Departments implement changes to their academic curricula beginning in Fall 2023

BY LORIEN TYNE
NEWS EDITOR

Departments across Ithaca College have been undergoing major curricular revisions as part of the objectives in the Shape of the College—a review that has not been done on this scale in several decades.

The college is in phase two, “Restructure their various major programs was so packed strong in terms of student feedback was stud- ents expressing concern that the curricula for their various major programs was so packed and so rigid that they weren’t able to explore across the campus,” Stein said.

Many programs submitted revisions between September 2022 and March 2023, which are reflected in the Fall 2023 course catalog. The Curricular Revisions Liaison Com- mittee was created to provide guidance.

IC to pick first years’ courses

BY KAI LINCKE
STAFF WRITER

In Fall 2023, Ithaca College will test a pilot program in which all incoming students’ courses will be selected by college faculty based on a comprehensive academic interests survey. Elizabeth Bleicher, dean for Student Success and Retention, said via email that the college will post a survey for incoming students on the New Student Checklist on May 1 to collect infor- mation about subject areas, issues and themes that interest them. Bleicher said each school’s academic services coordinators and assistant and associate deans will work with staff from the Center for Student Success to build bal- anced schedules for students based on their major and preferences indicated on the survey.

Bleicher said the college is implementing the pilot program because it hopes to reduce incoming students’ stress and increase their likelihood for success in their first semester and year at the college.

“In the past, students and their supporters regularly reported that having to complete all the online modules and then register for courses was stressful and led to dissatisfying results,” Bleicher said via email. “We researched how other schools conduct academic onboarding for new students. We learned that students are...”
Cuban parliament hands second presidential term to Diaz-Canel
Cuban lawmakers elected President Miguel Diaz-Canel to a second five-year term April 19, handing him 459 of 460 votes in the National Assembly, the official Communist Party newspaper Granma reported.

Vice President Salvador Valdés Mesa was also re-elected.

In 2018, the 62-year-old Diaz-Canel succeeded the brothers Fidel and Raúl Castro, making him the first non-Castro ruler of the one-party Caribbean island state since the revolution in 1959.

Jet bridge collapse at an Atlanta airport injures several employees
Multiple people were injured on the evening of April 21 when a jet bridge collapsed at the Hartsfield-Jackson International Airport in Atlanta, Georgia, officials said.

Several employees were on the jet bridge on Concourse F when the bridge malfunctioned shortly before 7 p.m., a spokesperson for the Atlanta airport said. The bridge dropped approximately 15 feet with the employees inside.

The airport workers were checked by emergency personnel, but officials did not say what caused the malfunction or what airline was using the gate at the time.

U.S. officials said.

The bridge dropped approximately 15 feet when the bridge collapsed at the Hartsfield-Jackson International Airport in Atlanta, Georgia, officials said.

Several employees were on the jet bridge during the malfunction.

Two injured after a Russian fighter jet accidentally fired at the Russian city of Belgorod
Three people have now been reported injured after a Russian fighter jet accidentally fired at the Russian city of Belgorod near Ukraine on April 20, regional Gov. Vyacheslav Gladkov said.

Nobody’s life is in danger, Gladkov wrote on Telegram on April 21. On the evening of April 20, a heavy explosion had occurred in the middle of a Belgorod crossroads, leaving a hole with a 20-yard radius in the ground.

The incident had no impact on the airport’s operations. Officials did not say what caused the malfunction or what airline was using the gate at the time.

Uganda’s draconian new anti-gay legislation, which would allow for homosexual acts to be punished by long prison sentences and even the death penalty, is being revised after heated international criticism.

President Yoweri Museveni refrained from signing the law, which had already been passed by parliament, within the required deadline. The ruling National Resistance Movement party will revise and propose “improvements” of the text after consultations with Museveni, a party official wrote on Twitter on April 20.

Three injured in an accidental Russian firing in Belgorod city
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Later, the Defense Ministry in Moscow said a Russian fighter jet had experienced an “unplanned launch of ammunition” over the city. Initially, there had been talk of two injured women. All residents of a damaged apartment building have been temporarily relocated, Gladkov wrote. Some were staying with relatives, others in a hotel. At least three people were injured in the accidental firing.

SOURCE: TRIBUNE NEWS SERVICE

Several US diplomats in Sudan evacuated
U.S. diplomats have departed Sudan’s airspace days after fighting erupted.

President Joe Biden said he ordered the evacuation operation to “extract” 70 Americans, which included several U.S. government personnel April 22.

Mohamed Khdir/Xinhua/Zuma Press/TNS

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

EDITOR-IN-CHIEF
CAITLIN HOLTZMAN
MANAGING EDITOR
ELEANOR KAY
COMMUNITY OUTREACH MANAGER
ZHANNZ GOMEZ
OPINION EDITOR
NANE HAKOBYAN
NEWS EDITOR
LORIEN TYNE
ASST. NEWS EDITOR
NOA RAN-RESSLER
ASST. NEWS EDITOR
PRKRITI PANDWAR
CO-LIFE & CULTURE EDITOR
ELIZABETH KHARABADZE
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LYLE CABAN
SCOTT EDITOR
CASEY MUSARRA

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

COPY EDITORS
Mae Cahill, Emily Fischer, Ray Milburn

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

The Ithacan lands in Emerson Suites once again
On April 22 and 23, the Campus Center was jam-packed with action as Ithacan returned to campus for its 46th year, run by the students of Ithaca College’s Promoting and Managing Conventions course.

HOW IC SPORTS
‘How IC Sports’ – Ithaca College Media Creative Team Spencer Cross
Sophomore host Luke Cammarata explores a different aspect of sports at Ithaca College with sophomore Spencer Cross, Ithaca College Media Creative Team member.

CONTACT THE NEWS EDITOR AT
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ITHACANNEWS@ITHACA.EDU
ITHACANNEWS@ITHACA.EDU

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On March 28, the Cornell University Student Assembly passed a resolution that strongly encouraged faculty to provide students a warning for content that could potentially be triggering. A trigger warning should be used for content that might provoke post-traumatic stress disorder and its related symptoms among students, according to the resolution.

Cornell sophomore Claire Ting co-sponsored the resolution, along with sophomore Shelby Williams. On April 3, Pollack rejected the resolution. Ting said she decided to propose the resolution after she observed that one of her close friends was visibly distressed while reading a graphic rape scene in class. Ting said her friend had been a victim of sexual assault and had recently taken official action against her assailant.

"When personally a small bit egregious to me was that her professor knew that she was a victim of sexual assault," Ting said. "To me, this stood out as a lack of compassion."

Psychology Professor Shai Altheim said that as a cinema and photography major, they had to watch many films for their Introduction to Film class. "I think Aesthetics and Analysis class that should have had trigger warnings," Altheim said. They noticed that many of these depicted visuals of sexual assault.

"A lot of me and my classmates were concerned about that," Altheim said. "These are older films … so the only one who actually knows about these films is [the professor]."

"I think there is a divide in faculty's teaching practices, to the administration gets involved in decision-making rather than having the department making the decisions," Scheibe said. "So, there are compromises when a central, campus-wide policy is mandated."

"But I would like to see faculty have the right to include trigger warnings [or not]," Conza said. "They're going to have to do without trigger warnings after college.

"Altheim said trigger warnings should be a difficult accommodation for faculty to include in their course design.

"It shouldn't be such a big deal if we do this."

