New meal plan options refresh stale swipes

IC project globalizes media literacy despite disasters

Faculty Council shares new policies impacting faculty

Changes have been proposed to how dining at Ithaca College will operate in the 2023–24 academic year with the inclusion of new meal plans and a new exchange system.

The changes were announced in the “Dol-lars and Sense” presentation Feb. 17 by Jeff Golden, associate vice president of Auxiliary Services. Golden said the college is planning to introduce an exchange system where a student can “exchange” a meal swipe for a meal of equal value at various eateries on campus, including the Towers Eastery and any cafe on campus. The Food Court, Chick-N-Bap and the Ithaca Bakery are not included in the exchange system.

“The exchange piece is really important,” Golden said during the presentation. “You can use your meal plan wherever you are. If you choose as a student that you don’t really want to ever go to the dining hall, then you can.”

Golden said the college is planning to introduce three new meal plans for residential students. Each meal plan comes with 24 meals a week, but the number of exchanges varies.

The options are: seven exchanges per week at $6,870 per year, 14 exchanges per week at $7,300 per year and 21 exchanges per week at $7,800 per year. The current residential plan costs $6,868 a year and offers unlimited swipes.

All of the plans come with 200 Bomber exchange swipes.

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All of the plans come with 200 Bomber exchange swipes.
A second Norfolk Southern train derails in Ohio within a month

A Norfolk Southern Corp. train derailed in Springfield, Ohio, about a month after an earlier crash in the state that shone a spotlight on rail safety.

Around 20 cars of a 212-car train derailed while traveling southbound near Springfield in the evening of March 4, the company said in an emailed statement. No hazardous materials were involved and there were no reported injuries, it said.

Iran states agreement to closer inspections of nuclear facilities

Iran will allow international inspectors to carry out closer inspections of its nuclear facilities, according to a joint statement on March 4.

Details of the inspections still need to be clarified, the two organizations said in their statement.

China wants reunification with Taiwan according to key report

China largely kept its language regarding Taiwan the same in an annual report to the nation’s legislature, suggesting that President Xi Jinping is maintaining its polity toward the self-ruled island even as global tensions increase.

“We should promote the peaceful development of cross-Strait relations and advance the process of China’s peaceful reunification,” Premier Li Keqiang said in a work report to the National People’s Congress, which kicked off in Beijing on March 5.

Environmentalists and activists protest training center building

Opponents of a plan to build a police training center on an 85-acre wooded property in DeKalb County gathered March 4 to kick off a week of protests and festivities aimed at stopping the project from moving forward.

“What did we come here to do?” Matthew Johnson, an event organizer, yelled to the crowd that gathered around him in a giant circle as the event began.

Zelenskyy to pursue closer ties with EU following plans to join

Ukraine will work to ramp up its cooperation with European institutions this year, President Volodymyr Zelenskyy said March 4 after meeting European Parliament President Roberta Metsola who traveled to Ukraine.

“The task is to actively prepare everything for our country’s membership in the European Union, increase arms deliveries to Ukraine and strengthen sanctions against Russia,” Zelenskyy said in his daily video address.

Long COVID linked to increased risk of death and health issues

According to a new study, individuals who experience long COVID-19 are at a higher risk for cardiovascular and other health issues.

The findings showed that the chance of patients dying was doubled in those who experienced lingering symptoms.

A Norfolk Southern Corp. train derailed in Springfield, Ohio, about a month after an earlier crash in the state that shone a spotlight on rail safety.

Enjoy sugar, spice and everything nice at Ithaca’s 25th Annual Chili Cook-Off

On March 4, The Commons heated up with excitement for Ithaca’s 25th Annual Chili Cook-Off. Over 40 local restaurants served up their best chilis, featuring ingredients from brisket to chocolate.
New April break among series of changes to IC calendar

BY PRAKRITI PANWAR
ASSISTANT NEWS EDITOR

In an Intercom message posted Feb. 19, Registrar Vikki Levine announced updates to Ithaca College’s academic calendar, which will be in effect from Fall 2023 onward.

Changes to the fall semester
According to the Intercom post, classes for the Fall 2023 semester will commence Wednesday Aug. 23 instead of that Monday, which is when classes usually begin. Block III, which will end Oct. 16, after fall break. As a result, Block II classes will begin Oct. 18, two days later than they were originally scheduled. Instead of Dec. 13, final exams will end Dec. 15 and final grades will be posted by 5 p.m. Dec. 21. According to Intercom, this will allow faculty to engage in orienta-
tion, Convocation and other related activities by adding five extra busi-
ness days to their schedule prior to the beginning of classes in the fall.

There will not be a reading day in Fall 2024 because of a weekend that falls between the first and last two days that finals are conducted. The Spring 2024 semester dates will remain the same.

Levine said the Academic Cal-
cendar Committee decided to make changes to the academic calendar to better cater to student and faculty needs. Levine said that according to New York state law, colleges must ensure that Fall semester concludes within a 15-week calendar.

“The goal of the academic calen-
dar committee is to make sure that we are creating a calendar that ad-
heres to all the regulations that we need to follow,” Levine said. “We realized that some of the things that we were doing and trying to do in the calendar was not working for our students or our faculty, so we collectively made that shift.”

Changes to the spring semester
Spring 2024 will have a new break in April with two days off on April 8 and 9, which Levine said is meant to imitate the fall break. According to the Intercom post, there will not be an April break in Spring 2025. Levine said this is because Martin Luther King Day falls on Jan. 20, 2025, which is a Monday.

