because there had been a project in the past, the dining halls would be a great thing to do, Nandini Agarwal and first-year Payton Romance — sophomores Aiden Connor and Eco-Reps event.

at the college, which sparked the idea for the club's first year as an Innovation Scholar in her first year. McDonald did a food collection project as part of the dorm rooms' sustainability efforts. "We decided that recovering food from the dining halls would be a great thing to do because there had been a project in the past, but that kind of fell apart," she said. "Then I got a job with the dining hall and through contacting my supervisor, we were able to arrange the whole project and work with the Friendship Donations Network."  

Volunteers from Eco-Reps, a student sustainability organization, pack up 272 meals from leftover food April 14 in the Campus Center Dining Hall to donate. LEILA NAVARRE-BALLESTEROS/THE ITHACAN

Since March 31 and continuing every Friday for the rest of the semester, Ithaca College students can go to the back of the Campus Center Dining Hall kitchen and help the Eco-Reps — a student organization that informs the campus community about sustainable lifestyles — scoop, weigh, package and label leftover food to donate to the Friendship Donations Network.

The Friendship Network, located on State St., is fully run by volunteers in the Ithaca area who help collect food donations and deliver them to homeless shelters, motels and places where people are in need of food. Alicia Menduni, project coordinator and treasurer for Eco-Reps, reorganized the club’s weekly food donation event after the club stopped collecting donations because of COVID-19. Menduni did a food collection project as part of the dorm rooms’ sustainability efforts. "We decided that recovering food from the dining halls would be a great thing to do because there had been a project in the past, but that kind of fell apart," she said. "Then I got a job with the dining hall and through contacting my supervisor, we were able to arrange the whole project and work with the Friendship Donations Network."

David Harker, director of the Center for Civic Engagement, said the college has been working with the network since 2017 through student volunteers, internships and research projects. "This was a really awesome next step to meet the sustainability goals of reducing food waste and keeping things out of the landfill, reallocating resources that would have been used on wasted food and feeding folks who need it definitely helps with soreness," Menduni said. "If you have a strenuous weight room workout, it’s nice to unwind. It helps you relax a little bit. It makes stretching a lot more fun, you know?"

There are two main chemical compounds in cannabis: tetrahydrocannabinol and cannabidiol. While THC has psychoactive properties — what gives the user a "high" — CBD does not. Marijuana refers to the part of the cannabis plant that contains high amounts of THC.

"My initiative is to really look into the City of Ithaca’s Green New Deal and the college’s own climate action plan and really hone in on what the college is doing and how we can promote intersectional sustainability," McConnell said. Williams is running for reelection and many other candidates if they wished to serve on the board. Now candidates can run individually and hold a platform independently. Junior Carly McConnell and first-year student Senator-at-Large Matthew Williams are running against each other for the position of president of the student body. McConnell is a member of the Student Organization Specialist Team, which she said has given her experience with clubs and what they need to succeed. She says her platform is based on belonging, environmental sustainability and intersectionality across campus.

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Man accused of shooting KC teen pleads not guilty in court

Andrew Lester, the 84-year-old white homeowner who is accused of shooting Ralph Yarl — a 16-year-old Black Kansas City teenager — last week, pleaded not guilty in Clay County court April 19. Judge Louis Angles read the bond conditions, which prohibit him from possessing any kind of weapon, and he was told to surrender any passports or concealed carry permits.

Prosecutors allege Lester shot Yarl twice after he mistakenly went to the wrong address to pick up his brothers April 13.

Pentagon leak details in support of Ukraine sent from US allies

Since the day Russia invaded Ukraine nearly 14 months ago, President Joe Biden has cited the strength of the widespread international commitment to the mission of defending an independent democracy against an aggressor.

But newly leaked secret U.S. government documents provide details of how some close non-European allies have been reluctant to provide arms to Ukraine, and in the case of Egypt, even considered supplying rockets to Russia because of competing interests and concerns.

Putin critic jailed for 25 years in the harshest anti-war ruling yet

Russia sentenced a prominent critic of President Vladimir Putin to 25 years in prison in the harshest sentence handed down to an opposition activist yet.

Vladimir Kara-Murza, 41, a persistent campaigner against Putin’s rule who has condemned Russia’s war in Ukraine, was found guilty by a Moscow court of treason and other charges for criticizing the invasion. Russian news services reported. Kara-Murza had also actively lobbied for sanctioning Russian officials.

Death toll in April 16 Islamic State attack in Syria rises to 36

At least 36 people have been killed in an attack April 16 by the Islamic State terrorist militia in Syria, according to human rights activists. Armed fighters attacked the people while they were searching for truffles near the city of Hama in the west of the country, the Syrian Observatory for Human Rights reported April 16.

Those killed include 19 civilians and 17 members of a militia loyal to the government, according to the report.

Minnesota court rejects Derek Chauvin’s request for new trial

The Minnesota Court of Appeals on April 17 rejected former Minneapolis police officer Derek Chauvin’s appeal for a new trial outside Hennepin County.

Death toll in April Islamic State attack in Syria rises to 36

Fox settles with Dominion, avoiding trial

Justin Nelson (center), joined by fellow members of the Dominion Voting Systems legal team, speaks to the media about Fox News’ settlement of a defamation case over falsehoods about the 2020 presidential election.

THE ITHACAN

220 ROY H. PARK HALL
ITHACA COLLEGE, ITHACA, NY 14850
(607) 274-3208 • ITHACAN@ITHACA.EDU

MULTIMEDIA

THERE’S MORE MULTIMEDIA ONLINE. VISIT THEITHACAN.ORG/MEDIA

Silo Food Truck returns to Ithaca College

Silo, the award-winning, chicken-slinging restaurant on wheels set up shop next to the fountains at Ithaca College on April 18. Silo will return to the fountains every Tuesday until the semester ends.

THE ITHACAN IS PRINTED AT BAYARD PRINTING GROUP

COPY EDITORS

Mae Cahill, Emily Fischer, Ray Milburn

GOT A NEWS TIP?
Contact the News Editor at ithacannews@gmail.com or 274-3208

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Cannabis store rolls up to The Commons

BY RYAN JOHNSON
STAFF WRITER

William Jane, a Binghamton-based businessman, opened William Jane Dispensary, the first legal dispensary for people over 21 in Ithaca March 16.

Recreational marijuana use has been legal in New York state since March 2021, and in November 2022, the first 28 recreational marijuana licenses were awarded. The State Cannabis Control Board has been legal in New York state 21, in Ithaca on March 16.

