committee.

NOLAN SAUNDERS/THE ITHACAN

is starting his fourth academic year at the college after working at Pace University, another JED Campus.

“I was familiar with what they brought to a college campus and what they were focusing on,” Petersen said. “So I was already thinking that would be a good thing to bring to the college. But, unbeknownst to me, [former Ithaca College] President Shirley Collado was thinking the same thing.”

Along with Petersen, Goode is also co-chair for the JED campus committee. The committee consists of around 40 campus community members from all different departments.

“Mental health isn’t the responsibility of one office or one profession,” Goode said. “Really, to take care of mental well-being, like, we all need to work together. And we all have different roles that we

can play. So I think that’s the exciting part too.”

Since becoming a JED Campus, the college has enacted multiple initiatives, like partnering with the mindfulness app Sanvello and implementing two Stop and Breathe Weeks, a week-long initiative that promotes de-stress during finals weeks on campus.

The college has also created a postvention team, which consists of representatives from the Dean of Students, Provost’s Office, Counseling and Psychological Services, Residential Life, and Student Conduct and Case Management. The creation of the college’s postvention team was formed because of a recommendation from JED. The college now offers a tuition insurance program, GradGuard, that allows for a reimbursement to be made when a student takes medical leave

for any medical health reason. Covered expenses can include room and board, tuition and other fees.

Goode said whenever any student gets health care services at the Hammond Health Center, they will be screened for anxiety, depression and substance use, which was another recommendation made by JED. The college became part of the Cayuga Health System in the 2022–23 academic year as a way to create a more sustainable student health center.

“We’re excited to see these different pieces kind of coming together,” Goode said. “And sometimes it’s things that aren’t so visible, but we’re really excited that [things] are happening in the background that can make a big difference, too.”

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FROM LEADERSHIP PANEL, PAGE 1

the most valued.

“When I stand up to the tee and I hit the ball, all of sudden I become the smartest person out there,” Bassett said. “You know what you’re doing, and when you show men that you are competent at something that they value, it really opens doors. It’s a great equalizer.”

A 2020 study from Inside Higher Ed found that women make up more than half of administrators at colleges and universities across the country but hold less than 40% of executive leadership roles.

The study also found that women in almost any administrative leadership roles at colleges and universities are paid less than men. The gap is also greater for people of color, who only make up 13% of top administrative leadership roles.

Hogan said self-care can be difficult. She said it is easy for her to set self-care to the side and continue to work, when in reality, it is better to encourage herself to have a gentler mindset.

“I ask myself, ‘How can I be the best leader for my team?’” Hogan said. “I’m trying to work through my journey in which I embrace self-care, not as something I feel guilty about, but something that is, among many other things, essential to do the best of my ability in an academic leadership role.”

Diaz Piñeiro spoke about her experiences lifting up other women in the workplace as an introvert.

“I uplift in one-on-one conversations,” Diaz Piñeiro said. “I feel it’s important to be present when I know



Ithaca College held a Women in Leadership Panel on Sept. 27. The panel was moderated by President La Jerne Cornish and included five panelists who spoke.

JASMINE SCRIVEN/THE ITHACAN

that my colleagues are going through something, and treat them as a human being in those moments, and show that we are in this together.”

Dorsey said it is important to congratulate each other on their successes and explained how she made time in meetings to give her team time to share these positive experiences.

“I try to be very mindful of recognizing other people’s accomplishments,” Dorsey said. “We’ve actually built something into our faculty meetings called ‘Our Time to Shine.’ I want to model lifting other people up in a space that makes it normalized.”

One final piece of advice from the panel came from Faulkner.

She said she wanted to emphasize the

importance of being one’s own advocate in the workplace.

“It’s important to encourage other women into leadership roles, but I would also encourage you to think about putting yourself in a position where you can help that process,” Faulkner said.

To end the program, Cornish wanted to leave the room of women in leadership positions with the important message to open the door for more women after them.

“Many of us here have been the first,” Cornish said. “The goal is to not be the last.”

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FROM MEDICAL AMNESTY, PAGE 1

and Community Standards (SCC), said incidents are evaluated after they happen by SCC to determine if they qualify for the MAP and this is the only way students can be granted medical amnesty. When a medical emergency occurs, responders collect information that is then turned over to SCC to be evaluated for qualification for the MAP.

“I think there’s sometimes a lot of confusion because at the onset of handling a situation, it gets handled the same as any other situation,” Newcomb said.

Junior Apartment Assistant (AA) Emma Commisso said the intense workload of RAs and AAs can lead to confusion, like in Preuss’ situation, and can be part of why resident assistants are sometimes unclear about who grants the MAP.

“RAs [and AAs] definitely become confused because there is just so much information that you receive during training, and it can be hard to remember it all,” Commisso said.

Junior Violet Van Buren, RA and Student Auxiliary Safety Patrol employee, said she frequently deals with frustration from students regarding the MAP and this can make it difficult to encourage residents to call for help.

“I’ve got no power, really,” Van Buren said. “I’m trying to help these people who might not want that help because if they go through the process, they might be written up and I can’t just tell them safely, ‘Hey, go get medical help — it doesn’t matter.’ That’s always what I say in the end ... but it’s tough.”

Van Buren said most cases under the MAP are approved by the SCC if students do not have other violations of the student conduct code on their record.

Every case that involves the MAP is reviewed independently, but previous incidents will be taken into consideration.

“If you apply for medical amnesty every single week, there’s a difference between if you’re calling once for your friend and this is the first time it’s happened,” Van Buren said.

Newcomb said the policy only protects students from alcohol or drug related violations, even if other SCC violations happened as a result of alcohol and drug use.

“If a student, [for example], physically harms a student while intoxicated, [while] that student may qualify for medical amnesty for alcohol-related violations, they will still be charged for the physical altercation,” Newcomb said.

Newcomb said SCC advertises the policy through social media posts and messaging from the Office of Residential Life to avoid confusion.

Newcomb said another goal for the MAP is to make sure students have access to resources for alcohol and drug safety.

Students granted medical amnesty will have to complete a Balancing Alcohol and Substance Usage to Improve College Success (BASICS) course or other educational training in a timely manner.

BASICS is a course run by the Center for Health Promotion and students enrolled meet with a health promotion specialist to discuss drug and alcohol usage.

“If [students] are having an incident where they’ve consumed enough [substances] to the point that they need medical assistance, to us, that speaks of a larger issue,” Newcomb said. “We want to make sure that students get the help they need.”

Some students still have frustrations about the execution of the policy. Preuss said that while she is grateful for the policy, she feels misled on the way the MAP works.

“[The college] was like, ‘Our priority is the safety of your friends, so we want you to call, no matter what, and the medical amnesty will cover everything,’” Preuss said. “So we had the impression that it covered everyone [and] I think they need to be more specific, even if it makes themselves look bad.”

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Terrace 10 repurposed as hotel

BY LIAM MCDERMOTT

Because of staffing shortages at Ithaca College and high housing prices in Ithaca, the college’s Terrace 10 residence hall is being used to house college employees and as a hotel on heavily populated weekends in Fall 2022.

Jeff Golden, senior director of Auxiliary Services, said Terrace 10 was scheduled to be closed for the 2022–23 academic year for maintenance work, but the work was finished early. Golden said that when the work finished, his team decided to rent out rooms in Terrace 10 to employees on campus who needed housing. According to the college, the price to rent a room at Terrace 10 is \$100 per night for a single unit, \$125 per night for a double unit, \$150 per night for a quad room and \$600 per month for individuals staying long term. Golden said there are 10 long-term rentals rooms.

Golden said the college has been trying to find solutions to provide affordable housing for employees at the college. According to Rent Data, the fair market rent for a two-bedroom apartment in Ithaca is \$1,365 dollars per month.

“Ithaca has tough housing right now,” Golden said. “We know we need to find affordable housing for our staff, so we’re piloting a program to try and find a solution to this problem.”

Dave Prunty, revenue generation and special projects coordinator in the Office of



Terrace 10 residence hall — used to house students in past years — has been converted to a hotel for the time being, for visiting guests and for housing college employees.

DAVID TILLINGHAST/THE ITHACAN

Finance and Administration, said the college has discussed ways to use campus housing to support both long- and short-term faculty at the college for many years. Prunty said that now the college can bring in more short-term instructors to teach things like master classes and cover for faculty on sabbatical.

“[The college has] really struggled to have people actually come in and do what they want to do programmatically for the students because they can’t find places to house people,” Prunty said.

Prunty said the college has

previously had to turn down requests from departments to bring people to the college to teach things like conferences or teach in an adjunct capacity because the college departments could not cover the cost of living in Ithaca. Prunty also said the residence hall is currently sold out for Family Weekend and may be used again as a hotel for commencement for the Class of 2023.

Connor Lloyd ’22, who works in the campus store, said he learned about the option to stay in Terrace 10 during his interview for

his current position. Lloyd said he had struggled to find housing that he can afford in Ithaca and he feels like living in Terrace 10 is his only option. However, Lloyd said he is concerned that this housing may not be available in the future.

“I would say to be truly independent with the price of living here — only \$600 a month — that’s unheard of anywhere else, to have, like, no roommates, to have privacy and free laundry,” Lloyd said.

