

ACCURACY • INDEPENDENCE • INTEGRITY

Food Insert on page A1

Athletes get blunt about weed



BRENDAN IANNUCCI/THE ITHACAN

BY AIDAN CHARDE

SPORTS EDITOR

**Editor's Note: Names have been changed to protect anonymity. Both requested to remain anonymous because of their involvement with varsity teams and fear of retaliation.*

Every night, Noah*, a student at Ithaca College, finishes his day by getting high.

He is not alone: A 2020 survey by the National Institute on Drug Abuse revealed that 44% of college students reported smoking marijuana in the past year. The drug was legalized in New York state in 2021 and The Princeton Review ranks Ithaca College as No. 21 on its list of colleges with the most students smoking marijuana.

But Noah faces more risk than a typical college student because of his habit. He is also a student-athlete, meaning his use of the drug is a direct violation of NCAA policies. He said he smokes recreationally, but there are plenty of other reasons it can be beneficial for an athlete to smoke.

"It definitely helps with soreness," Noah said. "If you've had 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.

WEED, PAGE 13

Students repackaging dining leftovers to supply a local volunteer network

BY VIVIAN ROSE

STAFF WRITER

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 an Innovation Scholar in her first year at the college, which sparked the idea for the Eco-Reps event.

Their last event April 14 had three Innovation Scholars — sophomores Aiden Connor and Nandini Agarwal and first-year Payton Romance — help with the food collection.

"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,



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 MARCILLO-GÓMEZ/THE ITHACAN

but that kind of fell apart," Menduni 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, re-allocating resources that would have been used on wasted food and feeding folks who need

ECO-REPS, PAGE 4

SGC candidates run for election

BY DOMINICK PETRUCCI

STAFF WRITER

The Student Governance Council had its annual spring platform presentations April 18 for candidates in the Spring 2023 election.

All current seats have expired for the upcoming fall semester. This is the first election under the bill passed April 5 that restructured the executive council. Candidates previously had to run on a collective platform with four other candidates if they wished to serve on the board. Now candidates can run individually and hold a platform independently. Junior Carli 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.

"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

CAMPAIGN, PAGE 4

Nation & World News

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 conceal 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.



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.

ANDREW CABALLERO/AFP VIA GETTY IMAGES/TNS

The decision comes nearly three years since George Floyd's murder in May 2020, when Chauvin knelt on the Black man's neck for more than nine minutes. Chauvin's appellate attorney William Mohrman argued that pretrial publicity — media coverage and calls for police reform — made a fair trial impossible. However, a three-judge panel issued a

unanimous 50-page decision stating that Chauvin failed to show prejudice among jurors or in the publicity surrounding his trial. Presiding Judge Peter Reyes wrote the decision considered by him and judges Elise Larson and Roger Klaphake.

SOURCE: TRIBUNE NEWS SERVICE

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Ithacan Tries: Spencer reaches his peak with Outing Club

On April 12, senior Spencer Park, *The Ithacan's* ad sales manager, joined the Outing Club for rock climbing at the Fitness Center.



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

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Cannabis store rolls up to The Commons

BY RYAN JOHNSON

STAFF WRITER

William Durham, a Binghamton-based businessman, opened William Jane Dispensary, the first legal dispensary for people over 21, in Ithaca on 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 started approving Conditional Adult-Use Retail Dispensary licenses in November for non-profits and entrepreneurs who have been incarcerated for marijuana-related crimes or who help those who have.

Durham, who has experience operating small businesses and has a previous marijuana conviction, said he applied for the CAURD license in 2022. Durham 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," Durham 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 she feels the use of cannabis is



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.

KEVIN YU/THE ITHACAN

common on campus and the dispensary is going to be beneficial to students who use cannabis because it is regulated.

"Ithaca is weed," Blain 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.

Durham said he agrees that these stores are an issue and make it harder for legal dispensaries to compete because of illegal dispensaries that do not comply with state regulations.

"It sucks that [the stores are] able to get away with this, especially when I gotta work so hard [to] stay in compliance and do these other things in order to keep my license going," Durham 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, 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.

"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."

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Readers collect funds for library

BY AUBREN VILLASENOR

STAFF WRITER

The Tompkins County Library Foundation held its 11th Annual READATHON to stir up support and donations, which some participants used as an opportunity to act in defiance of book bans in the United States.

The readathon hosted virtual and in-person readers from the community and surrounding colleges to read their book selections out loud to a public audience. Readers are sponsored by community members to read during the event using an online fundraising platform.

Ithaca College Librarian Michelle Millet; Communications Librarian Cathy Michael; Terri Ledbetter, acquisitions and invoice specialist for the Ithaca College Library; and Web Services Librarian Ron Gilmour, formed a team of readers. Millet said this is the first year the college assembled a team to support the readathon.

The campaign raised just over \$23,000 in donations for the Tompkins County Library Foundation. President La Jerne Cornish also participated and raised \$1,000 and the Ithaca College library team raised \$540.

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

Millet said via email that now is a very difficult time to be a librarian.

"There's an article from not long ago that's called 'The Librarians Are Not Okay,'" Millet said. "And it's about public librarians being harassed, threatened, etc. You know, it's way more serious than I think some people realize."

Kerry Barnes, executive director of the Tompkins County Library Foundation, said the recent pressure libraries have faced has empowered the readathon.

"One of the things that made our readathon powerful is that a lot of our readers choose 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 know."

Barnes said the library has been shielded from most scrutiny, largely because of its location in the more liberal city of Ithaca, however, she said there are limits to the influence of the city.

"There's nibbles 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 readathon was a chance to connect with the community. Raul Palma, associate dean of the School of Humanities and Sciences, read at the event with his daughter.

"We love the library and we started reading during the pandemic," Palma said. "We thought it was a great way to stay connected and last year, we started reading because we love to read with one another."

Pillar said one of her favorite parts of the readathon is being able to engage with the community.

"One of the things I really value is this sustained connection with the community and groups that care about what our local government is doing, like the library," Pillar said.

Students attending any of the local colleges or universities are able to get a library card at the Tompkins County Public Library. Barnes also said one of the biggest misconceptions about the library is that they only offer books.

"It goes so much farther beyond just materials for reading," Barnes said. "It is how we keep ourselves informed and grow."

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Sustainability week gets growing at IC

BY VIVIAN ROSE

STAFF WRITER

From April 17 to 22, Ithaca College's Sustainability Week offered students opportunities like fairs, meetings and panels to engage and educate the campus community about sustainability.

The event was organized by the college's Sustainability Week Committee, which includes Scott Doyle, director of Energy Management and Sustainability. Doyle said there are many facets to sustainability and there are multiple ways to discuss them, so the college decided to have a mix of perspectives throughout the week.

"The inspiration is ... [to] learn from each other and learn from folks in the community," Doyle said.

The Sustainability Week started off in the form of an SGC meeting with Doyle. On the second day, students heard from local government at a panel titled "Demystifying Decarbonization." Panelists included Terry Carroll, chief sustainability officer of the Tompkins County Department of Planning and Sustainability; Nick Goldsmith, sustainability planner for the Town of Ithaca; and Rebecca Evans, acting director of sustainability for the City of Ithaca. The event was moderated by senior Dehron Smith.

"We have to be critics 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 opportunity to engage in these movements and



From left, Rebecca Evans, Terry Carroll and Nick Goldsmith present their panel "Demystifying Decarbonization" to connect students with local initiatives.

AMINATTA IMRANA JALLOW/THE ITHACAN

these programs like the Green New Deal," Evans said.

As the week continued, students were able to enjoy a sustainability-themed pop-up pub from 4 to 6 p.m. April 19 in the Peggy Ryan Williams Center. From 7 to 9 p.m., after the pop-up, students, staff and faculty were also able to attend a presentation by keynote speaker Arielle V. King, director of Programming at Black Girl Environmentalist.