William Jane Dispensary is the first legal dispensary for people over 21 in Ithaca. While marijuana is decriminalized in New York, it is not permitted on the Ithaca College campus. Management, said that while marijuana is decriminalized in New York, the college is still a federally funded campus, so students are not permitted to carry or use marijuana on campus. Dunn also said the dispensary is a safer option for students over 21 who can legally use marijuana and advises for safer usage of the drug in general. "It would certainly advocate for people to know what they're buying," Dunn said. 

"This campus has a stench to it and anywhere you go, you can find someone smoking weed." Thomas Knipe, deputy director of Economic Development in the City of Ithaca, said the city supports the CAURD program and New York state's social equity approach to cannabis integration.

"The CAURD program gives entrepreneurs who've owned a business in New York state [and] also folks who've been involved with prior cannabis-related offenses the leg up [in the marijuana industry]." Knipe said.

Dunn said he agrees that these stores are an issue and make it harder for legal dispensaries to compete because of illegal dispensary stores that do not comply with state regulations. "It sucks that [the stores] are able to get away with this, especially when I go down to some of these stores and stay in compliance and do these things in other places in order to keep my license going," Dunn said.

Thomas Dunn, associate director and deputy chief of the Office of Public Safety and Emergency Management, said that while marijuana is decriminalized in New York, it is not permitted on the Ithaca College campus.

Readers collect funds for library

BY AUBREN VILLASENOR
STAFF WRITER

The Tompkins County Library Foundation held its 11th Annual REACTIONary to stir up support and donations, which some partici-

Three weeks ago, a team of readers from the community and surrounding colleges to read their book selections out loud to participate. Readers are sponsored by community members to read during the event using an online fundraising platform.

Ithaca College Librarian Michael Miller, Communications Librarian Cathy Michael, Terri Leebetter, acquisitions and invoice specialist for the Ithaca College Library; and Web Services Li-

William Jane Dispensary, the first legal dispensary for people over 21 in Ithaca. While marijuana is decriminalized in New York, it is not permitted on the Ithaca College campus.

Students collect funds for library

BY AUBREN VILLASENOR
STAFF WRITER

The Tompkins County Library Foundation kicked off its 11th Annual REACTIONary to stir up support and donations, which some partici-

a team to support the foundation. The campaign raised just over $25,000 in donations for the Tompkins County Library Foundation. President La Jerne Cornish also participated and raised $1,000 and the Ithaca College team raised $450.

Some readers used the reading as a chance for empowerment in protest of bans placed on content focusing on LGBTQ+ and other issues.

"Across the nation, libraries are facing increased scrutiny over the circulation of books related to critical race theory, those featuring LGBTQ+ characters, and other similar themes," Miller said via email that now is a very diffi-

"One of the things that made our reading power comes into play. We wanted them to read from banned or challenged books," Barnes said. "They feel that there's a lot of power in speaking out loud into a microphone, words that other people don't want you to hear.

Barnes said the library has been shielded from most scrutiny, largely because of its location in the more liberal city of Ithaca, how-

"There's a need for protest at the edges of the bubble," Barnes said. "So we take our freedom of information and reading seriously — it's a scary time."

For others, the reading was a chance to connect with the community. Raul Palma, as-

"I would certainly advocate for people to know what they're buying," Dunn said. "If a person is in need of medical assistance after smoking or ingesting an edible, don't hesitate to call."

-For local businesses and people who have a previous marijuana conviction, said he applied for the CAURD license in 2022. Dunn said he wanted to open the dispensary in Ithaca because he loves the area and a retail space on The Commons opened up.

"So when the location [in Ithaca] became available, [it] was a no-brainer for me," Dunn said. "I thought any type of retail business and The Commons, as far as cannabis goes, would be good, I just thought the location was great for it."

Ithaca College was ranked 17th by Business Insider in a list of the top 20 colleges where students smoke the most weed.

Sophomore Zoe Blain said, "I would think the location was great for it."

"This is a stench to it and anywhere you go, you can find someone smoking weed." Thomas Knipe, deputy director of Economic Development in the City of Ithaca, said the city supports the CAURD program and New York state's social equity approach to cannabis integration.

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Dunn said he agrees that these stores are an issue and make it harder for legal dispensaries to compete because of illegal dispensary stores that do not comply with state regulations. "It sucks that [the stores] are able to get away with this, especially when I go down to some of these stores and stay in compliance and do these things in other places in order to keep my license going," Dunn said.

Thomas Dunn, associate director and deputy chief of the Office of Public Safety and Emergency Management, said that while marijuana is decriminalized in New York, it is not permitted on the Ithaca College campus.

The Sustainability Fair will take place from 4 to 6 p.m. April 19 in the Peggy Ryan Forest, students, staff and faculty were also invited to enjoy a sustainability-themed pop-up pub to engage in these movements and figure out what changes we want to make these changes," Smith said.

"The inspiration is … [to] learn from each other and talk about what the town of Ithaca; and Rebecca Evans, professor of Environmental Science, read at the event with his daughter.

"We have to be critical of our schools and society and figure out what changes we want to make and understand the reasons why we want to make these changes," Smith said.

Evans said students must get active in local elections and participate in the local government of Ithaca.

"You're given this amazing opportu-

STAFF WRITER

From April 17 to 22, Ithaca College's Sustainability Week offered students opportunities to learn about sustainability and figure out what changes we want to make.

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"You're given this amazing opportu-
All SGC positions are up for re-election for fall

FROM CAMPAIGN, PAGE 1

is working closely with the Center for Inclusion, Diversity, Equity and Social Change to create a "Place Where YOU Belong," according to a report from the National Association of Student Councils (NASFAA) with the lack of information that is provided to students confused by financial aid information.

\textbf{Students confused by financial aid information}

BY JADYN DAVIS

In Fall 2020, 67% of all first-year students at Ithaca College received need-based aid, but upon receiving financial aid packages, some students have had trouble understanding how much their aid will cover.

SFS has implemented the Financial Aid Letter system for the Federal Direct Loan Program, which aims to help students and families feel more secure about the financial aid by detailing the amount of aid a student will get for the next four years.

Megan Walter, policy analyst at the National Association of Student Financial Services Administrators, said via email that NASFAA has worked to make the financial aid process easier to understand for students creating a set of guidelines that colleges should follow when making and distributing their financial aid packages.

\textbf{Eco-Reps pack over 500 meals}

FROM ECO-REPS, PAGE 1

"You can't give an 18-year-old a letter that's so complex that they can't understand it," said Michael Lapczynski, a senior at Ithaca College and the president of the Ithaca College chapter of the Food Recovery Network.

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"Offers can vary widely between colleges, with each using its own terminology, inadvertently creating an inherently confusing process even more difficult," Walter said.

