

College leadership gives updates midway through fall semester



Ithaca College President La Jerne Cornish and members of the President's Cabinet provided updates to the campus community about enrollment, finances and student engagement on campus at the State of the College gathering Oct. 18.

KALYSTA DONAGHY-ROBINSON/THE ITHACAN

BY SYD PIERRE

Ithaca College President La Jerne Cornish and members of the President's Cabinet gave updates to the campus community about enrollment, finances and student life at the State of the College gathering Oct. 18.

Around 100 members of the campus community attended the gathering in Emerson Suites, where Cornish spoke about how the 2022–23 academic year has been progressing so far. Cornish said two more roles on the Cabinet need to be filled and that searches for a vice president of Marketing and Communications and a vice president for Philanthropy and Engagement will begin Nov. 1.

She also said she will be traveling on the "Ithaca Together: Inaugural Tour" for the remainder of Fall 2022 into Spring 2023.

"As much as I treasure being immersed in the IC experience right here in South Hill, I have a responsibility as president to meet members of our community who reside far and wide and I am very much looking forward to sharing updates from South Hill with alumni, IC parents and families and other friends of the college," Cornish said.

Enrollment

Laurie Koehler, vice president for Marketing and Enrollment Strategy, said overall enrollment for Fall 2022 exceeded what the college has budgeted by close to 70 students. The college has a total of 5,054 students with 4,619 undergraduate students. The first-year class for

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Mail-in ballots raise concerns for students as elections near

BY KAI LINCKE

Some students at Ithaca College are concerned about using the college's mail services to receive and send their mail-in ballots to their state or local election offices for the Nov. 8 midterm elections.

Students who attend college out of their Congressional district can use absentee voting to participate in elections. Absentee voting allows individuals to submit their ballots by mail or ballot drop boxes in state and federal elections if they cannot vote in person on Election Day. Each state has different timelines for sending and returning mail-in ballots.

According to the MIT Election Lab, mail-in voting doubled from 1992, when 10% of voters cast their ballots by mail, to 2018, when approximately 20% of voters returned their ballots by mail.

In the 2020 presidential election, mail-in ballot use increased by about 30 percentage points because of the COVID-19 pandemic. Almost 50% of votes were collected through mail-in ballots.

More specifically, according to the Pew Research Center, 44% of voters ages 18–34 voted by mail in



Students who attend college outside of their Congressional district can use absentee voting to participate in elections.

PHOTO ILLUSTRATION BY GRACE VANDERVEER/THE ITHACAN

the 2020 presidential election.

Sophomore Charles Vargo, who is from Bridgewater, New Jersey, said he voted by mail from the college last year. Vargo said his ballot was first delivered to his home address, and his mother mailed it to him at the college. He said he received his ballot in a mail locker five or six days after his mother mailed

it, which is longer than he thinks it should have taken.

Vargo said he did not plan to vote by mail again this year. He said he was concerned that his ballot would not reach the election office on time, so he decided to vote early over fall break.

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Changes in leadership affect administration

BY KAI LINCKE

Ithaca College President La Jerne Cornish announced additional staff changes to the college's leadership and the President's Cabinet in an Oct. 5 Intercom post sent to the college community.

In the post, Cornish announced three promotions and three positions within her administration that need to be filled. The changes impact the associate vice president and chief human resources officer, secretary to the Board of Trustees, general counsel, vice president for Marketing and Enrollment Strategy, vice president for Philanthropy and Engagement, and vice president for Marketing and Communications.

Kirra Franzese has been appointed as the associate vice president and chief human resources officer after Hayley Harris, former vice president for Human Resources and Planning, left the college for a new position at the University of Chicago on Oct. 6.

Franzese said via email that with the leadership change, the Human Resources department will now report to Timothy Downs, chief financial officer and vice president for Finance and Administration.

Franzese said this shift will allow her department to work more closely with finance and administration to make fiscally informed decisions.

"Employee salaries and benefits make up a significant percentage of the college's expenses," Franzese said via email. "Aligning HR with finance and administration and the CFO can inspire increased collaboration and shared expertise, enabling us to make informed data-driven and fiscally responsible decisions that support our goal of being an employer of choice."

The post said that Odalys Diaz Piñero, the president's chief of staff, has accepted an additional role as secretary to the Board of Trustees. Diaz Piñero, who has worked at the college since 2020, assumed the new position Oct. 15.

Diaz Piñero previously served as co-chair of the Presidential Transition Team with Nancy Pringle, the former interim legal counsel and secretary to the Board of Trustees. Pringle's interim appointment ended Oct. 15.

The post also said that Emily Rockett has been promoted to general counsel from her position as

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THROUGH SONG



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PREPAREDNESS IS
ESSENTIAL WHEN
VOTING BY MAIL



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IC VOLLEYBALL
LOOKS TO FINISH
STRIKING SEASON

Dana Fellows collaborate with Antiracism Institute

BY FARID AHMAD

Four Dana Teaching Fellows were selected for Fall 2022 to further Ithaca College’s goals of being an exemplary institution. This year, the fellows will focus on anti-racism learning, teaching and practices.

Dana Teaching Fellows — named after the Charles A. Dana Foundation for its financial contributions — are tenured or tenure-eligible professors at the college who are selected by the Center for Faculty Excellence (CFE).

Fellows lead many types of sessions and events for other faculty members to aid them in providing students with positive learning experiences and paths to thrive academically. Their collaboration can help faculty members think of improved ways to teach, create new courses or alter current ones.

The prime responsibility for the 2022–23 fellows is to work with CFE’s Antiracism Institute, which was developed in 2020. The program runs every academic year and is for college faculty and teaching staff to have dialogues on race and implement effective anti-racist education across campus.

Backlash from social media began after the Daily Mail published an article Oct. 16 claim-

ing the Antiracism Institute plans to segregate white staff members. The college said in an Intercom post Oct. 18 that the media criticism is a distortion of the institute’s goals.

Cynthia Henderson, professor and chair in the Department of Theatre and Dance Performance and one of the main stage directors for the Center for Theatre and Dance production season, is one of the new fellows. She said the roles of the fellows are geared toward helping the college become an enterprising anti-racist institute of higher learning.

“As much as I came in knowing about the work we are doing, there is always so much more to discover,” Henderson said. “I love working with my Dana Fellow colleagues. We learn from one another, and to share what we are learning with our colleagues across the various disciplines at Ithaca College has the potential to be an incredible experience.”

Another fellow, Kasia Bartoszynska, professor in the Department of Literatures in English, partook in the institute previously and wanted to become more involved. She said that reading “Why are all the Black Kids Sitting Together in the Cafeteria?” by Beverly Tatum was a pivotal moment for her interest in anti-racism work.

“She talks about how structural racism is like



Dana Teaching Fellows are tenured or tenure-eligible professors at Ithaca College who are selected by the Center for Faculty Excellence for up to three years.

MADDY TANZMAN/THE ITHACAN

a moving walkway,” Bartoszynska said. “If you don’t want to get to where it’s taking you, it’s not enough to stop moving, you actually have to walk in the other direction and then eventually you have to turn it off and take apart the walkway and build a path to somewhere else.”

Greg Evans, assistant professor in the Department of Music Performance, is another new fellow and was part of the first Antiracism Institute cohort in Spring 2020. Evans said he wants to share his experiences and point of view

to support the college in becoming a leading anti-racist institute.

“I am a Black man in America — I have experienced racism, and it’s painful,” Evans said. “I don’t know if I’ll live to see the end of that, but if there’s anything that I can do to help that are lean toward justice a little bit earlier than if I didn’t participate, I would like to do that.”