At 12:10 p.m. on April 20, a sustainability colloquium will be hosted in the School of Business in which students will present on projects centered around sustainability.

At 7 p.m. on April 20 in Textor 102, Daphne Frias, an activist who works to bring attention to Generation Z voices, will speak about the

impacts of social media on climate action.

The Sustainability Fair will take place from 10 a.m. to 2 p.m. April 21 in Textor Hall and will allow students to learn about sustainable businesses and the importance of eco-friendly start-ups. The final events of the week will take place April 22. From 9 to 11 a.m., Nature Rx Ithaca College — a subcommittee of the college's Natural Lands — will organize a hike to celebrate the annual re-opening of South Hill Forest Products at Sugarbush.

"It's useful to us — faculty and staff — to learn more of what students need in terms of sustainability and to learn what we can do to advance action," Doyle said.

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 the A Place Where YOU Belong Jumpstart Program. Williams said his platform focuses on activism for students of color and student engagement with alumni.

"Activism doesn't just mean protests; activism has to do with acting, doing," Williams said. "I want people to know their opportunities and enhance experiences."

First-year student Rishabh Sen, vice president of campus affairs for SGC, and sophomore Hannah Ahmed, Class of 2025 senator, are running against each other for vice president of campus affairs.

"I want to make SGC a known resource on campus," Sen said. "We can make that happen if we tell people we are here and we can make change."

Ahmed based her platform on making students of color feel appreciated, included and wanted on campus, growing a stronger bond between faculty and students and making more community events.

"Right now on this campus we're really divided and we really need to have a strong connection with them [faculty] or else our campus won't grow," Ahmed said.

Junior Quinn Tufino is running unopposed for vice president of academic affairs and said he would push for an overhaul of current diversity requirements.

Junior Noah Strathmann, vice president of business and finance, is running for re-election and wants to make club funding easier.

Running unopposed for vice



Candidates for the Student Governance Council senate and executive gave their platform presentations April 18 to start off their campaigns. Election results will come out April 25.

NOLAN SAUNDERS/THE ITHACAN

president of communications is first-year student Caleb Cackowski, who is currently a senator-at-large.

Moving to the senate portion, junior Noah Kamens, a business administration major with sports management and marketing concentrations, is running for club athlete senator. Kamens said one of his goals would be to open up the SGC budget to club athletes.

Sophomore Cameron Small and first-year students Eleanor Paterson and Asata Rothblatt all ran for a senators-at-large position, of which there are five.

Rothblatt said she is committed to improving mental health for

students coming out of the COVID-19 pandemic.

First-year student Lili Chalfant is running for re-election as School of Communications senator. Chalfant's platform aims at working more closely with the Roy H. Park School of Communications to promote efficiency and inclusivity. She said she wants to create a School of Communications Dean-Student Council.

The transfer senator seat was added early in Fall 2022 which is when Junior Blake Matthews transferred to the college. Matthews said he noticed how the transfer orientation experience was lacking

and needs to be restructured.

First-year student Baneet Pukhrambam, a cinema and photography major, presented his platform for international senator. Pukhrambam is an international student from India who has been involved with the Campus Affairs Committee, served as an Engagement Scholar and is an office assistant in the Office of International Programs. Pukhrambam said he looks to expand international students' voices on campus.

The online voting page is located on IC Engage April 20 and 21.

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Eco-Reps pack over 500 meals

FROM ECO-REPS, PAGE 1

the food," Harker said.

April 7 was the second food collection event of the semester and packaging event for Eco-Reps. Five volunteers helped package 189 meals, according to the club's Instagram.

Menduni said the donation events are at 7:45 p.m. every Friday in the Campus Center kitchen. She said that at the April 14 event, which had four volunteers, it took an hour and a half to collect and package the leftover food that CCDH employees set aside after the dinner shift.

"It's still pretty new, but it was very successful," Menduni said. "We're always looking for more volunteers to help pack."

Because of the CCDH being understaffed and COVID-19 getting in students' way, Menduni said the food collection and donation initiative took some time to organize. After getting a job at the dining hall, Menduni said she had firsthand experience of how leftover food is dealt with.

"Last semester we were trying to implement the initiative," Menduni said. "Having a job there helped with the insider perspective. I was able to see what we were able to do."

Agarwal weighed the trays of food during the April 14 event because it is required by the Bill Emerson Good Samaritan Food Donation Act. The act states that donated food must be labeled and fit federal, state or local regulations of freshness, age, size and other conditions.

"I feel calm with the numbers," Agarwal said. "I'm having fun, honestly. It's very satisfying. I've enjoyed my fair share of scooping, too."

Menduni said the number of volunteers continues to grow each Friday and more and more food is given to them to repackage and donate.

Senior Kelly Warren, program manager of Eco-Reps, said the entire process is fast and easy and that the volunteers were able to package 91 meals from the leftover food during the first event.

"It's a really easy process," said Warren. "Anyone can do it. ... If there's more people, I'm sure it will be faster and you can set up an assembly line situation."

Warren also said that in future events, the club will have representatives from Eco-Reps meet the volunteers at the dining hall doors to be let in and show the process of packaging meals.

The main cause for food waste at colleges is no financial penalty for not finishing a meal, according to the National Library of Medicine.

Up to 30-40% of the food supply in the U.S. goes to waste, according to the FDA. In 2010, this was about \$161 billion and 133 billion pounds of wasted food.

Wasted food is a major reason for carbon emissions, emitting more carbon than 37 million cars, according to the Natural Resources Defense Council.

Harker said the food collections made by Eco-Reps, this year and years before COVID-19, have been a necessary piece of stopping food insecurity within the City of Ithaca.

The Friendship Network sends meals to over 2,000 people in need, according to a Tompkins Weekly article.

Almost 5% of food that cannot be donated is put into compost compared to the over 59% that goes into landfills, according to the Environmental Protection Agency. The compost bins can be found near the Circles Community Center and are free for anyone to drop their food scraps in.

"I think it's great because obviously every college and university has a problem with food surpluses and food waste in general," Warren said. "This is just a great way to eliminate some of that instead of it going to landfills, contributing to our climate crisis."

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Students confused by financial aid information

BY JADYN DAVIS

STAFF WRITER

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.

Shana Gore, executive director of Student Financial Services at Ithaca College, said SFS is continuing to work toward making the financial aid package easier for families to understand.

Gore said SFS has implemented the Four-Year Financial Forecast, which aims to help students and families feel more secure about 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 Aid Administrators, said via email that NASFAA has worked to make the financial aid process easier to understand for families by creating a set of guidelines that colleges should follow when making and distributing financial aid offers.

"Offers can vary widely between colleges, with each using its own terminology, inadvertently making 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 with little knowledge 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



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.

XINYI QIN/THE ITHACAN

Association for College Admission Counseling.

Junior Jordan Garcia said that when he received his first financial aid package in 2020, before committing to the college, he was initially concerned about how much aid he was going to receive.

Being a first-generation college student, Garcia said his parents did not understand how the financial aid process works and he said colleges should structure their reward letters in a way that students can better understand the aid that they are receiving.

"You can't give an 18-year-old a letter that has all these numbers and data and information

about how much they're gonna get and them expect to understand," Garcia said.

First-year student Grace Walton said her mother could not pay all of her tuition each year and wanted to make a financial aid appeal.

"It was very confusing and one thing that I think colleges might not understand ... for first-gen students and anyone really our age is 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 paying," Walton said.

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SGC discusses sustainability initiatives on campus

BY DOMINICK PETRUCCI
STAFF WRITER

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 people were surprised that the college maintained this rating, employees in his office are still making efforts that may not be recognized by the student body.