Altheim said. "Like, it's not that hard. "

**Holocaust survivor shares personal story**

**BY DOMINICK PETRucci**

Roald Hoffmann, age 89, a former Cornell professor, a Nobel Prize winner in chemistry, an Ithaca local and one of the decreasing numbers of Holocaust survivors. Hoffmann was invited to Ithaca College by Ithaca College to tell his story on life April 25 in Muller Chapel to Roald Hoffmann, former Cornell professor, Nobel Prize winner and Ithaca local, visited campus April 25 in Muller Chapel to tell his story of surviving the Holocaust.

"My first thought was, how can a child think about this content is going to … hurt you," Conza said. "In psychology, there would be gray areas about what content is essential for students to be better prepared for life after college."

Hoffmann's story was one of the first of his kind. "When someone tells you that this content is going to … hurt you, then that usually happens," Conza said. "They are going to have to do without trigger warnings after college."

"Altheim said trigger warnings should be a difficult accommodation for faculty to include in their course design.

"It shouldn't be such a big deal if we do this," Altheim said. "Like, it's not that hard."

**Students request course trigger warnings**

**BY PRAKRITI PANWAR**

ASSISTANT NEWS EDITOR

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**Clubs struggle to stay afloat**

**BY NOA RAN-RESSLER**

ASSISTANT NEWS EDITOR

A significant part of campus life is involvement in clubs and organizations, which can each skills like leadership and organization. While a bulk of the responsibility falls on student organizations to sustain their clubs, Ithaca College has some opportunities for support that can address issues with club sustainability.

Junior Carchedi, a student leadership consultant in the Office of Student Engagement, said she regularly meets with student organization leaders to help them through issues ranging from recruitment and marketing to interpersonal complications and leadership skills.

Carchedi said recruitment is the main issue that new club leaders require assistance with. Carchedi said she recommends clubs leaders put up fliers, reach out to friends or create social media pages on apps like Instagram to connect with potential members online.

"There are a few different ways that we recommend they go about that," Carchedi said. "The really exciting things is, we have an org fair at the beginning of the year and [all you're getting] is a new club, you can still table at the org fair even if you're not finished with the process.

"Whitney Heck, former co-president and current member of Human Ry Impact, said the modeling club could not sustain itself because once, she graduated, there was nobody to pass on the club to move forward. The Human Ry Impact is no longer a functioning club at the college.

"I feel like a lot of times starting a new club, you never know if it's going to really take off or swin, so a lot of it was really just getting lucky with some friends and other friends of friends around campus that were just willing to kind of help it out," Heck said.

"Junior Jadena Williams, event coordinator for S.O.C.A and public relations officer for the Student of the Caribbean Association, said she had an easy time transitioning because the e-board alumni were so hands-on.

"They're people that we are comfortable with to reach out to for advice," Williams said. "[Alumni are] very helpful at any time to be like, 'Oh, I'm having trouble with this. How do you navigate that when you were on the board?' And they're always willing to help." Williams said.

Williams said she would like to see more support from upperclassmen for funding and understanding the process.

"Understand that we are students who have other obligations outside of student organization and things may not be perfect. And providing better hands-on assistance with us getting those contracts to get the budget would help," Williams said.

"Heck said that while Human Ry Impact existed, she struggled with relationships with other e-board members and the distribution of responsibilities.

"The college also didn't really help us out by giving us a bit more funds to kind of keep the motivation going, keeping everything else going strong," Heck said. "I would love if they were starting up again. However, I just genuinely did not have the time or energy to really put into it motion to set it up for the next year."

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**Contact pwpawar@ithaca.edu**

**Contact nrannesser@ithaca.edu**

**Contact dpetrucci@ithaca.edu**

**Contact mkiwiaman@ithaca.edu**

**Contact uprucci@ithaca.edu**

**Contact nhlenhart@ithaca.edu**

**Contact lmilliams@ithaca.edu**

**Contact whghock@ithaca.edu**

**Contact nm476@cornell.edu**

**Contact jwilliams@ithaca.edu**

**Contact wrn73@cornell.edu**
Incoming students will not decide first courses

FROM REGISTRATION, PAGE 1

From Registration, Page 1

CONTACT: VROSE@ITHACA.EDU

CONTACT: LTYNE@ITHACA.EDU

Students have class of their own

FROM CURRICULUM, PAGE 1

From Curriculum, Page 1

CONTACT: KRISTIN LYTNE@ITHACA.EDU

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College offers donors new giving opportunities

FROM GIVING DAY, PAGE 1

From Giving Day, Page 1

CONTACT: KRISTIN LYTNE@ITHACA.EDU
SGC holds final meeting with old board

BY DOMINIC PETRUCCI

Staff Writer

The 2022–23 executive board for Student Governance Council met for the last time April 24 and passed an amendment and one bill before the newly elected council was announced April 29.

Senior Senate Chair Austin Ruffino presented a bill on the merger of the SGC and the Residential Association, which was passed by the senate 11–0–0. The RHA goal as stated on its website is to keep students engaged with out-of-classroom campus and be an important resource for students who live in dorms.

Ruffino said this is a highly important association on campus and this bill would add one position, the vice president of residential affairs, to the executive board and would supervise the RHA.

“We think from both ends it is mutually beneficial and gives us a good way to really get into how people are feeling about their residential life that we may struggle with reaching,” Ruffino said.

Ruffino presented an amendment to the SGC Constitution about rewriting sections for clarity. Ruffino said the Organizational Review Committee for the SGC was concerned with word choice. The executive branch in the constitution lists all titles of SGC in order of who is to be contacted by an administrator.

In the past, this term had been labeled “seats in line of succession” before being changed at the last OBC meeting to “hierarchy.” Senior Grace Madeya, president of the student body, said this wording should change again.

“I think the word hierarchy doesn’t have the best connotation,” Madeya said.

Madeya proposed “rank order” as a term, which was met with opposition. Sophomore Hannah Ahmad, Class of 2025 senator, said the term is also negative. The council eventually determined there should be more discussion on the terminology used, but that “rank order” would be a temporary solution. An undefined amendment—an amendment that not everyone agrees on—was made to replace the word hierarchy with “rank order” which passed 6–1–0.

The end of the meeting was marked by a series of congratulations to the SGC members that will be graduating, including Madeya, Ruffino, Lila Weiser, Esther Moore, Issa Kasse and Maya Sciven.

“Thank you for making SGC so special for me,” Ruffino said. “I’m so excited to see what you’re all gonna do in the future.”

First-year student Caleb Cackowski, senator-at-large, expressed his optimism for the future.

“I’m sad that we’re almost done with the current administration,” Cackowski said. “There are people here that have done so much for SGC and the college, it’s not gonna be the same without them. I’m looking forward to the future.”

CONTACT: DPETRUCCI@ITHACA.EDU

SGC releases election results

BY LORIEN TYNIE

News Editor

The Student Governance Council released election results for the council members that will serve in the 2023–24 academic year.

The SGC is no longer releasing vote counts. There were 310 student voters this election cycle and 122 voters in Spring 2022.

Junior Carlf McConnell has been elected as the president of the student body. McConnell ran against first-year student Matthew Williams. First-year student Rishab Sen was re-elected as the vice president of campus affairs and ran against sophomore Hannah Eurg. Junior Quinn Tullino ran unopposed for vice president of academic affairs and was elected. First-year student Noah Straitmann ran unopposed for vice president of business and finance and was re-elected. First-year student Caleb Cackowski, current senator-at-large, ran unopposed for vice president of communications and was elected.

