

BeReal.  
00:10



From left, seniors Amanda Kielty, Lauren Schmit, junior Amanda Lewis and sophomore Mary Rion take their BeReal photo of the day with the front camera as sophomore Ethan Beaulac poses for the back camera.

PHOTO ILLUSTRATION BY NOLAN SAUNDERS, ARIANA GONZALEZ VILLARREAL/THE ITHACAN

# It's time to BeReal

BY VICTORIA KELLOGG

At a random moment every day, a phone notification goes off, alerting individuals to “be real.” Within the span of two minutes, users are expected to take a photo that captures a picture using both the front and back camera at the same time.

The app is designed to offer users an outlet to show off a real version of themselves and their friends. Created by French entrepreneurs Alexis Barreyat and Kevin Perreau in 2020, the BeReal app has taken off globally with over 20 million active users. In August 2022, the app rose to the No. 1 spot on the Apple App Store for free apps.

Yvette Sterbenk, associate professor in the Department of Strategic Communication, said social media has been essential in giving Generation Z an outlet to talk about issues where older generations have not been able to as easily. Sterbenk also said her biggest concern has been how addicting social media can be.

“I think that we are all addicted to social media,” Sterbenk said. “In particular, I think especially younger adults and those in their early teens do not have the coping mechanism to use social media in a form of entertainment and not as a necessity. I do worry it can affect people’s abilities to just be.”

There is a correlation between students and their dependency on social media. According to Forbes, the most used social media outlets are Snapchat and Instagram. On average, members of Gen Z spend around 50 minutes a day on Snapchat and 53 on Instagram.

Sterbenk said she joined BeReal in Spring 2022 with

her students because she was teaching a social media class. It was not a part of her curriculum to join BeReal, but she encourages her students to test out new platforms.

“The students I see use it, for the most part, to be real,” Sterbenk said. “To stop and take a moment and honestly show where they are. That can be lying in bed watching TV or cooking dinner. I’m sure there are people out there curating their BeReal, though.”

The app gained its popularity going against social media norms by emphasizing capturing random moments in one’s life. Instagram users are often encouraged to edit and prepare photos as part of a strategy to create curated social media content. In contrast, BeReal emphasizes on-the-go, everyday lifestyle content. Under the slogan “Your Friends For Real,” the company promotes authenticity by encouraging users to share their day-to-day lives.

BeReal has also taken off among Ithaca College students. First-year student Sophia Renaud said she is consistent with her BeReals. Renaud said she enjoys scrolling through her feed to see what her friends are up to, especially when it is time to head home for break and she misses her friends from college.

“I like doing my BeReal when I am around my friends,” Renaud said. “It’s fun to have them take my BeReal. The one part I don’t like about BeReal is not knowing when it will go off, especially if it goes off super late at night.”

Senior Lauren Schmit said she was introduced to the app after a member of the team reached out to her

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## Psychology students struggle to meet degree requirements

BY KAI LINCKE

Faculty cuts in the Ithaca College Department of Psychology have left many students minoring in psychology struggling to register for Spring 2023 classes and meet the requirements needed to graduate.

Depending on the number of credit hours an undergraduate student has completed, they could register for Spring 2023 courses Nov. 1, Nov. 3, Nov. 8 or Nov. 10. Mary Turner DePalma, professor and chair in the Department of Psychology, said that when course registration opened, the department restricted six of the seven 200-level psychology courses to only allow psychology majors to register before other students.

Leigh Ann Vaughn, professor in the Department of Psychology and director of the psychology minor, sent an email to psychology minors Nov. 11 to notify them that they would be able to register for the restricted courses Nov. 14. In the email, Vaughn advised students not to wait for psychology classes to



Sophomore psychology major Nicole De La Mota said changes to the psychology curriculum have made it difficult to plan ahead.

become available for registration and to register for other courses.

“At this point, it is best to make sure you have registered for as many courses as you need to arrive at the number of credits you want to take next semester without any courses you may be waiting for in psychology,” Vaughn said in the email. “Sadly, there is nothing I can do to get you into psychology courses that are already full or not yet opened to psychology minors.”

Sophomore Zoe Paradis Stern is

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## History of mutual aid thrives on campus

BY LORIENTYNE

“The only reason I’m here is because there are LGBTQ ancestors who I had never met who came way before me, who figured out how to do mutual aid so that we could literally exist,” Luca Maurer said.

Maurer is the interim executive director for the Ithaca College Office of Student Equity and Belonging and the director for the Center of LGBT Education, Outreach, and Services. He said he is active in mutual aid in many ways on campus and off, particularly because of the history of mutual aid in LGBTQ+ communities.

Mutual aid can take many forms, but the general idea is to address the needs — material and emotional — that people have outside of existing structures controlled by the state through grassroots organizing or by simple acts of solidarity to a neighbor, according to Mutual Aid Tompkins (MAT). Maurer also said he was in college during the height of the HIV/AIDS crisis and witnessed how the LGBTQ+ community practiced mutual aid to survive.

Maurer said people turn to mutual

aid for many reasons, including lack of access to existing government and nonprofit structures, like when the structures are not providing what the community needs and when people are decentered within the structures by others with dominant identities like heterosexuality and whiteness.

“Even informally, I’m thinking about the history of potlucks in LGBTQ communities,” Maurer said. “And there’s a reason for that. I mean, it’s because we’re wonderful and who wouldn’t want to have a potluck with us, but it’s also because I was in that position where I was like, ‘I only have this; this is what I have to eat.’ And if I invite folks, I know they bring what they have to eat, and it’s that act of taking care of each other, sharing food, sharing community [and] coming together.”

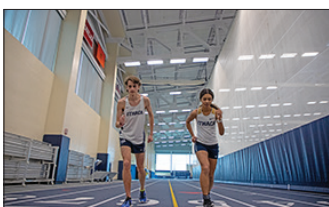
Student-led LGBTQ+ groups on campus like PRISM work to make campus a safe space for students through community building, discussions and educational programming. Senior Meabh Cadigan, president of PRISM, said she wants to make students more

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# SGC and President Cornish talk diversity and inclusion

BY EMMA KERSTING

The Ithaca College Student Governance Council (SGC) spoke with President La Jerne Cornish at its Nov. 28 meeting about diversity, equity and inclusion.

Cornish gave a summary of what the college has accomplished since her inauguration Oct. 1. According to the Office of Analytics and Institutional Research, enrollment has increased from 992 new first-year students and 64 new transfer students in Fall 2020 to 1,311 new first-year students and 103 new transfer students in Fall 2022.

Cornish said her mentoring model would be developmental, spanning over several years, beginning during a student's first year at the college.

Sophomores Noah Richardson and Hannah Ahmed, Class of 2025 senators, brought up concerns and questions about improving diversity on campus.

"I have also felt like there's not really a community or space for me here," Ahmed said. "I know a bunch [of people of color] and I feel like the only reason why I do

know them is because we've been able to connect on levels of why we don't feel like there's a community here."

In response to the questions from Ahmed, Richardson and other council members regarding diversity on campus, Cornish talked about improving diversity in curriculum.

Cornish said there are more students of color at the college than faculty members of color and that increased diversity is a work in progress.

Cornish said the President's Cabinet plans to do a deep dive on diversity, equity, inclusion and belonging at its meeting Nov. 29.

Cornish also informed the SGC on racial identity and how different individuals interact based on race.

Racial identity formation is a model of how white people and people of color develop socially, respectively. Both models have five stages that relate to a person's identity and how they interact with race.

"What I'm offering is that on this campus, we've got people in every one of



From left, President La Jerne Cornish and senior Senate Chair Austin Ruffino discuss plans to improve diversity, equity and inclusion at the Nov. 28 SGC meeting.

MADDY TANZMAN/THE ITHACAN

those stages [of the racial identity formation] every day who are trying to find their way, and this is a beautiful place for us to be able to work that out," Cornish said.

Members of the SGC also brought up concerns regarding the recent incidents of swastikas and other hate symbols drawn across campus, namely in the James J. Whalen Center for Music.

Cornish said that while the college is making preventative efforts against the hate symbols, one of the best ways

to address the issue would be for people to speak up if they know someone who has drawn these hate symbols on campus.

"Our hands are really tied, so we are getting cameras," Cornish said. "But you're not going to have a camera in every room. ... There's not much I can do to stop it, but I will condemn it every time."

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### On the Quad: How do you feel about BeReal?

The Ithacan asked Ithaca College students for their opinions on the trending social media app BeReal on Nov. 30 on the quad.



COURTESY OF SEARCHLIGHT PICTURES

### 'Deja View' - "Fire Island" (2022)

Hosts senior Sydney Brumfield and sophomore Therese Kinirons talk about the 2022 film "Fire Island." Tune in to hear why this film has set the bar for queer content.



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# Students restart campus Democrats club

BY KAI LINCKE

After several periods of inactivity over the past five years, the Ithaca College Democrats club (IC Democrats) restarted and re-registered with the Office of Student Engagement with new leadership in October.

Senior Kalena Yearwood, secretary for IC Democrats, said she, along with junior President Farid Ahmad, were motivated to restart the club because they wanted to encourage students to get politically involved ahead of the Nov. 8 midterm elections. Ahmad and Yearwood approached Jonathan Ablard, professor in the Department of History and the adviser for IC Democrats, about restarting the club. Ahmad and Yearwood also reached out to senior Connor Watson, who was part of IC Democrats when it was last active in 2019. Watson is now club treasurer.

Ablard has advised at least four versions of IC Democrats since 2016. He said he helped the club restart because there was not an active liberal club on campus after the 2016 presidential elections.

“I think part of it is there’s so many clubs on campus and students are so busy between working and classes and other extracurriculars that ... it’s just hard to keep the club going,” Ablard said.

Watson said the executive board hopes to get many students involved, especially younger students. At the first few meetings, the



From left, IC Democrats e-board members junior Farid Ahmad and seniors Connor Watson and Kalena Yearwood said they want to make the club’s presence on campus more consistent.

DAISY BOLGER/THE ITHACAN

e-board is planning to discuss IC Democrats’ previous constitution and add amendments to make it functional for the group’s plans.

IC Democrats was not started in time to organize events for the midterm elections. However, Yearwood and Watson said the e-board wants to plan events for future elections.

“I think there’s a yearning among folks in the 18-to-24 age demographic to get organized [and] learn more about the political structure and political parties,” Watson said. “I think [restarting now] gives us enough time before the 2024 presidential

election to get folks really educated about issues.”

IC Democrats is also looking to engage in community outreach by developing partnerships with groups like Ithaca Democratic Socialists of America in the City of Ithaca and Tompkins County.

Yearwood has lived in Ithaca for 17 years and said she hopes that IC Democrats will inspire students to learn more about the local political system.

“One of my greatest dreams, as a student and also as a local, is seeing more students get involved in the community that they’re calling home for four

years,” Yearwood said.