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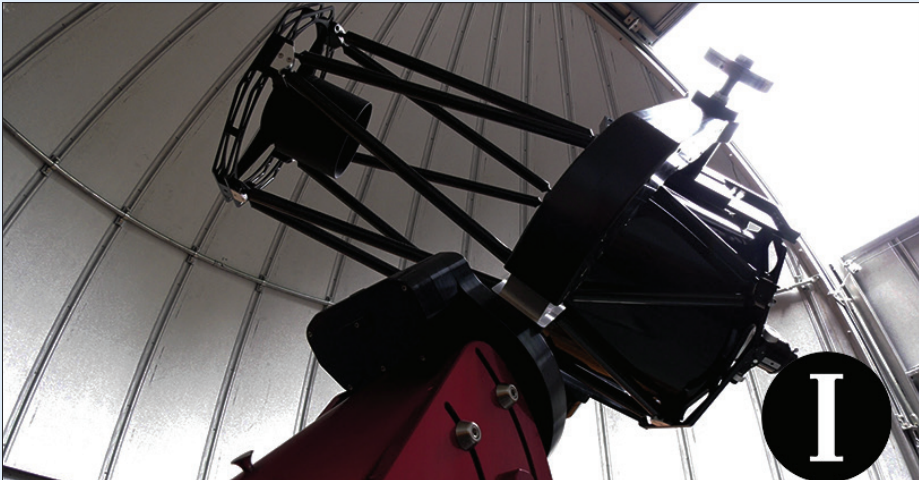
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Ithacan Tries: Aidan has a blast at Nerf Club

The Ithacan’s sports editor, senior Aidan Charde, had a chance to try out Ithaca College’s Nerf club for the first time at the Humans vs. Zombies event.



The Clinton B. Ford Observatory's new telescope is now in place

The Clinton B. Observatory celebrates the arrival of its new telescope. For the Ithaca College community, observatory nights are coming soon.

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The Ithacan

SGC guest discusses college finances

BY EMMA KERSTING

At the Oct. 17 meeting of the Ithaca College Student Governance Council (SGC), the senate confirmed two senators to the executive board and spoke with Tim Downs, vice president of Finance and Administration and chief financial officer.

Junior Nick Viggiani, Class of 2024 senator, presented as a candidate for vice president of communications, and first-year student and senator-at-large Rishabh Sen presented as a candidate for vice president of campus affairs.

Each candidate was allotted two minutes to give a platform presentation, followed by five minutes to answer questions from the senate.

During his presentation, Sen said that if confirmed, he plans to improve the health and well-being of students by focusing on dining options, student accessibility and increasing Hammond Health Center operational hours.

“I know I have a lot to learn, but I hope to collaborate with you, learn from you and hopefully co-sponsor many bills,” Sen said.

In Viggiani’s presentation to the senate, he spoke on his previous experience, as he is a returning senator in the SGC, serves on the Mental Health and Wellness Committee and has a minor in communications. Viggiani said he hopes to continue the Fill the Senate campaign started last year by James Zampetti — former vice president of communications who transferred from Ithaca



From left, senior Senate Chair Austin Ruffino and Tim Downs, vice president of Finance and Administration and chief financial officer, discuss student retention and enrollment numbers.

MADDY TANZMAN/THE ITHACAN

College — and make the SGC more well-known on campus.

“I want to continue [the Fill the Senate campaign] because we have a ton of people,” Viggiani said. “More than half of you weren’t here last year. This is the biggest it’s been in my time here, since I’ve been on SGC, and I’d like to see it get even bigger.”

The guest speaker presentation was delivered by Downs, who showed the senate data, including enrollment statistics and where different funds were coming from.

Comparing the college in May 2022 to where it was in May 2018, enrollment and revenue have decreased notably. Since 2018, the student enrollment has decreased

by over 1,200 students — from 6,517 students in Fall 2018 to about 5,054 students enrolled in Fall 2022 — and college revenue decreased over \$40 million.

“In [the 2018–19 academic year], the college implemented a strategic plan,” Downs said. “We thought we had many years to do that in the first of five years. But when COVID hit, we kind of had to implement that in about a year and a half, and very quickly. We went a little less strategic and more tactical to get there.”

Downs said that the Division of Finance and Administration worked quickly to execute their five-year plan while still attempting to be strategic in order to limit

the impact on the student experience. He said the college is seeing growth in endowments.

“This is an intergenerational asset that has to continue on with the life of the institution,” Downs said. “The college is really on solid footing. I sleep well at night knowing that we have strong working capital, we have a strong endowment that we can allow to grow back to where it was at the end of [20]21 and not have to dip into that as we weather the next few years of low enrollment until the COVID class and the next year graduate.”

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Burglar flees IC building

BY CLARE SHANAHAN

Between 2 a.m. and 5:30 a.m. Oct. 16 a burglary occurred at the Ithaca College Physician Assistant Studies instructional site located off-campus on The Commons.

The campus community was informed of the incident at 10:49 a.m. Oct. 16 via an email from the Office of Public Safety and Emergency Management (OPS).

According to the Ithaca College 2022 Annual Security & Fire Safety Report, burglary is defined as “the unlawful entry of a structure to commit a felony or theft.”

According to the email, the Ithaca Police Department (IPD) is investigating the burglary with support from the OPS.

It was reported that someone broke into the building, which is located on The Commons, stole a television and fell asleep in the building.

The suspect is unknown and fled the scene after being found by an employee at the college.

“The suspect is described as a black male with a thin beard, 5’7” to 5’9”, in his 40s, wearing camouflage pants, a white t-shirt, black combat-style boots, and a black kitchen apron at the time of the incident,” the email said.

In the email, the OPS said anyone with information should contact the IPD at 607-272-3245 or the OPS at 607-274-3333.

The OPS also encouraged the campus community to take their own precautions against potential burglary, including storing valuable items in a secure area, locking all doors and reporting anything suspicious to the OPS or the IPD.

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Students organize first TEDx event at college since 2017

BY PRAKRITI PANWAR

Ithaca College’s TEDx Club will be independently organizing its first conference since 2017 on Oct. 22, featuring 10 speakers in the Emerson Suites, alongside a live stream screening in Park Hall.

TED is a nonprofit that aims to disseminate ideas about technology, entertainment and design through talks that last less than 18 minutes to sustain the audiences’ attention effectively. TED conferences are usually held on the West Coast two or more times a year, with more than 50 speakers over three days. TEDx events can be organized by any individual or organization and follow the same format and structure as TED conferences but are independently organized, compared with TED conferences, which are organized on a larger scale.

Junior Camille Brock, president of TEDx Ithaca College, said she applied for a license in December 2021 to use the TEDx brand and organize the conference, while the funding is provided through the Appropriations Committee of the Student Governance Council (SGC).

The theme of this year’s conference is “Empowerment.” Brock said this broad theme will allow speakers to share their perspectives on empowerment.

“We figured there was a lot of turmoil and there were a lot of things happening, not only at the college but in the country and in the world,” Brock said. “We just wanted to give people a platform to share their version of empowerment, their stories of empowerment and what that looks like for them as an individual.”

Out of the 10 speakers, eight are affiliated with the college. Speakers include Alyssa Davis, model and marketer; Dominic Cottone ’99;

Eden Strachan ’21; Elizabeth Bleicher, dean for Student Success and Retention at the college; Jen Rafferty ’06; John Guastafarro, a magician and executive director of Hyundai Hope on Wheels Foundation and Genesis Inspiration Foundation; Luke Keller, professor in the Department of Physics and Astronomy; Maureen Devine-Ahl ’03; senior Nijha Young; and Yvette Sterbenk, associate professor in the Department of Strategic Communication.

Brock said the club was revived after the executive board members took a class together in Spring 2021 with Mark Addona, assistant professor in the Department of Strategic Communication, and asked him to be the club’s adviser. The conference was originally scheduled, by previous e-board and club members, to take place in March 2020, before the current e-board began attending the college, but was canceled because of COVID-19.