All senator candidates ran unopposed. First-year students Eleanor Paterson and Asata Robbital were re-elected as the two Class of 2020 senators. Sophomore Cameron Small was elected as a Class of 2025 senator. Sophomore Kahlil Hodell was re-elected as the Student of Communications senator. First-year student Nicole Suteria was re-elected as the Student of Music, Theatre, and Dance senator. Junior Blake Matthews was elected as the new transfer senator. First-year student Ilteme Pulkhrambam was elected as the international senator. Junior Noah Kamens was elected as the club athlete senator.

CONTACT: LTYNIE@ITHACA.EDU

Q&A: New student programs leader talks orientation

Mame Ndiaye began her position as the assistant director for the Office of New Student and Transition Programs at Ithaca College at the start of Fall 2022.

Ndiaye is currently in the process of convening her second master’s in public administration from Cornell University. Ndiaye worked as residence director at SUNY Cortland most recently in other roles at Ithaca College, where she oversees six residence halls and serves as a Title IX hearing officer. Ndiaye also founded a company, Professional and Advanced Transition Programs, is the founder of a diversity recruitment and student success company.

“… I’m optimistic about orientation because we’re trying to make it fun so that students actually enjoy attending and aren’t just bombarded with a load of information. On top of that, I am optimistic about the team that I have, from our administrative assistant to our student engagement assistants,” Ndiaye said.

HS: How does your past work experience translate to this position?
MN: I started F3ID, a career services business, in 2020. I am a first-generation student from New York City, and I come from a family of immigrants. One thing that I noticed as I was going through my academic career was that I didn’t have that person to go to ask questions that you may not necessarily want to ask someone, those questions that you are embarrassed to ask. So, I started a career coaching business, and we pretty much walk students through the application process. We do interview readiness seminars [and] we partner with international institutions. … Our motto is that we give people the rich resources they need to get paid. One of the tools that I’ve been able to gather through founding this business and overseeing it is that when someone is going through a storm, and by that, I mean when someone is put into a new environment and is figuring things out, it is important to be emotionally intelligent and be the calm in that person’s storm. So, I think that relates to this position and orientation because I get a new student or new professional who has so many questions about this new environment [and] they are going on a new journey and just want a safe, comfortable, welcoming, open and honest person to talk to about that.

HS: What are the most important things to consider regarding diversity recruitment?
MN: I’m a woman of color and I have served on recruitment committees and search committees for multiple higher education institutions and other corporations. So, when an institution or an organization really wants to ensure that they hire diverse candidates, they want to ensure not just that they are marketing properly but that the hiring process is fair to diverse candidates. Additionally, once these candidates are here, we need to ensure that they have the resources to succeed. Personally, when it comes to diversity recruitment, there’s a disconnect where the candidate wants to be a part of this environment but also wants to feel comfortable and feel welcomed. Beyond diversity, equity and inclusion, that belonging piece is very important to me.

HS: What are some other things you look forward to doing in this role?
MN: I look forward to meeting families, supporters and just getting to know the students and their backgrounds. I had a family from Gambia who came to the admitted students event and I wasn’t there but they sent me an email because they saw my last name, and it’s a common last name in Senegal. Senegal and Gambia are two West African countries that are side by side. So, when she saw my last name, she told me how excited she was to see someone who could relate to her son’s culture and lived experiences and help him feel more comfortable in college. It’s getting to know our incoming students, not just this person as a student, but their lived experience, like, ‘Who are you? How can I help you?’

CONTACT: MNDIAYE@ITHACA.EDU
Guggenheim Foundation awards a Park professor as a 2023 fellow
Idrisou Mora-Kpai, assistant professor in the Department of Media Arts, Sciences and Studies, was announced as the 2023 Guggenheim fellow. The Guggenheim Fellowship was awarded by the John Simon Guggenheim Memorial Foundation to individuals who have demonstrated scholarship and creative proficiency in their fields. The fellowship, Mora-Kpai will continue producing "Border Life," a documentary about the town of Seminor which is located between Nigeria and Benin.

Three seniors recognized for research at science conference
Seniors Sophia Roberts, Lily Metzger and Anna Sinclair were recognized at the Eastern College Science Conference for their research. Roberts received the Best Presentation Award in biochemistry and health, and Metzger and Sinclair’s microbiology poster presentation was the highest scoring one. ECSC aims to cultivate interest in undergraduate research and allows students to collaborate with advisers or independently present research.

Ithaca College’s BOLD Program organizes interview workshop
The BOLD Program at Ithaca College is hosting a workshop from 12:10 to 1:05 p.m. April 27 in BCS 105 titled “Strategies for a Successful Interview with Mom Ndyaye.” Mame Ndyaye, assistant director in the Office of New Student and Transition Programs at Ithaca College, will teach participants different approaches to successfully give a job interview. Ndyaye will focus on teaching participants to succinctly answer interview questions and thus impress recruiters. Ndyaye will also talk about how these skills can be applied to everyday life to feel more confident and stand out in an ambitious environment.

PUBLIC SAFETY INCIDENT LOG

APRIL 10
MEDICAL ASSIST/ILLNESS RELATED
LOCATION: Whalen Center For Music
SUMMARY: Complainant reported feeling ill.
Patient was transported to the hospital by hospital transport.

ON CALL INCIDENT OFF CAMPUS
LOCATION: 100 University Ave
SUMMARY: Caller reported that a person injured their ankle. Officer determined the person injured their ankle prior to arrival on campus and declined medical assistance. Master Security Officer Pat English responded to the call.

APRIL 11
CHECK ON THE WELFARE
LOCATION: 141 College Circle
SUMMARY: Caller reported that a person had cut themselves.
Patrol Officer Abdallah Hassan responded to the call.

APRIL 12
SAFETY HAZARD
LOCATION: C-Lot
SUMMARY: Caller reported that a fork lift had leaking hydraulic fluid. Area cleaned. Fire Protection Specialist Enoch Perkins responded.

APRIL 13
SUSPICIOUS CIRCUMSTANCE
LOCATION: Frederick Hall
SUMMARY: A caller reported that the behavior of others alarmed them. Patrol Officer Steven Hutchinson responded. This is a pending investigation.

APRIL 14
OFF CAMPUS INCIDENT
LOCATION: All Other
SUMMARY: Caller reported vehicle leaking hydraulic fluid. Area was cleaned. Fire Protection Specialist George Whitmore responded.

APRIL 15
OFF CAMPUS INCIDENT
LOCATION: All Other
SUMMARY: Caller reported unknown person ordered food using caller’s identity. Sergeant Brian Verzosa responded to the call. This investigation is currently incomplete and pending.

SCHOLARSHIPS
LOCATION: 113 College Road
SUMMARY: Calling “How to Read Now,” from 5 to 5:40 p.m. on every Monday of the semester. The reading and the class will focus on an anthology of nonfiction essays by Easterly Castillo and will delve into reading in the present political environment and circumstances.

College Briefs

Maureen C. Martin, a professor in the School of Humanities and Sciences, was announced as the 2023 Outstanding Humanities Faculty Award in biochemistry and health.

Guggenheim Foundation awards a Park professor as a 2023 fellow
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College Briefs

A two-slow reads class is being offered to students for Fall 2023
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CONTROLING CLASS SELECTION CHOICES REMOVES FREEDOM

Ithaca College proposed a pilot program that will make faculty select fall semester courses for all incoming students — taking away their freedom to register. The creation of this new system is based on the stress that incoming students experience because of course selections. However, taking away responsibility from students for only one semester is not going to improve the problem but rather push it into the future to the next course registration deadline. Requiring this proposed program for all incoming students is problematic because the college experience starts with the ability to study what one wishes. Students know what they want better than the results from surveys. Taking this responsibility away delays students' self-growth.

