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AND HERITAGE
ACKNOWLEDGED**



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**THREE-SEASON
RUNNERS BATTLE
CONSTANT STRAIN**

BIPOC students in performing arts share experiences of discrimination



Students of color in Ithaca College's School of Music, Theatre, and Dance expressed frustration about the lack of diversity, equity and inclusion programming. Their accounts revealed patterns of discriminatory behavior from faculty and administration.

KAELEIGH BANDA/THE ITHACAN

BY PRAKRITI PANWAR

ASSISTANT NEWS EDITOR

In Spring 2023, Ithaca College senior Seesa Kauffman left Sigma Alpha Iota's Epsilon chapter — the college's professional music fraternity — after he said he experienced racism, lack of inclusivity and dismissive behavior from his peers in the fraternity. In August, Kauffman put together a petition to hold the fraternity accountable for their racist actions and received over 400 signatures.

In his petition, Kauffman asked for an apology and a \$300 refund for money he spent on initiation. The SAI Epsilon chapter at the college is currently working with the National Executive Board and said in a joint written statement by members that the fraternity is looking into the matter and actively working on diversity, equity and inclusion programming that will be mandatory for all members.

Culture in the School of MTD

Kauffman is not alone in experiencing racism, microaggressions and exclusion at the Whalen Center for Music. This sense of a lack of belonging extends to the other departments in the School of Music, Theatre, and Dance as well.

AnnaJo Lubasi '23 was a musical theatre major at the college and said their experience as a Black student in the Department of Theatre was isolating.

"I think being one of the only people of color in my class, and being the only Black musical theater major and in a lot of those spaces, where it was just me being an island in that way ... [was] both powerful and also super terrifying," Lubasi said.

Lubasi said that when they were a first-year student in Fall 2019, students in the former Department of Theatre Arts posted the "Manifesto of Visibility" across Dillingham Center.

The manifesto was created and posted after a racially charged incident, which involved an interim lecturer asking her students to write racist slurs on the classroom whiteboard. The manifesto outlined negative experiences of students through anecdotes.

Senior Achille Vann Ricca said it was monumental in the Center of Theatre and Dance's history.

"It was a big watershed moment because the department ... really ran on a culture of silence then," Vann Ricca said. "The manifesto disrupted that pattern and was a big call out for a lot

of the professors."

Catherine Weidner, professor in the Department of Theatre and Dance Performance, was the chair of the department at the time the manifesto was posted. Weidner said via email that the department made changes to policies after the incident.

In summer 2020, a series of Zoom meetings called Open Spaces followed to facilitate conversations around diversity and race. Steve TenEyck, associate dean in the School of Music, Theatre, and Dance, said via email that the sessions were not a direct response to the manifesto and were programmed to create a safe space at a crucial time, after the murder of George Floyd and during COVID-19, when the theater industry was on a pause.

"We provided those spaces as a way to connect and support one another," TenEyck said.

In Fall 2020, the Ithaca College Department of Theatre Arts Black, Indigenous and People of Color (ICTA BIPOC), a student and alumni group, released a public letter that included demands as a response to discriminatory and racist behavior and practices.

TenEyck said a committee called IDEA was created within the

Center for Theatre and Dance in Fall 2021 to support antiracism by facilitating workshops and learning sessions. TenEyck said the work of this committee led to the creation of "Race and Theatre in the United States," a required course for all theater students.

Resources for students

Kauffman said that in his case, he was strongly supported by the BIPOC Unity Center in the process of receiving guidance.

Baruch Whitehead, associate professor in the Department of Music Education, said he is the only tenured Black faculty member in the Center for Music. Whitehead said he informally offers himself as a resource to students of color.

"I think our white counterparts don't even know ... what it feels like to be a person of color and always having to do the heavy lifting, always having to prove yourself," Whitehead said.

In Fall 2023, Whitehead said he hosted a session with students of color in the Class of 2027 enrolled in the School of MTD to familiarize them with the challenges of being at a predominantly white performance school. Whitehead said he

Ithaca sees rise in bias incidents

BY LORIEN TYNE

NEWS EDITOR

Since the Israel-Hamas war began Oct. 7 — the fifth war in the Israel-Arab and Israel-Palestine conflict — antisemitism, Islamophobia and racism have seen dramatic increases around the world. The shooting threat directed at Cornell University's Jewish community is one incident where communities have been targeted.

The Anti-Defamation League recorded 312 reports of antisemitic incidents between Oct. 7 and 23. There were 64 incidents reported during the same time frame in 2022. The ADL also recorded spikes in incidents globally. The Council on American-Islamic Relations received 774 complaints from Oct. 7–24 of Islamophobic incidents and incidents motivated by bias against Palestinians and Arabs. The report stated that the number of complaints is the most seen in such a short time frame since December 2015, when former president Donald Trump said he wanted to ban Muslims from the U.S.

Cornell University junior Patrick Dai was arrested Oct. 31 for posting threats of violence against the Jewish community at Cornell, including a shooting threat directed at 104West!, the kosher and multicultural dining hall next to the Center for Jewish Living.

The Cornell University Police Department began investigating the posts while security was increased at 104West! and other Jewish spaces

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Sidelined major returns for fall

BY RYAN JOHNSON

STAFF WRITER

After a two-year pause, Ithaca College has opened applications for the integrative studies major, a program that allows students to design a major that is not offered at the college by selecting individual classes.

The Integrated Studies advisory board decided to suspend the admission of students into the major in November 2021 because of staff restructuring, curriculum revision and the introduction of new majors.

Students must be in their sophomore year to start the integrative studies program but can apply in their first year. The application deadline during Spring 2024 was in mid-October and the application deadline to start the program in Fall 2025 has yet to be determined.

David Brown, associate dean of Curriculum and Admissions for the School of Humanities, is an ex-officio of the board of advisors for integrative studies. As ex-officio, Brown is the final person to approve a student's major plan. Brown said the major is beneficial for students who are self-motivated but do not feel like they fit a specific major at the college.

"[The major] gives them an opportunity to pull together resources that we have here on campus to build a program that is focused

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Nation & World News

Eyewitnesses say Israeli tanks deployed on streets of Gaza city

Israeli tanks have been deployed on the central streets of Gaza City, eyewitnesses said Nov. 11. The Palestinian Red Crescent reported on Saturday that tanks were about 20 meters (65 feet) away from the al-Quds Hospital in the city. There was heavy shelling in the area. Thousands of refugees who had sought shelter in the hospital were in great fear.

Out of the 18 Red Crescent ambulances in the northern Gaza Strip, only seven are still operational, it added. The organization warned they could also break down within hours because of a lack of fuel.

Republicans' stopgap measure plan sets up potential shutdown

House Republicans plan to take up a stopgap measure that would extend spending for some agencies to mid-January and others to early February, setting up a potential shutdown with the Senate and White House just days away from the deadline to avert a partial government shutdown.

Under the draft bill, funding for the agencies covered by the Military Construction-VA, Agriculture, Energy-Water and Transportation-HUD bills would be extended to Jan. 19, and the agencies covered by the other eight bills would be extended

to Feb. 2. The current stopgap spending law expires Nov. 17.

Arab-Islamic emergency summit calls for international conference

Arab and Muslim leaders called Nov. 11 for an international peace conference, saying no peace can be achieved without securing the rights of the Palestinian people. The final statement by the Arab-Islamic emergency summit, which was held in Riyadh earlier in the day, called for "the convening of an international peace conference, as soon as possible, through which a credible peace process will be launched on the basis of international law, international legitimacy resolutions and the principle of land for peace."

The leaders called for an immediate halt of the "Israeli aggression" on Gaza. The communique rejected "any attempt at forced displacement from Gaza, the West Bank or Jerusalem."

Cities filling jobs with migrant workers face application backlog

A months-long backlog in processing labor permits is complicating U.S. government efforts to help cities like New York cope with an influx of undocumented immigrants and ease workers shortages.

In an effort to alleviate some of those



Pro-Palestinian protesters arrested in NYC

Six people were arrested Nov. 10 as hundreds of pro-Palestinian protesters marched through Manhattan and brought traffic at Grand Central Terminal to a crawl, according to the New York Police Department.

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pressures, the Biden administration has recently announced almost 500,000 Venezuelans now qualify for temporary work permits. But a mounting logjam at the cash-strapped agency in charge of immigration now threatens that solution.

Beyond that, the slowdown could also derail the recovery in the U.S. labor market.

Foreign-born workers, who are more likely to fill positions in sectors where businesses have had the toughest time hiring, helped soften the blow of unprecedented labor shortages during the pandemic recovery while reducing pressure on wages.

SOURCE: TRIBUNE NEWS SERVICE

Corrections:

A previous version of the article, "Ithaca feels the social and cultural impacts of the Israel-Hamas war," published in the Nov. 2 issue, stated the Palestinian Health Ministry. This has been corrected and clarified to say The Gaza Health Ministry.

MULTIMEDIA

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VISIT THEITHACAN.ORG/CATEGORY/MEDIA/



IC students share twisted tales from Gotham City in student-written musical parody

DC Comics come to life as Batman's worst villains take the stage in the James J. Whalen Center for Music. IC Second Stage presents a fresh take on classic characters in their production of "Arkhamites."



'How IC Sports' - Women's Track and Field Junior Carolina Cedraschi

Host junior David Schurter interviews junior women's track sprinter Carolina Cedraschi. The two discuss Cedraschi's experience producing a documentary and as a producer at ICTV.

THE ITHACAN

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BIPOC Unity Center staff leave college

BY KAI LINCKE

ASSISTANT NEWS EDITOR

Two members of the Ithaca College BIPOC Unity Center's professional staff, Angélica Carrington, former director of the BIPOC Unity Center, and Radeana Hastings, former program coordinator of the BIPOC Unity Center, are no longer in their positions as of Nov. 10.

Carrington served as the director of the BIPOC Unity Center starting in January 2022. Carrington led the initiative to rename and revitalize the BIPOC Unity Center, which was formerly called the Center for Inclusion, Diversity, Equity, and Social Change. Hastings started as program coordinator of the BIPOC Unity Center on Sept. 18. As of Nov. 14, the college has not released a statement announcing Carrington and Hastings' departure from the college.

Luca Maurer, executive director for Student Equity, Inclusion and Belonging, confirmed the staffing changes in an email to *The Ithacan* Nov. 10.

"The college does not comment on personnel matters, but I can confirm that Angélica Carrington and Radeana Hastings are no longer at Ithaca College," Maurer said via email.

During the Nov. 13 Student Governance Council Meeting, President La Jerne Cornish said Marsha Dawson, dean of students in the Office of Student Affairs and Campus Life, and Shadayvia Wallace, program director for the MLK Scholar and First Generation



Angélica Carrington, former director of the BIPOC Unity Center, and Radeana Hastings, former program coordinator of the BIPOC Unity Center, no longer work at Ithaca College as of Nov. 10.

MALIK CLEMENT/THE ITHACAN

programs, will be supporting the center until a new director is hired.

Carrington declined a request for an interview with *The Ithacan* but said in a statement via Facebook Messenger that she is sad her time at the college has ended.

"It was an honor to have worked alongside and with such an amazing student body," Carrington said in the statement. "Even more grateful to have been blessed with such a wonderful student staff that stood by me through all of our challenges and success."

Hastings did not respond to a

request for comment before publication. In Fall 2023, the center also welcomed Cliff-Simon Vital, assistant director of the BIPOC Unity Center, who is now the only professional staff member.

Sophomore Leticia Rebelo de Oliveira, peer educator in the center, said that during the center's weekly staff meeting Nov. 10, Maurer and Vital said they could not share more information about Carrington's departure.

Rebelo de Oliveira said Hastings told the BIPOC Unity Center student staff that she planned

to leave the college a few days before Carrington's departure was announced. Rebelo de Oliveira said the college's lack of transparency has been frustrating for the center's student employees as they try to continue the center's work without direction from Carrington.

"[It] will be hard to regain trust from the students and from the community," Rebelo de Oliveira said. "I honestly want clear information from the school, but I don't think they will give [it to] us."

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Campus survey extended at IC

BY PRAKRITI PANWAR

ASSISTANT NEWS EDITOR

Ithaca College has extended the deadline to complete the Campus Climate Survey to midnight Nov. 17.