Some colleges do not use language in their financial aid letters that can be understood by families or students. Here's what you need to know about the financial aid process, according to The Chronicle of Higher Education.

Both low-income and first-generation students struggle with financial aid because of the lack of information that is provided to them, according to a report from the National Association for College Admission Counseling.

Junior Jordan Garcia is a first-generation student and said he and his family had limited understanding of the financial aid process, so he got help from Latino U College Access.

"It's very confusing and one thing that I think colleges might not understand is... for low-income students and anyone really our age it's that we can see that money, that financial aid package, on paper or on screen, but it's so impossible to comprehend that much amount of money that you will be making," Garcia said.

CONTACT: jm737@ithaca.edu

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CONTACT: jm737@ithaca.edu
SGC discusses sustainability initiatives on campus

By Dominick Petrucci

Scott Doyle, director of the Office of Energy Management and Sustainability, met with the Ithaca College Student Governance Council on April 17 to discuss the department’s long-term and short-term goals for being more climate-sensible. The council also went over Platform Presentations Night.

Doyle began the meeting by acknowledging the start of Sustainability Week, which ends April 22 and aims to educate students about the college’s efforts to be more environmentally conscious.

In Fall 2022, the college was awarded the gold status for the Association for the Advancement of Sustainability in Higher Education rating and placed in the Top 10 Green Colleges by The Princeton Review.

“Doyle said that although the college maintained this rating, employees in his office are still making efforts that may not be recognized by the student body.

“Doyle said his office is looking at partnerships with TCAT to create a hub for students taking the bus to campus. “I envision that we can potentially work with them to create maybe a bike share that we can have bikes around campus as a trial with that,” Doyle said. “You might see more bikes or bikes around campus as a trial with that.”

“Before concluding the meeting, sophomore Hannah Ahmed, Class of 2025 senator, asked Doyle if the board of trustees at the college gives the department enough funding to do these projects it is planning.

“Doyle said that although the college does fund the office as a whole, it currently does not have the funding to fully move forward on most projects discussed at the meeting.

“Any project I’m thinking of, I’m factoring in something we’re bringing in from somewhere else,” Doyle said. “One day we may get the right investors, but right now, no.”

Contact: dpetrucchi@ithaca.edu

Explanation of Ithaca Forever Strategic Plan initiatives

BY LORIEN TYNE

NEWS EDITOR

Since Fall 2019 when Ithaca College first introduced the Ithaca Forever Strategic Plan, there has been considerable frustration and confusion throughout the campus community. While The Ithacan has consistently reported on this topic, some details have not been clearly outlined.

First is the difference between the Ithaca Forever Strategic Plan, the Academic Program Prioritization process and the Shape of the College, which are all connected.

The APP process is most commonly linked to the reduction of 116 full-time equivalent faculty positions. The reductions were made after final recommendations were given by the APPC in Spring 2021 which included faculty and program cuts. In addition to the cuts, the Shape of the College also includes curricular revisions, faculty workload equity, implementation of the Pathways Program, and other initiatives.

The number of people is unknown but would be greater than 58 because two or more part-time faculty positions may make up one FTE position depending on the credit load.

Many goals and objectives in the strategic plan are yet to be implemented. Much of the institutional terminology and explanations can be difficult to comprehend. The Ithacan continues to cover the positive and negative impacts of the strategic plan, to report with accuracy, independence and integrity, and most of all, to provide the campus community with pertinent and impactful knowledge.

Contact: ltyne@ithaca.edu

Illustration by Malik Clement/The Ithacan

SOURCE: ITHACA FOREVER STRATEGIC PLAN; SHAPE OF THE COLLEGE; AND MELANIE STEIN, PROVOST AND VICE PRESIDENT OF ACADEMIC AFFAIRS.
COLLEGE BRIEFS

VIC Radio to host 36th annual 50 Hour Marathon to benefit charity

Starting at 4 p.m. April 21 until 6 p.m. April 22, VIC Radio will host its annual 50 Hour Marathon for the 36th year. Four VIC DJs — seniors Andy Tell, Carly Valley, Claire Macaluso and Julian Bars — will stay awake for 50 hours to raise money for the Advocacy of Tompkins County. Music from the indie/alternative genre will play for all 50 hours, with some musical guests coming live into the studio, as well. Listeners can tune in on vicradio.org, wic.org, ileart Radio, Tunein Radio and ICTV.org, as well as channel spectrum 16 and 91.7 FM for those listening locally. People are welcome to donate throughout the 50 Hour Marathon and before it starts. People who donate $10 will get four on-air mentions. People who donate $25 will get two on-air mentions.

VIC started this year’s fundraiser in Fall 2022 with the Virtual Fall Benefit Concert in November. Bibi Club, Microbes Mostly, Jacob Fauthorn, D.K. Lyons and Staal all performed and a recording of the concert is available on the VIC website.

Whalen Symposium committee announces presentations winners

The James J. Whalen Academic Symposium Steering Committee announced the 2023 Whalen Symposium award winners. The symposium, which took place April 11, 2023.

The symposium went to first-year student Baneet Pukhram with a presentation about their research.

The symposium Steering Committee announced the Whalen Symposium award winners. Bibi Club, Microbes Mostly, two on-air mentions. People who donate $25 will get two on-air mentions. People who donate $40 will get four on-air mentions. People who donate $100 will get 10 on-air mentions. People who donate $1000 will get 50 on-air mentions. People who donate $1000 will get 50 on-air mentions.

Performers harmonize for first cabaret

From left, junior Achille Vann Ricca and first-year student Jaimie-Kae Smith perform for audience members during Harmony Theatre Collective's first ever production, Cabaret of Color on April 16 in Dillingham Center Studio 4, JASMINE SCROVNIK/STAFF PHOTO

College offers vacation packages for some Giving Day donations

Giving Day, which is April 25, will offer donors the opportunity to return to the college or upstate. New York. Alumni who graduated between 2018 and 2022 and who donate $25 or more, alumni who graduated between 2013 and 2017 and who donate $50 or more and anyone who makes a gift of $100 or more would be eligible to enter into a lottery for one of two vacation options. One offers a nostalgic trip back into the college years with a one-week stay in Circle Apartments any time during the month of July. Another option is a weekend stay in the Stratton Creek Inn in Newfield. For questions, contact givingday@ithaca.edu.

PUBLIC SAFETY INCIDENT LOG

SELECTED ENTRIES FROM APRIL 3 TO 9

APRIL 3

FIRE ALARM ACCIDENTAL
LOCATION: Cañon Apartments 110
SUMMARY: Simplex reported a fire alarm.