"People thought we aren't doing a lot with sustainability — we are," Doyle said. "It's just stuff that isn't as obvious. ... We have things to improve on, but operationally, academically, philosophically, there's a lot of things we are doing we can build off of, but we have a lot we're doing."

In 2007, former President Peggy Ryan Williams signed the American College and University Presidents Climate Commitment. This declaration focused on taking decreasing carbon emissions seriously and more

intensely measuring emissions. Two years later, the Board of Trustees approved the Climate Action Plan, which would make the college completely climate neutral by 2050.

"We hope and think we could get there before that point, but that's the [timeline]," Doyle said. "We're on pace for 2025 for a 50% mark. ... We did a lot of the easy things in the early parts, now it gets a little more difficult."

The office organizes in-use carbon emissions into three scopes: natural gas, electricity and commuting. Gas usage on campus includes powering the heating, cooling and fueling the fleet of 158 vehicles on campus.

Doyle said that, in terms of gas emissions, the college is working toward better car maintenance, improved software, a broader fleet of vehicles and investment in more sustainable fuel. Doyle said acquiring electric vehicles is a high priority over the summer.

"It's the time to shift them, all our research has shown it, especially from a college institution that doesn't even drive them very far," Doyle said.

Doyle said the college gets most of its power from out-of-state green resources and is aiming to redirect energy sources to regionally-produced power. Doyle said investing in these local sources would be cheaper in the long term.

Unreliable transportation is a huge factor damaging the third scope, commuting. The college currently partners with the Tompkins Consolidated Area Transit to transport students directly to and from the downtown area. TCAT has reported



Scott Doyle, director of the Office of Energy Management and Sustainability, talked about IC Sustainability Week, which is running April 17–22, and the college's plans for sustainable energy. RAYAHNA TRYKA/THE ITHACAN

staffing shortages, while students deal with inconsistent times and report uncomfortable rides. Doyle said the college may need to invest more in the company.

"TCAT has a tough go right now with issues with drivers, riders, technology and other issues," Doyle said. "I envision that we can potentially work with them to create maybe a more campus commuter type of loop to create an easier way to get around campus."

Doyle said his office is looking

into improving walking and biking accessibility on campus by building walking trails and clarifying bike lanes.

"There's a lot of parts of campus where it's the easiest way to get around campus, without a doubt," Doyle said. "You might see more bikeshare 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."

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Explanation of Ithaca Forever Strategic Plan initiatives

Ithaca Forever Strategic Plan
Released: Fall 2020

A 36-page document that states the college's vision for the future and identifies nine goals and objectives to achieve said goals during a five-year frame.

Academic Program Prioritization process

The APP process began after the release of the strategic plan to address one of the plan's goals. The APP is commonly known for its objective to resize faculty numbers to match declining student enrollment.

Shape of the College Released: Spring 2021

Final recommendations from the APP process that includes the ongoing process of attrition/non-renewal of contracts as well as curricular revision, the Pathways Program, and other initiatives.

"116 FTE were cut"

Full-time faculty = 24 credits for faculty on academic year contracts

Part-time faculty < full credit load for individual faculty position types

There were 23 non-tenured continuing faculty cut and eight full-time term faculty (one-year positions) cut. In total, 31 people were terminated.

Contract Renewal

Sign Here: _____

• Because of APP contract will not be renewed

There were 38 part-time & overload positions not rehired when contracts were up for renewal. The number of people is unknown, only the total FTE.

Through attrition, 30 FTE who left were planned to not be replaced and 10 tenure and tenure-eligible faculty were already leaving and counted toward the 116.

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 APPIC 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 further diversity, equity and inclusion work.

The number of people is unknown but would be greater than 38 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 by the college or are in process. 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 23, VIC Radio will host its annual 50 Hour Marathon for the 36th year. Four VIC DJs — seniors Andy Tell, Carly Vallet, Clare Breakell and Aidan Charde — 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, wicb.org, iHeart Radio, TuneIn Radio and ICTV.org, as well as cable 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 \$40 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 Faurholt, D.K. Lyons and Ed Staal all performed and a recording of the concert is available on the VIC website.

Whalen Symposium committee announces presentation winners

The James J. Whalen Academic Symposium Steering Committee announced the 2023 Whalen Symposium award winners. The symposium, which took place April 11, had 198 students perform, give talks and present posters about their research.

The award for Best Overall Presenter went to first-year student Baneet Pukhrabam. Best of the School of Business was sophomore Rachel Ng. Best of the School of Communications was sophomore Kylie Schultz. Best of the School of Health Sciences and Human Performance were seniors Jaiden Mason and Finley Edmonds and sophomore Kristen Brodie. Best of the School of Humanities and Sciences were juniors Lin Chen, Nathan Moore and Nicole Wheeler. Best of the School of Music, Theatre and Dance was Nathan Oczkowski.

Best Overall Poster went to senior Dehron Smith. Best of the School of Communications for poster projects were junior Camille Brock and senior Taylor Callis. Best of the School of Health Sciences and Human Performance were seniors Blathnaid Iosso, Allison Dell Orto, Veronica McCarthy and juniors Cassidy Gallivan, John Pirone and Olivia Waguespack. Best of the School of Humanities and Sciences was senior Jason Trafton.

The steering committee includes David Hajjar, assistant professor in the Department of Speech Language Pathology and Audiology; Kimberly Wilkinson, associate professor in the Department of Occupational Therapy; Eber Beck, assistant professor in the Department of Physical Therapy; Abby Juda, science librarian at the Ithaca College Library; Doreen Hettich-Atkins, executive director of the Office of Student Affairs and Campus Life; Deborah King, professor and graduate chair of the Department of Exercise Science and Athletic Training; Sean Linfors, assistant professor in the Department of Music Education; Reed Pollard, planning and special projects coordinator in the Office of the President; Michelle Potter, executive assistant in the Office of the Provost and Academic Affairs; and Melanie Reyes, executive assistant in the Department of Finance and Administration.

Center for Faculty Excellence hosts grant workshop for faculty

From 12 to 1 p.m. April 24 on Zoom, the Center for Faculty Excellence will host a virtual workshop to go over grants, including opportunities for grants on a federal and state level, grant procedure at the college, finding grants and applying for grants. The session will be facilitated by Warren Calderone, director of Corporate & Foundation Relations and Sponsored Research, and Brian Erickson, associate controller of Financial Services. The special guest presenters include Eric Leibensperger, assistant professor in the Department of Physics and Astronomy, and Patrick McKeon, associate professor in the Department of Exercise Science and Athletic Training.

Topics include preparing a concept paper and letter of inquiry, tools and links on the sponsored research website, personal experience applying for external grants and an overview of the Institutional Review Board. For questions and accommodations, contact Colette Matisco at cfe@ithaca.edu or 607-274-3734.

SAB to throw throwback party with music, food and prizes

The Student Activities Board will throw a throwback party from 8 to 10:30 p.m. April 27 at the Campus Center Fire Pit. The party will be 2000s-themed, and DJ Washburn will provide the music. Nostalgic snacks like Gushers, Hug Jugs and Yoohoo will be provided.

There will also be raffle prizes reminiscent of the time period: Pillow Pets,



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 SCRIVEN/THE ITHACAN

Razor scooters and a Nintendo Switch. A photobooth and Silly Bandz station will also be offered. For any accommodations and questions, contact Sarah Boniche at sboniche@ithaca.edu or 607-274-1165.

IC students inducted into science honor society for achievements

Sigma Xi Scientific Honor Society inducted 13 undergraduate Ithaca College students on April 12. The honor society has been around since 1886 and encourages cooperation among researchers from many different fields. It is one of the oldest and largest scientific organizations, and over 200 Nobel prize winners have been members of the society.