“Everyone that’s in the academ-
ic calendar committee thought it was a really positive recommendation, [which] was, ‘How do we … [model] the fall break … [in the] spring to offer that wellness time for students?’” Levine said. “I think the wellness group is a great collabora-
tive example … [of] student and faculty and staff mental health and how recently, anxiety screening sessions. Petersen said the next survey will take place in Spring 2025 and will assist the effectiveness of JED initiatives. Petersen said that while the academic calendar was not a shortcoming that emerged in the survey results, it was an active initiative subcommittees wanted to work on.

“I don’t think it was a deficit,” Petersen said. “I think it was just something that we discovered. If the message is that we’re going to create these pockets of stress relief or downtime … that would sort of balance the semesters in terms of thinking actively about mental health and wellness and distress management.”

As a result, convolution will begin Oct. 18, two days later than usual for the semester — my first semester here — until fall break, I was, like, dy-
ing,” Formoso said. “I think from my own experience, I know how it’s im-
portant to have a break to maintain our academic standard.”

Petersen said the timing of the break will allow students to cope better with academics.

“Especially as we come into April, everybody is beginning to think about finals and the seniors are thinking about graduation and there’s a lot of anxiety floating around,” Petersen said. “I think that, in general, it’ll be well-received.”

BY KAI LINCKE
STAFF WRITER

The Ithaca College School of Business opened a Bloomberg Terminal on Feb. 15 in the college’s library to make the terminal’s resources more accessible to all students in a central location with longer hours.

According to the Bloomberg website, the Bloomberg Terminal compiles real-time fi-
nancial news and data and research reports about markets, companies and industries.

The terminal’s information can be used for some social and natural science fields in addition to business.

Business Librarian Jim Bondra said via email that Information Technology moved a Bloomberg Terminal on Feb. 15 in the library, which stays open from 7:30 a.m. to 5:30 p.m. on weekdays. Finance students can receive special permission to work in the Trading Room after hours or want to work during the weekend.

“Especially as we come into the Thanksgiving week,” Bahlous-Boldi said. “It’s a really, really good source of information. … I think a lot of students will be able to gain experience with the platform and become Bloomberg certified. Bondra said the course allows students to become more familiar with the platform and the certification is a good resume builder.

“The Bloomberg program/software is somewhat intuitive and menu-based, but to really take advantage of it, I would recom-
end taking the 8-hour Bloomberg Mar-
ket Concepts training, which introduces students to markets and the economy works,” Bondra said. “It’s a self-paced video tutorial that can be viewed and analyzed within Bloomberg. You can complete the training, pass several quizzes and get an email acknowl-
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Senior Calvin Carmichael, president of the Core Trading Consultants investing club, said he has used Bloomberg Terminals ex-
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It is an effort actually from us to democ-
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ty that we have and it’s a very valuable platform because they give you a lot of infor-
mation at any time, real-time. Anyone who’s interested in finance should be able to ac-
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Bondra said he reviewed other col-
eges’ Bloomberg guides to compile a guide on the library website to help stu-
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Bahlous-Boldi said students can take the free Bloomberg Market Concepts training to gain experience with the platform and become Bloomberg certified. Bondra said the course allows students to become more familiar with the platform and the certification is a good resume builder.

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Faculty Council revisits Title IX cultural review

FROM FACULTY COUNCIL, PAGE 1

Murdad said diversity advocates have to go through a training session with Belsa González, professor and director of the Center for the Study of Culture, Race and Ethnicity. “The information that’s covered in the diversity advocate [training] is more specific language … basically about different types of bias and how to mitigate them,” González said.

The meeting ended with a discussion of the then-School of Music climate review that was discussed at the Feb. 7 meeting. To remedy a procedural issue, González was the temporary facilitator for this meeting’s discussion in lieu of a parliamentarian — someone who ensures procedures are followed.

González asked how the council can help faculty to work on the issues expressed in the summary of the review. Huemmer said that if the review had been done in other schools or groups on campus, similar findings would have been found.

Huemmer read from a letter of support for BIPOC faculty and staff, released by the council on Feb. 2020, following the murder of George Floyd. The letter said all members of the campus community need to challenge the then-School of Music climate review that was discussed at the Feb. 7 meeting. To remedy a procedural issue, González was the temporary facilitator for this meeting’s discussion in lieu of a parliamentarian — someone who ensures procedures are followed.

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IC’s students of color speak out

BY PRAKRITI PANWAR
ASSISTANT NEWS EDITOR

Printed statements appeared across the Ithaca College campus March 2 and 3, highlighting personal accounts from students of color about experiences of microaggressions, racism and discrimination.

These written statements were collected, printed and posted by IC Rise Up, a student group that primarily functions through its Instagram page. Students were encouraged by IC Rise Up to take pictures of these statements and tag @icriseup on their posts.

The original statements were quickly taken down by the college March 2 because the anonymous group did not get approval from the college. On March 3, the statements appeared again across campus and were not taken down. Dave Mailey, director of Public Relations, said the statements posted March 3 will be allowed to stay up but did not specify until when.

In a video posted by IC Rise Up, college personnel were recorded removing the statements distributed on campus at about 3:50 a.m. March 2 because they were following procedure.

According to the college’s Policy Manual, neither on-campus groups nor off-camp uses can distribute advertisements or other materials in locations on campus outside of designated areas.

In the afternoon, March 8, the group organized a walkout that was open to all students, faculty and staff at the college. About 150 people attended the walkout and were given an open platform to voice their experiences and concerns.

College recognized for producing Fulbright Scholars

BY NOYA RAN-RESSLER
ASSISTANT NEWS EDITOR

Ithaca College has a long history of sending students and faculty abroad on Fulbright scholarships, to the point of being recognized by the Fulbright Program for the college’s continued commitment to academic achievement abroad.