In an email to the campus community, President La Jerne Cornish encouraged students to take the survey during the Common Hour, which happens between 12:10 and 1:05 p.m. every Tuesday and Thursday.

"The many great insights we have already received will improve the Ithaca College experience for years to come, but we would still like to hear from more of you," Cornish said.

Cornish said the survey takes about 20 minutes to complete, and there are prizes available for some respondents to win.

At the college's Faculty Council meeting Nov. 7, Belisa Gonzalez, professor of sociology and dean of faculty, equity, inclusion, and belonging, said the response rate of the survey was about 15% at the time, which was considered low. When the survey was last conducted in 2016, the response rate was 46%. Gonzalez serves as one of the co-chairs of the Campus Climate Survey working committee.

While addressing respondents' concerns about anonymity, Gonzalez said the raw data collected from the survey is not seen by anyone except Rankin Climate — a company that assesses institutional climate and works with the college's working committee — who do not report on this.

"A number of people who have multiple targeted identities [have raised concerns about being identified] ... which I think is a super valid concern, one that I would have as well," Gonzalez said at the meeting.

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Project Look Sharp brings media literacy nationwide

BY TAYLOR BORASH

CONTRIBUTING WRITER

In July 2023, Project Look Sharp, Ithaca College's nonprofit media literacy program, received the two-year Laura Bush 21st Century Librarian Program grant for \$150,000 from the Institute of Museum and Library Services. The grant will help expand the statewide Librarians as Leaders for Media Literacy (ML3) initiative to a nationwide level.

Project Look Sharp was founded in 1996 by Cyndy Scheibe, Dana professor in the Department of Psychology and executive director of Project Look Sharp, and Chris Sperry '79, director of Curriculum and Staff Development at Project Look Sharp. The program's mission is to provide kindergarten-through-college educators with the proper resources to teach students how to effectively engage with the media that surrounds them on a day-to-day basis.

The program's main focus is on school librarians. In July 2021, Project Look Sharp received a two-year grant for \$270,000 from the Booth-Ferris Foundation, which it used to create the ML3 initiative in partnership with the New York State School Library Systems Association. The ML3 initiative involved choosing 19 New York educators from a pool of over 100 applicants, and teaching them how to integrate Constructivist Media Decoding into their schools. The participants had monthly individual coaching, attended monthly meetings on Zoom and met for a weekend retreat in Ithaca in July 2022.

With the new grant, Project Look Sharp, in partnership with the American Association for School Librarians (AASL), is looking to expand the progress made with the ML3 initiative to a nationwide level.

"An example of what that money will enable us to do, that we're working on right now, is developing a survey that will go to all 50 AASL chapter leaders and then beyond that to many other organizations and groups to assess opportunities," Sperry said.

Ari Kissiloff, Project Look Sharp's technical consultant, is working with Sperry to create a database where information regarding library resources across the nation can be entered and properly assessed.

"At the moment this role includes creating a database of the 50 states which will include the various organizations and resources in each state that are dedicated to school librarians and their mission so that we can do better and more coordinated outreach to them," Kissiloff said via email.

Once compiled, this information will be used to determine where Project Look Sharp can begin to pilot the ML3 initiative in different parts of the country, though Sperry expects there may be some resistance in certain areas, such as the south, where states like Florida and Georgia have been passing laws since the beginning of 2022 that restrict what teachers can say to students in regards to race, sexuality, inequality or American history.

"We expect that there will be particular challenges in certain states and regions that are now experiencing political pushback against critical thinking and the teaching of history," Sperry said.

Despite this pushback, Scheibe said people can learn to slow the spread of misinformation.

"Media literacy is the end to that," Scheibe said. "You just need to have some humility, and to know you don't know everything, and be willing to change your mind in light of new evidence."



Project Look Sharp was founded by Executive Director Cyndy Scheibe and Chris Sperry '79, director of Curriculum and Staff Development, to teach media literacy.

KEVIN YU/THE ITHACAN

Sperry said librarians are the best people to lead this initiative because they interact with many teachers and students.

"We see librarians as information literacy specialists with that background and that commitment to media and information literacy," Sperry said. "They are experts in collaboration and inquiry, and they are in a position to be able to provide professional development as well as work directly with students."

Sharon Fox, a librarian at Temple Hill Academy who was also selected for the initiative in 2021, said she believes that Project Look Sharp has not only improved the way she approaches teaching, but has improved students' approach to learning as well.

"I've been a librarian for 13 years, and this is the one thing that has changed everything about my career," Fox said. "It really does so much for kids and so much for their self-esteem because they're realizing that what they have to say is so valuable."

Even though Project Look Sharp focuses on K-16 education, Sperry said media literacy is fundamental for people of all ages.

"Literacy is about power," Sperry said. "This work is about personal empowerment for students, but it's also about the fundamentals of humanity, and what it means to be an active, engaged human being."

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FROM MTD, PAGE 1

hopes to include this kind of orientation programming across different schools at the college.

Lubasi said that personally, student organizations like Black Artists United served as a safe space.

"I'm glad to have spaces like that," Lubasi said. "The POC [in the] department have to forge this camaraderie because it's like this unspoken understanding."

Department efforts

Vann Ricca, who is the current co-president of BAU, said students who are performance majors are required to act in a production and can indicate their preferred roles, but these are often ignored.

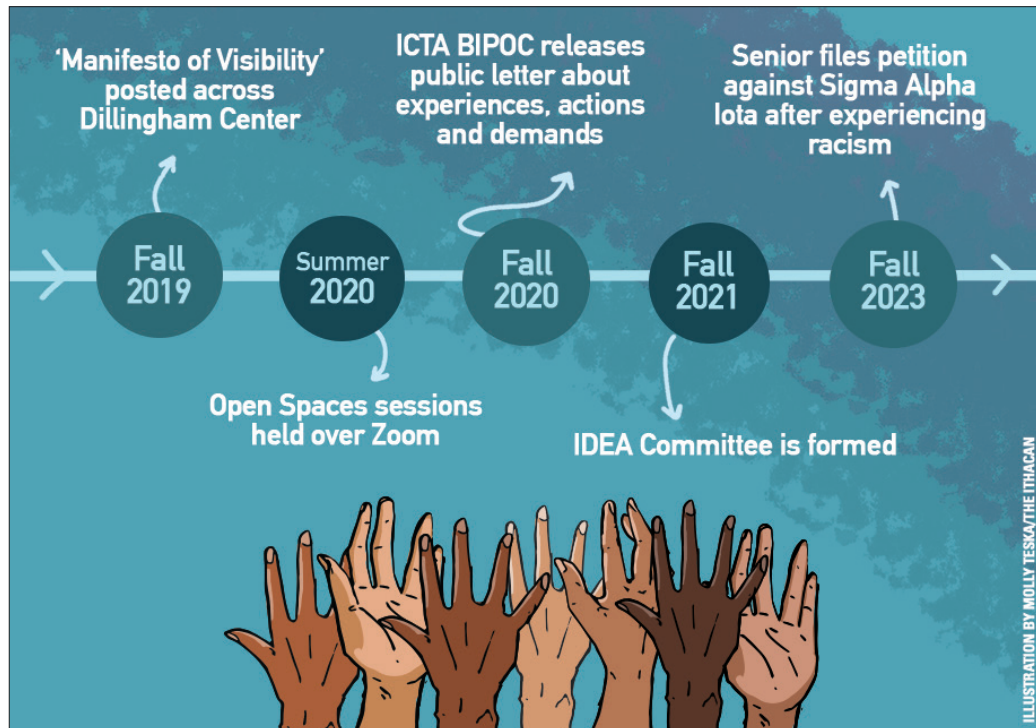
"One of my [student mentors] was Pakistani ... and they made him Cuban. ... And he was always like, 'I'm not comfortable with this. I can't do this,'" Vann Ricca said.

Weidner said current casting policies aim at giving students of color opportunities to participate in different performances.

"Plays are chosen with our student company in mind, so we won't select a play or musical if it can't be cast with more than 2 or 3 options from within the student body," Weidner said.

TenEyck said the work of the IDEA committee also resulted in other changes, like land acknowledgments for performances and including more students in decision-making.

"I think it is important to note ... that we still have much work to



do," TenEyck said. "We are committed to doing the work, however painful and however long."

In Spring 2023, the School of Music organized a concert in honor of Martin Luther King Jr. In the concert, "Don't Look Away" premiered, which was a requiem in honor of Martin Luther King Jr., and invited white audiences to assess their privilege and biases without experiencing guilt.

After the concert premiered, the campus community expressed mixed reactions. Senior Madison Almonte, vice president of MOCA, said some felt uncomfortable about the fact that the choir was mostly white but was singing about and chanting Black Lives Matter.

Almonte said the requiem was deliberately written about the Black Lives Matter movement from a white person's perspective. Students of color worked with the librettist to ensure that the piece was not offensive.

Almonte said that including a white person's perspective was intentional to facilitate further conversation.

"We started with a ... notion of this will be uncomfortable, but it's supposed to make you uncomfortable because it was supposed to be followed with action and actual conversation," Almonte said.

Almonte said the requiem moved to practice very soon and students did not have enough

opportunities to check in about the lyrics of the piece or be adequately involved in the entire process. Almonte said the incident demonstrated the administration's willingness to educate the community but was poorly executed.

Lubasi shared a similar feeling about the School of MTD as a whole making efforts to improve the situation, but not doing it successfully.

"One thing about Ithaca is they will ... make you feel like you owe something to them until ... you become successful independently," Lubasi said. "Their hearts could be in the right place, but the labor is not going where it needs to go."

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FROM BIAS, PAGE 1

on campus. Dai was suspended from Cornell after his arrest and appeared in federal court in Syracuse on Nov. 1, where he was charged with Interstate Communications.

Molly Goldstein and Jeremy Zarge, presidents of the Center for Jewish Living at Cornell, said via email that the CJL is relieved an arrest was made.

"It deeply saddens and pains us to learn that the threats were made by a Cornell student, and that such hate exists amongst our peers," the statement said. "While we are thankful this student is in custody, we understand that this incident does not stand alone. It represents the growing trend of rising antisemitism worldwide that we must continue to fight in all forms."

More posts have been made to Cornell's Greekrank forum since the original coverage of antisemitic posts like the ones made by Dai. One post from Oct. 30 said, "I am thrilled to see this death toll increase in Gaza," and called Palestinians "animals."

Tom Dunn, associate director and deputy chief of the Office of Public Safety and Emergency Management at Ithaca College, said that since Oct. 8, campus safety has been monitoring information from federal, state and local law enforcement, including the CUPD. Dunn said OPS also gets updates from campus partners like Ithaca College Hillel about upcoming events and speakers.

"The arrest of Patrick Dai brings a heightened sense of situational awareness literally close to home," Dunn said. "We continue to 'direct' our patrol officers, security officers and student staff to sensitive areas of campus. We call it 'directed patrolling' and I would rather not go into too much further detail about how this is accomplished."

Howard Erlich, board member of the Ithaca Area United Jewish Community and former dean of Ithaca College's School of Humanities and Sciences, said he has noticed an increase in security at events in the local Jewish community, like at the local temples and even bar and bat mitzvahs because of the increase in bias-motivated incidents



Cornell University junior Patrick Dai was arrested Oct. 31 for posting threats against the Jewish community at Cornell, including a shooting threat directed at 104West!.

KAELEIGH BANDA/THE ITHACAN

"If you actually looked at the threat, it was not only frightening but at a level that was barbaric in its language," Erlich said. "I'm sure that people have strong reactions, but as a campus, there seems to be more tolerance [at Ithaca College]. Which doesn't mean there aren't strong opinions, but there are ways to express those strong opinions that are appropriate."

New York Gov. Kathy Hochul has deployed funds to make \$50 million in grants available to local law enforcement and \$25 million in grants available to offer security for houses of worship, community centers and other at-risk sites.

A Jewish student at Ithaca College — who requested their name not be published for safety reasons — said they think the rise in bias incidents comes from previously held sentiments and some people are now using the war as a cover to spread hate.