Another disadvantage is the possible lack of class availability during the drop or add period. Even though the pilot program suggests that students can always change a class, it leaves out the fact that very few classes happen to have open spots. When they do have spots, they might not be of student interest or a major requirement. Dropping a class without adding another one, on the other hand, might put students below the minimum credit requirement.

Getting stressed from time to time is part of life and college is the place to grasp lessons for adult life. Students will always meet hardships that will make them anxious. Instead of trying to control how students deal with stress, the college should find ways to guide those stressful moments.

Because of faculty reductions, faculty workload has risen, yet not enough classes are available. So, instead of controlling students' choices, the college can address these issues by strengthening its advising positions and increasing faculty positions with class offerings. The pilot program, however, can be available as a choice for students who prefer that way of course selection. Yet, no student should be controlled and required on what to study when they have the ability to choose instead.

GIVING FOR SELF-FULFILLMENT PERPETUATES INEQUALITY

During Giving Day at Ithaca College, people usually prefer to donate to places that remind them of heartwarming events or where they simply have some sort of connection. People view Giving Day as giving back but rarely, if ever, as giving to someone in need.

It is important to note that many donations, like the ones to sports teams or Student Affairs and Campus Life, are still important because they aid different subgroups. However, there are places that need the money much more than a team that will use the donation to cover its trips. People are around the world, including on campus, whose lives could be changed with that donation, yet they go unnoticed because the person donating does not identify with that cause.

This is where privilege comes in; the privilege to care for the things that affect you personally and leave everything else out of sight. People have the choice to worry and donate to things that affect them yet ignore the ones that do not. This has become a bad habit because people become egocentric and forget to be supportive to others who might be in need.

Usually, people donate to the place of choice for self-fulfillment, meaning that it makes them feel good rather than worried about how the money is going to be used. This can be compared to “green” consumerism for better understanding. Recycling makes people feel that they helped the world, so they do not bother to know if it actually helped the climate crisis. They keep buying plastic and recycling it as a solution.

Giving to whoever and wherever one wish is free will, so nobody can make anyone do otherwise. Yet, you have that free will, so next year when Giving Day comes around, think of someone who needs it the most. Giving to things you love is fulfilling, but giving to someone in need you have never met, and never will, is world changing.
Healing the future consists of reckoning

BY NAEEM INAYATULLAH  
PROFESSOR

Few set out to harm others for harm’s sake; damage is frequently done in the name of goodness. Social science tries to understand the emotional reactions between intentions and results. Social theorists explore why good intentions lead to bad results.

The administration reduced 116 full-time equivalent faculty positions. It threatened litiga-tion against the part-time faculty union. The execution of these plans resulted in a community divided into at least three groups: those eager to support the current administration in chang-ing the college, those seeking in silent opposition to the current administration’s means and ends, and the few openly opposed to the administration’s methods.

The deepest problem at the college is that these three groups refuse each other. Indeed, most of us fear discovering the group to which our colleagues belong. An-other’s dissent and deep frustration mark our days. The administra-tion may ask the faculty to move forward, but this is insurmountable so long as responsibility for the re- 
cent past is not taken. No amount of administrative screenwashing will overcome the clearances.

The purpose of my commen-tary is to highlight the depth of our division but also to provide a suggestion that may, in fact, move us forward. I propose the creation of a “truth and recon-ciliation tribunal.” The first step would be to constitute a com-mittee to research how such tribunals are formed. The sec-ond is to make sure that all constituents of the larger college community are represented. The third is to assure the inclusion of an outside facilitator. Mistakes have been made. People have been hurt. Lives have been shattered. We could pretend that our fractured and bleeding campus is the new normal. Or we could move toward the fu-ture by addressing our wounds. In this way we show ourselves and the world what justice can mean, not a legal procedure but a reckoning.

Naem Inayatullah (he/him) is a professor in the Depart-ment of Politics. Contact him at naeem@ithaca.edu.

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

Hope is a slippery slope to complicity

BY ELIJAH DE CASTRO  
FORMER ITHACA EDITOR

These days, when we look at the world around us, it’s easy to feel hopeless. Since the pandemic began in those early months of 2020, crisis after crisis has upended our lives in what feels like a terrible twist of fate. Almost everyone I know has either given up hope or is desperately trying to find it, two mindsets that are dangerous and common.

We are at a defining moment in human history, one where our actions in the next decade will determine what life will look like hundreds of years from now. We face multiple existential threats — environmental tipping points, nuclear war and the rise of fascist movements. Despite this, hope has clung to us like a disease.

This is not to say that believing in a better world is a waste of time, but there is a line between idealizing a safer world and wasting time hoping that it will fall into place. Hope is procrastination. Doing something, on the other hand, creates hope. Take an issue like the climate crisis, which for understandable reasons makes people feel powerless and that they don’t have the skills to help stop it. To help us understand our experience, we need musicians, writers, film-makers. It is on these few of whom focus our work on climate issues. As Nina Simone reminded us, “An artist’s duty is to re- 

ect the times.” The way the climate crisis is deeply tied to the limits of human psychology. To help us understand why we have procrastinated for so long, we need psychologists, but very few have done anything to show us that on the climate crisis, our brains are working against us.

Confronting the climate crisis will require people of many different occupations, all of whom have different skills. However, none of this means anything if people continue to hope that something will come along and compel them to act. To me, doing something means digging deep, taking the right to make a difference and find the causes of the climate crisis.

Senior Elijah De Castro, senior writer and former News and Life & Culture editor, discusses the importance of action instead of simply hoping for improvement.

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

Wisdom for a life full of love

These quotes by Marcus Aurelius humble me when I am happy, comfort me when I am sad, 

paue me when I am running too fast and bring me to the ground when I am overwhelmed. He was a great student and a teacher to himself as he meditated on his thoughts and life. Moreover, these meditations turned into invaluable words that never fade, into a wisdom of a human and to be one. His way of bringing up shows that our lives are full of lessons and they are worthy of sharing with those who are willing to learn. This is how I im-
terpret his meditations into mine:

1. “Does the emerald lose its beauty for lack of admiration?”
I love this question as it deeply embodies solitude. The concept of beauty, or the emerald’s worth as described here, is objective beauty, as if the reader also feels admiration for the emerald’s beauty. Moreover, it could be reversed subjectively by someone who says, “I despise the green color of emeralds. It indicates jealousy or envy.” Now, let’s imagine the emerald is told that it is ugly and evil because of its color. It is also said that it is rare and should be used in jew-

ellery as a sign of beauty by someone else. In this dilemma, who do you think the emerald would believe?

2. “What fault of mine most nearly resembles the one I am complimenting?”
We can flip this question and ask, “What side of mine resembles the one I am complimenting?”

3. “What fault of mine is most nearly resembling the one I about to criticize?”
After asking this question on the verge of criticism someone else, I am sure you would find yourself incapable of formulating your emerald into negative words. It is because, on a bigger scale, we are all interconnected through our shared human experience, energy and physical bodies. Our lives are interconnected because we benefit from each other’s achievements and learn from each other’s mistakes. Thus providing feedback for the good of both sides. With this perspective, we can flip this question and ask, “What side of mine resembles the one I am complimenting?”

This idea of empathy and introspection is reflected in the different cultures. For instance, Mamah Gandhi once said, “An eye for an eye makes the whole world blind.” There is also a Mongolian proverb that goes, “Without looking at the moon in your head, to see the gems on others’ heads.”
Students, alumni, scholars, librarians and teachers have all come together to "geek and nerd out" in an academic conference that features gender and sexuality in popular culture and mainstream media from all spaces and times — whether it be in YA literature, 2000s teen comedies or digital dolls.