In the past decade, 14 faculty members at Ithaca College have received awards, including two this year. The college announced Feb. 14 that it had received recognition as a top producer of Fulbright U.S. Scholars, which are Fulbright awards for faculty.

Faculty Fulbright awards are opportunities for faculty members to travel abroad to over 150 countries for a year or semester-long research or teaching projects.

Faculty also have the flexibility of picking a country based on their research project or traveling to a country for research in multiple short-term trips.

Anna Laos, professor in the Department of Chemistry and a Fulbright liaison, said faculty apply for Fulbrights independently but can use their institutions for support and guidance as well.

Kathleen Mulligan, professor in the Department of Theatre and Dance Performance, said via email that she left for Amritsar and Kochi, India, twice through her Fulbright Scholarship.

“My children get to live in Buenos Aires for six months, which was really cool for them,” Laos said. “In general, it’s very useful for people...to live in foreign country, just to see that there is more to this world than just [their] house and [their] school.”

In the past, the college has also received recognition as a top producer of Fulbright U.S. students but did not this year. In the past, the college has also received recognition as a top producer of Fulbright U.S. students but did not this year.

“My job is to help the students with their application, look over drafts of their application and answer any questions,” Laos said.

Dave Mailey, director of Public Relations, said the college did not have any students accepted for Fulbright awards in the 2022–23 academic year.

“We need to acknowledge these things on our campus,” Laos said. “We need to acknowledge these things on our campus.”

“They’re saying, ‘I wish I could see that this person, this kind of justice moved. In 2010, Mulligan said she is working with the Rajagiri College of Social Sciences in Kochi.

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college students through the postcards. For any questions and to request accommodations, contact Shadavaya Wallace at frogens@ithaca.edu or 607-274-7756.

Center for IDEAS opens Seniors of Color Leadership Awards
The Center for Inclusion Diversity Equity and Social Change is now accepting applications and nominations for the Seniors of Color Leadership Awards. The application window closes at 11:55 p.m. March 15. Recipients will be honored at a ceremony hosted by the Center for IDEAS on May 30. The ceremony takes place every year.

There are five different categories of awards that recognize different accomplishments by students of color on campus.

The Gloria L. Hobbs Award is presented to students who demonstrate extensive community service and civic engagement.

The Chávez/Ochoa Award is presented to students with a 3.5 GPA or higher who have engaged in research published or presented their work.

The Chu, Tse-Yung Award is presented to students who have engaged themselves with projects and initiatives that bring positive social change to the community, both on campus and in the local community.

Students are nominated not only for one scholarship but also for another scholarship for which they qualify. The position is open for up to three students on any topic.

The Du Bois/Mandela Award is presented to students who have engaged themselves with projects and initiatives that bring positive social change to the community, both on campus and in the local community.

The Chávez/Lorde Award is presented to students who have demonstrated financial need, contact the Office of Student Financial Services at sfS@ithaca.edu. For any questions about student involvement and the application process, contact the Office of Student Engagement at ose@ithaca.edu.

Career Caravan to stop at the library for peer career advising
The Center for Career Exploration and Development will be in the Ithaca College Library from 2 to 5 p.m. March 9 for drop-in career advising. This is part of the Career Caravan series where students can connect with career advisors from different locations on campus, not just the career services office. Students can get help with resumes, cover letters, searching for jobs and internships, networking, finding potential future careers, updating their LinkedIn profiles, and more.

Students do not need to come in with a topic to discuss. They can meet with an advisor to discuss options and learn more about different services the center offers.

For questions and accommodations, contact the Center for Career Exploration and Development at careers@ithaca.edu.

IC associate professor presents about business sustainability
Margaret Shackell, associate professor in the Department of Accounting and Business Law, presented at the inaugural American Accounting Association Sustainability Conference.

Shackell presented with Shari Littan, director of Research and Teaching-Lead- ship at the Institute of Management Accountants, and Kristine Brans, assistant professor in the Department of Management at the United States Air Force Academy.

The presentation was called “Manage- ment Accountants’ Role in Sustainable Business Strategy: A Guide to Reducing a Carbon Footprint,” which was about reducing risk and assessing the risk to minimize negative effects on the environment.

Shackell also discussed two research papers and served on the conference’s Steering Committee.
Strict visa regulations are hindering peoples’ dreams

Society views visas as a normal requirement to travel around the world, however, the double standards, educational harms and risks visas create are often unnoticed. Loki Mulholland ’23 was one of the victims of visa restrictions when trying to return to Ithaca College from his fall semester in Russia in 1993. His visa expired and he could not get back on time for the spring semester at the college. Thus, he did not graduate in time and only after 30 years was a chance given to Mulholland to finally earn his degree. Fate and hard work found a way to get Mulholland back on track. Unfortunately, fate is not generous to everyone.

For many students, there are no visa expiration issues because they did not even get a chance to move abroad in the first place. Chinese students were getting their visas rejected in 2021 because of U.S. discriminatory immigration laws, like 212(f), which gives the president authority to suspend or restrict the entry of internationals for whatever reason they want. A high volume of students from Africa have been denied visas to Canada. The scale of visa regulations differs in every country but most of them harm someone out there and destroy goals and dreams. Visa restrictions occur for multiple reasons, like the economic standing of the person, two countries’ relations and a consular officer’s doubts about a student not returning home. However, it seems that discrimination against non-citizens is the core problem. Having a world without any discriminatory immigration laws would be ideal, yet it is not possible. What is possible, though, is looser and double-standard-free laws that would not hold students back from achieving their dreams. No student should be denied a visa because the consular officer did not like how the student phrased their sentence — it creates doubts. Allowing students to explore the world and try things they are capable of comes with no harm; only a more educated society that learns about other cultures and respects one another.