Though IC Democrats will primarily work with local Democratic organizations, Watson said the club is open to all students, regardless of their political ideology.

“It doesn’t matter if you’re registered a Democrat or even if you’re not registered to vote,” Watson said. “[IC Democrats is] open to you.”

*Editor’s Note: Junior Farid Ahmad, president for the new IC Democrats club, is a staff writer for The Ithacan.*

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# IC researchers work together

BY ELEANOR KAY

Ithaca College is home to undergraduate and graduate programs that require students to participate in research with professors as part of their curriculums.

Participants in studies are recruited through multiple platforms. Occupational therapy and psychology students believe required research is necessary and rewarding in their collegiate experience. In the Department of Psychology, students are required to participate in three semesters of research. Students pick one of the six teams led by psychology faculty each year to take part in and spend three semesters working with that professor on their research. Topics include gender biases in children’s activity books and whether college students think the COVID-19 pandemic is over.

Leigh Ann Vaughn, professor in the Department of Psychology, has been leading research teams at the college since 2003.

“It is so integrated with everything that I do teaching-wise and research-wise and just with my entire professional identity that ... I’ve become a better teacher in all of my other classes and a better researcher,” Vaughn said.

Vaughn’s current research uses psychology students as participants. Students on the research team use an internal online program to extend the outreach to psychology students and speak in psychology classes.

Junior psychology major Ashley Graichen said she has taken part in research as a participant almost every semester.

“They’re fun to do, but I also know that it’s going toward people’s research, so now I’m like, ‘Oh, I’ve got to do that,’” Graichen said.

Graichen said that in most of her psychology classes, she receives extra credit for participating in research studies. She is also part of a research team that works with elementary school children, so she said that gathering participants for her team’s research is different because of a predetermined relationship with local elementary schools.

Cyndy Scheibe, Dana professor in the Department of Psychology, is also leading a research team that uses elementary-age children as its participants. She said this fall was the first time since before the COVID-19 pandemic started that her team will get to work with the children in person.

“It was harder, I think, for research teams that were using college students,” Scheibe said. “At least for us, the content analysis research was something we could still do.”

The college only offers an undergraduate psychology program, so all psychology research on campus is done by undergraduate students. Most psychology graduate programs in the nation require research as part of the program rather than undergraduate programs.

“For me, I would match my undergraduates up against graduates any day,” Scheibe said. “It’s really a strength of the psychology major and the training the students get but also the three-semester research team experience.”

The combined bachelor’s and doctorate program in occupational therapy also requires three semesters of research.

Kaitlyn Katz, graduate student occupational therapy major, is working on her research study on non-cisgender people and their occupations this semester.

“We were a little apprehensive and nervous about getting enough participants, but within the first 24 hours, I had all six [participants],” Katz said.

Katz’s research team used Intercom to recruit participants and offered a \$25 gift card to those who participated.

“We want to thank them for contributing to our study because they are quite literally our research,” Katz said.

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# College expands on alumni engagement

BY NOA RAN-RESSLER

Ithaca College is changing its approach to alumni engagement, focusing on creating relationships with alumni beyond financial contributions.

Tanya Hutchins ’89, president of the college’s Alumni Association Board of Directors, said alumni donations can be divided into three categories: time, talent and treasure. Time donations include attending alumni events and visiting classrooms. Talent donations include mentorship and career assistance for past and current students. Treasure donations include financial contributions and fundraising.

“We want to rally and encourage alumni to become engaged and involved in the college and involved in the college in all these different ways,” Hutchins said

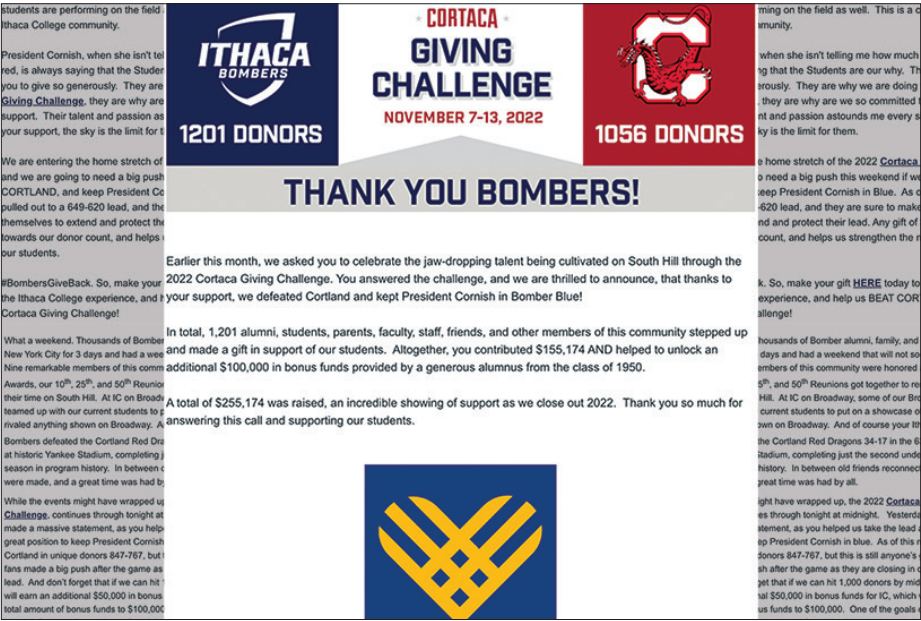
A recent financial opportunity was Giving Tuesday on Nov. 29, where alumni and family could donate to support Prunty’s Pantry, the food pantry on campus.

Brett Bossard ’95, executive director of Alumni and Family Engagement, said that while financial donations are important, he wants to encourage alumni to form a relationship with the college beyond fundraising campaigns.

Another facet of the college’s alumni engagement plan is President La Jerne Cornish’s year-long tour around the country and abroad, called Ithaca Together. The tour aims to connect Cornish with college alumni, family and friends.

Hutchins said financial donations are meant to accompany donations of time and talent, especially around the time of the Cortaca Jug.

The 2022 Cortaca Giving Challenge ran from Nov. 7 to 13, centered around the Cortaca football game between Ithaca College and SUNY Cortland held Nov. 12 at Yankee Stadium.



Screenshots pulled from Ithaca College email communications to current students, alumni, family and friends asking for donations in the Cortaca Giving Challenge.

PHOTO ILLUSTRATION BY MALIK CLEMENT/THE ITHACAN

Stadium. According to Hutchins, there were 1,201 donors for Ithaca College’s fund and \$255,174 raised, all of which will go into the college’s annual fund. According to Hutchins, 31% of the annual fund goes toward student financial aid, 36% goes toward academic resources and facilities, 12% goes toward upkeep, like infrastructure and utilities, and 21% goes toward student life, like sports and counseling. Bossard said part of the college’s strategy to engage alumni is to create opportunities for them to donate.

“We’re using the excitement around Cortaca, around this occasion, to bring alumni back into the fold and give them a fun way to support the student experience,” Bossard said.

Maddy Blomkvist ’22 was at the game and she said part of the appeal of the Cortaca Jug was its location at Yankee Stadium. According to Bossard, there are more than 20,000 alumni in the tri-state area. He said Yankee Stadium was a concentration point.

“It was really a way to try to connect with all of those alums that we already knew were in that geographic vicinity,” Bossard said.

In addition to attending the game, Blomkvist participated in the giving challenge.

“Giving back is definitely something that’s important to me,” Blomkvist said.

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an environmental studies major and psychology minor. She said she was not aware that the courses were open only to psychology majors before registration started, as Vaughn’s Nov. 11 email was the first time that psychology minors were informed that the courses were not yet available to them.

Paradis Stern said she hoped to take two psychology courses in Spring 2023 but could only register for one 100-level psychology course when she registered Nov. 8.

“I wasn’t able to plan ahead because I didn’t know that I wouldn’t be able to get into the [psychology] classes that I had wanted . . . when I first tried to register,” Paradis Stern said. “They sent out the email late and I wish they had sent it out earlier.”

Vaughn sent a second email to psychology minors Nov. 14 when the remaining spots in psychology courses were opened to them.

“There are only a few remaining spots in psychology courses due to faculty cuts to the psychology department,” Vaughn said in the email. “If you are unhappy about this, please complain to the dean of your school. My department needs more faculty, and they are in a position to help.”

Paradis Stern said she tried to register for another psychology course after Vaughn sent the second email, but the courses were full. She said she is concerned that she will not be able to complete the requirements for her major and minor in the next two years.

To complete the minor, psychology students are required to take six psychology elective courses in addition to the General Psychology course. Paradis Stern said she is considering changing her minor.

“It’s kind of unfortunate because . . . I should want to drop [the psychology minor] because I’m not interested in it, as opposed to not being able to fulfill the requirements,” Paradis Stern said.

Paradis Stern said she feels that the college should have enough faculty to teach classes to accommodate all psychology students.

“They all need to get into classes just as

much as I need to get into classes, and we’re all competing for the last spot,” Paradis Stern said.

Vaughn said in an email to *The Ithacan* that from 2020 to 2022, the number of psychology faculty has decreased from 14 to 10 professors because of cuts from the Academic Program Prioritization process and professors leaving the college.

Amanda Faherty, assistant professor in the Department of Psychology, said she feels the cuts have affected students more than the remaining faculty.

“I’m still teaching the same classes that I normally teach and the amount of students I’m teaching are not necessarily different,” Faherty said. “[The change is] just in the amount of classes that we’re able to offer for students.”

There are fewer class sections available for psychology courses in the 2022–23 academic year than in previous years. According to Homer Connect, there were 58 psychology class sections offered in Fall 2021 and 64 class sections offered in Spring 2022.

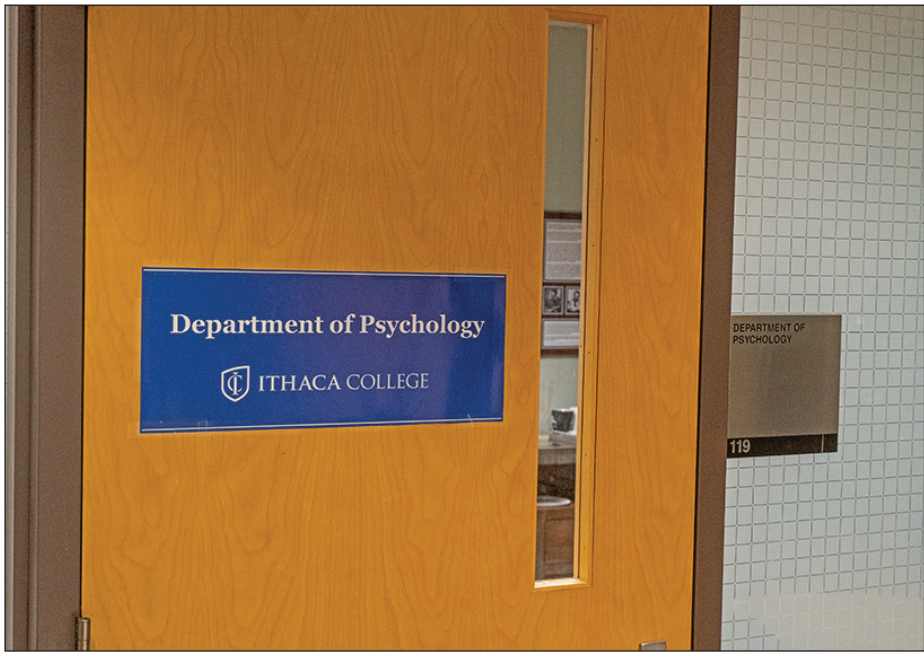
Homer Connect lists 45 psychology class sections offered in Fall 2022 and 43 class sections offered in Spring 2023, which marks 13 fewer class sections available in the fall and 21 fewer class sections available in the spring, as compared to the previous academic year.

