

ACCURACY • INDEPENDENCE • INTEGRITY

## Patterns of violence persist in fraternities



SOURCE: JOURNALS.SAGEPUB.COM

ILLUSTRATION BY CODY ACQUISTA/THE ITHACAN

## Recent report recognizes sustainability of college

BY CLARE SHANAHAN

Ithaca College received a Gold rating for its sustainability through the Sustainability Tracking, Assessment & Rating System (STARS), and although the score comes as a positive for the college, the report also showed areas for improvement.

STARS is facilitated by the Association for the Advancement of Sustainability in Higher Education (AASHE), and the college has completed a STARS report every two to three years since August 2011 to assess campus sustainability. On the 2022 report, the college received a score of 67.16. This score is based on the percentage of total applicable points earned out of 100, plus up to four points in the category of innovation and leadership, for which the college earned full credit.

Julian Dautremont, director of programs and STARS team member at AASHE,



The college has purchased all of the power produced at a solar farm in Seneca to offset electricity since 2016.

COURTESY OF ITHACA COLLEGE

said the sections of STARS are determined based on many things, including other frameworks like the United Nations Sustainable Development goals.

According to AASHE, STARS reports are reviewed

by the organization when they are submitted, but not all information is verified. Individual institutions are responsible for ensuring the information that they submit is accurate.

SUSTAINABILITY, PAGE 4

BY LORIEN TYNE

Fraternities at Cornell University have made it into headlines in many major publications for reports of drink-spiking and sexual assault at fraternity parties. And yet, reports of sexual violence, hazing and deaths resulting from fraternity culture are not uncommon.

The governing body of Cornell fraternities — the Interfraternity Council (IFC) — suspended fraternity parties and social events Nov. 7 for the remainder of Fall 2022. The IFC did not respond to multiple requests for comment.

According to the Cornell University Police Department (CUPD), the investigation is ongoing and there is no further information available to the public at this time. CUPD reports state that the recent druggings happened on the 800 block of University Avenue, which houses Chi Psi and Theta Delta Chi. The sexual assault allegedly happened on the 100 block of Thurston Avenue, which only houses one recognized fraternity: Alpha Epsilon Pi.

This is not the first assault by a fraternity member at Cornell. The most recent that received media attention was in 2016, when the president of the Cornell fraternity Psi Upsilon was charged with first-degree attempted rape, first-degree criminal sex act with a helpless victim and sexual misconduct. While very few studies exist on the relationship between fraternities and sexual violence, one study from 2005 found that fraternity men were three times more likely to be perpetrators of sexual violence than their male peers not in fraternities.

Tracey Vitchers is the executive director of It's On Us — a national nonprofit that combats

campus sexual violence by focusing on prevention education programs — and said that holding Greek life accountable can be challenging for colleges because fraternities operate as semi-independent organizations. Most fraternities report to national Greek life organizations; some fraternities own their house's property.

"When an incident happens, the university often doesn't have support from the national [Greek life] organization," Vitchers said. "[National Greek life] either supports the chapter or they just don't do anything at all and put this weird responsibility back on the school to hold the members accountable."

Vitchers said that if fraternity members believe their university goes too far in trying to hold them accountable, the effort can backfire and fraternities can disaffiliate themselves from the college. This occurred at the University of Southern California (USC) in August 2022 when fraternities severed their affiliation with the university after regulations increased.

"[Fraternities] don't actually need access to the university to operate," Vitchers said. "And so they can still be enrolled students, right, unless the university suspends or expels all of them, which we know they don't do . . . and then they go underground . . . and you end up in a situation where the school really has no mechanism for holding them accountable."

Underground fraternities legally do not have the oversight that other college-sanctioned groups have. Under current Title IX rules, colleges are not responsible for sexual assault incidents that take place outside sanctioned programs and activities.

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FOOTBALL TEAM MAKES HISTORY IN 2022 SEASON

# Provost to take limited role in future of Faculty Council

BY ELIJAH DE CASTRO

Only 20 minutes into the Dec. 6 Ithaca College Faculty Council meeting, Melanie Stein, provost and senior vice president, announced that because of trust and intimidation issues between the council's members and the college's administration, she will no longer stay at meetings after giving the provost's report.

Stein left promptly, leaving the room full of confusion, shocked faces and raised hands. During the first 20 minutes of a typical Faculty Council meeting, Stein reads the Provost's Report and then stays with the council as it goes through its agenda.

Since Stein is not a member of the council, she is not required to stay. However, Stein had stayed at monthly meetings since being appointed provost in March.

After Stein left, many members of the council believed that the Faculty Council Executive Committee had asked Stein to no longer attend meetings without consulting the rest of the Faculty Council first. However, Ellen Staurowsky, chair of the council and professor in the

Department of Media Arts, Sciences and Studies, said the executive committee did not ask Stein to no longer attend meetings. Concerns about having a member of the administration present during the entirety of Faculty Council meetings had been raised by members of the council, which the executive committee told Stein about in a private meeting.

"In the course of our discussion, this came up and we shared with her that a couple of our colleagues had expressed concern," Staurowsky said. "I do think it needs to be made very clear that neither the Faculty Council nor any member of the Faculty Council has ever asked for her not to be here."

In her announcement, Stein referenced the concerns that had been brought up.

"Council leadership has informed me that some faculty have to question my participation in these meetings and suggested that my presence here might actually hinder the building of trust and intimidate some faculty," Stein said. "This is absolutely not my intent."

After Stein made her announcement



From left, John Winslow and Hilary Greenberger, members of Faculty Council, and Melanie Stein, provost and senior vice president, at the Dec. 6 Faculty Council meeting.

KEVIN YU/THE ITHACAN

and left, the council briefly spoke and then went into executive session. For about 45 minutes, the council discussed Stein's announcement and came up with a statement that will be sent to Stein.

It will be available for the campus to read following the approval of Dec. 6's meeting minutes, which will be done in January 2023.

Following the meeting, Charis Dimaras, professor of music performance and member of the executive committee, said

he was unaware that this announcement would occur.

"In conversation, candidly, it just came up that there were some concerns about her presence in our meeting at all times, simply because of the feelings of some members," Dimaras said. "But the reaction and all of that was completely unexpected to us."

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## MULTIMEDIA

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### The Ice and Lights Festival

On Dec. 3, *The Ithacan* visited The Commons for the Ice & Lights Festival to see ice sculptures, the annual chowder contest and holiday carolers raising money for the Salvation Army.



COURTESY OF A24

### 'Deja View' - "Moonlight" (2016)

Hosts senior Sydney Brumfield and sophomore Therese Kinirons dive into "Moonlight" (2016). They talk about the immense heart and talent that went into creating this phenomenal film.

## THE ITHACAN

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### Corrections

Correction: A previous version of the story "Professor participates in discussion on Quran" published Nov. 30 said the book "Believing in Women in Islam" was written in 1999. The book was published in 2002 and a revised edition was published in 2019. A previous version of the story "College encourages alumni engagement beyond financial donations" published Nov. 30 said that 31% of the annual fund goes toward student financial aid, 36% goes toward academic resources and facilities, 12% goes toward upkeep and 21% goes toward student life. 45% of the annual fund goes toward student financial aid, 37% goes toward academic resources and facilities, 10% goes toward upkeep and 8% goes toward student life, like sports and counseling.

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# Students organize sleepout to raise money

BY KAI LINCKE

Ithaca College students organized a sleepout to raise money for Second Wind, a Tompkins County nonprofit that provides housing and services for homeless individuals.

The sleepout was held from 8 p.m. to 12 a.m. Dec. 2 on the Academic Quad. Seniors Olivia McKeon, Danielle Chassy and Wren Perchlik said they planned the fundraiser as part of the final project for their Civic Engagement Seminar course. McKeon, Chassy and Perchlik said they chose to spend the semester researching homelessness in the county because they saw that it was prevalent in the Ithaca area and wanted to explore the problem more closely.

The students sold snacks and drinks and collected donations to benefit Second Wind. About 10 students attended the sleep out, and more students stopped by briefly to purchase food or make a donation. McKeon said via email that the students raised over \$500 in donations from their family and friends and sales during the event.

According to Covenant House, a nonprofit that provides shelter and services to homeless youth, during a typical sleepout, participants sleep outside for one night to raise money and awareness for homelessness. Though the students could not actually sleep outside through the night because of safety concerns, they said they hoped to draw attention to local homelessness and encourage



From left, sophomore Sarena Geadah listens as Mike Foster, community manager for Second Wind Cottages, discusses the organization's efforts at the Sleepout for Second Wind on Dec. 2.

NOLAN SAUNDERS/THE ITHACAN

students to be part of the solution.

McKeon said via email that the group chose to support Second Wind because it is an organization specific to the Ithaca area that works to build relationships with the homeless population.

"Second Wind's mission to provide the homeless community with not only homes but hope is also really inspiring," McKeon said via email. "This level of compassion is something that drew us to the organization."

The group invited Mike Foster, community manager of Second Wind, to speak at the sleepout. Foster said his experience with

being homeless motivated him to help others in similar situations. Foster cited a report from the Horn Research Group, which was commissioned by the Tompkins County Human Services Coalition in Fall 2021 to assess the state of housing and homelessness in the county. The report found that the county's rate of homelessness per 10,000 people is 12.6 people.

Perchlik said he hoped the event would encourage more students to learn about issues in the Ithaca community.

"I feel like a lot of students probably come here and leave without really knowing too much about

local issues," Perchlik said. "It's good to get to spread awareness about the issues and ways that students can be involved."

Foster said he was grateful that the students chose to support Second Wind and educate the college community about local homelessness. He said that although the group was small, they could have a large impact on reducing the stigma around homelessness.

"All it takes is a handful of people to raise awareness and let others know," Foster said.

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# SGC discusses schedule grid

BY EMMA KERSTING

For its last meeting of the semester, the Ithaca College Student Governance Council (SGC) spoke with Ellen Staurowsky, professor in the Department of Media Arts, Science, and Studies, and Thomas Pfaff, professor and chair of the Department of Mathematics, about the college's scheduling grid.

"It came as a little bit of a surprise to me that there hasn't been a discussion yet with SGC," Staurowsky said.

Pfaff said he and Staurowsky are not on the committee for the new scheduling grid. He said the current program that classes are scheduled by is largely designed for three-credit classes, but the school needs to compensate more for four-credit classes.

"A lot of classes already don't use the current schedule grid; they're considered off-grid," Pfaff said.

Pfaff said that among the faculty that have been discussing the grid, the goal is to have as many courses following the grid as possible. Pfaff said the committee is hoping to keep classes running within the 8 a.m. to 4 p.m. timeframe. Pfaff said that when the new grid schedule is in place in Fall 2024, it will not impact the courses students have already taken. Students would not need to retake a course if it changed from three credits to four credits.

"This will be a fairly big change — colleges don't change their grid very often," Pfaff said.

When Pfaff and Staurowsky opened the floor to questions from the council, sophomore Hannah Ahmed, Class of 2025 senator, made a suggestion regarding how the college should inform the student body of the changes being made.

"It's really how you deliver it to students," Ahmed said. "People may not want to admit that they need step-by-step instructions, but we need step-by-step instructions!"

First-year student Nicole Sutura, School of Music, Theatre, and Dance senator, advocated for her peers in the Center for Music who have off-grid schedules every semester. Sutura is pursuing a Bachelor of Arts in music with an outside field (BMO) in psychology.

"One problem that I run into is that a lot of the psych courses that were offered were overlapping with [School of Music] courses because the [School of Music] courses are just in their own little bubble," Sutura said. "I feel like this schedule can be really useful for me and all the other BMO students and music students that want to take classes outside of the music school."

Senior Maya Scriven, vice president of communications, asked if the grid committee anticipates an increase in credit overload forms because three-credit courses can fit into the 18-credit limit more easily than four-credit courses can.

"I have not heard any discussions from administration on what they could do in those cases," Pfaff said.

Staurowsky and Pfaff said they appreciated hearing from the SGC.

"Your questions tell me that there [are] problems that can be resolved," Pfaff said.

During senator reports, first-year student Eleanor Paterson, Class of 2026 senator, said one of her major goals for the upcoming semester as a member of the campus affairs committee is to add more water bottle-filling stations around campus. She said she feels like there are not enough places to get drinking water.

The meeting concluded with senior Grace Madeya, president of the student body, presenting a check-in form for the senators and board members. Madeya said the form was anonymous and an opportunity for senators and the executive board to express how they think the leadership could improve.