"I think that people who truly support the cause of preventing harm in Palestine would not use this as an excuse for violence," the student said. "I've just been seeing a lot of people regurgitate stuff that's already been said. ... It's so hard to distinguish the truth from what you

want to believe."

Lauren Goldberg, director of Hillel at Ithaca College, said she encourages people who do not have immediate ties to this conflict to break out of social media and news algorithms that may be reinforcing their own perspective.

"If anybody thinks that they are fully right in this moment, I would encourage them to explore that and to press on it, and to break their heart open a little bit more," Goldberg said. "Because if there's no personal connection here, then I think it's very easy to flatten people's stories into right and wrong, black and white. And anybody who's really living with this pain knows the depth of this is so much greater."

She also said the grief people are experiencing right now is not limited to one identity or political stance.

"What we're dealing with, it might express itself differently for different people in alignment with different politics or policies, [but] the truth of the matter is that the witnessing of this pain is universal," Goldberg said.

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FROM MAJOR, PAGE 1

on what they really want to study in college," Brown said.

To be approved for the integrative studies major, a student must meet with the integrative studies coordinator to discuss a plan of action and confirm that the topic is not similar to majors currently offered.

In recent years, the number of students graduating from the major has stayed relatively small compared to other majors at the college. In 2023, three students completed the major. In 2022, four students completes the major and in 2021, three students completed the major. 2020 had the biggest graduating class in recent years with eight students.

Mary Ann Erickson, professor in the Department of Health Sciences and Public Health, was the coordinator of the integrative studies program from 2015–19. Erickson said the program used to have a required junior and senior seminar to make the students in the major feel more connected, but the major no longer has the requirements because of scheduling difficulties.

"There was a relatively small number of students in the major," Erickson said. "It was just hard to figure out when [to offer] this class. ... In the context of the college right now where faculty numbers are lower, it is harder to make the case for getting three credits toward [a professor's] workload for teaching three students."

The most recent class of students who entered the integrative studies major before the hiatus graduated in Spring 2023, so there are currently no students in the major. Brown said the board is attempting to promote the major by reaching out to faculty, putting information on Intercom and creating a new interest form for prospective students to fill out.

Grace Madeya '23 said she completed most of her theatre arts management major before her junior year and wanted to create a education and social justice major.

"I got to explore courses in departments that I did not have exposure to before, like sociology [and] culture, race and ethnicity studies," Madeya said. "I had a lot of opportunities to discover what it would feel like to combine theater with social justice and education, which is really cool."

Madeya said her senior project was a comparative analysis of social justice and educational outreach in theaters in Ithaca.

"I got to make connections with other theaters in the Ithaca community, like the Hangar Theater, the Kitchen Theater and Civic Ensemble," Madeya said. "I was able to ... really dive into what it's like to combine theater and social justice."

Raquel Jacobs '20 created a major through integrative studies called intercultural communications and management and double minored in education and economics. Jacobs said she now works as an Inclusion and Diversity Business Partner for Cashapp.

"[Diversity, equity and inclusion] is a newer field in the sense that it's been around for a long time, but the amount of roles that have boomed in the last 10–15 years are immense," Jacobs said. "Not even just [Ithaca College], but large universities are not catching up in time in terms of helping people who want to go into work in these fields by creating specific educational lines. ... I thought it would be really valuable to craft something from scratch."

Jacobs said integrative studies provided a great opportunity to work directly with faculty and connect with alumni who work in the field she wanted to go into.

"As I was learning from [faculty and alumni] and spending time with them, I realized that I could craft my education specifically to what could set me up for success to enter this field sort of seamlessly," Jacobs said.

Jacobs said integrative studies should be more visible to students.

"I encountered a lot of people who were in their senior year who had no idea [the major] existed and they're like, 'Wow, if I would have known this existed I would have done it,'" Jacobs said.

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Q&A: Retired professor centers identity

Martin L. Brownstein, retired associate professor in the Department of Politics, was awarded the James J. Whalen Meritorious Service Award on Oct. 28 for his commitment to Ithaca College during and after 40 years teaching.

In 1970, he began his career teaching and retired in 2010. In 1976, Brownstein came out as gay and merged the college's politics curriculum with aspects of his own identity with courses like political theory and gay politics. In 1983, he served as the first faculty adviser for the Model UN team up until he retired.

Contributing writer Jacquelyn Reaves spoke with Brownstein about how he lives his life within his multiple identities and his experience teaching.

This interview has been edited for length and clarity.

Jacquelyn Reaves: How has your identity impacted the work you do?

Martin Brownstein: It informs just about everything. When you grow up within a minority culture, it frames your whole worldview. And I live not only within one sub-culture but two, and I live at the margins of those. So, I'm not fully connected with the gay world. I'm not fully connected with the Jewish world. I'm dancing on the line between them. And how I look at the world generally as a marginal person ... defines my life, it defines my teaching [and] it defines my work altogether.

JR: What was the importance of you receiving the James J. Whalen Meritorious Service Award?



Martin Brownstein, retired associate professor in the Department of Politics, worked to merge the politics curriculum with aspects of his own identity during his 40 years of teaching.

MEI DENNISON/THE ITHACAN

MB: I think it's very significant. ... He reshaped the college. He surely reshaped my career. I was tenured under President Whalen. And he and I had a relationship that began stiffly because he and the faculty were at odds, notably over unionization. So, we began with some degree of stiffness, but he understood that I was a positive presence on campus. We didn't come attached as friends, but we warmed up to each other. The fact that he was president, the fact that I was so marginal and we coexisted in a group, that's

significant for me. I think it might have been a little bit for him, and certainly for the college. I feel very warm and grateful for the recognition and reconciliation from the college.

JR: What were some challenges you faced in your career?

MB: I received tenure without a PhD and without publication. ... What I was hanging on to, was that students wanted me there. [My first years] were very fiery, very exciting. To consider me a permanent member of the Ithaca College community took some doing on a

part of a lot of people. People have considered me as somewhat of an oddball case. In a variety of ways that was true. That was true in my department, at the college level and it was true for a lot of students. Of course once I came out, everybody had to reconsider me again. Every day, people who thought they knew me had to reconceive who they thought I was. I had to reconceive how I thought of them as friends. And I lost and gained a lot of friends in my life.

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Cornell dean's list phases out

BY KAELEIGH BANDA

STAFF WRITER

Cornell University has begun to phase out its dean's list to address concerns about academic stress, which has led Ithaca College to begin to reflect on the impact of its dean's list as well.

After a vote May 27, 2022, Cornell's Faculty Senate put a resolution in motion that students who enrolled at Cornell during summer 2023 and after will no longer be able to receive the dean's list honor. Students who were enrolled prior to summer 2023 will still be able to be on the dean's list until the end of Spring 2026. The dean's list causes an increase in academic stress because it perpetuates the standard that learning should be grade-centric, according to Resolution 182 from Cornell's Faculty Senate.

Cornell sophomore Kathryn Erich said she believes the phasing out of the dean's list will have a positive effect on campus.

"This environment is so cutthroat and competitive and I think removing the dean's list just reduces that one layer of stress," Erich said. "Cornell really tries to take into consideration students' mental health, and I feel like this is one way the school has because it reduces a layer of competition."

Amy O'Dowd, associate dean of student services in the School of Humanities and Sciences, said the changes at Cornell do not seem as applicable to Ithaca College.

"I don't see Ithaca College students competing against each other for great grades and academic accolades in quite the same way that Cornell students do," O'Dowd said. "So it would really be surprising to me if I found out that it was a big mental health issue here."

According to The Complete Guide to Liberal Arts Colleges, 60% of the students polled who attend an Ivy League school said their campus environment was academically "competitive" to "highly competitive," whereas 80% of Liberal Arts students said theirs was "collaborative" to "highly collaborative."

In contrast to the academically competitive environment of Ivy Leagues, Melanie Stein, provost and senior vice president of academic affairs, said Ithaca College strives to build a collaborative community.

"When we are recruiting students, we describe Ithaca College as a place where the sense of community is paramount and where students create a down-to-earth culture," Stein said. "We recruit faculty that want to facilitate a collaborative learning environment for students."

Dean's list eligibility is based on a students' GPA, the number of credits they have taken and their ability to complete each course with a satisfactory grade. Both schools have different requirements within each of their separate undergraduate schools, but Ithaca College does not have a collegewide dean's list.

Ithaca College sophomore Zoe Ennis was on the Spring 2023 Dean's List and said she has always seen the dean's list as a neutral thing. She said her parents were happy she was on the list, but she was going to work hard to get good grades regardless of the accolade. One concern she said she has about the dean's list is that it only measures grades and not any other form of success as a member of a campus community.

"I do think then it kind of just adds an unnecessary value to your grades and how they determine who you are because I know a lot of those grades come from standardized testing," Ennis said. "Just because someone doesn't excel at standard classroom format and they don't excel at standardized testing, that shouldn't really define their worthiness when it comes to a resume."

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Cornish talks about projects and budget

BY MAKAIYLLANES

STAFF WRITER

The Ithaca College Student Governance Council shared questions and concerns with President La Jerne Cornish during their Nov. 13 meeting, including institutional spending, recent staff changes and the lack of an outdoor running track among other topics.

Sophomore Senate Chair Eleanor Paterson asked about budgeting and spending and said that from a student perspective, the college seems to spend more money on big projects rather than being invested in the students.

Cornish said one project, the Alumni Circle Promenade, was made possible by the Taffae Family Foundation and Board of Trustees member Peter Taffae '82. Cornish also said the Bertino Field at Butterfield Stadium was funded entirely by a \$3 million donation from Monica Bertino Wooden '81.

Cornish said those are capital projects the college is raising money for and they are different from the operating budget.

"We don't mix the two," Cornish said. "We are also trying to have targeted fundraising projects [for operating] so that it doesn't touch the capital budget either."

Senior Noah Kamens, club athlete senator, mentioned that with the building of the Butterfield Stadium, track athletes will not have a place to practice in Spring 2024. Cornish said the college has received one gift to make a new outdoor track and is looking to receive another soon. Cornish said that building a new outdoor track is one of the capital projects the college is hoping to accomplish.

Junior Noah Richardson, student liaison to the alumni board, asked about how the college



Ithaca College President La Jerne Cornish attended the Nov. 13 Student Governance Council meeting to discuss concerns students have brought to council members.

MADDY DOMBROW/THE ITHACAN

might aid students with the Tompkins Consolidated Area Transit next semester. During Fall 2023, the TCAT was free for students because the college covered bus fare bills.

Cornish said the college's initial plan was for students to return to paying for themselves in Spring 2024. However, she said she wants to see how much it has cost the college to provide the free service for students and might consider including it in the budget for Spring 2024.

"My wish is that it would remain free and, worst case scenario, we will subsidize a good portion of it later this year," Cornish said.

Richardson asked Cornish about any progress made to diversity initiatives within

the President's Cabinet's.

"There is not a lot of diversity on my cabinet; as a matter of fact, I am the only person of color on the President's Council and in the President's Cabinet," Cornish said. "I need you to know that diversity is top of mind and I see it every time I enter a room."

Cornish said the college is looking to change that since they are currently searching for a new vice president of campus affairs and student life, who will be appointed after Bonnie Prunty's retirement at the end of Spring 2024, and a new vice president of enrollment.

COLLEGE BRIEFS

College seeking group members for Middle States Accreditation

Ithaca College is seeking student, staff and faculty volunteers to serve on the self-study team for the Middle States Commission on Higher Education accreditation process. The MSCHE is a non-profit organization that provides accreditation — recognition of a quality education — for higher education institutions through peer evaluation. The college participates in the two-year accreditation process, which starts every eight years.

The college is seeking campus community members to serve on the working groups, which will meet often starting in Spring 2024 to study all elements of the college experience, including the college's goals and mission, leadership, administration and construction and implementation of the student learning experience.

The college is looking for individuals to share all feedback, including criticism, within the working groups. Two co-chairs from faculty or staff will lead each committee, and their work will be included in an honest-self study that will be presented to Middle States in Fall 2025. The accreditation team will visit the college in Spring 2026. Individuals can find the link to volunteer for the committees in the Intercom post.

2024 Summer Scholar program applications open to students

Applications opened Nov. 13 for the School of Humanities and Sciences' 2024 Summer Scholar program.