BIPOC students are rising up against discrimination

On March 2 and 3, Ithaca College students of color rose up to share their voices. An Instagram account called IC Rise Up collected personal statements about racism, micro-aggressions and discrimination encounters around the college. IC Rise Up then printed and shared students’ experiences around campus, which later were taken down by college personnel, according to a post on IC Rise Up’s Instagram. The statements appeared around campus a second time and are standing strong as of now, even though some of them were initially taken down by facilities. The question still stands: why did the college try to silence these voices the first time?

The college’s policy does not allow any non-college-approved groups’ materials to be distributed around campus — a silencing excuse. In reality, all this policy did to many BIPOC students who shared the racist encounters in college was wound them after they spoke up. It takes courage to share personal experiences and having your college rip down your experience like it is nothing cannot be any more devastating. Discrimination on Ithaca College’s campus came to the surface thanks to shared experiences from BIPOC students. Seeing the amount of harm caused to BIPOC students in a college that “stands against” and educates about micro-aggressions and racism is trust-breaking. These revealed secrets make one wonder if a safe space exists anywhere at all when it does not on a college campus — a place that is supposed to shape moral and people’s identities, to make one feel at home.

Enough is enough and no BIPOC student should face micro-aggressions and exclusion, especially while being taught about it on a daily basis. Ithaca College failed its students of color and it must not be excused. Every member of Ithaca College must come together and stand up against discrimination.
BY JADENA WILLIAMS

Junior Jadena Williams discusses Title IX’s sexual assault stigma overshadowing its goals. She gives background on Title IX’s creation and thinks that colleges should create awareness about its original goal.

BY MOLLY FITZSIMONS

Junior Molly Fitzsimons believes that solely showcasing the most successful alumni as guest speakers gives a false impression to students about the reality of job hunting.

The original goal of Title IX is shadowed under stigmas

Jadena Williams (she/her) is a junior Politics major. Contact her at jwilliams13@ithaca.edu.

Exceptional guest speakers create false assumptions

Molly Fitzsimons (she/her) is a junior Integrated Marketing Communications major. Contact her at mfitzsimons@ithaca.edu.

My classmates and I constantly left these talks with the same question. “OK, great, but where did you find this internship?”

Now if you talk about this with professors in your field, the answer is always the same: talk to alumni or work with career services, or even they will try to send you some options. It is a fine answer, but at the end of the day, these previous students were brought in to talk to us about their experiences, and still did not truly explain the hardships of finding internships and jobs.

The reality of having a job lined up after college is also not addressed. Ask an average senior on campus what their plan is after they graduate and the look of panic and stress that crosses their face is unmatched.

Most people must go home for quite a while to job hunt — they do not just have a to-do list, six-figure job in New York City. But, of course, Ithaca College does not want you to know that. They want to promote their networks that help people get jobs, not the fact that most students have a hard time finding one for months and even years after graduation.

I have been grateful to attend guest speakers and lectures during my time at Ithaca College, and seeing what this college has produced in terms of alumni is absolutely something to be showcased. However, I feel that showing diversity in internship and job-hunting processes would be highly beneficial to both the student body and also their perceptions of professional work.

I have also fallen victim to the reality that is the internship search.

- Molly Fitzsimons
I was really frustrated by the fact that they sucked so bad,” Clark said. “But I started watching horror stuff when I came back home to the states, and I got really into that.”

Clark specifically cites the DIY approach of the 1999 low-budget "Blair Witch Project" as an inspiration when he was younger. In 2018, he uploaded "The Pretty Thing," which was his first short film to gain a large audience on YouTube, with a now 1.3 million-view count. Since then, he has made consistent uploads on his channel, including behind-the-scenes videos for some of the short films.

"Portrait of God" had a small team of seven and was not created for an assignment; it was done as a personal project. The lack of a deadline was freeing to the creative process. "When you're doing a set for class, even though they often are fun, there's a lot more pressure for everybody to know everything; it's a bit more competitive, the time is much more restrictive," Belk-Gupta said.

Since it was a more casual project, production team members got to experiment with roles they are not as practiced in. Belk-Gupta said, "When you're doing a set for class, even though they often are fun, there's a lot more pressure for everybody to know everything; it's a bit more competitive, the time is much more restrictive." Belk-Gupta said.

"Being on set with him, you could tell that it affected you more than the average movie," Teusch said. "People who take the time to make something outside of class, it's usually because that spark of creativity sort of hit them."

Belk-Gupta has also worked on many of Clark's horror projects, including "The Pretty Thing" and "Transfigure" (2021), which was his first short film to gain a large audience on YouTube. It was during this time that he started uploading more consistently.

"I kind of doubled down on uploading stuff and doing smaller projects and not worrying as much about putting it online, I was more focused on my time and money for a whole semester into one project," Clark said. "I could do a couple of projects and spend a lot of time on them.”

When Clark returned to Ithaca in Spring 2021, he said the people he met and the connections he made improved his short films. "Ithaca allowed me to find friends and build a network of people that I could rely on to help me boost the quality of some of the films I wanted to do even if they were small," Clark said. "With "Portrait of God," I literally could not have done it without the small team that we had — that team was very much assembled by meeting them in classes and liking their work and liking who they were.”

Teusch said Clark's clear and focused vision in directing makes for a smoother process when shooting.