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# Attendance costs increase for 2023–24

BY SYD PIERRE

The Ithaca College Board of Trustees announced that it has approved changes to the cost of attendance for the 2023–24 academic year.

In a Nov. 21 Intercom post, David Lissy '87, chair of the board of trustees, and James Nolan '77, vice chair of the board of trustees, said that for full-time undergraduate students who live on campus, the cost of attendance will be increasing by 2.89%, for a total cost of of \$65,910. For the 2022–23 academic year, the cost of attendance was \$64,060, which was a 2.68% increase from \$62,457 in 2021–22.

Included in the increase is a 3.65% increase in tuition, which is rising to \$49,880 from \$48,126 for the 2022–23 academic year. Tuition for most graduate programs will also increase by 3.65%. From 2019 through 2021, the cost of tuition increased by 2.95% each academic year.

According to Forbes, the average tuition prices for private colleges have doubled over the past 30 years, totaling to an annual increase of 3.2% on average. For the 2023–24 academic year, there is a 1% increase for room — \$9,160 — and no increase in board — \$6,870. The \$75 public health fee has also been eliminated.

The post said the increase is in line with the Class of 2026 Four-Year Financial Forecast — a walkthrough of the costs of all four years of attendance for incoming students — which set a 2.9% cap on cost of attendance increase. That cap also applies to the Class of 2024 and 2025.

Following the implementation of the Four-Year Financial Forecast for the Class of 2026, each incoming class's assigned direct cost cap for four years will be set prior to their arrival.

Shana Gore, executive director of Student

ILLUSTRATION BY GRAVE VANDERVEER/THE ITHACAN

Financial Services, said the college wanted to implement the Four-Year Financial Forecast because inflation increases costs for everything.

"There's always going to be a cost with higher education," Gore said. "And we can always make that less. But it's just important to make sure that students and parents understand what it is and can plan accordingly. And that we are laying things out so that it's clear and that there's not any hidden information, or any last minute surprises for students and families."

The post also stated that the total direct cost for the Class of 2027's first year will be \$66,540 with a 3.5% increase cap for each academic year.

Tim Downs, vice president of Finance and Administration and chief financial officer, said there are many factors that go into calculating the maximum cost increase.

"The main factors considered are based on the costs needed to operate the institution," Downs said via email. "In years, like the last one, where the costs for labor, services and supplies have increased significantly, the cap will be set higher. The benefit of the cap is if we set it higher for a particular incoming class because of the

current conditions, but circumstances change; we can always set actual rates lower than the cap."

Sophomore Ainsley Perkins said she thought the college was not the best in terms of having financial stability.

"I chose this school for the connections and for believing it would be a good school to come to," Perkins said. "I also have been very honestly looking at transferring, with price raises, with closing down parts of the school and making it all smaller."

Junior Henry Vierschilling said he thought the increases in the cost of attendance showed the college's instability.

"[The college] does not inspire confidence in its students, and to raise prices, raise tuition and housing is, I would say, offensive," Vierschilling said. "I think there needs to be stronger justification than what's in that [post]."

Staff writer Noa Ran-Ressler contributed reporting to this story.

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## SUSTAINABILITY, FROM PAGE 1

After submitting the report, college representatives work with AASHE to correct any factual errors, these changes must be made before a report is made public. Colleges also receive incentives in the form of additional points if they conduct internal or external reviews of the information in the report before it is submitted.

Dautremont said that for most schools, only about one third of the report is reviewed, with a focus on sections that have the most room for error. If a school receives a platinum rating, the highest possible ranking, the report will be reviewed more thoroughly.

The college's report was completed by Scott Doyle, director of the Office of Energy Management and Sustainability. Doyle began working at the college in June 2022, giving him only about five months to complete the report before the 2019 report expired Nov. 24.

"It's good to a point, like it's taking a pulse," Doyle said. "Be proud of what we're doing, but it's an indicator to help push us forward. We can't stop. This is a check in and we need to use that to help move us forward."

## Positives

One category of the report is Points of Distinction. In the 2022 report, this section highlights the 5-year anniversary of 100% green power use at the college.

According to a report of the college's energy use submitted to the U.S. Environmental Protection Agency, as of Oct. 6, 117.6% of the college's electricity use in 2022 has been sourced from green power.

This number exceeds 100% because, according to the data, while the college has produced 21,849,438 kWh of green energy in 2022, the college's electric load was 18,587,904 kWh. About 17% of this electricity is generated from solar power with the remaining electricity being sourced from wind power. While the college does not directly use wind and solar power to generate electricity, power offsets are purchased to supplement electricity use by funding wind power in other locations. The college has also purchased all of the solar power generated from a solar farm in Seneca to offset electricity use since 2016.

Doyle said he wants to focus on improving communication around sustainability at the college, including the solar farm, which many people may not know about because it is not on campus.

"Let's do a better job at telling the story," Doyle said. "That's what I'm really interested in getting a better angle on, is how we communicate what we're doing and where we could improve."

According to the report, despite this distinction, the college only received a score of 1.43/4 in the field of clean and renewable energy. This is likely because 95% of energy used for heating buildings comes from natural gas.

Two new sections the college received credit for in 2022 were incentives for developing courses related to sustainability and the community garden, which was not a section in the 2019 report.

According to the report, the college offers awards and grants to faculty for changing course curriculum and supporting new themes, specifically the Instructional Development Fund (IDF).

Amy Rominger, clinical associate professor in the Department of Speech Language Pathology and Audiology and chair of the IDF committee, said the committee chooses courses based on the attributes of the class. Specifically, Rominger said they look for classes that align with some of the goals of Ithaca Forever, including furthering sustainability at the college.

"It's just so inspiring to read through these proposals that my colleagues put forward and to know that not only does it help them to do their jobs better and to provide better curriculum for students, but to know that it really had an impact on the overall sustainability of the college is pretty incredible," Rominger said.

A section was also added to the report to assess community gardens on campus. The college was awarded full credit for the upper organic garden located near Farm Pond Road, the lower organic garden near the facilities building, a rooftop garden located on Terrace 2, and the permaculture garden located near Williams Hall.

Anne Stork, assistant professor in the Department of Environmental Studies and Sciences, is the faculty adviser for the campus



Scott Doyle, director of the Office of Energy Management and Sustainability, wrote the STARS report to assess sustainability and plan future changes at IC.

KEVIN YU/THE ITHACAN

gardens, specifically the largest garden located by Farm Pond Road. Stork said students in some classes use the garden, but she would like to see it used more broadly by the college community.

"It's pretty magical when people kind of firsthand connect to where their food's coming from," Stork said.

The college also received full STARS credit in some sections in both 2019 and 2022, including the undergraduate program section community partnerships, biodiversity and support for underrepresented groups.

## Negatives

Although the college received a gold ranking in STARS, there were also many sections where the college saw a decrease from its 2019 scores, received a zero or had notably low scores.

Between 2019 and 2022, the campus vehicle fleet received a score that decreased from 0.02/1 to 0.01/1. According to the report, out of 158 vehicles in the college's fleet, 141 are fueled by gasoline only, 16 are fueled by diesel only and one is 100% electric-powered.

Doyle said he has been working on how to decrease the size of the vehicle fleet and working with an outside contractor, CLEARresult, along with other New York school districts and

towns to brainstorm how to electrify the fleet.

Some changes to the report could be attributed to differences in how the assessment was done in 2019 versus 2022. For example, the building design and construction score has decreased since 2019. This decrease occurred despite the college reporting more building space that is certified in sustainable design and construction.

Other sections received no points because they were not updated with new information since 2019.

Like Doyle, Stork said that while the college's ranking is great, there are always ways to continue improving and expanding sustainability, and that the college can even go beyond that to create a system that supports the environment and equity together.

"I would argue; let's not stop at sustainability, which is a little bit status quo," Stork said. "Let's look toward thriveable, and if we put our mind to it, we could be carbon neutral so quickly and we could have a bunch of practices in place that support a thriving community."

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## FRATERNITIES, FROM PAGE 1

At Ithaca College, the only Greek life recognized by the college is academic-related fraternities.

Dave Maley, director of public relations, said via email that the college revoked recognition of the last remaining social fraternity in 1989 for violating college policies. In 1993, the college made the decision to no longer recognize social Greek life. The final decision came years after a student died as a result of a fraternity initiation in 1980.

Bonnie Prunty, vice president of Student Affairs and Campus Life, said that in 2015, a committee convened to reexamine the Greek life policy.

"Periodically, we will receive information that leads us to believe that there's an off-campus organization that students have formed," Prunty said. "But it's not a recognized [Greek life] organization, and it's not affiliated with a college in any way."

Ithaca College students frequent fraternity parties, which Prunty said is one reason the college issued a notice following the shut down of Cornell fraternity parties.

"Obviously, we realize with both our campuses in the same town and our students interacting socially ... sometimes safety concerns cross [campuses]," Prunty said.

In 2016, two Ithaca College students were stabbed leaving a party sponsored by Cornell fraternity Omega Psi Phi. One student, Anthony

Nazaire, died. The other, Rahiem Williams, survived his injuries.

A Cornell student reached out to *The Ithacan* to tell his story about being in the Zeta Psi fraternity and experiencing homophobia. *The Ithacan* has chosen to keep this student anonymous to protect his identity and personal well-being. The student said he joined Zeta Psi in Spring 2021 at the same time as his partner but left in September 2022.

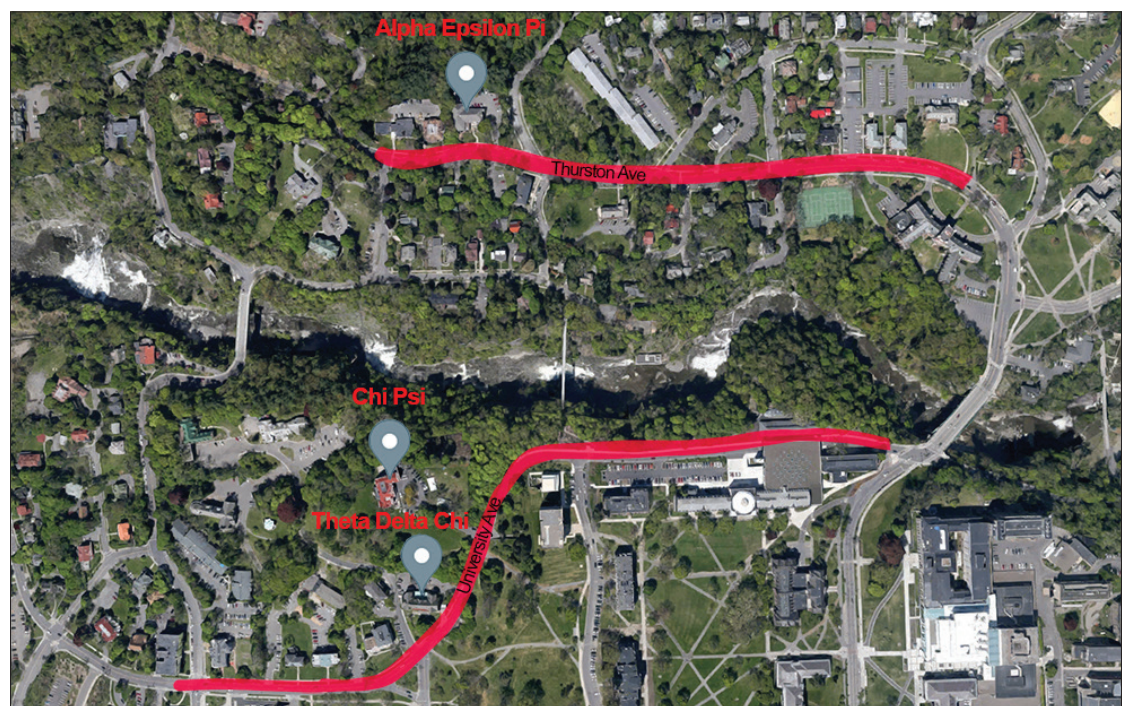
"I come home from class one day [in September] and [a homophobic slur was] written on my door, and then when I asked the president [of Zeta Psi] about this, he says that he doesn't know anything that's going on, but he suggested that I leave the fraternity," the student said. "In my opinion, he seemed kind of indifferent to the situation."

The student said that after leaving the brotherhood, an altercation occurred in October.

"I go to my partner's place [at Zeta Psi] and then the president threatens to call the police if I don't leave," the student said. "I haven't been back there since."