The program offers paid positions for students enrolled in any major in the School of Humanities and Sciences to conduct full-time research, creative inquiry or scholarship projects during the summer with a faculty mentor from the School of Humanities and Sciences. Students who participate in the program will work for eight weeks starting May 29 and will receive a standard \$4,800 compensation.

Students from the School of Humanities and Sciences can learn more about the program and apply online using the link on the Summer Scholars webpage. All applications must be submitted by 5 p.m. Feb. 28, 2024. Individuals can direct questions to hsadmin@ithaca.edu and requests for accommodations to dabrown@ithaca.edu.

College Food pantry hours to reduce during November break

Prunty's Pantry, Ithaca College's

on-campus food pantry, will remain open during November break, but with reduced hours.

The food pantry will be open from 12:15–2 p.m. Nov. 21, 12–2 p.m. Nov. 22 and 4–6 p.m. Nov. 24. The pantry will be closed Nov. 20 and Nov. 23.

The pantry will not enforce the usual one-bag limit, and students are encouraged to stock up on food. Individuals who have a food emergency can contact Karen Walls via email at kwalls@ithaca.edu to receive assistance.

Eco Reps composting program returns to Garden Apartments

Eco Reps, along with the Office of Energy Management and Sustainability, are coordinating the Garden Apartments composting program. Students interested in the program can complete the link in the Intercom post to sign up.

All compost items will be collected each Sunday around 11:30 a.m. outside of the stairway doors. More information about the program's start date and directions for participation will be posted on the Eco Reps Instagram and emailed to those who sign up once enough apartments have registered.

Eco Reps is also looking for volunteers to help pick up and replace the composting bags each Sunday. All questions about the program and requests for accommodation can be emailed to ecoreps@ithaca.edu.

IC course explores running small businesses during college

The Cultural Identity (GCOM 29265) mini-course will consider resources, concepts and opportunities that can help students create a small business, especially one that features their cultural identities or passions, during college. The course will feature alumni guest speakers who started their own brands and products while they were students at the college.

The speakers include Eden Strachan '21, founder of the Black Girls Don't Get Love event, film and book franchise; Rita Bunatal '16, founder of the multimedia creative agency Malaika Collective; Pima Mbwana '15, CEO of Pima Mbwana Brands; and Olivia Carpenter '22, Via's Cookies.

The course will allow students to review structures for business planning and develop ideas for business pitches. The course will consist of some digital introductions and readings, which will be followed by



IC Square illuminates to celebrate Diwali

From left, senior Jason Pohl, sophomore Kaylani Jagadale and senior Shakthe Priya Sankar dance to Bollywood music at the "Light It Up" festival Nov. 12 in IC Square. The event celebrated Diwali, an Indian Festival of Lights.

PRAKRITI PANWAR/THE ITHACAN

interactive presentations and work time on Feb. 16 afternoon, 11 a.m. to 1 p.m. and 2 to 5 p.m. Feb. 17 and 12 to 3 p.m. Feb. 18.

The course is one credit and has no prerequisites.

Individuals who have questions or requests for accommodations can contact Diane Gyeski via phone at 607-274-3912 or via email at gyeski@ithaca.edu.

JED Campus Task Force offers mental health training for faculty

The JED Campus Task Force will hold a You Can Help a Student JED Mental Health training from 1:30 to 3:30 p.m. Nov. 17 in room 319 in the Gannett Center.

This training will provide information about mental health, including suicide, and give faculty members tools and skills to support students.

The training will help faculty members to understand their role in students' support system, recognize current trends in college students' mental health, recognize signs of distress in students and learn how to discuss them with students and understand the resources

on- and off-campus that can help students. The training is open to all faculty members, but is limited to 30 people. Faculty should register for the training on IC Engage.

Requests for accommodations should be directed to Michelle Goode at 607-274-3136 or healthpromotion@ithaca.edu.

Visiting artist series presentation with Joan Linder rescheduled

The Department of Art, Art History and Architecture has rescheduled the visiting artist series presentation with Joan Linder for 6 p.m. Nov. 30 in the Handwerker Gallery. Linder crafts large-scale images using the traditional medium of a quill pen and ink bottle.

Her recent work includes lifesize depictions of objects and figures. Linder's work has been shown at venues like the Museum of Fine Arts Boston, The Buffalo AKG Museum and the Davis Museum and featured in publications like Art News, Art in America, the New York Times and Hyperallergic.

Requests for accommodations for her presentation should be directed to Paul Nicholson, director of the Handwerker Gallery, at paulnicholson@ithaca.edu or 607-274-3548.

PUBLIC SAFETY INCIDENT LOG

SELECTED ENTRIES FROM OCT. 30 TO NOV. 5

OCT. 30

SCC HARASSMENT/INTIMIDATION/ENDANGERING

LOCATION: All Other / Other
SUMMARY: Patrol Officer Kevin Noterfonzo reported a two-car property damage motor vehicle accident.

OFF CAMPUS INCIDENT

LOCATION: Circle Apartments Building 110 / 110 College Circle
SUMMARY: Simplex reported a fire alarm. Patrol Officer Connor McCoy determined the activation was caused by steam from a shower.

OCT. 31

MEDICAL ASSISTANCE/ILLNESS RELATED

LOCATION: Towers Dining Hall / 147 Tower Skyline Drive
SUMMARY: Caller reported a person fainted and struck their head. The person declined medical assistance.

Master Patrol Officer Robert Jones responded to the call.

FIRE ALARM ACCIDENTAL

LOCATION: Circle Apartments Building 160 / 160 College Circle
SUMMARY: Simplex reported a fire alarm. Patrol Officer Connor McCoy determined that the activation was caused by steam from a shower.

NOV. 1

MAKING GRAFFITI

LOCATION: Whalen Center For Music / 146 Conservatory Drive
SUMMARY: Patrol Officer Kevin Noterfonzo reported that an unknown person wrote graffiti. This is a pending investigation.

NOV. 2

SCC DISRUPTIVE/EXCESSIVE NOISE

LOCATION: Garden Apartment 27 /

134 E. Grant Egbert Blvd.

SUMMARY: Caller reported a person yelling. Patrol Officer Ivan Cruz responded and warned the person for violating the conduct code.

SCC FIREARM, FIREWORK, DANGEROUS SUBSTANCE OR WEAPON

LOCATION: Landon Hall / 326 Grant Egbert Blvd.
SUMMARY: During the state fire safety inspection, staff found a sword. One person was referred to the Office of Student Conduct and Community Standards. Patrol Officer Kevin McClain responded.

NOV. 3

FIRE ALARM ACCIDENTAL

LOCATION: Circle Apartments Building 120 / 120 College Circle
SUMMARY: Simplex reported a fire alarm. Patrol Officer Steven Hutchison responded to the call and determined that the activation was

caused by a person cooking.

HARASSMENT 2ND DEGREE

LOCATION: Williams Hall / 131 Textor Circle
SUMMARY: Caller reported that unknown people pushed them. Patrol Officer Ivan Cruz responded. This is a pending investigation.

UNLAWFUL POSTING OF ADVERTISEMENT

LOCATION: Friends Hall / 145 Textor Circle
SUMMARY: Caller reported that an unknown person posted flyers on the wall. Patrol Officer Steven Hutchison responded. This is a pending investigation.

NOV. 4

SCC HARASSMENT/INTIMIDATION/ENDANGERING

LOCATION: Circle Apartments Building 111 / 111 College Circle
SUMMARY: Caller reported being

involved in a dispute and that a person made a threatening comment. Patrol Officer Alex Hitchcock responded. This is a pending investigation.

NOV. 5

BURGLARY NO FORCE 2ND DEGREE

LOCATION: Hood Hall / 282 Lyceum Drive
SUMMARY: Caller reported that an unknown person entered a room and damaged furniture. Patrol Officer Steven Hutchison responded. This is a pending investigation.

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



ILLUSTRATION BY MARIAN MAHASANTIPIYA/THE ITHACAN

EDITORIALS

Collaboration across IC must be promoted further

The integrative studies major allows Ithaca College students to design their own program of study and is accepting new students for the first time in two years. This program is an effective way to expose students to resources and programs across the college and it is exactly the kind of initiative the college needs to emphasize to promote interdisciplinary collaboration.

Since the Academic Program Prioritization Process was finalized in 2021, the college has cut entire programs and slashed departments. It is a refreshing change to see the administration bringing a program back and even more exciting that this program relies on collaboration between schools and combining resources.

At the college, there are students studying acting and students studying filmmaking — for example — who may never speak to each other about combining their skills because this kind of collaboration is not promoted. Similarly, there are students in marketing communications programs who could provide advertising and graphic design to business students or to

help create posters for different programs and events. The opportunity to collaborate between programs is expansive, and very few people ever do it. This kind of sharing of resources must be promoted at the college level.

The integrative studies program allows students to specialize in unique skill sets and stand out from their peers. If a student has expertise in the exact qualifications necessary for a certain job, they are more likely to be hired than students who major in a related subject but may not have as many of the unique skills. This, in turn, will boost the success of students and the profile of the college.

The integrative studies program is a great initiative to allow students to customize their college experience and gain the expertise they are looking for to prepare them for the industry. It is also just one example and hopefully one step toward fostering collaboration among schools at the college. More classes, projects and organizations should rely on resources drawn from across the college to truly tap into the potential of the college as a whole.

DEI education should not fall on BIPOC community

The School of Music, Theater, and Dance at Ithaca College must implement programs and resources to support students of color and educate them on racism in the world of music, theater and dance. This responsibility should not fall to students of color and the lack of representation for BIPOC in these industries is not an excuse for racism in the school.

The BIPOC population in MTD is small and students of color have experienced everything from microaggressions and exclusion to overt racism and exposure to hate speech in their performances and curriculum.

Across the college, it is crucial to have major and school-specific centers and initiatives for BIPOC students. There is no “one-size-fits-all” BIPOC resource that can help students aspiring to every career path and in each area, there are distinct experiences and barriers students may face.

This is especially true in MTD; Broadway has historically been made up of a majority of

white characters, actors, directors and audiences. In classical music, performers and conductors are overwhelmingly not Black and much of the genre is based in a white supremacist history. In ballet, BIPOC dancers have long been excluded and increased representation has looked more like tokenism than a true commitment to increasing diversity.

These are the industries that BIPOC students in MTD are going into, and it is a microcosm of these industries that they are experiencing at Ithaca College.

Students deserve dedicated diversity, equity and inclusion resources focused on not just DEI, but DEI in the music, theater and dance world. DEI resources and curriculum for all students should reflect and be specific to the industry. There have been some recent efforts toward this end in MTD, but more must be done. The college should responsibly integrate resources and programs that can support BIPOC students and faculty and take the burden of educating white peers off their shoulders.

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 opinion@theithacan.org

ALL COMMENTARIES MUST:

- Convey a clear message.
- Be written by an individual or group who has an educated opinion or is an authority on a specific subject.
- Be between 650–750 words. Whether more or less space is allotted is at the discretion of the editor.

STAFF COMMENTARY

Editor's Note: The opinions in this commentary do not necessarily reflect the views of the editorial board.

Public safety resources must be improved on campus

BY CLARE SHANAHAN

OPINION EDITOR

Functional public safety resources are crucial to creating an appealing and safe college campus. Being a journalism student at Ithaca College has given me unique insight into college operations over the past three years; I have found public safety resources insufficient and concerning.

When I arrived at the college, I was under the impression that I was on a blue light campus, which meant that when standing at any emergency blue light phone, I should see another. Blue light phones also cut down on the need to physically patrol campus and serve as an implied deterrent for crime. However, when I started walking around campus, it was obvious that there were blue light-free zones, many of which fell on my regular route down to campus.

As a 19-year-old woman with late classes, I was immediately concerned. As a journalism student, I thought of the 5,000 other students who may be affected by this.

During my reporting, I was told by a representative of the Office of Public Safety and Emergency Management that people generally call from cell phones in emergencies, so installing more blue light phones would be cost-prohibitive. It's true that nearly everyone has a cell phone

today, but cell phones can die, break, be dropped or be left at home.