MEDICAL ASSIST/ ILLNESS/ ACCIDENTAL
LOCATION: Terrace 1
SUMMARY: A caller reported a person with abdominal pain. The person was transported to the hospital by ambulance. Master Patrol Officer Sophia Dimkos responded.

APRIL 4

CRIMINAL TAMPERING/ THIRD DEGREE
LOCATION: Rowland Hall
SUMMARY: An officer reported an unknown person discharged a fire extinguisher. Master Security Officer Amy Noble responded. This is a pending investigation.

VAT VIOLATION AGGRAVATED UNLICENCED OPERATION
LOCATION: Grant Eibert Hall East
SUMMARY: A caller reported a two car accident.

CRIMINAL TAMPERING/ SECOND DEGREE
LOCATION: Circle Apartments 170
SUMMARY: A caller reported that a person was attempting to gain unauthorized access. Six people were reported to be assisting in the investigation. Master Patrol Officer Thaddeus May responded.

STALKING
LOCATION: Circle Apartments 170
SUMMARY: A caller reported a person was sending threatening text messages.

CRIMINAL TAMPERING/ THIRD DEGREE
LOCATION: East Tower
SUMMARY: A caller reported an unknown person damaged a lock. This is a pending investigation. Patrol Officer Sophia Dimkos responded.

CRIMINAL MISCHEF/ FOURTH DEGREE
LOCATION: Hilliard Hall
SUMMARY: A caller reported an unknown person had damaged soap dispensers. This is currently a pending investigation by the Office of Public Safety. Master Patrol Officer Sophia Dimkos responded to the call.
 Collegiate athletes should be able to live the high life

While many states in the United States have legalized the recreational use of cannabis, college athletes are not allowed to consume it because of NCAA policy. The grounds for banning the use of any form of cannabis — tetrahydrocannabinol and cannabidiol — for college athletes are that the substance is linked to anxiety, respiratory damage, short-term memory damage and a decrease in focus on goals and personal achievements. There are no medical exceptions for the use of any cannabis class, while more damaging drugs like stimulants, narcotics and beta blockers can be granted an exception.

It does not make sense to ban the use of cannabis for college athletes when there is no evidence of it being a performance-enhancing substance. Many athletes do not even use the drug as a means to improve their performance. Rather, they use it for relaxation and pain relief.

Even though the NCAA tries to reason cannabis as mainly a negative substance, there are many positive results of cannabis use: improvement of vision, muscle relaxation and a decrease in anxiety, depression, stress and tension.

In addition to identifying as athletes, everyone is a person first. If the state the person resides in allows the recreational use of cannabis, then they should be allowed to use it when they please, no matter their standing as an athlete.

There is no evidence that the use of the substance impacts athletes’ performance, so it should not be a duty of the NCAA to keep it in its banned substance list. Even many famous sports organizations, like the NFL and MLB, allow the use of CBD. So why does the NCAA ban it? So far, there have been no well-founded reasons to keep the use of CBD, or cannabis in general, banned, which means that there should be a change in these policies.

Excess food must not end up in overflowing landfills

Creating food waste puts humans and the Earth in a terrifying danger. When there is input to improve the problem, not only will food waste decrease, but it can solve other major problems, like food insecurity and lowering greenhouse gas emissions.

Eco-Reps at Ithaca College is putting efforts toward lowering food waste at dining halls by donating leftover food to the Friendship Donations Network. The donated food will be given to people in need with the intention to solve the food insecurity issue in the City of Ithaca.

However, the whole world has issues with food waste. The United States alone wastes 30–40% of its food supply. Food waste can happen both intentionally and unintentionally. Intentional wasting happens when a person throws out food just because they do not care about the problems their actions will create. Unintentional wasting occurs because of misleading expiration dates on products. Most of the food that is supposed to be “expired” is not. Food labels are estimated expiration dates, which do not tell the whole information about the particular food — it is the pathogens that make the food inedible.

Food donations could potentially improve food insecurity problems, which kills five to 13 people per minute. While some people discard fresh food, someone else tries to consume it from a dumpster to survive hunger. Not only would food donations lower the food insecurity numbers, but they would help to reduce a great amount of carbon emissions from the Earth. All the wasted food is rotting in landfills and emits one-third of greenhouse gas emissions. However, there is a chance to stop the numbers from increasing. Solving that problem is on the shoulders of companies and institutions. Yet, we have our part in it too: to learn, advocate and improve our wasting and consumerism habits.
Disabled students need more support

BY MEGAN HANDLEY

Senior Megan Handley thinks that accessibility for disabled students at Ithaca College is not advanced. She is upset about the lack of sympathy toward disabled students’ needs.

I want to be clear — I love Ithaca College. I’ve loved my time here and I would not have chosen anywhere else to get my education. Still, the accessibility of campus needs improvement. Though diversity support at the college needs to improve overall, those with disabilities are almost always left out of the conversation. While the pandemic may have helped the rest of the population to get closer to an understanding, I hope Ithaca College will continue to push for better support for students of all abilities.

Senior Megan Handley thinks that accessibility for disabled students at Ithaca College is not advanced. She is upset about the lack of sympathy toward disabled students’ needs.

Inequality in film sets must be reformed

BY SURINA BELK-GUPTA

On the cusp of graduation, I am working on confronting the past. While I loved many parts of Ithaca College, I feel a sense of grief at how many times my education showed a preference for men. It is impossible to encompass all of the gaps in our system, so I will turn my focus to sexism on student film sets. I write this not with a hatred for a place that has given me a great deal but as a desire to acknowledge what we treat as taboo in the hopes of improving it. Perhaps the Roy H. Park School of Communications does not inherently prefer men, but it allows and enables the exclusion of non-male filmmakers.

Three years ago, I worked on a set and looking around to realize I was the only woman. Though diversity support at the college needs to improve overall, those with disabilities are almost always left out of the conversation. While the pandemic may have helped the rest of the population to get closer to an understanding, I hope Ithaca College will continue to push for better support for students of all abilities.

Senior Surina Belk-Gupta raises concerns about the non-male discrimination on film sets. She hopes that there will be better education about discrimination.

Order creates disordered life

Whenever I gazed up at the clear sky full of stars at night, I feel like a time traveler. The endless universe seems serene and orderly, but destruction and creation continuously occur in every blink of my eyes, creating disorder. But, hey, who am I to say stillness is order and change is disorder? There could not be disorder without having order at first. Similarly, order is formed to become disorder, according to the concept of entropy: any spontaneous process increases the disorder of the universe. An example of entropy can be observed when a person litters, causing disorder in their room. The act of cleaning up garbage requires expending energy to restore order and reduce the entropy in the room. As time goes on, this process is repeated over and over again. The person, as an energetic being whose energy spreads out, ages and develops visible wrinkles — causing another disorder. When the person dies, their energy is absorbed by nature to be transformed into many particles to become trees, food, wind and then a human formed by many particles again.