According to messages acquired by *The Ithacan*, after that altercation, the president of Zeta Psi texted that the student was not allowed in the fraternity house going forward.

In text messages from Spring 2022 provided to *The Ithacan* by the student, a fraternity brother responded to the student's Instagram story that said, "some piping hot tea



The recent druggings happened on the 800 block of University Ave., which houses Chi Psi and Theta Delta Chi. The sexual assault occurred on the 100 block of Thurston Ave., which houses Alpha Epsilon Pi.

PHOTO ILLUSTRATION BY MALIK CLEMENT/THE ITHACAN

about my experience with Greek life and my experience with my fraternity. .... stay tuned."

"Don't call the house homophobic," the fraternity brother wrote in response. "Pay us our money. You owe the house money and hide behind your sexuality as a reason to not pay. Cancel me I don't give a [f-k]."

Tyler Boisvert, executive director of Zeta Psi, responded to the allegations of homophobia within the fraternity.

"Homophobia is antithetical to

the values and mission of Zeta Psi Fraternity," Boisvert said via email.

Cornell has been transparent about hazing within fraternities and provides a list of the incidents from Fall 2004 up to the present year.

Cornell student George Desdunes died in a 2011 fraternity hazing incident. Desdunes' fraternity, Sigma Alpha Epsilon, reopened in 2022 after having been shut down following Desdunes' death. In 2019, first-year Cornell student Antonio Tsialas was found dead at the bottom of a gorge

after participating in an unregistered recruiting event at the Phi Kappa Psi fraternity house, which was found to have violated several Cornell policies. The university banned Phi Kappa Psi indefinitely.

"When bad stuff happens, you know, the school doesn't necessarily do much unless someone — God forbid — has to die in these situations," the anonymous Cornell student said.

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# The Ithacan Diversity Report

BY ZHANNZ GOMEZ

This year, *The Ithacan* is revisiting last year's diversity report. The new diversity report was formulated by the current community outreach manager. We asked for demographic information in an effort to compare last year's data and monitor changes and improvements.

The new survey consisted of 10 questions and some were answered by multiple choice while others were open-ended. Similar to our previous report, all answers are anonymous, and the answers were charted and compared to available Ithaca College student population data. The survey was sent out to all 26 of *The Ithacan's* editorial board members and 23 of them responded.

This diversity report serves as a progress report and motivation for our team to develop strategies and devise a plan to attain them. As a paper led by students, we are conscientious of the importance of amplifying marginalized voices.

We will continue to work on reflecting that with the representation in our editorial board and our coverage of all

communities on campus. That starts with sharing comprehensive data about our demographics.

In the past year, *The Ithacan* began to implement diversity, equity, inclusion, and belonging (DEIB) sessions. We asked board members to attend these sessions and held a debrief meeting at the end of the semester to discuss our approach to DEIB.

In future semesters, we hope to open these sessions to all staff and create a time for the staff and editorial board members to have an open dialogue about topics ranging from intersectionality to microaggressions in the workplace. The previous diversity report allowed us to share this year's data and reflect on our progress and update the steps that need to be taken.

The purpose of this diversity report is to be fully transparent about our makeup as an organization and address gaps in our representation.

We are determined to build a more balanced workplace that recognizes that diversity is intersectional, and encouraging an inclusive environment is a step toward equitable and impartial coverage. While this report can track significant progress, we recognize that

it will take continued effort to hold ourselves accountable.

Our findings are:

- Our nonbinary and trans population has grown significantly.
- While our data shows that the representation of people of color (POC) grew, the numerical gap between the POC and white members also widened.

– In our sexuality section, there was a substantial increase in our representation of LGBTQ+ members, and the data is becoming increasingly balanced between all sexual identities.

– We've taken steps to introduce our board to DEIB sessions led by The Center of IDEAS, ranging in topics from intersectionality to implicit bias.

We are dedicated to building a diverse and inclusive community that amplifies marginalized voices. We are focused on developing activities and scenarios that reflect our progress and the work that still has to be done. We are hoping to expand our resources dedicated to DEIB and continue to search for other resources that promote diversity in the workplace.

## Racial and Ethnic Background

In accordance with the U.S. Census Bureau's standard of collecting racial and ethnic background data, this survey question had six multiple-choice options. *The Ithacan* editorial board continues to be predominantly white, with the percentage of white editorial board members growing 5.3% from last year. While there was no mixed-race option, this survey question allowed for multiple answers.

The findings show that there are still no members that are Alaskan Native or Pacific Islander. Black, Indigenous and people of color (BIPOC) on *The Ithacan's* board represented 28% of the newsroom; a 5.4% decrease in BIPOC representation compared to 2021. This is 7.3% higher than the BIPOC population at the college, compared to last year's 10.1%. Population data for the campus is located under the Office of Analytics and Institutional Research (AIR) on the college's website. Its data classification is different, as the college includes international populations. However, our survey did not include a question about international student status.

For comparison, Ithaca College's most recent data from Fall 2021 reports that students are 72.4% white, 4.8% unknown, 2.1% international and 20.7% BIPOC.

## First Generation

According to the college's website, 15% of the student body is first-generation students. Ithaca College defines First Generation as "Students (and their siblings) who are the first in their family to attend and graduate from a four-year residential college in the U.S. ..." The college's data has not been updated for the 2022–23 academic year. Our representation of first-generation students has decreased from 8.7% to a low 4.5%.

## Class Year

The editorial board is considerably more balanced with the number of sophomores and seniors being the same at 34.8% while the number of juniors on the board decreased from 46.2% to 30.4%. The editorial board for the fall semester was hired during the previous spring semester, so there were no incoming first-year students on campus, and therefore, they are not represented on the editorial board.

## Ability

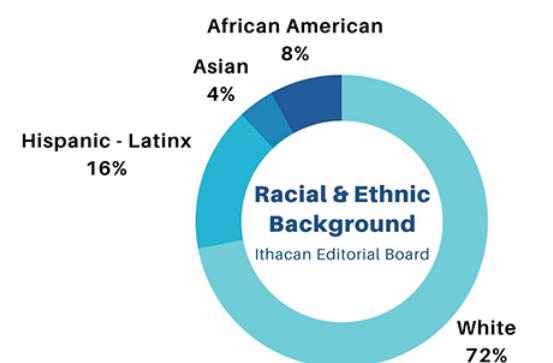
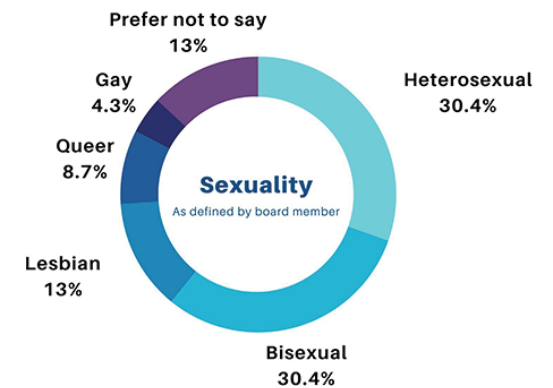
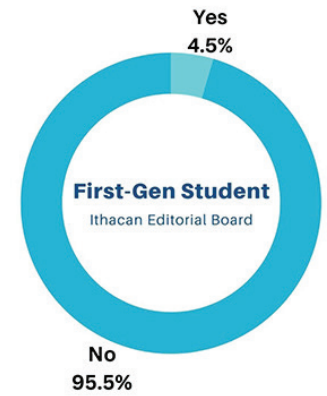
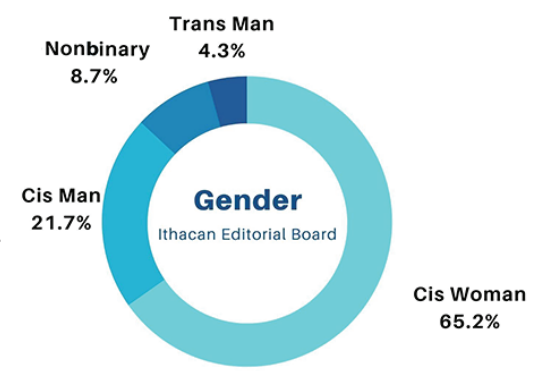
Like other categories, there is still no publicly available data to compare the larger student body with *The Ithacan's* board. However, our population of disabled members has grown from 4.3% to 8.7%.

## Sexuality

This survey question was not multiple choice, and each board member wrote their answer in a text box. This means the categories for sexuality data are specific to how the board member completing the form identifies. This year the board is much more balanced with both bisexual and heterosexual sexual identities reported at 30.4%. While 13% identified as lesbian, 8.7% queer, and 4.3% as gay, there are no individuals who identified as pansexual. For this and the following categories, there is no readily available data to compare with the college's student body. However, the college continues to be ranked as the "Best of the Best" on the Campus Pride index since 2012.

## Gender

*The Ithacan* board continues to be predominantly composed of cisgender women with cisgender women making up 65.2%, an 8.7% decline compared to last year. Cisgender men make up 21.7% of our board, a 4.3% increase compared to last year. The student body of Ithaca College is reported as being 56.7% women and 43.3% men. Nonbinary representation on the editorial board has grown to 8.7%, a 4.4% increase from last year. Transgender representation is low at 4.3% but is an increase from last year's 0%. The AIR does not report the number of nonbinary or transgender students at the college.



GRAPHS BY ZHANNZ GOMEZ

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ZGOMEZ@ITHACA.EDU

## COLLEGE BRIEFS

### Faculty plan to present research conducted during sabbaticals

Faculty from three different departments will present research conducted during their sabbaticals from 4 to 5:30 p.m. Dec. 8 in Clarke Lounge. Narges Kasiri, associate professor in the Department of Management, will present on the use of business analytics tools by small- and medium-sized businesses, titled "The Patterns of Business Analytics Adoption in US SMEs: An Exploratory Approach." Craig Duncan, professor and chair of the Department of Philosophy and Religion, will present on connecting Thomas Paine's ideas on social security and land capital with modern technology and intellectual capital, titled "Technological Justice: Tom Paine's Revolution and the Coming Robot Revolution." Richard Faria, professor in the Department of Music Performance, will present his book, "A Temporary Affair: Talks on Awakening and Zen", which is a collection of Dharma talks by David Radin at the Ithaca Zen Center about comfort through a terminal illness. Individuals with disabilities requiring accommodations should contact Colette Matisco, administrative assistant in the Center for Faculty Excellence, at [cfe@ithaca.edu](mailto:cfe@ithaca.edu) or 607-274-3734.

### Students in writing course share grant proposals for non-profits

From 4 to 5:30 p.m. Dec. 8 in Klingenstein Lounge, students in the Proposal and Grant Writing class in the Department of Writing will present their grant proposals written during the semester. The proposals are intended for five non-profits in the local area that will have members in attendance at the event. The non-profits are Suicide Prevention & Crisis Services, Cayuga Lake Watershed Network, The Ithaca Voice, O.A.R. of Tompkins County and Story House Ithaca. Individuals with disabilities requiring accommodations should contact Jim Stafford, assistant professor in the Department of Writing, at [jstafford@ithaca.edu](mailto:jstafford@ithaca.edu) or 607-727-2644.

### Staff Council hosts Note of Thanks event for college staff

The Staff Council is hosting a Note of Thanks event, open to everybody on campus from 11 a.m. to 2 p.m. Dec. 7 and 8 in the Campus Center lobby. Staff, faculty and students can send a thank you note to any staff member at the college. Materials will be provided at the event. Staff members who participate in the event by

sending a note will be eligible for a coupon to the campus store.

### Student research event hosted by the Department of Biology

The Department of Biology hosted a research symposia Dec. 6 and 7. Students in the department partnered with department faculty advisers to conduct and present research on topics, including designing gels for novel medical adhesives, how disrupting dopamine synthesis in Tardigrades alters locomotion, the effect of habitat on the metabolic rate of *Daphnia*, and the electrical response of plants to touch and wounding. All research labs in the Department of Biology include collaborations between students and faculty.

### College to organize Spring 2023 Mario Kart gaming tournament

The Office of Campus Recreation and the Department of Information Technology will co-sponsor a Mario Kart gaming tournament at 11:30 a.m. Feb. 4 in Emerson Suites. The winner of the tournament will receive a Nintendo Switch. The tournament will host other attractions, including stations for virtual reality and arcade games. In addition to the Nintendo Switch, there will be giveaways for attendees and free energy drinks and food. Individuals requiring accommodations for the gaming tournament should contact [ITStudentCoord@ithaca.edu](mailto:ITStudentCoord@ithaca.edu).