JED Campus Initiative to collect submissions for wellness week

Ithaca College's JED Campus Initiative is looking for submissions for its Stop & Breathe campaign that will take place May 1–5. JED will feature organizations' events that relate to mental health and wellness support throughout the week. Organizations can register to host a featured event

through a link on Intercom. JED will incentivize students to attend these events by offering prizes for students who attend affiliated events. Organizations are encouraged to host activities like stress relief activities, meditation, yoga and more in order to qualify. For any questions, contact Cathy Michael at cmichael@ithaca.edu.

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 nostalgia trip back into the college years with a one-week stay in Circle Apartments any time during the month of July. The other 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: Circle Apartments 180
SUMMARY: Simplex reported a fire alarm. The activation was caused by burnt food. Patrol Officer Abdullah Hassan responded.

MEDICAL ASSIST/ ILLNESS RELATED

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.

V&T VIOLATION AGGRAVATED UNLICENSED OPERATION

LOCATION: Grant Egbert Blvd East
SUMMARY: A caller reported a two-car, personal injury motor vehicle accident. Two people declined medical assistance. The officer issued one operator a uniform traffic ticket or aggravated unlicensed operation and one operator for failing to yield the right of way. Patrol Officer Thaddeus May responded.

STALKING

LOCATION: Circle Apartments 170
SUMMARY: A caller reported that a person sent alarming text messages. This is a pending investigation. Master Patrol Officer Joseph Oppel responded.

APRIL 5

FORCIBLE TOUCHING/ NO DEGREE

LOCATION: Unknown, on-campus student residential hall.

SUMMARY: The Office of Title IX reported one person had sexual contact with another without consent. Thomas Dunn, associate director and deputy chief in the Office of Public Safety and Emergency Management, responded. Resources and options were offered by the Office of Title IX.

FIRE ALARM ACCIDENTAL

LOCATION: Circle Apartments 181
SUMMARY: Simplex reported a fire alarm. The activation was caused by burnt food. Patrol Officer Mayra Colon responded.

APRIL 6

OFF-CAMPUS INCIDENT

LOCATION: Route 96B
SUMMARY: A caller reported a two-car, motor vehicle accident with injuries. The ambulance and fire department assisted the injured and the TCSSO investigated the collision. The officer and EH&S assisted and directed traffic. Two people were transported to the

hospital by ambulance. Patrol Officer Mayra Colon responded.

WELFARE CHECK

LOCATION: Terrace 5
SUMMARY: Caller reported that a person sent concerning text messages. The officer determined the person was not an imminent threat. Sergeant Jon Elmore responded.

APRIL 7

CRIMINAL TAMPERING/ THIRD DEGREE

LOCATION: East Tower
SUMMARY: A caller reported an unknown person damaged a lock. This is a pending investigation. Patrol Officer Mayra Colon responded.

APRIL 8

MEDICAL ASSIST/ ILLNESS RELATED

LOCATION: Landon Hall
SUMMARY: A caller reported a person

vomiting. The person declined medical assistance. Master Patrol Officer Sophia Dimkos responded.

APRIL 9

CRIMINAL MISCHIEF/ FOURTH DEGREE

LOCATION: Hilliard Hall
SUMMARY: A caller reported that 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.

Full public safety log available online at www.theithacan.org.

KEY

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

OPINION

THURSDAY, APRIL 20, 2023

7

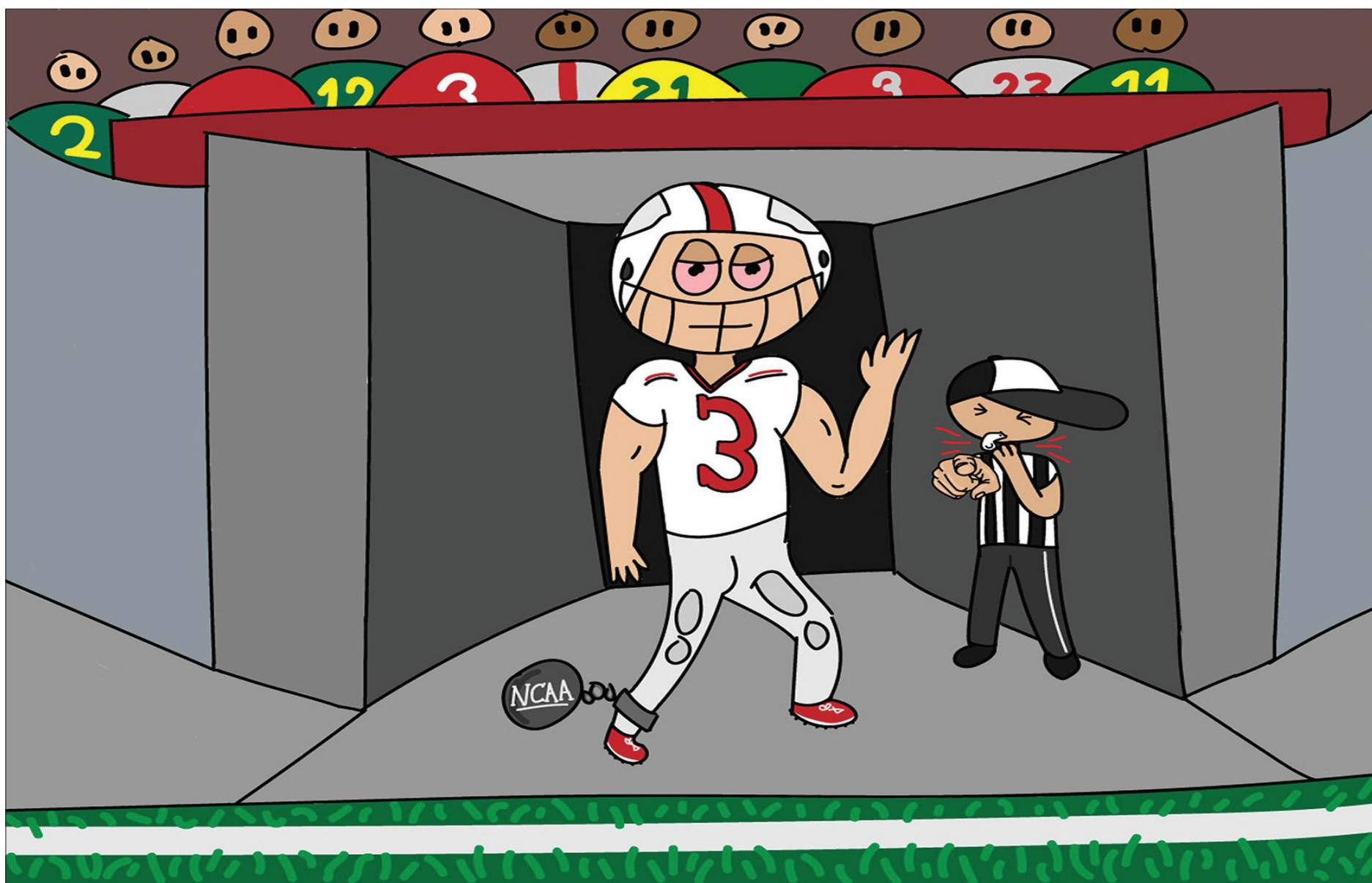


ILLUSTRATION BY BRODY SMITH/THE ITHACAN

EDITORIALS

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.

LETTER TO THE EDITOR

Send to ithacan@ithaca.edu.

ALL LETTERS MUST:

- Be 250 words or fewer
- Be emailed or dropped off by 5 p.m. Monday in Park 220

GUEST COMMENTARY

Send to ithacan@ithaca.edu or to the opinion editor nhakobyan@ithaca.edu.

