THURSDAY, OCTOBER 10, 2024 THURSDAY, OCTOBER 10, 2024

ACCURACY • INDEPENDENCE • INTEGRITY

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BAU PRESENTS 'AN EVENING OF **JAZZ' CONCERT**



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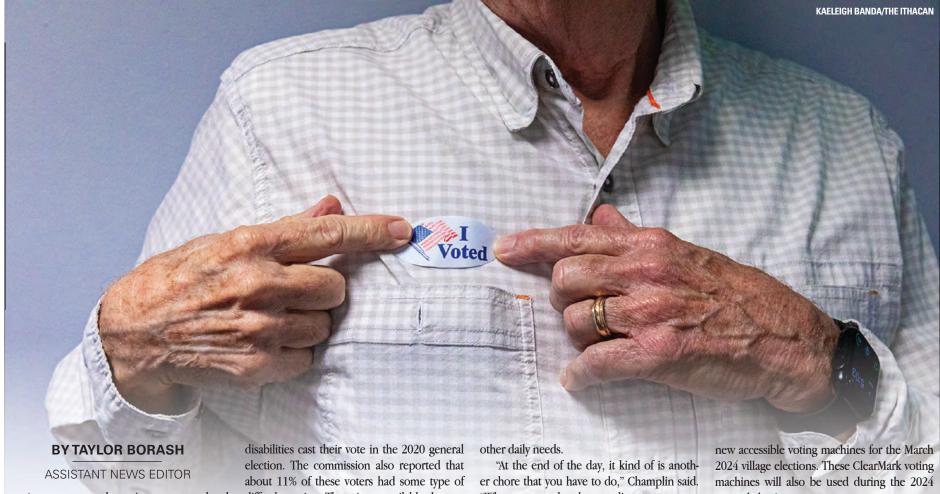
COLLEGE MUST HIGHLIGHT ALL DIVERSE FACULTY



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SOPHOMORE TRIO DRIVES SUCCESS ON AND OFF COURT

County works to support marginalized voters



As voters across the nation prepare to head to the polls Nov. 5, Tompkins County advocacy groups are taking extra steps to make the voices of marginalized populations heard by preventing roadblocks specific to each community.

Voters with disabilities

The U.S. Election Assistance Commission reported that 17.7 million adults with difficulty voting. There is no available data on the turnout of voters with disabilities specific to Tompkins County.

Andrea Champlin, advocacy and support specialist at the Finger Lakes Independence Center, said that even if voting is physically accessible to voters with disabilities, it is not always a primary concern on top of

"When you are already struggling to meet your basic transportation needs, medical needs, any of those things, voting can just be one of those things that doesn't get prioritized."

Despite these barriers, the Tompkins County Board of Elections increased accessibility for voters with disabilities who are able to make it to polling locations by installing general election.

Jeff Boles, advocacy specialist at FLIC, said that although these machines are a step in the right direction for Tompkins County, it is hard to come up with a solution that will be perfect for every person with a disability.

VOTING, PAGE 3

IC community remembers Oct. 7 attacks | New MTD dean

BY VIVIAN ROSE

ASSISTANT NEWS EDITOR

On Oct. 7, 2023, Hamas led attacks on an Israeli music festival that killed about 1,200 people, now marking a year of the Israel-Hamas war. To commemorate the events of Oct. 7, members of the Ithaca College community organized and attended gatherings to remember the tragedy and its aftermath.

A newly recognized club, Ithacans for Israel, gathered at the Free Speech Rock on the evening of Oct. 6 to hear from students, faculty and members of the college community - about their experiences over the past year. Cornell junior Mel Schwartz, a member of Cornell University's Cornellians for Israel, was in attendance, as well as Chana Filler, a director of Chabad at Ithaca College.

Along the wall of the Free Speech Rock, the club taped posters of hostages taken by Hamas, hung the Israeli flag behind where they stood and lit small candles toward the end of the vigil.

During the vigil, seven speakers addressed the 30 people in attendance about their experiences since Oct. 7, 2023 and the impacts the attacks had on them. The club's president, sophomore Ben Epstein, began the gathering and said the past year has been hard for him and other members of the Jewish community on campus.

"No amount of hatred, no amount of erasure of our history, no amount of antisemitism, no number of tents on our campus lawns, no level of intimidation of our students and faculty and no number of defamatory attacks on our people will ever stop us from being here because the Jewish spirit is unbreakable," Epstein said.

Between 2022-23, Hillel International recorded 290 instances of antisemitism on North American college campuses.

In 2023–24, the organization recorded 1,854 instances. At Ithaca College, all hate crimes reported in 2022 were labeled as religious bias. In 2022, eight swastikas were found, as previously reported by The Ithacan.



On Oct. 8, campus community members attended an interfaith gathering organized by the Office of Religious and Spiritual Life. NICOLA RUFFINI/THE ITHACAN

Four swastikas were found on campus in 2023, and there was one swastika found on campus in

Epstein said members of the group at the vigil would be staying together until 11 p.m. EST, around the time the attack happened in Israel.

While the vigil was organized by Ithacans for Israel, members of other local Jewish organizations,

like Filler, spoke.

"Unfortunately, the Jewish people have a lot of experience when it comes to having to deal with these types of situations," Filler said. "When we talk about the continuity of the Jewish people, ... our legacy is in the joy that we experience ... and in praising God and focusing on the ways of hope

VIGIL, PAGE 3

search initiated

BY KAELEIGH BANDA

PHOTO EDITOR

Ithaca College's School of Music, Theatre, and Dance has started its search for a permanent dean. The school appointed two interim deans for the 2024-25 academic year after Anne Hogan, the inaugural dean of the unified school, departed at the end of Spring 2024. The search committee for the new dean was formed at the end of summer 2024.

At the beginning of July 2022, the Center for Music and the Center for Theatre and Dance officially combined into one school with one dean under Hogan's leadership.

Hogan was the dean from Fall 2022 until Spring 2024, when she left to accept a position as dean of the College of Performing Arts at Chapman University in Southern California. This change adds a new layer to the upcoming dean's job, which is to continue to unify the three programs.

For the search committee, Melanie Stein, provost and senior vice president for Academic Affairs, chose Crystal Peebles, associate professor in the Department of Music Theory and

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Nation & World News

Israel sends offensive in Gaza a day before Oct. 7 anniversary

On Oct. 6, the Israeli military said it had launched a new ground offensive in Gaza, one day before the first anniversary of the Oct. 7 attacks by the Palestinian militant group Hamas.

Troops advanced with combat tanks into Jabalia in north-eastern Gaza overnight, the military said, reporting that Hamas had attempted to regroup in the area.

Lebanese government gets medical aid to assist hospitals

The Lebanese government has received an aid delivery of 25 tons of medicine and medical supplies from the United Nations, a minister said Oct. 6.

Firass Abiad, health minister, said the delivery from the U.N. Children's Fund is vital and will enable hospitals to continue to function.

Pope Francis to increase the size of the College of Cardinals

Pope Francis said on Oct. 6 that he plans to promote 21 clerics to the rank of cardinal in December. The pontiff made the announcement in a speech addressing worshippers in Saint Peter's Square in the Vatican.

The step significantly expands the size of the College of Cardinals, the body of all

cardinals of the Catholic Church who eventually will vote to elect Francis' successor. The vast majority of eligible cardinals were appointed by the Pope during his 11-year tenure and this proportion is set to rise following the latest expansion.

The appointments enable Francis to exert significant influence on the selection of his successor.

Italy introduces plan to grant citizenship to migrant children

Italy's right-wing coalition government is deciding the adoption of a proposed reform to the country's citizenship law.

Foreign Minister Antonio Tajani from the Forza Italia party, who also serves as deputy prime minister, introduced a proposal Oct. 5 to grant Italian citizenship to children from migrant backgrounds after ten years of attending Italian K-12 school.

Tajani's plan to reform the citizenship law has prompted a backlash from the leader of the populist league party, Matteo Salvini, who is also the country's other deputy prime minister.

Greta Thunberg arrested as a member of a climate protest

Swedish activist Greta Thunberg was arrested at a climate demonstration in Brussels, Belgium on Oct. 5.

The 21-year-old took part in a sit-in



Florida under hurricane watch after Helene

Tropical Storm Milton is threatening to grow into a major hurricane aimed at Florida's Gulf Coast, potentially causing billions of dollars in damage after category 5 hurricane Helene devastated the state less than two weeks ago.

COURTESY OF TRIBUNE NEWS SERVICE

blockade with around 150 other climate activists, according to the Belgian news agency Belga.

The protesters, gathered under the flag of United for Climate Justice, called for an end to government support for the fossil fuel economy across the European Union.

Thunberg was detained along with

more than 100 other protesters, a spokesperson for the United for Climate Justice campaign said, before they were released later that day.

Thunberg's protests in 2018 gave rise to the climate movement Fridays for Future.

SOURCE: TRIBUNE NEWS SERVICE

MULTIMEDIA

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VISIT THEITHACAN.ORG/CATEGORY/MEDIA/



Ithacan Tries: Ray & Flynn join IC Tap Co.

Watch Video Editor Ray Milburn and Sports Editor Flynn Hynes go pitter-pat in a brand new "Ithacan Tries!" The duo joins IC Tap Co. to learn a song from the club's Oct. 13 lineup.