“The e-board has been extremely enthusiastic about the TEDx conference and has been working together on this for about a year and a half,” Addona said via email. “The e-board has done a great job with getting everything prepared for the 2022 TEDx and it would be great to continue to have this event in the future.”

Junior Sofia Nolfo, marketing chair of the club, said she looks forward to hosting an event she has been working on since her first year at the college.

“We’ve been working on this for a very long time,” Nolfo said. “It’s really nice to see it coming back because I think it’s a really good opportunity for the campus community to learn and connect with one another.”

Ticket reservations for the event began Oct. 12 and will close at 6 p.m. Oct. 21. The conference is free for anyone affiliated with the college, including students. Nolfo said the



From left, juniors Sofia Nolfo, Inbaayini Anbarasan, Camille Brock, Ananya Gambhiraopet, Claire McGinnity and Brady Spaulding organized the event.

ELIJAH CEDEÑO/THE ITHACAN

conference will last for about five hours, with a break after the first five speakers’ presentations.

According to TED rules meant to ensure quality of conferences, only 100 people are allowed to attend the conference in-person. Nolfo said students who do not get tickets to the live conference will be put on a waitlist and can attend the YouTube live stream of the event, which will be held in Park Hall.

Keller said he thought that TEDx conferences at the college might take place every three years in the future.

“When you look at the TED website, you don’t see TEDx at the same [location] every single year,” Keller said. “I think it’s an awful lot of work. It’s very obvious to me that [the organizers] have done just a tremendous

amount of work, which I appreciate a lot.”

Brock said the club received over 80 applications for speakers, out of which 20 finalists were shortlisted and finally 10 speakers were chosen.

Keller said applicants had to go through a rigorous selection process that involved submitting abstracts and a video of their presentation.

“The application process was quite involved — there was a lot to do,” Keller said. “I know from experience that there were really, really good applications. So, I feel very fortunate to have been chosen from a [group that] must have been very difficult for them to choose.”

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FROM GATHERING, PAGE 1

Fall 2022 increased to 1,309 students from 1,163 in Fall 2021. She said a significant statistic for the college was the 3% increase in yield rate from Fall 2021 to Fall 2022. Yield rate is the number of students who enroll at the college out of the number of accepted students. The yield rate for Fall 2022 is 14% compared to 11% in Fall 2021 and 10% in Fall 2020. Koehler said the college’s yield rate outperformed other schools, whose yield rate declined on average by 6%.

“This did not happen by accident,” Koehler said. “Our yield increased as a result of very intentional, targeted efforts and [a] newly designed, clearer financial aid package and [a] new digital to print communication campaign.”

Finances

Tim Downs, chief financial officer and vice president for Finance and Administration, said that since the COVID-19 pandemic began, enrollment and revenue at the college has decreased.

He said the college has sustained a breakeven over that time period but will be making a few changes over the coming years to adjust.

Downs said that in the coming years, the college is aiming for a more sustainable target of 1,400 first-year students, rather than its prior goal of 1,600 or 1,700, and a third semester retention rate of 90% by 2027.

He said the college will continue to have some operational challenges in the short term before it resolves the deficits created because of COVID-19.

“We need to make sure we’re thoughtful and we’re making sure we help our bottom lines minimize the deficits we have over the



Tim Downs, chief financial officer and vice president for Finance and Administration, said that since the COVID-19 pandemic began, enrollment and revenue at the college has decreased.

DAISY BOLGER/THE ITHACAN

next few years,” Downs said. “And then as we get to the steady state that will be our financial state in the future.”

Academic Affairs

Provost Melanie Stein provided an update on academic affairs, including upcoming college-wide curriculum revision and the three new deans at the college.

Stein said one goal of the Ithaca Forever strategic plan — the college’s five-year strategic plan — is to support collaboration, interdisciplinarity, curricular flexibility and shared governance.

She said the current curriculum at the college was developed when there were ample faculty resources but declining student enrollment, so the college needs to revise the curricula to ensure that it is properly aligned with its faculty resources.

“I’m talking about the strategic plan objective just to remind us that what we decided was that we

needed to enable all IC students to explore wide-ranging subjects across the five schools and to construct or choose from curricular paths that match their goals and interests,” Stein said.

Stein said the process will take two years and involve multiple departments, including faculty and staff committees and administration in academic affairs.

Student Affairs and Campus Life

Bonnie Prunty, vice president for Student Affairs and Campus Life, gave updates on the recent partnership between student health services and Cayuga Health System (CHS), the JED campus initiative and student life on campus.

Prunty said the student health partnership has allowed for the college to offer high quality health care to students and to benefit from the expertise that the CHS has in recruiting and retaining clinical staff.

Prunty said that in the first

month of the partnership, the student health center had 577 visits.

Prunty said student engagement has increased on campus, following semesters where it was lower because of the pandemic. She said in the first block of the fall semester, student organizations had 425 events scheduled on Engage and 264 events already scheduled for the second block. She said the college is also trying out new spaces in the Campus Center, like a first-generation student lounge, a sensory room and a prayer and meditation space, to engage students.

“We will be kind of monitoring the use of those spaces and then working with students evaluating whether next year that’s the right use of those spaces or whether we should be doing something else,” Prunty said.

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college counsel following Pringle’s departure. According to the college’s website, Rockett represents the college in administrative proceedings, manages all litigation involving the college and supervises the Title IX office and Legal Affairs Division. Rockett said via email that she will also act as counsel to the Board of Trustees.

“The only functional difference between my former title and current title is the responsibility of Counsel to the Board of Trustees,” Rockett said via email. “I am very excited to take on additional responsibilities and to work more closely with the board of trustees in service of the college.”

Cornish said in the post that Laurie Koehler, vice president for Marketing and Enrollment Strategy, will leave the college at the end of the 2022–23 fiscal year.

“Laurie has provided tremendous leadership since joining [the college] in 2019, helping to build critical infrastructure, strengthen collaboration across areas and navigate through the pandemic,” Cornish said in the post.

The college will conduct a national search to fill Koehler’s position.

Cornish said in the post that the college will use the national search firm Isaacson, Miller to find two members of the President’s Cabinet: the vice president for Philanthropy and Engagement and the vice president for Marketing and Communications. The college previously used the firm during the presidential search in the 2021–2022 academic year. Quincy Davidson took over as the interim vice president for Philanthropy and Engagement after Wendy Kobler left



President La Jerne Cornish announced staff changes to the college’s leadership, including three promotions and three open positions within her administration.

RAY MILBURN/THE ITHACAN

the college in July 2022.

The vice president for Marketing and Communications is a new position. Cornish said in the post that the college will provide more details about the search soon.

Senior Caroline Sabel said she was not surprised by the latest changes in the administration given the high turnaround rate.

“I feel like everything that I’ve heard about the administration and everything — the school is being run like a business,” Sabel said. “It is a business, but it’s also not. It’s a school. Yeah, you need to make money, but also you have people to take care of. You have students to teach, faculty who want to teach, students who should want to live here.”

Sabel said she has been frustrated by the administration and its lack of transparency since her first semester at the college. Sabel said she thinks that the high administrative turnaround rate has led to reshuffling in academic departments. She said most of her professors are still at the college after staff cuts, but she knows several students who have transferred to other schools because the programs for their majors have been reduced.

“I think you don’t really have confidence in the education that you’re getting,” Sabel said. “It’s hard to build connections with professors when they’re changing.”

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FROM VOTING, PAGE 1

According to the National Conference of State Legislatures, early voting is available in 46 states.

“[The college’s mail center] is known to be understaffed and a bit slow,” Vargo said. “They’re a week behind in getting us our packages. I think they’re just so understaffed, they can’t really get all the stuff they need done.”

First-year student Elle Wilcox said she plans to vote by mail for the first time in the November election. Wilcox said she has previously voted in person.