DePalma said via email that there are currently 233 psychology majors and 85 psychology minors. There are 85 seats available for psychology minors in Spring 2023 courses, enough for each psychology minor to take one psychology class.

“That doesn’t mean every minor got a seat — if a minor took more than one course,” DePalma said. “But we would also expect that some of the 85 minors would not want or need [psychology] classes next semester since some minors complete their coursework even by their junior year.”

Junior Shiyu Wu, a composition major with a psychology minor, said she believes that the department needs more course sections to allow psychology minors to take more than one class per semester.

Wu said she has prioritized classes for her major and needs to take two psychology classes



The number of faculty in the Department of Psychology has decreased from 14 to 10 professors between 2020 and 2022, leading to fewer classes and class sections.

RAY MILBURN/THE ITHACAN

per semester to complete the requirements for the minor before graduation.

Wu said she feels that junior and senior psychology minors should not have to wait until after psychology majors have registered to get into 200-level courses.

“[I understand] they have to take some classes in order to graduate, but . . . we also have to take . . . 21 credits in order to finish this minor,” Wu said. “I don’t have that much time left in school for me to complete that.”

Sophomore psychology major Nicole De La Mota said she has heard in class from her psychology professors that some psychology courses will likely shift from three to four credits in the future. She said she has not received any official confirmation from the college.

“[The communication] is kind of iffy,” De La Mota said. “The psych majors haven’t got any confirmation about what’s going on. It’s just . . . a lot of speculation from either professors or from advisers saying what is probably going to happen.”

Faherty confirmed that the psychology department has been revising its

curriculum. She said some courses will change from three to four credits as part of the department’s restructuring. Faherty said the proposal is almost done, but she is unsure when it will be shared with students.

De La Mota is in her second year of college, but she has enough credits to have junior standing. De La Mota said she planned out the courses she needs to take to graduate in Spring 2024 and has mapped out all of the courses that she needs to take to meet her goal graduation date.

De La Mota said the potential changes are challenging because she is not sure how they will impact her graduation plans.

“It’s kind of frustrating because . . . I like to plan way ahead into the future,” De La Mota said. “Now that things are being cut and credits are being changed around, it’s really hard to figure out what classes I can take when, especially since I’m kind of now on a time crunch to graduate [early]. . . . It definitely has a lot of stress because there’s so much uncertainty.”

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aware of the resources available to them because of how valuable they can be.

“The LGBT Center recently opened our trans student clothing swap which . . . might be really helpful,” Cadigan said. “I know I have benefited from things like that because being trans and having to replace an entire closet is a difficult and expensive thing to do.”

Cadigan also said she wants to create a more structured framework of mutual aid for the campus’s LGBTQ+ community. However, she said that since the start of the COVID-19 pandemic, campus community building and student engagement has been harder to organize.

“A conversation we’ve been having for both PRISM and other [organizations is] . . . the way that student engagement operates has certainly shifted, and trying to get people to come together and organize is much more difficult than it once was,” Cadigan said.

Other student organizations are struggling to get the wider campus community to support their mutual aid efforts. Ujima: Black Student Union (BSU) held a toiletry drive from Nov. 4 to 18 to collect products for the Women’s Opportunity Center of Tompkins

and Onondaga Counties.

Junior Angela Russell, social media and community engagement coordinator for the BSU, said she came up with the idea to host the drive because BSU members wanted to engage more in mutual aid.

“[BSU] actively [tries] to engage in the [local] community and this level of mutual aid, donating toiletries, is important because we want to bring the campus community to help us in doing that,” Russell said.

Russell said that despite advertising the drive as a “campus-wide” event, the only donations came from Black student organizations.

“We haven’t had a lot of success,” Russell said. “We haven’t seen any engagement from the rest of the campus community at all. . . . I feel like it’s because people inherently think that if it has anything to do with a Black student org, it’s only for Black people to participate [in], but mutual aid is for everybody. . . . What we’re really asking is that people show up.”

Phoebe Brown, a founder of MAT, said there was an increase in community organizing during the COVID-19 pandemic, but now donations to MAT have decreased. She said she attributes the shift in engagement to a collective response to crisis.

“We were able to really help people . . . and now that the pandemic has slowed down, so has the donations,” Brown said. “What I



ILLUSTRATION BY LORIE TYNE/THE ITHACAN

noticed that happened with this is that at that peak [of the COVID-19 pandemic], people were willing to help and be there for others because they also felt what it felt like to lose privilege.”

When participating in mutual aid, Russell said a vital aspect is building relationships. She said that when organizing the drive, the BSU asked the Women’s Opportunity Center what folks needed rather than making up a list of items.

“You don’t just go about giving

because you think it’s a necessary item to give someone; you communicate and ask them what they want before you even do it,” Russell said. “It can’t just be like, ‘I think because I have more money, I can tell you what I should give you.’ You have to ask, and I’m reiterating that over and over because it just doesn’t happen.”

Russell said that in Spring 2023, the BSU is planning to have a “town hall” where students of color can voice what they need from the campus community. She said student

organizers want to focus their efforts in fulfilling those specific needs. Just like within LGBTQ+ communities, Russell said mutual aid also grew roots within communities of color.

“Historically, [mutual aid] has been a thing [for] communities of color, or just like, honestly, any minority community. . . . People just give what they can give, and it’s always been a thing,” Russell said.

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COLLEGE BRIEFS

Relaxation stations for students open Dec. 2 in Campus Center

The Center for Inclusion, Diversity, Equity, and Social Change (IDEAS) is collaborating with New Student and Transition Programs and the Center for Health Promotion to host December’s First Friday with IDEAS from 1 to 5 p.m. Dec. 2. Throughout the day there will be relaxation stations free of charge for students to unwind and de-stress in the North Foyer on the second floor of the Campus Center. Free chair massages will be available from 2 to 5 p.m. for students who signed up for an appointment on the IC Engage event listing. There will also be hot cocoa and snacks, board games, coloring pages and stickers and an affirmation station where students can write and take an affirmation. Individuals with disabilities requiring accommodations can contact the Center for IDEAS at ideas@ithaca.edu or at 607-274-7777.

College employee of 18 years begins a new position Nov. 28

On Nov. 28, Lynn Hyde will begin her new position as the executive assistant to the board secretary. Hyde has worked at the college for almost 18 years in several administrative positions.

Her past positions include the executive assistant to the vice president of Human Resources and Planning (HR) and the assistant to the vice president of HR. During her time working in HR she also helped the BOLD Program and with the implementation of the college’s strategic plan. Additionally, Hyde led the search for several administrative positions, including the chief of staff, the vice president for Finance and Administration and CFO, the vice president for HR, the vice president for Marketing and Enrollment Strategy, and the vice president for Institutional Advancement. Before her time in HR, Hyde also worked for four years as the assistant to Tim Carey, assistant vice

president for the Office of Facilities. Before then, Hyde worked for eight years helping faculty in the Department of Writing. Her first position was the student employment assistant in the former Office of Student Financial Aid.

BOLD Scholars to host panel highlighting women leaders

The BOLD Scholars are hosting a Women Leaders Panel from noon until 1 p.m. Dec. 1 in Clark Lounge in the Campus Center. The panel will include Lauren Goldberg, director of Hillel at Ithaca College; Amanda David, owner of Rootwork Herbs; and Christie Thornton, executive director of the YMCA.

The panelists will be talking about the challenges and highlights of their careers and will discuss advice they have for young women on their own career paths.

Refreshments will be provided for attendees. Those with disabilities who require accommodations are suggested to contact BOLD Program Director Sam Elebiary at selebiary@ithaca.edu.

Grad student seeks participants for her master’s thesis survey

Graduate student Emma Robinson is completing her master’s thesis for her occupational therapy masters degree and is seeking participants to take a survey for her thesis.

The survey can be accessed on the Intercom post and the deadline is Dec. 15. Survey participants should be between the ages of 18–30, identify as Black, have lived in the United States between the ages of 5–16 and must be able to recall details of their childhood.

The survey questions are geared toward perceptions of racial identity, like how the participants’ racial identity was formed and activities they enjoyed or did not enjoy during their childhood. Participants can take the survey online and it will take 15–20 minutes. All submissions



Sister 2 Sister holds friendly game night

Senior Shaila Sookhoo puts a card down in a game of UNO during Sister 2 Sister’s Game Day with the Girls on Nov. 29 in the African Latino Society lounge. The event was held to give students a break as the semester ends.

RAY MILBURN/THE ITHACAN

are confidential and anonymous so the responses cannot be traced to anyone.

College publishes available jobs to increase recruitment efforts

The Office of Human Resources has begun to post on Intercom a weekly summary of newly available job positions in an effort to increase recruitment.

On Nov. 18, the college advertised newly available positions, which include an HR business partner; associate director for admissions in the School of Music, Theatre, and Dance; instrument repair technician for the Department of Music; and administrative assistant in the Office of Student Engagement.

Harassment training required for current college employees

All employees of the college are required by New York state law to complete a mandated sexual harassment and discrimination prevention training.

The college has its employees do the training course every fiscal year. The training can be completed through Vector Solutions, a partner portal used by the college. Employees will be able to complete the training in one or more sessions and most employees take between 1.5 to 2 hours but are self-paced. The training must be completed by Jan. 31, 2023. Any questions should be directed to an individual’s HR business partner.

PUBLIC SAFETY INCIDENT LOG

SELECTED ENTRIES FROM NOV. 14 TO NOV. 20

NOVEMBER 14

MAKING GRAFFITI

LOCATION: West Tower  
SUMMARY: An officer reported an unknown person made graffiti on a wall. Safety Officer Christopher Gallagher responded to the report.

PROPERTY DAMAGE/ ACCIDENTAL

LOCATION: Garden Apartment 28  
SUMMARY: Caller reported ceiling tiles damaged by a water leak. Patrol Officer Steven Hutchison responded.

V&T LEAVING SCENE OF AN ACCIDENT

LOCATION: Conservatory Drive  
SUMMARY: A caller reported that an unknown person stole a stop sign. A witness reported that the stop sign was hit by a charter bus and was left on the ground. Sergeant Don Lyke responded to the report.