On The Same Page - Top Stories of Week 7

Host and Photo Editor Kaeleigh Banda breaks down *The Ithacan's* top weekly stories in interviews with writers Khari Bolden and Sheelagh Doe. Edited by Mei Dennison.

THE ITHACAN

220 ROY H. PARK HALL, ITHACA COLLEGE, ITHACA, NY 14850

(607) 274-3208 • ITHACAN@ITHACA.EDU

EDITOR-IN-CHIEF MANAGING EDITOR COMMUNITY OUTREACH MANAGER **OPINION EDITOR NEWS EDITOR ASST. NEWS EDITOR ASST. NEWS EDITOR** LIFE & CULTURE EDITOR LIFE & CULTURE EDITOR **SPORTS EDITOR SPORTS EDITOR** PHOTO EDITOR **ASST. PHOTO EDITOR ASST. PHOTO EDITOR** VIDEO EDITOR VIDEO EDITOR **PODCAST EDITOR** CHIEF COPY EDITOR **PROOFREADER PROOFREADER DESIGN EDITOR** ASST. DESIGN EDITOR WEB DIRECTOR SOCIAL MEDIA MANAGER AD SALES MANAGER **NEWSLETTER EDITOR** ITHACAN ADVISER

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COPY EDITORS

Caroline Fennel, Charlotte Lieber, Alanna Manning, Natalie Millham, Sarah Payne, Anna Riley

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FROM VOTING, PAGE 1

"It depends on the person and the disability involved," Boles said. "What's accessible for me may [not] be accessible to a person with a visual impairment or with a hearing impairment. . . . It's pretty difficult to come up with something that's 100% accessible to everyone."

Older voters

In the 2020 general election, voter turnout was reported to have increased with age, with adults ages 65–74 having the highest voter turnout at roughly 76%, according to the United States Census Bureau.

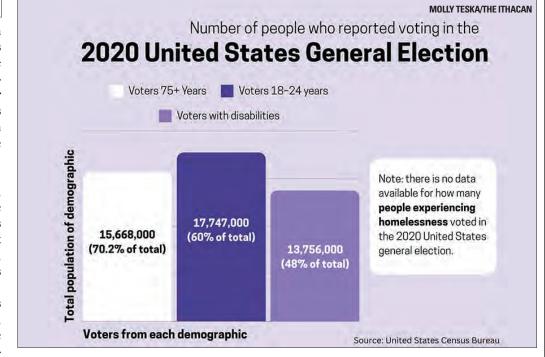
The only exception to this was the turnout for adults ages 75+, which was roughly 72%. There is no available data on older voter turnout specific to Tompkins County, which is home to approximately 11,525 residents over the age of 75.

Breelan Nash, recreation and community partnerships director at Longview Senior Living Community, said that in her own experience, the older adults she works with are highly interested in casting their vote.

"We have residents who are over 100 years old, so they were around when women ... didn't have the right to vote," Nash said. "They remember ... their mothers talking about not being able to vote. So it is incredibly important to provide opportunities for residents to both register ... and to go out and vote."

Unhoused voters

The most recent available data on how many adults experiencing



homelessness turn out to vote each year is from 2012, and there is no newer data on this topic currently available.

Simone Gatson, a housing specialist and coordinated entry lead at Continuum of Care, said via email that there is no existing voter advocacy group for people experiencing homelessness in Tompkins County.

"Creating, funding and implementing a program to help unhoused people to vote has not come up as a priority for the people with lived experience we engage with," Gatson said via email. "People are struggling with their day-to-day survival and ability to meet their basic needs of food, water, sanitation and shelter with dignity. We lack the programs and funding locally to support these basic needs, so expanding

access to meet that need is our primary focus."

Student voters

In the 2020 general election, 55% of voters ages 18–29 turned out to cast a vote.

This is the highest recorded percentage for the age group since 1972.

The polling location for Ithaca College students who list the college as their residence when registering to vote is at Longview. The college's Voter Registration Task Force is implementing a van system for faculty and staff volunteers to drive students to and from Longview on Nov. 5.

Sihaya Moraleda, assistant director in the Office of Access, Opportunity & Achievement at Ithaca College, said she volunteered to drive students to and from Longview as a way to give back to the community.

"I've worked with a lot of students on campus who don't have their own transportation, so I didn't want ... anything to be a barrier for them to vote," Moraleda said.

Sally Grubb, co-president and chair of the voter services committee of the League of Women Voters of Tompkins County, said voters of all ages should exercise their right to vote even if they worry that it will not have a large impact.

"If you do not shout loud enough, people can't hear you," Grubb said. "If six people get together and push for something, they can make a difference. If 20 people get together and push for something, they'll make more difference."

CONTACT: TBORASH@ITHACA.EDU

FROM VIGIL, PAGE 1

rather than focusing on the past."

After she spoke, Filler passed around a coin jar and a wallet of pennies. She said that when the Oct. 7 attacks initially happened in 2023, campus community members gathered in the Muller Chapel.

She said they passed around the same coin jar to symbolize tzedakah, a Hebrew word for charity.

"Here is a very practical way that we could channel everything that Judaism is, [and how it is] changing the world, spreading goodness, spreading kindness, spreading light in a very tragic way by taking a penny and putting it in a charity box and designating it for someone else," Filler said.

On Oct. 7, Hillel at Ithaca College organized a gathering where about 20 attendees painted stones and sang prayers of remembrance. After gathering inside Muller Chapel, attendees headed out to the pond where Cantor Abbe Lyons led the group in prayer.

Lyons chanted Psalm 118, which is chanted as a part of Hallel typically on celebratory holy days. According to a document handed out at the gathering, chanting the Psalm served as an important reminder of freedom.

"In times of crisis, the psalmist reminds us that we can and should cry out to God," the document said. "There is a place for wailing and gathering with others. But we must also allow ourselves to get quiet to hear an answer."

Attendees prayed for the hostages, the Palestinian people and for all mothers affected. Then, the gathering moved to the chapel, where students painted stones of remembrance.

In Jewish tradition, stones or pebbles are typically left on graves for remembrance.

According to the document, the stones serve as a physical reminder of the people who died Oct. 7, 2023.

On Oct. 8, the Office of Religious and Spiritual Life organized an interfaith gathering for the campus community in the Muller Chapel. During their speech, Lauren Kelly Benson, director of the Office of Religious and Spiritual Life, said that while the gathering was to acknowledge the Israel-Hamas war, it was also organized to hold a space for any and all grief.

"We're grieving the last year, young people came to know humanity's harshest realities," Benson said. "We're here for specific happenings to serve the region of the world, one that holds sacred, holy space for old and ancient religions and peoples, one that is divided by war."

Benson led the event and welcomed people to speak from a wide range of faiths, like Hinduism, Christianity, Islam, Judaism and Paganism. After a member from each faith spoke, a moment of silence was held by candlelight.

Sophomore Emerson Cook said he has felt stuck hearing his own thoughts about the Israel-Hamas war and attended the gathering to see how other people had been coping and what other peoples' experiences of the past year have been.

"I think that we're all allowed to feel what we feel, because we're human, and we're allowed to have our feelings, our politics and just be very angry, as long as we can come together like this," Cook said. "So can we please just take a moment to learn how to live with each other?"

Each speaker invoked sentiments of peace from readings of different religious texts to those in attendance.

Throughout the service, treya lam, a folk musician and friend of Benson's, played the guitar and piano. lam played barefoot and had a handwritten sign on their guitar that said "Peacefire."

President La Jerne Cornish swayed to the music lam played to begin the service. In an interview with *The Ithacan*, Cornish said the gathering served as a gift for campus community members to sit with others, no matter faith or tradition, and hear about each others' grief.

"We talk about wanting to be a model for diversity, equity, inclusion and belonging," Cornish said. "This is a reflection of who we are and what we can be. This is us."

FROM DEAN SEARCH, PAGE 1

History Composition, and Marc Gomes, associate professor in the Department of Theatre and Dance Performance, as the committee's co-chairs. Junior Amanda Haussmann and senior February Schneck are the committee's student representatives. Besides the chairs and the students, there are 10 other staff and faculty members on the committee.

Peebles said the rest of the search process will tentatively take place through March 2025. After the leadership profile is solidified, candidates can apply for the job and then the committee will begin to sort through applications. Finalists for the position will come to the college, where students can meet them and give feedback to inform a decision.

The committee works with the search firm WittKieffer and MTD community members to write a leadership profile. A leadership profile acts similarly to a job description but it focuses more on describing the kind of candidate they are looking for beyond just the scholarly qualifications. The profile will help the committee narrow down the candidates to three to five people and Stein will make the final decision after open sessions on campus.

Peebles said a dean's job is not as noticeable to students as it is for faculty, but if the dean is doing their job well, everyone will flourish.

"I like to think of any dean as having two hats," Peebles said. "One role that the dean has is [working] closely with faculty, students and staff to make the institution as strong as possible. The other big part of a dean's job is very outward-facing. They're basically the face of the School of Music, Theatre, and Dance because they interact with alumni, they interact with donors and they do a lot of traveling to get the name of Ithaca College out there and tell our story and show how great of an institution we are."