Wilcox said she is concerned that her mail-in ballot will not reach her local election office in Saratoga on time if she uses the campus mail system.

Wilcox said sending mail from the college can also be slow and she has mailed letters from a U.S. Postal Service (USPS) mailbox on campus that have taken over a week to be delivered.

“I would consider actually going and mailing it from the postal office downtown ... to just see if that would be faster and more accurate with where it’s sent,” Wilcox said.

Jeff Golden, senior director of Auxiliary Services, said via email that mail-in ballots are placed in mail lockers like other deliveries but are treated as express packages. They are sorted and placed in mail lockers as soon as possible, typically on the day they are received.

Golden said students should mail their ballots as soon as they can.

“Students should take note of the fact that the [USPS] continues to experience some delays and that it can be unpredictable at times,” Golden said via email. “They should familiarize themselves with the requirements and deadlines of their particular voting jurisdiction. If they are concerned that their ballot might not arrive on time, they should focus on completing them and posting them as quickly as possible.”

According to the USPS, mail-in ballots were received by election officials an average of 1.6 days after they were mailed by voters during the 2020 election and 1.4 days during the 2021 election. The USPS recommends that voters mail their ballots at least one week before their state’s deadline.

Senior Erin Gallagher said mail-in voting can be confusing, but it is important for college students to learn about the process.

“I think that honestly, just educating yourself is the biggest way to be more involved and more present in the political atmosphere,” Gallagher said. “There’s really no excuse not to be voting. They say it’s your civic duty, and that’s true. If you are complaining about something, it’s probably in some way linked to politics and you don’t have a right to complain if you’re not doing anything to voice your concerns.”

According to the U.S. Census, 18 to 24-year-olds had the lowest voter turnout in the 2020 election, as 51.4% of eligible voters in the demographic participated in the election. According to Tufts University Center for Information & Research on Civic Learning and Engagement, many young people do not vote because they were not encouraged or taught how to vote in high school. However, according to the Institute for Democracy and Higher Education, in the 2020 presidential election, 66% of college students who registered to vote did vote, an increase from 53% in the 2016 presidential election.

Don Beachler, associate professor in the Department of Politics at Ithaca College, said that the election process can be confusing for first-time voters, especially if they are voting by mail. Beachler said students who intend to vote should ensure that they are registered before their state’s deadline.

“Don’t be turned off if you find something that you don’t understand about the process,” Beachler said. “A lot of American election law and process over the years has been designed to discourage voting by newcomers. It’s not impossible though, but just don’t be discouraged if you find some of it is confusing.”

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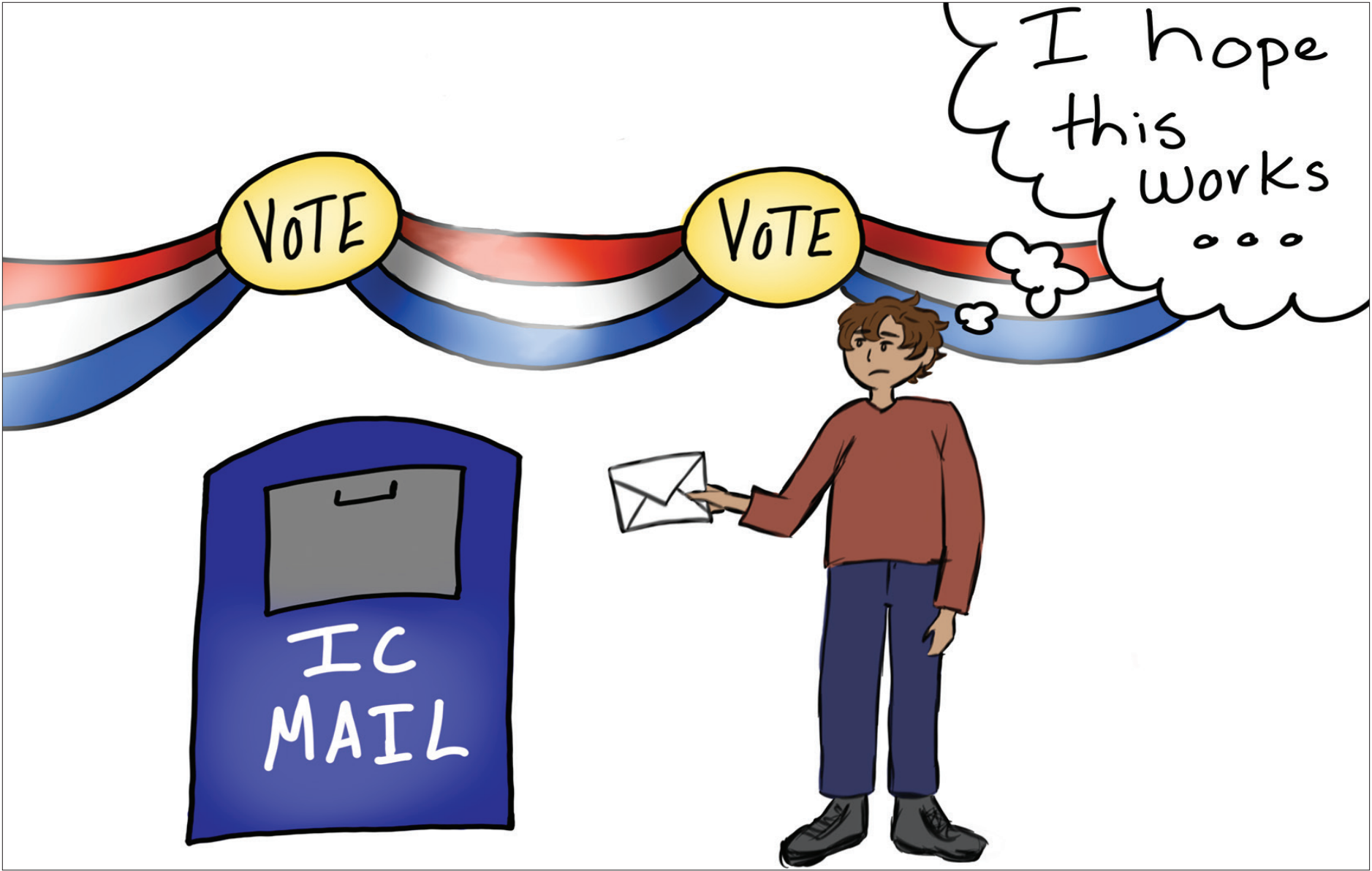


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EDITORIAL

Students should plan ahead during voting season

Since 2020, a large voter turnout has been aided by the increase in popularity of mail-in ballots. According to the U.S. Census Bureau, in 2018, 35.6% of all U.S. 18 to 29-year-olds voted in the midterm election, which is a 79% increase since 2014. With this rise in young adult voting, Ithaca College students should take a proactive approach to making sure their vote gets counted. Some students expressed concerns with Ithaca's mail services, with staffing issues and delayed delivery times being among the most common issues. Sophomore Charles Vargo said that last time he voted by mail, his ballot was sent to his home in New Jersey and then had to be sent to campus. He then waited multiple days before receiving his ballot after it arrived at the college. Students often complain about slow delivery times, as letters and packages can be held in the mail center anywhere between a period of days to weeks during busier times.