### Online course offered on media criticism during Winter 2023

Stephen Tropiano, professor and director of the JB Pendleton Center in Los Angeles, will teach a three-credit winter term course called Electronic Media Criticism. The course will fulfill two ICC requirements, Diversity and Writing Intensive. It will be centered around U.S. television's representation of minorities, looking at both older and more modern programming. The course is open to all majors and will be online synchronous, with six meetings from 2 to 5 p.m. Tuesdays and Thursdays.

### Whalen Symposium is currently accepting student applications

Project and abstract submissions are open for the James J. Whalen Symposium on April 11, 2023, in the Campus Center. Student and faculty research teams can present posters, presentations or creative work. The symposium is open to anybody in the college.



### Table tennis tournament serves up prizes

Junior Caleb Choo rallies with an opponent during a match of table tennis Dec. 2 at the Fitness Center. The Ithaca College Chinese Students and Scholars Association hosted the tournament with prizes for the top three placements.

XINYI QIN/THE ITHACAN



### Ice & Lights festival features ice glow bar

Ithaca College alum Nate Newton '04 serves beverages at the ice glow bar during the Ice & Lights festival Dec. 3 on The Commons. The festival had a chowder cook-off, ice sculpture contests and will continue Dec. 9 to 10.

DAISY BOLGER/THE ITHACAN

## PUBLIC SAFETY INCIDENT LOG

SELECTED ENTRIES FROM NOV. 21 TO 27

NOVEMBER 21

### SUSPICIOUS LETTER/ E-MAIL/ CORRESPONDENCE

LOCATION: Peggy Ryan Williams Center  
SUMMARY: A caller reported that a person sent an alarming email to someone. Patrol Officer Mayra Colon responded to the call.

### PETIT LARCENY UNDER \$50

LOCATION: 286 Lyceum Drive/ Tallcott Hall  
SUMMARY: A caller reported that an unknown person stole their food order that was delivered. Master Patrol Officer Sophia Dimkos responded to the call.

NOVEMBER 22

### MEDICAL ASSIST/ ILLNESS

LOCATION: Campus Center  
SUMMARY: Caller reported a person with an elevated heart rate who felt faint and nauseated. Person declined medical assistance. Patrol Officer Kevin Noterfonzo responded.

### CRIMINAL TRESPASS/ THIRD DEGREE

LOCATION: 288 Lyceum Drive/ Holmes Hall  
SUMMARY: Caller reported a room door was found open. Officer determined an unknown person entered the room. Residents were contacted and no items were reported to be

missing. Patrol Officer Kevin Noterfonzo responded to the call.

### MEDICAL ASSIST/ PSYCHOLOGICAL

LOCATION: 288 Lyceum Drive/ Holmes Hall  
SUMMARY: A caller reported that a person was banging on a door and was trying to gain entry into the building. An officer determined that the person was intoxicated and that the person was making suicidal statements. The person was then taken into custody under the New York state Mental Hygiene Law and was transported to the hospital by an ambulance. Patrol Officer Steve Hutchison responded to the call.

### MEDICAL ASSIST/ ILLNESS

LOCATION: 143 Tower Skyline Drive/ East Tower  
SUMMARY: Caller reported having a sore throat and elevated temperature. Person declined medical assistance. Master Patrol Officer Sophia Dimkos responded.

NOVEMBER 24

### CRIMINAL TRESPASS

LOCATION: Bogart Hall, 334 Grant Egbert Boulevard  
SUMMARY: Caller reported a suspicious person. They were not affiliated with the college and were issued a notice from campus. Patrol Officer Joe Opper responded.

### TRESPASS

LOCATION: Y-Lot  
SUMMARY: Officer reported a suspicious vehicle parked with its lights on but the person was not affiliated with the college and was asked to leave the area. Patrol Officer Steve Hutchison 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

# OPINION

THURSDAY, DECEMBER 8, 2022

7

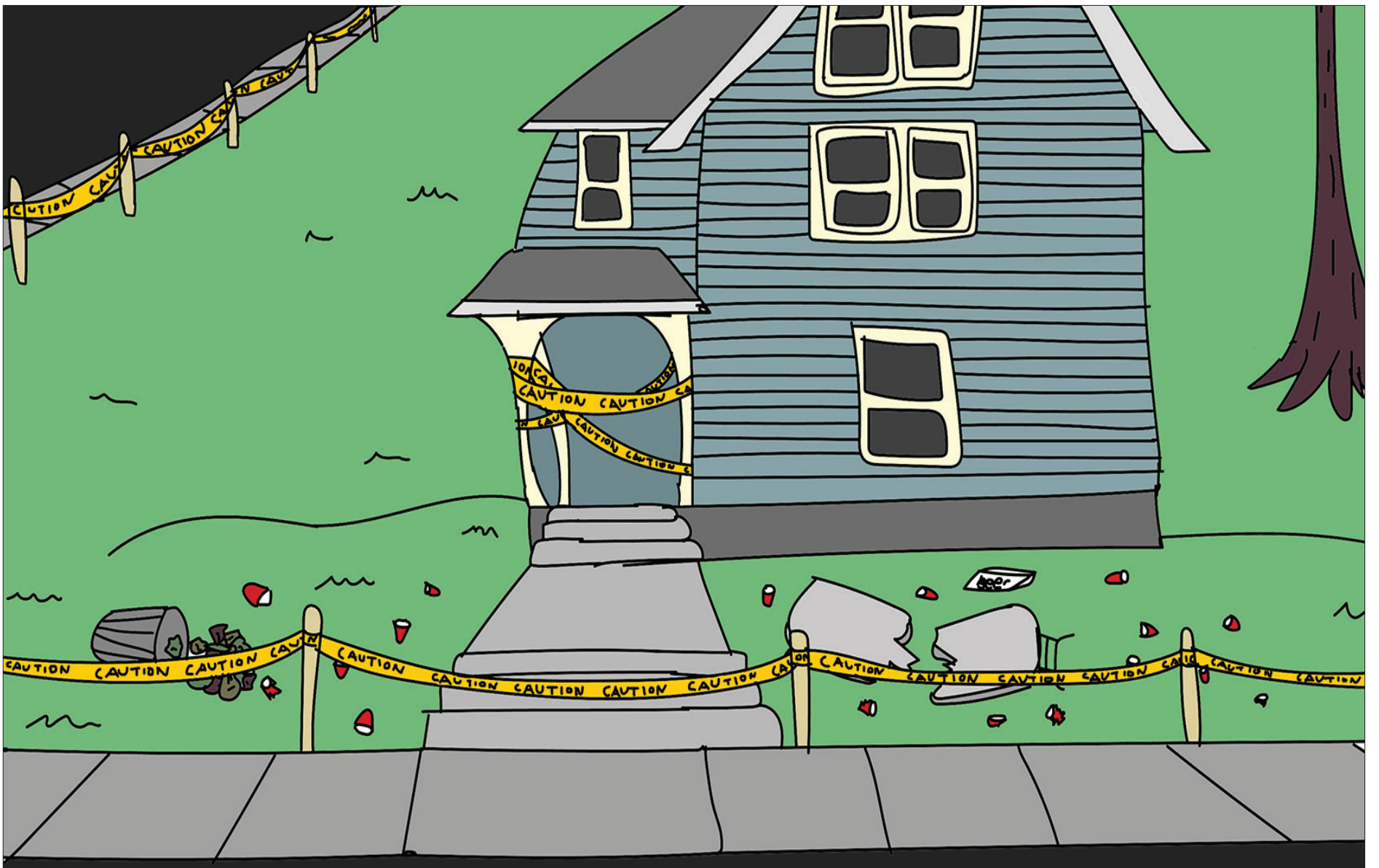


ILLUSTRATION BY JOONAH JANG/THE ITHACAN

## EDITORIALS

### Regulations are essential to prevent crimes at frats

Fraternities have become so powerful over time that they are hardly held accountable for the crimes they commit. One of those crimes is sexual assault that occurs at fraternity parties. Ithaca witnessed these incidents when reports of drink-spiking and sexual assault at Cornell University fraternity parties were made.

University administrations do not have much power in regulating fraternities because they are semi-independent organizations. Even if universities try to enforce regulations, fraternities can easily disaffiliate themselves and become underground fraternities with every opportunity to continue their violent behavior. Another thing colleges can do is not recognize them at all. Banning social fraternities is exactly what Ithaca College did after Joseph P. Parrella died in 1980 after participating in a fraternity initiation. However, ignoring the issue is not a solution to the problem.

Even though fraternities can hardly be

regulated today, changes can be made through individual and national support. Title IX is not obligated to investigate cases that are not connected to college-related activities, which includes underground fraternities. Changing these rules can significantly improve fraternity regulations. Having Title IX investigate cases outside of college-related activities can increase reports and regulations of fraternity crime. The government must do its part to greatly prevent sexual assault by imposing laws that regulate national Greek life organizations.

While waiting for these changes, we must do our part as well. Students should avoid attending fraternity parties because it raises fraternities' social status. Sexual assault can occur anywhere, at any point, but as long as we know there is a higher risk at those parties, why attend at all?

There is a huge problem with Greek life organizations, yet very little action. Addressing these problems cannot be ignored anymore, and your voice is the start.

### Priority needs to be given to athletes' mental health

For athletes, mental health is typically taboo. A coach will likely tell players, "Get your head in the game!", but that is about the furthest extent of mental health acknowledgment. It's not something that should be shared openly because it shows weakness, at least, that's the mentality of many sports organizations. Currently, Ithaca College is expanding programs in the field of sports psychology to overcome both the stigmas and obstacles that come with maintaining the overall well-being of athletes.

In 2003, the Center for Disease Control (CDC) launched an initiative called the CDC HEADS UP Campaign, which since has reached over 20 million people and changed the way athletic organizations handle and treat concussions. Just like concussions, mental illnesses occur in the brain and it can be difficult to notice symptoms. But with proper training and outreach, discussions and action taken to treat mental health issues can become as normalized as treating a concussion.

When someone gets a concussion, they are actually at greater risk of getting more concussions in the future. Training initiatives like HEADS UP take measures to reduce risk as much as possible. The same principle can be applied when talking about mental health struggles. Issues like stress, injury recovery and psychiatric issues are conditions that can be persistent and long-term and are more likely to arise more than once upon the initial onset.

Expressing struggles is not a sign of weakness, but rather of strength. Athletes who acknowledge and address their issues will likely see improvements in their performance.

Some of the toughest coaches might say something like, "The definition of insanity is doing the same thing over and over again and expecting a different result." Although this is usually in regard to developing athletic techniques and strategies, it applies to mental health, too. Pretending there isn't an issue will not make it go away. You must embrace the issue in order to cope, heal and prosper.

## 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

# A Two-Spirit's guide to celebrating Thanksgiving

BY SEESSA KAUFFMAN

government of the country to which they are native.

Many people, especially white people, don't know how to refer to us correctly. Since I'm not native to Turtle Island (the United States), I like to identify as Indigenous. Most people native to Turtle Island might still prefer the label Indigenous instead of Native American. Some native people are reclaiming the term Indian, but that's not an assumption anyone non-native should make. It's mostly a term used within communities.

Although I'm not native to Turtle Island, I do understand being killed, displaced and/or colonized just for living on land someone else wanted. In Ecuador, Indigenous people are still tortured and killed for being Indigenous. Speaking Quechua is still looked down on and not allowed in some places. Inti Raymi, the celebration of the sun, is still celebrated, but not everywhere by all Incan peoples.

The #LANDBACK movement is very important to native and Indigenous peoples and is in favor of reparations and returning land to Indigenous peoples and reservations. #LANDBACK doesn't just call for land acknowledgment during events, but also encourages to give back. The movement means different things to different people because some Indigenous people are content with land acknowledgments and donations

My dad is indigenous to Ecuador while my mom is a white person from Missouri. I've always had my foot in two worlds, and neither of these worlds always fully accept me. Attending predominantly white schools since pre-kindergarten, I've never really felt like I fit in anywhere. I celebrated Incan days of importance, ate Incan foods and traveled to Ecuador every summer. Some of my classmates thought I was weird for embracing my culture, so I identified as white and suppressed my identity until I was 16 because I didn't really know what to make of my identity. Now I identify as a "reconnecting native," meaning I am reconnecting with my culture after denying it for some time.