NOVEMBER 15

ACCIDENTAL FIRE ALARM

LOCATION: Roy H. Park Hall  
SUMMARY: Simplex reported a fire alarm activation. EH&S reported that

the alarm was caused by a smoke machine. Fire Protection Specialist George Whitmore responded.

SUSPICIOUS CIRCUMSTANCE

LOCATION: J-Lot  
SUMMARY: Caller reported that an unknown person entered a vehicle without permission and left drug paraphernalia. Patrol Officer Steven Hutchison responded to the call.

NOVEMBER 16

WELFARE CHECK

LOCATION: Eastman Hall  
SUMMARY: A caller reported being unable to contact a person who had missed appointments that day. Officer reported that the person was located and was directed to make contact with the caller. Sergeant Don Lyke responded.

SCC IRRESPONSIBLE USE OF ALCOHOL/DRUGS

LOCATION: West Tower  
SUMMARY: Caller reported an intoxicated person locked in a bathroom. Officer reported that one person was referred to the Office of Student Conduct for irresponsible use of

alcohol and acts of dishonesty. Sergeant Bryan Verzosa responded.

NOVEMBER 17

MEDICAL ASSIST PSYCHOLOGICAL

LOCATION: Hammond Health Center  
SUMMARY: Caller reported that a person intentionally cut themselves. Officer reported that the person was taken into custody under New York state’s Mental Hygiene law and transported to the hospital by ambulance. Sergeant Bryan Verzosa responded.

ACTUAL FIRE/FLAME/ IGNITION

LOCATION: Tallcott Hall  
SUMMARY: A caller reported that an outlet sparked and was no longer working. Officer reported a phone charger in the outlet ignited due to an electrical issue. Sergeant Bryan Verzosa responded.

NOVEMBER 18

SCHEME TO DEFRAUD/ SECOND DEGREE

LOCATION: Unknown location  
SUMMARY: Caller reported person received a fraudulent job posting.

Officer reported that the person was defrauded out of money as a result of the fraudulent job posting. Patrol Officer Kevin Noterfonzo responded.

DISRUPTIVE/EXCESSIVE NOISE

LOCATION: Whalen Center for Music  
SUMMARY: Caller reported loud music coming from the area. Patrol Officer Steven Hutchison reported that the person complied with the officer’s request to turn down the music and the person was given a verbal warning for the noise.

TRESSPASS NO DEGREE

LOCATION: Dillingham Center  
SUMMARY: Caller reported a group of persons in a restricted area. Officer reported being unable to locate anyone in the area. Safety Officer Jimmy Martinez responded.

NOVEMBER 20

CRIMINAL MISCHIEF/ FOURTH DEGREE

LOCATION: Terrace 12  
SUMMARY: A caller reported that an unknown person damaged a toilet seat. Patrol Officer Kevin Noterfonzo responded to the call.

SCC CAUSING FIRE/ EXPLOSION

LOCATION: Recreation Trails  
SUMMARY: A caller reported that a person started a fire. The responding officer had the person who was responsible for the fire put it out and they were referred to the Office of Student Conduct. Master Patrol Officer Sophia Dimkos responded to the call.

OFF-CAMPUS INCIDENT

LOCATION: All other/other  
SUMMARY: Caller reported that people were possibly drugged at an off-campus location. Officer reported that the people involved were not affiliated with Ithaca College and local emergency services were requested to respond. Sergeant Jon Elmore responded.

Full public safety log available online at [www.theithacan.org](http://www.theithacan.org).

KEY

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



CLASSIFIEDS

Beautiful 3-Bedroom 3-Bathroom house on South Hill. Nice woodwork throughout, finished basement with laundry. Fenced in backyard and large covered front porch. Available August.

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Excellent condition 9-Bedroom house. 3 bath, 3 kitchen, 3 living rooms, Central air, laundry & 2 parking spots incl. Large backyard and back porch. Available August.

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NEW ISSUE  
EVERY THURSDAY



THE ITHACAN



WE'VE GOT  
NEWSLETTERS



THE ITHACAN



We watched and listened. So you don't have to.

Joji, 21 Savage and Drake and Armageddon Time. Everything we have on tap for this week.

21 Savage and Drake album lost in controversy



STAY IN THE KNOW  
WHILE ON THE GO



THE ITHACAN

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SMIDDY HALL • LIBRARY • TERRACES • DILLINGHAM CENTER





ILLUSTRATION BY GRACE VANDERVEER/THE ITHACAN

EDITORIALS

BeReal has brought real spontaneity back online

Those nostalgic for Instagram circa 2014 have found a way to relive the feeling of silly, carefree spontaneity with the popular app BeReal.

Social media has morphed into something much more complex than what it used to be. BeReal provides a platform to remind users of the real world and connect with their friends authentically without the pressure of constant interaction and refreshing.

Platforms like Facebook and TikTok aim to make their algorithms more engaging and hold the attention of their users for longer amounts of time, paying little regard to the mental and physical effects it may have on the people who use the app. It can feel like signing up for an account becomes a commitment to using the app forever. The technology has become so advanced that it is designed to personally tailor each user’s feed so they will use it as often as possible or end up feeling disconnected from the people around them.

Most social media sites require the users to

be at least 13 years old in order to create an account. As an adolescent’s brain is developing, it can be nearly impossible to know how to regulate usage as well as consider the negative effects that come with the app’s usage. Because social media has become the main hub for teenagers to connect with one another, it often feels like there is no other option.

BeReal also has a minimum age requirement of 13. It is hard to know the effects this will have on its young users at the moment, but it functions differently than other apps. There is no number one best friend or Snapchat score to maintain, there is no or recommended content. It is one picture, once a day, meant to be shared with your friends or the explore page, if you so choose.

Is BeReal without flaws? No. But in a world that only seems to be becoming more and more virtual, it provides a nice daily reminder that we are real people that live in the real world. We can only hope that in the future, social media will no longer feel like an obligation.

Mutual aid participation should be campus wide

Since the COVID-19 pandemic began, groups representing minority populations on Ithaca College’s campus, like PRISM and Ujima: Black Student Union (BSU), immediately picked up the slack and began coordinating mutual aid initiatives with organizations in Tompkins County.

As of 2021, BIPOC and LGBTQ+ students account for about 20% and 30% of the college’s student body, respectively. Minority groups such as those often have the biggest disadvantage financially. They can often be the ones who are overlooked or prioritized less than majority populations, which causes inequitable disparities and further marginalization. If someone from a particular group were to go through a situation where they require assistance financially, the college might not be able to help them because the expense is more than the allotted amount.

It is for reasons like this that many

people from groups like PRISM and BSU feel frustrated about lack of participation from other students who may not be involved with the organizations.

“We haven’t seen any engagement from the rest of the campus community at all,” junior Angela Russell, social media and community engagement coordinator for the BSU, said. “But mutual aid is for everybody. It has to go to people who actually need it. . . . What we’re really asking is that people show up and give more donations.”

Mutual aid begins with mutual respect between at least two people. It means that an individual must recognize another’s struggle along with their own so they can mutually protect one another. This respect builds trust which can grow to build friendships, support systems and communities. Anyone can participate because the point is to give what you can, whether it be financial or emotional support, providing resources for appropriate assistance or spreading word to others.

LETTER TO THE EDITOR

Send to [ithacan@ithaca.edu](mailto: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](mailto:ithacan@ithaca.edu) or to the opinion editor [llee2@ithaca.edu](mailto:llee2@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

# Rape culture remains prominent at Ithaca College

BY LILY HOSKEN

*Disclaimer: For legal purposes, the names of all students mentioned have been changed.*

I would like to warn you that reading this article will make you uncomfortable. This is just a glimpse into the world survivors face every day. If you continue reading, I request that you acknowledge your discomfort and examine it. Where does it come from?

Surviving sexual assault and relationship abuse is a life-altering experience. On top of the debilitating trauma, it changes the way you see the world and interact with the people around you. It also often changes the way people see you, and not always for the better. A shockingly large portion of survivors who come forward about their experience are left not only traumatized but friendless.

For me, reporting my abuser to Title IX resulted in the loss of my friend group. Between dealing with the trauma of what happened to me and the number of people I encounter who are complicit in rape culture, building a new support network is next to impossible. Reasons to carry on are few and far between, but when they come by, I cling to them like a plank of wood in a shipwreck.

This fall, one of my reasons for carrying on was my involvement in a musical on campus. For once, I knew this would be a space where I was safe from my assaulters. The show had a blacklist, which functioned to protect the performers. Cast members could add anyone they wanted to the blacklist and that person would be barred from entering. At least, that's how the blacklist was supposed to work.

Two days before the show, I got word that one of the people running the show, who we'll call Sam, had made plans to get my abuser off of the blacklist and into the audience.

On the night of the first show, I was fighting an overwhelming sense of dread. When the doors opened, I stood by the entrance until the very last audience member came in, terrified that the next person would be my abuser.

Since the fall of my first year, my college life had been tarnished by the experience of sexual assault, the aftermath of which has followed me throughout my entire college career.

I was first sexually assaulted in October 2019, by another first-year student who we'll call Zack. I hadn't realized that what happened to me then was rape until this fall, when a friend pointed it out. With this new knowledge, much of my first year started to make sense. For the longest time, I thought the intense fear I felt was because there was something wrong with me. My entire life was controlled by the fear of running into him.

My life was still ruled by this fear when I met Elizabeth in February 2020, and we started dating. The first time I remember Elizabeth pressuring me into sex was October of our sophomore year, a behavior which continued and only got

worse. One day, Elizabeth badgered me about having sex so much that I started crying, begging them to just stop asking. They refused. Later that night, I consented to sex after Elizabeth said that it was of utmost importance for our relationship. Afterward, I broke down in tears.

It took several months to uncover the reality of what was happening. In April 2021, Elizabeth and I came to the realization that what they had been doing to me was assault. Elizabeth's immediate reaction was to say, "Nobody can know about this, this could ruin my life!" Spoiler alert: several people now know what Elizabeth did, and their life has absolutely not been ruined.

In August 2021, I finally broke up with Elizabeth. As much as I wished that was the last I saw of them, that was not the case. We had arranged to live in an apartment together with the rest of our friend group. After moving in, things quickly took a turn for the worst. Our friends knew at that point that Elizabeth had sexually assaulted me multiple times. While they believed me and acknowledged that what Elizabeth had done was wrong, they grew angry with me when I started to fight back. It seemed that Elizabeth could treat everyone as horribly as they wanted, and while our friends were upset about it, it was accepted as normal. However, if I argued with Elizabeth in any way that wasn't calm and collected, the others became incredibly angry with me.