The anxiety of casting a vote mixed with the ambiguity of what happens after it is out of the voter's hands creates a genuine dilemma for first-time and experienced voters alike. In order to get their ballots in on time, students should be mindful of shipping times and local ballot processing procedures. Although outgoing mail is treated as express packages, it is important to account for any unexpected delays. Jeff Golden, senior director of Auxiliary Services, said he suggests that becoming familiar with local voting jurisdiction requirements is the best way to ensure a vote is counted. He also said it is best to drop off ballots to either the mail center or the USPS mailbox in U-Lot by 3 p.m. in order for it to be picked up the same day. Alternatively, students can send off ballots in any USPS designated mailbox or post office. For students who worry they can't vote because they do not have a physical ballot, it is possible to receive one via mail, email or in person, depending

on state jurisdiction. To minimize the delivery time of ballots sent by mail, students can request a ballot sent by email and print their ballots out at one of the many printing locations on campus and then send it off. While voting is important, so is casting an informed ballot. Students can access voting resources on and off campus. The Gannett Center on campus has a political communication guide, which provides information on how to vote on local, state and federal levels; tips for learning about relevant issues on the ballot; and how to contact officials. The Office of Student Affairs and Campus Life also offers political advocacy groups on campus like the Student Governance Council, IC Democrats and IC Republicans. The Tompkins County Public Library offers resources to all voters in the region including organizations and government sites that provide voting accessibility and assistance. Although each ballot varies by state, most ballots generally include candidates

running for open seats or reelection in Congress, city council, school board or other bureaucratic positions as well as proposed local policies. Depending on proximity and location, the USPS can take anywhere from 1 to 3 business days to mail. Many states will process and count ballots that were postmarked on or before Election Day, even if they were received after elections have closed. In some cases, those who are not registered to vote are still eligible to vote if the request was received by Election Day. Almost every state offers online voter registration, as well as online mail-in ballot requests. In any case, it is best to check individual state law eligibility and deadlines. As a voter, how you participate in democracy is your choice and responsibility. By keeping up with not only current and local politics, but the laws and protocols of your local jurisdiction, anyone can feel assured in casting a meaningful vote in this upcoming election.

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 llee2@ithaca.edu.

- 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

DIVERSIONS

crossword

By Quill Driver Books

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20						21		22			23			
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27	28	29	30						31					
32						33	34	35				36	37	38
39						40					41			
42				43							44			
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	48	49				50		51						
52							53		54		55	56	57	58
59						60			61		62			
63						64					65			
66						67					68			

ACROSS

- 1 Writer's problem
6 Sheikh's cartel
10 Lay down cards
14 Eagle's lair
15 Hoagie
16 No-cholesterol spread
17 Wails
18 Luncheonette list
19 Backpacker's load
20 Delighted
22 Bluegrass State
24 Peak
26 Clowns' props
27 Rubbish
31 Dash widths
32 Curvy letters
33 Retail giant
36 Miniature
39 As it happens
40 Tree locale
41 Violent anger
42 Fall guy
43 Slice
44 Land, to Caesar
45 Clavell novel "Tai- —"
46 Cast material
48 Shower features
51 Butter container

- 52 Shouted (2 wds.)
54 Talked on and on
59 Hartman or Bonet
60 Formal court order
62 Elude the tag
63 Kiln
64 Miss Cinders of old comics
65 Latin American dance
66 Permanent markers
67 Applied henna
68 Nash of humorous poems

DOWN

- 1 Sweet treat
2 Film holder
3 Caller's code
4 Garden herb
5 Spanish coins, once
6 German physicist
7 Quick look
8 Osprey relatives
9 Display cases
10 Tycoons

- 11 Choose
12 Plumbing problems
13 Rowboat
21 Shovel
23 Hair coloring
25 Kind of tea
27 Hair goos
28 Vast region
29 Party-thrower's plea
30 Nectar gatherer
34 Beaded shoe
35 Skillful
36 Sour
37 People devourer
38 Decade part
40 Separated chaff from grain
41 Home tel.
43 Not owing
44 Hot sauce
45 Songs of joy
47 Haul
48 Take the car
49 Up and about
50 Rude
52 Hoofbeat
53 Floor covering
55 Online diary
56 Quandary
57 Boundary line
58 Crooner — Martin
61 Modicum

last issue's crossword answers

FEAR	ASKEW	DAMP
LOBE	THIGH	ALAI
UNIV	HANOI	COST
STIPEND	RAREST	
VANE	ALPO	
ARMADA	SCIENCE	
JAILS	EARN	HIM
ADDS	SPRIG	SIDE
RIA	ILIAD	LACED
OSTRICH	MOLARS	
BANS	PAIL	
OBLONG	HOLDOFF	
RUIN	IDEST	WIRE
COKE	NURSE	ELAN
AYES	GORED	RETE

WE'VE GOT MULTIMEDIA



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数独

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sudoku

easy

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

hard

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

answers to last issue's sudoku:

very easy

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

medium

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

Banging out the tunes

IC professors create music together

BY KY WILL

By day, they teach classes on physics and music at Ithaca College. By night, two professors join forces with an Ithaca local singer/songwriter's band to create and perform music together.

Colleen Countryman, assistant professor in the Department of Physics and Astronomy, and Michael Caporizzo, associate professor in the Department of Music Performance, perform together with Ariel Arbisser, a local singer/songwriter and other musicians. During the summer, the band went on tour under Arbisser's name — playing at Heaven Can Wait and Rockwood Music Hall in New York City. The band also performs locally: occasionally at the Ithaca Farmers Market and recently at the Apple Harvest Festival on Oct. 2.

Arbisser said she takes inspiration from musicians like Sara Bareilles, Alice Russell, Kimbra and John Legend. Stylistically, she said she takes inspiration from older soul and '90s and 2000s pop music. Arbisser said she likes to use her songs as a means to explore her identity as a Jewish, queer woman, as well as empower others with empathy. Arbisser released her debut album, "Risk of Love," in October 2021 and she said the album is a compilation of thoughts and feelings she had in her twenties. She workshopped her songs for many years and said she is proud of what they have become.

"I can't remember not having a love for music. I can recall auditioning ... and performing in the fourth grade," Arbisser said. "I was definitely already very focused on being on stage and getting time to sing." Arbisser said she likes to create music that encourages conversations about mental health, body neutrality, sex positivity, social and racial justice, and

LGBTQ+ rights. Arbisser said she loves being an artist because it allows her to express those thoughts in a medium that actively encourages its artists to be both weird and loud. She said her only resolution going into 2022 was to be able to live life more artistically.

"Putting away the dishes to think about how that can feel like a more meaningful, beautiful experience ... things like that to bring art to the mundane moments and stuff," Arbisser said.

Countryman plays the keyboard in Arbisser's band, which Countryman initially began playing when she was four years old — using it as an excuse to hang out with her grandmother, who Countryman said offered a warm and supportive place for her to play music. The bassist of Arbisser's band reached out to Countryman asking her if she was interested in playing for the band, which Countryman said she was intrigued by.

After meeting up with the band, Countryman said she felt a connection, and after performing a temporary gig, she made the decision to stay with the band permanently.

Countryman said she finds enjoyment from entertaining and making people happy through music. For Countryman, she said the opportunity to engage in music making was a good way for her to further connect with musicians



From left, Colleen Countryman, assistant professor in the Department of Physics and Astronomy, Ariel Arbisser, lead vocals, and bassist Andy Adelewitz perform at the Apple Harvest Festival on Oct. 2.

JASMINE SCRIVEN/THE ITHACAN

in the community.

"It's a completely different type of connection that you can make with people that isn't really verbal," Countryman said. "It's like you almost have to be on this same mental wavelength to be able to talk to each other and through music. It's a lot of fun."

Aside from her work as a professor, Countryman said that playing in the band is a good way to exercise different parts of the brain.

Using both her talent in music and her love of physics, Countryman said she is planning to teach a course in Spring 2023, Physics of Music, that aims to combine the two.

For Caporizzo, he said his love for music came from his dad, who was a band director. Inspired by artists like Jimmy Page and Led Zeppelin, Caporizzo said he decided to pursue his passion for rock and roll music. While he is trained to play rock on guitar, Caporizzo said he also enjoys playing jazz.

"I discovered rock and roll when I was about 12 or 13, and I decided I wanted to play guitar because I was into Led Zeppelin," Caporizzo said.