Experimental psychologist Steven Pinker once said, “The Second Law of Thermodynamics defines the ultimate purpose of life, mind and human striving — to deploy energy and information to light back the tide of entropy and carve out refuges of beneficial order.” The law states that entropy always increases with time, and we as people always need to put effort into our lives to maintain an orderly lifestyle competing against the universe and time. But it is tiring, isn’t it?

In my opinion, the universe exists as an equilibrium, with the product being the disorder, sustained by these two opposite forces of order and disorder that coherently collided into one strong bond. As an analogy, that equilibrium is the present moment for us. If we always work so hard to keep that order, I feel like we would forget how many things are going right in the present — flowers blooming, people smiling with their wrinkles and the embrace of the wind on our skin.

If we all view the universe where everything will eventually “fall apart,” we embrace the balance between order and disorder. Who are we without guilt and regret from the past? Who are we without guilt and regret from the past?
BY NOELLE COOK, ELIZABETH KHARABADZE
STAFF WRITER, CO-LIFE AND CULTURE EDITOR

Nearing the end of the academic year, students and faculty have the opportunity to showcase the culmination of months of hard work. For some, this is an academic paper or presentation. For the students in the Non-Timber Forest Products class, this is South Hill Forest Products.

South Hill Forest Products is an initiative where students from the college work alongside professors in the Department of Environmental Studies and Science to harvest maple syrup, honey and other forest products in an effort to maintain and sustain the Natural Lands. It is the brainchild of Jason Hamilton, professor in the Department of Environmental Studies and Science, who had the idea to use the Natural Lands’ resources as a way to educate students in the Non-Timber Forest Products class starting in 2010. The students that work with the South Hill Forest Products company will be selling their products from 10 a.m.–2 p.m. April 22 during the South Hill Forest Products open house on Rich Rd. on the Natural Lands trail.

Among these, maple syrup that students tapped from the local trees, as well as honey and other forest products in an effort to maintain and sustain the Natural Lands. It is the brainchild of Jason Hamilton, professor in the Department of Environmental Studies and Science, who had the idea to use the Natural Lands’ resources as a way to educate students in the Non-Timber Forest Products class starting in 2010. The students that work with the South Hill Forest Products company will be selling their products from 10 a.m.–2 p.m. April 22 during the South Hill Forest Products open house on Rich Rd. on the Natural Lands trail. Among these, maple syrup that students tapped from the local trees, as well as honey and other forest products will be up for sale. This event will have a pancake breakfast and homemade syrup and will be open to the public — highlighting the culmination of student’s work in the Natural Lands.

Senior Cali Trainor was one of the students who helped work on South Hill Forest Products during Spring 2022. During the class, Trainor said she took on several roles, including working on the South Hill Forest Products’ website, leading the merchandise team and making wood carvings of animals to be sold online and at the open house.

“It’s really unique,” Trainor said. “I’ve never heard of any other class at any other institution like this. Because we’re learning about maple trees, we’re outside chopping wood with axes and we’re also learning about what it means to run a small business.”

Senior Gabi Levitan worked with South Hill Forest Products this semester as well as the Student Land Stewardship Program, which maintains the Natural Lands, and said he is surprised at how many people do not know about all that the Natural Lands has to offer.

“You don’t need to go off campus to do all of the things that you’re thinking about doing,” Levitan said. “South Hill Forest Products or the Non-Timber class is open to everyone, not just Environmental Studies majors. I had a bunch of Park students in my class, some music majors, and really just people who wanted to get outside and learn what it was like to work with your hands and make a business out of it.”

Through the open house, Levitan said the students and professors behind South Hill Forest Products are able to highlight what sustainability and connecting with nature means to them in a special way.

“My experience was one where it really showed me the importance of being not only outside but connecting with nature and making sure that the community around you connects with nature,” Levitan said. “It’s a huge thing for the community, everybody around knows about it and comes to it. Usually, we get 500 or 600 people that come out. It was a lot of work. There were maple syrup teams, honey collecting teams, wood carving teams and honey collecting teams. It is all meant to set up for the open house.”

After attending the South Hill Forest Products open house in Spring 2022, senior Taylor Callis said she knew she had to get involved. For Spring 2023, Callis said she was involved with co-leading marketing and sales for South Hill Forest Products, where she was able to take the things she learned from classes in the Department of Strategic Communications and apply them toward developing ideas for the business.

“It is definitely a great deal of work, working with other people to run the business efficiently while balancing other responsibilities,” Callis said. “That being said, that is what makes it so much more rewarding. I know that my many late nights of work in the lab, emails back and forth to campus and off-campus partners and brainstorming sess-

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In many cases, Callis said she believes the lessons she has learned in the Non-Timber Forest Products class, as well as the work done for South Hill Forest Products is unlike anything else.

“Where else gives you the opportunity to make bark baskets and travel to a farm to learn about mushroom production?” Callis said. “Although it’s a lot of logistical planning, I love being able to get hands-on experience while frolicking through the forest.”

Despite not having much of a background in environmental studies or sustainability prior to this semester, Trainor said the experience of working on South Hill Forest Products is invaluable.

“I’m really excited for people to see where we do our work,” Trainor said. “I think it’s a really unique thing to be able to tell the maple syrup you made surrounded by the trees that it came from. … It can be a really educational experience as well. … So it’s not just ‘come buy our product. We really want to be engaging with the community and we want people to come see our little sustainable small business.’
Paint and sip events bring out student’s inner Picasso

BY VICTORIA KELLOGG
CONTRIBUTING WRITER

Ithaca College students assemble together in IC Square with a paintbrush in one hand and a beverage in the other. Some of these beverages range from soda to juice, but Capri Suns remain a group favorite. While painting, students create a personalized masterpiece on a canvas while drinking a non-alcoholic beverage and call it a paint and sip party.

Paint and sip events were first popularized in 2007 when Cathy Deano and Renee Maloney opened Painting and Sip with a purpose. Now known as Corks N Canvas, in New Orleans, the college’s Paint & Sip Club intends to get students to mix and mingle and be creative at the same time.

The energetic evening also featured guest performances and choreography by popular artists like senior Sherleen Vargas, who is the president of KATALYST and has been a part of the club since her first year on campus. Vargas said the title of the showcase is named after the last dance: “World” by SEVENTEEN.

“We were trying to show everyone our world, the world we’ve been living in since we started liking K-pop,” Vargas said. “And for me specifically, it was the world I’ve been living in with KATALYST for the past four years.”