It was when I decided to file a Title IX report against my ex that the majority of the friend group turned against me. They thought I was taking things too far and causing unnecessary drama. I then moved out into an emergency apartment in Gardens. After moving out, I texted my friend Katie to say it upset me that she didn't initially think it was valid for me to go to Title IX for "just" rape. Katie never responded, but I heard that as soon as she got the text, she read it aloud to our friends because of how ridiculous she thought it was. I never spoke to that group again after that.

Luckily, I had a couple of friends who stuck by me, which I desperately needed. It was junior year of college and I was living alone, recovering from a concussion made worse by the stress of that abusive living situation, and I had just lost the majority of my close friends. Holding onto the will to live was more difficult than ever, and my experience with Title IX only made it worse.

When I met with Ithaca College's Title IX Coordinator Linda Koenig, I had an extensive list of the abusive things that Elizabeth had done to me.

After listening to my story, Koenig said, "That sounds like a very... toxic relationship. But unfortunately, none of what Elizabeth did to you is a violation of Title IX."

Koenig went on to say that there was only one thing Elizabeth did that was a violation of Title IX, which was a series of inappropriate comments Elizabeth made. Koenig said that if I chose, I could pursue this in court as



Senior Lily Hosken tells her own story of sexual abuse and dealing with the Title IX office. She says her experience is not unique and needs to be addressed within the campus community.

MALIK CLEMENT/THE ITHACAN

a case of sexual harassment. I chose not to pursue the case, because it wasn't something I felt strongly about and I knew that none of the other people involved would testify.

After my meeting with Koenig, I talked to a friend about how confused I was that pressuring someone into sex didn't count as a violation of Title IX. We did some research and found out that what Elizabeth had done to me was indeed legally considered rape in the state of New York.

In Spring 2021, I was interviewed about my experience with Title IX in an article for *The Ithacan* titled "Title IX Failures Reveal Systemic Flaws in Policy." Koenig was in turn interviewed about my statement, and as the article states, "Koenig said that if an accused student was repeatedly asking for sexual favors and not taking no for an answer, it would likely be investigated as harassment."

Koenig's statement directly contradicts the reality of what happened to me. If repeatedly asking someone to have sex despite my pleas for them to stop asking doesn't count as sexual harassment, I don't know what does.

My experience with Title IX in 2021 led me to not go to Title IX this semester, when I found out I was raped freshman year. I wanted nothing more than to get justice, but I knew that the lack of evidence plus the fact that it happened three years ago meant it would be next to impossible to win a court case.

Suing for rape can prove to be dangerous to survivors in a variety of ways. The most prominent of which is the potential to be sued back for defamation. When Elizabeth found out I was opening a Title IX report against them, their mother immediately advised them to sue for defamation. After further research, I now understand why. Defamation lawsuits are the go-to response for people who are accused of sexual assault. If a survivor coming forward about their assault is sued for defamation, they can face hefty fines and even jail time. If the defendant of a sexual assault lawsuit is found not guilty for any reason, that often means a following defamation lawsuit against the accuser will automatically be won.

If you live in the United States, you can probably recognize that our

country's judicial system is far from perfect. Defamation lawsuits make it so that any survivor of sexual assault seeking legal justice has to gamble their own freedom on the success of a deeply flawed system. Making the odds even worse, sexual harassment and assault cases are notoriously hard for the prosecutor to win.

Lawsuits for rape are especially hard for the survivor to win if, like me, the survivor had verbally consented to sex. With Zack I had consented to sex, but not to what he proceeded to do without my knowledge. With Elizabeth I had also consented, but only after immense pressure and manipulation. If I pursued either cases in court, the defense would use the fact that I had verbally consented to their advantage. Even without all of these factors, it is important to note that survivors of sexual assault are traumatized. Many survivors aren't able to emotionally handle having one of the most traumatic experiences of their lives laid out in detail and debated, listening to the opposing side trying their hardest to prove that what they went through was invalid.

The Sexual Assault Advocacy Center in Downtown Ithaca is the only organization that was always there to help me. This semester, it started holding a weekly support group for survivors of sexual assault and relationship abuse who go to Ithaca College. The more sexual assault survivors I talk to, the more I realize that friend groups siding with abusers is an incredibly common experience.

I think a majority of people see rape culture as some archaic, conservative set of values, but that is not the case. Rape culture is people refusing to stand against assaulters and the people who stick by them. Rape culture is questioning the validity of survivors' claims. Rape culture is being outwardly against sexual assault until the perpetrator is someone close to you. You can never tell who is complicit in rape culture based on the values they outwardly project.

Sam, the person who took my assaulter off the blacklist, had been preaching about comfort, safety and consent throughout the entire rehearsal process. But ultimately, my comfort and safety came second to their own priorities.

In another instance, in Spring 2021, I found out that Zack had a number of other victims besides myself, including a friend of mine. This was before I knew that what Zack had done to me was assault, but I knew it felt violating enough to address. I reached out to a friend of Zack's, who we'll call Troy. When I told Troy what Zack did to me and my friend, he said, "I'm so sorry that happened to you. I didn't know Zack very well back then, but I know he was going through a very hard time. He's doing a lot better now." I don't know if Troy ever ended up addressing my concerns with Zack. What I do know is that Troy continued to be Zack's best friend and roommate for the following two years.

What happened with the blacklist at the musical this fall only confirmed to me that you never know who actually stands out against sexual assault until it comes at the expense of their own convenience. During the musical, I was afraid to tell the rest of the cast about the situation with the blacklist, but my physical safety was my first priority. Thankfully, there were a few people who looked out for me. However, there were an equal number of people who were not supportive.

Rape culture is a terrifying thing that is more present in our lives than we realize. But the reason I chose to speak on my experience is because you, dear reader, can be a part of the solution. You can choose whether you will become a part of the system that isolates survivors and defends assaulters from accountability, or whether to work against it. You can choose whether or not you prefer the company of friends who don't sexually assault people. You can choose whether you will abandon a survivor who speaks out, or whether you'll stick by them against all odds.

You can decide whether you want to be part of the reason that life as a survivor is as unbearable as it is, or whether you want to be one of the reasons that life as a survivor is still worth living.

*Read the full commentary online at [theithacan.org](https://theithacan.org).*

Lily Hosken (she/they) is a senior writing for film, TV, and emerging media major. Contact her at [lhosken@ithaca.edu](mailto:lhosken@ithaca.edu).



TIME SENSITIVE

now

## ! Two minutes to capture !

### Daily photo sharing app takes off at Ithaca College drawing mixed reactions from students



Students across campus receive a random alert once a day from the app BeReal on their phones, where they are prompted to post a photo within a two-minute time frame for campus members to see. The app encourages users to post authentically.

PHOTO ILLUSTRATION BY NOLAN SAUNDERS/THE ITHACAN

and the Ithaca College Tap Club in Fall 2022 in order to further promote the app. Members of the club were asked to reach out to friends to encourage them to join BeReal. For each new user the team was able to recruit to the app, Schmit said the club would receive money.

From mid-August to November 2022, BeReal's College Team reached out to students in colleges across the country in order to recruit them to help create a stronger presence among young users. Under the partnership, students were expected to represent the BeReal brand and help identify moments for the BeReal team to further get involved on campus.

"It's really cool to have things like BeReal kind of reaching out to smaller clubs," Schmit said. "It was nice that [the app is] not just looking at the big [dance] company groups. ... They were looking at groups that are maybe not as common throughout colleges and universities."

While the club is no longer using the app to fundraise, Schmit said she continues to use the app personally and she finds that it is easier to be more authentic on the app than on other apps like Instagram.

"I do find it actually kind of fun because, I mean, the whole thing is [that] you're being real within those two minutes, obviously, as [the notification] pops up," Schmit said. "Like, you're seeing people in that moment, rather than taking five hours to make an Instagram post that's perfect with the perfect caption."

However, as the app grew in popularity, the more staged "the realness" became. TikToks were even made by influencers like Tommy Schoenith and Greg Johnstone to show the extremes some people who use the app go



Senior Lauren Schmit, co-president of ICTap Club, works on a routine. In Fall 2022, the club partnered with BeReal to encourage more people to join the app.

KEVIN YU/THE ITHACAN

through to make sure they get a perfect shot.

While some embrace the spontaneity the app offers, others choose to take photos at their own pace. Sophomore Ben Rymer said he waits for something funny or interesting to happen throughout the day before snapping his BeReal.

"A lot of it is people who are laying in bed when people post right on time. ... It's just people doing nothing," Rymer said.

Sophomore Thomas Magee said that while the app intends for users to take the picture as soon as the notification goes off, he often finds himself waiting beyond the time limit in order to take his picture when he gets to a certain venue.

"This is not doing what the app is intended to do," Magee said. "That is the part of ... questioning why I have this app right now."

Sophomore Birdie Sink similarly said she does not post daily. Instead, she said she often finds herself waiting to capture more interesting moments.

"I think it's interesting that it was designed to be ... candid," Sink said. "Like, the point is [that] it shouldn't be like other social media. It should be like, 'This is real.' But then ... I don't post every day. I don't post if I'm not doing something interesting, so it's kind of like I do it in a way that kind of defeats the purpose of the app."

Rymer said he thinks that the app could have negative effects on users' well-being depending on how seriously they take posting content. Rymer said he does not seriously post content on the app.

"I can assume it is detrimental because if you aren't doing something interesting and you see your friends are on the app, it can have an effect," Rymer said.

The effects of social media on youth vary depending on how it is used. According to the American Psychological Association, 1 in 3 teenage girls who use Instagram reported experiencing increased body image concerns. A 2018 study by the Pew Research Center revealed that 59% of U.S. teens on social media platforms have been the victims of cyberbullying.

Schmit said she hopes BeReal will be able to change the way people view social media and that there will be a shift toward being more authentic online.

"I am hoping that platforms like BeReal will continue and take over the picture-perfect Instagram," Schmit said. "You can see on Instagram people's lives and you think it's so perfect, and it's kind of, like, a lot of that can be fake. I think for mental health reasons, [it] can also be really refreshing and helpful because it's like you're not constantly seeing people who look like the most perfect person in the world."

*Co-Life and Culture Editor Elizabeth Kharabadze contributed reporting.*

CONTACT VICTORIA KELLOGG  
VKELLOGG@ITHACA.EDU



# Literary magazine starts up after four-year hiatus

BY MATT MINTON

Many different student and local publications, like Buzzsaw Magazine and The Ithaca Times, can be found all across Ithaca College’s campus, waiting to be picked up and read. One literary magazine that has been absent from these distributions for four years is starting back up in the hopes of being included: ZoetlC.

Funded by the Sigma Tau Delta International English Honor Society in partnership with the Department of Literatures in English, ZoetlC (derived from the word “zoetic,” meaning “relating to life”) is currently accepting submissions in different fields, like poetry, prose, drama, critical essay, screenwriting and art. Submissions for their first issue of the academic year will be accepted until early March 2023 by emailing [zoetlcliterarymagazine@gmail.com](mailto:zoetlcliterarymagazine@gmail.com), although the deadline may even be extended, depending on how many submissions there are. The best literary submission will be rewarded \$50 and students from all majors are encouraged to submit. This is the magazine’s first new issue since 2019 and will be published at the beginning of April 2023.