ALL COMMENTARIES MUST:

- Convey a clear message
- Be written by an individual or group who has an educated opinion or is an authority on a specific subject
- Be between 600–650 words. Whether more or less space is allotted is at the discretion of the editor



COURTESY OF NINJIN TUMURBAT

FIGURE OF SOUL

NINJIN TUMURBAT

Order creates disordered life

Whenever I gaze 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 the 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 fight 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.

In the universe where everything will eventually “fall apart,” embrace the balance between order and disorder. Who are you without your worries for the future? Who are you without guilt and regret from the past? Who are you in the present moment? What is your equilibrium?

It could be relaxing: writing an essay, reading, playing basketball and talking to your loved ones. Maybe this law tests us to be present and observe the beauty of order and disorder.

I would love to end this column with Eckhart Tolle's saying, “Time isn't precious at all, because it is an illusion. What you perceive as precious is not time but the one point that is out of time: the Now.”

FIGURE OF SOUL is a column written by first-year psychology major Ninjin Tumurbat (she/her) that analyzes metaphors. Contact her at ntumurbat@ithaca.edu.

GUEST COMMENTARY

Editor's Note: This is a guest commentary. The opinions do not necessarily reflect the views of the editorial

Disabled students need more support

BY MEGAN HANDLEY

SENIOR

In my first semester at Ithaca College, I came down with a case of pneumonia. I was sitting in a squalid dorm room with a 104-degree fever. I went home and I missed a week of classes.

I have a medical condition where I have a terrible immune system. I knew that college was going to be tough with getting sick and I had fortunately already met with the Office of Student Accessibility Services during orientation to get an accommodation plan. The workers were wonderful; it was clear they understood my needs. They warned me, however, that they had no control over professors and that it was still possible that my accommodations wouldn't fully be met.

Though I have been someone with a disability since I was young, I don't think I truly understood what it would mean for my life until I went to college. I've learned that I constantly have to self-advocate and think of other pathways for myself when I can't meet the normal requirements for an able-bodied person. Being



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.

ABBY BRADY/THE ITHACAN

disabled on campus means a million questions are constantly on your mind. If I'm in pain today, will the elevator be working, or will I have to go the back way? Will I be able to park close enough without getting a ticket? If I can't make it to class, will the professors Zoom me in? Will they understand that I truly want to be there?

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 to improve.

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.

Megan Handley (she/her) is a senior Television and Digital Media Production major. Contact her at mhandley@ithaca.edu.

GUEST COMMENTARY

Editor's Note: This is a guest commentary. The opinions do not necessarily reflect the views of the editorial

Inequality in film sets must be reformed

BY SURINA BELK-GUPTA

SENIOR

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. How had I internally normalized this, maybe even enabled it? All at once I was mad at my surroundings and disappointed in myself, intensely aware of the catch-22 Park had created for us.

For me, the way into the cliques had come in the form of my filmmaking partner and close friend, who is, conveniently, a man. As frustrating as it is to admit, I wasn't well accepted in set life, at least to a large extent, until the other men had seen me work with him. I had become a token set woman not because of my skill or self but because a man lent me a platform. That wasn't a solution to this problem, in fact, it was me accepting it. When I confronted my male classmates about why they were only choosing men, the excuse I got was they knew no non-males that could do the job. I created a website my junior year where I got as many non-male filmmakers as I could reach to fill out their film skills, experience and contact information.



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

COURTESY OF KHAMERON AUERBACH

It helped. For a while. There was a sharp uptick of women on set. People were actually using the resource, a few sets got their entire crew from it, so why was there still a pit in my stomach? Because it wasn't permanent and I knew it. After about a few months, we reverted back to our old ways, and without constant upkeep, the site became less and less viable. It had been a small bandage on a bone-showing wound.

Shared knowledge defeats inequality. The college must provide more of an education on technical set roles. While I've had wonderful professors, I've found set and equipment practice sparse in class and it's that lack of experience that enables this inequality.

The next necessity is a change in social

culture. It's unacceptable to have more women in front of the camera than behind. Teaching about mainly male filmmakers lets men think this way and function with superiority. Normalizing all-male sets enables this and it shouldn't be acceptable. Not just that, it's essential that once women are on set, they are treated with the same amount of respect and opportunity. That must be taught, demanded even. We need a complete reinstitution of social psychology. So, to all of Park, I ask you to, with me, address it. Acknowledge it. Fix it.

Surina Belk-Gupta (she/her) is a senior Cinema and Photography major. Contact her at sbelkgupta@ithaca.edu.



Guests hike along the trail to visit the South Hill Forest Products open house Feb. 8. South Hill Forest Products is the brainchild of Jason Hamilton, professor in the Department of Environmental Studies and Science. Each year, students in the Non-Timber Forest Products class work to market and manage the small business.

PHOTO ILLUSTRATION BY ARIANA GONZALEZ VILLARREAL/THE ITHACAN, COURTESY OF ABBY BRADY

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 cultivation 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 that they harvested from the South Hill apiary and wood carvings will all 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 it. 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 Gabe 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, hickory syrup teams, wax scrubbing 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 sessions with my classmates are all going toward supporting this class for future members."

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 shiitake 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 sell 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."

From left, sophomore Patty McHugh, graduate student Abby Bergacs and sophomore Emma Bielecki work to build a fire.
ILLUSTRATION BY ARIANA GONZALEZ VILLARREAL/THE ITHACAN, COURTESY OF ABBY BRADY

CONTACT: NCOOK@ITHACA.EDU
EKHARABADZE@ITHACA.EDU

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 sips were first popularized in 2007 when Cathy Deano and Renee Maloney opened Painting with a Twist, formerly known as Corks N Canvas, in New Orleans to give customers the opportunity to paint in a relaxed environment and drink at their own leisure.

Typically, these trendy parties focus more on an alcoholic beverage of choice while guests paint their pictures. While paint and sip events at the college do not offer alcohol, there are still plenty of non-alcoholic drinks to choose from.

The college's Paint & Sip Club intends to get students to mix and mingle with each other on campus. Some paint and sip events have attendees create the same picture whereas other paint and sips are open for attendees to explore their creativity. The club began to hold its official events starting November 2021, but the paint and sip trend has been brewing on campus for a while now.

Senior Fabiha Khan, who is a

resident assistant at West Tower, said paint and sip events are especially popular group activities. Khan said she helped organize the Towers cluster paint and sip event in March. There were about 50 attendees and the event lasted three and a half hours.

"The expression through art is a new trend," Khan said. "Even if you're not a good painter, having that experience with your friends is something that people just start enjoying a lot more."

Khan also said that the laid-back environment combined with the relative popularity of paint and sips on social media platforms like TikTok contribute to their success.

"I do think the reason that it's a trend is because ... expression through art is popular," Khan said. "Now, people think that it's easy to express themselves [whenever] they're painting or drawing, or it's ... easy when you know you're a bad painter, but you're doing it anyways because at the end of the day, it's something you're going to keep in your room and you're going to laugh about it."

Junior Paige Brent said the Paint & Sip Club's events typically have about 20 people and there are new faces every time the club meets in IC Square.

"The first time I went to Paint & Sip, I was nervous and didn't know anyone but my one friend," Brent said. "I then got to interact with and meet new people I never met before and that was so fun."

Samantha Elebiary, the BOLD



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.

JADYN DAVIS/THE ITHACAN

program director, said the BOLD scholars expressed interest in hosting a paint and sip event of their own. Elebiary said there were about 15 people that attended the BOLD program's paint and sip that was held March 14 in the BOLD Suite in the Towers Concourse.

"They call it emotion mixology, so they had a bunch of mocktail ingredients," Elebiary said. "Each ingredient was assigned an adjective or something inspirational."