First-year student Minhye Ha joined KATALYST during Fall 2022. On top of being in several dances, Ha also taught two of them — “Secret Story of the Swan” by IZ*ONE and “90’s Love” by XCT. Each week of preparing for the showcase is devoted to one dance before moving on to a new one the following week.

Over the past decade, K-pop has become one of the most popular musical genres worldwide, with some of the most popular artists including TWICE, Red Velvet and BLACKPINK. Ha started listening to K-pop in 2018 through the popular band BTS and has been a fan ever since.

“All their songs are very meaningful and honestly come to me when I was at my lowest point,” Ha said. “They talk a lot about mental health, so I really related to it.”

K-pop is also known for bringing together different styles and genres from all over the world, with artists releasing songs in many languages, like Japanese, English and Chinese.

“I don’t think that K-pop is a genre of music anymore,” Vargas said. “I feel like now it’s become a community.”

Along with MCs checking in every few numbers and performing a Korean game with the audience titled “Cham Cham Cham,” where two people have to avoid pointing and turning their head the same way, Korean snacks like Choco Pie, Miliki and Konjac Jelly were proofing well. Khan said this was the first time KATALYST provided food at a performance after senior Gabrielle Shapiro, treasurer of KATALYST, suggested the idea.

“K-pop isn’t K-pop without Korean culture attached to it,” Vargas said. “We wanted our audience to be able to experience some of the traditional Korean snacks as well as getting exposed to a Korean game.”

Graduate student Mark Gregory said he came to see the show to support friends and loved seeing the dancers perform with smiles on their faces.

“After seeing KATALYST dance from my sophomore year to now, they’ve improved so much,” Gregory said. “The production quality of everything. I was just proud of them. The costumes were crazy. I know they had to make changes and they took their time, but it was definitely worth it.”

Despite being a smaller dance organization on campus with 16 members, Vargas said the bond between members is what makes them special.

“We eat lunch together every day and it’s enforced by any of us,” Vargas said. “We’re all really, really close friends. All of us are always trying our best and motivated to learn new dances.”

Vargas said KATALYST has grown and was able to get more funding for the "OUR WORLD" than previous showcases after successfully requesting money from the Student Governance Council for food and three costumes per dancer.

“It’s honestly still a fever dream,” Vargas said. “I can’t believe that it’s over. If I could do it again and just repeat, I would.”

Sophomore Lauren Smith works on creating a masterpiece during a paint and sip event. The events offer people the ability to create their own pieces of art in a relaxed, judgement-free environment.

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Electric K-pop performances rock Emerson Suites

BY MATT MINTON
CO-LEAD AND CULTURE EDITOR

As the crowd excitedly waves their blue glow sticks back and forth, cheering on the dancers and lip singing along to their favorite K-pop songs, the dynamic opening number "PTT (Paint The Town)" by LOONA commences, setting an electric tone for the entire showcase.

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Mario makes successful leap to the big screen

MOVIE REVIEW: “The Super Mario Bros. Movie” Universal Pictures

BY RUA FA Y
CONTRIBUTING WRITER

After much anticipation, “The Super Mario Bros. Movie” finally hit theaters with an absolutely explosive debut and a worldwide gross of over $400 million.

Despite being released so recently, the film has already gained a reputation for its significant divide between audience and critic scores. The movie holds a baffling criticscore of 58% on Rotten Tomatoes next to a 96% positive audience rating. But what exactly makes this film so polarizing to say the least?

When it comes to the story, the animated “The Super Mario Bros. Movie” centers around the iconic characters as they’re transported from Brooklyn to the Mushroom Kingdom, working with Princess Peach (Anya Taylor-Joy) to help rescue Luigi (Charlie Day) from Bowser’s (Jack Black) castle and save their world from Bowser’s evil plans.

When news broke in 2021 about the cast of the “The Super Mario Bros. Movie,” the internet went berserk. Fans of the beloved series were ecstatic with writing and voice acting, but there were concerns about how their world from Bowser’s evil plans.

Despite all of the problems from shining to its fullest potential, “The Super Mario Bros. Movie” is a flawed blockbuster that shines and fails as much as it succeeds. One of the glaringly obvious issues with the “The Super Mario Bros. Movie” is the pacing. The main problem with the “Super Mario Bros. Movie” overall is that it doesn’t know its own strengths. In what world does a Mario Bros. movie only go twenty minutes of screen time compared to the rest of the cast.

The main problem with the “Super Mario Bros. Movie” is that the pacing makes it feel so much longer. The final twenty minutes feel like the writers room all collectively agreed that they were running low on time. Despite all of the problems with writing and voice acting, the best part is the animation. From the colors to the lighting and the textures, “The Super Mario Bros. Movie” is an absolutely gorgeous film when it comes to animation. It’s obvious in every frame just how much time and effort was spent on making this film look as fun and cartoony as the games.

While “The Super Mario Bros. Movie” is a flawed blockbuster, the film has a good message and seems to be entertaining audiences around the globe.

Are we tired of superheroes?

BY EVAN MILLER
STAFF WRITER

For over 20 years, superheroes have ruled cinemas. There was a time only a few years ago when if a new Marvel studio film was hitting theaters, it was essentially guaranteed to cross the worldwide $1 billion mark. When “Avengers: Endgame” became the second highest-grossing movie of all time, making nearly $2.8 billion by the end of its theatrical run as stated, it was only the sky that could limit the gargantuan power of the comic book movie genre. However, it is one that is seeing as being too big to fail followed by a few new signs. This is exactly what seems to be happening in the current era of supposed superheroes.

Superhero comic books and superhero movies are extremely formulaic. A person can read a comic book or watch a comic book movie and know that the story is going to unfold with the heroes beating the brand-new villain of the week. Even if a story does not end this way, there is almost nothing Marvel can do at this point to shock audiences in the same way it did at the end of “Avengers: Infinity War.” With what Marvel has currently set up with their latest saga of films following “Avengers: Endgame,” even if the next “Avengers” films end with a shocking cliffhanger that will lead into the subsequent movie, it is bound to not have the same type of pop cultural impact that “Avengers: Infinity War” had.

Aside from a few standout entries like “Shang-Chi and the Legend of the Ten Rings” and “No Way Home,” it has felt like Marvel has been losing its magic. Projects released over the last two years like “Thor: Love and Thunder,” “Eternals,” “Ant-Man and the Wasp: Quantumania” and more have felt lower in quality.