Caporizzo said he initially decided to join Arbisser's band when the band's drummer reached out to him and asked him if he was interested in joining. Upon officially joining the band, Caporizzo said he realized he already knew many of the other members from previous gigs he had played. For Caporizzo, he said he realized that many of his current relationships were built around a shared love and appreciation of music.

"Take opportunities to collaborate with people and be kind to everyone you meet because you end up with those relationships and creating opportunities for the

future," Caporizzo said. "Music has always been the thing that motivates me and the thing that could always feel fresh and challenging."

Arbisser said that she enjoyed the process of working with Caporizzo and Countryman and that she is looking forward to move on to the next stage of her music career by workshopping a new music project with the two.

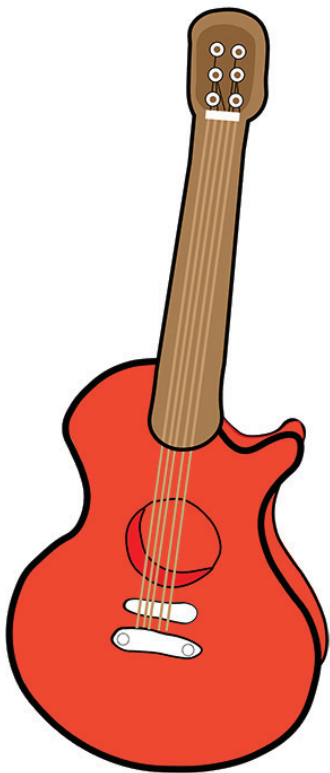
"They have both been such a delight to work with," Arbisser said. "They're so freakin' talented. It's wild, and you know [Caporizzo] brings so much knowledge about music because of what he teaches ... and they both just are so committed. They have such intense jobs and still come with so much energy and ideas and enthusiasm. It's really lovely. I feel really grateful to be working with them."

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From left, Countryman, Arbisser and Adelewitz are joined by guitarist Mike Caporizzo on The Commons on Oct. 2. The band has also performed at the Ithaca Farmers Market.

JASMINE SCRIVEN/THE ITHACAN



QUICKIES



COURTESY OF QUALITY CONTROL MUSIC LLC/MOTOWN
"HEY"
Lil Baby

Poor musical production holds back "Hey" as the audio mix finds listeners unable to clearly hear what Lil Baby is even singing about. None of the rap melodies stand out as strong or catchy.



COURTESY OF HOLLYWOOD RECORDS, INC.
"FACE IT ALONE"
Queen

In this recently rediscovered track from the late 1980s, Queen has taken it upon itself to share a poignant track featuring Freddie Mercury's beautiful vocals. The meaningful song feels like a proper send-off at the end of a western.



COURTESY OF BMG RIGHTS MANAGEMENT (UK)
"OUT OF MY SYSTEM"
Louis Tomlinson

An effective use of percussion and guitar create a quick and catchy punk beat. Louis Tomlinson sings beautifully about unleashing one's true potential into the world.



COURTESY OF COLUMBIA RECORDS
"OCTOBER PASSED ME BY"
girl in red

girl in red does it again, capturing the feelings of loneliness and aching just as perfectly as she did with her debut album. "October Passed Me By" is a perfect, more melancholy companion piece to the masterpiece "we fell in love in October."

Art the Clown returns to terrify audiences

MOVIE REVIEW: "Terrifier 2" Bloody Disgusting



BY GIANCARLO MESSINA

"Terrifier 2" is director Damien Leone's newest foray into the popular slasher franchise, which doubles down on the blood and extreme gore of the first movie. The first "Terrifier" (2016) film is considered to be an underground cult classic in the slasher genre by many horror fans. However, many have criticized the film: not just for its excessive violence but rather for its lack of a strong and well-written protagonist, as well as some sexist undertones. "Terrifier 2" manages to fix these issues with a stronger female lead and an overall more well-rounded narrative. This allows the film to heighten the intensity and vulgarity of the first movie while feeling mean-spirited.

The biggest attraction to this series is its merciless villain Art the Clown (David Howard Thornton). Never has a horror villain been so completely sadistic in nature. Art the Clown will mangle the corpses of his victims until he gets bored, and this newest film continues to test the limits of how far he can go. The big allure behind the character is the mystery surrounding his identity and motives. Is there a deeper reason to why he does what he does, or is he just pure evil? "Terrifier 2" heavily leans into

the ethos behind the character while still revealing very little about his backstory.

The film picks up right where the first one left off. After Art killed himself to escape being caught by the police, he was seemingly resurrected to continue his murderous rampage. This time around, he has his eyes set on two siblings from Miles County who are getting ready for Halloween night: Sienna (Lauren LaVera) and her younger brother Jonathan (Elliott Fullam), two kids still in grief over the loss of their father.

It is admittedly impressive that the first movie was made with the extremely low budget of only \$35,000, but there is still a level of cheapness to it that is not as present in "Terrifier 2." The new one was given a larger, but still moderately low, budget of \$250,000, and it is clear while watching it that the filmmakers used every last dollar. This is evident in the special effects work that was done, in part by Leone himself, as well as the film's strange runtime of two hours and 18 minutes. "Terrifier 2" is not just one of the bloodiest slashers ever created, but it is also one of the longest. While such a long runtime is admirable for a film of its stature, it can also be somewhat detrimental to the engagement of the story.



In his second outing, Art the Clown (David Howard Thornton) returns, setting his eyes on two siblings.
COURTESY OF BLOODY DISGUSTING

For a movie so hyperfocused on making the audience sick to their stomach with the amount of excess gore, having such a long runtime begins to feel like overkill. There are so many scenes that are partially important to the story, but they go on for what feels like forever.

Still, credit must be given for how much of a leap in quality "Terrifier 2" was over its predecessor. Fans of the first one will, without a doubt, be enthralled by all of the blood-curdling kills

that have only gotten bloodier. Those opposed to the first movie will be won over by the massive improvement in tone, characters and story. There are scenes in this movie that will be burned into the mind of audience members. Despite its flaws, it is not far off to say that "Terrifier 2" will become another modern cult classic in the horror genre.

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Charlie Puth gets personal in breakup inspired album

ALBUM REVIEW: "CHARLIE" Atlantic Records Group LLC



BY JADYN DAVIS

Charlie Puth's third studio album, "CHARLIE," allows fans to get a full glimpse of who he is both as an artist and a person. Puth has never shied away from getting personal, as previous songs, like "See You Again" (2015) and "We Don't Talk Anymore" (2016), have touched upon themes of love, heartbreak and loss. However, what sets "CHARLIE" apart from Puth's previous works is the inspiration behind this album. In an episode with the music podcast Rolling Stone Music Now, Puth said "CHARLIE" came as a result of two breakups: one with a long-term girlfriend and another with a long-time business partner.

The album starts with "That's Hilarious," an intense song with powerful lyrics accompanied by Puth's "ha ha ha" in the background during the chorus. "You didn't love when you had me / But now you need me so badly / You can't be serious / That's hilarious," Puth sings, making it clear that the song is about a messy relationship as he laughs at being heartbroken.

As one of the highlights of the album, "Charlie Be Quiet!" has a dynamic guitar sound that can be felt throughout the song. The song starts off with a soft guitar but continues to get louder toward the pre-chorus and peaks at the chorus. The increase and decrease in dynamics of

the guitar before and after the chorus bring forth the meaning of the song, which is about emotional control. Listeners may relate to feeling nervous around their crush.

The album has multiple catchy and fast-paced songs like "Light Switch," "There's A First Time For Everything" and "Loser." However, "When You're Sad I'm Sad" briefly slows the album down for listeners and shows Puth's more vulnerable side. "Guess I'll never get to give my love / To someone who actually deserves it all" are lyrics that grab the attention of the listener and put them in an emotional mood.