Senior Amulya Ravitej Bachala, who is a BOLD scholar, said the

group's paint and sip event had a unique twist to it. At the event, participants took simple drink ingredients and assigned each ingredient an affirming title, like ambition or courage.

"The recipe wouldn't be to add ginger ale and add blueberries, it would be to add a shot of wisdom with a dash of creativity," Bachala said.

The event, like other paint and sips on campus, serves as a way for students to take time to relax. BOLD's event was a quiet space

where people socialized, sat in peace and painted.

Bachala said she feels that paint and sips should happen more on campus.

"You get a chance to be at a social event without really socializing," Bachala said. "It is a place where someone who really likes socializing can go and someone who also prefers to be by themselves will also have a good time there as well."

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Electric K-pop performances rock Emerson Suites

BY MATT MINTON

CO-LIFE AND CULTURE EDITOR

As the crowd excitedly waves their blue glow sticks back and forth, cheering on the names of 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.

On April 16, KATALYST K-Pop put on its latest performance, "OUR_WORLD," in Emerson Suites with about 100 people in attendance. KATALYST is the first and only K-pop dance group on campus and was founded in Fall 2018, with no prior dance experience necessary to join. KATALYST performed 15 group numbers, set to songs and choreography by popular artists like SEVENTEEN, SHINee and Orange Caramel. The energetic evening also featured guest performances by Pulse Hip Hop, E.Motion, Ground-Up and Island Fusion.

Senior Sherleen Vargas 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 Minhty Ha joined KATALYST during Fall 2022. On top of being in nine dances, Ha also taught two of them — "Secret Story of the Swan" by IZ*ONE and "90's Love" by NCT U. 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 came 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 its own ... community."

Along with MCs checking in every few numbers and playing 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, Milkis and Konjac Jelly were provided for people to enjoy. Vargas 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 traditional Korean snacks as well as getting exposed to a Korean game."

Graduate student Mark Gregory said he



From left, first-year student Leslie Duncan, senior Sherleen Vargas and first-year student Sophia Tallman perform to Blue Orangeade by Tomorrow X Together.

ANA GAVILANES/THE ITHACAN

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 isn't 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 "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."

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Mario makes successful leap to the big screen

MOVIE REVIEW: "The Super Mario Bros. Movie" Universal Pictures



BY RUA FAY

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 currently holds a baffling critic score of 58% on Rotten Tomatoes next to a 96% positive audience rating. But what exactly makes this film so polarizing to begin with?

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 to be getting a \$100 million blockbuster centered around the iconic characters they grew up with, but that's not to say there weren't negative

opinions. Initially, it seemed like audiences everywhere were utterly confused at the decision to cast Chris Pratt of all people in the titular role.

Overall, the voice acting is pretty hit or miss. Pratt is not nearly as bad as audiences initially thought he would be, but he's nothing to write home about. Taylor-Joy's voice performance as Princess Peach comes across like she was just waiting to cash a check.

Some standouts were Seth Rogen as Donkey Kong, Day as Luigi and Black as Bowser. However, these characters don't have nearly as much screen time as they deserve.

Easily the best aspect of the movie is Black's insanely charismatic performance as Bowser, adding his own personality and making the character more dynamic and interesting. But his character barely feels like a presence sometimes — for a villain, he gets shockingly little screen time compared to the rest of the cast.

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 give Luigi about twenty minutes of screen time?

One of the glaringly obvious issues with the "The Super Mario Bros. Movie" is the pacing. Excluding credits, the film



Mario (Chris Pratt) and Luigi (Charlie Day) team up on the big screen in the successful "The Super Mario Bros. Movie."

COURTESY OF UNIVERSAL PICTURES

clocks in at just over eighty minutes long, relatively short for a feature blockbuster, yet 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 movie 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.

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POPPED CULTURE

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, it seemed as though not even the sky could limit the gargantuan power of the comic book movie genre. However, it is only when something is seen as being too big to fail that it can be knocked down a few pegs. This is exactly what seems to be happening in the current era of supposed superhero fatigue.

Superhero comic books and superhero movies are extremely formulaic. A person can read a comic book or watch a comic book movie fully aware that the story is going to end 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" film ends 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 "Spider-Man: 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 by both critics and fans.

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 stave 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 interesting comic book films ever.

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 drowned by fans who are becoming more uninterested in the comic book movie genre with each passing lackluster film.

POPPED CULTURE is a column, written by Life & Culture staff writers, that analyzes pop culture events. Evan Miller is a senior Journalism major. Contact him at emiller11@ithaca.edu.

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 spacey, 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." Goulding notes how beneficial 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 empowered role in these relationships stand out; she is a woman who knows what she wants in a relationship and does not feel guilty in trying to obtain those things.

Despite (subtly) featuring an emboldening message about love and feeling in control with one's romances, the lyrics are often cheesy and generic, making the narrated stories not as effective.

The first glance the listener gets into this musical world arises from the track

"Midnight Dreams," an energetic song that sounds extraterrestrial in nature. The synths and deep bass add a mystical and mysterious vibe to the track.

The heavy instrumentation on this track is the starting point for the highly successfully produced songs present throughout the project.

"Cure for Love" highlights the funk genre within its groovy production. The bass and synth are the highlights of the piece, urging listeners to the dance floor. Where the production allows the song to shine, the lyrics dull it out. This piece suffers from overused lyrical beats, with the idea of "I don't need love" being displayed in a stereotypical manner.

Goulding showcases her softer side on "Love Goes On," with verses sung in a more quiet and mezzo-piano tone. This quieter vocal performance clashes beautifully with the booming vocal performances that Goulding provides on many of her songs. Furthermore, the production is quite atmospheric and even ethereal at some points.

"Easy Lover," which features Big Sean, blends in nicely with the musical atmosphere that has been built by previous tracks but is somewhat forgettable in the long run.



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

COURTESY OF POLYDOR RECORDS

Goulding is a talented, versatile vocalist and no song on "Higher Than Heaven" 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 — that is it. They don't bring anything unique or distinct with them.

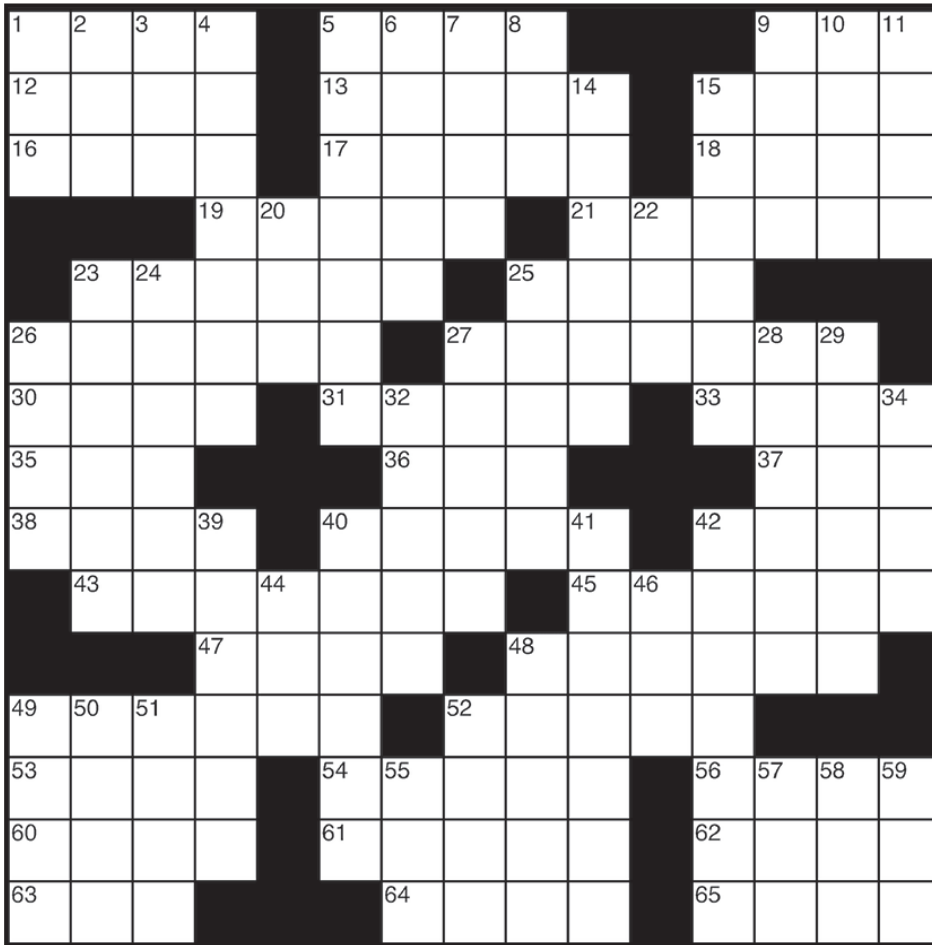
"Higher Than Hell" is an enjoyable, playful and flirty project that is nearly impossible to not dance to, but the corny lyricism and few quite noticeably out-of-place tracks prevents the album from shining to its fullest potential.