Luckily, Marvel has until May 2025 when “Avengers: The Kang Dynasty” is scheduled to be released to get fans fully back on board. Upcoming projects like the Disney+ series “Secret Invasion” and the Captain Marvel sequel, “The Marvels,” look like they both have the potential to bring back the beloved Marvel magic. However, it is James Gunn’s “Guardians of the Galaxy: Volume 3” that has the most pressure to be positively received.

The “Guardians of the Galaxy” films are some of the most beloved in Marvel’s entire catalog. Writer-director James Gunn is also one of the most talented filmmakers that Marvel has ever worked with. If there is anyone who can save off any threat of superhero fatigue, it is Gunn. After all, he is one of the new heads of DC Studios as well. Ultimately, in the last few years, it has been DC that has already been releasing some of the most creatively innovative and interesting projects in the genre.

It is up to their upcoming slate, along with films like the “Joker” sequel and “The Batman: Part 2,” to save DC Studios from being the go-to fans who are becoming more uninterested in the comic book movie genre with each passing blockbuster film.

New Ellie Goulding music is a groovy and good time

ALBUM REVIEW: “Higher Than Heaven” Polydor Records

BY SARAH PAYNE
STAFF WRITER

Ellie Goulding leads listeners through a spacy, disco-influenced musical experience on her fifth studio album, “Higher Than Heaven.”

Goulding’s 80s influenced dance-pop album is self-described as her “least personal” album. Goulding notes that this fact was for her emotions and ability to connect to her art in an interview with Rolling Stone. The relief and joy that Goulding granted herself by not including many personal details of her life showcases itself within the lighthearted nature of the project.

The album lyrically covers topics of love,lust and heartbreak. The storytelling beats of the album make Goulding’s active and engaging persona, as many of her songs. Furthermore, the performances that Goulding provides on this project proves that point more effectively than the title track. “Higher Than Heaven” features impressive falsettos, soaring belts and high notes. Goulding makes these very technical vocal skills sound effortless as she infuses so much emotion into her voice.

Unfortunately, the momentum of this album falters a little bit more than halfway through. Many of the songs are decent—it is that they don’t bring anything unique or distinct with them.

“Higher Than Hell” is an enjoyable, playful and flirty project that is nearly impossible not to dance to, but the corny lyrics and few noticeably out-of-place tracks prevent the album from shining to its fullest potential.

Ellie Goulding urges listeners to flock to the dance floor in “Higher Than Heaven.”

CONTACT: SPAYNE@ITHACA.EDU

CONTRIBUTING WRITER

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crossword
By Quill Driver Books

ACROSS
1 Elegant
5 Hit
9 Columbus sch.
12 Two-color cookie
13 Sheikh’s breey
15 Primates
16 Mild Dutch cheese
17 Jetsors’ dog
18 Not easy to find
19 Sings in a loud and forceful manner
21 Damaged the crops
23 Reef components
25 Pita marvels
26 Spanish dance
27 Lucy who plays Xena
30 Wands
31 Jalopy
33 Pleasant
35 Jungfrau
36 La. neighbor
37 Pull down
38 Semester
40 Gluts
42 Actress — Kendrick
43 About

46 Triplets
47 Chop —
48 Wils animals
49 Eye part
52 Not stiff
53 Peasantry
54 — “enough!”
56 Hideaway
58 Sonar’s sound
59 — voice (softly)
60 Range in Asia
61 — voice (softly)
62 Range in Asia
63 Six-pointer
64 Reporter’s query
65 Moved on

DOWN
1 “The Gold Bug” author
2 Law (abbr.)
3 Body of water
4 Tijuana guys
5 Not deep
6 Persists
7 Poetry and painting
8 Each
9 Translucent gem
10 Dry and withered
1 1 Victimized
14 Hudson tributary
15 Cropped up
20 Pitcher handle
22 Hole-making tool
23 Picnic take-along
24 Seasoned veteran (2 wds.)
25 In poor taste
26 Ill-behaved child
27 Bad, bad Brown of song
28 Kind of ring
29 Film sets
30 Wands
31 Jalopy
32 Market upturn
33 SFO guesses
34 Sings in a loud and forceful manner
35 Jungfrau
36 La. neighbor
37 Pull down
38 Semester
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sudokus

 answers to last issue’s sudoku:

very easy

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

hard

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

Panera FUNDRAISING
Help support THE ITHACAN

April 23, 2023
4:00 pm to 8:00 pm EST
7/8 South Meadow Street

Help support THE ITHACAN
with your purchase of Panera Bread. 20% of the purchase price will go towards THE ITHACAN’s Scholarship and Graduation Fund.

sudokus

easy

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

medium

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

hard

8 4 9 7 1 8
6 2 5 7 3 1
9 6 8 7 2 3
1 7 5 9 6 2
4 3 8 4 9 1
5 2 6 8 7 3
As marijuana has become fully legal in 20 states and the District of Columbia, though it is still illegal federally, athletes like Calvin Johnson and Megan Rapinoe have spoken out in favor of the substance.

Although there is no official estimate of how many athletes use some form of cannabis, anecdotal claims from former athletes say anywhere from 50–90% of athletes in varying sports consume the substance.

Part of why there is a debate about the use of CBD and THC in sports is because of a lack of studies. THC is only recently becoming legal, with Colorado and Washington becoming the first states to legalize it recreationally in 2012. CBD presents gray areas—it is not psychoactive but many organizations, including the NCAA and World Anti-Doping Agency, are unclear about whether or not it is fully banned.

Thomas Swensen, professor in the Department of Exercise Science and Athletic Training, said he is not an expert in the subject matter.

“Most widely accepted uses are with the CBD,” Swensen said. “But none of it [THC/CBD/etc] is well enough studied to make definitive claims.”

Courtney Gray, clinical professor in the Department of Exercise Science and Athletic Training, said she is not an expert in the subject and cannot provide medical advice to athletes. Instead, she refers them to the team physician, Andrew Geritz, for guidance. Geritz declined an interview request from The Ithacan.

Gray, however, said she has heard of athletes who switch to cannabis for pain management instead of using opioids, which are more commonly prescribed for rehabilitating injuries.

“[Updates] don’t work great over time for chronic pain, and now, everyone’s really educated on concern for addiction,” Gray said. “The first I read [on athletes using cannabis] was just NFL players trying it and getting a good result but then triggering positive tests.”

At the college, Gray said athletes are not subject to drug testing by athletic administration. However, that does not mean the athletic trainers toe the line with using substances. At the Division III level, student-athletes may be tested at random during postseason play. If an athlete does test positive, they could face a year-long suspension — although the NCAA suggested a new policy in February 2022, which cause the same lung problems as from smoking tobacco, including harming lung tissues and increased risk of bronchitis, according to the CDC. Though she tried to cut back, she said she was not able to and had been smoking every day for the past five years.