CONTACT LIAM MCDERMOTT
LMCDERMOTT@ITHACA.EDU

College student media awarded

BY LORIEN TYNE

Ithaca College’s student-run television and radio stations, ICTV, WICB and VIC Radio, were given multiple first-place awards in the New York State Broadcasters Association’s annual Excellence in Broadcasting Awards competition.

The winners were announced in June but were honored Sept. 22 at the annual Serving NY Regional Award Luncheon at the Double Tree Hotel in Binghamton.

ICTV won six awards: the Outstanding Public Affairs Program award, the Outstanding Series award, the Outstanding Live On-Scene Reporting award, the Outstanding Sportscast award, the Outstanding Morning Newscast award and Outstanding Breaking News Coverage award.

WICB radio took first place for Outstanding Radio Show with its Nov. 16, 2021, air of “Homebrew,” the weekly local music show hosted and produced by senior Dylan Brown. WICB radio also won the Outstanding Use of Audio award for its May 2, 2021, package titled “India’s COVID Crisis From Those Experiencing It,” which aired on “Ithaca Now,” produced by senior Himadri Seth and Vedant Akhauri ’21.

WICB and VIC radio stations were also each awarded a Serving NY award for their fundraising efforts. Students in WICB raised over \$300 worth of toys during an on-campus holiday toy drive for Cops, Kids and Toys. VIC radio also hosted their annual 50 Hour Marathon, where they raised \$5,104 for the Southside Community Center.

CONTACT LORIEN TYNE
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Q&A: Alumni engagement director talks career journey

Brett Bossard ’95 began his position as the new executive director of Ithaca College’s Office of Alumni and Family Engagement on Sept. 19. He was previously the executive director of Cinemapolis, Ithaca’s only independent film house, for nine years.

Bossard grew up in Hornell, New York, and graduated from the Roy H. Park School of Communications with a bachelor’s degree in television and radio and a concentration in scriptwriting.

Contributing writer Funmi Omotosho sat down with Bossard to discuss his career journey, his transition to the college and his hopes for his new role.

This interview has been edited for length and clarity.

Funmi Omotosho: What life and career skills did you learn during your time as a student here at Ithaca?

Brett Bossard: So many, really — I think career skills, certainly. I think I made pretty good use of the talented people in the writing department. ... I really think, regardless of what career path anyone takes from Ithaca College, the skills to write persuasively and to create a message that is compelling is a skill that transfers to any career set.

FO: For the past nine years, you were the executive director of Cinemapolis, Ithaca’s only independent film house. What made you want to come back from your hometown and work in Ithaca?

BB: Well, prior to that, I was the executive director for the Community Arts Partnership of Tompkins County. So I had a fair amount of interaction with Cinemapolis, as it was one of our art centers in the county. I thought

[working there] was just a great opportunity for me to both apply the skills I’ve learned working in nonprofit management and arts administration for the previous 15 years or so ... and my level of nostalgia for Cinemapolis. ... When I was in school here, I spent a lot of time at the old Cinemapolis where the Transmedia Studio is now. ... Finding people like me who loved independent film and international cinema, I learned to understand how important that kind of communal experience can be for a community and for the potential of making change. The chance to come back to that environment and act as a leader and a collaborator with other members of the community, to see that place advance and thrive, was something that was too hard to pass up.

FO: Most people don’t see the correlation between working at a film house and then coming to the college to work in the Office of Alumni and Family Engagement. What made you want to come back to your alma mater and, more specifically, to work in this office?

BB: Probably, on the face of things, people might not see the connections. But I think there’s actually a fair amount of similarity there. I feel like when I was at Cinemapolis, it was a lot of audience development and sort of making sure that we had a place that was welcoming to a variety of ideas and a variety of people from all the different communities that make up Tompkins County. That idea of relationship building and audience development applies really well to the kind of relationship that I think the institution wants to have with the alumni and family that are engaging us as part of the campus community. ... It’s a chance for me to get back to the institution; it’s a place that I feel was a very crucial part of my development and any success



Brett Bossard ’95 started in his new administrative position at Ithaca College as the executive director of the Office of Alumni and Family Engagement on Sept. 19.

ELIJAH CEDEÑO/THE ITHACAN

that I had. ... It’s a great way for me to give to the campus in a way that can make use of the connections that I already have to the community, having been really tied to Ithaca. ... I’ve really focused on making sure that there are opportunities for people to work together toward a common goal to make [Ithaca] a better place to live. And, hopefully, those experiences and those relationships are something that we can put to work to help the college.

FO: You’ve hopped around a lot in your career, even when you started from the time as a student until now. So do you have any advice for students who may be transitioning between different majors or passions or career paths?

BB: I’m a Gen Xer, and I think we might be the first sort of generational cohort that [was] faced

early on with the idea that a career path may not be linear. ... It’s hard to see that when you’re just starting out in school. ... I think my first piece of advice is think about who you are as a person and what skills you’ve developed while you’re here ... think about how they might be applied in a way that is fulfilling for you as a person and ways that will be productive for the greater good of the community that you decide to live in. I think that Ithaca College is great at preparing people to contribute to the community where they decide to live. ... The chance to give back is something that’s really sort of baked into the programs we have here and I think that’s great.

CONTACT FUNMI OMOTOSHO
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COLLEGE BRIEFS

PA program to host a workshop for teenagers on medical careers

The Ithaca College Physician Assistant (PA) program is hosting a workshop for middle and high school students of color who are interested in a career in medicine.

This interactive workshop is from 9 a.m. until 2 p.m. Oct. 8 at the Downtown Campus on The Commons. The sessions will give students the opportunity to learn more about the PA profession. The sessions will include a discussion about “a day in the life of a PA student,” a skills block, a lunch and learn panel, and a suture clinic.

The skills block will provide teachings on how to perform EKGs, vitals and aseptic technique and use a cardiac station. The PA team will provide lunch for all the students who attend. Individuals with questions can contact senior Brittney Dawkins at bdawkins@ithaca.edu. Those with disabilities who need accommodations can contact Jessica LeMore, didactic support coordinator in the PA program, at jlemore@ithaca.edu or 607-274-7008.

Conversation with Ithaca College Board of Trustees held Sept. 30

The Ithaca College Board of Trustees is holding an in-person conversation session for all members of the campus community from 4 to 5 p.m. Sept. 30 in Clark Lounge in the Campus Center. Questions and comments during the event will be answered by board of trustees Chair David Lissy ’87 and Vice Chair James Nolan ’77.

During this time, Lissy and Nolan will reflect on the annual Fall 2022 Board Meeting and any plans for the academic year as well as answer questions from the audience. Those with disabilities requiring accommodations should contact Tammy Sritecha, assistant to the vice president and secretary to the board in the Department of Legal Affairs, at trustees@ithaca.edu or 607-274-3378.

Participants wanted to discuss self-compassion and criticism

Mary Ann Erickson, associate professor in the Department of Health Promotion and

Physical Education, and students in the course Mindfulness Across the Lifespan are hosting a discussion group for the college community to practice self-compassion.

The goal of the group is to allow attendees to be less critical of themselves. Sessions will be held Mondays from 10 a.m. to 10:50 a.m. from Oct. 17 through Nov. 7. Individuals interested in participating should register through the form on the Gerontology Institute website. Individuals who need accommodations can contact Karen Brown, program manager in the Department of Health Promotion and Physical Education, at kbrown19@ithaca.edu or 607-274-1607.

Retired professor hosts art show on interconnection with nature

Carla Stetson, retired associate professor in the Department of Art, was the 2021 Southern Tier Biennial Exhibition Best in Show winner. Now, she will be displaying her art in a solo exhibit called Knots, Webs, and Entanglements. The exhibit will take place from Sept. 30 to Oct. 29 at the Tri-County Arts Council in Olean, New York.

In her work, Stetson explores the natural world through themes like humanity’s dependency on “insignificant” creatures and species extinction.

Lecturer to give a presentation on decolonizing the classroom

Israel Dominguez, a visiting guest lecturer, will be facilitating a talk on decolonizing the undergraduate classroom from 9:30 to 10:30 a.m. Oct. 6 in Gannett 316. The workshop is sponsored by the Center for Faculty Excellence and the Office of Faculty Diversity, Equity, Inclusion and Belonging.

The target audience is instructors in higher education in order to help build their ability to create discussions about decolonization and apply the concepts in teaching environments. Individuals who are interested can RSVP on the IC Engage website.

Those with disabilities who require accommodations should contact Colette Matisco at cfe@ithaca.edu or 607-274-3734 as soon as possible.



Puppies in training receive some love

Adele, a puppy in training for Guiding Eyes for the Blind, takes a break at a recap class Sept. 26 in Textor Hall at Ithaca College. All dogs in the college’s program gathered to go through exercises and play with one another.

ANA GAVILANES/THE ITHACAN

Office of Student Engagement seeks clubs for organization fair

The Office of Student Engagement is hosting a student organization fair where students can promote their clubs, recruit members and advertise upcoming events.