"Being on set with him, you could tell that he had spent a lot of his personal time really thinking through exactly how it was going to go," Teusch said. "It saves a lot of time when you have, like, you know, put some forethought into what's going to happen and why you want things to be a certain way.”

Clark is studying in Los Angeles for Spring 2023 while working for Ghost House Pictures, a horror production company. He is looking to expand "Portrait of God" into a possible feature film.

Clark is also working on bringing his short horror film through the film festival circuit. His thesis film is not on YouTube yet because of premiere restrictions placed by film festivals.

Belk-Gupta has also worked on many of her own horror films and shares a passion for filmmaking with Clark. "It affects you more than the average movie because it really gets under your skin if it's effective," Belk-Gupta said. "It's this genre that's continuously ahead of the time and very forward thinking.”

Clark said horror appeals to him as a filmmaker because of how much the genre relies on visual presentation. But Clark said his main attraction to horror as a genre is that he loves it.

"Horror is like a filmmaker's best friend as a genre," Clark said. "And as someone who loves to consume horror anyway, it's a natural pairing."
BY NOELLE COOK
CONTRIBUTING WRITER

While walking around a college campus, slang is present and can be heard in almost every single conversation. It is one of the few universal topics that exists in every culture. Most people use "slanguage" in their speech, yet many probably cannot remember when they started using it.

Ithaca College students are no strangers to using slang in their day-to-day lives. Some of the most recognizable words and phrases are: yassified, let him cook, slay, purr — and the list goes on.

This ever-changing and historical slang, is there slang that has evolved over time and there is non-verbal slang. Junior Arthur Robbins-Geller said the main term he hears around campus is "slay."

"The language of slang is interesting because there's the mode of thinking that language is just whatever Miriam Webster says, but then there's the day-to-day we actually use, and I think the truth is somewhere in between the two," Robbins-Geller said.

Megan Graham, assistant professor of Visual Communications, said many words or phrases people use as slang are just non-dominant varieties of English. "The problem with the etymology of slang because we don't know when terms started being used," Graham said. Because this slang evolves over time, for example: "… when people say things like, … things be like that.

Multilingualism is something that's African American (vernacular) and it gets appropriated into white culture as slang. But sometimes, that's African American (vernacular) and it gets appropriated into white culture as slang. But it's not slang to everybody." Graham said. "The word 'punk' has been used from the 1920s until now. In the '80s, 'punk' referred to a 'gay male sex worker.' It then went on to mean "delinquent" in the '50s, and by the '70s, it described a countercultural music subculture until it became what it is now, Graham said.

On the sports side of the spectrum, two football players at the college, first-year student Kendal Burno and junior Sam Kline, said the team uses its own language on the field. Kline said one slang term that gets used often is "mossed," which is said when someone catches a ball over the top of someone else's head. Usually "mossed" goes along with the physical motion of putting the top of your head. "Another thing … we don't say it so much on the team, but we say it on my high school team," Burno said. "When you're trying to 'deceit' somebody, the idea is that you hit them so hard on the play that you knock them out their shoes. It's kind of like, you decks them. That's one that's used to say a lot." Slang is often believed to inherently verbal, but that is not always the case. Lisa Witchey, lecturer in the Department of Language, Pathology, and Audiology, said non-verbal slang exists within the Deaf community. Witchey teaches as an American Sign Language instructor in the Deaf minor program at the college.

"Because my class is not verbal, I don't hear a lot of [verbal] slang," Witchey said. "The non-verbal slang has been around from the very beginning. … Someone starts a sign if they feel it's within the parameters of the language, and it spreads." Witchey demonstrated some ASL slang. One expression meaning "true biz" is signed with the words "true" and "work" combined. It is used as a reaction or confirmation and can mean that the person is very skeptical — like, "You won $100! True biz?"

"[Your] eyebrows are raised, you lean forward to ask the question," Witchey said. "Or, you could have that same sign, but with a different [facial] expression, and it could be a confirmation. Yes, yes, it is true." Whether it be verbal or nonverbal, dialect words for new gender identity signs, technology, internet culture and music are always popping up. "People tend to think that language is done," Graham said. "It's weird. It's constantly evolving and we're in the midst of it. We're always in the middle of the project of doing language."
It is an extreme rarity for a film to promise audiences a stupid fun time at the theater and actually deliver. Luckily, for anyone who digs “Cocaine Bear,” marketing materials and thought that the film looks like the epitome of dumb fun, they will find themselves walking away feeling higher than the coke-snorting bear that is its namesake.

After a drug transport goes wrong and several duffle bags filled with cocaine are dumped out of a plane into the Chattahoochee National Forest in Georgia, a 500-pound black bear gets a sniff of some of it and goes on a terrifying rampage, brutally mauling anyone who stands in her way of obtaining her cocaine fix.

"Cocaine Bear" is at its best when it embraces its absurdity and actively gives the audience exactly what they want, which takes the form of brutal carnage, suspenseful thrills and huge laughs. While this often happens enough to make the film well-worth seeing, there are many moments where Banks and co-director Ted Melfi could have pushed it further into the wacky and out-of-character elements of the first scene.

The film is at its slowest when it tries to curate a vibe that is its best, which is emphasized by Ehrenreich's and Jackson's inept comedic chemistry. Supporting standouts include Robert Forster as a park ranger who cannot aim for the good of the park, and with Bob (Isiah Whitlock Jr.), a detective whose greatest goal in life is to own a dog that can play fetch. Lio Townes's performance as Syd is equally enjoyable. There are also a couple of characters in "Cocaine Bear" that simply did not need to be in the film. The most prominent examples of these are Olaf (Kristofer Hivju) and Elba (Hannah Hockstra), two10,000 people aside and make it feel like a movie can provide a viewer. Although “Cocaine Bear” will certainly not go down as one of the best films of 2023 by the year’s end, it truly has a fair shot at being remembered as one of the best times people could have had at the theater in recent memory.