The current interim deans are Steve TenEyck and Luis Loubriel. TenEyck was previously the



Anne Hogan, the inaugural dean of the unified School of Music, Theatre, and Dance, departed Ithaca College at the end of Spring 2024. Hogan served as dean for two years.

GRACE VANDERVEER/THE ITHACAN

associate dean and has worked with theater programs since 2001. Loubriel started working with music programs in Spring 2024.

TenEyck and Loubriel said via email that their roles are not very different from a typical dean but they are also working to prepare for a permanent dean.

"We hope that students know that our job is to support the faculty, staff and students in their work," TenEyck and Loubriel said. "We want our community to know we are here, we are available and we hope that folks will reach out."

Gomes said the role of the new dean will be to further unite MTD by making active efforts to increase collaboration.

"The whole college is like a little organism that works together, so I think [the dean is] an important position and an important step in the right direction for MTD in terms of having somebody to offer a unifying vision and voice for the school," Gomes said.

The schools have been merged for three

years, however, sophomore Jada Soltau, an acting major, said the schools do not feel united.

"We hear very little about the Whalen stuff, and I know it's still new and they may not know necessarily how to combine the two or make us collaborate more often," Soltau said. "It still very much feels like Whalen and then Dillingham," Soltau said. "I think having [a dean] who is willing to advocate for us like a wider MTD program is important to help us grow."

Schneck said that having a leader who embodies the culture of the college and MTD as a whole is important.

"There is a distinct lack of unity," Schneck said. "My hope is that we will have a leader [who] is able to infuse that a bit more. We need someone who cannot just do that in a procedural way but who will implement a more cultural shift where we spend a bit more time with each other in ways that are more tangible."

CONTACT: KBANDA@ITHACA.EDU

women in tech

BY JULIAN DELUCIA

CONTRIBUTING WRITER

Senior Surya Sharma, president of Girls Who Code at Ithaca College, is the web director for The Ithacan.

Girls Who Code at Ithaca College is a student-led computer science club that began in Fall 2024. It focuses on community and portfolio building for women and non-binary students in the field. Currently, there are 24 members, including five executive board members.

ICGWC was founded by senior Surya Sharma, a computer science major, who is also the club's president. Girls Who Code is an international nonprofit organization that has set out to increase the number of women in computer science.

Ali Erkan, associate professor and chair of the Department of Computer Science and club adviser to ICGWC, said the initial goal was to start a coding club, but with his encouragement, the club focused more on women and partnered with Girls Who Code. The club is open to non-computer science majors as well.

"Computer science has historically been skewed in terms of gender," Erkan said via email. "Female students [in my classes] have always been very successful, but they also express doubts about themselves. Having a space like this will be helpful for them."

Erkan said that roughly seven years ago, there was a separate club dedicated to women in computer science that was not connected to Girls Who Code, but it disbanded because most of its leaders graduated.

Only around 21.3% of bachelor's degrees in computer science are earned by women. A similar trend is reflected in the Department of Computer Science at Ithaca College, where there are 43 men in the computer science BA compared to nine women, and 31 men in the computer science BS compared to 14 women, according to Fall 2024 data from the Office of Analytics and Institutional research. There are also no female-identifying professors in the department.

In May 2024, a major figure in the department, Sharon Stansfield, retired after 24 years as an associate professor of computer science. Stansfield was the only female-identifying computer science professor at that time.

Also the co-founder and vice president of Assistance in Motion, Stansfield said unequal opportunities and fitting in among male colleagues are still major obstacles for women in computer science.

"There are still attitudes out there that women don't belong in [science] fields and that they can't do that kind of work," Stansfield said. "Computer science particularly tends to sometimes draw in people like that."

Senior Vanessa Mpofu, a computer science major and creative manager of ICGWC, said another goal for the club is having older students mentor younger students and help them feel supported.

"It's [like] a blurry road," Mpofu said. "When you get to the end of it ... you're now trying to figure out what's next. If we had a few female professors, they can relate to our struggles because they've been through the path that we're taking."

Stansfield said women in computer science often struggle with impostor syndrome, and part of that belief begins in grade school, where math and science are often thought of as masculine fields of study.

"To get through, you need to believe in yourself ... and sometimes, even when the faculty believe in you, it's hard to believe they do," Stansfield said. "What they can do for each other is ... say you can do this. I've seen you, I know you're smart. You know what you're doing."

New club unites | Students doubles trading portfolio value

BY BRADY DUMAS

CONTRIBUTING WRITER

Core Trading Consultants is a student-run finance organization at Ithaca College that holds a portfolio worth approximately \$126,000 in assets, which is more than double what its portfolio was valued at four years ago.

Since 2020, CTC has seen a growth in membership and overall engagement. In March 2022, CTC had 30 members. In 2024, CTC's student base stands at over 60 active members.

CTC's portfolio is one of the three student-managed portfolios that make up the South Hill Fund – an overarching fund worth about \$1.2 million that also includes the equity management portfolio and the fixed income portfolio. The South Hill Fund is overseen by the Investment Advisory Board, which is made up of approximately 20 alumni and five faculty members.

Marc Weinberg '80, lecturer in the Department of Finance and International Business, is the chair of the IAB and is CTC's adviser. He said that although the IAB supervises CTC, members of the club and the student-run e-board handle the majority of the decision-making process.

"We, as an investment advisory board, are not voting," Weinberg said. "We can provide



Core Trading Consultants, a student-run financial organization, currently has a portfolio worth \$126,000 in assets, which is more than double what its portfolio was worth four years ago. AMINATTA IMRANA JALLOW/THE ITHACAN

advice and guidance, point them in one direction or another if they ask for advice. But at the end of the day, it's the CTC that's actually voting on the pitches."

The Global Asset Management Education Forum is the largest student-run financial conference in the world, hosted by Quinnipiac University. In March, 16 CTC members attended the GAME Forum in New York City. CTC placed third in the Undergraduate Small Fund Portfolio competition,

marking its first-ever placement in a GAME forum competition.

Senior Sanskar Mehta, chief investment officer at CTC, said this was the first time CTC attended the conference since COVID-19 and said placing third out of over 150 schools marked CTC's growth.

"Pre-COVID, we used to go there every year, but we started again and went there last year,"

Fox said that having students from across different schools is

beneficial to CTC because it allows for a diverse range of perspectives.

"It's really cool that we're able to have students from the music school or the Park School [or] the humanities school also get involved and manage some real money," Fox said. "It's really important because they bring outside perspectives that can help shape the portfolio and make an impact in a big way."

CONTACT: BDUMAS@ITHACA.EDU

Q&A: SAS Director talks equitable access

Since 2018, Ian Moore, director of Student Accessibility Services, has been working to implement equitable accommodations for students at Ithaca College.

In the 2022–23 academic year, 421 students at the college identified as having multiple disabilities. In Spring 2024, students created the Disabled Students' Alliance to foster a community for students with disabilities on campus.

Moore gave a presentation and did a Q&A with the Center for Faculty Excellence about equitable attendance accommodations Sept. 24. The college's attendance policy is in accordance with federal and New York state law, but can vary depending on the course and

A student can have an attendance accommodation through SAS if they have a documented disability.

Staff Writer Eamon Corbo sat down with Moore to discuss the presentation and accessibility for students at the college.

This interview has been edited for length

Eamon Corbo: You recently gave a talk to the Center for Faculty [Excellence] about making attendance policies more accessible, could you tell me a little about that?

Ian Moore: It's very difficult to say anything universal about disability because if you have a disability and I have a disability, even if we have the same diagnostic criteria, it might affect us completely different[ly]. ... The only almost fair thing you can say about disability is if you have a disability, it generally robs you of time. So we're working with faculty to help process how we communicate around these accommodations. What do they mean? What are their processes? And how do we most effectively communicate that so we can have the most effective and reasonable accommodation that's tailored to an individual space. ... There's going to be a difference in what can be provided in a class that ... has no student-teacher



lan Moore, director of Student Accessibility Services, said that being inclusive is key. In 2022-23, 421 students at Ithaca College reported having multiple disabilities. **EAMON CORBO/THE ITHACAN**

interaction and you're just hearing a lecture, versus like, "Oh, hey, we have these live tissues and they're set up only for a short time."

EC: What are some areas of accessibility that the school needs to work on?

IM: In the broadest sense, everything. We can always be more inclusive. We can always design things better. We can always meet the changing nature of our understanding of many disabilities. ... So in a vague sense, there's always spaces for improvement and to do better and to create better systems, and to create better communication and create better foundations. Obviously, being on a campus ... on the side of a hill in upstate New York with lake effect snow, there's a physical access concern we have. ... I'm working on a lot of physical projects right now. ... We're able to newly design a website around accessible events where there's checklists and ... information for people who create events. We're not in

every space, we're not in every club, we're not in every orientation event, we're not in every alumni event, but all of those should be accessible. . . . So we're trying to get information out there [to] help people make the foundationally good decisions.

EC: What's something you want people who aren't familiar with SAS to know?

IM: Disability is not a bad word, disability is the infinite variability of the human existence. ... Our numbers are a little bit higher than that because of the type of college we are. But disability is a protected class of citizenry in the United States [and] likely everyone will become part of this community. At some point, your eyes and ears will go as you age and you will become part of the disabled community, which is why inclusive design and thinking about access on a foundational level is so significant.