The fair is from 5 to 8 p.m. Oct. 4 in Emerson Suites in the Campus Center. To table at this event, a student organization is required to be recognized in an official capacity by the Office of Student Engagement. If there is a club or organization that has not been officially recognized but would like to participate, there is a recognition process available to review on the Ithaca College Website under the Office of Student Engagement section. Student organizations can sign up for

the event on IC Engage. If groups need assistance in being recognized as an official club, they can contact studentorgs@ithaca.edu.

Center for Creative Technology hosts a video editing workshop

The Center for Creative Technology (CCT) is holding a video editing workshop from 3 to 4 p.m. Oct. 3 in Job Hall 102, where the Center for Creative Technology room is.

The instruction session will teach attendees how to use Adobe Rush and will be led by members of the CCT team. Those who are interested can sign up on Ithaca College Intercom. Individuals with questions or concerns can contact the Department of Information Technology’s Center for Creative Technology at cct@ithaca.edu.

PUBLIC SAFETY INCIDENT LOG

SELECTED ENTRIES FROM SEPT. 12 TO SEPT. 18

SEPTEMBER 12

CRIMINAL MISCHIEF FOURTH DEGREE

LOCATION: Dillingham Center
SUMMARY: The Office of Facilities reported wires and light fixtures hanging from the ceiling. Sergeant Jon Elmore reported that maintenance is working on the light and there was no damage in the area.

PETIT LARCENY UNDER \$50

LOCATION: Circle Lot 11
SUMMARY: Caller reported an unknown person stole the license plate from their vehicle. Patrol Officer Kevin McClain responded.

SEPTEMBER 13

MEDICAL ASSIST/INJURY

LOCATION: Campus Center
SUMMARY: Caller reported a person slipped on a wet floor, fell and injured their head. Prior to an officer’s arrival, the person went to the Hammond Health Center for medical assistance. Sergeant Don Lyke responded.

MEDICAL ASSIST/ PSYCHOLOGICAL

LOCATION: Hood Hall
SUMMARY: Caller reported a person was having suicidal thoughts. The person was taken into custody under New York state’s Mental Hygiene Law and was transported to the hospital by ambulance. Patrol Officer Kevin McClain responded.

SEPTEMBER 14

MOTOR VEHICLE ACCIDENT/ PROPERTY DAMAGE

LOCATION: 123 Farm Pond Road
SUMMARY: A caller reported a two-car property damage motor vehicle accident. Patrol Officer Kevin McClain responded.

TRESPASS NO DEGREE

LOCATION: Garden Apartment 29
SUMMARY: Caller reported people on a roof. Patrol Officer Kevin McClain gave a warning to four people for being on the roof.

MEDICAL ASSIST/ILLNESS

LOCATION: 150 Textor Circle
SUMMARY: A caller reported that

a person passed out and another person performed CPR. The person was transported to a hospital by ambulance. Patrol Officer Kevin McClain responded.

SEPTEMBER 15

BURGLARY NO FORCE SECOND DEGREE

LOCATION: Bogart Hall
SUMMARY: Caller reported an unknown person entered their room and stole clothing and jewelry. Sergeant Bryan Verzosa responded.

MEDICAL ASSIST/ ILLNESS RELATED

LOCATION: Whalen Center for Music
SUMMARY: Caller reported a person vomiting. The person declined medical assistance. Charlie Sherman, fire and building safety coordinator in EH&S, responded.

SEPTEMBER 16

V&T AGGRAVATED UNLICENSED OPERATION

LOCATION: Conservatory Drive
SUMMARY: Officer conducted a

traffic stop on a vehicle that failed to stop at a stop sign. Officer reported the driver was issued a ticket for aggravated unlicensed operation in the second degree. Patrol Officer Abdallah Hassan responded.

MEDICAL ASSIST/INJURY

LOCATION: D-Lot
SUMMARY: Caller reported a person fell off a skateboard and possibly broke their wrist. Officer reported that the person declined medical assistance. George Whitmore, fire protection specialist in the Department of Environmental Health and Safety, responded.

SEPTEMBER 17

SCC IRRESPONSIBLE USE OF ALCOHOL AND DRUGS

LOCATION: Hilliard Hall
SUMMARY: A caller reported an intoxicated person. Patrol Officer Abdallah Hassan reported that the person was taken into custody under New York state’s Mental Hygiene Law and transported to the hospital by ambulance. Officer referred the person to the Office of Student Conduct for irresponsible use of alcohol.

SEPTEMBER 18

OFF-CAMPUS INCIDENT

LOCATION: All other/other
SUMMARY: Caller reported a known person had touched the caller’s intimate parts without consent Sept. 16. Master Patrol Officer Sophia Dimkos responded.

ASSIST TOMPKINS COUNTY SHERIFF’S OFFICE

LOCATION: State Route 96B/
Danby Road
SUMMARY: Tompkins County dispatch requested an officer check on a reported item in the roadway. Master Patrol Officer Sophia Dimkos reported a large plastic tarp was removed.

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 MALIK CLEMENT AND MARK FINN/THE ITHACAN

EDITORIALS

Mental health support on campus must continue

The Ithaca College partnership with the JED Foundation recently reached its midpoint. At this stage of the four-year program, JED releases its progress assessment to the college, along with the results of its Healthy Minds Survey (HMS). The college’s HMS was completed by approximately one fifth of the entire student body. This relatively low response rate, especially from a convenience sample, begs a few questions regarding response biases. There is no mention of bias control in the report. Because the survey was not taken by a probability sample, JED and the college owe the community some investigation into the self-reporting bias potentially present within the study.

The analysis of the trends found in the study appears to be taken into serious consideration by the leaders of the project. Trends were found by the HMS across 300 campuses over eight years suggesting that reported mental health issues doubled from 2013 to 2021. Michelle Goode, program director for the

Center for Counseling, Health and Wellness, astutely noted that the stigma surrounding mental health issues — or lack thereof — may be to blame for the rapid increase. Ryan Bunts, senior JED campus adviser, addressed the issue pragmatically, noting that regardless of the stigma surrounding mental health, something must be done about the rising number of mental health issues. The perspectives of Goode on behalf of the college, and Bunts on behalf of the JED Foundation, appear to be working in concert to improve the mental health resources for students at the college. Continued action is the most straightforward path to progress in addressing mental health issues.

The next two years in the college’s partnership with the JED Foundation will hopefully yield similar results to the prior two. Identifying mental health issues is just the first step to remedying them. Offering continual, accessible resources is the strongest way to support those with mental health issues. If the college wants to see more positive results, it must continue to provide adequate resources.

Medical Amnesty Policy needs more clarification

Recently, Ithaca College’s Medical Amnesty Policy (MAP) has caused significant stress for students who used the policy but were confused by their initial guidance. The MAP is a relatively complex policy that requires review and approval from the Office of Student Conduct and Community Standards when it is used. This review assesses the validity of the claim, decides if there are any violations unprotected by the policy (like assault under the influence) and checks if the students involved completed the Balancing Alcohol & Substance Use to Improve College Success (BASICS) program. Of course, the majority of students would not know all of these details because they are mostly reserved from the purview of students unless they specifically seek it out.

The resources available online for MAP information are misleading to students. When one searches “Ithaca College Medical Amnesty Policy” on Google, the first link they will find leads them to a page that briefly describes the MAP and provides them with a link to the

“full MAP,” which instead redirects to the main Center for Health Promotion website. They will find more information on the second link, which leads them to a full description of the policy. This link can also be found under “Health Information” then “Medical Amnesty Policies: Ithaca College and NYS” through the Center for Health Promotion’s website. This may seem inconsequential, but users are nearly twice as likely to click the first result on a search results page over the second result, especially if that result is relevant to their search. The college must either revise the first page, remove the first page or optimize the SEO for these pages to protect students and provide them with easily accessible information.

The student handbook says nothing about the MAP, and the BASICS program required to invoke the policy makes no mention of the MAP in the program. RAs and orientation leaders must, at minimum, be instructed to provide the correct link to incoming students. This is a matter of student safety and must be addressed as such.

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

Students must explore beyond their residence hall

BY COLE TURNER

The Finger Lakes region of New York is home to some of the most beautiful towns on the East Coast. Ithaca happens to be one of those towns. The Ithaca area has so much more to offer than just Ithaca College and Cornell University. Going out into the community really helped me calm down and feel better about myself. If I ever feel stressed, I try to get out and enjoy myself instead of slouching around in my room. The community around Ithaca was one of the main reasons I chose to come here, not just for the great education on campus, but the many things to do off campus that made me commit. Compared to other big state universities, which are entire towns themselves, we're so fortunate to call a town with so many opportunities our home.

Currently, I hear a lot of people talking about how there's nothing to do on campus, and instead of going out, they just stay in and watch television. This can cause an increase in depression and a lack of engagement with the community, which can lead to many students transferring and people being unhappy.

I propose that local students need to get out and explore

the wonderful Ithaca area in our backyard.

One of my favorite things to do is go into town and get a slice of pizza on The Commons. The Commons has many great restaurants that are unique to Ithaca.

The town has the regular Panera and Chipotle, but if you want to venture further, more than 50 vibrant restaurants light up the atmosphere of The Commons. If you head down on a weekend, you're likely to stumble across a festival or a concert; I've never been in a town that has so many.