There are many myths about Incas and Native Americans that just aren't true. For example, Native Americans didn't teach colonizers to bathe. We aren't any less "civilized" and we aren't "savages." I really hate that word because it is racially charged and was used against Native Americans for a long time. We didn't just let colonizers kill us and weren't passive in the colonization process. We need to be referred to in the present tense, not the past. Many Native American and Indigenous tribes are still around today and have land "given" by the



Junior Seessa Kauffman addresses their discomfort with the celebration of Thanksgiving. They provide alternative actions to the annual tradition that benefits from the colonization of Indigenous people.

MADDY TANZMAN / THE ITHACAN

while others want the complete surrender of the colonizers' current land to native people.

Acknowledging the problem means nothing without direct redistribution of power and wealth as reparations. While looking up whose land you're on is a good start, donating to the #LANDBACK movement and to reservations' funds is also what should be done.

My grandma's birthday is close to

Thanksgiving, so my mom's side of the family celebrated it on Thanksgiving this year. We wanted to get together and eat Thanksgiving food without talking about "thankfulness" and the "inspiring" story. I never felt comfortable celebrating Thanksgiving, so I'm glad they listened when I voiced my discomfort. Last year, I didn't attend, even though I wanted to see my mom's family.

The only way to decolonize

Thanksgiving is to stop celebrating it completely. Tell your friends. Tell your family. Most of all, tell people that might not respond well to it. Have uncomfortable conversations. The initial discomfort is worth the racism prevention and one of many ways to pay reparations.

**Seessa Kauffman (they/them)** is a junior music composition major. Contact them at [skauffman@ithaca.edu](mailto:skauffman@ithaca.edu).

## GUEST COMMENTARY

# Our decisions have a large impact on climate change

BY THEO SUMMERVILLE

Climate change. Global warming. Whatever you want to call it. It is one of the biggest problems that humanity faces today. One of the worst parts about it is that we caused it. Through continued innovation, we have begun to alter the climate in ways that are irreversible. These innovations have led to many basic conveniences we have in life, like seemingly limitless travel with cars and planes to being able to buy frozen ground beef at your local supermarket, which have contributed to widespread greenhouse gas emissions.

Every time a combustion engine is used it releases carbon dioxide, the most prevalent greenhouse gas, into our atmosphere. For decades, this emission has been seen as the "smoking gun" for rising global temperatures, leading to the development of catalytic converters to reduce the amounts released from cars. The problem is that carbon dioxide and combustion engines are not solely at fault.

Commercial cattle farming is responsible for the release of methane and nitrous oxide, two of the four primary greenhouse gasses. These emissions can be up to 25 and 300 times more damaging to the atmosphere than carbon dioxide, respectively, and yet the United States government continues to subsidize factory meat and dairy farming operations at approximately \$38 billion every year. Methane and nitrous oxide emissions accounted for 18% of U.S. greenhouse gas emissions in 2020 while 79% was attributed to carbon dioxide.

For the case of this article, I will use carbon dioxide equivalencies (converting amounts of other gasses to the equivalent amount of carbon dioxide with the same global warming potential) to report the total U.S. greenhouse gas emissions contributing to climate change.

The amount emitted is an alarming 5.98 billion metric tons of carbon dioxide annually. For my combustion engine-loving friends out there, that's the equivalent mass of 2.99 billion Ford F150 pickup trucks. That same amount of trucks parked end-to-end would wrap around the globe over a staggering 473 times. How's that for America's best-selling pickup?

Ithaca hosts some of the most beautiful winters I have ever witnessed. Frozen waterfalls, snow-covered trees and the gentle winds (alright, maybe they're not that gentle) are some of the reasons why I love to call this place home.

Some have noticed abnormally warm days this fall and point at climate change as an explanation. It is important to remember that climate is defined by the long-term average precipitation and temperature of an area, in contrast to weather, which is the short-term conditions seen in an area.

This means that when someone points to a single 50° F day in the middle of January as an example of climate change, they are likely mistaken. I'm just as happy as you are to have a break from the bitter cold of winter when these unusually warm days occur, but when looking at historic temperatures and realizing that they have rapidly increased over just a few decades, this joy goes away.

The average annual temperature in New York has warmed by 3° F since 1970 and is predicted to do the same by 2080. Though a 3° F increase may seem insignificant, this warming has been enough to alter the timing of tree and flower blooming, in turn impacting the availability of food resources for migrating and hibernating animals. This could result in behavioral changes in these animals, including a shift in feeding behaviors, causing ecosystem alteration.

Though we have begun to experience



Senior Theo Summerville uses his background as an environmental researcher to emphasize the effects of climate change. He believes in conscious consumption.

LEILA MARCILLO-GÓMEZ / THE ITHACAN

some effects of climate change, they are still mild when compared to other parts of the country. The Pacific Northwest, for example, has experienced extreme heat waves that are exacerbated by the effects of climate change. These heat waves have increased the occurrence and severity of wildfires in the region. Across the country, wildfires caused over \$11 billion in damages in 2021 alone. Instead of rebuilding, some residents have decided to move to different regions in the country, making themselves some of the first climate migrants in the U.S. The Pacific Northwest is not alone however, as many coastal regions in the U.S. are facing rising sea levels because of climate change, and some arid climates have begun to experience

annual prolonged droughts.

Though many of the effects of climate change are often small and hard to notice, over time they will become impossible to ignore. To help combat the effects of climate change, everyone can make simple choices to alter their daily lives. Decisions like limiting energy use and long-distance travel, using public transportation, advocating for environmental policies and voting for climate-minded officials may seem small, but this problem is much too large for any one person to solve alone.

**Theo Summerville (he/him)** is a senior environmental science major. Contact him at [tsummerville@ithaca.edu](mailto:tsummerville@ithaca.edu).



## Emerging with unbound talent

BY PATRICK MAZZELLA

As the end of Fall 2022 approaches, all of Ithaca College's clubs are wrapping up their time together before winter break. Two dance companies, IC Defy and IC Unbound, had their end-of-the-semester showcases Dec. 3 and Dec. 4, respectively — ready for the pay off for months of work.

IC Unbound's showcase, "IC Unbound Dance Company in Technicolor," boasted 24 student-choreographed dances, ranging in style from tap to theater to modern.

Sophomore Cassi Silver was a student choreographer, but beyond choreographing a number in the show, she participated in five other dances. She said she has been learning something new every day from being a choreographer now, after having danced for 15 years before joining IC Unbound. She said she has become a much better dancer this semester, which is only her second with the company.

The song she chose to choreograph was John Kander and Fred Ebb's "All That Jazz" from the musical "Chicago." Silver said she had been imagining choreographing

a dance to the number from "Chicago" since she joined the club in Spring 2022. She said she is very grateful she got the opportunity to see it come to life.

"When you are choreographing a dance, there are a lot more logistical aspects than I think people realize," Silver said. "There are so many things you need to think about blocking and movement-wise."

Junior Angelina Larkin also choreographed her own dance, set to a compilation of Doja Cat songs, including "Streets," "Kiss Me More" and "Options." She said she was inspired by the other dancers and choreographers she has watched develop their own creations and wanted to express the same kind of feelings that the songs evoke in her.

"I wanted the dance to be all about confidence," Larkin said. "It's on the sexier side of things, but people shouldn't be afraid of that part of themselves."



From left, sophomore Nicole Morgan, senior Ciara Ephault and first-year student Kate Staron present their routine during IC Defy's "Emergence" show Dec. 3.

ANA GAVILANES/THE ITHACAN



From left, seniors Claire Thompson and Irena Rosenberg and the executive board for IC Unbound perform a dance to the song "When Doves Cry" by Prince on Dec. 4.

DAISY BOLGER/THE ITHACAN



Junior Brianna Warrant performs a lyrical routine to the song "In Case You Don't Live Forever" by Ben Platt during the "IC Unbound in Technicolor" show Dec. 4.

KALYSTA DONAGHY-ROBINSON/THE ITHACAN

For its first show after sending off its founding members in Spring 2022, senior Abby Stengel, president of IC Defy, and junior Madeleine Jimenez, vice president of IC Defy, said they were both ready to reinvent the company. Entering its fifth year, IC Defy is the college's newest dance company, and Stengel was ready for a change. She said she wanted to overhaul the structure of the company.

Defy's showcase this semester was called "Emergence," signifying the company coming out as something fresh and making a new name for themselves on campus. The show included 21 student-choreographed dances, including some whole company numbers and some small groups. Junior Catherine Jantson, who is one of the co-chairs of Promotion on the IC Defy executive board, said the theme felt very personal to many of the returning company members. Jimenez expressed her gratitude to the company for reigniting her love for dance once she got to college and wants to give something back to Defy, and a reintroduction to the school is what it needed.

Jantson similarly said she was excited to see how IC Defy will continue to evolve and grow as a community.

"I guess in a sense we're emerging as a new version of Defy," Jantson said. "We love our alumni, but we have a lot of fresh faces this semester that people didn't associate with Defy originally."

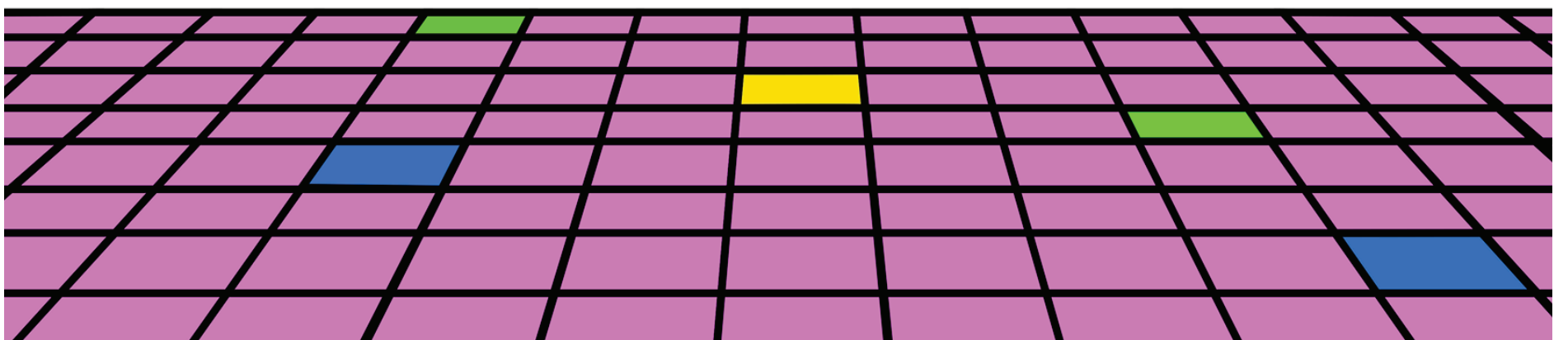
Although there are different structures and processes for creating their shows, both companies live in a kind of in-between space in the world of the college's extracurriculars. Jimenez said she believes that dance is art, but people often underestimate the athleticism and precision of it.

"It's absolutely both a sport and an art," Jimenez said. "There's creativity in it, so people don't totally expect it to be as challenging as it is."

Both Stengel and Jimenez said they wanted audiences to walk away from the show in awe of their talent, but also thinking about the clear bond between the dancers. Stengel and Jimenez said they have formed close relationships with the other dancers, which helped form a community.

"I want everyone to leave Emerson Suites on Saturday thinking, 'That's a family up there,'" Stengel said.

CONTACT PATRICK MAZZELLA  
PMAZZELLA@ITHACA.EDU



# Students cozy up for end-of-semester holiday fun



BY KATIE KROM

Holiday songs say it's the most wonderful time of the year — ignoring the grueling college finals and endless projects and assignments. To get away from the stress, holiday music played from IC Square on Dec. 2 as students shuffled in with their friends, wearing pajamas and displaying their holiday spirit.

IC After Dark hosted a “PJs and Pancakes” event that was attended by about 30 students. The event was entirely free and IC After Dark provided hot chocolate, hash browns, pancakes and, of course, the maple syrup.

While students enjoyed their food and beverages, they were also welcome to create holiday crafts. There were mugs ready to be painted, ornaments and even gingerbread houses. A makeshift fireplace was displayed on the projector while blue overhead lights filled the room with a warm and cozy atmosphere.