“Cocaine Bear” feels like a truly personal commentary about social media stardom culture, but the band seems more preoccupied with trying to curate a vibe than having something to say. Most of the songs deal with 2-D and Albarn's introspective sides as they try to find the balance between their past and future legacies. The biggest influence on this album is dreams, with songs produced to have a more surreal atmosphere attached to them. This album walks the razor’s edge between fantastical whimsy and Gorillaz's typecast to study and relax too.

As a whole, this album is just more Gorillaz than ever before. “Cracker Island” feels like a truly personal album, largely influenced by childhood memories. The songs that don't feature any artists that fit the film's tone when it is at its best, which is emphasized by Ehrenreich's and Jackson's inept comedic chemistry. Supporting standouts include Robert Forster as a park ranger who cannot aim for the good of the park, and with Bob (Isiah Whitlock Jr.), a detective whose greatest goal in life is to own a dog that can play fetch. Lio Townes's performance as Syd is equally enjoyable. There are also a couple of characters in “Cocaine Bear” that simply did not need to be in the film. The most prominent examples of these are Olaf (Kristofer Hivju) and Elba (Hannah Hockstra), two who are among the first to encounter the bear. Their storyline in particular feels drawn out to a point of being laughable, especially when it meets an end that literally comes out of nowhere. The film could have trimmed down upwards of five minutes off its runtime without their inclusion.

“Cocaine Bear” is a film that was made to be seen in a theater filled with people. The feeling it is for every single one of the employees who make diffi cult decisions, like the one that he had the foresight to recognize that doing so would bring quality and profits. However, he should have had the foresight to recognize that doing so would bring the censoring of LGBTQ+ representation in films. no one was happy, especially not customers of Disney’s theme parks, which at every turn seemed to raise their price.

Immediately upon Iger’s return after the company’s board of executives decided to boot Chapek from the company, he reshuffled Disney’s media and entertainment division, getting rid of suits like Kareem Daniel who, under Chapek, took away much of the input that creatives at Pixar, Marvel, Lucasfilm and Disney’s other studios grew accustomed to having during decision-making processes. Under Daniel, Disney’s pipeline seemed to shift in prioritization from a quality-over-quantity standard to the reverse. It was an inspired move by Iger to announce three ground-shaking projects for billion-dollar franchises at the company’s earnings call the day after he took the helm. “Iger announced that the studio would be developing sequels to three of some of its most popular intellectual properties: “Toy Story,” “Star Wars” and “Marvel’s Avengers.”

"Cocaine Bear" gives the experience of watching a bear’s violent rampage after taking cocaine. COURTESY OF UNIVERSAL PICTURES
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BY HANNAH FICHTER  
STAFF WRITER

Even at the Division III level, Ithaca College often goes above and beyond to recruit high-profile, elite athletes from all over the country. But for the men’s and women’s rowing teams, team building looks a little different.

The rowing teams are a mix of members that have been recruited out of high school and those that have walked on or joined the team during their time at the college. While the men’s team is primarily made up of walk-ons, the women’s team is almost evenly split — the number of recruits versus walk-ons in the first and second varsity eight boats is split about half and half. The significant presence of walk-ons is thanks to the team’s dedicated recruiting techniques on campus, especially during move-in week.

Whether it be putting the boat on the quad or handing out flyers, the team puts itself out there to attract potential rowers. Then the athletes reach out to students they see and actively recruit them to attend the first team meeting. Becky Robinson ’98, head coach of the women’s rowing team, said she looks for athletes that are not playing sports or people that never tapped into their athletic ability but have potential.

“The walk-ons are what make us successful,” Robinson said. “Something that is absolutely a strength of ours that has kept us successful year after year is the ability to recruit rowers from campus.”

Robinson said the team advertisers constantly. Much of the messaging is fostered in the mindset of joining a varsity sport with no experience necessary. Sophomore Ashley Bailey said individuals who have never rowed before can join the team and be molded into accomplished athletes.

“We have a really close-knit team,” Bailey said. “You can walk on with no experience as a freshman and get up to competing at the NCAA Tournaments … which is pretty impressive.”

Walk-ons have the opportunity to step into a good culture. Justin Stangel, the men’s head coach, said that when the team welcomes walk-ons, he warns them that it will not be easy. But both coaches are huge proponents that everyone is valued and has their purpose on the team. Whether the individual is part of the boat that scores at a championship meet or not, what matters is their participation and dedication.

“I think it’s really as simple as … from the fastest guy on the team to someone that might be near the bottom in terms of physiology, everyone is valued,” Stangel said. “Everyone has a role within the team.”

Arndt said that, unlike most sports, it does not matter when you decide to start rowing. There is a huge physical component that involves lifting the boat into the water, making it more practical to start later.

“I think rowing is really unique in the way that you can just pick it up,” Arndt said. “It’s one of the best parts about it.”

Robinson said she needs both walk-ons and recruits on her team. Recruits come in with the knowledge already and can immediately start making an impact on the team. However, with walk-ons, a year is lost because they are just learning how to row.

“We allow freshmen a year to row because we know that we have to teach them the skill of rowing,” Robinson said. “After all my years of coaching, I have not figured out a formula to precept who’s going to be a good rower and who’s not going to be good because it all comes down to work.”