One of the bigger festivals that really excites me and many others is the highly anticipated Apple Harvest Festival taking place from Sept. 30 until Oct. 2. As an avid apple fan, I cannot wait to partake in the many apple festivities.

If apples aren't your thing, there are plenty of other events, like countless music festivals (like the recent Porchfest held Sept. 25), The Finger Lakes Comedy festivals and the Winter Lights Festival. Go give it a shot.

For those of you who are of age, check out the Cayuga Lake Wine Trail. It includes 16 of the 25 wineries local to Ithaca, and they're said to be some of the better wineries in New York. Each winery has its own distinguished taste.



First-year student Cole Turner discusses the importance of exploring the community the City of Ithaca offers. Turner notes the many festivals, restaurants, wineries and natural wonders found around the city.

JADYN DAVIS/THE ITHACAN

That's not all Ithaca has to offer. The landscape, terrain and climate in Ithaca are like no other. Ithaca was made by glaciers that would scrape away land, making gorges and waterfalls millions of years ago. With 150 waterfalls within a 10-mile radius, the hiking trails will astonish anyone that chooses to hike them. Buttermilk Falls State Park is beautiful.

Going for a hike around the area

has some of the most jaw-dropping views and some of the most breathtaking waterfalls. Not too far from campus is Taughannock Falls. A 215-foot drop makes it the highest waterfall east of the Rocky Mountains, and we have it here in our backyard.

You should plan on hiking in these parks before you graduate. Lake Cayuga, the giant lake you see at the bottom of campus, offers

boating, swimming and fishing.

As you can see, there's so much more than lounging around your dorm halls. There's food, endless festivals and hundreds of waterfalls.

Take advantage of these opportunities while you can. Your mental health will thank you.

Cole Turner (he/him) is a first-year sports media major. Contact him at cturner1@ithaca.edu.

GUEST COMMENTARY

Sleep is a vital element to the health of college students

BY SEBASTIAN PICKFORD

Sleep deprivation is a problem often overlooked in college students, despite the fact that according to the Health Research Fund, over 70% of college students report having sleep problems. This problem is especially relevant for students at Ithaca College, as the college was found to have an overall rating of 57 out of 100 on the College Sleep Environmental Scan for sleep health in a 2018 study involving 66 colleges and universities across the United States — a rating that was among the lowest in the study.

It is important to remember that sleep is not lost time but rather time that both your body and brain need to recover from the events of the day and prepare for the next. During sleep, your body regulates your respiratory, circulatory and immune systems and organizes information that you have gathered throughout the day. As we go through our days, we create a temporary library in our short-term memory of all of the information that we have collected. While we are awake, our body uses up energy reserves, creating chemical byproducts in the process. While we sleep, our brain clears waste products and begins the process of sorting important short-term memories into our long-term memory. Lack of sleep, however, can severely inhibit productivity and cause memory issues that negatively impact learning. Sleep deprivation makes it more difficult to think, react, learn and communicate with others. Additionally, inconsistencies in one's sleep schedule can cause hormonal imbalances between the hormones that control when you feel

tired or awake.

Finding an achievable balance between school, social life and sleep is notoriously difficult. Many students that report being sleep deprived understand that a lack of sleep is detrimental to their health and productivity but struggle to find a healthy balance among the three due to the stress caused by deadlines. Stress is the number one cause of short-term sleeping difficulties, and these stressors can come from school, work, and social pressures. Breaking this cycle demands both self-evaluation and careful time management.

Academic pressure can make students disregard the importance of sleep or underestimate how much sleep they need. Many students feel most productive working at night, which can get in the way of developing healthy sleep habits; inadequate sleep causes decreased levels of productivity the next day. Health professionals recommend that young adults get between seven and nine hours of sleep each night, which can be difficult to achieve with the stress of a heavy workload. Procrastination affects nearly all college students. It is far easier to put off working on an assignment when the deadline is far enough into the future. Every procrastinator knows how easy it is to delay productivity to instead do something enjoyable in the moment and how stress-inducing it can be to tackle a large assignment right before its deadline. Procrastinating on work leads to procrastinating on sleep, which feeds into the cycle of inattentiveness and decreased productivity.

Combating procrastination can be extremely difficult but not impossible. An easy way to visualize assignments and deadlines is by creating a to-do list. Creating a list for



First-year student Sebastian Pickford writes about the importance of sleep in the life of a college student. He argues students should personally prioritize their sleep schedule.

JADYN DAVIS/THE ITHACAN

your upcoming assignments can be daunting, but gradually removing items from your list prior to their deadlines relieves stress and gives you more time to socialize and sleep. Other ways of combating sleep deprivation include staying out of bed when you are not sleeping, limiting naps and avoiding stimulants, such as caffeine, in the evening. Taking some time to decompress at the end of the day can also make the transition into sleep more seamless. Try to spend 15–30 minutes away from distractions and technology to wind down before going to bed.

Implementing healthy sleep habits is difficult but doing so allows for more productive days and enables you to spend

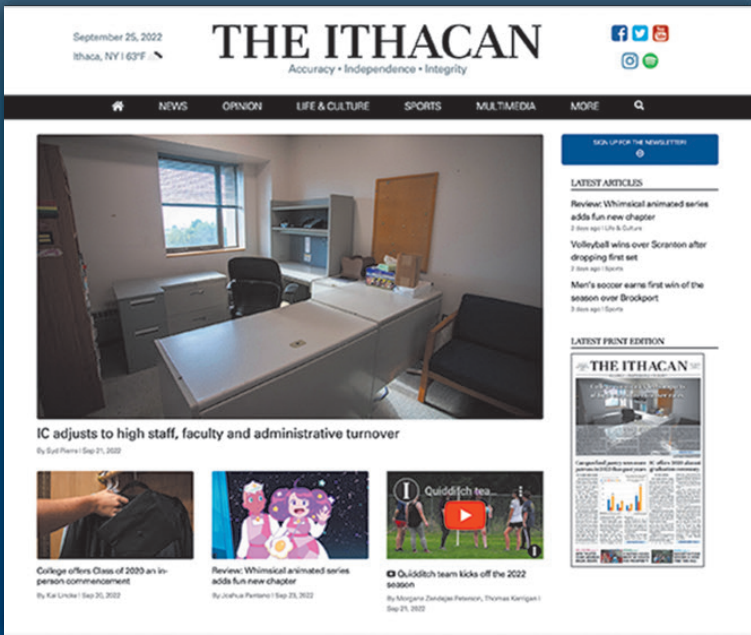
more time to focus on the things that you want to do, either by yourself or with friends. It is also important to remember that having a perfect sleep schedule every night is impossible, and working some nights to meet deadlines is inevitable, especially when your many responsibilities can be overwhelming. Remind yourself that every small victory deserves to be rewarded, which will in turn keep you motivated and further encourage you to improve your productivity.

Sebastian Pickford (he/him) is a first-year journalism major. Contact him at spickford@ithaca.edu.

NEW ISSUE
EVERY THURSDAY



THE ITHACAN



WE'VE GOT A
NEWSLETTER



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WHILE ON THE GO



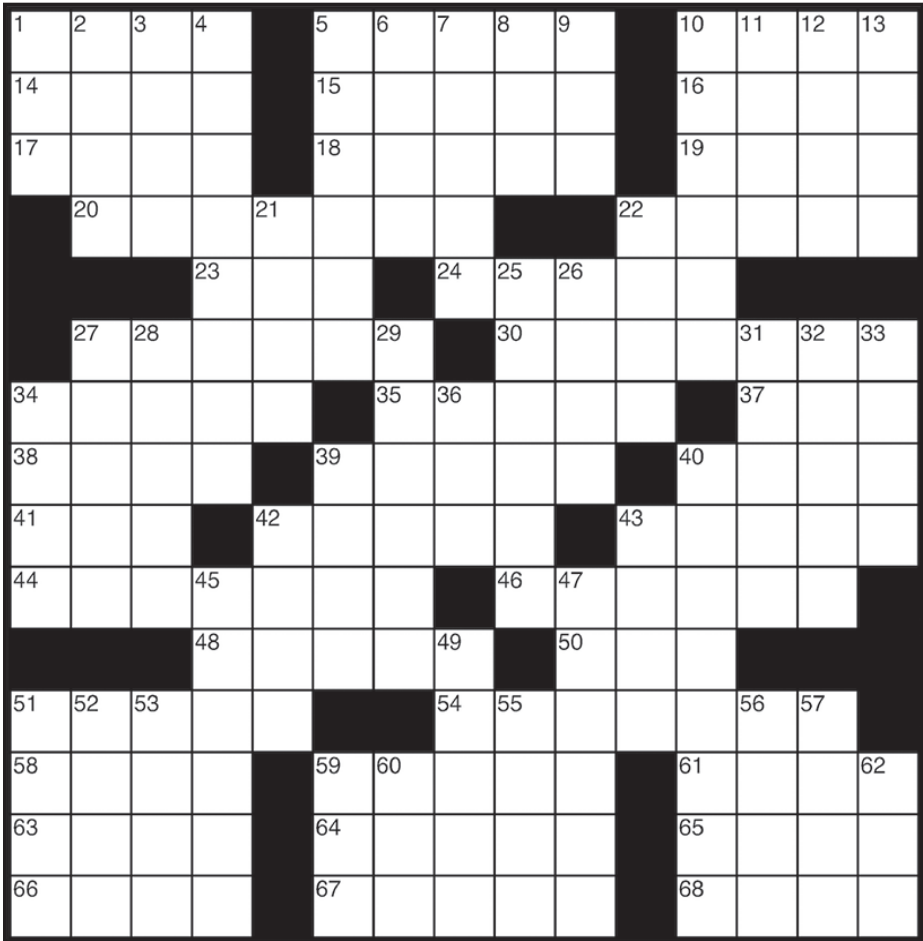
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DIVERSIONS