Because of the holiday season and finals in full bloom, many organizations are putting on events around this time to increase the holiday spirit and decrease the stress from finals. The Student Activities Board (SAB) had their annual gingerbread house decorating contest Nov. 29 in IC Square. They also hosted a movie night Dec. 3 and 4 in

Clark Lounge and screened “The Polar Express.” The American Red Cross Club decorated holiday ornaments Dec. 6 in IC Square.

According to the American Institute of Stress, eight in 10 college students reported experiencing frequent stress, and this number is on the rise. According to TimelyMD, more than 60% of students reported experiencing mental health problems during the 2021–22 academic year, yet only 15% actively sought out counseling offered by colleges.

Junior Noah Strathmann, co-president for IC After Dark, helped to host the PJs and Pancakes event. Strathmann said he communicates with other organizations like the Conference and Event Services (CEV) for catering and Audio Visual Services when setting up any event.

“When working on the theme and ideas for the event, we do it as a whole club,” Strathmann said. “We like doing fun, laid-back events for students to come to and be able to destress right before finals. After we have the foundation, the events team then comes together and we iron out the details for the event, such as decorations, activities, prizes and food.”

Strathmann said he and the team had ample time to plan this event, so they were not stressed when it came to any of the planning. He said his favorite part of the event was seeing it all come together and wearing his PJs.

“We wanted pancakes because we wanted a breakfast-for-dinner kind of vibe,” Strathmann said. “We



Sophomore Meredith Ford paints on a mug at the PJs and Pancakes event hosted by the Student Activities Board on Dec. 2. The event allowed students to destress before finals with holiday activities.

MADDY TANZMAN/THE ITHACAN

are encouraging people to wear PJs to the event. We thought this was a great way for people to come and relax at our event.”

First-year student Leona Sungkharom went to the event in IC Square with a friend to sip on hot chocolate and eat some pancakes. Sungkharom had her ceramic mug on her left ready to be painted and festive ornaments on her right.

Sungkharom said she had not initially been planning to attend the event, but her friend asked her to go spontaneously and she is very happy that she ended up going.

“[Finals are] just a lot of work and I have to study a lot for them, especially these last few weeks. I have been stuck in my dorm a lot lately, and it is super nice to get out and go to this event,” Sungkharom said.

First-year student Katie Hayes said she decided to come to the event with her roommate to get her room ready for the holidays.

“[My roommate and I] like decorating our room, so we wanted to find something that we can bring back,” Hayes said. “I have been in the mood for Christmas since October. ... And it is really getting

me through this week because it is extremely stressful. I came here tonight to experience the happiness of the holiday.”

Strathmann said he wanted this event to be a safe haven for students before finals week comes.

“We really wanted to provide a safe and entertaining space for students,” Strathmann said. “While having the chance to destress with friends [and] make new friends and eat some pancakes.”

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# College community taps into spirituality with concert

BY ELIZABETH KHARABADZE

At the Hockett Family Recital Hall in the James J. Whalen Center for Music at Ithaca College, several of the college's voices and talents got together to liven the hall of about 50 people with songs of praise and worship. The concert was part of an interfaith celebration of life during an evening of spiritual performance and community building.

Hosted by the Office of Religious and Spiritual Life, the Spirit of IC concert brought together many spiritual performance groups for the first time Dec. 1 to highlight spiritual diversity across the college. The concert featured vocal performances by Lighthouse Christian Fellowship, Amani Gospel Singers, Pitch Please and Cantor Abbe Lyons, as well as a violin performance by sophomores Lily Milkis and Nadav Berkman and junior Joel Staub.

Yasin Ahmed, director for the Office of Religious and Spiritual Life, said this was the college's first time holding a concert specifically dedicated to welcoming both spirituality and diversity

“Our community is amazing,” Ahmed said. “I felt like we wanted to have community gatherings that [were] positive because I just wanted to create a new space where we come together and specifically we get performers from all different types of genres, all different walks of life, and put them together just to highlight the diversity and the talent within the Ithaca College community.”

The goal of the concert, Ahmed said, was to help foster a sense of community as the academic year comes to a close.

“I really want to make sure that we gather

on a positive note to close the semester,” Ahmed said. “Just seeing so many different voices being celebrated in the IC community. This was the perfect start and foundation and hopefully next year we'll be able to get even more people and more voices into the mix.”

Lyons performed a small part of a poem called Tzur Menati, which Lyons said translates to “rock of my existence.” The poem was originally written by Shalom Shabazi, a 17th-century Yemenite Jewish poet. Lyons said she chose to participate in the event in order to share more Jewish music and culture beyond Ashkenazi Jewish culture. According to a study by the Pew Research Center, in 2020, 5.8 million adults identified as Jewish. Ashkenazi Jewish people make up a large part of the population, with two-thirds of Jewish people in the U.S. identifying as Ashkenazi. The college also has a large Jewish population with over 1,000 Jewish students, according to Hillel at Ithaca College's Spring 2020 Annual Report.

“There are so many other threads in the Jewish tapestry with beautiful, beautiful music and culture and traditions,” Lyons said. “And so I have a personal commitment to be more inclusive in the music that I share.”

Lyons said she learned the song from Shlomit Levi, a Yemenite Jewish singer who released a version of the song in 2013. The piece starts off slow but picks up in tempo. Lyons said Tzur Menati encompasses love, gratitude and the joy of living. In terms of music, Lyons said it has the power to bring people together, something she hopes further events will bring.

“On so many levels, [music] can be uplifting, can make you feel heard, and so many



Yasin Ahmed, director of the Office of Religious and Spiritual Life, organized and hosted the first annual Spirit of IC concert, which took place Dec. 1 in the Hockett Family Recital Hall.

KALYSTA DONAGHY-ROBINSON/THE ITHACAN

different things,” Lyons said. “And that's a wonderful thing, both for individuals experiencing it and also for building community.”

Sophomore Cami Weldon said this was her first time performing with Lighthouse as part of a larger interfaith event, which was something Weldon said she was interested in.

“We've just been wanting to get more events,” Weldon said. “Not just with the music of different religions and cultures and backgrounds and everything, but also with other events to educate people who ... are interested in knowing more about different religious and cultural backgrounds.”

While Spirit of IC is only starting out for the first time this academic year, Ahmed said he has hope that there would be more events like the concert in the future that can connect the community with one another.

“I think it's really important that our relationships aren't transactional,” Ahmed said. “And I think building an organic community where ... I see the beauty in you and we all see the beauty in each other is something that we got to keep cultivating.”

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# Murder mystery peels back layers of genre

MOVIE REVIEW: "Glass Onion: A Knives Out Mystery" Netflix



BY PATRICK MAZZELLA

The newest "greatest detective in the world," Benoit Blanc, is back for another subversive take on the traditional murder mystery.

Writer and director Rian Johnson follows up his mystery/comedy smash hit "Knives Out" (2019) with "Glass Onion: A Knives Out Mystery," which follows Benoit Blanc (Daniel Craig) and an eclectic group of old friends who call themselves "The Disruptors." Each member has become wildly successful on their own, but many reached their status thanks to genius billionaire Miles Bron (Edward Norton), who is the richest and most famous among them. When they receive a box inviting them to Bron's private island, the guests all discover they are there to solve the mystery of his murder, a twist on a tradition of bringing his old friends together for one big weekend a year.

"Glass Onion" absolutely delivers. Being an anthology series (the only throughline of the two films being Detective Blanc), Johnson opened this world up to so many more possibilities and takes full advantage of this opportunity. Using the trust in his artistry given to him by Netflix after spending nearly half a billion on the rights, Johnson has

crafted an even grander, twistier, funnier mystery than one can imagine. "Glass Onion" serves as yet another indictment of the culture of the rich and the conniving nature of those around them. Thankfully, it sets itself apart from the previous film, rarely falling into the same tropes, making for a refreshing take on the whodunit genre.

In a roundtable interview for The Hollywood Reporter, Johnson described the process of creating both "Glass Onion" and "Knives Out" as an exercise in understanding famed mystery writer Agatha Christie and her ability to create such brilliant mysteries. Johnson also wanted to make sure that the mysteries felt relevant to the present day. And boy, is he successful at both. Johnson, through both films with Detective Blanc, has captured the current landscape of the United States and the rich.

There's the frazzled, uptight politician (Kathryn Hahn), the misogynistic dude-bro streamer (Dave Bautista), the much too careless free spirit (Kate Hudson), the eclectic leader of the pack (Norton) and many others. All of the characters feel like caricatures of some real-life figure who will seemingly never leave anyone's social media feed, no matter how hard one tries. Despite



While Benoit Blanc (Daniel Craig) returns for the "Knives Out" sequel, the rest of the cast are all new — and rise to the occasion.

COURTESY OF NETFLIX

being caricatures, there is a complex web of relationships among The Disruptors.

The entire ensemble is pitch perfect in their roles, each being allowed to go wild with their weird mannerisms. But they truly do fit into this world. Benoit Blanc and his ridiculous but oh-so perfect accent has really set the tone for the world this franchise inhabits and that makes it all the more entertaining. But Janelle Monáe is the real star of the

show. Her turn as Andi Brand, former leader of the group, is spectacular. The chemistry she and Craig have makes for such an entertaining watch.

Topicality and performances aside, Johnson's plotting of the entire mystery is so well done. The pacing takes a little while to get going, but soon enough it becomes a breakneck sprint to the end.

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# Steven Spielberg finds the beauty in his early memories

MOVIE REVIEW: "The Fabelmans" Amblin Entertainment



BY EVAN MILLER

If there is one director whose name is synonymous with the art of cinema, it is Steven Spielberg. Spielberg's films have inspired awe and wonder in audiences of all ages for nearly half a century. He is responsible for producing films like "E.T.," "Jaws," "Jurassic Park" and many more that filmmakers who have come after him have praised. In "The Fabelmans," Spielberg shines a spotlight on his own life in what is his most personal film yet.

"The Fabelmans" showcases much of Spielberg's early life and upbringing, with the titular family serving as a stand-in for his own. For all intents and purposes, Sammy Fabelman (Gabriel LaBelle) is a model for Spielberg in the film.

"The Fabelmans" opens with Sammy's mother, Mitzi (Michelle Williams), and his father, Burt (Paul Dano), taking him to see his first ever movie, Cecil B. DeMille's "The Greatest Show on Earth." What had initially sparked fear in Sammy became an obsession that began his love affair with creating films. From here, Spielberg displays some of the significant events in his early life that made him the person he has become. Audiences see some of his first home movies, his parents' divorce and the anti-semitism he faced as a young man in high

school and more.

The director's life has always been reflected in some way in films, like in "E.T.," in which he imbued some of the feelings he felt about his parents' divorce into the character of Elliott, or in "Saving Private Ryan," a film he made for his father who fought in the second World War. However, in "The Fabelmans," he takes the opportunity to share with people what almost feels like a therapy session. He opens up to his audience in ways that never cross the line of self-indulgence or feel overly sentimental. His story does not always grab viewers in ways that keep them engaged, simply because it, at times, feels like one they may have seen before in other films. However, "The Fabelmans" is a rousing new entry in his filmography that, like all of his films prior, will inspire the next generation of filmmakers.

In the process, the film displays magnificent performances from its cast, with a particularly phenomenal performance from Williams. Williams is mesmerizing and takes Spielberg's material to another level, stirring laughter in some moments and tears in others. The performance given by veteran actor Judd Hirsch is another notable, yet very minor, presence. Hirsch makes the absolute most of his roughly 10 minutes of screentime as Mitzi's uncle



Sammy Fabelman (Gabriel LaBelle) portrays the formative years of Steven Spielberg's life.

COURTESY OF AMBLIN ENTERTAINMENT

who pays the family a visit at a significant moment in the film. He gives Sammy an emotionally powerful speech that will likely resonate with any viewer who is or has ever been in Sammy's shoes as an aspiring artist.

Frequent Spielberg collaborator Janusz Kamiński's gorgeous cinematography and the legendary John Williams' moving score both do their part in helping create the film's tone. Kamiński's work in particular often makes the film appear to the viewer as though they are looking directly into the memories of Spielberg.

Although "The Fabelmans" might not be looked back upon in the history of cinema as one of Spielberg's greatest films, it fulfills its purpose in spades, giving fans the in-depth look at the cinematic auteur's life that they have always wanted.

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## POPPED CULTURE

### Queer celebrities deserve privacy

BY MATT MINTON

Our culture's obsession with celebrities leads us to inquire about the deepest details of their personal lives. But what happens when our desire to intrude on the lives of celebrities goes too far?

