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.

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 theatre 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 intern lecturer asking her students to write racist slurs on the classroom whiteboard. The manifestation outlined negative experiences of students through anecdotes.

Senior Achille Vann Ricca said it was monumental in the Center of Music. Whitehead said. “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 called IDEA was created within the Center for Theatre and Dance in Fall 2021 to support anti-racism 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

Katherine Weidner, professor in the Department of Theatre and Dance, said via email that the department has made changes to policies after the “manifesto disrupted that pattern and was a big call out for a lot more to be mandatory for all members.”

TenEyck 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.

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.

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 last fall has since been 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 Daniel Dury was arrested Oct. 31 for 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.
Eyewitnesses say Israeli tanks deployed on streets of Gaza city
Israel 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 Republican 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 showdown 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 communiqué rejected “any attempt at displaced force placement 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 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 progress.

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

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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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.”

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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, Angelica 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.

Lara 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 Angelica Carrington and Radeana Hastings are no longer at Ithaca College," Maurer said via email.

During the Nov. 13 Student Government Council Meeting, President La Jerne Cornish said Marsha Dawson, dean of students in the Office of Student Affairs and Student Life, and Shara Wallace, program director for the MLK Scholar and First Generation program, will be supporting the center until a new director is hired.

Carrington declined a request for an interview with The Ithacan, even if 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 body that stood by me through all of our challenges and success." Hastings did not respond to a request for comment before publication.

In Fall 2022, the center also welcomed Chi-Simon Vital, assistant director of the BIPOC Unity Center, who is now the only professional staff member.

Sophomore Lenica Rebello 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.

Rebello de Oliveira said Hastings told the BIPOC Unity Center staff that she planned to leave the college a few days before Carrington's departure was announced.

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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 libraries. 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 System 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 ASL chapter leaders and then beyond that to many other organizations and groups to assess opportunities," Sperry said.

Anusofoloff, 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 rule 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," Kodoloff 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."

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."

Sarah 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.

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

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

In an email to the campus community, President La Jerne Cornish encouraged students to take the survey during the Commonwealth 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, Belsa 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 first 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 does 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.

"I think everyone has a right to not report on this experience for years to come, but we would still like to hear from more of you," Cornish said.

"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 they have to say what is valuable." Even though Project Look Sharp focuses on K-12 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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KEVIN YU/THE ITHACAN
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 Holocaust Remembrance Day. Molly Goldberg 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 saddened 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 an incident does not stand alone. It represents the growing trend of rising antisemitism worldwide.

Greekrank forum since the original coverage has been removed. Rabbe Jacobs said the incident does not stand alone. It represents the growing trend of rising antisemitism worldwide.

I'm glad to have spaces like Ithaca College, said she now works as an Inclusion and Diversity Business Partner for Cashapp. "Diversity, equity and inclusion is a newer field in the arts, so a lot is still being done to cultivate the workforce," Jacobs said. "I got to make connections with other theaters in the Ithaca community, like the Harlem Jukebox, and we made the 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 rights in this moment, I would encourage them to explore that and to press on it, and to break their biases and without experiencing guilt.

Almonte said that personally, students have strong reactions, but as a campus, we need to forge this camaraderie because it's like this unspoken understanding.

"I'm glad to have spaces like this," Lubas said. "The POC [in the department] have to foster this camaraderie because it's like this unspoken understanding."
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 until he retired.

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

“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 consisted 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.”

“What were some challenges you faced in your career?”

“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. 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 reconsider who they thought I was. I had to reconstruct what 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 a list that honors 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 appear to have an effect on 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 students do at Cornell,” 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 who attend by an 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 on the 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 are doing stuff together and not just competing,” 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 and standards for each of their separate undergraduate schools, but Ithaca College does not have a dean’s college-wide 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 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 do well on those tests doesn’t mean that they don’t excel at standardized testing, that shouldn’t define their worthiness when it comes to a resume.”

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**Cornell talks about projects and budget**

By Makayllanes

**STAFF WRITER**

The Ithaca College Student Government 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 involved in the students.

Cornish said one project, the Alumni Circle Promenade, was made possible by the Ithaca College Foundation and Board of Trustees member Peter Tallet ’82. Cornish also said the Birnfeld Field at Butterfield Stadium was funded entirely by a $5 million donation from Monica Birnfeld Wooden ’81.

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

“I 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 Richardson, student liaison to the TCAT, asked about any progress made to diversity initiatives within the college.

“TCAT has one gift to make a new bus fare 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.”

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**Mb: It 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 consisted 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.”
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 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 experiences, including the college’s Summer Scholar program, which will meet often starting in July. Applications can be emailed to ecoreps@ithaca.edu. Questions can be answered by Victoria Grimes, the program and requests for accommodation can be emailed to ecoreps@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 Wals via email at kwalls@ithaca.edu to receive assistance.

Eco Reps composting program returns to Residential 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.

Collected items will be collected each Sunday around 11:30 a.m. outside of the stairway. More information about the program’s start date and directions for participation will be posted on the Eco Reps or New York Times and Hyperlink. The college seeks enough apartments who sign up so once enough apartments have registered.