CONTACT: JDELUCIA@ITHACA.EDU

COLLEGE BRIEFS

S'mores event will inform Circles residents about fire marshal

Circle Apartments' staff will be hosting an evening of making s'mores and hot chocolate between 7-9 p.m. Oct. 10 at the Circles Community Center. The event will present health and safety guidelines to attendees before the fire marshal comes to campus to check dorms and blocked egresses, as they do every semester. The marshal will be checking dorms for candles, clutter of combustible items, fire and smoke exits blocked by materials, extension cords and covered smoke detectors. The marshal will be joined by representatives from the Office of Public Safety's Environmental Health and Safety and Residential Life.

Center of Faculty Excellence to hold session about mental health

The Center for Faculty Excellence will be holding a meeting within their Teaching Moves Conversations series.

The training will go over how to speak with students about reaching out to Counseling and Psychological Services and how to make referrals for students in distress. The training is open to faculty and will be held from noon until 12:50 p.m. Oct. 14 in Gannett 316, registration is required. Faculty members will hear from Brian Petersen, director of CAPS. The goals of the training are to teach faculty skills like identifying a student dealing with a mental crisis, how to begin a conversation with someone at risk, directly ask about suicidal thoughts and know how to refer students to on and off-campus resources.

A free mental health screening will be open to entire the campus

Ithaca College will be holding a mental health screening from 8:30 a.m. to 1:30 p.m. Oct. 15 in Emerson Suites. The screening will be free and is open to all faculty, staff and students. The screening will also have snacks, raffles and self-care kits.

The screenings will be conducted using the CCAPS-screen tool, which has 36 questions and asks about depression, generalized anxiety, social anxiety, academic distress, eating concerns, frustration, family distress and alcohol use. The screening will be anonymous and will give an analysis of the results. The screening will combine with the Flu Shot POD event held between 8:30 a.m. to 12:30 p.m. Oct. 15 in Emerson Suites.

SAB to invite students to find the killer at murder mystery dinner

The Students Activities Board will be

hosting a murder mystery dinner party from 8-9:30 p.m. Oct. 15 in Emerson Suites.

The dinner party will be Italian buffet-style and will include gluten-free and vegan options. The event will also have raffles and prizes. The dinner party will challenge guests to solve the murder and discover the killer. For accommodations, contact sab@ithaca.edu.

Training event will teach faculty to work with Canvas gradebook

Faculty will have the opportunity to learn more about the Canvas gradebook during the Center for Instructional Design and Educational Technology's event.

The training will be held 11 a.m. until noon Oct. 16 in Job 103. The session will guide faculty on how to grade and properly weigh student work. Faculty will be taught how to organize assignments and calculate

The session will be facilitated by Tristan Ross, instructional designer of the Center for Instructional Design and Educational Technology. The goals of the training will be to teach faculty how to match what is in the syllabus of a course to the gradebook, strategies to determine a participation grade and develop grades to send to students.

Midterm grades will be posted on HomerConnect by Oct. 23

Midterm grades are due by 5 p.m. Oct. 23 and became available to faculty in Homer-Connect on Oct. 2. Midterm grading is only for full semester classes, not block courses.

Faculty are encouraged to ensure that they have access to HomerConnect, that all students attending a class are in the class roster and regularly coming to class and the correct sport students are playing in a Physical Activity, Leisure and Safety class.

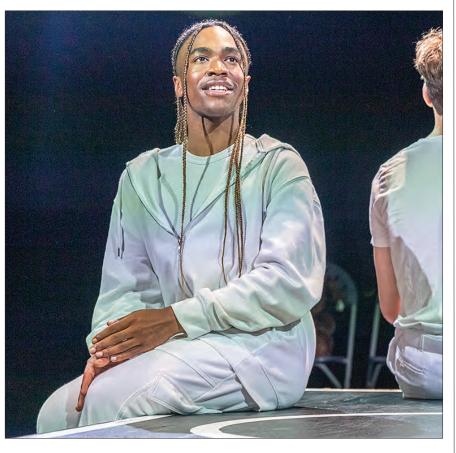
Faculty experiencing issues should contact the registrar at or 607-274-317 or at registrar@ithaca.edu. Midterm grades are required and determined by faculty and requirements range from No Grade Submitted to a 4.00.

Mental Health Flock to host last three events ahead of midterms

As midterms approach, the Mental Health Flock will be organizing stop and breathe events. The last three events will be held Oct. 11 and will focus on reflection and expression.

The first event will be held during the noon hour at the Muller Chapel for students to meditate.

The second event will also be held during



Dillingham Spotlight puts on 'The Giver'

Senior Jared Jefferson played The Giver in Dillingham Spotlight's production of the same name. Dillingham Spotlight performed the play on Oct. 4 and Oct. 5 in the school's McCarollTheater. The production was entirely student-led.

LUCIA IANDOLO/THE ITHACAN

the noon hour and will be organized on the Campus Center quad. Students will have the chance to meet different animals from Cornell Companions.

The third event will be from 4–5:15 p.m. in the CAPS Group Room. Students are asked to meet at the CAPS front desk. The event will give students the chance to make small eight-page artist books. The event will allow students to reflect, express themselves and take some time to pause work.

BIPOC Unity Center accepting photos for diversity celebration

The BIPOC Unity Center is searching for students, staff and faculty to participate in IC ME, a photo campaign open to all campus community members.

The campaign will be celebrating the diversity on campus by showcasing the community's heritage and story. Students can submit a high resolution photo through an online form, located on Intercom, to the BIPOC Unity Center.

The campaign will be celebrating Hispanic/Latine Heritage Month, which spans from Sept. 15 until Oct. 15.

The center hopes to expand the campaign to other heritage months during the year. Photos will be featured on digital displays and social media throughout the month and will be displayed in special templates for different heritage months. Students, faculty and staff who are planning to participate should include their name, the heritage month and a description of the heritage you are representing. The center will be accepting rolling submissions until Oct. 15.

Center of Faculty Excellence to hold faculty learning session

The Center of Faculty Excellence will be engaging faculty with their Teaching Moves Conversation Series.

This part of the series, Advising 101, will be held between 10-10:50 a.m. Oct. 21 in Gannett 316.

Elizabeth Bliecher, dean for Student Success and Retention, will be facilitating the conversation to teach faculty how to make their time with their advisees as efficient

The session will also give faculty a refresher on the Student Success Dashboard and tools to use in adviser meetings.

PUBLIC SAFETY INCIDENT LOG

SELECTED ENTRIES FROM SEPT. 23 TO 29

CRIMINAL TRESPASS 2ND DEGREE

LOCATION: Holmes Hall SUMMARY: Caller reported thirdhand information that a person is residing on campus without authorization. Patrol Officer Connor McCov responded. This is a pending investigation.

CRIMINAL TRESPASS 3RD DEGREE

LOCATION: Terrace Dining Hall SUMMARY: Caller reported a person restricted from campus was in the building. Sergeant John Elmore responded and was unable to locate the person. This is a pending investigation.

MEDICAL ASSISTANCE / **PSYCHOLOGICAL**

LOCATION: West Tower SUMMARY: Caller reported feeling upset and anxious. Sergeant John was unkown. Charlie Sherman, fire was transported to the Center for in EH&S, responded. Counseling & Psychological Services.

SEPT. 24

ACCIDENTAL FIRE ALARM

LOCATION: Terrace 3 SUMMARY: Simplex reported a fire alarm caused by burnt food. Patrol

Officer Chaz Andrews responded.

ILLEGAL DISPOSAL OF SOLID WASTE

LOCATION: Circle Lot 5 SUMMARY: Caller reported unknown person illegally disposed of items in a dumpster. Patrol Officer Steven Hutchison responded. This investigation is pending.

FIRE ALARM UNDETERMINED **CAUSE FOR ALARM**

LOCATION: Terrace 5

SUMMARY: Simplex reported a fire alarm. The cause for the alarm

Elmore responded and the person and buildings safety coordinator

SEPT. 25

WELFARE CHECK

LOCATION: West Tower SUMMARY: Caller reported that a person made alarming comments. Patrol Officer Jordan Bartolis responded and determined the person was not an imminent threat to themselves. The person was provided assistance.

SEPT. 26

V&T LICENSE VIOLATIONS (ALL)

LOCATION: Hood Hall

SUMMARY: Caller found a wallet and turned it over to the Office of Public Safety. Corporal Kevin McClain determined the wallet contained a fictitious driver's license.

UNLAWFUL POSSESSION OF MARIJUANA

LOCATION: Rowland Hall SUMMARY: The Office of Student Conduct and Community Standards reported three people referred for unlawful possession of marijuana. Master Security Officer Amy Noble responded.

SEPT. 28

ACCIDENTAL FIRE ALARM

LOCATION: 211 College Circle SUMMARY: Simplex reported a fire alarm. The activation was caused by burnt food. Patrol Officer Jordan Bartolis responded.

ACCIDENTAL FIRE ALARM

LOCATION: 141 College Circle SUMMARY: Simplex reported a fire alarm. The activation was caused by burnt food. Patrol Officer

Jordan Bartolis responded.