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DIVERSIONS

crossword

By Quill Driver Books



ACROSS

- 1 Elegant
- 5 Hit
- 9 Columbus sch.
- 12 Two-color cookie
- 13 Sheik's bevy
- 15 Primates
- 16 Mild Dutch cheese
- 17 Jetsons' dog
- 18 Not easy to find
- 19 Sings in a loud and forceful manner
- 21 Damaged the crops
- 23 Reef components
- 25 Prize marbles
- 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
- 45 Triplets
- 47 Chop —
- 48 Wils animals
- 49 Eye part
- 52 Not stiff
- 53 Presently
- 54 " — enough!"
- 56 Hideaway
- 60 Sonar's sound
- 61 — voce (softly)
- 62 Range in Asia
- 63 Six-pointers
- 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
- 11 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
- 32 Market upturn
- 34 SFO guesses
- 39 Woolgathering
- 40 Dishonest ones
- 41 J.R. attire
- 42 Weapons cache
- 44 Desperado's piece
- 46 Villain's laugh
- 48 Please, to Fritz
- 49 Engrossed
- 50 Writer — Bagnold
- 51 Cargo units
- 52 Thin strip
- 55 Common query
- 57 Bullfight cheer
- 58 Bumbler
- 59 Hobby shop buy

last issue's crossword answers



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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

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	6	8
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

sudokus

easy

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

hard

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

Bombers spark conversation about the NCAA policy on drugs

FROM WEED, PAGE 1

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

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



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.

BRENDAN IANNUCCI/THE ITHACAN

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 via email that the impact cannabis can have on athletes is beginning to be researched, but scientists have not reached a conclusion yet.

“The most widely accepted uses are with 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 Getzin, for guidance. Getzin 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 opiates, which are more commonly prescribed for rehabbing injuries.

“[Opiates] don’t work great over time for chronic pain, and now, everyone’s really

offers education and management plans for athletes in lieu of suspension.

These consequences are something Noah knows and thinks about when smoking. He said it is unfortunate that such policies still exist even as the use of marijuana becomes more widespread.

“It does cross my mind every now and then that, because of the actions I’ve taken, because of the habits that I have ... I do kind of risk the team’s success,” Noah said.

Noah even said he has been caught by campus police and resident assistants several times while at the college, but they treated him like any other student. Because his past infractions have not gone through his coach, he feels more comfortable in his habit.

“I definitely wouldn’t want to face my coach after getting in trouble,” Noah said. “It’s definitely a relief [that it is not reported to my coach]. They treat you like an adult. Even though you’re making bad choices, they are your own personal bad choices.”

Not all experiences athletes have with marijuana are positive, though. Amelia* was originally recruited for a varsity team but quit before the season began, in part because of her reduced lung capacity from smoking marijuana. The toxins from smoking marijuana can

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 has 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.” But 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. “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.

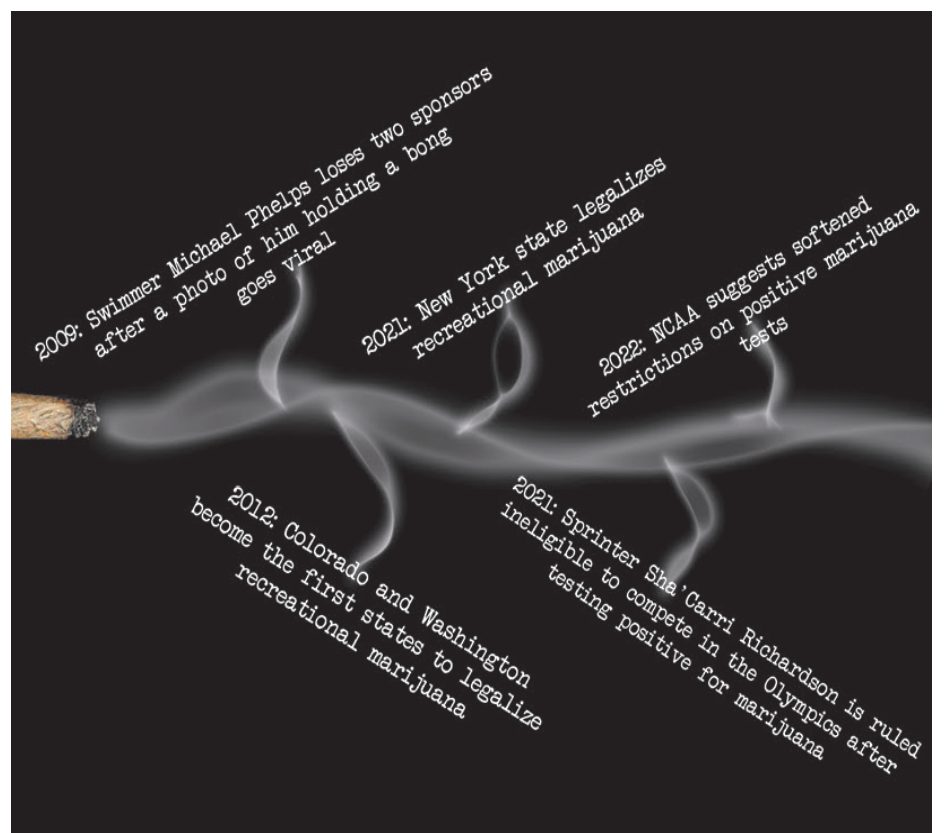
“When they hand down [a recommendation] ... it’s largely based on research and data,” Gray said. “So I think without that, I don’t see anything necessarily changing until there’s some bigger studies done about the risk versus the benefit.”

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.

“Plenty 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 antithesis of coffee.”

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2009: Swimmer Michael Phelps loses two sponsors after a photo of him holding a bong goes viral

2021: New York state legalizes recreational marijuana

2022: NCAA suggests softened restrictions on positive marijuana tests

2012: Colorado and Washington become the first states to legalize recreational marijuana

2021: Sprinter Sha'Carri Richardson is ruled ineligible to compete in the Olympics after testing positive for marijuana

ILLUSTRATION BY MALIK 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 last season, racking up a 14–6 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 is currently touting an 11–2 record from the one position in singles, including an opener in which she won 6–0 against the Rochester Institute of Technology. Crain's doubles record has also been a point of pride for her this season. Teaming with senior captain Caroline Herz, Crain has been able to achieve an 11–3 record in doubles.