Eco Reps is now 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 2926) mini-course will consider resources, concepts and opportunities that can help students create a small business, especially one that features their cultural identity. Two sessions, during college, will feature alumni guest speakers who will share their own business experiences and products and present to students at the college.

The speakers include Eden Strachan ’21, founder of the Black Girls Don’t Get Love, an online love and dating magazine; Bita Bunatal ’16, founder of the multimedia creative agency Malaka Collective; Prof. Bmwana ’15, CEO of Pima Bwana Brands, and Oliva Carpeniter ’22. The course will address business structures for business planning and developing ideas for business pitches. The course will include presentations during the course which will include digital introductions and readings, which will be followed by interactive presentations and work time on Feb. 16 afternoon, 11 a.m. to 1 p.m. and 2 p.m. to 5 p.m. Feb. 17 and 12 to 5 p.m. Feb. 18.

The course is one credit and has no prerequisites. Individuals who have questions or requests for accommodations can contact Diane Gayeiks via phone at 607-274-3482 or via email at gayeiks@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 Mental Health training from 1:30 to 3:30 p.m. Nov. 17 in room 519 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 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 these issues with students.

Requests for accommodations for her presentation should be directed to Paul Nicholson, director of the Handwerker Gallery, at paul.nicholson@ithaca.edu or 607-274-5484.
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 aspire 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 also women, LGBTQ+ and AAPI students. 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.
Public safety resources must be improved on campus

BY CLARE SHANAHAN

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

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 campus life over the past three years, and 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 phone 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, I began to get concerned. As a journalism student, I thought of the disproportionate amount of students who may be affected by this.

During my reporting, I was told by representatives of the 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 a female student at the college, I frequently find myself grappling with questions about my prospects — will I ever attain the level of industry professionalism that Park promises? I’m able to count on both hands the students of color enrolled in the Integrated Marketing and Communications program — formerly known as the Communications and Media Studies program — of Park. The apparent lack of commitment to the representation of White students in these programs finds itself as the sole representative of their racial backgrounds in my classes, often overshadowed by their white counterparts. I 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. Irmgart Habermehl, a junior marketing communications major, said the phone rang for five minutes before someone picked up. Public Safety arrived on the scene after ten minutes, 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 Ithacan’s assistant news editor, I reported on antisemitism on 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 was the Baker elevators. Elevators are effectively a box that once closed, nobody can exit or enter. There is also no way to see inside the elevators 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 have 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 and The Ithacan’s opinion editor. Contact her at cshanahan@ithaca.edu.

STAFF COMMENTARY

BY CLARE SHANAHAN

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

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Public safety resources must be improved on campus

BY CLARE SHANAHAN

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 campus life over the past three years, and 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 phone 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, I began to get concerned. As a journalism student, I thought of the disproportionate amount of students who may be affected by this.

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Functiona...
I 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 to really honor, appreciating and understanding. And I think 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 acknowledg- ing that time as not their time, as Indigenous Peoples Month as a month of acknowledging the land that those nations have been on for centuries, that they are acknowledge
ging 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 educa
tion on Native American culture and the Native American studies program was designed into the anthropology department. Brook Hansen, who is now a professor at the University of South Flori
da, said the program combined lessons from professors with lec
tures from members of the local Onondaga and Haudenosaunee community members.

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

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

According to Data USA, in 2012, the college enrolled 28 Na
tive 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 stu
dents 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 Haudenaunooke," 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 part of a consortium of other New York State colleges and universities — like SUNY Os
wego, Syracuse University, SUNY Environmental Science and Forest
ce 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 con
scious, coordinated effort to get Native studies programs from Oswego to Binghamton.'"

When Hansen worked as a professor for the college, she co
ordinated 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 icon
ic Ithaca-esque waterfall landscape with the faces of elders embedded into the piece. "I think it's a pretty good paint-
ing," Thomas said. "I had a lot of help with it from the students and staff, 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 peo
ple 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 oth
er 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 relation
ship of support. And that those patterns are evident throughout nature, and are definitely evident within our communities."
Ed Brothers paints with past memories and nostalgia

Located in Downtown Ithaca, the State of the Art Gallery presented its annual solo and dual exhibitions for the month of November. 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-escapism 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 it. He will paint a landscape image and 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 drove 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, "Joy’s-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 talkback about his exhibit 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 at different ways," Brothers explained. "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 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 talkback was filled with members of the gallery, intensely 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 Marge 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 that makes it into a really lovely piece of art.

Senior Violan 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.

CONTACT: MOLLY FITZSIMONS

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, and she will create a different themed episode for a specific topic. The gnomes are often doing daily tasks 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 scrutinizing, but most of it is people who already know.

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?

"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 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 [of] in the future. I really enjoy media that is just comfortable and pleasing, you know, rather than necessarily controversial. I feel nowadays everything is controversial. So it’s nice to have something comforting, especially for adult entertainment.

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

"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 almost impossible.