On the weekend of April 21–22, members of the Ithaca College community eagerly participated in the sixth edition of the Pippi to Ripley Conference. This unique event celebrated the power of strong female characters and diverse representation alike in literature, film and popular culture, exploring their impact on society and inspiring attendees to break down gender barriers in their own lives.

Katharine Kittredge, professor in the Department of Literatures in English, said she created Pippi to Ripley in 2011 with some friends as a means to bring the best of academic conferences and fan conventions, so that it might act as a moment of gathering and a forum for academics, creators and fans. The event is free for the public with only a $50 fee for presenters in order to cover food expenses and other miscellaneous costs.

Because of the COVID-19 pandemic, the Pippi to Ripley conference had not been hosted since 2019. However, the conference has now employed Zoom for the first time, making it possible for presenters from nine different countries — Uganda, Greece, the United Kingdom, India, Ireland, Mumbai, Sweden and Canada — to participate allowing the panels and discussions to reach an international platform.

As an undergraduate, there are two ways to be a part of the Pippi to Ripley conference: submit a proposal of a potential topic to Kittredge or join her senior seminar, which focuses on learning the "how-tos" behind planning an academic conference and making a presentation for one. During the spring semester, 10 students meet once a week for two and a half hours where they spent the first part planning conference-related activities and the second half working on their own presentations for the conference with their classmates.

Senior Samantha Frieri said the class had been empowering when it came to the responsibility and authority students had when organizing the conferences.

"I feel like this is a very scary thing because it feels so adult, and so it can be easy to think that you’re not like prepared for something like this, but that’s the whole point of this, that this is built on the backs of undergraduates that are really just passionate about what we do," Frieri said.

Eliana Berger ’20 and Andy Yzaguirre ’20, who are pursuing their graduate degrees at Simmons University in Boston, were invited to the Pippi to Ripley conference, both as a part of the graduate panel and with presentations on subjects like “Queer Craft: Fandom & Queer Community in the Makerspace” and “Vilna’s Soliloquy: An Examination of Twelfth Night Adaptations as Transgender Representation.”

"I think for people who are interested in research, for students, for professionals, unless you have experience, it’s really scary and difficult to enter that circle," Yzaguirre said. "So having been able to do that in undergrad and being shown how to apply it … really changed the game."

Kittredge said the initiative behind this conference is to make it an inclusive and accessible experience for all.

"I think a big part of it is … the economic realities of wanting to become a professor or wanting to go to grad school, is that a lot of even the conferences for undergraduates charged hundreds of dollars for admission," Kittredge said. "And it’s one of those barriers because if you don’t do conference work, it’s harder to get into grad school or once you’re looking for a professor’s job. You can’t get that unless you’ve shown you know these professional activities."

"There’s a lot of interest in storytelling on campus outside of the English department," Zieger said. "We tell stories in the Park School and with our music in Whalen and in Dillingham. There are all these different areas of study outside of just literature that take an interest in storytelling and the way that we communicate our identities to each other."

"I think marketing that to some of the other courses might be a way for people to understand that unless you’ve shown you know these professional activities."

Katharine Kittredge, professor in the Department of Literatures in English, speaks at the 2023 Pippi to Ripley conference. Kittredge began the conference in 2011.

BY MARIANA CONTRERAS
STAFF WRITER

Senior Samantha Frieri holds up a copy of "Legendborn" by Tracy Deonn. Frieri was one of several presenters during the 2023 Pippi to Ripley academic conference.

ELEANOR KAY/THE ITHACAN

CONTACT: MCONTRERAS@ITHACA.EDU
BY LILY LIPKA
STAFF WRITER
The audience in Ford Hall in the Ithaca College James J. Whalen Center for Music roared with applause as the performances concluded on April 22. Conductor and graduate student Alex Gutierrez even received a standing ovation from members of the crowd as he walked out to his place in front of the orchestra.

“The Hunchback of Notre Dame,” marks Gutierrez’s final show at Ithaca College and the last production ever to be led and put on by Ithaca College Master of Music in Conducting program. Gutierrez will also be the last grad- uate of the program, which will be discontinued by the college after the 2022–23 academic year comes to a close. Musicals in con- cert have been held toward the end of every spring semester since the program began.

“It’s sort of insane, both in a good way and a bad way,” Gutier- rez said. “It means, since I’m the last one, I’ve gotten to do so many things and so much bigger than we’ve ever been able to do. I mean, this would never have been possible four or five years ago. … But at the same time, it’s a little bit scary to think that this is going to be the last one.”

Christopher Zemliauskas, asso- ciate professor in the Department of Theatre Arts, was working with Gutierrez for the majority of his time as a student at the college. Gutierrez belongs to Zemliauskas’s studio and Zem- liauskas observed rehearsals for “Hunchback” in order to give Gutierrez notes.

While I’m disappointed to see the program wound up, I’m very happy [Gutierrez] was my fi- nal student … and am extremely proud of him,” Zemliauskas said. “It truly is a culmination of all of the skills [Gutierrez] has worked on over the years.”

Gutierrez expressed a similar sentiment as Zemliauskas, saying that the musicals in concert have been an opportunity for the Cen- ter for Theatre Arts to really unite.

Gutierrez said he chose this show in particular for its timeli- ness and its important messaging of recognizing prejudice within oneself and in others and coming to terms with what that means. “There’s this question that’s asked at the beginning of the show and at the end of the show of, ‘What makes a monster and what makes a man?’ Gutierrez said. ‘And that’s sort of what we’ve been revolving around … because I think the whole idea of this show is that you’re examining your own bias and examining and pointing out the backs of others around you.’

In addition to requiring ac- tors to stand at mics and wear all black, musicals in concert like “The Hunchback of Notre Dame” and other programs in this case — costage. As musical theatre majors, the actors in the main roles and ensemble audi- tioned for the production at the beginning of the semester, but the chorus is composed of the mem- bers of the Ithaca College chorus.

Senior Oscar Izenson, a musical theatre major, played Quasimodo. Senior Erica Reyes, a musical theatre major who played Esmeralda, said that with the relative heaviness of the musical’s content, the love and attention the cast and creative team paid to the material was something new that she appreciated.

“I’m proud of my story we’re telling,” Reyes said. “We’re telling it truthfully … I’m just proud of all the work that everyone has put into creating this show and creating these characters so that we could tell this story the way it should be told.”

CONTACT: LLPKAL1@ITHACA.EDU

BY JADYN DAVIS
STAFF WRITER
A small purple shelf filled with clothes ranging from sweaters, Hawaiian shirts and jeans caught the attention of many passersby at the Sustainability Fair on April 22. While some took items, others donated items they no longer wanted, which is all a part of the program Take It or Leave It.

The Sustainability Fair, which featured local businesses like South Hill Forest Products and Via’s Cookies, was located in the Textor Hallway and took place from 10 a.m. to 2 p.m. But at the end of the hall was the TIOLI pop-up shop that was run by members of Eco-Reps — a group that focuses on encouraging sustainability at the college. TIOLI is a free thrift store that is open from 12–1 p.m. and 4–5 p.m. Monday through Friday in Clarke Hall.

Senior Kelly Warren, program manager of Eco-Reps, said the group decided to do a pop-up shop at the fair because it would not only introduce students to TIOLI but provide more accessibility for students who cannot easily get to Clarke Hall through- out the week. Warren said she appreciates TIOLI’s contribution to the college as a local resource for students.

“There’s a wide variety of stuff that you can buy at TIOLI that is sustainably made,” Warren said. “You can go to thrift stores obviously but here at Ithaca we have this wonderful re- source like TIOLI where you can grab things that you need for free.”