While "Left and Right," featuring Jeon Jung-Kook from K-pop group BTS, is the only feature on the album, it is the blandest song on the album. Puth could have either utilized Jeon's voice a bit more or put him on another song.

In "Tears On My Piano," Puth highlights the muse behind his music as he sings "Can't keep my mind off you / Lately, you're responsible for / All these tears on my piano." The upbeat track features Puth playing a few keys on his piano. "I Don't Think That I Like Her" is Puth's most personal song on the album. In this song, Puth sings about how he is hesitant to step into a new relationship because of how they all end up with him feeling heartbroken.

"No More Drama," the final song on the album, has a calm vibe and feels more



In his third studio album, "CHARLIE," Charlie Puth finds new inspiration.
COURTESY OF ATLANTIC RECORDS GROUP LLC

familiar to Puth's R&B sound. The lyrics, "Took a year 'fore I recognized / That our love had already died / Baby, I was down bad, I was down bad" sees Puth reflecting on his previous relationship and coming to peace with it ending. Despite all of the hurt Puth has experienced in the past few years, this reflective song reveals that he is healing from the trauma and trying to start over.

One thing that brings the album down is that many of the songs have the same fast rock and roll sound, which could potentially bore the listener. Additionally, "CHARLIE" does not showcase Puth's vocals as much and it feels like he is holding back a little in some of his songs.

"CHARLIE" will take fans on an emotional ride with both highs and lows throughout the process. This album is Puth's best work in terms of creativity, despite a short selection of songs.

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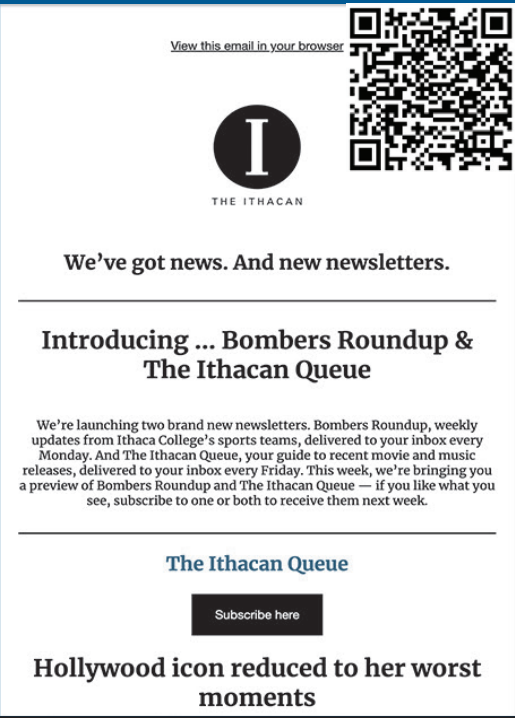
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VOLLEYBALL ON FIRE AS POSTSEASON NEARS

BY EMMA KERSTING

Coming off the back of a 13-game win streak that lasted nearly a month, the Ithaca College volleyball team is hoping to keep the fire going with 12 days to go before the play-offs begin. The team has put itself in a strong spot, sitting at 18–4 on the year.

Last fall, the Bombers qualified for the NCAA Division III championships but lost in the first round against University of Wisconsin-Whitewater.

Head coach Johan Dulfer said he believes that making it to the NCAA championships at all, considering the obstacles that came with playing after losing the 2020 season to the COVID-19 pandemic, is a great achievement. The team went a long time without practicing or playing together, and from the 2019 to 2021 season, there had been many changes in the roster and the team had not been on the court for a year.

Dulfer said he considered the 2021 season to be time the team took to rebuild based on what was lost after the canceled season.

“I always tell recruits, ‘Listen, if in a rebuilding year you still make the NCAA tournament, that’s a sign of a really strong foundation,’” Dulfer said.

Even though the Bombers did not win the Liberty League in 2021, they were able to qualify for the NCAA tournament in the at-large bid, which is selected by an NCAA

committee. The committee looks at the resumes of teams that did not win their conference tournaments and sees if they have enough quality wins to qualify for the NCAA tournament. Dulfer said he always makes sure the team plays a nationally competitive schedule, which helps them impress the committee at the end of the season.

This season, the Bombers are on the rise, defeating nearly all of their opponents and rattling off 13 straight wins, starting with Johns Hopkins University on Sept. 16, which was ranked No. 14 in the country at the time. Dulfer says that while the team has more wins than past seasons, they are still playing a highly competitive schedule.

“This team doesn’t seem to really care who’s on the other side of the net,” Dulfer said. “They just want to play, and they love it when whoever’s on the other side of the net turns out to be good, because it allows us to then raise our level.”

Junior middle/right side Jamie Koopman was off the court at the start of the season because of an injury, which she said allowed her to experience the season differently by spending many games on the sidelines.

“These girls are all so talented and just want to get better at volleyball, and I could tell just by watching them that there is a fire there this year that has led us this far,” Koopman said via email. “These girls work so hard, trust each other, love each other and just



Sophomore middle blocker Aleka Darko prepares for a spike. She is the only player to start all 22 matches for the team and has tallied 190 kills, second on the team.

PHOTO ILLUSTRATION BY MALIK CLEMENT/THE ITHACAN

want it so badly.”

Montgomery said she wants to make sure the team is a supportive environment for everyone, on and off the court. Dulfer said that one of the team’s core values is communication and that the players respect each other.

“One of my biggest goals right now is just trying to be the best teammate I can, especially with some of our [first-year student teammates],” Montgomery said. “Just trying to make sure they know I’m here for them and their biggest cheerleader.”

Put simply, compared to last season, Dulfer said he believes the team is better. The players trained hard over the summer and are more confident because of it. The Bombers came into this season strong and were able to improve their skills rather than having to start fresh, Dulfer said.

One key factor for the team’s success has been the strength of its services. Dulfer said this year’s team is likely the best serving team he has coached in 20 years.

“Even against really good opponents that may be bigger, physically stronger than us, we serve so tough that everybody is struggling against us at the moment,” Dulfer said.

The Bombers’ success, however, cannot be because of any one player on the team. While certain individuals may perform stronger than others during a game, those individuals can be different players each week.

Just one athlete, sophomore middle

blocker Aleka Darko, has started all 22 matches, but 18 have played in at least one. Dulfer said the team does not care who puts the balls down as long as they go to the floor. Dulfer compared the team to a spider web because each individual player is integral to the success of the team.

“It makes no sense to talk about individuals because we call [the team] the web,” Dulfer said. “We’re all inextricably linked. You take out one little piece of a spider web, the whole thing falls [apart].”

Looking to the remainder of the season, Montgomery said the team hopes to win the Liberty League championship Nov. 5, an achievement that has never been accomplished in the team’s history. The team last won a conference championship in 2016, when the college was still in the Empire 8.

As the Bombers are currently placed second in the Liberty League, Montgomery hopes the team will continue to play at a competitive level and potentially move up in the rankings.

“We’ll have to see,” Montgomery said. “It’s going to depend on how we do on these other Liberty League teams. We have more games coming up soon, so it’s hard to say at this point, but we would love to be able to move up.”

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Graduate student defensive specialist Elli Gaskill prepares to serve. Gaskill leads the team with 33 service aces and is second on the team in digs with 198.

PHOTO ILLUSTRATION BY MALIK CLEMENT AND XINYI QIN/THE ITHACAN



The Ithaca College volleyball team sits at a record of 18–4 this season and won 13 straight matches between Sept. 16 and Oct. 13. During that stretch, the team lost just 10 sets while winning 39 and earned sweeps in six of the victories. The team has its final five matches over eight days before the conference playoffs begin.

PHOTO ILLUSTRATION BY MALIK CLEMENT AND XINYI QIN/THE ITHACAN

Runner returns from injury to try new event

BY AIDAN CHARDE

At the Hamilton Invitational on Oct. 8, the Ithaca College men's cross-country team saw a solid performance from first-year student Carter Rothwell, who crossed the line in 52nd out of 76 runners, with a time of 30:54.7.