As it turns out, this was just the beginning of things that would make me doubt my safety on the college campus. During my first semester at the college, I had a friend call OPS for a safe ride escort at around 3 a.m. After calling, we waited 30 minutes and no ride came. Eventually, my friend called back and dispatch informed her that the officer had left when she did not pick up her phone. My friend requested another safe ride and another 30 minutes passed. When she called the OPS again, the dispatcher said she had hung up on the call, so they did not send another ride.

Luckily, my friend was safely inside, but she could have spent over an hour waiting outside in the middle of the night. I may not be a police officer, but if I received a call to provide a safe escort and nobody was there when I arrived, I would not leave. On the same night, a different friend called the OPS for a medical emergency and when she called, she said the phone rang for five minutes before someone picked up. Public safety can be a matter of life and death, so these resources should always be functional.

In addition to flaws with preventative safety resources, the other side of the problem comes when incidents are investigated. In Fall 2022 as *The*



Senior journalism major Clare Shanahan writes about public safety resources on campus and how they have functioned inefficiently; especially emergency blue lights, safe rides and surveillance cameras.

KALYSTA DONAGHY-ROBINSON / THE ITHACAN

Ithacan's assistant news editor, I reported on antisemitism around campus. Nobody was ever caught related to these incidents; during my reporting, I learned part of the reason why could be related to the lack of electronic surveillance. The one unsurveyed area that stood out to me most was the Baker elevator; elevators are effectively a box that once closed, nobody can exit or enter.

There is also no way to see inside the elevator and it paints a scary picture. I absolutely believe in respecting students' privacy, but a balance must be struck between ensuring privacy and ensuring safety.

As a female student at the college and as a journalist, I feel that in many ways the OPS are failing to make the campus feel safe. Blue lights, surveillance cameras and a functional

dispatch service must be improved. The idea that there are more I never encountered is a very scary thought. It only takes one night of inefficient support services for something awful to happen.

Clare Shanahan (she/her) is a senior journalism major and *The Ithacan's* opinion editor. Contact her at cshanahan@ithaca.edu.

GUEST COMMENTARY

Editor's Note: The opinions in this commentary do not necessarily reflect the views of the editorial board.

Park school must do more to support BIPOC students

BY JANAISSE PINEDA ALVAREZ

JUNIOR

"This ranking shows that Park continues to adapt to an ever-changing media landscape. Industry professionals know that when they hire a Park School grad, they're going to get someone who will outwork others."

This is what Jack Powers, professor and chair of the Department of Media Arts, Sciences, and Studies and former interim dean of the Ithaca College Roy H. Park School of Communications, said of Park's ranking as one of the top 50 film schools in the country.

The most perceived notion is that the Park School is one of the best communications schools in the country. Ranked 19th out of 50 for top film schools, Park's standing bolsters its appeal to incoming students who often base their decision to attend the college on the Park School itself and the myriad of opportunities it promises.

However, what remains conspicuously unaddressed is the school's striking lack of diversity, particularly among students of color, and its pronounced presence within specific majors.

As a student enrolled in the Advertising, Public Relations, and Marketing Communications program — formerly known as Integrated Marketing and Communications — I'm able to count on both hands the students of color who are a part of the major; the dearth of students of color is glaringly evident.

I frequently find myself grappling with questions about my prospects — will I ever attain the level of industry professionalism that Park professors so ardently promote and encourage? The harsh reality is that students of color, both within the Park School and especially within my

major, often encounter an environment that feels profoundly isolating, uninspiring and disconnected from their experiences.

The majority of the time, students of color in these programs find themselves as the sole representatives of their racial backgrounds in their classes, often overshadowed by their white counterparts. We often bear the responsibility of crafting presentations that highlight pressing issues affecting people of color while our white peers occasionally appear disengaged and uninterested.

This persistent lack of representation takes a toll on students like us. It emanates from the stark overrepresentation of white faculty within the school, leading to a pervasive sense of not being heard or adequately represented. This lack of representation has precipitated into a tangible disconnect among students, as they feel they lack a support system to turn to.

One confidential source aptly remarked, "While Park offers outstanding classes and opportunities, I often feel like I don't have the space or environment to thrive here. It's incredibly demotivating to be thrust into an environment where you don't feel welcomed. The apparent lack of commitment to diversification makes it challenging to muster enthusiasm for participation."

Park's most popular co-curricular activities, like WICB, *The Ithacan* and ICTV, are overwhelmingly comprised of white participants, which can be intimidating and discouraging for students of color. These co-curriculars receive inadequate promotion to diverse groups on campus, leaving many students of color unaware of these opportunities.

This dearth of diversity also constrains the types of projects that students of color can propose, as their creative perspectives



Junior Janaissy Pineda-Alvarez writes about the lack of representation in the Park School of Communications and how current BIPOC students are affected by this.

MARI KODAMA / THE ITHACAN

often diverge significantly from those of their white peers.

Why does this persist? Because as students, we are not situated within an inclusive environment that fosters the full expression of our perspectives because of the insufficient community and support within Park.

Numerous students of color in Park have come to understand that Park falsely touts itself as a safe haven. This issue, recurring over the years at Ithaca College, has been consistently overlooked.

The remedy lies in hiring faculty members from diverse backgrounds within the industry. This change could instill a more optimistic outlook for both prospective and current students in Park. Additionally, fostering

inclusivity through the inclusion of new faces among Park's alumni, specifically people of color, could establish connections and relatability that resonate with current students.

As students, we should not be compelled to force ourselves into these spaces, nor should we bear the burden of feeling guilty about it. Ultimately, we are all Parkies, a designation the institution holds in high regard and uses to represent itself, and we should all feel welcomed, supported and represented within this academic community.

Janaissy Pineda Alvarez (she/her) is a junior advertising, public relations and marketing communications major. Contact her at jpinedaalvarez@ithaca.edu.

Indigenous Peoples' Month celebrated with art



ILLUSTRATION BY MOLLY TESKA/THE ITHACAN

BY VIVIAN ROSE

CO-LIFE AND CULTURE EDITOR

After a few simple knots, a corn husk doll is made. The easy-to-make dolls hold importance to the Haudenosaunee Nation and children and their families learned how to make them during a session Nov. 11 at the Tompkins County Center for History. The session was hosted by Penny Minner, a member of the Seneca Turtle Clan.

In the Haudenosaunee Nation, the dolls are used to teach a powerful lesson of prioritizing others before themselves to children. The dolls, purposely made with no face, represent a story of vanity, teaching children not to favor themselves and their looks before others.

This event is just one piece of Ithaca's acknowledgment of Indigenous Peoples' Month — which occurs every November. On Nov. 16 at Buffalo Street Books, members of the Ithaca community were encouraged to attend a conversation with writer and educator Yvonne Dennis about the decolonization of Thanksgiving dinner, as well as take part in a discussion about the 1613 Two Row Wampum Treaty at the Dryden Southworth Library.

Besides having these community events, Nani Chacon, an indigenous muralist based in Albuquerque, New Mexico, talked about some of the cities she has worked in. She said they should attempt to educate their residents about diverse cultures year round. Although Chacon is based in New Mexico, she collaborated with Ithaca College and painted a mural by the Free Speech Rock in 2019.

"We don't want to acknowledge

Columbus anymore because he was a horrible person," Chacon said. "We should be acknowledging the original peoples that were here ... and also, we're not expecting more labor, like, 'Okay, this is your month or this is your day, can you come and educate all of us now?' I think it's that concerted effort that people are taking the initiative of really honoring, appreciating and understanding. And I think that that's the most thoughtful way to honor and to celebrate anybody on any of their days."

Chacon also said she hopes people will acknowledge the deep history of Indigenous cultures and will not lump the history with other celebrations that come in October and November.

"So I would hope that, you know, in time that when people celebrate and cities have an opportunity to celebrate and acknowledge Indigenous Peoples Day and Month, that they're really taking a close look at the nations that are present in their city, that the lands that they are on, essentially that they are acknowledging that time as not their time, as Indigenous Peoples' Month as a month of acknowledging the land that these nations have been on for centuries, that they are acknowledging those specific people and nations," Chacon said. "And I think that would probably be the biggest misuse of the day if it just became glazed over and lacked any kind of distinction, recognition or education."

From 1999 until 2016, Ithaca College did provide extensive education on Native American culture and the Native American studies program was designed into the



Nani Chacon's mural in front of the Free Speech Rock depicting red-winged blackbirds was painted in 2019. Students voted for the mural's design because it best depicted the college's community.

KALYSTA DONAGHY-ROBINSON/THE ITHACAN

anthropology department. Brook Hansen, who is now a professor at the University of South Florida, said the program combined lessons from professors with lectures from members of the local Onondaga and Haudenosaunee community members.

"We developed classes and decolonizing methodologies," Hansen said. "So we could talk about how academia sometimes is the worst colonialist offender, and that many of our research methods and the way that we conduct ourselves are off-putting and do not include Native voices and perspectives."

Hansen said the program included outreach to the Indigenous youth community in the Ithaca area which contributed to the college, gaining a higher Indigenous student population between the '99 and '16 academic years, when Hansen along with former colleague Jack Rossen, a retired anthropology professor, founded the program.

According to Data USA, in 2012, the college enrolled 28 Native American students, while in 2016, when the program ended, the college enrolled 16 Native American students. Additionally, in 2022, the college enrolled four Native American students while in 2023, two Native American students were enrolled, according to the Office of Analytics and Institutional Research.

"It was really important to start that program in New York State,

which is the homeland of the Haudenosaunee," Hansen said. "All universities and colleges throughout the state [should] have Indigenous Studies programs because you always need to know where you are living."

Hansen said that in the 2000s, the college was a part of a consortium of other New York State colleges and universities — like SUNY Oswego, Syracuse University, SUNY Environmental Science and Forestry and Wells College — that worked to get Native American studies programs up and running in their respective institutions.

"It's really lucky and important that Ithaca College had [the Native American studies program] and that's why we created it there," Hansen said. "So this was a conscious, coordinated effort to get Native studies programs from Oswego to Binghamton."

When Hansen worked as a professor for the college, she coordinated with several members of the Onondaga and Haudenosaunee nations, including Eli Thomas, an indigenous artist and member of the Onondaga nation's Wolf Clan. Thomas and Hansen met 25 years ago and in 2016, Hansen had the idea to have Thomas help students paint a mural on the second floor of Williams Hall. Thomas described the mural as a community art piece featuring images of an iconic Ithaca-esque waterfall landscape with the faces of elders embedded

into the piece.

"I think it's a pretty good painting," Thomas said. "I had a lot of help with it from the students and staff. I told them what to do with it and how to paint it. Some of them were not good at art, but I told them to do the best you can and things worked out. It did work out pretty good. I like to get people involved who don't have any experience with art. It's the idea of delivering a message."

Similarly, Chacon was asked to paint a mural at the college after students asked for more artwork on the campus that reflected the college's values and ideals with an intentional message. The mural was painted in 2019 near the Free Speech Rock. Chacon said the red-winged blackbirds featured in the mural represent the community that students wanted the piece to reflect.

"[The birds] are native to the region," Chacon said. "They're a bird that exists and acknowledges the strength in numbers, so when one of them is in distress, the other birds come to aid that bird and they kind of work in a system that supports one another. And so I thought that that was a very good symbol to talk about that relationship of support. And that those patterns are evident throughout nature, and are definitely evident within our communities."



The mural above in Williams Hall was painted by an Indigenous artist and students of the 2016 Native American studies program.

KALYSTA DONAGHY-ROBINSON/THE ITHACAN

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Ed Brothers paints with past memories and nostalgia

BY JACQUELYN REAVES

CONTRIBUTING WRITER

Located in Downtown Ithaca, the State of the Art Gallery presented its annual solo and dual exhibitions for the month of November. This year, Ed Brothers, president of the board of directors and fellow artist, presented his work in “Divergence-Convergence.”

Brothers’ collection is a fusion of past and present, a visual narrative that captures the essence of life’s quiet and familiar moments. Utilizing the medium of oil pastels, Brothers’ paintings, both old and new, come together in a display of nostalgia and memory.

The exhibit, featuring relatively small yet intricately detailed paintings, offers a diverse range of subjects. From the rich textures of a slice of pizza to photo-esque landscape images and even the expressive face of a fish caught twice, Brothers’ artistry showcases the beauty found in everyday life.