SEPT. 29

SCC IRRESPONSIBLE USE OF ALCOHOL/DRUGS

LOCATION: 171 College Circle SUMMARY: Caller reported an intoxicated person. The person was taken into custody under New York state's Mental Hygiene Law and transported to the hospital by ambulance. Sergeant Kevin Noterfonzo responded and referred to the Office of Student Conduct and Community Standards.

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



The Park Center for Independent Media presents

Disinformation Nation: Critical Media Literacy for Election 2024

Join esteemed media scholars for a conversation on building bridges, not walls, ahead of the presidential election. Spot fake news, deconstruct propaganda, and work toward solutions.







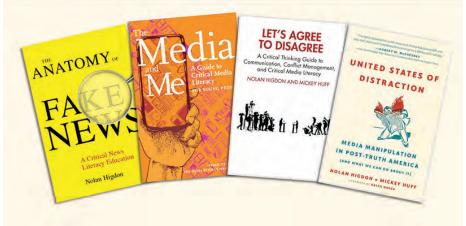
Mickey Huff PCIM Distinguished Director

Nolan Higdon Media Scholar

Tues, 10/15 12:10-1:10 p.m. refreshments

Free light

Textor 103 Ithaca College





Park Center for Independent Media at Ithaca College

ABOUT PCIM

- A national center for the study of media outlets outside traditional corporate systems and news organizations
- Events bring in leading voices from independent media
- Internships help place and support students at acclaimed outlets and organizations
- Classes explore journalistic need and financial viability for indy news

LEARN MORE



Scan for PCIM's ithaca.edu page

And visit parkindymedia.org

NEW DIRECTOR



Stop by to meet Distinguished Director Mickey Huff, Professor of **Journalism**

Roy H. Park School of Communications, Office 257 email: mhuff2@ithaca.edu

IZZY AWARD



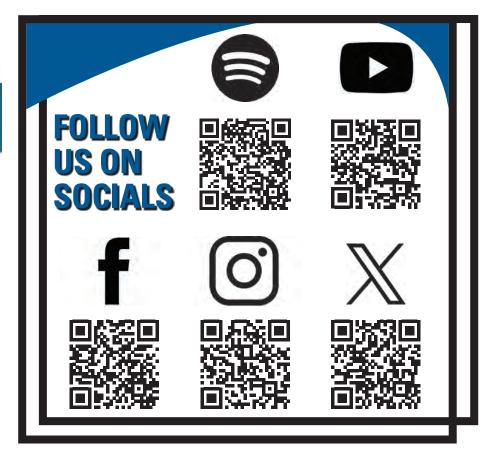
Named after legendary muckraking journalist I.F. "Izzy" Stone,

PCIM grants this annual recognition to journalists or outlets for outstanding achievement in indy media.

CLASSIFIEDS

Servers wanted at The State Diner! Experience is preferred. Please bring resume in person to 428 W State St from 9am to 2pm daily or email vspiritsii@aol.com

BARISTA WANTED! Previous experience preferred. Join our team at Rosie's Cafe & Parlor. A cozy and welcoming cafe located in the heart of Ithaca. Please email for appointments vspiritsii@aol.com





EDITORIALS

Gender diversity in college hiring practices must be supported by intentional employee retention efforts

hile as of Fall 2024 the college employs more women than men, there are still gains to be made in representation and support of Black, Latino, Asian and Indigenous faculty members. The college employs more women than men by a narrow margin. As of Fall 2023, 50.1% of employees were women compared to 48.8% of men. Approximately 80% of the faculty at the college are white. According to data by the Office of Analytics and Institutional Research, only 16.2% of faculty are people of color and 2% of faculty were reported as "unknown," while 1% was reported as "international." Breaking down this figure: 0.1% of faculty are Native Hawaiian or other Pacific Islander; 0.4% of faculty are Native American; 2.1% are Asian; 6% are Hispanic or Latino; 5.1% are Black and 2.4% identified as two or more races.

What this points to is an overall lack of racial diversity within the college's employees, which is on par with national averages. This statistical difference is slightly larger in scale than the student breakdown by race as of Fall 2023: the student population is 73.6% white and 21.7% students of color. As of Oct. 10, data is not yet available for Fall 2024.

Across the college's classrooms, this means that most of the teachers are white, as are most of the students. Although the college now employs more women than men, most of those women are white. Recent changes in the gender disparity across the college should be celebrated — but this does not necessarily mean that the environment for female faculty has improved. Nationally, female faculty are often held to a different standard than their male peers.

It is often more difficult for women and people of color to hold tenure track positions, although they are being hired more frequently. Significant differences in the comfortability of staff and faculty based on position and race were reported - only 12% of respondents of color said they were "very comfortable" on campus. Faculty and staff respondents of color were overall less comfortable with the campus climate than their white counterparts,

with 7% stating they felt "very uncomfortable" and 15% saying they felt "uncomfortable." In comparison, 14% of white faculty reported some degree of discomfort. Faculty and staff workplace climates were also listed as areas of improvement for the college.

The campus community can combat this by being cognizant of structural inequities and their own personal biases. Improving the on-campus climate for women, professors of color and other disadvantaged groups is an essential step that must be taken in order to make the experiences better for all members of the campus community.

Representation in education is one of the ways that students can dream to achieve excellence. If they do not see themselves represented in their teachers, they may not believe that being in a similar position is possible. This does a disservice to all students because it enforces a similarity of opinion, pedagogy and position. The disparity between genders has improved over the past years at the college, but men still outnumber women

in higher-level collegiate positions nationally.

Based on the same report, full-time male employees outnumbered full-time female employees by a count of 36 professors. Part-time employees included 188 women and 134 men. Non-binary or genderqueer faculty were not represented in this breakdown of designated positions -0.7% of employees identify outside of the gender binary, which is an increase from previous years.

The disconnect between the student body's demographics and the college's faculty exposes a disparity that is endemic in higher education. The campus community should celebrate the that the college is hiring more women and acknowledge that this is just a step in the right direction for employee equity.

The structure of the institution can uphold inequity and create a legacy of discrimination, even if the overall attitude at the institution is positive or improving. The college must create safety nets for its diverse faculty through job security and competitive benefits.

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.

Internet use creates an alarming distraction machine

BY JADE FERRANTE

JUNIOR

The internet is rife with distractions: from advertisements to the endless scroll of the explore page, there is no escape from the barrage of things to click, watch or buy. Smartphones, computers and game consoles have noticeably shrunk our attention spans.

There are so many options for things to do on digital devices that it seems obvious why nobody can focus; we're drowning in constant entertainment.

Journalist Kim Mills interviewed psychologist Gloria Mark about the link between technology and shrinking attention spans. Mark notes that while in 2004, the average human attention span used to have a median of two and a half minutes, it is now at 47 seconds. She attributes this decline to advancing technology and the time people now spend online.

In 2024, it's impossible to unplug. Entertainment, education and even employment are now overwhelmingly filtered through a digital lens.

Life has become increasingly reliant on phones and computers in the past few decades through the evolution of tech like GPS, text and online

schooling. Not to mention social media — platforms including Instagram and YouTube algorithmically align to user preferences, generating infinite photos and videos to scroll through.

These platforms prioritize short-form content, defined as being under 10 minutes to read or watch. Intentional or not, short-form content can put people, especially students, into a periodic loop of procrastination.

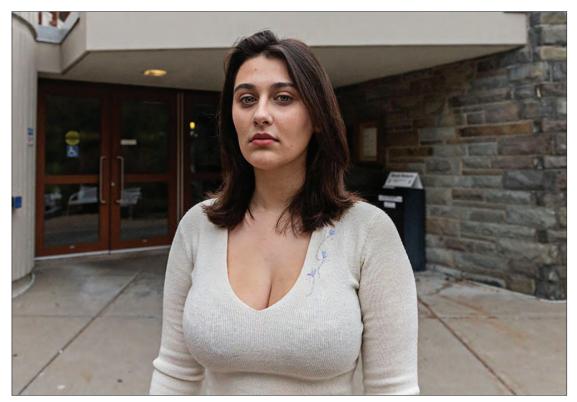
I've personally noticed the negative impact that short-form content has had on my own attention span: writing this article took me longer than expected because of how many times I paused to check my phone and got distracted.

While short-form content isn't inherently bad for you, it capitalizes on an instant dopamine rush. Even if it's rewarding to finish a long-term project, it's exciting to receive validation from short-term social media.

As these patterns of instant gratification repeat themselves, pre-existing symptoms of depression and anxiety are often worsened by students' overuse of social media.

Even if it's obvious the current relationship many people have with the internet is not healthy, it's not realistic to be offline.

Just about everything in



Junior writing major Jade Ferrante discusses how the unhealthy relationship many have with social media and the internet can lead to procrastination and mental health struggles.

LUCIA IANDOLO/THE ITHACAN

the world has now become digitized: movies, books and even food are available with the touch of a button.

In the current model of internet use, it's not possible to separate from these distractions, only limit our intake of them.

While it's easy to claim an addiction to internet use, it's also an easy out. The problem does

not lie with the internet itself, but the underlying problems that can cause overuse. Mental illnesses including depression and anxiety make it easier to spend a day online and make it harder to go outside.

This dependence on distraction can connect to students' absent-mindedness not only in class, but in one's personal life.