“I knew it was negatively affecting my health,” Amelia said. “I couldn’t keep up with the conditioning … I definitely think the main thing was me smoking weed and the effects I’ve had from that for such a long time.”

Like Noah, Amelia described her use of marijuana as a “habit.” While Noah’s habit has not impacted his ability, Amelia said her marijuana use was a deciding reason, but not the only reason, for her quitting her sport.

“I felt really left out on the team and excluded and judged because of my being out of shape,” Amelia said. “I don’t think that definitely had a direct correlation to my weed use. And I would like to say that I maybe wouldn’t have quit if I [was not smoking] … [but] mentally and physically, it was too much.”

Now a member of a club sports team, Amelia said she has been getting better at cutting back. Although she still thinks it affects her play, she only smokes at the end of the day and finds it to be beneficial to her.

“Coming back from practice and smoking afterward is definitely a good way to relax,” Amelia said. “You just let go of the day, you know, and just not have to worry about everything going on.”

A 2021 study suggests that at least CBD “may have some promise” in improving athletic recovery. Gray said she is not sure if THC would be beneficial for athletes. She said her past infractions with marijuana use was a deciding reason, but not the only reason, for her quitting her sport.

For the Ithacan

CONTACT: ACKERDE@ITHACA.EDU

SPORTS

THURSDAY, APRIL 20, 2023

Bombers spark conversation about the NCAA policy on drugs

FROM WEED, PAGE 1

While there is no official number, anecdotal claims from former athletes say anywhere from 50–90% of current athletes use some form of cannabis.

BRENDAN IANNUCCI/THE ITHACAN

In 2021, New York became the 15th state to legalize recreational marijuana. As of 2023, 20 states and the District of Columbia have legalized recreational use.

Also, in 2016, the NCAA changed its drug policy to allow candidates and student-athletes to be prescribed any form of marijuana due to medical reasons.

Amelia said that her process of smoking marijuana is more widespread.

“I do see a correlation to my weed use. And I do kind of risk the habit,” Amelia said. “And I think that definitely had a direct correlation to my weed use. And I would like to say that I maybe wouldn’t have quit if I [was not smoking] … [but] mentally and physically, it was too much.”

Now a member of a club sports team, Amelia said she has been getting better at cutting back. Although she still thinks it affects her play, she only smokes at the end of the day and finds it to be beneficial to her.

“Coming back from practice and smoking afterward is definitely a good way to relax,” Amelia said. “You just let go of the day, you know, and just not have to worry about everything going on.”

A 2021 study suggests that at least CBD “may have some promise” in improving athletic recovery. Gray said the sheer lack of information is likely why the NCAA is yet to fully revisit its stance on limiting the use of THC.

“When they hand down [a recommendation], … it’s largely based on research and data,” Gray said. “So I think without that, I don’t see anything necessarily changing until there’s some bigger studies done about the risk versus the benefit.”

Even so, Noah said he does not understand why the substance is still prohibited by so many sports organizations. Among the many athletes on his team who smoke marijuana, he said he does not know anyone who uses it before a competition. Even if they did, he said, he does not see how it can be a performance enhancer, as it is typically used for relaxation.

While he does not know what his use will look like after his time in college, for now, Noah said his smoking habit is no different than any other daily routine someone may have.

“Penny of people wake up and have their morning coffee to get them all hyped up and energized,” Noah said. “I guess it’s just the anesthetic of coffee.”

CONTACT: ACKERDE@ITHACA.EDU

ILLUSTRATION BY MAJUK CLEMENT/THE ITHACAN
Sophomore star stands out on women’s tennis team

BY BILLY WOOD
STAFF WRITER

Sophomore tennis star Taylor Crain was a first-year student phenom when she enlisted a 11-2 singles record, 12-7 doubles record and taking home Liberty League Rookie of the Year. This season, she has taken that dominance to another level and is making sure everyone in the Liberty League knows her name.

Crain, who recently won a 6-2, 6-1 victory over No. 100 Padmini Desai, is among the best in the Northeast. She is currently ranked No. 11 in the East Region by Tennis Magazine.

Her team, the Bombers, are ranked No. 10 in the eastern region. They are also No. 2 in the Liberty League.

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ATHLETE OF THE WEEK
LEXI HELD/WOMEN’S LACROSSE

Junior goalkeeper Lexi Held anchored the Ithaca College women’s lacrosse team in its 16–8 victory over The Rochester Institute of Technology on April 15. Held made six saves and held the Tigers to three goals over the final three quarters of competition.

COMPETITION OF THE WEEK
WOMEN’S TENNIS VS. WILLIAM SMITH

First-year student Sabrina Cheung prepares to return a hit during the Ithaca College women’s tennis team’s thrilling 5–4 win over the William Smith College Herons. Cheung clinched the victory with a three-set win in the No. 4 singles spot.

EVENT TO WATCH

1 P.M. APRIL 22 AT HIGGINS STADIUM

The Ithaca College men’s lacrosse team will welcome reigning national runner-ups in the No. 10 Union College Dutchmen on April 22. Despite falling to the Dutchmen 19–11 in 2022, the teams are entering this year’s competition with identical in-conference records. The Bombers are 2–6 all-time against Union and last defeated the Dutchmen, who were ranked No. 8 at the time, in a 11–10 upset victory during the 2021 season. The Bombers later advanced into postseason before falling to then No. 12 St. Lawrence University in the Liberty League semifinal game.

NOTABLE UPCOMING COMPETITIONS

WOMEN’S LACROSSE: 4 p.m. April 26 vs. Hamilton College at Higgins Stadium.

MEN’S TENNIS: 2 p.m. April 22 vs. St. Lawrence University and 2 p.m. April 23 vs. Rochester Polytechnic Institute at the Wheeler Outdoor Courts.

WOMEN’S TENNIS: 10 a.m. April 22 vs. St. Lawrence University and 10 a.m. April 23 vs. RPI at the Wheeler Outdoor Courts.

BASEBALL: Noon April 23 vs. Clarkson University and 4 p.m. April 26 vs. SUNY Cortland on the Valesente Diamond at Freeman Field.

QUOTE OF THE WEEK

“As a person of color, I think it’s great to feature both sides and to be able to tell a different side of sports and not just the same with men being featured.”

- CAROLINA CEDRASCHI
Sophomore producer on her ICTV show, “Change in the Game.”
From left, senior AnnaJo Lubasi, junior Dario Vazquez and sophomore Ryan Curry unwind during a hike hosted by Black Artists United on April 16 on the South Hill Recreation Way. Students of color connected with each other and the environment at the event as they "refreshed, relaxed and reset before finals."