“I want things to look like they actually look,” Brothers said.

To guarantee that his paintings are as realistic as possible, Brothers said he takes a picture and paints from there. He said his paintings serve as a way to relive the places he’s been, the people he knows and the experiences he’s encountered.

“The human eye has a dynamic range, which is much better than digital photography, and even better than film photography,” Brothers said.

Another common thread amid Brothers’ paintings is nature, with

many of his paintings captured from fishing trips. Brothers’ paintings stem from his personal experiences. The fish that he captured at the Delaware River where he fishes dove into Brothers’ past as a marine biologist and an ichthyologist, a person who studies fish. As he walked through his exhibit, Brothers explained how the pieces start to push and pull in different directions; how the pieces related to human construction, pieces that are semi-abstract and pieces that go back to what he’s most familiar with: trees.

One of Brothers’ pieces, “Topsy-Turvey,” showcases a grove of trees in the reflection of a creek. The trees are upside down and represent just one of the many ways Brothers plays with the composition of a painting. Even with all this experimenting, Brothers’ commitment to realism always shines through.

In a talk-back about his exhibition Nov. 11, attended mainly by fellow members, Brothers explained the reason his exhibition is titled “Divergences-Convergences.”

“The divergence is represented in the new directions and trying to look different ways,” Brothers said. “Convergences are going back to the same places, the same subjects that I have been to many times.”

During the discussion, Brothers went into more detail about the process of working with oil pastels and how to create interesting textures in a painting along with his journey working with oil pastels.

“I started and bought a really



The State of the Art Gallery opened its exhibitions for the month of November. Ed Brothers, president of the board of directors and artist, had his work showcased at the gallery Nov. 12.

MEI DENNISON/THE ITHACAN

cheap set of oil pastels,” Brothers said. “There were 48 pastels for \$12. I still have them. I no longer use them, and the reason is because it turns out that the color doesn’t hold up very well.”

The talk-back was filled with members of the gallery, intently listening to Brothers’ explanations about his works and engaged in conversation about his different inspirations for his paintings, the tools he used to showcase his art and the different techniques used in his pieces.

Fellow gallery member and artist

Margy Nelson said she admired Brothers’ work. Nelson recognized the photographic aspect of Brothers’ pieces but also recognized his unique technique.

“[The paintings] get a great sense of depth and reality,” Nelson said. “But it’s not just that he looks at something and draws it. He’s somebody who creates a way of composing and framing it that makes it into a really lovely piece of art.”

Susan C. Larkin, retired elementary school teacher and member of the gallery, recognized Brothers’

artistry past his painting skills, noting the effort that he puts into taking the perfect picture.

“He does choose what he’s going to paint because his paintings are so careful,” Larkin said. “Well, photography is an art right? ‘No, no, it’s just photographs. Anybody can do that.’ But, which photograph? Which spot? Which place?”

“Divergence-Convergence” will be running at the State of the Art Gallery until Nov. 26.

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Q&A: Student animates shorts titled ‘Gnome Homes’

Violet Van Buren, a senior at Ithaca College, has been creating an animated short series titled “Gnome Homes.” The series involves interviews with her friends, with the occasional themed episode for a specific topic. The gnomes are often doing daily tasks in these shorts, such as hanging up laundry or walking through a forest, both showing the scale of these little creatures but also creating a comfortable visual not tied to the dialogue.

Co-Life and Culture Editor Molly Fitzsimons spoke with Van Buren about “Gnome Homes,” the process of creating episodes and how the visuals and other elements come together.

This interview has been edited for length and clarity.

Molly Fitzsimons: So why did you decide to begin this project?

Violet Van Buren: It started while I was in LA; I had an internship at Channel 101. They give you enough time to make your own short — if you want to make your own short. They’re a monthly film festival and every short has to be under five minutes. And usually it’s half animation and half real life stuff that they get submissions for. And I’ve been wanting to animate for a while. I’ve had an animation minor and didn’t have any reason to do it until I was in LA, so I was like, “Alright, maybe I’ll just make something for them.” Just get something out there. And then, you know, I’ve been doing it ever since because the way it works is if you get voted in and you basically keep making shows once a month for them if you keep getting voted by the viewers who watch. They get, I don’t know, 100 to 200 viewers. A lot of them are on Twitch and then a lot of them are in person, and people vote on 10 shows and the

best five get to return for the next month.

MF: What does the process of creating these episodes look like for you?

VB: Usually the first half of the month is making sure I have people to help me, people who will do an interview or people who will make music, right? The skills that I don’t have, I collect for the first half of the month or just get more people included on the project. The second half of the month is usually getting the backgrounds done and the animation done. Then the last five days or so is dedicated crunch time. It’s making sure that it is good enough to put on for the screening that month.

MF: How do you decide who is voicing the gnomes or who you’re interviewing for those projects?

VB: Usually it’s just my friends. Although for some episodes, it’s definitely people who I know would have answers for it. I did an episode about what you see in your partner or how you enjoy being with people, and so I interviewed mostly couples for that episode, and then I had a little bonus one about New Jersey and I had people who lived in New Jersey do those. Some of it is scouting, but most of it is just people I already know.

MF: Often the gnomes are talking about personal topics and their experiences while participating in unrelated tasks, such as laundry or just walking around. Why do you choose to have them at stills in their lives rather than just sitting and talking?

VB: I’m very inspired by “Creature Comforts.” If you know that, it’s the same guy who did “Wallace and Gromit.” He did [something] sort of similar, would interview the British public and then animated over them with these cute little animals who would



Senior Violet Van Buren stands in her room in front of a wall of drawings and designs for her animated series, “Gnome Homes,” she did for an animation company.

JADYN DAVIS/THE ITHACAN

do the talking. And I feel watching that at a young age and wanting to do something on my own — I’m just very inspired to show people who enjoy the comforts of everyday life. I think that is what I want to make more [of] in the future. I really enjoy media that is just comfortable and pleasant, you know, rather than necessarily controversial. I feel nowadays everything is controversial. So it’s nice to have something comforting, especially for adult entertainment.

MF: What has been the biggest challenge while you’ve been working on these shorts?

VB: Definitely the time constraint, it’s the hardest thing. Making an animated piece that

is roughly five minutes every month. Getting to the end of that month is such a hurdle and it’s not even for lack of ideas that I have. It’s solely the end result is not as good as I really want it to be because there’s never enough time to put into it. So, I think next year, I’ll probably not continue with Channel 101. I love them. They’re great, but it is so hard to get something so large out once a month; it was easier over the summer. But now, you know, I’m also a full-time student. So, working on an animated piece four hours a night while also having homework is just impossible.

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‘The Killer’ slays every detail of a caper thriller

MOVIE REVIEW: “The Killer” Netflix



BY MATT MINTON
SENIOR WRITER

The titular killer (Michael Fassbender) in David Fincher’s new caper thriller, “The Killer,” never misses. Or so the man of walking contradictions claims.

The start of the new Netflix film, released on streaming Nov. 10, perfectly sets up The Killer’s self-described “boring” routine as he waits for the perfect opportunity to take his hit while stationed in Paris. It’s clear he’s done jobs like this many times. So many times, in fact, that he’s become conditioned to seeing everything in life without emotion. To him, vulnerability is weakness. Everything is planned out with such methodical and perfect detail that nothing could possibly go wrong. Until, of course, it does.

Although the audience never quite gets a grasp of his past, only knowing him by the many names he goes by when checking in to various hotels around the world, he always remains a fascinating character. His monotone monologues are the closest we get into his interior motives, leading the viewer to question: Was he always this way?

All of these storytelling choices are by design, effectively calculated in Fincher’s intense and unexpectedly hilarious examination of what happens when an assassin misses his shot by a millisecond, leading to an unexpected chain of events. Based on the French graphic novel by Alexis Nolent of the same name, “The Killer” follows the main character sifting and stumbling through his network of employers on a quest for revenge. Along the way, his facade and narrow grip on reality slips through his fingers.

Split into six different chapters and

locations around the world, “The Killer” is a deceptively simple thriller with something always brewing underneath the surface.

While “The Killer” isn’t necessarily as direct of a commentary on consumerist culture as Fincher’s satirical “Fight Club” (1999), his choice of modern day references remain just as brilliantly incorporated. Fassbender’s character frequently makes jabs at pop culture and things in his environment. As he carries out the dry day-to-day motions of his operations, he’s seen doing things that could be considered monotonous: eating a McDonald’s sandwich, picking up an Amazon order, talking about booking an Airbnb. The way capitalist and consumerist systems are embedded so deeply in The Killer’s life is uncomfortable and also quite hilarious.

As the lead, Fassbender gives a terrifically subdued performance while bringing a stealth and inhumane physicality to the role. His expression stays largely blank and lifeless for the entire runtime, but his eyes tell the whole story. As a whole, the entire cast is filled with solid performances with the highlight easily being Tilda Swinton’s turn as The Expert. While she’s only in the movie for about 10 minutes, her impact on the progression of the story and how she reacts to running into The Killer and the inevitable consequences is haunting.

While Fincher relishes in ambiguity here, at times it can be to a fault, especially in establishing what the killer’s ultimate goal is with all of the people he chases after. Even though the point seems to be that The Killer doesn’t know what he’s really looking for himself, giving him a false goal from the start that slowly falls apart could’ve made for an even more dynamic character study.



After a fateful near-miss, an assassin (Michael Fassbender) battles his employers and himself on an international manhunt he maintains is not personal.

COURTESY OF NETFLIX

The biggest shame here, though, is not being able to see such cinematic bliss on the big screen. Netflix’s basically non-existent theatrical strategy with projects like “The Killer” — clearly made to be seen and appreciated with a huge crowd — feels frankly disrespectful to the art form.

For now, Fincher’s “The Killer” can be admired from home, with the unfortunate

reality that this work of art may never be experienced as fully intended. The film is unlikely to rope in any new Fincher fans with its isolating, numbing nature. But for those already hooked into his work, there’s no doubt that this is a film worth watching, studying and laughing along with.

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‘Heaven knows’ this album transcends TikTok virality

ALBUM REVIEW: “Heaven knows” Warner Records UK



BY JESS WILLIAMS
STAFF WRITER

PinkPantheress used to crank out new songs nearly every day, releasing these bite-sized, hooky and minimal pop songs on TikTok to a small audience. It didn’t take long, however, for the ‘90s drum and bass samples, dreamy synths and high breathy vocals to spread on the platform like wildfire. These songs stitched together sticky choruses, ear-catching production and virality in tiny packages, usually shorter than two minutes. Her brand of R&B is instantly recognizable and influential on the pop music landscape, bringing back and modernizing these genres of music that haven’t been prominent in decades.

When it came to releasing her debut album Nov. 10, PinkPantheress had to follow up her biggest hit thus far, “Boy’s a liar Pt. 2,” while also keeping her sound interesting despite mainstream pop picking up on her easily replicable formula. Just leave it to one of the most inventive producers of this decade to effortlessly meet these expectations on “Heaven knows.”

PinkPantheress uses this debut to break past the niche she has established for herself. All of the songs on this record make it past the two

minute mark and expand her stylistic vocabulary as she branches out into various sub genres of pop, R&B and hip-hop. The album starts off boldly with “Another life,” which opens on a sinister organ riff and rumbling thunder before her signature breakbeat drum loop and dreamy synth progressions come in. While staying true to her established sound, PinkPantheress also adds in a feature from afrobeats rapper Rema. Many songs on this album carry the same spirit as this one: an evolution of PinkPantheress’ sound that doesn’t alienate fans from what they have come to expect from her.

While her 2021 mixtape, “To Hell With It,” was more of a thrown together collection of hits, “Heaven knows” ties together a narrative surrounding fragile relationships. The disco-infused “The aisle” outlines a destructive on-and-off toxic relationship, with a dark element of yearning: “I ruined all my friendships with you / And I think I’m running out of people to lose / I only have to give you my motion / And you always find your way right back to me.” This destructiveness is also shown through the parasocial “True romance,” which shows the perspective of an obsessive fan as she sings, “I’ve

been a fan of you since 2004 / You know you got me / So much, I took my loving over there / I got a tattoo just to show how much I care / But there’s so many girls around you that I’m scared.”