crossword

By Quill Driver Books



ACROSS

- 1 Work part time
- 5 Frat letter
- 10 Border on
- 14 Salchow relative
- 15 Theater awards
- 16 Name meaning "truth"
- 17 Warrior princess
- 18 Profundity
- 19 Jason's ship
- 20 Dirt cheap (hyph.)
- 22 Windy day fliers
- 23 Acorn dropper
- 24 Fray
- 27 Maria Conchita —
- 30 Football
- 34 Jargon
- 35 Bridle parts
- 37 100 square meters
- 38 Answers
- 39 Spanish abodes
- 40 Paid athletes
- 41 Summer in Quebec
- 42 Whale finder
- 43 Zen riddles
- 44 Tusked charger
- 46 Brewers' needs
- 48 Transported kids
- 50 Former Giant slugger Mel —
- 51 Tire center
- 54 Voucher
- 58 Satellite
- 59 Steel plow inventor
- 61 DEA operative
- 63 Presage
- 64 Pyromaniac's work
- 65 Feeling joy
- 66 Pamplona shouts
- 67 Out-of-date
- 68 Dainty swallows

DOWN

- 1 Surcharge
- 2 Corp. biggie
- 3 Cafe handout
- 4 Army units
- 5 Some cameras
- 6 Egg on
- 7 Hamelin visitor
- 8 Kitty
- 9 Fire residue
- 10 Is of benefit
- 11 Emcee — Parks
- 12 Natural impulse
- 13 Art colony town
- 21 Phoned

- 22 Nail containers
- 25 Honey source
- 26 French wines
- 27 Prince Valiant's wife
- 28 Hen
- 29 Juice source
- 31 Gold unit
- 32 Hair curlers
- 33 Promontory
- 34 Twist
- 36 That, in Acapulco
- 39 Murmurs
- 40 Notices
- 42 Cold-shoulder
- 43 — Winslet of "Titanic"
- 45 Steakhouse orders (hyph.)
- 47 Time of the mammals
- 49 Frock
- 51 Lectern
- 52 — -Aid (drink mix)
- 53 Went on horseback
- 55 Psyche's suitor
- 56 Sanskrit dialect
- 57 Sink part
- 59 Skip over water
- 60 Baseball stat.
- 62 LP successors

last issue's crossword answers



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The Sudoku Source of "The Ithacan".

sudoku medium

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

hard

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

answers to last issue's sudoku:

easy

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

medium

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



Porchfest happily returns to the Ithaca live music scene

Local artists convene in yearly tradition

BY ELIZABETH KHARABADZE

As 12 p.m. hit on a rainy Sunday afternoon, porches suddenly came to life with varying sounds and vocals from performers eager to partake in a yearly tradition of bonding over music with friends, family and Ithaca locals.

Porchfest returned to Ithaca in full swing Sept. 25 following a two-year hiatus because of the COVID-19 pandemic. Each year in September, music lovers convene to witness a medley of rock, folk, gospel and choir — just to name a few — on the porches of homes in the Fall Creek and Northside neighborhoods of Ithaca.

What started as outdoor ukulele playing and a conversation between neighbors Gretchen Hildreth and Lesley Greene in 2007 evolved into an Ithaca staple, highlighting local musicians and inviting them to perform in neighborhoods they are familiar with. While only 20 groups performed at the first Porchfest in 2007, the number of participants has since expanded — welcoming about 150 performers at this year's event.

Andy Adelwitz, co-organizer of Porchfest, said the driving mission of Porchfest is giving local artists the space to perform for members of the community. While the original concept started out simple in nature, he said the event has grown exponentially in recent years.

"It was really just about getting people out of their houses and celebrating playing music for your neighbors, by neighbors, and celebrating this really cool musical community that we have here," Adelwitz said.

Performances were each broken up into hour-long time slots, with acoustic



From left, Cornell grad students Jessica Lyemore, Sharon Xiao, Josh Jones, Diana Balint and Hector Loyola meet up at Porchfest on Sept. 25, which occurred again after a two-year hiatus.

JADYN DAVIS/THE ITHACAN

performances starting off the day's events at 12 p.m. and non-acoustic sets running from 1 to 6 p.m.

Adelwitz said Porchfest is a community effort. Between arranging performers, sorting out food vendors and planning street closures for pedestrians to easily bounce from porch to porch, it took a team of about 70 dedicated volunteers to bring the event to life this year. He said that despite the hardships from behind-the-scenes work, running Porchfest is something he enjoys doing.

"People will ask us, 'why do you keep doing this year after year,'" Adelwitz said. "And the answer is always because I want Porchfest to keep happening, so we keep making it happen. That's really all it is."

For some community members, Porchfest is a beloved tradition. Senior Eleanor

Shanton, an Ithaca local, said she always looks forward to Porchfest and is especially glad to see the event's return to the community after its hiatus.

"We're still in the middle of a pandemic, but it kind of feels like things are starting to get normal again," Shanton said. "This has been such a big, communal thing for the city for years now."

Adelwitz similarly said there was increased interest from the community to see the event return to its former glory. Adelwitz said that it was evident early on in 2020 that Porchfest would not be able to happen because of social distancing guidelines. While there were plans for the event's return in 2021, he said it became clear after a certain point that planning a public gathering as large as Porchfest while following

COVID-19 safety protocols was still not possible.

"It's really exciting to have it back this year," Adelwitz said. "We've heard a lot of excitement from the community. This is an event people really love."

Cornell University alumni Cristina Dabaco '22 said she views Porchfest as a unique opportunity to form a closer connection to local Ithaca artists.

"I think it gives people a chance to share what they're thinking and feeling," Dabaco said. "One of the performances we saw already I felt was communicating the artist's unique perspective and worldview."

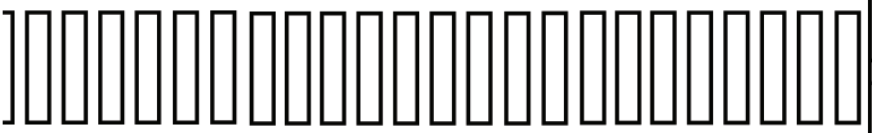
For others, Porchfest provides a link between college and local communities. Ithaca College senior Sara Ostermeier said Porchfest was one of those opportunities that provided an incentive for college students to explore the community.

"I definitely feel, like, as a college student, it makes me feel connected," Ostermeier said. "We had Apple [Harvest Festival] last year, but it's different than being able to just walk around and hear music."

Adelwitz said part of the charm of the event was the diverse range of performers — from seasoned artists to local choir groups.

"It's all about the music and the people who are making it," Adelwitz said. "This ranges from bands that are out gigging all year to people whose only gig of the year will be Porchfest. There's nothing else quite like it."

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A group of Ithaca locals wait in line for food trucks like Silo Food Truck, taking in the smell of warm food and listening to the different sounds of live music.

MARI KODAMA/THE ITHACAN



The Diana Leigh quartet performs at Porchfest on Sept. 25 as crowds of people walk by, taking in the sound of various music genres from different porches.

PHOTO ILLUSTRATION BY ARIANA GONZALEZ VILLARREAL AND JASMINE SCRIVEN/THE ITHACAN

Community members plant seeds of change

BY KINSEY BURR

Over 50 Tompkins County community members gathered on the morning of Sept. 24 in the forest surrounding Lighthouse Point, eager to plant trees and heal the environment.

Inspired by Project Drawdown, a mission to reduce the level of greenhouse gasses in the atmosphere, Trees Up Tompkins was created in 2019 by Tompkins County residents who recognized their surrounding environment was in need of rehabilitation to restore its natural beauty.

The group decided to focus on reforestation — the process of planting native trees on degraded land in order to remove some carbon from the atmosphere. To maximize their contribution to the environment, the group also removes privet, an invasive flowering plant species that has infested forests across the country. The organization’s first project, Project Lighthouse Point, began in 2019, and now three years into the project, the organization has removed 7000 sq. ft of privet and planted approximately 190 native trees.

John D. Scott, associate professor in the Ithaca College Department of Media Arts, Sciences, and Studies and founding member of Trees Up Tompkins, said the organization’s focus on reforestation led them to Lighthouse Point, where the surrounding environment was being consumed by privet and in need of rehabilitation.

“The current privet growth is reducing the amount of trees that come up because it flowers earlier and shades them out,” Scott said. “So that whole area surrounding Lighthouse Point in a few hundred years may have no trees.”