CONTACT JADYN DAVIS/THE ITHACAN

THURSDAY, NOVEMBER 16, 2023

CONTACT: JACQUELYN REAVES
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 wanders the Parisian streets looking 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 into various hotels around the world, he always remains a fascinating character. His monologue 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 as Fincher’s intense and unexpectedly hilarious examination of what happens when an assassin misses his shot by a millisecond, leading to an unexpected confrontation of the killers. Based on the establishment of 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.

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 beneath 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 remains just as brilliantly incorporated. Fassbender’s character frequently makes jobs at pop culture and things in his environment. As he carries out the 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 uncompromising and also quite hilarious.

As the lead, Fassbender gives a terrifyingly subdued performance while bringing a stealth and inhuman 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 relies in ambiguity here, at times it can be a bit of a fault, especially in establishing what the killer’s ultimate goal is. While 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.

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 in a theater — seems 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 probably no film this is a film worth watching, studying and laughing along with.

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MOVIE REVIEW: “The Killer” Netflix

BY JESS WILLIAMS STAFF-WRITER

PinkPantheress’ newest album release, “Heaven knows,” perfectly sets up The Killer’s return to the streaming world on Nov. 10, offering up a new R&B, disco and pop sound with dreamy synths.

PinkPantheress used to crank out songs several every day, releasing these bite-sized, hookey 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 from mainstream pop picking up on her 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 Afrobeat rapper Rema. Many songs on this album carry the same spirit as this one: an evolution of PinkPantheress’s 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 throwback to her early songs, this album has a more sophisticated collection of her songs. “Heaven knows” ties together a narrative surrounding fragile relationships. The dissohnanced “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 destructive relationship is also shown through the parasitically “True romance,” which shows the perspective of an obsessive fan as she sings, “I’ve been a fan of you since 2004 / You know my soul / So much, I took my loving over there / I got a tattoo just to show how much I care / But 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 becomes contaminated with emotional manipulation. 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 interwoven “Ain’t nobody 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 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 anemic note, a victory lap for an album that cemented PinkPantheress as an artist with more staying power than is usually allotted by TikTok virality.

CONTACT: JWILLIAMS19@ITHACA.EDU

ALBUM REVIEW: “Heaven knows” Warner Records UK

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

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PHOTO CRED: COURTESY OF NETFLIX

MOVIE REVIEW: “The Killer” Netflix

BY MATT MINTON SENIOR WRITER

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

PinkPantheress uses this debut album as an opportunity to try at UK drill in the song “Nice to meet you,” which starts off well but gets completely ruined by a phoned-in verse from Central Cee, who spends his entire time bragging about cheating on a partner.

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CONTACT: JWILLIAMS19@ITHACA.EDU

PHOTO CRED: COURTESY OF WARNER RECORDS UK

‘Heaven knows’ this album transcends TikTok virality

BY JESS WILLIAMS STAFF-WRITER

PinkPantheress used to crank out songs several every day, releasing these bite-sized, hookey 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.

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CONTACT: JWILLIAMS19@ITHACA.EDU

PHOTO CRED: COURTESY OF WARNER RECORDS UK

‘The Killer’ slays every detail of a caper thriller
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 Earplugs
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
64 Jellylike substance
65 Bombing attack
67 Small decorative container
68 Expert
69 Unearthly
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 Rainiment
8 Not silently
9 By chance alone
10 Dangerous current
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medium

hard

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Thursday, November 16, 2023

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sudoku

By Quill Driver Books
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. Nineteen 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 long run or a short amount of time. The rest of the week, you need some time off, [head coach] Erin [Dinwiddie] is extremely flexible."

Senior distance runner Andrew Evans said the relentless schedule eventually took its toll.

"I had been running on a varsity team since eighth grade, also three seasons," Evans said. "Typically how that works is between every season, I'd take a max of a week and half off. … With collegiate 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 being proactive with the athletes she treats is especially important.

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"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 also have fun. The fun part is what makes it worth it."

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

BY TESS FERGUSON  
SPORTS EDITOR

On Nov. 11, the then No. 13 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 ‘Joerper said that despite the ultimate result, he is proud of his athletes’ perseverance.

“Proud of the way they kept playing,” Joerper 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 highest 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’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” had 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 a head coach, and to talk it all off to script on the ice with two of the players at the end of their season and conduct an interview. It’s been an experience of a lifetime,” DeCrow said.

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

**Sports media students utilize East Hill**

BY JOHN BAKER  
SPORTS 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.

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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.

“Division I athletic school right next door to your dorm is a cool 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.”

**Cal Poly standout joins IC basketball**

BY JOHN BAKER  
SPORTS 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 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 of winning, but 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. “I think the girls are just as competitive and want it just as much at that level. I just think there’s not as much as much that culture of being the best and willing to put everything on the line to where you want to go.”

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.

“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 Bombers 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 very good with all the players with communicating and leadership.”

Dickson said that, just as it was back in Cal Poly, her goal here is to win, but also to find a 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.

“Make sure 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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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.