Derek Adams, associate professor in the Department of Literatures in English, is one of the sponsors of the magazine alongside Alexis Becker, assistant professor in the Department of Literatures in English. Adams said that in the time since the magazine was first produced in 2013, students involved have taken a more active

role in managing the magazine overall. There are currently seven people on the editorial board.

“We call it a student-run publication, and it really is [that],” Adams said. “We’ve built up the editorial staff. So now you not only have copy editors, but you have section editors. ... Over the course of the last nine years, I’ve done less and less of that kind of work because we’ve actually placed more of the responsibility onto the student editors.”

Senior Journey Singleton, managing co-editor of ZoetlC, said that coming out of the pandemic, it was difficult to re-establish the magazine and promote it because of the campus struggling to connect virtually and the personal effects the pandemic had on ZoetlC’s own editors that left them unable to dedicate time to the publication. As a result, there was no print magazine last academic year. This is Singleton’s second year on the editorial board.

“This year, hopefully we can get it back up and get it to where it needs to be,” Singleton said. “We’re also going to try to do sponsored events like spoken-word poetry ... to facilitate more events where people can be around writers and the literary population on our campus.”

Past issues of ZoetlC had all been published entirely in print once each academic year until 2019, Adams said. In 2019, a virtual PDF was created online along with a print edition.

“I think we’re going to continue on with that,” Adams said. “But we’re trying to do more with the



Senior Journey Singleton, managing co-editor of ZoetlC, stands next to a flyer for the magazine. Singleton, who has served on the board for two years, is looking forward to creating new content.

MADDY TANZMAN/THE ITHACAN

digital edition. Now we’re looking at the possibility of being able to include more submissions because with a print copy, you have a real limit to what it is that you can put in there. ... In being more expansive, it can be more inclusive.”

According to undergraduate research conducted at the University of Illinois at Urbana-Champaign, publishing as a college student can help professionalize a student’s resume and improve writing skills before they enter the industry.

“Even just to kind of dabble in that field I think is a good start for

students,” Singleton said. “Especially if you’re interested in being an editor eventually. I think being a part of a magazine, or even submitting work to a magazine, you can kind of see the early steps of what publication looks like. It’s something that you should definitely take advantage of.”

Junior Angelina Larkin, the other managing co-editor of ZoetlC, joined the board for the first time in Fall 2022. Larkin said that while the magazine is smaller than others on campus, members still want to hear from all different voices across

campus, which helps set it apart from other publications.

“We don’t really put limitations on what is submitted unless we think it might be very triggering for some people,” Larkin said. “We’re really trying to broaden the spectrum of what kind of stories are shared because I think a lot of the time, writing is a way for people to process things ... [and] to get the weight off of them. So we want to be a safe space for people to do that.”

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## Q&A: Professor participates in discussion on Quran

Asma Barlas, professor Emerita in the Ithaca College Department of Politics, participated in a community dialogue Nov. 14 over Zoom with members of the Khadija-Mariyam Foundation about the Quran’s teachings of marriage and the family.

Barlas was invited to discuss a chapter from a book she wrote in 1999, which was originally published in 2002 and was republished in 2019 as “Believing Women in Islam,” focusing on unreading patriarchal interpretations of the Quran. Barlas read from a chapter in her book concentrated on the Quran’s expectations for marriage and familial relationships. The foundation is most known for building the first women-only mosque in Kerala, India.

Staff writer Kinsey Burr spoke with Barlas about the power and importance of holding and facilitating community discussions, and how they influence participants.

*This interview has been edited for length and clarity.*

**Kinsey Burr:** What was the purpose of this community dialogue?

**Asma Barlas:** The [foundation] ... wanted to focus specifically on this chapter [of the book] because a lot of sexism and misogyny flows in Muslim cultures from reading certain verses [in the Quran], for example, ones giving husbands the right to beat a disobedient wife. It was important for them to hear that this is one interpretation, and it can be challenged and has been challenged by lots of scholars. It was meant to be introductory comments on my part, and we had about 40 people who had questions ... about things they hear in their non-Muslim communities.

**KB:** Why did you choose to participate in this discussion?

**AB:** It was important to do this discussion because ... it is important for young Muslims to hear that we can read sacred text of Islam in ways that are liberating for women. I thought having a discussion would be better than me just lecturing for 30 minutes. When I was teaching at Ithaca College ... the students read the text, we sat in a circle and we struggled with those texts together, and I find that is a better way to engage people than just hearing one person say what they want.

**KB:** What was it like to interact with the community during this dialogue?

**AB:** I think it was helpful for me in some ways because when you are in [higher education] and you are writing books, you do not always have a sense of how people are living in far away countries. ... This was a group of young Muslims who got fed up ... because of stipulation in the Quran that women cannot pray together with men. Muslims segregate women, and if they are allowed into mosques, they are [put in] another room of the mosque and the men occupy the main space. Women are excluded and marginalized; now I know that, but it is a very different thing to talk to women who are going through that process. ... For me, the discussion was not for me just to share my views, but also to learn about what is happening on the ground in the lives of real Muslims far away in a country I will never get to visit.

**KB:** Why do you think it is important to have community dialogues?

**AB:** I think what is important in a dialogue is



Asma Barlas, professor Emerita in the Department of Politics, discussed unlearning patriarchal interpretations of the Quran with members of the Khadija-Maryam Foundation on Nov. 14.

COURTESY OF ULISES MEJIAS

you do not set the stage completely with the people; you just share some thoughts and you allow other people to share thoughts, which they may not get to share otherwise. These issues infringe on the lives of real people living in real communities and sometimes there is not enough space in a community to speak about issues that upset folks. Having a dialogue in a space where people feel heard, where people feel they can talk openly, where they feel they may be listened to by the person they are talking to and are free to express their opinions — I think that is a very powerful way for people to learn.

**KB:** Will you participate in community dialogues like this in the future?

**AB:** Yes, because I think that especially when you are talking about religion, it is not only from an academic or theoretical perspective; you are speaking to people who live their religion in different ways and it is important to get out of ... institutions of higher learning and into places where average, ordinary people live, who have questions and who want to engage with you.

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# Journalism film gives a voice to survivors

MOVIE REVIEW: “She Said” Universal Pictures



BY SYDNEY BRUMFIELD

In October 2017, two journalists for the New York Times — Jodi Kantor and Megan Twohey — wrote “Harvey Weinstein Paid Off Sexual Harassment Accusers for Decades.” This report shined a giant spotlight on a massive systemic problem that was continually pushed under the rug surrounding Weinstein’s pattern of workplace sexual harassment toward women. Written by Rebecca Lenkiewicz and directed by Maria Schrader, “She Said” does an admirable job at tackling a beast of a topic. “She Said” follows Kantor (Zoe Kazan) and Twohey (Carey Mulligan) from 2016 to 2017 as they investigate and ultimately break the story on Weinstein. The film demonstrates the tireless amount of research done by these two journalists as well as the relentlessness they needed to maintain in order to combat the door continuously being slammed in their faces because of Weinstein pulling strings. In addition to showing the great lengths these women went to break the story, “She Said” attempts to highlight the individual plights that Kantor and Twohey faced as working women. Both characters struggle to find a balance between their work and home lives. Unfortunately, this dual

plotting was a part of one of the film’s flaws. The pacing in the first act is slow and manages to also be inconsistent at times. The beginning really leans into utilizing the film technique of a series of shots and tries to tackle a large window of time prior to Kantor and Twohey working together on the “H.W. piece,” as they would later refer to it. One of the clear elements of a compelling film is having a rootable interest in the primary character. While Kantor and Twohey are easy to root for because of the fact that they are attempting to bring down a predator, the narrative itself does not lend itself to building up their characters at all. Their friendship as the two women investigate unremittingly could have been a great opportunity for an arc or even for more of the two character’s personalities to shine through, but disappointingly, it was not. Part of this can also be attributed to what the film does well: letting the survivors of these attacks tell their stories. It would have been very easy for “She Said” to turn to trauma porn or to dramatizing the horrific events that happened to the victims of these assaults for the sake of making a more engaging film. Thankfully, this was not the case, especially as Schrader made the



From left, Megan Twohey (Carey Mulligan) and Jodi Kantor (Zoe Kazan) work together to report on sexual assault in “She Said.”

COURTESY OF UNIVERSAL PICTURES

tasteful decision to not include a single scene of violence against women. “She Said” allows the survivors’ stories to speak for themselves while also keeping as many of the elements surrounding this story as factual as possible. Yet, this also led to the narrative feeling a little dry at times, again because the emphasis was rightfully placed on the survivors as opposed to Kantor and Twohey. “She Said” had pretty unengaging cinematography and

editing. Everything was shot in a very objective manner, which did build up the reputable tone of the film but led to lulls. “She Said” found ways to give strength to survivors and also ensure that this is the only legacy that Weinstein leaves behind. What “She Said” does well it does well, but it probably would have benefited from more time in development.

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# Cannibal romance leaves viewers with a full stomach

MOVIE REVIEW: “Bones and All” MGM



BY PATRICK MAZZELLA

There is a you that enters the experience of “Bones and All” and there is a you that exits. They are not the same. Luca Guadagnino, known for his films “Call Me By Your Name” (2017) and “Suspiria” (2018), has synthesized two major parts of those films into his newest picture. Gory, visceral, tender and romantic, “Bones and All” tells the story of Maren Yearly (Taylor Russell), a young woman abandoned by her father just as she turned 18 when he decided he could no longer deal with her actions. Those actions, of course, are her numerous instances of cannibalism, something he tried and eventually failed to hide from the world. Once Maren is left alone, she goes looking for her mother who was absent her entire life, with nothing but the town she was born in to guide her. Guadagnino has always been able to find beauty in unconventional places, and “Bones and All” is no different. Each bite taken in the film makes a crunch or a squelch as the eater’s teeth pierces the skin of what used to be a person but has now been turned into the means of survival for someone like Maren: an eater. Each tactic is different among them. Some eaters ambush people in the wild, some set up traps while

others stalk their prey. Some wait for fresh meat to come to them. All of it is a part of the same game. A ravenous hunger courses through the veins of the eaters as they find their next meals. The somber tone of this film is one that cannot be understated. Although it surely has its exciting moments, much of the film is about eating, but only theoretically. There is something truly romantic about the act of eating someone else, in a twisted way. Consuming the flesh of another human, making them one’s sustenance, is a very intimate act. Russell and her co-star, indie heartthrob Timothée Chalamet, who fills the role of Lee, the hot, mysterious young eater Maren falls in love with on her journey, have enthralling chemistry. The scenes in which they eat together create an electric bond between them. So much of the 130-minute runtime is Russell and Chalamet talking or driving around or pasted in front of beautiful mid-western landscapes, and it all is still able to come together to leave an audience devastated by the end. Their rapport on screen has been proven to be one many actors can only aspire to achieve, and each frame will make audiences fall more and more in love. Mark Rylance also achieves excellence in his limited role in the film. His role as Sully, an elder eater with a strange air about him



From left, cannibals Lee (Timothée Chalamet) and Maren (Taylor Russell) fall deeply in love.