Deanna English, environmental educator and co-founder of Trees Up Tompkins, said privet was planted across northeast America by farmers establishing land in the 1800s and has invaded forests throughout the country because of its incompatibility with native species and fast growth rate. This has resulted in a lower variety of insects, plants and birds who inhabit the forests of Ithaca.

“Because [privet] is a pretty new thing that’s intervened, it’s affecting the forest’s biodiversity and preventing the rest of the ecosystem from thriving,” Scott said.

This fall, the organization is continuing its work on Project Lighthouse Point. The final planting session took place Sept. 24.

“Overall the goal for us is to build a path down to the water,” Scott said. “We are hoping to build another path that will be full of native trees that people can walk along from the lighthouse.”

Patricia Ladley, founding member of Trees Up Tompkins, was responsible for overseeing the flow of volunteers and organized planting groups. The team generally has about 25–30 volunteers each session, whose attention is divided between privet removal and tree planting.

“We have 40 trees to be planted



From left, Margot Brinn, founder of Trees Up Tompkins, and volunteer Bridger Worlton, plant trees together. The organization works with the community to reforest areas of Tompkins County.

JASMINE SCRIVEN/THE ITHACAN

this session, which is more than we have planted before,” Ladley said. “We had about 20 lawyers who came out to remove privet earlier this year, which has made this large of a planting session possible.”

Because of the large volunteer turnout of about 50 people during this season’s final planting, the group was able to plant 40 trees all the way down to the Cayuga inlet while additionally removing remaining privet, Ladley said.

The team is currently considering taking their organization to McDaniels Park in Ithaca. Although

no plans have been set, the Trees Up Tompkins team is working on ways to connect their organization with locals.

“We want this to be a community project,” Ladley said. “We’re working on a way to make it [accessible] for everyone and find a way to include the kids and grown-ups who live there.”

Although the group only consists of six core members and about 30 volunteers for all five of their planting sessions, they are confident the work they have been doing has positively impacted the

community and the environment.

“We like to be a model that a small group like us, with a little bit of organization and a few volunteers, can really take an area that is beautiful but devastated by invasives and turn it into something that is helping the environment and the biodiversity,” Scott said. “Small projects have the ability to inspire more small projects and once you have enough projects, suddenly you’re changing things.”

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Alum talks all things social media with students

BY VICTORIA KELLOGG

Ithaca College alum Louis Levanti ’19, a comedy and entertainment content creator, gave insight to attendees at the first New York Film and Television Student Alliance (NYFTSA) event for the fall semester, where he shared what it takes to make your content career flourish to the next level.

NYFTSA is a New York-wide organization with an Ithaca College chapter that provides opportunities for students pursuing a career in the entertainment industry, with biweekly meetings on Mondays and Wednesdays bringing in guest speakers to share their expertise. The event, held 7 p.m. Sept. 26, was available for all students. With over 40 attendees, students gathered in-person in the Dorothy D. and Roy H. Park Center for Business and Sustainable Enterprise while Levanti joined via Zoom.

While pursuing his undergraduate degree in television-radio, Levanti said he mainly focused on live productions like ICTV during his time at the college. He interned at “Live with Kelly and Ryan” as a production intern and at “Good Morning America” as a booking intern.

The social media sensation has accumulated over three million followers across all his social media panels, such as TikTok, Instagram and Youtube. As stated in his bio on TikTok, he refers to himself as “your brutally honest internet best friend.”

Levanti is now working at Paramount for AwesomenessTV as a social producer, along with creating content on his personal social media platforms, which he started during the COVID-19 pandemic.

“I blew up overnight,” Levanti said. “I refused to stop and I kept posting videos, and from there I’ve grown my social platforms. ... That is actually how I got my current job, because they reached out to me through TikTok and were like, ‘Hey, we love your stuff and would love for you to be a social producer for AwesomenessTV if you ever heard of it.’”

Levanti is planning to host a show solely for TikTok and YouTube called “Bed of Lies.” He will be taking famous influencers and putting them on a lie detector test while they are lying next to him in bed.

Levanti said he was able to gain valuable insight from his internships on the reality of working in social media.

“I think a lot of what I did with interning [for] a lot of companies — I got to see the back end of everything,” Levanti said. “If you guys know, you see that there are a lot of influencers or content creators that are out of touch and don’t really know what goes into these larger projects. ... A thing that I learned going to Ithaca was being able to experience social media, digital and the process of creating an idea and turning it into production.”

Levanti said he did not like to use the term influencer because it can put content creators in a box of only selling the product and content to their audience.

“I like [the term] ‘content creators’ because I am not selling stuff every day,” Levanti said. “I essentially push my brand, but when you are making content, you’re doing it because you are having fun, have a really creative idea and think other people will be entertained.”

Sophomore Grant Johnson, public relations director of NYFTSA, said he felt Levanti



From left, sophomores Grant Johnson, Julia Guest and senior Melanie Kardos talk with Louis Levanti ’19, bottom right, over Zoom about Levanti’s recent success.

JADYN DAVIS/THE ITHACAN

would be able to relate to the generation of students at campus.

“I think that it is so cool that he can be transparent with people, because most creators are going to hide what they make,” Johnson said. “He doesn’t gatekeep things because that’s how we can all learn.”

Levanti also gave advice to the audience on breaking into and surviving the social media industry post-graduation.

“The industry will always be there at the time you want to get into it,” Levanti said. “I personally was a workhorse and was striving to look for internships. If I take a break, I

know myself, I am going to be lazy and push it off. That is not who I am.”

Sophomore Paige Morrissey, assistant treasurer of NYFTSA, said she felt Levanti was very knowledgeable about social media and working in TV.

“To talk about what he learned from [college] and how he transitioned to working on ‘Good Morning America’ and now producing social media content for AwesomenessTV was just so surreal,” Morrissey said.

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Viola Davis leads terrific historical epic

MOVIE REVIEW: “The Woman King” TriStar Pictures



BY SYDNEY BRUMFIELD

From the 17th to 19th centuries in the African Kingdom of Dahomey — located in modern-day Benin — reigned a fearsome all-woman army known as the Agojie. Directed by Gina Prince-Bythewood, the latest historical-fiction film “The Woman King” triumphantly tells the story of these sacred warriors, the horrors that the slave trade wreaked across Africa and the impermeable bond of sisterhood.

“The Woman King” opens on one of the most extraordinary attack sequences in modern film history. From its opening, the film only continues to excel in its excellence — especially when it comes to its fight sequences. In every single rigorous battle scene, the punches and hand-to-hand combat shake the screen, making viewers jump back in their seats. The masterful and graceful way with which the Agojie use their spears, machetes and swords to cut their enemies down to size is invigorating.

Despite showing some of the most fearsome warriors the world has ever seen, the filmmakers do not sacrifice the beautiful moments of joyous femininity and the bond of sisterhood. These warriors fight together, rejoice together, mourn together and sing

together. No stronger force of powerful Black women has been as celebrated on the scene as the Agojie warriors. None of this, the fight sequences or the depth of emotions that the Agojie encapsulate, would have been possible without the phenomenal talent in the film.

Not enough praise can be sung for the incredibly remarkable acting that was given in “The Woman King.” Viola Davis gives the performance of a lifetime in the primary role of Nanisca — the general of the Agojie — as she is unapologetically ferocious, tender and commanding on the screen. The supporting roles of Izogie (Lashana Lynch) and Amenza (Shelia Atim) were just as revolutionary as they captivate viewers with their on-screen presence, making audiences love as well as fear them. The youngest talent in the bunch, Thuso Mbedu as Nawi, has further cemented herself as a force to be reckoned with in the industry with her heart-wrenching performance in this film. All of these women manage to be both insatiably powerful when acting in the battle shots but also nurturing and kind when it comes time for their more intimate moments.

“The Woman King” is also a technical feat, embodying all the qualities of textbook cinema. The elite and



Nanisca (Viola Davis), the general of the Agojie, is a force to be reckoned with in the terrific film “The Woman King.”

COURTESY OF TRISTAR PICTURES

outside-the-box narrative structure is uncommon for action films with such high caliber stunt sequences. Often, films tend to sacrifice story integrity for incredible fight sequences, or vice versa, but “The Woman King” refuses to compromise for its perfection. The script has incredible planting and payoff.

The shots in “The Woman King” also have intense texture and radiance, immersing viewers in the incredibly lush and beautiful landscapes in Africa.

This film refuses to sacrifice anything. There are genuine moments of joy, sadness, love, terror and ferociousness, and it accomplishes all of them. There are so many outstanding elements in this film that the word limitations of this article prevent the retelling of all of them. One thing is certain, “The Woman King” is inarguably one of the best films of 2022.

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Rina Sawayama finds her voice by healing trauma

ALBUM REVIEW: “Hold the Girl” Dirty Hit



BY MATT MINTON

When Rina Sawayama burst onto the music scene with the brilliant “SAWAYAMA,” her first studio album in 2020, she instantly established herself as a pop icon. Brilliant singles like the heavy-metal-infused “STFU!” and the biting capitalistic critique “XS” are just a few of the many ways Sawayama managed to blow listeners away.