It can be considered a bad sign that phrases like "bedrotting" and "doomscrolling" are now active parts of internet lexicon. As focus declines, the romanticization of chronic internet use downplays the underlying reasons for it.

Jade Ferrante (she/they) is a junior writing major. Contact them at jferrante@ithaca.edu.

GUEST COMMENTARY

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

International students lack free speech protections

BY NYX BHATT

SENIOR

As an international student, I came to this country with a strong belief in the First Amendment of the U.S. Constitution — the one that protects the right to free speech, expression and peaceful assembly for social, political, economic and religious purposes. Because of this I cannot ignore how Cornell University's recent actions against doctoral student Momodou Taal starkly contradict this core American value.

Earlier this year, Cornell introduced a controversial new policy. Taal, an international graduate student and teacher, was one of four students suspended in April 2024 under this policy after participating in the pro-Palestinian encampment at Cornell. On Sept. 18, Taal joined over 100 students in a protest organized by the Coalition for Mutual Liberation, targeting the presence of Boeing and L3Harris, which are two companies criticized for supplying arms to Israel.

Although Taal was at the protest for only about five minutes, the university suspended him again, placing his F-1 visa status—and consequently, his ability to stay in the country—at risk. He was not even given a student conduct hearing. There was no due process and no evidence provided against him.

The absence of a fair hearing for Taal highlights a gap in free speech protections for international students. Unlike domestic students, whose rights may be more well protected, those on visas are often at the mercy of institutional decisions without sufficient legal resources. This can leave us feeling more

vulnerable and put our academic freedom at risk. If students are punished for participating in peaceful protests on campus, this threatens the integrity of an academic environment where critical discussion and participating in movements for justice should be part of the learning experience.

As an international student on an F-1 visa myself, who strongly believes in the liberation of Palestine and has attended similar pro-Palestinian gatherings, I wonder how such actions by the university impacts students like me. Nationwide, these actions set a concerning precedent where students who express political speech, which is the most protected right by Constitutional law, can be removed from the country if subject to multiple suspensions. If Taal is deported, he will not only face significant financial losses, but will also be unable to complete his degree. The thought of being forced to leave a place where you have built a life is deeply unsettling and terrifying.

The university claimed that the student protesters made attendees feel threatened and "pushed and shoved" campus police to enter the jobs fair. This is a statement I have a hard time believing, given that a job fair is usually open to all. How would the campus police even know to block these students from entering? Was it based on their looks, the keffiyehs they wore? That itself is discriminatory and illegal.

To highlight further contradiction, Cornell's theme for the 2023–24 academic year was Freedom of Expression. Freedom of expression was not applied for Taal, and historically has not been applied for international students or students of color. The freedoms are limited. It seems as though the reason Cornell made this



Senior Nyx Bhatt writes about how there is a lack of free speech protections for international students studying in the U.S. in the wake of increased student protests.

KAI LINCKE/THE ITHACAN

its theme is just to make it easier for conservative pundits like Ann Coulter to come to the university and give vehemently anti-immigrant speeches, which is something that has garnered fierce opposition from students. The theme is definitely not to celebrate students like Taal and other international students and their right to peacefully protest.

To support Momodou Taal and international students facing similar threats, there are several actions that can be taken. The first would be to demand transparency and due process by writing to Cornell University administrators and local representatives, expressing that there must be a fair hearing with

evidence provided for students facing multiple suspensions. Another action item would be to support legal defense funds or organizations that provide aid to international students in similar situations. To raise awareness, I would encourage students to share Taal's story on social media and advocate for both free speech rights and peaceful protest rights for international students. Attending demonstrations in solidarity with international students facing deportation threats amplifies the issue and puts pressure on the university.

Nyx Bhatt (she/her) is a senior film, photo and visual arts major. Contact: nbhatt@ithaca.edu.







On Oct. 6, the Black Artists United hosted "An Evening of Jazz" to fundraise for the organization. The night highlighted different artists across campus.

LILY PARLAKIAN, NICOLA RUFFINI/THE ITHACAN

BIPOC HARMONY



Students jazz up crowd with delight

BY SHEELAGH DOE

STAFF WRITER

Nabenhauer Hall was glowing with excitement Oct. 6, when Black Artists United hosted "An Evening of Jazz," where 14 performances by BIPOC student singers were spotlighted amid a cocktail attire night of food and fun. BAU is an organization at Ithaca College that aims to showcase the talent of the BIPOC community on campus by hosting events and performances, like its annual cabaret fundraiser.

Attendees dressed up and listened to jazz performances while enjoying mocktails inspired by two jazz songs. The event had a live band backing up some of the singers. Senior Jasmine Williams, co-president of BAU, said she had the idea of hosting a jazz fundraiser over the summer.

"There's no way I could've imagined what it could have been with a whole team of students who are excited to do it," Williams said. "It's surpassing my expectations so much and I'm just so happy."

Williams said BAU chose to showcase jazz music at this event because of its ability to invite diverse types of artistic talent.

"Jazz represents freedom for a lot of people," Williams said. "And especially during the Harlem Renaissance, when it was on the rise and people were going there to seek solace, to seek freedom, to seek creative freedom. We wanted to do jazz because not only is Black culture so deeply steeped in it, but it would give classical singers, it would give [musical theater] singers, it would give people who aren't trained ... one night to explore that other side of their creativity."

Sophomore Abigail Monteagudo, a musical theater major, sang "Unforgettable" by Nat King Cole at the event, but she said she does not consider herself a jazz singer.

"I'm really lucky that I get to perform with these amazing talented people," Monteagudo said. "I'm usually a musical theater song kind of girl. This is stepping out of my comfort zone."

Junior Jayna Simeon, community liaison for BAU and a vocal music education major, said the most important thing to her when it comes to making a performance successful is channeling the emotion behind the music.

"The way the performer connects to a piece in their own way is very important and you can definitely tell when a performer is just singing versus when they're understanding the song and they're sharing their emotions through the piece," Simeon said. "I know that deep down I can't just sing the notes on the page, I have to feel the music or else it's just nothing to me."

Monteagudo said that feeling the emotions behind the song allows her to shed some of her performance nerves.

"When you settle into the song, or when you feel the music and you just sort of let go of those nerves, when you stand there it's nerve wracking, even when you're a performer," Monteagudo said. "But when you kind of let go and feel the emotions and feel what you're saying, that's when it's successful."

Each performer added their own spunk and personality to each song that shone through their voice. It got the audience laughing at the funny bits of an expressive song, smiling and humming with satisfaction when they hit a note and even crying.

Destiny Carrion, president and founder of a capella group Nuvo, said she was super excited for the group to have its debut performance at the fundraiser.

"The BIPOC community on campus has been really excited about [Nuvo] and has been really supportive and I just

know it would be a really great space to launch our work," Carrion said. "It feels like a safe space."

Nuvo sang "Daydreaming" by Aretha Franklin at the event.

Williams spoke about how much it mattered to have a safe space for people of color to share their artistry.

"If you paint, if you write short stories, if you do nails — whatever your artistry is — we are a safe space for you to explore that," Williams said. "I think sometimes artists think when you make your art your career, it's no longer fun for you, and so BAU is also meant to be a space where you can go and breathe."

Williams said that they had upwards of 60 tickets sold for this evening.

"It makes my heart so happy and so big because I got to watch this club grow," Williams said. "We have more white people coming to this jazz night than Black people, and I think that's so exciting."

Before the show had even begun, Sydney Wilson, co-president of BAU, made an announcement to reuse the cocktail cups because they had already run out. Shortly after, more people flooded in and the performers stood backstage instead of sitting in the back two rows. Not too long after that, seats were squished together and they stopped accepting people at the door.

Williams emphasized that while the organization's goal was to show the artistry of students of color on the college's campus, it is great to create space for dialogue and community.

"Yes the community is us, BIPOC students, but [there is] beauty of having non-BIPOC students also wanna be a part of our community," Williams said. "And also wanna support us, and also wanna listen to us and we wanna listen to them."



First-year student Rehema Kiama performed "I'd Rather Go Blind" by Etta James at BAU's fundraiser.

CONTACT: SDOE@ITHACA.EDU



LUCIA IANDOLO/THE ITHACA

Fall in love with autumn trends

BY SIMONA FORGIONE

CONTRIBUTING WRITER

In a world where hyperconsumerism often reigns superior, there actually isn't a dire need for owning the latest trends or having the most coveted items. Social media trends — like "outfit of the day" videos — where users showcase new outfits and promote viewers to purchase similar items, leads to a culture of frequent buying because followers feel compelled to keep up. This often leads to the assumption that excessively acquiring new garments is necessary when building a wardrobe for the new season.

Instead, one can style their beloved pieces that let them move freely while looking chic. The season encourages the prioritization of comfort while still making a statement, blending style with the simple pleasures of warmth and a touch of elegant autumn aesthetics.

This fall season is bursting with classic vibes and fresh twists. A palette of rich browns, deep maroons, neutral tones, dark greens and sultry reds works perfectly with the backdrop of enchanting autumn scenery. The nature all around South Hill provides a beautiful tapestry of color, inspiring students to incorporate these hues into their wardrobes.