Bailey said there is a unique opportunity to grow quickly in the sport. Rowing is a repetitive movement that is all about learning and perfecting. The teaching starts slow and is extremely important.

“It was easy to pick up,” Bailey said. “I feel really confident on the team now and feel like I have my own place.”

Junior Wesley Hoglin, a member of the men’s team, said some coaches prefer walk-ons over recruits because they are like a blank slate that can be shaped into an athlete. The motion of rowing always stays the same, but the preferred technique changes depending on the coach’s preference and the area the sport is being practiced in.

Some coaches like walk-ons because then they can mold them into the technique that they want to use as their brand to make the sport,” Hoglin said. “Other coaches like more experienced rowers because we already have the basic mechanics down.”

Sophomore Jonah Afsarian, a member of the men’s team, said he would recommend that others consider walking on to the rowing team.

“You’re either going to love it or you’re going to hate it because it’s a lot of time dedication and it will break your body,” Afsarian said. “Although the sport itself is not fun, you can have fun with it.”

Recruitment is a two-way street for the teams; while the coaches do their best to recruit athletes to the college, the team does its best to recruit athletes from campus. Stangel said that although the process is unique, walk-on athletes will continue to play a pivotal role in the team’s already established accomplishments.

“I’m excited for our group of walk-ons. I think we can continue to have success with them,” Stangel said. “We’re not going to shy away from that.”

Unlike most varsity teams at Ithaca College, the men’s and women’s rowing teams both include a large number of walk-on athletes. The coaches attribute this to the fact that rowing is an easier sport to pick up — especially for students who already participated in sports in the past and already have athletic ability.
Sisters team up to play for women’s lacrosse program

BY DAVID SCHURTER

A STAFF WRITER

Being a part of a family is important. For Ithaca College women’s lacrosse sophomore defender Kaitlyn Russell, she is not only a part of a family on the field, but has an actual family on the team. This season Kaitlyn is reunited with her younger sister, first-year student defender Lauren Russell. Kaitlyn and Lauren previously played together for their high school lacrosse team, West Babylon Senior High School in Babylon, New York. There, they played side-by-side for three years.

Madison Mulligan, the college’s assistant coach who primarily works with the defense, said the two sisters act like normal teammates, pushing each other on like any group of teammates would for each other.

“For Kaitlyn, it was hard to think of the idea of never playing lacrosse on the same team as her sister again after their final high school game together. “I think it was a huge challenge of joining a new team,” Mulligan said. “She has a lot she would like to accomplish. Helping each other out,” Kaitlyn said. “It’s really nice that we’re playing together again.”

For Lauren, the bittersweet ending of her final high school game with her older sister in 2021 left her wanting more and definitely played into her college decision.

“I think [the reason I chose the college] was the chance to play together again and possibly win a championship at the college level. Lauren said. “We won a county championship together and the thought of winning in college together was very comforting. Mulligan said that having the opportunity to coach siblings makes her job fun, but that it is hard to pick up that there are siblings on the team during matches. “I would say on the field, you don’t really notice it,” Mulligan said. “But off the field, it is definitely more evident.”

Mulligan said Kaitlyn and Lauren are a great example of communication as teammates, as sometimes it is hard to find the difference between them working together as siblings or teammates.

“We always say you have to differentiate between being a friend and a teammate,” Mulligan said. “It’s even more difficult to separate wanting to talk to each other as a sibling or teammate and do a great job of that.”

Lauren said having Kaitlyn around has helped make her transition to college life steady, especially with the challenge of joining a new team. “It’s really nice to be together again,” Lauren said. “It made my transition a lot easier knowing that I have her here, someone who I know.”

Kaitlyn said that helping Lauren settle into her new life has been important to her while also pushing each other to continue to grow. “We’ve been really good with helping each other out,” Kaitlyn said. “As a sophomore, you already have a full year of experience trying to balance academics and athletics. We worked together through winter break, doing all of our conditioning together and adjusting a little more, just in terms of being an athlete in college.”

Mulligan said that she is impressed with Lauren’s transition to being an athlete in college and that together, Kaitlyn and Lauren bring a level of energy to practice that is unmatched. “She’s handled [the adjustment to college] just fine,” Mulligan said. “Both of them are of the most positive kids. They both bring great attitude and intensity to practice.”

In the early stages of the season, the team has a 2-1 record, with the loss coming to No. 14 ranked SUNY Cortland. Back on the same field as Lauren, Mulligan said she has a lot of respect that would help with her sister and the team.

“We are looking to compete at a higher level, definitely win the Liberty League Championship and maybe a National Championship,” Kaitlyn said.

From left, sophomore defender Kaitlyn Russell and first-year student Lauren Russell swap jerseys for pregame warmups. Kaitlyn and Lauren are sisters who have reunited to play for the Bombers.

ANA MANAHID MCGUINNESS/ITHACA

“Those are repeated goals for us, take it one game at a time and win every game along the way.”

Kaitlyn said the team has a bigger mindset than just individual goals, that the team’s culture has been built upon trust in each other and working together, something Kaitlyn and Lauren are very familiar with.

“A really cool thing about our culture is that our team is such a big part of our success and it’s more than just an individual,” Kaitlyn said. “We just really luck that we get to be a part of this culture together.”

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Q&A: Athlete reflects on electric 2022–23 season

As the Ithaca College women’s basketball team wrapped up a successful 2022–23 regular season, forward Emily Dorn was named Liberty League Player of the Year in addition to earning a spot on the All-Liberty League First Team.