Clearly influenced by a range of different genres, including early 2000s and '90s pop, punk rock and R&B, just to name a few, Sawayama managed to find her authentic voice in the oversaturated world of pop. Despite its undeniable critical acclaim, “SAWAYAMA” was released in the midst of the COVID-19 pandemic, which did not allow Sawayama to take in the full wealth of her success. The accomplishments of her newest record, “Hold the Girl,” following features on tracks by Charli XCX and Elton John, should hopefully be a different story in how she gets to celebrate.

To say that Sawayama put a real piece of her heart in “Hold the Girl” would still be underselling the real emotional vulnerability and newfound feelings of catharsis and strength that the record offers: both for Sawayama singing to her younger self and for listeners. From the mystical and evocative opening track, “Minor Feelings,” titled

after the book by Korean-American poet Cathy Park Hong, Sawayama immediately draws listeners in as she sets the scene for what is to come, “Dreaming of the day I’m tall enough to save myself / But I was just a child.” This track beautifully establishes some common themes throughout the album: reconnecting with her younger self and coming to terms with her identity by overcoming trauma.

“This Hell,” one of the most catchy singles, is easily one of the highlights on an entire record full of stunning pieces. Sawayama skillfully dabbles in pop, rock and country to create a unique and uplifting sound reflecting her embrace of her sexuality. By cleverly singing about how “This hell is better with you / We’re burning up together, baby, that makes two,” Sawayama embraces her pure self.

In “Holy (Til You Let Me Go),” Sawayama sings about her experiences as a college student at Magdalene College in Cambridge, England, as she tackles her deep-rooted religious trauma. “Came to shelter from the blame / But I left taking all the shame,” Sawayama beautifully sings with electronic, moody instrumentation that makes listeners feel like they are floating in midair.

Another one of the more personal tracks on the album, the acoustically-laced ballad



Rina Sawayama returns with “Hold the Girl,” a beautiful and personal album.

COURTESY OF DIRTY HIT

“Send My Love to John,” sees Sawayama sing from the perspective of an immigrant mother who struggles to connect with her queer son. She apologizes sincerely, singing about how “I misguided love to my only son / Trying to protect you, but I guess I was wrong” in one of the most tear-jerking pieces on the entire record. For Sawayama, these are the words she wished she had heard as a child.

Sawayama could have easily tried to recreate the exact tone and style that made “SAWAYAMA” such a daring and unique success. Her trajectory on “Hold the Girl” moves toward introspection and reflection, showing real growth and maturity as an artist. Listeners hear in real time as Sawayama beautifully reconciles with her trauma and picks up all the different pieces of herself along the way.

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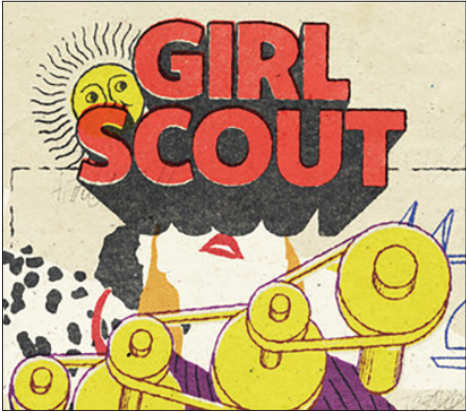
QUICKIES



COURTESY OF THIRTY TIGERS

“BEGUILED”
The Smashing Pumpkins

The electric opening guitar riff is a testament to the ferociousness of The Smashing Pumpkins. Unfortunately, the sound of “Beguiled” quickly grows worn out by its forgettable end.



COURTESY OF MADE RECORDS

“DO YOU REMEMBER SALLY MOORE?”
Girl Scout

The Stockholm-based indie group Girl Scout has released their debut single, a nostalgic and extremely fun ode to high school romance. The use of guitars and drums that build in dynamics throughout entertain listeners.



COURTESY OF COLUMBA RECORDS

“STAR WALKIN’”
Lil Nas X

After the culture-defining release of “MONTERO,” Lil Nas X finds a way to reinvent his sound with this new single. He thoughtfully reflects on his fame, embracing every step.



COURTESY OF 10K PROJECTS

“SADDEST SOUNDTRACK”
iann dior

The catchy and easily digestible themes about love and breakups stir the hearts of listeners. Unfortunately, the music and lyrics sound exactly the same as most of iann dior’s discography, especially after the recent release of “on to better things.”

CHIPPING AWAY
GOLF TEAM OFF TO HOT START IN THE FALL



From left, sophomore Rheanna DeCrow, senior Cristea Park, first-year student Annika Michel and senior Mary Gersec at a player's practice Sept. 23 at the RaNic Golf Club. The Bombers have placed in the top five in two of the four tournaments so far in Fall 2022, with the Ithaca Invitational set to close the season.

JASMINE SCRIVEN/THE ITHACAN

BY DANIEL KING

As the temperatures cool around South Hill, the Ithaca College women's golf team is staying hot after three strong starts to their Fall 2022 season.

The Bombers kicked off their fall season at the St. Lawrence Invite on Sept. 3–4. Once the sun had set on the tournament, the South Hill squad found themselves in first place, along with sophomore Rheanna DeCrow finishing as the top individual of the tournament.

"It was something I haven't experienced before with a team," DeCrow said. "And I was super happy to be able to do it with this group of girls. All of us have been working really hard all summer. It was rewarding to see us do well and take first in that field."

Head coach Keith Batson said DeCrow worked hard throughout the offseason to prepare for the upcoming season, and the first-place finish only validated his beliefs in DeCrow.

"She played in a few high-level tournaments in Iowa and had some good results," Batson said via email. "I think she's starting to realize how good she is. It was nice to see her get her first win."

DeCrow said those tournaments and playing throughout the summer helped her find her love for the game again.

"I worked really hard over the summer," DeCrow said. "I've been carrying that

out onto the golf course just having so much fun and, like, just trying to enjoy the game."

Also at the St. Lawrence Invite, first-year student Annika Michel made her debut with the South Hill squad. After struggling on the first day with a +21, Michel shot a +7 Sept. 4,

improving by 14 strokes. Batson said Michel felt the nerves in her first collegiate start but bounced back nicely.

"[Michel] is very level-headed and doesn't let much affect her," Batson said via email. "It's a great quality to have as a golfer. She is going to be a great player for this program."

The Bombers followed it up with a seventh place finish at the Hamilton Invitational on Sept. 10–11.

For Batson, the Hamilton Invitational finish stood out to him in the early part of the season.

"In my opinion, we played better at Hamilton," Batson said via email. "I know that must sound weird as we finished seventh instead of first, but the strength of the field was much higher at Hamilton, and the course was much more difficult. . . . The Hamilton tournament also included the defending national champions Emory [University], as well as other top 25 ranked teams. I was very pleased with our performance there. I think they realized they could hang with the best programs in the country if we brought our A-games."

Most recently at the New York University (NYU) Invitational on Sept. 17–18, the Bombers finished second in the tournament, only behind NYU. Senior Cristea Park led the way for the South Hill Squad in individual play. Park finished the two-day tournament with a 151 (+9) after shooting a 76 (+5) Sept. 17, followed by a 75 (+4) Sept. 18. Park said the strong start has her feeling confident about the remainder of the fall schedule.

"The scores are just getting lower right now," Park said. "I'm riding off of that momentum, currently, and feel good about the rest of the season."

Batson said the way the team bounced back and helped pick Michel up after she struggled the second day of the tournament was important in the team finding its way to a second-place finish.

"The second day, Rhea, Cristea, and Mary shot 74-75-78 respectively," Batson said via email. "Annika struggled on the 2nd day, but it was nice to see our returners pick up their games so we could still have a great team score. Annika also played really well the 1st day shooting an 81. Cristea shot her best 2-day score of her career and Rhea shot her college career low of 74 on the 2nd day. A lot of things to be proud of on that weekend."

Park said the key to ensuring the team keeps up the good start is to control the mental aspect of the game, making sure the team

stays focused on the game.

"Just because you have one good day, doesn't mean you'll have a great day the next," Park said. "The one thing that you can control is your mindset. The mindset is what will help me keep with that momentum. I'm feeling confident, but it's because I'm forcing myself to feel confident."

Batson said the mental side has been a key focus for the Bombers this half of the season, understanding that while the play on the course is one thing, the mental side is another, ensuring the team can play at their best and not let the game get to them.

"I am working really hard with them to get them to be more decisive, confident and trusting of their capabilities," Batson said via email. "They have made big strides in this department, and I believe that is why we are playing so well."

Being more of an individual sport, the team works hard not to have anyone feel isolated while out on the course. DeCrow said the team has been working hard to make one another not feel isolated during play.

"When we see each other out on the golf course, that's like some of the best moments in the round," DeCrow said. "When we see each other from opposite holes, we get to wave and say 'Hi' to each other and ask thumbs up, thumbs down, like, 'How are you doing,' so just trying to keep that positive energy."

While the Bombers still have one more tournament before their fall season concludes, as the official Liberty League season starts in the spring, the team hopes to keep the momentum through their winter break. DeCrow said that being able to finish the season with the Ithaca Invitational, which is Oct. 1–2, is a good feeling as they get to show off the hard work to the home crowd.