COURTESY OF MGM

and a strong connection to Maren, sears itself into the viewer’s brains upon watching. And in terms of the small roles sprinkled throughout, André Holland, Chloë Sevigny and David Gordon Green all shine in their brief appearances, making for heart-breaking and stomach-turning scenes. But Michael Stuhlbarg is the true MVP of these smaller performances. His single scene highlights his enormous talent, delivers the monologue containing the wondrous title drop and develops the most interesting dynamic of the core relationship. It’s such a treat of a film that will eat everyone’s heart out. There has not been a better romance this year: not this lustful, not with as deep of a connection as Maren and Lee. It’s rare a film can depict love in all its mess, figuratively of course, but also physically, making this film very special.

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## QUICKIES



COURTESY OF AVANT GARDEN

“ON MY WAY”  
Emotional Oranges

The inner feeling of longing for someone while trying to move on with life is stunningly captured with the seductive vibe of the latest single by R&B duo Emotional Orange.



COURTESY OF SONY MUSIC LATIN/DALE PLAY RECORDS

“FRÍO”  
Nicki Nicole

Argentinian singer Nicki Nicole’s first solo reggae song is groovy and steamy, grabbing the listener’s attention right from its strong opening. The transition to the bridge unfortunately feels a bit abrupt, souring the ending.



COURTESY OF BAD BOY/INTERSCOPE RECORDS

“TAURUS (FEAT. NAOMI WILD)”  
Machine Gun Kelly

Machine Gun Kelly’s rap verse feels mostly uninspired, leaving listeners trying to grasp any amount of enjoyment they can from the disingenuous lyrics.



COURTESY OF WARNER RECORDS INC.

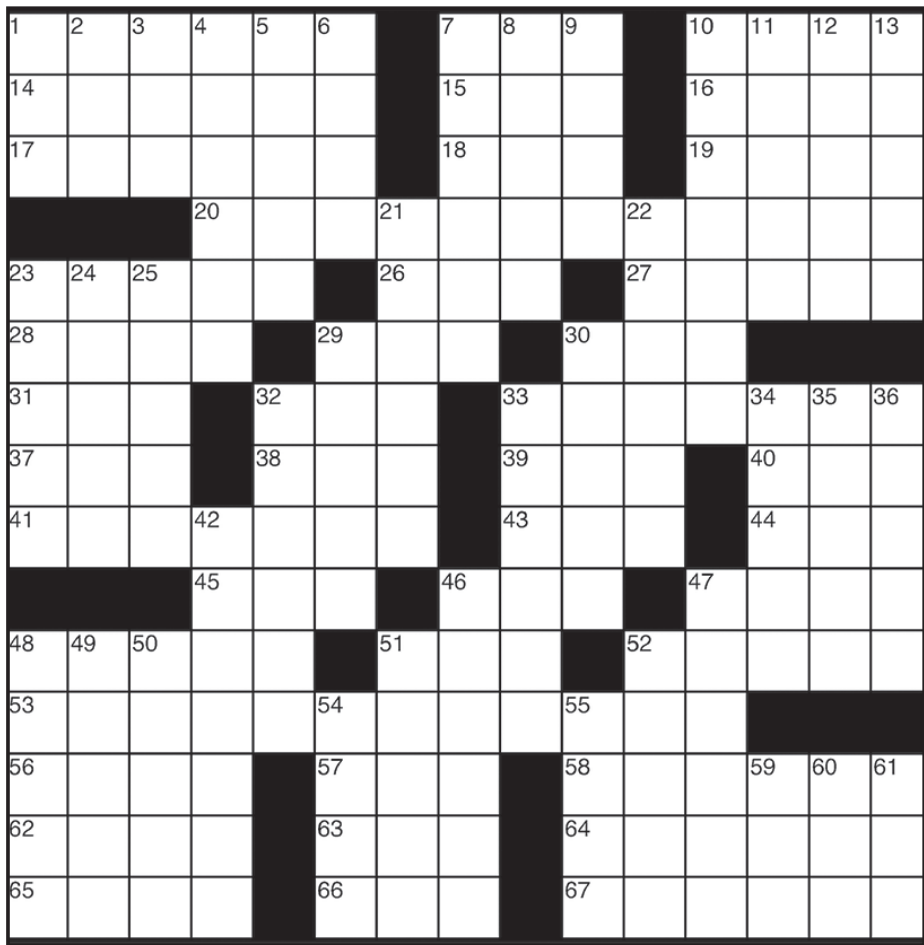
“THE SHAPE I’M TAKIN’”  
Red Hot Chili Peppers

After releasing two studio albums in 2022 — to varying degrees of success — the Red Hot Chili Peppers’ new single reminds listeners that their most poignant sound is often born from their most reflective and vulnerable moments. This single could even help the established band garner new fans.



12 THURSDAY, DECEMBER 1, 2022

By Quill Driver Books



1 Vandalize	43 Mont. neighbor
7 Long-tailed rodent	44 Feel awful
10 Spare, maybe	45 Certain sib
14 Nocturnal	46 Printer's measures
15 "The X-Files" concern	47 Grape plant
16 By word of mouth	48 Kid who rode Diablo
17 Against	51 What RNs dispense
18 Watchdog's warning	52 Joins the chorus
19 Healthy upstairs	53 Insolence
20 Adversarial	56 Weigh more
23 Decade parts	57 Kimono accessory
26 NBA coach — Unsold	58 Rococo
27 Party attender	62 Like good brandy
28 Rocket trajectories	63 Hr. fraction
29 Stripling	64 Male goose
30 New pet, maybe	65 Bright colors
31 Soggy	66 — Tome
32 Container	67 Black suit
33 Wall covering	<b>DOWN</b>
37 Drill sgt.	1 "What's up, —?"
38 Kiel conjunction	2 Italian writer
39 Howard or Guidry	3 Marshy area
40 Casper's st.	4 Wedding sites
	5 Preserves with salt
	6 "L'—, c'est moi"

7 Difficult	35 Looking at (var.)
8 Puffy hairstyles	36 Thespians'
9 In shreds	quests
10 50-50 chances	42 Climbs
11 Angry	46 Climate affecter
12 Hindu queens	(2 wds.)
13 Choose	47 Type of sausage
21 Grants	48 Smoker's choice
22 Mexican lizard	49 Mind's picture
23 Bored responses	50 Spotted
24 Not slouching	51 Shinbone
25 Oscar nominee	52 Fragment
29 Makes shore	54 Male turkeys
30 Trudges along	55 Egg drinks
32 Kind of college	59 Sum up
33 Hamlet's title	60 Road sign symbol
34 Samuel Clemens	61 RN stations

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ACQUISITION

On the Quad, Ithaca College's Welcoming Policy  
Students express strong opinions about Ithaca College's welcoming policy on May 19.

Students Express Strong Opinions  
Library Launches New Collection  
World College News

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		4	1		2	6		9
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**medium**

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3	6	7	2		9			

## answers to last issue's sudoku:

**medium**

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

**hard**

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



## RUNNERS REPRESENT IC AT CROSS-COUNTRY NATIONALS



From left, senior Danny Jagoe and first-year student Jessica Goode both qualified as individuals to represent the Ithaca College men's and women's cross-country teams at the NCAA Division III National Championships on Nov. 19 in Lansing, Michigan. Jagoe finished in 71st place while Goode came in at 117th place.

XINYI QIN/THE ITHACAN

### BY AIDAN CHARDE

Although neither program qualified for the NCAA Division III National Championship as a team, the Ithaca College men's and women's cross-country teams both had representation in Lansing, Michigan, on Nov. 19.

Through frigid midwest temperatures, wind and snow, first-year student Jessica Goode represented the college for the women and finished in 117th place out of 292 while senior Danny Jagoe represented the men for the second straight year and took 71st out of 289.

At Regionals on Nov. 12, which were held in Rochester, New York, the men finished in 10th place and the women finished in third, both out of 24 teams. While there was hope that the women could earn an at-large bid, since only the top team in each region qualified automatically, the Bombers fell just short of the 32-team field.



Goode was the top Bomber finisher at each of her races this season.

XINYI QIN/THE ITHACAN

Erin Dinan, head coach of the women's team, said the runners were disappointed to hear they did not qualify for the meet considering how close they were, but at the same time, they found out that Goode would be running, which provided a silver lining.

Dinan said it is rare for a first-year student to qualify individually for Nationals, in her experience. In her 17-year career at the college, she said she cannot remember another time it has happened to a student she coached, but she praised Goode's work ethic and motivation to get there.

"She just knows what she needs to do [to improve]," Dinan said. "She has this confidence to be able to go out there and ... she's like, 'I'm going to do this. I'm going to give this a go, and let's get after it.'"

Goode was the top runner on her team in each of her races this season, including a third-place finish at the Liberty League Championships and 12th at the NCAA Regionals. While the idea of competing at Nationals became more and more likely as the season went on, Goode said she did not expect to make it this far in her first season.

"I came from a team in high school where I wasn't the top runner," Goode said. "So [being the top runner] is a fun new feeling for me, at least. And I lead with pride when we're going off the starting line."

Goode also said there was an adjustment to both the level of competition and the high energy from fans at the meet. Because many cross-country courses go through the woods, the sport is not conducive to spectators. But the course at Nationals was on a golf course with more open space, meaning it was easier for fans to watch.

"The energy was like no other race," Goode said. "There were so many supporters and fans from a bunch of different schools and teams just screaming at you. ... It motivated me to keep running."

In a text message, Jagoe praised Goode's talent and said she has a high ceiling for years to come. The praise comes from an athlete who has plenty of experience on the biggest stage. As a sophomore in 2019, Jagoe ran when the entire team earned a Nationals bid and went alongside Ben Tiber '22 in 2021 as

an individual, earning 208th place out of 289.

This was the first year, though, that Jagoe was running the race alone. He traveled with Goode, but it was a new experience running the final race of the year without a teammate next to him.

"That was a weird adjustment," Jagoe said. "But I did have Jess [Goode] and my teammates showed up [to support me]. It isn't, like, an isolating feeling running a cross-country race by yourself, but what makes it so much better are the people who are there for you."

Jagoe also said he used the setback of his finish a year ago to provide himself with extra motivation. He said he started too slow in the race and it cost him, keeping him from catching up to the pack, but he nearly overcorrected this year by starting too fast.

"I got out and I was in front of the [eventual] National Champion Alex Philip ... and I thought, 'Oh, I've made a mistake,'" Jagoe said. "But in the end, I don't think I really regret that move. ... To make that move and to finish where I did, I think things would've gone way worse for me had I gone out even slightly less aggressively."