Dorn is admired as a leader and mentor on the team. She is ranked No. 8 in scoring in the Liberty League with 280 points this season, over 100 points higher than her 2021–22 season. She started in 24 out of the 26 games she played and averaged 10.8 points per game, a huge increase from her first season at 2.1 points per game. The Bombers ended their regular season as the No. 1 seed in the Liberty League playoffs.

On March 4, the team’s 2022–23 season came to an end when it faced Marietta College in the second round of the NCAA Division III Tournament. The Bombers fought until the final buzzer but were unable to come away with a win, losing 44-42.

Managing editor Eleanor Kay spoke with Dorn about her final game and final season. This interview has been edited for length and clarity.

Eleanor Kay: Can you describe a little bit about your feelings into the game against Marietta College?
Emily Dorn: I was feeling very confident. I think I wanted to have some feelings from last year when we lost in the round of 2 that buzzer-beater, that definitely haunted me. I really didn’t believe that we could pull away and advance to the Sweet 16. The whole team was on board with it, everyone felt confident. I think, even in the first three quarters, I was like, ‘OK, we got this, we got a stable lead.’ Everything changed in the fourth quarter, but I was feeling confident throughout the game.

Eli Schurter: What was it like to be able to play in front of a home crowd in the Ben Light Gymnasium for such an important game?
Emily Dorn: After the Liberty League Championship we lost, it hurt a lot and I kind of realized that it could have been my last game in Ben Light. I almost feel like I didn’t enjoy it as much. … Partly because we lost, but I feel like I just didn’t let it sink in, so when we got that bid that we were being hosted, it almost gave me peace. … It kind of just helped me enjoy the moment more, knowing that I have another opportunity to play in Ben Light.

Eli Schurter: How has it felt for you to be a part of such an amazing team for your final year?
Emily Dorn: I feel very grateful that I’ve had a great four years here on a very successful team every single year. This year was definitely different, because not only did I have a different role on the court, but I was also a primary leader on the team. So it’s kind of like balancing that and mentoring the younger girls because I know how it feels at the end of the season when you’re so tired like we’ve been going for months; but it’s also the best part of the season.

Eli Schurter: How do you think you’ve seen yourself change from that first-year student position to now when it comes to taking on that leadership and mentorship role?
Emily Dorn: My confidence has changed. I was a very successful basketball player coming out of high school. I was one of the top in the league, so it was definitely a change when I got here as a [first-year student] and didn’t really play. I saw how our seniors, when I was a [first-year student], mentored me and encouraged me. … Over the years, I became more confident. I improved my game, and my leadership skills definitely grew in a great way. … It’s really nice to see where I came from and where I am now.

Eli Schurter: Season awards were announced recently and you were named Liberty League Player of the Year. What were the emotions you felt when you found this out?
Emily Dorn: When I found out, I was just kind of in shock because I don’t really focus on my stats or anything. I used to care about that in high school because it would help me for college, but now I just have the mentality like, ‘Give it your all every game. Whatever the stats are, the stats are.’ Finding that out was definitely really surprising and nice just because I feel like I worked so hard over my four years and it took a while to see the result. So just seeing all that work paid off was really nice. That’s a nice way to end my season.

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THURSDAY, MARCH 9, 2023
ATHLETE OF THE WEEK
JOHN SRAMAC/MEN’S LACROSSE

Junior attackman John Sramac shot the ball three times and scored three goals, including the game-winning shot in double overtime, in the Ithaca College men’s lacrosse team’s 13–12 win over SUNY Geneseo on March 4 at Higgins Stadium.

COMPETITION OF THE WEEK
WOMEN’S BASKETBALL VS. MARIETTA

From left, the Bombers’ senior guard Natalie Smith defends against senior Marietta College Pioneers guard Devin Hefner. The Pioneers hit two free throws with under three seconds left to secure a 44-42 comeback victory over the Bombers.

EVENT TO WATCH
3 PM. MARCH 22 AT FREEMAN FIELD

The Ithaca College baseball team makes its return to Valesente Diamond at Freeman Field for the first time this season with a matchup against the University of Scranton Royals. The last time the Bombers played at home, they dropped a three-game series in the NCAA Super Regional against the Catholic University Cardinals, just one win shy of a spot in the Division III World Series. Last year, the Bombers dropped a 6-4 contest against Scranton, their first to the Royals since 1959. This year, the Bombers hope to stay on track, following a seven-game slate of spring break competitions.

QUOTE OF THE WEEK
“I felt we played as a team more than we have in all my five years. It wasn’t about talent, it was about playing together.”
- CARA VOLPE
Graduate student guard about the women’s basketball team’s season

NOTABLE UPCOMING COMPETITIONS
MEN’S AND WOMEN’S TRACK AND FIELD: 10 a.m. March 10 and 11 at the NCAA Indoor Championship in Birmingham, Alabama.
WRESTLING: March 10 and 11 at the NCAA Championships in Roanoke, Virginia.
BASEBALL: Playing seven games March 12–18 in Auburndale, Florida, during spring break.
SOFTBALL: Playing 10 games March 12–17 in North Myrtle Beach, South Carolina, during spring break.
MEN’S AND WOMEN’S TENNIS: Will play five games in Orlando, Florida, during spring break.
MEN’S AND WOMEN’S SWIMMING AND DIVING: March 15–18 at the NCAA Championships in Greensboro, North Carolina.
Tomas Harrington, general manager of Viva Taqueria & Cantina, serves chili to customers at the 25th Annual Chili Cook-Off on March 4 in Downtown Ithaca. Over 40 restaurants participated in the festival, with Viva winning first place for Best Vegan/Vegetarian Chili. Other categories included Best Meat Chili and People's Choice.