Suede pieces — which are having a huge moment right now — add a touch of elegance to any outfit, while trench coats serve as a chic layering option against the cool air. They also make those early East Coast mornings a bit more bearable and warm, all while giving off that effortlessly stylish vibe. This allows for people to tackle a hectic schedule without sacrificing style and self-expression.

Statement pieces are making their mark in stores, with eye-catching pops of cherry red appearing everywhere, from lush scarves to glossy nail polish — as if the fashion world is painting the town red. Whether someone is heading to the office, or even something as simple as grabbing a coffee with friends, a splash of bold color can brighten your day and make you stand out in the best way possible.

To make an outfit more interesting, pleated skirts or maxi skirts can add interesting shape and texture.

Ballet flats are proving themselves to be a must-have. Their versatility makes them essential for any wardrobe, ideal for those days when you want to look put-together without sacrificing function. Meanwhile, riding boots, rain boots and banana leather boots offer both practicality and style, which is perfect for navigating autumn's unpredictable weather.

This season, comfort is the priority; you can look good while feeling great. Prioritizing how to style the pieces you already own can help one feel fabulous for the fall.

This autumn season invites students to start getting creative, mixing and matching familiar garments to create chic and classic looks. Whether it's layering an oversized sweater with a flowy pleated skirt or pairing a vintage denim vest with stylish riding boots and a white linen dress, the possibilities are endless.

By making an effort toward thoughtful styling, fashion enthusiasts not only reduce waste, but also celebrate individuality, proving that style comes from expression, not possession.

Screenings honor artistic Latinx voices

BY NOLAN SHEEHAN

STAFF WRITER

As of Sept. 15, the 10th edition of Cine con Cultura began its premiere with screenings at viewing locations all over Ithaca.

The program director for Cine con Cultura is Enrique Gonzalez-Conty, associate professor in the Department of World Languages, Literatures and Cultures and co-coordinator of the Latin American Studies Program. He is also an active member within Cultura Ithaca, a local organization that promotes Latinx voices.

The atmosphere for each screening felt incredibly personal because of the content being shown. Junior Javier Montoya, a student volunteer, said many Hispanic filmmakers who attended their screenings gave small introductions so that the audience could understand the significance behind each project.

"Cultura Ithaca truly means 'the cinema with culture," Montoya said. "It's not all from Mexico: there's a lot of background. You need to understand what country you're going into, mind-wise, before watching because there's a lot of cultural significance between the countries of Latin America."

The biggest component for Cine con Cultura is the clear focus on human rights. He said that making these connections between the film and community is crucial to raising awareness.

"Many migrants in Latin



On Oct. 7, Cine con Cultura held its 12th screening, showing the Kate Trumbull-LaValle and Johanna Sokolowski documentary "Ovarian Psycos" in Textor 101 at Ithaca College.

SAMMIE MACARANAS/THE ITHACAN

America that migrated for political reasons — due to governments prosecuting them in the 70s and 80s — ended up here in Ithaca," Gonzalez-Conty said. "People who escaped the violence of Chile's coup in 1973 are still living here today. These kinds of connections are what CUSLAR has been teaching us. It's a really nice way to connect the grassroots initiative to the festival."

Working closely with several different students to increase word-of-mouth coverage on Cine con Cultura, Gonzalez-Conty has employed social media tactics in order to encourage students and locals to attend the screenings, on top of the standard flyers and posters across town.

Senior Andres Hernandez and juniors April Cascante and Montoya were student volunteers involved in social media work for one film each.

Cascante said that by promoting "Clara Sola," a Costa Rican film directed by Nathalie Álvarez Mesén, they connected with their own Hispanic heritage.

Cascante said the powerful women portrayed throughout the film reflect their desire to make sure strong diverse voices are heard.

"It speaks in the context of Latina women in systems of oppression, religiously and autonomy wise," Cascante said. "It's about Costa Rican culture, which is so underrepresented in films today. That representation was very moving to me."

The last two screenings for the festival will be "Pepe" at 7 p.m. Oct. 10 at Cornell Cinema and "Tierra Adentro" at 6 p.m. Oct. 23 in Textor 102.

CONTACT: NSHEEHAN@ITHACA.EDU

Q&A: Little Slicer revisits Ithaca roots

Little Slicer is a local indie band comprising vocalist and guitarist Wallace Petruziello '24, bassist Jas Rodriguez '24, guitarist junior Zach Ryan, keyboardist junior Christopher Tassone, drummer Joey Slait '23, bassist Brendan Meriney and drummer Dave Meriney. On Oct. 3, the band made its return to Ithaca with a performance at the Community School of Music and Arts.

Petruziello wrote a compilation of songs in winter 2023 that he wanted to start playing live. The band has not been able to play together much since Dave Meriney transferred from Ithaca College and since Rodriguez and Petruziello's graduation this past May. Little Slicer's EP, "EP 1," came out in May 2024. It debuts "Heart Like A Road," a song the band has played since its very first show. "EP 1" can be listened to on streaming platforms like Spotify and Apple Music.

Contributing writer Thuweiba J-Elmi spoke with Petruziello after the performance to discuss the band's return to Ithaca, the release of its new EP and what the future holds for the group.

This article has been edited for length and clarity.

Thuweiba J-Elmi: What has it been like being back in Ithaca post-graduation?

Wallace Petruziello: It's been fun because I was here to do some other stuff, but it's different. This is where I was a student, this was my home, and now it's just a place I don't spend time in anymore. It's strange, for sure.

TJ: You released a new EP right before this summer. What was your creative process like?

WP: My friends Dave Meriney, who plays drums, and Jas Rodriguez, who plays bass, were all together one day in my living room



From left, bassist Brendan Meriney and keyboardist junior Christopher Tassone performed with band Little Slicer at the Community School of Music and Arts.

COURTESY OF ABEY MILLS

and said "Screw it ... let's record some stuff." We set up a makeshift studio in my living room and banged out seven songs in about two days. I worked on editing and recording and mixed it throughout the spring.

TJ: Where do you see Little Slicer going in the future?

WP: The objective now is showing people that we are not just a passing college band. We're going to keep doing our thing. ... The plan was always that we were out for bigger and more after college. ... Now we're in a place where we want to play in Ithaca as much as we can, but also expand into new places. Most of us live in New Jersey or Long Island. It's like we're playing two games at once; we're trying to break into different

music scenes across NYC and Jersey.

TJ: Looking back at your time as an IC student, what advice would you give to young creatives, both those on campus and those arriving?

WP: I had to get a college degree to survive, but I knew I still made time for what I really wanted to be doing and really go in on it while also going all in on this other thing. I think it's very important to not let school stop you from really going in on your dreams. I think people have a really either/or mentality ... but it really can be both. I think it's very important to not lose sight of that and really value yourself.

CONTACT: SFORGIONE@ITHACA.EDU

New Joker butchers promising premise

BY NOLAN SHEEHAN

STAFF WRITER

If "Joker: Folie à Deux" could be described in one word, there is only one that comes to mind: confused. Between the excruciatingly slow pace of the plot that doesn't seem to progress outside of the characters, the bizarre writing choices all over the script and the tonally compromised musical num-

bers that do more narrative harm than good, every element of this movie goes against itself.

The viewers witness an artistic clash, each element of the production trying to make itself heard over the others.

MOVIE REVIEW

"Joker: Folie à Deux" WARNER BROS. **PICTURES**



Starting off on a more positive note, the cinematography of the film is nothing short of breathtaking. Directed by Todd Phillips, it's apparent that his craft hasn't missed a beat. The dark, foreboding, choking atmosphere of Gotham and its underbelly is perfectly contrasted with the glowing, upbeat musical numbers within the mind of Joaquin Phoenix's Joker. Despite the fact that the musical numbers tend to derail the pacing of the film, their inclusion can almost be justified solely for their visual splendor.

The lighting captures what every character is feeling accurately. Moments of terror and heartbreak come right before a bright flash or ray of sunlight, illustrating the effect that Lady Gaga's Harley Quinn has on

The highly anticipated duet between Phoenix and Gaga was at the core of the promotion for "Joker: Folie à Deux." Their performances in isolation are solid, with



From left, Harry Lawtey as Harvey Dent and Joaquin Phoenix as Arthur Fleck in "Joker: Folie à Deux," a film loosely based on the DC Comics characters.

COURTESY OF WARNER BROS. PICTURES

Phoenix holding the same mentally conflicted, nuanced take on the Joker that earned him the Oscar for "Joker" (2019).

Gaga's performance is fine, but admittedly nothing special. Unlike her previous role in "A Star Is Born," Gaga was left underdeveloped as a whole playing Harley Quinn. Her underutilization was apparent, with most of her dialogue being in the form of song.

Outside of song, the writing for every character feels clunky and lagging. Joker and Harley Quinn's interactions are short and lack any sort of exploration into their feelings. Critical points of their dynamic are never brought up, and are instead replaced

by dance numbers within the Joker's mind. Audience investment is shattered because it just looks and sounds ridiculous for characters to tonally flip on a dime. The execution is borderline satirical.

Audiences cared about the Joker and his journey, and Phillips had a chance to continue his exploration into the Joker's rise, but instead created a half-baked musical concept with unexplored core relationships and a poorly-paced story. All viewers are left with is a potentially outstanding project that uses its fantastic cinematography as a crutch, leaving hints of a complex story scattered throughout the script.