However, what is not written on the stat sheet is the roundabout way in which Rothwell came to be a part of the cross-country team.

As opposed to most of the athletes on his team, Rothwell is not a distance runner and the Hamilton Invitational was the first time he had ever done a distance event at a competition. Rothwell was a soccer player and middle distance runner on his high school track team, so running for more than a few minutes is something he said he is not used to.

"[In the past], I've kind of maxed out around 3–4,000 meters a day," Rothwell said. "Not anywhere close to what you do in cross-country, where you can average, like, 10 miles a day."

While he was a soccer player, Rothwell said he finds it amusing that his experience in soccer did not get him the endurance levels typically associated with the athletes. Instead, his family was what got him into running.

"I was a goalkeeper, so I kind of just shuffled side to side," Rothwell said. "But my father did track in high school, he went on to college, so looking at his example, that kind

of motivated me to pursue track."

Rothwell said he was originally intending to come to the college to be a middle-distance runner on the men's track and field team after being recruited, but he started to have conversations with Jim Nichols, head coach of the men's cross-country and track and field teams, about trying the cross-country season as well.

That plan was derailed, though, when Rothwell strained a hamstring in the first week of practices for cross-country, causing him to miss the first three competitions in September. Nichols said it was a difficult start to Rothwell's collegiate career because not only did he have to recover from the injury, but he had to do it for a sport he had no experience in.

"He doesn't know what to expect and he doesn't know what to be doing," Nichols said. "You want athletes to do certain things, but if they've never done it before, they don't have any feedback ... it makes it a little bit more challenging. But [Rothwell] has done a great job, he's done everything we've asked him to do."

When he finally was able to compete, Rothwell said it was a positive experience, no matter how different or difficult it was.

"It was a change of pace," Rothwell said. "Entering a new environment, I guess, presents opportunities to, you know, become a stronger runner and find success. ... I'm pretty happy with my



First-year student Carter Rothwell, recruited to play track and field at Ithaca College, competed in his first race as a member of the men's cross-country team, placing 52nd out of 76 runners in the field.

KAI LINCKE/THE ITHACAN

performance. Obviously, you take it as a learning curve."

Sophomore Christopher Licata, who is also a middle-distance runner on the cross-country team, praised Rothwell's hard work to build up his endurance before the season began.

"This is his first cross-country season, [which means] he never really knew how to build up mileage," Licata said. "He talked to a bunch of [the older runners] and asked how he could build up mileage for the season. And, from what I know, he stuck to the plan they gave him. ... He was running 60-mile weeks, which I don't think he ever did at all

in high school."

And even through the injury, Licata said Rothwell has still been putting in all the work in order to heal and improve his ability.

"He's always at practice, like, 30 minutes early," Licata said. "He's been working his butt off in a lot of the practices, so he's definitely trying to make up for the lost time."

Nichols said he commends Rothwell for being willing to step out of his comfort zone.

"It takes great courage to do what he's doing out there," Nichols said. "He was in between the pipes [as a goalkeeper] for four years and ... running the 800, which is

basically four laps around the track ... versus now, he's preparing to run a five mile race, which is 10 times that distance for him."

Regardless of his times, Rothwell said he is just enjoying the season and making sure he gets ready for the indoor track season, which begins in December.

"[Our motto is] 'run for fun and personal bests,'" Rothwell said. "I look at each practice, each meet, as an opportunity to improve as a runner to get better. And that's what I'm here to do."

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Q&A: Senior provides leadership for sculling

The 2022 sculling season has been strong for the Ithaca College sculling team. The Bombers have seen strong performances from all of its boats at all three competitions.

One rower, senior Taylor Volmrich, has been one of the top performers anchoring the team this season. At the Cayuga Sprints on Sept. 25, Volmrich and senior Katrina Pohlman rowed to a second-place finish in the doubles category.

At the Green Mountain Head Regatta on Oct. 2 in Putney, Vermont, Volmrich took the top spot in the women's collegiate singles race, a 5K stake race, with a time of 22:11.9 in a race that saw the Bombers take the top four spots. Her time was nearly a full minute faster than the second-place finisher, and was over three minutes faster than the fastest competitor from another college.

Volmrich followed up that performance with another strong showing at the Head of the Genesee on Oct. 8, speeding to a first-place finish of 21:47.05, almost two minutes faster than the second-place finisher.

Contributing writer Hannah Fichter spoke with Volmrich to discuss her season so far and her goals for the last few competitions on the 2022 season.

This interview has been edited for length and clarity.

Hannah Fichter: How does it feel to be one of the top performers on the team so far this season?

Taylor Volmrich: I think it's really cool. I mean, rowing is really interesting because in [the] fall for us, when we're sculling, it becomes so individual, versus when we're in [the] spring season, and it's in an eight-[person boat], and it's just about the team boats. So it's really cool, and it's

really exciting, but it's definitely nice to know that it's like my teammates pushed me to be there, because ... when we're racing, most of our competition is the rest of our team.

HF: How do you keep yourself locked in mentally during a race?

TV: It's all on you. I think, for me, that's what's really fun about it, because, no matter what the outcome is, you know that it was 100% you. In a quad, the fun part is that it's a team effort, and you know you're pushing with everyone. But at the same time it's kind of like, 'did I give my best performance?' It's hard to know that versus when you're in a single. Whether you win or you lose, you say 'I did that. That was me.' ... And then the same thing I said before, like, even though you're in the boat by yourself, you're still rowing for your team.

HF: As an older student and captain, how do you influence the underclassmen?

TV: We have three captains: me, [and seniors] Erika Elcsisin and Brenna [Hanratty]. ... We each have our own individual kind of influence. ... So for me, [my role is] holding people accountable because we have standards and we want to come into spring season and absolutely crush it. We went into NAAs, ranked first last year, and we definitely want to do that again. And then also, you know, the goal is to come out of it with an NCAA championship, so, like, kind of keeping that in people's minds, because we're all the way in fall right now and it feels, so, so far away. ... And then also, like you gotta keep it fun. Keep it light.

HF: What have you learned through your college career that has come together to



From left, seniors Katrina Pohlman and Taylor Volmrich of the Ithaca College sculling team. Volmrich, a captain, has been one of the team's top rowers this season.

NOLAN SAUNDERS/THE ITHACAN

produce this result?

TV: One of my coach's favorite quotes is 'trust the process.' I think a lot of coaches say that and a lot of the times you just shake it off and you're like, 'Oh, yeah, the process.' But, like, truly, for a sport like this, or like running, or something that requires so much fitness that goes into it, you're not gonna get results in two weeks, three weeks, a month even. It requires that consistent work and effort into every piece. And so the other thing is attention to detail, because rowing takes a lot of technique. Sculling especially is a technical game. If the water is terrible, it doesn't matter how strong you are. You just have to row cleaner than everybody else.

HF: How do you want to close out your season?

TV: I mean, we're going to the Head of the Charles this weekend and the goal is always to win. I haven't really rode with some of the people in our boat. It's really cool for the Charles because it's based on 5K time and it's based on seniority, which is not how we get voted in the spring. So the Charles boat is always something that's a little bit unexpected. The Charles is a crazy experience. There's just thousands of people there. It's such a big showing of the rowing community, which is the big part of going to the Charles. We want to make top half to re-qualify for next year. We want to win but, like, to go there and feel the energy and see all the people I've rode with previously. It's just really, really cool.

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Junior Emma Dean performs an evocative scene during the final dress rehearsal for Ithaca College Center for Theatre and Dance’s rendition of “Into the Woods,” directed by Gavin Mayer, assistant professor in the Department of Theatre and Dance Performance. The show will run from Oct. 19 to 27 in the Dillingham Center.

KEVIN YU/THE ITHACAN