In addition to Dinan and Jim Nichols, head coach of the men's team, Jagoe said six athletes — three men and three women — made the drive to Lansing to support their teammates. Goode said she was appreciative of the support from her friends.

"I felt like I wasn't alone out there," Goode said. "I wasn't the only Ithaca person; we have our own little army, you could say."

In an email, Goode added that she was thankful for her teammates and coaches for pushing her onward during the season and the race. She said she would not have made it as far as she did without their help.

Although neither of the athletes finished as an All-American, which is the athletes who finish in the top 40, neither of them are disappointed in their seasons. The meet represented the last collegiate cross-country competition for Jagoe, who said he looked back fondly on his time at the college.

"It goes by fast, you know?" Jagoe said. "It's a lot of just living in the moment and wishing you had more time. God, I wish I



Jagoe's 71st-place finish this year was his personal best result at the meet.

XINYI QIN/THE ITHACAN

had more time, but you know, that was it for me for cross-country. I'm excited to see what these guys can do going forward."

Nichols said Jagoe should be satisfied, both with his performance and his college career, because he always gave his all.

"Being a three-time National qualifier in cross-country is quite an accomplishment," Nichols said. "He's been a great representative of our program and a great athlete. I'll miss him next year, that's for sure."

Goode, on the other hand, has plenty of time left on the team. Looking forward to the next few seasons, she has a positive outlook on what is to come.

"This is a good start. This is a very good start," Goode said. "I always try to have running be fun so that it doesn't become stressful. Right now, it's just really fun."

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# Athletes look to stay warm over winter break

BY EMMA KERSTING

It is the most wonderful time of the year, but it interrupts winter sports seasons. Before Ithaca College athletes settle into their holiday plans, they need to consider how they will stay in shape before they return to campus and keep the season from slipping away.

Many coaches at the college give their athletes a recommended set of workouts to complete during the Thanksgiving and winter breaks that take place in the middle of the winter season, which lasts from November to March. For most members of the campus community, winter break lasts over a month — from Dec. 14 until Jan. 23 — while Thanksgiving break lasts 10 days at the end of November.

Kevin Markwardt, head coach of the men's and women's swimming and diving teams, said the teams have two-hour practices every week-day with one-hour weightlifting sessions three days a week and have meets on most Saturdays.

During previous Thanksgiving breaks, Markwardt used to keep his athletes on campus until the Wednesday before the holiday, but it is now optional for the swimmers to stay. Markwardt said some of his athletes stay until Wednesday if they do not have a place at home to train and some return on Friday to continue their training.

"We're about halfway through our season [when breaks come],"

Markwardt said. "If we took a week off, it would be a disaster. One of our biggest meets is [Dec. 2–4] ... but we kind of use [Thanksgiving break] as a rest period."

Markwardt said it can be very obvious how much athletes train when they are away from campus. He said it is important for the athletes to be honest about how much they trained over break.

"We don't want people getting injured; we don't want to overtrain them," Markwardt said.

For the winter break between fall and spring semesters, the swimming and diving teams return to campus Jan. 1 to resume training with the coaching staff. For the three weeks before spring semester classes begin, the swimming and diving teams have practice twice a day and lifting once a day.

"It's eat, sleep, swim for that period," Markwardt said. "It's a great opportunity because they don't have school."

Sophomore Kerry O'Brien, who is on the swim team, said the winter break is not an issue for training since the team is not off campus for a long time. O'Brien said it happens at the peak of the season.

"It can be challenging when you have a long semester; you're very tired but you don't want to lose everything you've worked really hard for, [so] it keeps a lot of us motivated," O'Brien said.

O'Brien said that during breaks, her coaches suggest workout plans



Junior Isabella Lambert, member of the women's track and field team, said she has to find alternative training methods to keep herself in peak condition while away from school during designated breaks.

MADDY TANZMAN/THE ITHACAN

and training goals, from the weight room to the pool, but it is up to her to actually do them.

"It's really important to stay in shape," O'Brien said. "Most of us are lucky enough to have facilities to swim in and train in at home."

The swim and dive teams are not the only ones that split up their season. Junior track and field athlete Isabella Lambert said that during the regular season, the team practices every weekday and goes to lift sessions twice a week. But during breaks, Lambert said she has to find alternatives to stay in shape.

"It's too cold to run outside on a track over the winter break, so I mostly do biking and weights," Lambert said.

Lambert said she stays motivated during the breaks by sharing her workouts with her friends and teammates online through apps like the Apple Watch fitness app, which helps them hold each other accountable. However, she said the breaks do feel like the season is being dragged to a halt.

"[The break] kind of interrupts the progress we've made in the season," Lambert said. "We've been

working together since August."

Markwardt said he has no control of the work his athletes do over the breaks. He said some athletes are very dedicated to their exercises and have a facility to train in while others do not train very much at all over the break, taking the time away from campus as a mental break.

"You can tell them what they need to do, what you'd like them to do, but it's all on them," Markwardt said.

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# Q&A: Senior swimmer propels strong start

As Ithaca College winter teams start to wind down the first half of their seasons in anticipation of the winter break, the women's swimming and diving team is looking to end it with an undefeated record.

The team currently sits 7–0 on the season with only the Bomber Invitational, which takes place Dec. 2–4, left to go this semester. The team's strong start has set the team on a path to win the program's fourth straight Liberty League Championship.

Senior Emily VanderSleen has helped lift the Bombers to this undefeated start. In the team's most recent meet against RIT, VanderSleen won three separate competitions. VanderSleen earned first in the 100-yard butterfly with a time of 1:00.16, 100-yard freestyle in 53.91 seconds and the 50-yard freestyle in 24.38 seconds.

Assistant sports editor Daniel King spoke with VanderSleen about her individual start to the season and the rest of the team.

*This interview has been edited for length and clarity.*

**Daniel King:** The team season is off to an impressive start, which follows previous years. How does the team continue this success?

**Emily VanderSleen:** I think one of the really important things we do is we sit down all together before the meet season starts, like during practices and stuff. And we work out our goals as a team. One of the goals is an undefeated season, which I think pretty possible considering, like, the meets we've gone through so far and what we have left on our schedule; I think that's just a really good way to figure out what we want to do as a team just to start out the year.

**DK:** What can you say about the job the coaches have been doing in balancing the responsibility of coaching both the men's and women's teams?

**EV:** We have two assistants this year who are helping out. Paula Miller, the old women's coach, and then Katie [Stettler], our other [assistant] coach. And so having some extra staff this year, on top of Kevin [Markwardt] and Mike [Blakely-Armitage], really helped them be able to balance and really work with everyone.

**DK:** You yourself have had a strong start to your season, earning Liberty League accolades. What do these honors mean to you?

**EV:** It's nice. I'm a big team player, and I like to be a contributor. So it's nice to, like, sometimes get that recognition, but also at the same time, we've also had plenty of other people on the team who've been recognized this year, which I think is amazing.

**DK:** Being a senior, do you feel any growth in your performances from your first year?

**EV:** There's a lot. Sophomore year, we didn't have a season because of COVID, so that's changed how we progressed, especially for the senior class. But I feel like not just for myself, but our class as a whole has gone through a lot of leadership changes and growth. I think that helped us be leaders for the team. [My first year,] we had such a large team; I was just, like, one person. Now I feel like I have a much bigger leader[ship] role among the team.

**DK:** The team has the Bomber Invitational this week. How ready is the team?



Senior swimmer Emily VanderSleen won three individual events and a relay in a dual meet against the Rochester Institute of Technology on Nov. 19.

XIAOYI ZHANG/THE ITHACAN

**EV:** There's, like, a lot of people who are really excited for this meet. This [is] kind of our prep for Liberty Leagues, as it's a similarly styled meet. So the [first-year students] like a taste of what that's going to be like, and I think everyone's just really pumped to swim fast this weekend.

**DK:** After the invitational, the team goes on a break. What do you do to stay in peak condition all season?

**EV:** Our team does a training trip. We're going to head down to Florida on [Dec.] 15 and we're there until [Dec.] 22, just get some extra training in before we come back. And then we're only home for a little bit; I usually will go back and swim with my high school coach and just get some workouts in while I'm home before we come back. Our coaches are really good; if you don't have a coach to swim with, they send out practices.

**DK:** Once the team returns from break, what's the goal for the rest of the season?

**EV:** Our main goal is to win [the] Liberty Leagues; we have a title to defend. Then it'd be really cool if we could get some swimmers to Nationals this year. We have some really talented girls, and I think there is definitely a possibility there. But yeah, that would be pretty sick.

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# THE BUZZER

*The Ithacan's breakdown of Ithaca College's week in sports*



**ATHLETE OF THE WEEK**  
**LOGAN WENDELL**

Sophomore guard Logan Wendell scores a basket against SUNY Cortland senior guard Isaiah Preston on Nov. 8. During the team's game against Susquehanna University, Wendell recorded 24 points, five rebounds and three assists in 28 minutes of play.

ANA GAVILANES/THE ITHACAN



**COMPETITION OF THE WEEK**  
**FOOTBALL VS. SPRINGFIELD**

In the first matchup between the teams since October 2011, junior defensive back Tommy Moran intercepts a pass intended for Springfield junior wide receiver Noah Wagnables to help lift the Bombers to a 31-20 win to advance to the quarterfinals.

AIDAN CHARDE/THE ITHACAN

## EVENTS TO WATCH

**1 P.M. (12 P.M. CENTRAL) DEC. 3 IN NAPERVILLE, IL**

The Ithaca College football team looks to continue its playoff run as it travels to take on North Central College in the NCAA Division III playoff tournament. The matchup will be the first between the two schools with the chance to advance to the semifinal game Dec. 10.



ITHACA

VS.



NORTH CENTRAL

## BOMBER INVITATIONAL 5 P.M. DEC. 2-4

The Ithaca College men's and women's swimming and diving teams will look to close the first half of the season with a win at the Bomber Invitational. The men's team comes into the Invitational at 6-2 while the women's team comes into the competition at 12-0. While the women's team placed second out of 11 teams last year, the men's team placed second out of 10 teams. Both teams will look for a first-place finish in the three day event that begins Dec. 2 and runs through Dec. 4 in the Kelsey Partridge Bird Natatorium.

## QUOTE OF THE WEEK



"It's a lot of just living in the moment and wishing you had more time. God, I wish I had more time, but you know, that was it for me for cross-country. I'm excited to see what these guys can do going forward."

- Danny Jagoe  
Senior cross-country runner







From left, senior Nat Risheg and first-year student Rishabh Sen pour liquid nitrogen into a bowl of cream, milk and sugar to make ice cream for the Ithaca College Chemistry Club's liquid nitrogen ice cream event in the Center for Natural Sciences on Nov. 26. All students were welcome to attend and enjoy free ice cream.

JADYN DAVIS/THE ITHACAN