Warren said the excess amount of clothes that companies produce goes to landfills, which emit greenhouse gases. The production of clothes contributes to climate change because of the large number of natural resources like water and oil that are used, according to the BBC.

Sophomore Clara Zonis said she did not know much about TIOLI prior to the pop-up shop and heard people talking about the shop. After experiencing the pop-up shop at the fair, Zonis said she plans to visit the TIOLI room in Clarke Hall.

“It’s nice to see that it’s a real func- tioning entity and that it’s not just some made-up folklore of Ithaca,” Zonis said. “If I’m already looking to get more clothes or about to go thrifting, maybe I’ll stop by Clarke first to see what it holds.”

First-year student Maria Lescar said she hopes to join Eco-Reps next semester and appreciates the work that Eco-Reps does to educate students on the importance of sustainability.

“I think a lot of people care about sustainability, but I think Eco-Reps are the people who are able to help people facili- tate that and get involved and they’re really encouraging people to get involved in those interests,” Lescar said.

However despite the presence of TIOLI and other thrift stores, more people are turning to fast fashion. Fast fashion is how clothes are quickly made to meet consumer needs at a rapid rate in order to meet needs of having the latest fashion, according to Investopedia. One of the things Warren said TIOLI did during Sustainability Week was educate students about fast fashion with a sustainable clothing pop-up shop.

“We’re really happy to help try to mitig- ate problem in any way that we can, and TIOLI is a great way to start, and we would love to expand it in the future and hopefully we can,” Warren said.

Thrifting has many environmental ben- efits because it decreases the amount of dyes and chemicals that factories dump into waterways. Additionally, clothes that are thrown into landfills contribute to greenhouse gases because of synthetic material that cannot be naturally broken down, according to Topic Insights.

Zonis said she understands the impor- tance of fashion sustainability in a society that produces a large number of fast fashion items. “I think that fashion [and] sustainability is this huge conversation for my genera- tion, which maybe is one of the reasons why thrifting has become trendy right now,” Zonis said. “But I also think that a lot of places will market their clothes as sustain- able and they’re not necessarily something where it’s directly from the source. It’s nice because sometimes you can’t always trust what other places and stories and shops say about them.”

CONTACT: JADYN16@ITHACA.EDU

Last curtain call for the conducting masters program

Students in the School of Music, Theatre, and Dance perform “The Hunchback of Notre Dame” on April 22. The performance was the last to be put on by a student in Master of Music in Conducting.

ANNA GIRALDIZ/ITHACA.EDU

Taking fast fashion slow with Take It Or Leave It

First-year student Payton Romance looks at clothing from the Take It or Leave It pop-up shop during the Sustainability Fair in the Textor Hallway on April 21.

LEILA MARCOS-GOMEZ/ITHACA.EDU

THURSDAY, APRIL 27, 2023

10 | LIFE & CULTURE
Dracula horror has major identity crisis

MOVIE REVIEW: “Renfield” Universal Pictures

BY EVAN MILLER
STAFF WRITER

Everyone has had a bad boss at some point in their lives, whether it is a boss that spontaneously flicks with employee schedules at the most inconvenient times or bleeds the soul out of employees working on the edge of their sanity. However, no one in the history of human labor has had a worse boss than Renfield (Nikolas Hoult) in this bastardization of the form of Dracula (Nicolas Cage). Not only does Dracula suck the life out of purely innocent victims to become more powerful, but he also keeps Renfield from enjoying a normal life on his own terms. On second thought, maybe Dracula is not worse than the average boss. At least Dracula offers free health insurance.

After decades of servitude as Dracula’s familiar, Renfield realizes that his relationship with his boss is unhealthy and emotionally abusive. As Renfield finally gains the courage to confront Dracula and live his own life away from servitude, he unemotionally unintentionally breathes new life into a powerful crime family and corrupt police department. If one part of the film’s plot sounds more interesting than the other, that is because it absolutely is. Throughout much of its 95-minute runtime, “Renfield” feels like it is having just as horrible of an identity crisis as Renfield himself.

“Renfield” is at its best when its sole focus is on the relationship between Renfield and Dracula. During the majority of the first act, there are several story beats introducing these two characters that are complex and fun, like the hilarious lengths Renfield must go to keep Dracula alive when he gets burnt to a crisp by sunlight. Hoult at times single-handedly keeps “Renfield” from being a complete trainwreck. His awkward energy and comedic timing in the role feels genuine and helps make Renfield an endearing character that the audience can easily root for.

Cage is of course the larger-than-life standout. The legendary screen presence imbues Dracula with his trade-mark: unpredictably chaotic energy. This version of Dracula feels like it was made with Cage in mind and he elevates each scene he appears in.

Unfortunately, a significant portion of the story sees Renfield paired up with Rebecca (Awkwafina), an honest cop whose most defined character trait is that she wants to take on crime by the book so she can avenge her father’s death. Although Awkwafina attempts to bring life to this boring character, she does not succeed. The same can be said about Ted Lobo (Ben Schwartz), the heir to the crime family.

For a horror comedy, the film is neither very funny nor very scary. It also does not help that the visual effects for the gore leave much to be desired. Ugly visual effects aside, the action can at times be creatively inspired. One of the most interesting details in the film is how Renfield must eat insects in order to use the powers that Dracula has given him. His eyes suddenly turn bright yellow and he quickly gains super strength and agility.

If the film’s sole focus had been on its primary premise, it could have easily lived up to its potential and possibly even surpassed it. Instead, it sucks all blood out of itself and leaves nothing but a hank of what could have been a wholly original horror comedy.

Dracula (Nicolas Cage) serves as a toxic boss to Renfield (Nicholas Hoult) in the new horror comedy “Renfield.”

COURTESY OF UNIVERSAL PICTURES

New crime comedy lacks simplicity and cleverness

MOVIE REVIEW: “Mafia Mamma” Blocker Street

BY PATRICK MAZZELLA
STAFF WRITER

Nostalgia has been at the forefront of everyone’s minds as Hollywood enters its own post-COVID era, with remakes, legacy sequels and cinematic universes getting the greenlight from studios more frequently. But Catherine Hardwicke’s newest crime comedy seems like a different kind of nostalgia hunger. Reminiscent of the 2000s, an era with a boom of wistful, pseudo-pulp and stylized films, it lacks the staying power of some of her previous efforts.

Director Hardwicke has had a knack for taking niche concepts and building accessible scripts and making a heartfelt spectacle out of them. “Mafia Mamma” is no different.

The story follows an unlikely mother-daughter duo. Kristin (Toni Collette), who is exhausted working from a dead-end job, living with her lover husband and has just sent her only son, Off, to college. Kristin soon learns her grandfather passed away and de- tailed the family business in the middle of a war. While the script goes beyond just the expected humor of each scenario, it suffers from an overly convoluted plot and under-developed side characters. What it does best is create a truly moving arc for Kristin as she learns she can be more than her husband’s wife or her son’s mother, and the strength of this allows for a real con- nection between Kristin and the audience. But the backdrop of the mob war, Kristin’s lack of experience in organized crime and the family’s disdain at Kristin taking over all fall relatively flat. Audiences will likely wish the focus would shift back to Kristin as a person, not Kristin as a mafia donata.

Collette is by far the most enjoyable as- pect of the film. Her screen presence in this film is as captivating as ever, giving Kristin such a charm that draws the audience to her. Her ability to walk the very fine line of providing a strong and coherent emotional performance and also balancing the silli- ness of the script is unique to her.