Case in point: Kit Connor of "Heartstopper" fame, only one example out of the many actors who have been forced to come out against their wishes.

"Heartstopper" first premiered on Netflix in April 2022 to massive critical and audience acclaim for its positive and inspirational queer representation. Connor, who is 18 years old, portrays Nick Nelson, a character coming to terms with his sexuality and developing an attraction to Charlie Spring (Joe Locke) throughout the course of the season.

Connor said he felt unfairly pressured to come out by fans after the show was accused of queerbaiting. Queerbaiting is a term used to describe media that tries to appeal to queer audiences by teasing representation but then fails to follow through with their promise.

On Oct. 31, Connor posted the tweet (which has since been deleted), "Back for a minute. I'm bi. Congrats for forcing an 18 year old to out himself. I think some of you missed the point of the show. Bye." Prior to this tweet, Connor had not been public about his sexuality and was not ready to label himself.

It is important to be critical of the media we consume, especially when it comes to ensuring the best and most accurate LGBTQ+ representation possible. We often look up to the people we see in film and TV, and it makes sense that there is a want for queer characters to be portrayed by queer actors themselves.

However, demanding actors to be public about their sexuality is problematic. Especially for younger actors like Connor, expecting them to have their identity figured out at such a young age is, frankly, dangerous. Some people take their whole lives to figure out their sexuality, and no matter what different experiences people have, any journey that people a part of the LGBTQ+ community may take is equally valid and important. Some people may even reject labels entirely despite falling under the umbrella of being queer.

Forcing or pressuring somebody to reveal personal information strips them of their ability to tell their story in their own voice. One of the most profound and formative experiences of my life was when I came out as gay in high school. I was able to make that choice for myself because it felt right at that point in my life. Celebrities deserve to own their stories too — something fans online often seem to forget when they get caught up in the storm of the internet.

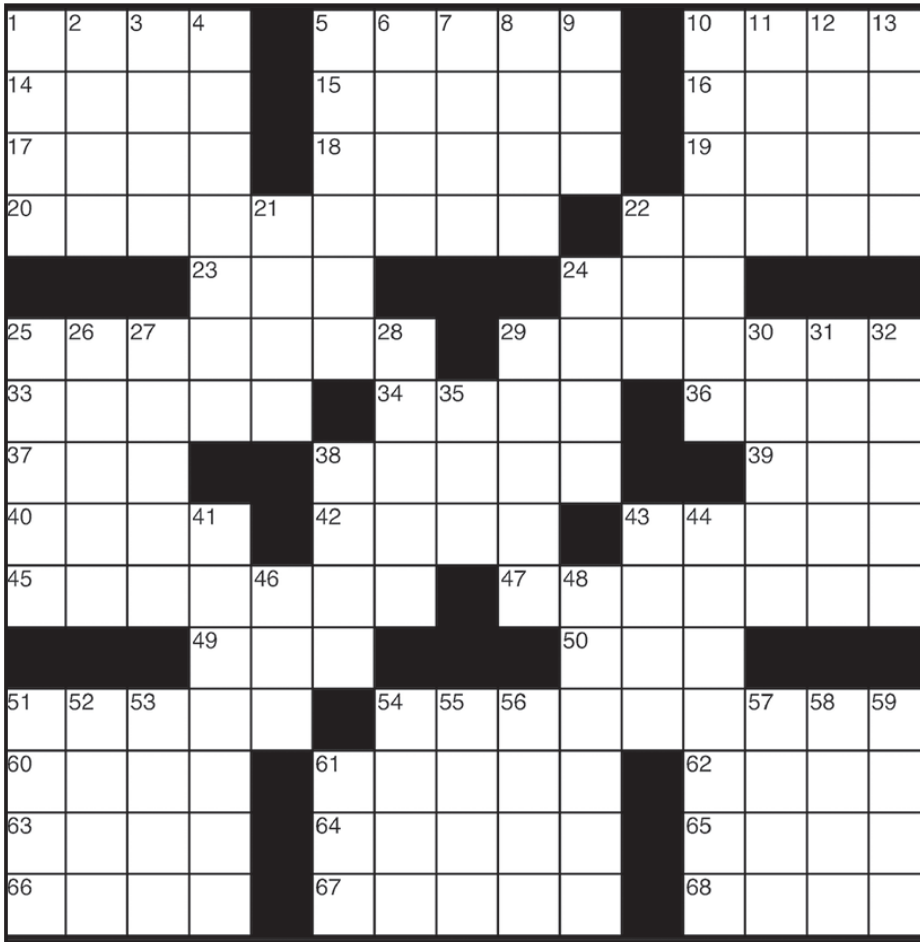
The beautiful thing about being a part of the LGBTQ+ community is that everybody's story is so uniquely different. That is something that should be celebrated and embraced with flying colors — both in our personal lives and in the media we consume.

POPPED CULTURE is a column, written by Life & Culture staff writers, that analyzes pop culture events. Matt Minton is a sophomore screenwriting major. Contact them at mminton@ithaca.edu.

# DIVERSIONS

## crossword

By Quill Driver Books



### ACROSS

- 1 Walleyed fish
- 5 Cherry or lime
- 10 Darkness
- 14 Polite cough
- 15 Usher's beat
- 16 Quite similar
- 17 Author Roberts
- 18 Move rapidly
- 19 Verne captain
- 20 Runners
- 22 Opposite of liability
- 23 Perjure
- 24 Twice XXVI
- 25 Math course
- 29 Russian tea-maker
- 33 Many cardinals
- 34 With, to monsieur
- 36 Polite
- 37 Undivided
- 38 Swat
- 39 Tijuana "Mrs."
- 40 Young beef
- 42 Budget item
- 43 Lugged
- 45 Tempted
- 47 Eclipse
- 49 From, in Hamburg

### 50 Prefix for "classic"

- 51 What I is
- 54 Cheat
- 60 Stratford's river
- 61 Rigg or Ross
- 62 Parched
- 63 Commandeer
- 64 Open, as a jacket
- 65 Prevail upon
- 66 Coast downhill
- 67 Purple vegetables
- 68 Costume item

### DOWN

- 1 Skillets
- 2 Flapjack chain
- 3 Actress Deborah—
- 4 Clicked "send"
- 5 Speedier
- 6 Fully mature worker
- 7 Spreadsheet
- 8 Seine vistas
- 9 Slugger — Williams
- 10 Huge house
- 11 Hilo guitars
- 12 Coating of frost
- 13 Shoelace annoyance

### 21 Pen points

- 22 Rifle range command
- 24 Be without
- 25 In the sky
- 26 Of flax
- 27 Super-duper
- 28 Oohed and —
- 29 Minority groups
- 30 Landscape
- 31 Farm measure
- 32 Looks at the headlines
- 35 Camper, maybe
- 38 Nest builder
- 41 Pepped up
- 43 Safari

### 44 Pouched animal

- 46 Mil. rank
- 48 Opens a bottle
- 51 Cisterns
- 52 Ellipse
- 53 Stopped snoozing
- 54 Fork prong
- 55 Demolish
- 56 Put one's foot —
- 57 Prefix for "trillion"
- 58 Units of work
- 59 Terrible smell
- 61 Add sound effects

### last issue's crossword answers



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## answers to last issue's sudoku:

very easy

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

medium

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

## sudoku

easy

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

hard

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

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## WE'VE GOT NEWSLETTERS



THE ITHACAN



**We've got news. BeReal has taken Ithaca College by storm.**



"Wait, come here, it's time to be real!" Sound familiar? I happen to hear those words just about every day. And chances are, you do too.

I'm of course referring to the once-a-day, random two-minute span in which users of the app BeReal can document what they are doing in that exact moment. Within the span of those two minutes, users must make a post that captures a picture using both the front and back camera at the same time.

# STAY IN THE KNOW WHILE ON THE GO



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## Football exceeds expectations in historic 2022 campaign

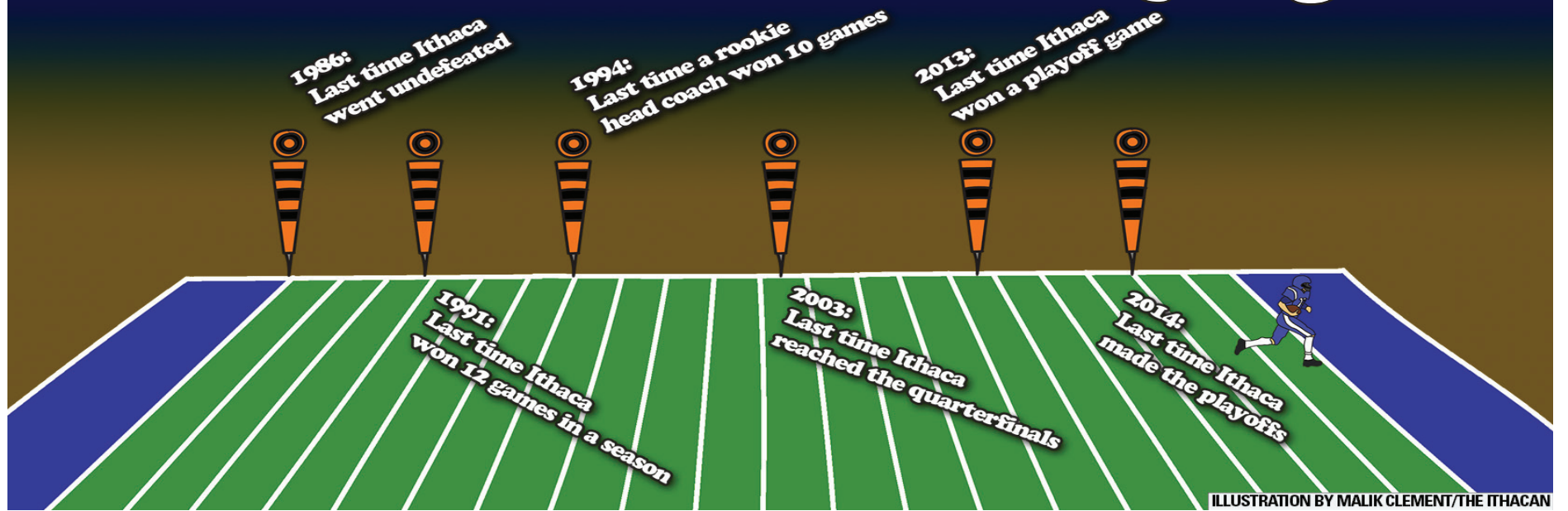


ILLUSTRATION BY MALIK CLEMENT/THE ITHACAN

BY TOMMY MUMAU

The Ithaca College football team put together a season for the record books this fall, posting a 12–1 overall record. The Bombers’ season came to a close Dec. 3 as the team lost to the No. 1 North Central College Cardinals 48–7 in the team’s first national quarterfinals appearance since 2003.

The 2022 Bombers achieved many milestones throughout the campaign, posting the program’s first undefeated regular season since 1986 and its first-ever Liberty League title. The South Hill squad’s historic season was led by first-year head coach Michael Toerper, who joined Mike Welch ’73, whose first season was in 1994, as the second head coach in program history to reach the NCAA tournament in their first year at the helm.

Toerper is also the first head coach since Welch to win 10 or more games in their first season and the only head coach that has guided the Bombers to a perfect regular season slate in their first season. The head coach said he is proud of all that the team accomplished this fall.

“I think this is a group that has set the bar and the standard for years to come,” Toerper said. “Not just because of the results that they’ve earned on the field, but by the way that they work as a team off the field and support each other and do whatever it takes to do their one-eleventh in this program, no matter how many snaps they’re playing.”

The South Hill squad’s selfless mentality

was apparent in its performance on the field, as a total of 16 players were named to the All-Liberty League teams. The team also had three players named Liberty League Player of the Year, as senior quarterback A.J. Wingfield was selected as the offensive player of the year, senior linebacker Matt DeSimpliciis was chosen as the defensive player of the year and senior kicker Nicholas Bahamonde was dubbed special teams player of the year.

Wingfield in particular was a catalyst for the program’s success this year, passing for 1,744 yards and 16 touchdowns in the regular season. These impressive credentials not only provided the quarterback with Liberty League honors, but he was also named a semifinalist for the Gagliardi Trophy.

Wingfield said he is humbled to receive this recognition and attributes his successful season to the support he has received from his teammates and coaches, including Toerper and Mike Hatcher, associate head coach and special teams coordinator.