Each song is a vignette of crumbling romances and unhealthy attachments, which all converge on the epic and expansive penultimate track, “Capable of love,” which is both a thesis statement for “Heaven knows” and also one of PinkPantheress’ most impactful songs to date. “I’m obsessed with the idea that one day it breaks up / ‘Cause after that, I know I’ll never be as capable of love / After you,” she explains, offering that the perfect and innocent perception of love dissolves with emotional maturity. However, it never loses meaning.

Her songs sound more fleshed out and fully realized than ever as she weaves through fusion after fusion. Not all of these ventures are fruitful however; the interlude, “Internet baby,” provides a nice expansion on the album’s lyrical exploration of romantic uncertainty and idolization, but the constant melodic repetitions don’t pair well with the lack of a song structure. Even worse is her try at UK drill in the song “Nice to meet you,” which starts off well



PinkPantheress’ newest album release, “Heaven knows,” features an R&B, disco and pop sound with dreamy synths.

COURTESY OF WARNER RECORDS UK

but gets completely ruined by a phoned-in verse from Central Cee, who spends his entire time bragging about cheating on a partner.

Luckily, the other features on this album are perfectly placed. The duet between PinkPantheress and Kelela on “Bury me” is a volley between two of the most heavenly voices in alternative R&B, with Kelela’s vocals contrasting perfectly

with the thin and fragile voice PinkPantheress uses. And of course, Ice Spice’s now iconic verse on “Boy’s a liar Pt. 2” closes out the album on an anthemic note, a victory lap for an album that cements PinkPantheress as an artist with more staying power than is usually allotted by TikTok virality.

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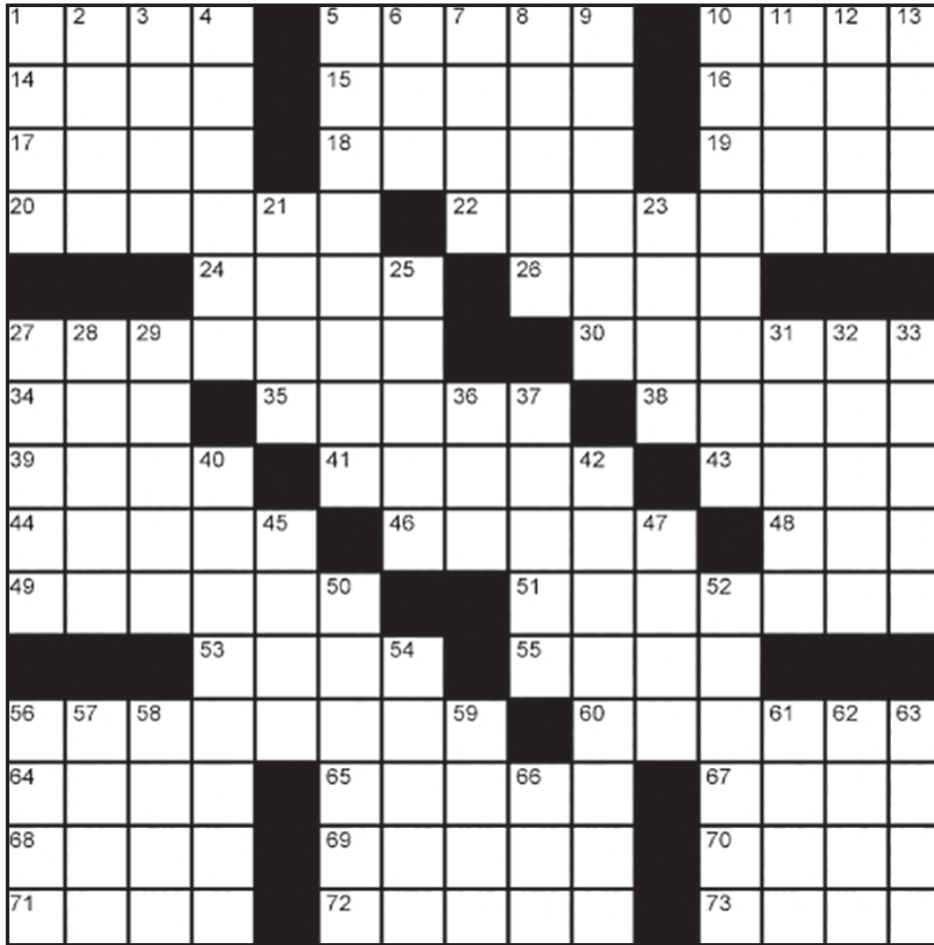
DIVERSIONS

THURSDAY, NOVEMBER 16, 2023

12

crossword

By Quill Driver Books



ACROSS

- 1 Moreno or Hayworth
- 5 Gift from a new dad
- 10 -- arms
- 14 Invisible particle
- 15 Florida city
- 16 Place for a ring
- 17 Detective - Wolfe
- 18 Egret
- 19 Removal mark
- 20 "Mamma Mia!" setting
- 22 Made a spending plan
- 24 Cutting mark
- 26 Dutch or double
- 27 Heavy knife
- 30 Dapple
- 34 Prosciutto
- 35 Son of Cain
- 38 Meeting place
- 39 Surmounting
- 41 Drunken fellow
- 43 Cheese go-with
- 44 Champion's prize
- 46 Some people
- 48 Hearing organ
- 49 Shows contempt
- 51 Household chore
- 53 Coagulate

- 55 Spread in a tub
- 56 Microbes
- 60 Layabouts
- 64 Jellylike substance
- 65 Bombing attack
- 67 Small decorative container
- 68 Expert
- 69 Uneearthly
- 70 Move a little
- 71 Appear
- 72 Brought to bay
- 73 Healthy upstairs

DOWN

- 1 Called, British style
- 2 Brain passage
- 3 Shredded
- 4 One-cell organism
- 5 Comprehensible
- 6 Sculpted material
- 7 Raiment
- 8 Not silently
- 9 By chance alone
- 10 Dangerous current
- 11 - laureate
- 12 Capri, for one
- 13 Requisite
- 21 Batman's hideout
- 23 Blunder

- 25 Witch's transport
- 27 Shoots the breeze
- 28 Ancient language
- 29 Overact
- 31 - and true
- 32 Related to the moon
- 33 Abrasive mineral
- 36 Number cruncher (abbr.)
- 37 "Howdy!"
- 40 Pick
- 42 Came to understand
- 45 Perry's creator

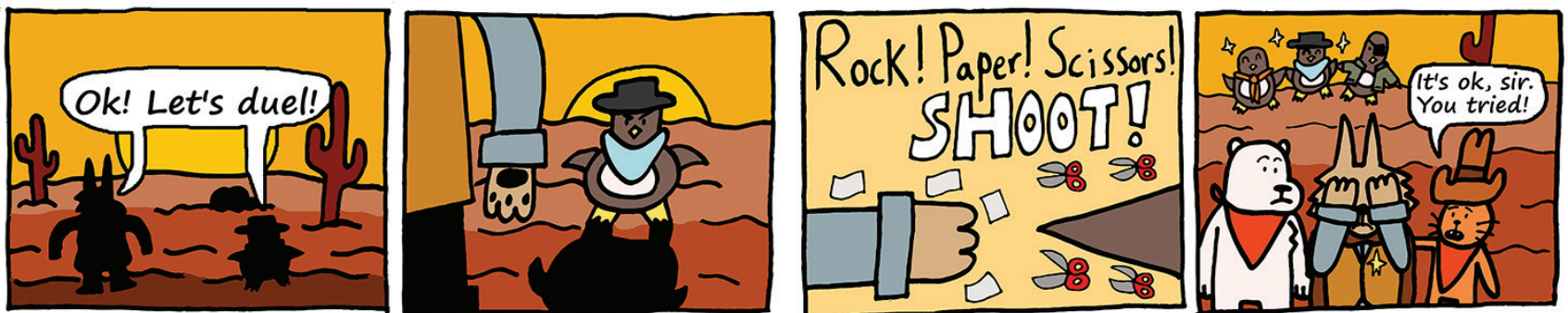
- 47 Took legal action
- 50 Gelato relative
- 52 Moreover (2 wds.)
- 54 Floor installer
- 56 Satchels
- 57 Fever
- 58 Concern
- 59 Suffix for "million"
- 61 Singer - James
- 62 Downfall
- 63 Title of respect
- 66 Link

last issue's crossword answers



Polar Pardner

ILLUSTRATION BY JOSHUA PANTANO/THE ITHACAN



数独

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The Sudoku Source of "The Ithacan".

answers to last issue's sudoku:

medium

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

hard

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

sudoku

very easy

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

medium

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

Runners battle three-season strain

BY FLYNN HYNES

STAFF WRITER

Unlike most athletes, long-distance runners often participate in three separate seasons throughout the academic year: cross country in the fall, indoor track in the winter and outdoor track in the spring. This rigorous schedule — usually with no more than a week off between racing periods — comes with a great responsibility to manage not only time and academics, but also stress and injury prevention.

Ithaca College cross country currently rosters 25 athletes across women's and men's teams, 19 run three seasons.

Physical strains including joint stress and muscle fatigue are common in long-distance runners. Sophomore distance runner Jessica Goode talked about the importance of rest and switching up her training activities so she is not only running all the time.

"The biggest physical strain, I think, is lack of rest," Goode said. "A way that someone can prepare for it is to prioritize rest, but also cross train such as biking, swimming and not just running all the time."

Senior distance runner Patrick Bierach said the workload tends to be similar in all three seasons and the team will have specific days for workouts and other days for recovery.

"We will typically have two workouts and two lift sessions per week," Bierach said. "[In a workout], you're basically running faster for a shorter amount of time. The rest of the week will be easy runs or recovery runs. We can't go hard every single day. That's just not the way it works, you'll break down. Saturday is either a competition, or you just run on your own. And then Sunday is a long run."

Considering the brief intervals between seasons, Bierach said it is beneficial to not push too hard.

"Once one season ends, you kind of go right into the next one," Bierach said. "You might get a week break in between cross country to indoor track, so from fall to winter. Sometimes you don't get a week break going from indoor to outdoor. It's all about making sure you don't over-stress yourself out and get into a hole that you

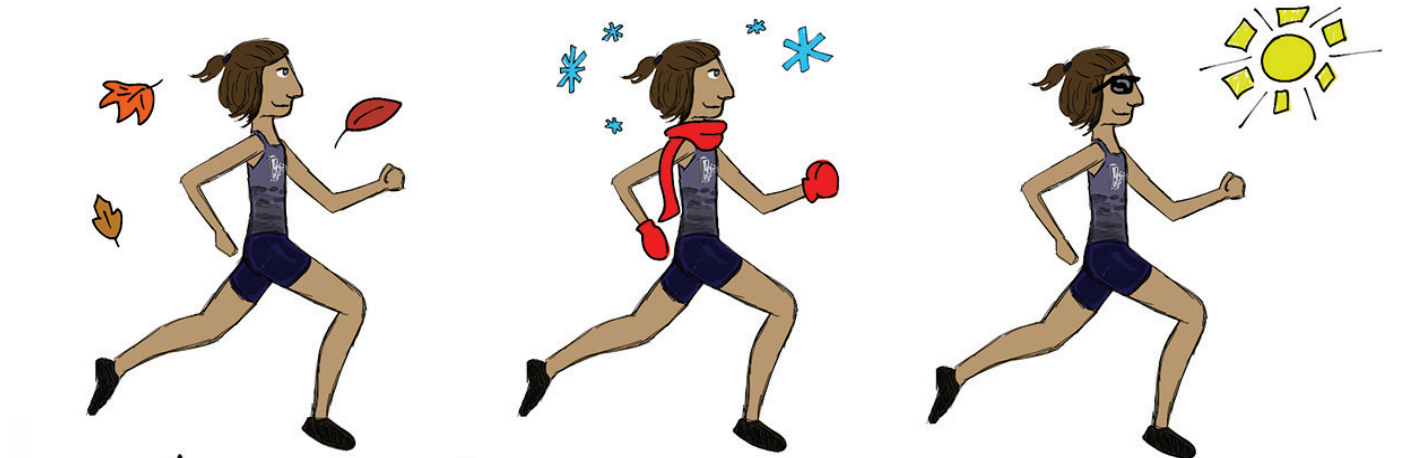


ILLUSTRATION BY MADOLYN DONAGHY-ROBINSON/THE ITHACAN



can't get out of."