Crain began to play tennis in second grade and comes from a line of former tennis players, including her father and grandfather. Crain said they both encouraged her to get involved in sports, and tennis was the one that stuck.

"My dad was trying to expose me to a lot of different sports, so I tried out tennis and I ended up liking it and being pretty good at it," Crain said. "I kept playing from there and getting competitive around middle school."

With a decorated high school career, including being a three-time New York State Section II doubles champion, Crain remains humble and went as far as to say she "lost a lot" during high school. However, head coach Chris Hayes '16 said that

while recruiting her, he could immediately tell Crain was a special player.

"The first time I saw Taylor play was at the New York State tournament and she was in the doubles, and initially that was really appealing to me," Hayes said. "She was a good doubles partner, which is really important at the college level. As a coach, you know who's a player and you know who's not and you could immediately tell Taylor was a baller."

Originally, Crain intended to compete for another program, but changed course later on to play for the Bombers. Crain said she knew she was going to get solid competition in the Liberty League and that she had a good feeling about joining the team on South Hill.

"I was going to walk-on D-I to Providence College, but I knew coming [to Ithaca College] that I'd be able to play, and the Liberty League is strong," Crain said. "I knew I'd get good competition and I had a gut feeling this was the place for me."

Crain made an immediate impact in her first season and although it seemed to come out of nowhere, those close to the team knew she was going to blow the league away despite adversity.

"I knew Taylor was going to be playing one for us, but I was not sure where our expectations were because she was coming off a serious foot injury in the fall," Hayes said. "She took the whole league by storm, and it opened my eyes like, 'Wow, she's special,' when she beat Skidmore [College] in early March [2022]. From that point on, it was

like she's the real deal and when she walks out there, we expect to have that spot, you expect to have one point from Taylor in that match."

Crain is extremely competitive on the court, often expressive and emotional when in the heat of the moment. Crain said this attitude on the court not only contributes to her success, but is something she does to energize the team.

"I'm pretty loud, pretty fiery, but I try not to have too high highs and low lows, which as a first-year I definitely did," Crain said. "I pride myself on making the team have good energy. As much as tennis is individual, if we want to win, we have to do it with everyone, and I want my team to do well. I have to remind myself I have to keep good energy for my teammates."

Herz, Crain's doubles partner, said it is clear that Crain's attempt to boost the team's energy has worked. Herz said that Crain brings a bright personality to the team and that when Crain is feeling good, the rest of the team is, too.

"She's brought a new personality to our team," Herz said. "She has one of the strongest personalities I've ever met and it's so fun to be around because she's always bringing positive energy, and everyone feeds off that. You can definitely tell if she's not all there, the team's a bit not there because her energy is so strong. Her personality lights up a room."

Despite Crain's early achievements and positive influence within the team, Herz said Crain is humble and tends to put her head down



Sophomore Taylor Crain leaps for a serve in a match against William Smith College on April 12. Crain is 11–2 in singles this season.

VAN HOANG/THE ITHACAN

and work. Herz said that often after a match, Crain will not acknowledge how well she played while everyone else looks on with awe.

"She knows that she's really good, but she does get a little humble when people bring it up," Herz said. "After a big win she'll say, 'I did OK' and we'll say, 'No, you just beat the best girl in the league.'"

With so much success in her first

two seasons, Hayes said that Crain has yet to meet her full potential.

"The ceiling for Taylor is an All-American, no question about it," Hayes said. "She's got that determination, that fight and the talent to reach that level. ... She's having an exceptional spring and I think she's just scratching the surface."

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Three IC students produce show on athletes of color

BY DAVID SCHURTER

STAFF WRITER

Ithaca College's Roy H. Park School of Communications is home to many programs, including award-winning extracurriculars like ICTV. This spring, the television station is producing a new show, "Change in the Game," which is focused on giving women in sports and athletes of color the spotlight they deserve.

With the 50th anniversary of Title IX this year, the show draws attention to an important point of discussion: the importance of diversity in sports. Junior Summar Lowe, one of the hosts of the show, said she is looking to send a powerful message to viewers that showcases the stories and experiences of athletes of color.

"I want to be able to discuss what it means to be in our shoes, as well as highlighting our sports," Lowe said. "This show is really enhanced on diversity, education, drive and how athletes of color are never highlighted. With 'Change in the Game,' they will be and it will make our voices feel heard on television."

Lowe said she believes that this show is great for the future of sports and that the topics discussed on the show will bring out the importance of diversity and equity.

"The questions that I ask are a lot more in-depth about being a college athlete. They also focus on their athletic career, their impact as well as personal experiences," Lowe said. "I feel good about the future of journalism, inviting more diverse backgrounds and having them being showcased is awesome."

Sophomore Lindsey Peters said she joined the crew when she learned that sophomores Carolina Cedraschi and Dylan Delaney, former contributing writer for *The Ithacan*, were looking for another producer to complete the show.

"Carolina and Dylan wanted to find another female producer, particularly in the sports department," Peters said. "They told me what it was about and I really wanted to start producing a show. The fact that it was a new show really appealed to me as I've known that I've wanted to do this since high school and that really set me up."

Peters said Delaney came up with the idea for the show because she was looking to bring a new style to ICTV, knowing there was nothing like it that had been on the channel before.

"Dylan knew there wasn't a show that focused on athletes in Ithaca," Peters said. "In our show, we will talk about major league athletes, as well as athletes here at Ithaca. She also figured there wasn't a show that recognized athletes of color [in particular]."

Cedraschi — who has taken on roles both on-air and behind the scenes with other ICTV shows — said she took on a producing role for the project because she wanted to take on television from a new angle.

"I didn't want to be on the camera set anymore," Cedraschi said. "I wanted to try something different and create something new with my friends that ICTV has never seen before. With Dylan's help, she prompted everything for the show that features athletes of color, and we were able to get everything going."

Cedraschi said that being part of a crew featuring all women is special and a step in the right direction for the future of television.

"It means a lot to me, as there are no sports shows with all women producers," Cedraschi said. "There are also no shows that feature athletes that are people of color and that's the innovative part of it. It creates something that's new, fresh and progressive in our school, which is really important to us."

The Women's Sports Foundation reported



From left, sophomore producers Carolina Cedraschi and Lindsey Peters, junior host Summar Lowe and sophomore producer Dylan Delaney pose on the ICTV set.

ABBY LI/THE ITHACAN

that in the 2020–21 academic year, 44% of student-athletes were women. However, the same report revealed that 68% of those athletes were white.

Peters said that by being a member of the crew, she is hoping to create something that will send a powerful message about the state of diversity in the college's sports community. ICTV currently has seven sports shows, but none focus specifically on women's sports or athletes of color.

"I'm really excited to be a part of this show," Peters said. "It's important, especially for the diversity, or lack thereof, of people of color athletes. They're missing a platform to shine and showcase their achievements. Focusing on that brings me a lot of joy and I love being a part of a change. That's the main point of our show."

Cedraschi, a member of the women's track and field team, said being on both sides of the story as a woman of color in sports and producer of the show is important for the ultimate message she is trying to send. Similarly, Delaney is also a member of the softball team.

"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," Cedraschi said. "We don't see many people of color in sports who are featured a lot, especially on campus. ... Being able to have a voice as a producer and a woman in sports means a lot to me. Not just that, but being able to show both sides of my race and being able to play sports as well is special."

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THE BUZZER

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

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.

NOLAN SAUNDERS/THE ITHACAN

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.

VAN HOANG/THE ITHACAN

EVENT TO WATCH



ITHACA

VS.



UNION

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 Carty 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.

LEILA MARCILLO-GÓMEZ/THE ITHACAN