“It means a lot,” Wingfield said. “I try to just play within myself and do what I’m coached to do, and all the guys around me have made that really easy for me. So, it’s definitely an honor and something I’m pretty proud of.”

Along with the awards presented to the program’s players, Toerper and his staff were named Liberty League Coaching Staff of the Year. Toerper was also named the American Football Coaches Association Region 1 Coach of the Year on Dec. 6. Welch said he followed



The Rensselaer Polytechnic Institute Engineers line up against the Bombers during their game Oct. 29. The Bombers won the matchup for the first time since 2001.

XIAOYI ZHANG/THE ITHACAN

the season and was impressed by how the coaches led the team from the sidelines.

“I think [Toerper] has done an exceptional job,” Welch said. “[He has] been consistent with his message of playing and practicing each day. ... [He has] a wonderful staff that loves Ithaca and coaches very well on all sides of the ball.”

A highlight of the season was when Toerper led the Bombers to a 34–17 win over SUNY Cortland at the Cortaca Jug game Nov. 12, which was held at Yankee Stadium. That was the highest margin of victory since the Bombers won 48–20 in 2017.

The Bombers had been knocking on the door of the postseason the previous four seasons under former head coach Dan Swanstrom, going 8–3 from 2017 to 2019 and logging an 8–2 record in 2021. Despite being a highly competitive program, the NCAA selection committee did not choose the team to be in the NCAA Championship during these seasons. Wingfield said he was impressed by the team’s efforts to make a strong postseason run.

“Last year was kind of heartbreaking — two losses that held us out of the playoffs,” Wingfield said. “We came into this year knowing, like, ‘Listen, like, we could do this.’ ... We’ve kind of known from the beginning that this is a special group and one that could do exactly what we’re doing.”

Bahamonde said he enjoyed competing with this history-making squad.

“It’s been so much fun, like above everything else,” Bahamonde said. “We’re just so close as a group and everyone’s really

bought into this. ... To finally come to this and this be the product of all that hard work is awesome.”

The Bombers’ 20th NCAA tournament appearance in school history marked their first time in the dance since 2014. The team did not disappoint in its first tournament game in eight years, emphatically defeating the University of Massachusetts Dartmouth 63–20 Nov. 19 at Butterfield Stadium for the program’s first postseason win since 2013.

The South Hill squad then defeated Springfield College 31–20 in the second round Nov. 26 after facing an early 10–0 deficit. Senior linebacker Jason Haber said he was pleased with how the team displayed its ability to battle back in the pivotal matchup.

“I think the resiliency of this team is just incredible,” Haber said. “We [got] down early in the game against Springfield, [and] you look around the sideline, no one flinched.”

Despite the group’s season coming to an end in the quarterfinals, the 2022 Bombers delivered one of the top seasons in program history. Toerper said he was happy to help the team to return to the postseason, maintaining its tradition of success.

“For the alumni, I know they waited a long time to be in the national tournament [and be] competitive,” Toerper said. “I’m just proud of our team that they’ve done the necessary steps prior to all these games, to have that type of success and make the alumni proud.”



Senior Red Dragon defensive back Christian Legagneur reaches for junior Bomber running back Jalen Leonard-Osbourne during the Cortaca Jug game Nov. 12.

NOLAN SAUNDERS/THE ITHACAN

# Swim and dive teams dominate in the first half

BY DAVID SCHURTER

With the fall semester coming to a close, the Ithaca College swimming and diving teams wrapped up the first half of the season with the excitement of the 11th annual Bomber Invitational.

Both the men and women put up strong performances at the meet Dec. 2–4 in the Kelsey Partridge Bird Natatorium, capping off a dominant start for both squads. It was the last competition on the schedule until Jan. 8. The women's team won the meet, scoring a total of 1,641 points, while the men's team finished in a close second, scoring a total of 1,557.5 points. The University of Rochester, which won for the men, finished with 1,575.5 points.

Associate head coach for both teams Mike Blakely-Armitage said the teams put a lot of focus on this meet in the weeks leading up to it, as well as performing well heading into the second half of the season.

"There is always a lot of positive energy leading up to our invitational," Blakely-Armitage said. "Our athletes put a significant amount of focus on doing well individually and for the team for this meet. Most of our athletes had season-best performances and a few had personal best performances, which tells our staff that we can expect some even better performances at the end of our season."

Blakely-Armitage also said both teams have performed exceptionally

well so far. At the end of the fall semester, the women sit undefeated at 8–0, while the men are 6–2.

Perhaps the strongest Bomber competitor during the Invitational was Sonia Mlakar, a first-year student swimmer. Mlakar set the school record in the 100-yard butterfly in 56.06, the 100-yard backstroke in 56.26 and the 200-yard backstroke in 2:01.40. Mlakar said that setting records was one of her biggest focuses when choosing a college.

"I'm really proud of myself for this weekend," Mlakar said. "It was one of my goals coming here because I knew what the records were. I had a feeling that I had a great chance at breaking them and it felt really good."

Sophomore distance swimmer Matthew Stevens said the meet was a success for the team and that there were a lot of great individual races. Stevens competed in a number of events at the Invitational, including winning the 1,650-yard freestyle. Stevens said the meet was a great way to end the first half of the season, as well as being able to head into the new year with momentum.

"There were a lot of season [bests] and even personal bests this weekend," Stevens said. "It sets us up for a promising second half of the season."

Above all, Stevens said he is most looking forward to what is in store for the team in the spring.

"There is a lot of bonding that goes on in the second half of the



Sophomore swimmer Kerry O'Brien swims the 200-yard butterfly during the Bomber Invitational, which took place Dec. 2–4. The women's team took first place while the men finished in second.

TESSA DILL/THE ITHACAN

season between the training trip and winter training, so that's always a lot of fun," Stevens said. "I'm also really looking forward to seeing how all of the guys continue to progress."

Mlakar also said that the team chemistry provided a huge boost to the performance in the first half of the season and that she is looking forward to the countdown to the Liberty League championship.

"We're all supportive of each other and we're all working together as we are doing really well," Mlakar said. "I think it's great and we've come together as a team and that's

why we've been so successful."

Before the second half of the season begins, the team will make their annual training trip down to Florida to come together and prepare for the spring semester. Blakely-Armitage said that having last year's training trip canceled because of COVID-19 dealt a blow to the team's chemistry but the chance to have a full training trip this season is huge for the team.

"We always look forward to going on our training trip [during winter break]," Blakely-Armitage said. "To not be able to have the

positive team experience of the trip last season really set our teams back with our team culture."

Looking ahead, Blakely-Armitage is anticipating seeing the progression of the team as they enter the second half of the season.

"We have some very talented swimmers who will likely participate at Nationals," Blakely-Armitage said. "For me, the second half of the season is where we see what our team really is made of."

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# College invests in sport psychology for athletes

BY TESS FERGUSON

The Ithaca College Department of Exercise Science and Athletic Training has provided educational tracks in both the clinical and the practical side of human function since its establishment. In more recent years, however, the program has begun to explore the root of quality athletic performance: sport psychology.

The program has offered undergraduate and master's degrees in the field, as well as a minor. Athletic training has been offered at the college since 1975, but the dual degree program for a B.S. and M.S. was first created in Fall 2020. Additionally, the program has worked to connect varsity athletic teams with mental performance consultants.

Mental performance consultants at the college, who are professionally trained in athletic psychology, are largely aiding student-athletes in developing mental, life and self-regulatory skills to optimize performance, enjoyment and personal development in their sports.

Tara Stilwell '18, former athlete on the volleyball team and lecturer in the department of Exercise Science and Athletic Training, said that it was her experiences off the court working with mental performance consultants that inspired her to pursue the same career path.

"While I was an undergrad[uate], the sport [psychology] Master's were only slowly starting to work with the teams on campus," Stilwell said via email. "When I played volleyball, we only had a few sessions with Greg Shelley, Ph.D., and I was hooked."

Shelley, retired associate professor in the Department of Exercise and Sport Sciences, has worked with every varsity team on

campus to facilitate workshops and dialogue centered around a range of topics, including culture development, team communication and mental toughness.

According to a study by the NCAA in 2021, 22% of men's sports athletes and 38% of women's sports athletes said they were mentally exhausted. Additionally, 59% of men and 50% of women responded that they strongly agreed or agreed that their coaches took mental health seriously.

Shelley said a team's coaching staff will reach out to him for help with anything that falls under the sport psychology umbrella so that he can program group discussions with the athletes to address an issue.

"Rather than a one-time talk, I like to do things in a sequential manner," Shelley said. "Whether it's motivation, team building or leadership, it's important to look at the long-term messages of those conversations. One talk rarely fixes anything — the conversation needs to continue."

In addition to his role as a mental performance consultant, Shelley helped establish the college's chapter of the Leadership Academy. Launched in 2014, the Leadership Academy is a comprehensive, four-year program with a curriculum designed to develop leadership traits in its student-athletes.

Stilwell said that from the classroom, relaying Shelley's messages to student-athletes is equally as important as her own curriculum.

Senior Jake Lentz, an athlete on the men's rowing team and a member of the Leadership Academy, said that as a Sport and Exercise Psychology minor, he finds his studies to tie in closely with his day-to-day life.

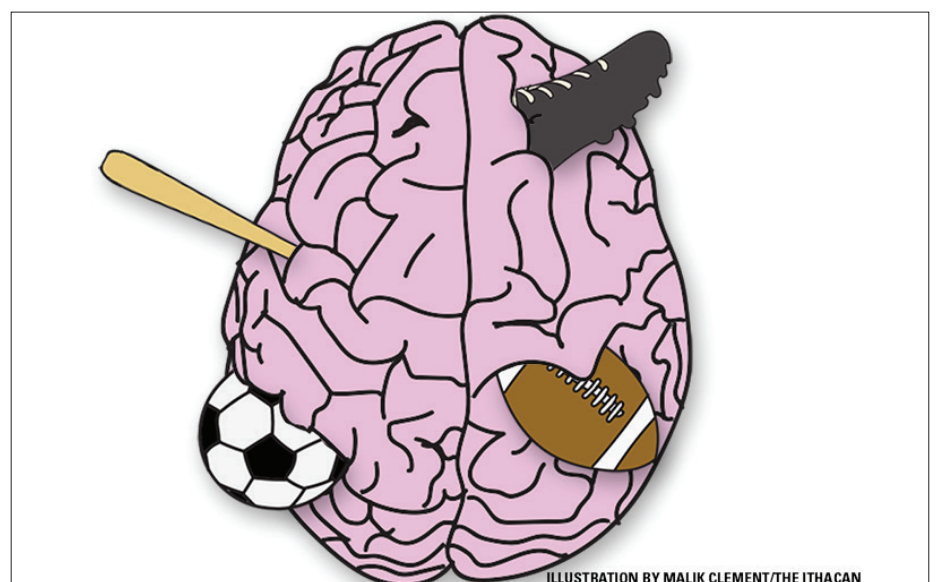


ILLUSTRATION BY MALIK CLEMENT/THE ITHACAN

As studies toward athlete mental health are on the rise, the college works to bring in trained mental performance consultants to support varsity teams.

"The things I've learned through [Shelley] have been really impactful when it comes to my own outlook on sports," Lentz said.

Having missed the 2021–22 season because of a back injury, Lentz said that taking a sport psychology course played a vital role to keep him involved in the sport.

"It was so helpful to be able to talk about all of the psychological things that happen when you get hurt," Lentz said. "When you're an athlete, your sport is such a huge part of your identity. Losing it, even temporarily, can be really difficult to cope with."

A 2022 study on injured collegiate athletes found that injuries resulting in significant time away from an athlete's sport can cause complex negative impacts on one's mental health. This may include triggered anxiety,

depression, substance misuse and disordered eating. In 2019, *The Ithacan* reported that 90% of student-athletes have an athletics-related injury during their careers.

Despite the clear progress that the college has made in developing its educational programs and support systems for its athletes, Lentz and Shelley agreed that there is a long way to go.

"We need practical, hands-on training to make sure that students are prepared to ... truly understand it," Shelley said. "We teach the theory really well, but what we're lacking is the ability to teach our young professionals how to actually do it."

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From left, sophomores Sydney Wilson and Jasmine Williams perform a duet of "Love to Keep Me Warm" by Laufey and Dodie as part of "By the Fire With BAU" on Dec. 4 in the Dillingham Center. Presented by the Black Artists United organization, it featured performances from students in the School of Music, Theatre and Dance.

ALYSSA BEEBE/THE ITHACAN