Graduate student Julia Tomanovich has made a switch from a three-season athlete to now an assistant coach for the college's women's cross country team despite having an additional year of eligibility. Tomanovich said burnout is a complex concept, but many cross country and track and field athletes face it because of the extensive seasons.

"Burnout is tricky, especially the way our season goes," Tomanovich said. "Our season is really June to November, which is kind of the longest season ever, but we really don't start competing until September. . . . It's a little bit inevitable for our sport, especially since we also roll from cross country into track. But I think being smart about your training and listening to your body and if it feels like it's tanking and you need some time off, [head coach] Erin [Dinan] is extremely flexible."

Moreover, Tomanovich said the relentless schedule eventually took its toll.

"I had been running on a varsity team since eighth grade, also three seasons," Tomanovich said. "Typically how that works is between every season, I'd take a max of a week and a half off. . . . With collegiate



As a long-distance runner, senior Patrick Bierach races in all three competition seasons during the school year, often with less than a week of rest in between.

JADYN DAVIS/THE ITHACAN

running, it's a little more intense and you're balancing it with a lot more school and stuff. I'm happy with the time I had, but I didn't need to do that again."

Goode said there was not much she could do to prevent burnout last season outside of taking care of her body to the best of her ability.

"I saw that my times were going backwards — once it's happening, it's happening," Goode said. "To combat that future fatigue, I am really prioritizing rest, and I will cross train at the end of my season. . . . Getting in nutrients and rest is the golden idea."

To deal with the physical strains, the college has installed supportive practices to help athletes. The campus's three athletic training clinics have support items, such as cold and warm tubs to prevent muscle soreness and stiffness and NormaTec boots to improve blood circulation and promote healing.

Assistant athletic trainer Natalie Sharpe said that being proactive with the athletes she treats is especially important.

"In August, I reached out to some of my track athletes, who I knew were going to have shin pain, foot pain, and I was like, 'You should start getting into the clinic,'" Sharpe said.

Sharpe said it is important that athletes advocate for

themselves and take initiative to maintain their maintenance and recovery.

"It's a lot of their responsibility to make sure they're getting into the clinic as well," Sharpe said. "If they're not competing, they're not happy. They're going to be coming into the clinic to make sure that they're getting treatment."

Tomanovich said that if she had a word of advice to offer current three-season runners, it would be to stay in the game mentally while taking care of their bodies physically.

"Each team has its own designated sports psychologist, which was a big thing that I struggled with," Tomanovich said. "Running is such a mental game; you can do what you can to help yourself out on that front. What I wish I did better was appreciate the time I had while doing it. . . . Time really flies, and realizing that we're here and also competing at a D-III level to be competitive but to also have fun. The fun part is what makes it worth it."

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Sophomore long-distance runner Jessica Goode said she prioritizes adequate rest and taking care of her body during competition in order to avoid burnout.

JADYN DAVIS/THE ITHACAN



Bombers drop Cortaca Jug

BY TESS FERGUSON

SPORTS EDITOR

On Nov. 11, the then No. 14 Ithaca College football team fell, 38–28, to the No. 15 SUNY Cortland Red Dragons during the 64th annual Cortaca Jug. For the first time since 2017, the historic rivalry was held at home in Butterfield Stadium — and for the first time ever on the new Bertino Field.

The matchup was an offensive battle that saw impressive production on both sides of the field. However, after a triumphant 34–17 victory in Yankee Stadium on Nov. 12, 2022, the Jug returned to Cortland once again. The Bombers still continue to lead the series, which currently stands at 43–35–3.

Head coach Michael Toerper said that despite the ultimate result, he is proud of his athletes' perseverance.

"Proud of the way they kept playing," Toerper said. "They're guys that trust in each other and they kept playing. I'm proud of their fight."

In another historic regular season, the Bombers effectively achieved the hardest strength of schedule in Division III football — with their opponents earning a combined winning percentage of .673. The team's only two losses are to the now No. 7 Johns Hopkins University and No. 11 SUNY Cortland.

For most current students at the college, this was the first Cortaca matchup they have ever been able to attend at home. Senior Jacob Manthey said the opportunity to be a spectator at home completely encapsulates what collegiate rivalries are all about.

"I'm about to say something people might not agree with: This game wasn't meant to be played at Yankee Stadium," Manthey said. "It was meant to be played right here in the backyard with Cayuga Lake in the backdrop. This is what it's all about, this is D-III football, it's a magical scene here."

Additional seating was added to Butterfield Stadium in order to accommodate spectators from both the home and away teams, and security measures were at an all-time high considering the volume of the event. No bags, outside beverages or food were permitted into the stadium and all fans were subject to metal-detector security screening.

Following the competition, the NCAA Division III committee released the 32-team bracket for postseason play. The Bombers will play the Springfield College Pride in Springfield, Massachusetts at noon Nov. 18 in a first-round matchup.

In Division III football, the NCAA tournament is a 32-team bracket broken down into 28 automatic bids reserved for conference champions and five at-large berths awarded to reputable teams. Schools will play on campus sites until the national championship game, which will be held Dec. 15 at Salem Stadium in Salem, Virginia.

The first-round competition will be a flash from the past for the Bombers, who faced the Pride in the second round of the 2022 NCAA tournament — there, the squad in blue earned a 31–20 victory to survive and advance. The two teams were also credible rivals during their stints in the Empire 8 conference from 2004–11.

Graduate student linebacker Ben Stola — who earned Liberty League defensive performer of the week on three occasions throughout the 2023 season — said that regardless of who his team will go on to face in the remainder of the season, the Bombers will be prepared for it.

"Next man up," Stola said. "Whoever is coming in is coming, and we got all the confidence in the world with whoever it's gonna be."

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Sports media students utilize East Hill

BY FARRELL HUDSON

STAFF WRITER

Over the years at the Roy H. Park School of Communications, many sports media students have gained experience in the field by covering the Ithaca College sports teams. However, some have had the opportunity to take their craft to the Division I level.

Most notably, Ithaca College Television hosts "Big Red Faceoff," a weekly show breaking down Cornell University's men's and women's hockey teams. Junior television and digital media major Rheanna DeCrow currently serves as the lead women's analyst and is in her second straight year on "Big Red Faceoff's" cast.

DeCrow said that working with "Big Red Faceoff" has opened doors that would not have been available to her otherwise, and the experience of being able to work in a high-level athletics field has offered her a glimpse at what her professional career might look like.

"I have been able to sit down one-on-one with the head coach, and to cap it all off, I got to skate on the ice with two of the players at the end of their season and conduct an interview with them at center ice of Lynah Rink," DeCrow said.

However, hockey is not the only avenue that Ithaca College students are using to experience Big Red athletics. A few select Park School standouts have been asked to fill in roles for live game coverage for the Big Red on ESPN.



Junior sports media major Chris Sohl records an episode of Big Red Faceoff. The weekly ICTV show covers the Cornell University men's and women's ice hockey programs.

ETHAN WILSON/THE ITHACAN

Junior sports media major Cam Manna is a play-by-play and color commentator for Cornell Athletics. Manna said that working for ESPN has been a dream come true.

Manna was awarded an opportunity with the Big Red just a year ago, after Jeremy Menard, television and radio operations manager, got in touch with Bob Michaels — who coordinates the ESPN+ broadcasts for Cornell University — and gave him a list of prospective students he saw fit for the role. Manna and his broadcasting counterpart, junior sports media major Eli Fishman,

were soon able to call an abundance of games.

"A Division I athletic school right next door for Park students is a cool niche," Manna said.

Fishman said he sees the biggest difference between Bomber and Big Red athletics being on the production side.

"All of the main production interns are out of college and the production quality overall is a lot better in terms of the graphics and the replays, and that helped me really understand what a potential real-life, high-tech scenario would

look like," Fishman said.

Menard said the students he recommends for these positions on East Hill must have outstanding potential and, when he finds a student that he deems fit, he will send their name to Cornell athletics.

"What makes Cam, Eli and Rheanna so strong is they are so passionate in what they do; they take great pride in their work," Menard said. "Their hunger, passion and drive really is what sets them apart from others."

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Cal Poly standout joins IC basketball

BY JOHN BAKER

STAFF WRITER

A promising D-I athlete ending up at Ithaca College is not something one would expect, but in the case of graduate student June Dickson, that is exactly what happened. After playing three seasons of Division I basketball for the California Polytechnic Institute, Dickson will be suiting up for the Bombers.

Dickson had grown up in Los Angeles with a passion for basketball since she was a kid, playing pickup games against her older brother. She said that after playing all four years of high school at Culver City High School, she found herself being recruited by several Division I schools on the West Coast, including California State University, Northridge and UC San Diego.

During her last year at Cal Poly, Dickson led the team in free throw percentage and was third on the team in three point percentage. After playing for the Mustangs, Dickson said it was her pursuit of academics that ended up bringing her into Ithaca College's graduate program for sports psychology.

Dickson said she wanted to find a place where she could continue to play without the pressure feeling so heavy, yet she still recognized the drive of the women's team to succeed.

"The environment is not as toxic or competitive in that way," Dickson said. "But I think the girls are just as competitive and want it just as much as that level. I just think there's not as much as that culture of being the best and willing to put everything on the line to be where you want to be."

Head coach Dan Raymond said he was ecstatic when he found out that Dickson was interested in bringing her Division I experience to the college and said she has been a great asset for the team going into the 2023–24 season.



Graduate student guard June Dickson joined the Ithaca College women's basketball team after playing at the California Polytechnic Institute for the past three seasons.

RAYAHNA TRYKA/THE ITHACAN

"She contacted us, we obviously responded," Raymond said. "We did a little research and found out that she would be someone that we would be very interested in."

Although Dickson already comes to the college with years of experience at the highest levels of college basketball, she still takes the time to bond with the team and share her experiences and basketball knowledge. Assistant coach Mary Mazzella said she has been able to recognize this attribute in Dickson as a player.

"She has a very high basketball IQ," Mazzella said. "She's not only a good player, she's a good teacher, so she's been very good with all the players with communicating and leadership."

Dickson said that, just as it was back in California, her goal here is to win, but also to find a deeper passion for the game while she pursues

her sports psychology degree.

"I want to look back and say that I enjoyed my last years playing," Dickson said. "I would love to win a national championship here; I think that's any player's goal."

The Bombers snagged their first win of the season Nov. 9 on the road against SUNY Cortland with a buzzer beater to take the 70–69 victory. Dickson ended up leading the way in her Bomber debut with 20 points. Raymond said he looks forward to coaching her this season and that she is a perfect fit for the team.

"She is a welcome addition to our program," Raymond said. "She's a wonderful human being, first and foremost, and I think everyone is gonna be excited to watch her play."

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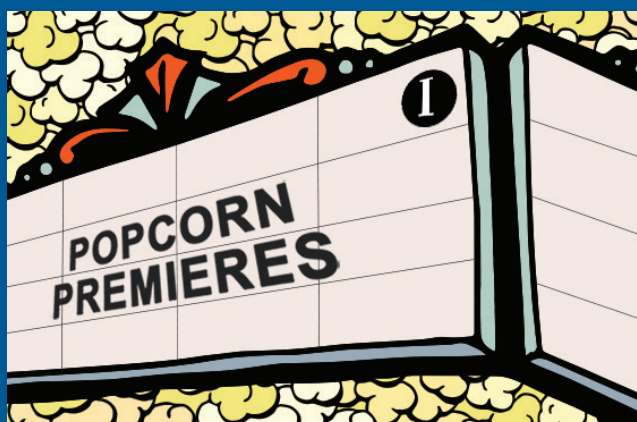
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From left, Ithaca College wide receiver Julien Deumaga catches the ball while first-year student SUNY Cortland defensive back Naz Jean-Lubin attempts to block during the 64th Cortaca Jug on Nov. 11 at Butterfield Stadium. The Bombers fell to the Red Dragons 38-28 in the first Cortaca Jug held at Ithaca College since 2017.

KALYSTA DONAGHY-ROBINSON/THE ITHACAN