Collette has often found herself in some tragic but very funny roles through- out her career, and this film will serve as another example of her strength as a performer — even without the highest

Kristin (Toni Collette) finds herself in a mob war in “Mafia Mamma.”

COURTESY OF BLOCKER STREET

quality source material.

The film does suffer from many of the same pitfalls moviegoers saw with similar higher-concept comedies of the earlier 21st century, with the film being centered around a банальное star and a talented director but lacking any sort of support in many other departments to make it as strong of a film that it could be.

Many of the technical aspects of the film fall flat, with the exception of Hardwicke’s talent in making consistently interest- ing motions or blocking throughout her scenes. Even with that added bonus, “Mafia Mamma” doesn’t have the charm, or push by anyone involved, to create an experi- ence worth remembering past the length it takes for audiences to arrive home from the theater.

CONTACT: PMAZZELLA@ITHACA.EDU

“PUT IT ON DA FLOOR”
Latto

COURTESY OF STREAMCUT & RCA RECORDS

With a quick and entertaining beat, Latto has brought to life another energetic rap track, although it lacks the staying power of some of her previous songs.

“BOAT”
Sheeran

COURTESY OF ASYLUM RECORDS UK

This is surprisingly less emotionally manipulative than Ed Sheeran’s past songs as he delivers the pre- chy, on-the-nose lyrics to create something more potent. The themes in the song itself are sadly nothing new, though — we get it, love sucks.

The dramatic “Mermaids” carries the same emotional velocity that Florence + the Machine fans have championed. The track does feel slightly overstuffed though, all while trying to fully convey its portrait of dreary English life.

“MERAH” Florence + the Machine

COURTESY OF POLYDOR RECORDS

The dramatic “Mermaids” carries the same emotional velocity that Florence + the Machine fans have championed. The track does feel slightly overstuffed though, all while trying to fully convey its portrait of dreary English life.
crossword
By Quill Driver Books

ACROSS
1 Laissez —
6 Weeds the garden
10 Have a rash
14 Bitter
15 Balloons figures
16 Caligula’s
ever
17 Beach sandal
19 Get ready
20 Cartel
22 Bluff container
23 Madonna ex
24 Frozen desserts
26 Mo. with no holidays
29 Has winter fun
31 TV option
32 Chromosome material
33 Pierre’s noggin
34 “I, Robot” writer
38 Type of pasta
40 Zippy’s word
42 Make healthy again
43 Not obliged
46 Klutz’s cry (hyph.)
49 ICU units
51 Engineering toy
52 Kind of rack
53 Grand totals
57 Sushi fish
59 Frighten
60 Stargazer’s aid
66 Position
67 More docile
68 Freighter destination
69 Hot spot
70 “Maria” —
71 Low card
72 Shipping hazard
73 Pulls apart

DOWN
1 Diet no-no’s
2 “— Breaky Heart”
3 Do a laundry chore
4 Melon throwaways
5 Most nervous
6 Benevolence
7 Skip over
8 Touche provokers
9 FICA number
10 Not privately (2 wds.)
11 — Haute
12 Wave feature
13 Wishes
14 Party centerpiece
22 NBA athletes
25 Fish roe
26 Carpentry tool
27 PC operating system
28 Garden access
30 City near Incheon
31 TV option
32 Chromosome material
33 Pierre’s noggin
34 “I, Robot” writer
38 Type of pasta
40 Zippy’s word
42 Make healthy again
43 Not obliged
46 Klutz’s cry (hyph.)
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52 Kind of rack
53 Grand totals
57 Sushi fish
59 Frighten
60 Stargazer’s aid
66 Position
67 More docile
68 Freighter destination
69 Hot spot
70 “Maria” —
71 Low card
72 Shipping hazard
73 Pulls apart

sudoku

answers to last issue’s sudoku:

easy

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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
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medium

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

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7 8 2 5 1 6 9 3 4
3 1 5 9 8 4 7 2 6
4 6 9 7 2 3 1 5 8
2 7 6 3 4 9 8 1 5
8 4 3 2 5 1 6 9 7
5 9 1 8 6 7 2 4 3
1 2 7 4 3 8 5 6 9
6 3 8 1 9 5 4 7 2
9 5 4 6 7 2 3 8 1
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When you start your senior year, every-t"one tells you to savor your final moments and enjoy all of your “firsts.” We always see the sappy social media posts from athletes with the caption, “Last Game,” or the end-of-college-career series of pictures from every stage of a decade-long career. Nearly every athlete thinks about it but never thinks the time to post will actually come.

We talk about the “lasts” so much that we rarely talk about the “firsts.” For many ath-letes, when their college careers end, it is the first time they can no longer identify as an athlete. The first time athletes have free time is the first time they can no longer identify as an athlete. The first time athletes have free time is the first time they can no longer identify as an athlete. The first time athletes have free time between the hours of 2–6 p.m. It is the first time they have a newfound freedom—one that they often do not know how to navigate. Personally, I was not ready for these “firsts” to come, so I chose a different “first” instead.

After being on the field hockey team here at Ithaca College for the last four years and having all of my “lasts” in the sport I played for 15 years, I decided I wanted my new “firsts” to look a little different. While in my intro-duction to Sports Psychology class during the fall semester, some new friends that I met on the men’s and women’s track and field teams convinced me to give the sport a shot when the field hockey season ended.

And when I say a shot, I mean literally—a shot. I joined the team as a thrower and com-peted in shot put and weight throw during the indoor season, then in javelin, discus, hammer throw and shot put again this spring. While this was not a “first” in the sense of my first time ever doing the sport, it was my first time competing in it since my soph-omore year of high school. In returning to a sport I had not done in nearly six years, I would be lying if I said trying it out again did not scare me at least a little bit.

I felt like an imposter at first—I was thinking even considering joining a nationally-ranked college track and field team in my last semester? Quite frankly, I was worried that it would be disrespectful to think I could do it, since I had not thrown in so many years. In spite of these worries though, I am thankful that I had teammates and coaches from both field hockey and track and field who believed in me.

If there is anything I learned from college—giate field hockey, it is that you grow through discomfort, even if it does not feel like that’s the case at the moment. Often, you have to push yourself beyond your self-perceived limits in order to learn and become a better version of yourself in sports and in life. Even then, progress is not linear, and there are peaks and valleys in every stage.

In saying yes to joining the team, I knew this decision alone was out of my comfort zone and that actually doing it would bring me peaks and valleys. What I did not know was that joining the track and field team in my senior year of college would arguably be the best “yes” I have said up to this point in time.

That does not mean joining the track and field team has been all peaks and no val-leys, but, rather, it has brought me some of the highest highs that make all of the lows worth the risk that came with a spontaneous choice. Of these highs and lows, the greatest high has been falling back in love with sports again. Every athlete thinks about it but never thinks of the time to post will actually come.

As time went on and felt guilty for not being able to perform again and began to fall back into old feelings.

It is important to add that this was no one’s fault, as I had incredible supportive teammates and coaches all throughout my time at the college, but rather an individual struggle that just came as one of the many life lessons we learn through athletics. I strongly believe that sport mirrors life and society in more ways than we often realize as athletes that are still competing.

One of the biggest lessons I learned from sports came from my strength and condition- ing coach during my first year here at the college. He said, “If you’re not having fun, you’re not getting better.” This resonated with me deeply to the point I wrote it down and have it hanging by the light switch in my room to serve as a reminder for every day, not just in sports, but in life outside of them.

It feels full circle to have heard this my first year of college and to now see it coming to fruition in real time my senior year as I compete in a sport that I quit as a sophomore in high school because I thought it was bor- ing. Now as I face the last two or three weeks of both my first and last collegiate track and field season, I am so full of love for a sport that I would have laughed in the face of any-one that told me I would come back to in the last chapter of my athletic career.