"Any sport will tell you that being in front of the home crowd is an advantage and having that support system around you, people who will support you unconditionally — it's really special," DeCrow said.

Being able to finish the fall season in front of the home crowd is a plus for the team, but DeCrow also said the advantages of playing your home course will give them a heads-up against the field.

"We play it every day, and we know this golf course better than anyone else," DeCrow said. "Being able to capitalize on, you know, knowing the greens and knowing where to place your tee shots and stuff that we

do every day."

Park said while in her mind it's just a tournament, she enjoys ending the season without having to travel for the last tournament of the fall.

"It's nice to finish that way in the fall. It's comforting," Park said. "Our parents get to come and see us finish. As a senior, I think



Senior Cristea Park placed sixth at the New York University Invitational.

JASMINE SCRIVEN/THE ITHACAN

that's super special."

Once the fall season concludes, the team will go on a winter break. Batson said that finishing strong is critical for the team to have good feelings heading into the spring season.

"Golf isn't a sport where improvement will always show up in the number that you shoot," Batson said via email. "I've seen a tremendous improvement in their confidence level and their belief in themselves."

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Sophomore Rheanna DeCrow placed first in the St. Lawrence Invite.

JASMINE SCRIVEN/THE ITHACAN

Field hockey team bolstered by stifling defense

BY TESS FERGUSON

As the Ithaca College field hockey team enters a streak of Liberty League play with six of its next 10 games in the conference, the Bombers explosive start to the 2022 season has been propelled by some widely unsung heroes.

The Bombers’ early season successes were led by a strong defensive line that has held their opponents to only seven goals allowed over the course of seven games. The Bombers hold the best record for the statistic in the Liberty League, tied with the William Smith Herons as of Sept. 26.

Maureen Ordnung, associate head coach, is a former Division II collegiate goalkeeper who has served as the Bombers’ defensive coordinator and goalie coach for the past seven seasons. She said her affinity for the sport allows her to connect with her players on a deeper level.

“My degree is in education, but being a coach lets me teach in a capacity that I’m a lot more confident in,” Ordnung said. “Everything just translated from the classroom to the field.”

Graduate student goalkeeper Macy Brandwein said that having a coach who formerly played her position is a huge asset that not many other programs have. Brandwein, in addition to junior Alex Clough and first-year Shannon Dougherty, the other goalkeepers on the team, spends most of her practice time

advised by Ordnung.

Ordnung said she values the time she spends with her goalkeepers and how important it is to have somebody who understands the position firsthand.

“Being a keeper can be a really isolating job sometimes,” Ordnung said. “Understanding how heavy it is to hear that thud on the boards — especially in an overtime game when there’s simply no more control to be had — and being able to be there for our keepers I think is really helpful.”

As the core of the Bombers’ defensive line, Brandwein’s place in cage is a front row seat to all of the action on the field. She said her communication with her teammates is essential to the success of the defensive field players.

“We have a really good connection on the field and that kind of trust is super important when it comes to winning games,” Brandwein said.

Outside of fouls, cards and goalie saves, defensive statistics are not easy to tally. Graduate student defender Allison Egan said the defense’s role on the field can sometimes be overlooked.

“Of course it’s cool to score the goals,” Egan said. “But stopping them is such a huge part of our game that I really love.”

Egan said that if nothing else, the Bombers are definitely aggressive. The circle defenders’ connection with Brandwein assures the unit that there will never



The Ithaca College field hockey team is off to a 5–2 start on the season. Through those contests, it has outscored its opponents 19–7, in part to the strong showing from the Bombers’ defensive unit.

BRENDAN IANNUCCI/THE ITHACAN

be any surprises.

“There’s a ton of communication, especially between our goalies and low defenders in the circle,” Egan said. “It’s so important to know who’s where and who needs to be doing what.”

The essential communication, however, does not stop at the 50-yard line. Egan said her defensive line’s intensity transitions to the offense just as quickly as the ball does.

“It takes everybody on the field to score,” Egan said. “Even the mentality that we’re never going to give up comes from our backfield and, as the ball comes up the

field towards our attack, so does that energy.”

Graduate student midfielder Jacqueline Mirabile has been a true two-way force for the Bombers this season. She said her role in full-field transition has the potential to be game changing.

“I love distributing the ball; I really love being a playmaker,” Mirabile said. “Playing in the mid-field is like having the best of both worlds, so I get to strengthen my team’s defense while finding holes in that of our opponents’.”

Mirabile explained that the Bombers’ defense begins in transition, the offense turning back onto

defense, her midfielders always give their all to regain possession.

“We’re definitely some of the hardest workers on the field; we’re constantly working to keep the ball out of the circle,” Mirabile said.

With a slew of in-conference games coming up, Egan said it will be essential to focus on one opponent at a time.

“Thinking about the Liberty League Championship isn’t going to help us win our next game, it needs to be a step-by-step process,” Egan said.

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New football coach off to hot start on South Hill

BY TOMMY MUMAU

The Ithaca College football team is off to a scorching 3–0 start to the 2022 season under first-year head coach Michael Toerper.

Toerper has led the team to an undefeated start behind dominant efforts on both offense and defense. The Bombers are averaging 42.3 points per game on offense and have allowed just 5.7 points defensively per contest. The South Hill squad has outscored its opponents 127–17 through its first three matchups. The head coach said he has been impressed by how the team has competed thus far, and he wants the group to maintain its positive energy through the ups and downs of the season.

“I think we have a group that shows up with enthusiasm and [is] excited to play the game with each other,” Toerper said. “I think that’s something that we have to continue to do because there’s going to be a lot more adverse times that arise as the season progresses, and we have to be the type of people that smile in the face of adversity and respond the right way.”

Following a stint with the College of the Holy Cross in Worcester, Massachusetts, from 2020 to 2021, Toerper was hired by Ithaca College on Feb. 18. It is his first role as head coach in his 13-year career, which included a three-year stretch as defensive coordinator for the Bombers from 2017 to 2019.

Toerper said he has enjoyed adjusting to the position of head coach through the first three games of the season.

“In years past, it’s been more of a focus, just looking at things from a smaller lens,” Toerper said. “Now from a larger lens, there’s a lot that goes into it. . . . I’ve got to capture a pulse of the whole team and be able to make

quick decisions that affect a lot of people.”

These decisions on the sidelines so far have resulted in the South Hill squad being considered among the top Division III football programs in the country. The Bombers have moved up from No. 17 to No. 13 in D3football.com’s Top 25 poll, from the pre-season through week four.

Graduate student defensive back Michael Roumes said he believes the coach has been instrumental in the team’s early success.

“I think he does a good job . . . [of just] keeping a cool head under pressure situations during the games,” Roumes said. “And then just trusting the playmakers we have on offense and the playmakers we have on defense to make the plays. I think he’s doing a good job of letting us play and not making it too complicated.”

Along with his duties as the head coach, Toerper is also working with the team’s wide receivers and strong safeties. Toerper said he has navigated these new roles by relying on input from members of the program.

“I’ve also utilized the expertise of our assistant coaches to help make some of those decisions,” Toerper said. “I think that’s something that any leader, if they want to make the best decisions for the team, they have to demand feedback not just from the coaches but also the players.”

Among the members of this year’s staff, Toerper previously worked with four of the coaches during his first stint on South Hill, including offensive coordinator Sean Reeder. Reeder has been on the staff for each of Toerper’s four seasons with the Bombers, and said he has enjoyed working alongside him as the head coach.

“He does a great job [of] really listening to what the staff believes we need to do to



Under Michael Toerper, the head coach of the Ithaca College football team, the Bombers have jumped out to a 3–0 start against non-conference opponents.

NOLAN SAUNDERS/THE ITHACAN

win the game,” Reeder said. “And then taking all those opinions [and] distilling it down to one message for what we need to do to win and play complimentary football, which is something we’ve done well over the first few weeks.”

Toerper also said he has tried to be a mentor for the players and help them manage the demanding schedule that comes with being a student-athlete. Roumes and senior wide receiver Julien Deumaga said Toerper met with each player to get to know them after he was hired in the spring semester.

“He really makes me feel like he cares about me and every other player on the team,” Deumaga said. “When we saw that [Toerper] was making that conscious effort to really get to know every single one of us, I think that just meant a lot to not only me but

most definitely the younger guys.”

Toerper and the Bombers have seven games remaining on their regular season slate, as the team will look to reach the Division III NCAA tournament for the first time since 2014. Toerper said his return to South Hill has been memorable thus far, as he has embraced the role of leading the program.

“I enjoy being around this team every day, this group of coaches, this administration [and] the alumni,” Toerper said. “Everything about it, I really enjoy and . . . it’s not just about the way it makes me feel, but I think watching them come together as a team and doing the right things on the field and off the field really makes me a proud coach.”

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From left, senior Muhammed Cisse and junior Jae Williams show off their dance moves in a rehearsal for Ithaca College’s Island Fusion Dance Team on Sept. 25 in the aerobics room of the Fitness Center. Island Fusion Dance prides itself on inclusivity and diversity and is the only Afro-Caribbean dance team at Ithaca College.

RAY MILBURN/THE ITHACAN