Ithaca College track and field reignited a love for the sport that I did not know I had, but it also reminded me of my passion for field hockey and athletics in general. So as I begin to face all of the “lasts” these next few weeks of my last semester as a Lionberger will bring, between my last practices, last meets, last league Liberty Championship, last undergraduate classes, fi-nal goodbyes and, of course, graduation, I am reminded that among all of the “lasts,” there are still so many “firsts” to come. Because, again, sports mirror life in more ways than we often realize.

BY ARLA DAVIS
FORMER SPORTS EDITOR

Senior Arla Davis, former sports editor for The Ithacan, was a member of the Ithaca College field hockey team for all four years of college. Following the end of the 2022 season, Davis joined the women’s track and field team as a thrower, a sport she had not competed in since she was a sophomore in high school.

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Students test their limits at strongman competition

BY TESS FERGUSON ASSISTANT SPORTS EDITOR

On the outskirts of the Wood Street Skatepark lay six stones of progressively larger size and weight, an old-hand-me-down weight bench, a cinderblock and a small group of friends looking to test their strength in ways they have never before.

On April 22, Ithaca College senior Leo Baumbach was finally able to bring his vision to life. “Stoned by the Creek” was a three-part event that Baumbach organized in hopes of introducing a non-traditional sport to the Ithaca community—strongman competitions.

“There are some larger, state-level competitions in bigger cities like Albany and Utica, and I’d like to see one day compete at that level, but I’m just some guy, you know?” Baumbach said. “I was looking around and the other students were like, ‘What do we have here? We’ve got a lot of people who are interested and want to get involved but also giving us connections to Baumbach. Tanis Franchi, an Ithaca native and former coworker of Baumbach’s, said she initially attended the event as a spectator, but could not leave without giving the stone a try.

Franchi successfully lifted fire out of the six stones—which ranged anywhere from 50-125 pounds—and said he likely would not have been able to do so without Baumbach’s enthusiastic support.

“I probably would’ve tapped out earlier without Leo as a spotter,” Franchi said. “It’s really nice to have someone who can push you to go further than you think you can. He kind of tells you to just do it, which really helps push you past that mental block.”

Although competitors were sparse—with six people—Baumbach said he is more than happy with the outcome of his event and, if he were to host another in the future, he hopes to encourage the same welcoming energy.

Baumbach said that, above all, it was the obscure nature of stone lifting and other strongman practices that makes them so endeared, and the unconventional nature of it should be seen as intriguing rather than intimidating. “People waste too much time not picking up heavy rocks in their yard,” Baumbach said. “I just want people to know that they can do it. You can do so much more than you think you can.”

CONTACT: TFERGUSON@ITHACA.EDU

New course introduces students to esports marketing

BY DEAN GUTIC STAFF WRITER

While many of the courses offered in Ithaca College’s Roy H. Park School of Communications and Media Studies traditional media courses, there is a new course that has made its debut in a much more niche subject.

Esports Content Production—a taught by Alex Estabrook, instructor in the Department of Journalism and sports media program director—was created to address the growing popularity of esports. With the increasing importance of content creation in the industry, the decision to teach an esports-related course at the college.

“In my previous job, the highways would come to me with video game questions and ideas,” Estabrook said. “I’ve had such a blast doing this and the students certainly have. I have found new ways to teach and new things to learn. It was just an unappetizing avenue that was no no-brainer when I started to look at it.”

Estabrook said he brought the concept of the class up to Mead Professor, head of the Department of Journalism and sports media program director. Estabrook said they talked about adding the course to the sports media curriculum along with the challenges prior to getting the esports course up and running, and finding the space to be able to teach the course.

Estabrook said he had been planning this course for some time and even had the syllabus planned, but he could not find the space in his schedule—which already consists of about 14 credits per semester—to teach it.

“I think what Professor Loop did was start building [esports] into his curriculum because it’s important that he understood that and knew that I was someone who could speak on it, so he brought me in on discussion on the subject,” Estabrook said. “They were able to clear the way for me to teach this and carve out enough space.”

With the debut of the course has come experience building on students’ knowledge and the outcome of his event, and, the different ways in which we can do so much more than you think you can. He kind of tells you to just do it, which really helps push you past that mental block.”

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CONTACT: DGUTIC@ITHACA.EDU

The “class isn’t just stationary, it’s very mobile,” Hipps said. “You don’t have to have massive production trucks or a specific studio. You can set it up in your room just on a live stream camera or web camera and still be able to stream live to thousands of people.”

Although Cona did not originally plan to take the class, he said he thinks esports coverage is going to be an essential part of sports content production and broadcasting going forward.

“Till we esports are the future of sports,” Cona said. “Given the huge growth of esports in the last 30 years, I would recommend this class to anyone that is interested in broadcast or gaming.”

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WATCH

Sophomore Conrad West advances through the stone ladder during the “Stoned by the Creek” strongman competition on April 22.

WATCH

"The class isn’t just stationary, it’s very mobile," Hipps said. "You don’t have to have massive production trucks or a specific studio. You can set it up in your room just on a live stream camera or web camera and still be able to stream live to thousands of people.”

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 ATHLETE OF THE WEEK

COLLIN FEENEY/BASEBALL

Sophomore outfielder Collin Feeney helped to sweep the Ithaca College baseball team’s doubleheader over Clarkson University on April 21. Feeney went 6–9 at the plate, notching a career-high four hits during the second game of the day.

COMPETITION OF THE WEEK

MEN’S LACROSSE VS. UNION COLLEGE

Junior attackman Charlie Nirbuhr matched his season-high of five goals during the Ithaca College men’s lacrosse team’s 10–9 overtime loss to No. 14 Union College. The Bombers managed a fourth quarter comeback, tallying four goals to tie the score.

NOTABLE UPCOMING COMPETITIONS

MEN’S LACROSSE: 1 p.m. April 29 vs. Rensselaer Polytechnic Institute in Troy, New York.

WOMEN’S LACROSSE: 1 p.m. April 29 vs. Skidmore College at Higgins Stadium.

SOFTBALL: 1 p.m. and 3 p.m. April 29 vs. Clarkson University, 1 p.m. and 3 p.m. April 30 vs. St. Lawrence University at Kostrinsky Field.

BASEBALL: 1 p.m. April 30 vs. Hobart College and 4 p.m. May 2 vs. SUNY Brockport on the Valesente Diamond at Freeman Field.

EVENT TO WATCH

3 P.M. AND 5 P.M. MAY 3 AT KOSTRINSKY FIELD

After being postponed from April 1, the Ithaca College softball team will welcome the SUNY Geneseo Knights for a doubleheader May 3. The Bombers currently tout a 4–4 record in-conference and a 16–9–1 record overall. In the all-time series, the Bombers are 7–4 against the Knights but lost both in a doubleheader last season, 2–0 and 1–0. It will also be the first time the Knights visit Kostrinsky Field since 2007, when the Bombers won 8–0. The competition will mark the Bombers’ penultimate doubleheader before the commencement of Liberty League play, which begins May 11.

“"I just want people to know that they can do it. You can do so much more than you think you can.”

- LEO BAUMBACH ’23

On why he wanted to share his passion for strength sports with the community.
Sophomore Eliana Chelnick celebrates after scoring a point during the Ithaca College women’s tennis match against St. Lawrence University on April 22. Chelnick won the first set 6–1 but lost the second and third 3–6 and 8–10. The women’s tennis team finished the season 3–6 in the conference and 8–9 overall.