Ticket Stub

CINEMAPOLIS

The Commons • (607) 277-6115

Joker: Folie à Deux

Oct. 10 – 2:30 p.m., 5:30 p.m., 8:30 p.m. Everyday – 3 p.m., 5:30 p.m., 8:30 p.m.

The Apprentice

Everyday – 2:30 p.m., 5:15 p.m., 8 p.m. Oct. 17 – 2:30 p.m., 5:15 p.m.

The Substance

Oct. 10 - 8 p.m.

Oct. 11 & 13 – 5:10 p.m., 8:15 p.m. Oct. 12 & 15 – 8:15 p.m.

Oct. 14, 16, 17 – 5:10 p.m.

Saturday Night

Everyday – 2:50 p.m., 5:40 p.m., 8:10 p.m. Oct. 15 – 2:50 p.m., 5:40 p.m.

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Joker

Oct. 11 – 11:50 p.m., 3:20 p.m., 6:40 p.m.,

Oct. 12 – 11:50 p.m., 6:40 p.m., 10 p.m.

Piece by Piece

Oct. 10 – 2 p.m., 4:45 p.m., 7:20 p.m., Oct. 11 and Oct. 12 – 11:30 a.m., 2 p.m., 4:40 p.m., 7:20 p.m., 9:55 p.m.

Saturday Night

Oct. 11 and Oct. 12 – 1 p.m., 4:20 p.m., 7:40 p.m., 10:30 p.m. Oct. 13 – 1 p.m., 4 p.m., 7:05 p.m.

Terrifier 3

Oct. 10 – 8 p.m. Oct. 11 and Oct. 12 – 12:20 p.m., 3:40 p.m., 7 p.m., 10:20 p.m. Oct. 13 – 12:20 p.m., 3:40 p.m., 7 p.m.

Netflix scares without blood

MOVIE REVIEW: "It's What's Inside" Netflix

BY LOGAN THOMPSON

STAFF WRITER

"It's What's Inside" is the story of a reunion gone horribly wrong. On the eve of a wedding, friends gather at a family estate to celebrate and reconnect before the big day. Things are going great until the arrival of an eighth friend and his strange suitcase ruins their plans with a brutal game akin to "Mafia." Despite many similarities to 2022's "Bodies Bodies," the film makes its own mark with sci-fi gimmicks and trickery.

The R-rated horror comedy — but mostly comedy ature debut for writer-director Greg Jardin received wide acclaim at the Sundance Film Festival and was consciences are easily swapped between brains like swiftly acquired by Netflix for \$17 million.

The film opens with two of the friends, couple Shelby (Brittany O'Grady) and Cyrus (James Morosini), in the midst of a bitter fight as they struggle to maintain their spark and lack any clear direction for making it



COURTESY OF WARNER BROS. STUDIOS

much further. Their college friend Reuben's (Devon Terell) upcoming wedding brings their lack of forward momentum into focus, causing tension to seep into every interaction.

Featuring cutthroat editing and offbeat cinematography, "It's What's Inside" skillfully balances escalating tension with breakneck pacing. With its surprising take on a body-swapping premise, individual computer files transferred from one hard drive to another. It's a distinctive idea that explores self-love and body image. As long as they leave any sense of realism and believability behind, audiences will thoroughly enjoy this new addition to the Netflix queue.

'Leon' is low-key and rocksteady

ALBUM REVIEW: "Leon" Columbia Records

BY TIM ANZALONE

CONTRIBUTING WRITER

Leon Bridges' "Leon," released Oct. 4, is a smooth, relaxing and mellow album that feels like the most peaceful times and places in a person's life. A slow and tranquil array of sounds convey the main focuses of the album: Bridges as a person, his hometown of Fort Worth, Texas and the girls he has fallen in love with. The instrumentation, being mainly drums and a modest guitar, could have been pumped up a bit on the whole album. An interesting chord or melody would go a long way. Monotonous lyrics

and tunes that sound similar to the track before makes this an overwhelmingly boring experience for the listener. The repetitive nature of the subject matter and the tedious chorus in the back half of the album leaves an underwhelming, yet pleasant taste behind.



COURTESY OF SONY MUSIC CANADA

Quickies

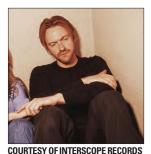
BY STAFF WRITER LIAM MCDERMOTT, MANAGING EDITOR NOA RAN-RESSLER, LIFE AND CULTURE EDITOR GEORGIE GASSARO



Coldplay's new album "Moon Music" encapsulates the uplifting mood the band is known for. Each track on the album creates a story for the listener as they progress through the album. The mix of the upbeat instrumentals with the high energy vocals create a soothing positive vibe.



After releasing "Older" back in April, Lizzy McAlpine brought out some deep, emotional vocals for her beautifully composed deluxe edition, "Older (and Wiser)." The real powerhouse track is the soulful "Spring Into Summer," which creates a new listening experience.



★★★☆☆

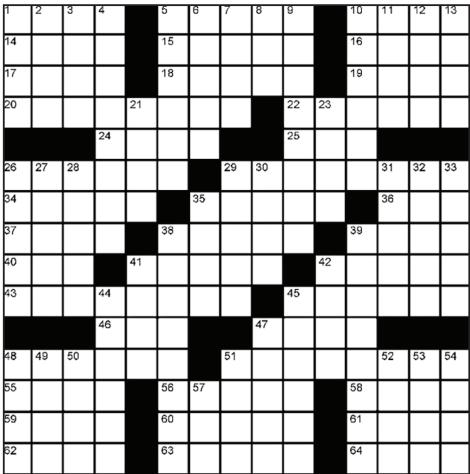
FINNEAS' second studio album "For Cryin' Out Loud!" is a short, but impactful listen. While declarations of love and heartbreak are beautifully framed by honey-like vocals and catchy lyrics, many of the songs lack originality, making for a static listening experience.

DIVERSIONS

■ THURSDAY, OCTOBER 10, 2024 ■

crossword

By Quill Driver Books



ACROSS

- 1 Treat for a pooch 5 "-- Day's
- Night" 10 Long and thin
- 14 Top
- 15 Track athlete 16 Toward the
- sheltered side 17 Withered
- 18 Belief
- 19 Woman of rank
- 20 Hot summer day
- 22 Lockup
- 24 Be prolific 25 Rest
- 26 Set free
- 29 Urgent
- 34 Means of divination
- 35 Create, said of havoc
- 36 Hide-hair link 37 Form of "John"
- 38 Second-story
- man 39 Molten rock
- 40 Tin 41 Leaf
- 42 Glass squares 43 Unselfish

- 45 Rolls with holes 46 MDs' org.
- 47 Spilled the
- beans 48 Moderate
- 51 Modest house
- 55 Conspire 56 Silo contents
- 58 III-mannered
- 59 Israel's airline
- 60 Caffe -
- 61 Leak slowly
- 62 "Chip 'n -: Rescue
- Rangers"
- 63 Old-time
- anesthetic 64 Shipped off

DOWN

- 1 Singing voice
- 2 Energy cartel
- 3 Detective -
- Wolfe
- 4 Effort
- 5 Curved
- 6 Quarters for women only
- 7 Maple genus 8 Blushing
- 9 Adjustable table part (2 wds.)

- 10 " and
- 11 "Woe!"
- 12 Captain of fiction
- 13 Sharp
- 21 Penny
- 23 Danger 26 New York city 27 Of a military
- branch 28 Wild goose
- 29 Lithograph
- 30 Woodwind
- 31 Lacking sense
- 32 Work of fiction
- 33 Lawn cover
- 35 "- the Boss?"

- gentlemen..."
 - 39 Slowpokes 41 Be in a rage
 - 42 Pain

38 Percussion

instrument

12

- 44 Toy for baby
- 45 Big headline
- 47 Retinue 48 Went very fast
- 49 Earthenware
- pot
- 50 Young equine
- 51 Tub washing
- 52 Enticement
- 53 Norse god
- 54 Sobbed
- 57 "I smell a −!"

last issue's crossword answers

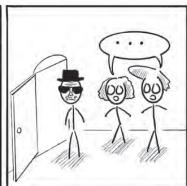
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The Film Fleeks









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sudoku

8

1

2

4

3

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5

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4

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7

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3

8

very easy

6

8	
9	
6	

medium



answers to last issue's sudoku:

medium

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

hard

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

SOPHOMORE TRIO SERVES UP SUCCESS

BY KHARI BOLDEN

STAFF WRITER

They say two's company and three's a crowd, but when it comes to volleyball, three is the magic number. It's the number of times a team can touch the ball during a rally, the number of sets needed to win a match and, if the sophomores of the Ithaca College volleyball team are anything to go by, the ideal number of players for a recruiting class.

This year's Bombers squad is off to an 11-3 start and ranked No. 20 as of Oct. 8. This success is in large part because of their dominant offensive performances throughout the year, which sophomore setter Wesley Slavin has helped facilitate through her 10.32 assists per set, good enough to get her in the top 10 in Division III as of Oct. 8. Sophomore outside hitters Naomi Clauhs and Gabriela Gonzalez-Abreu are the main beneficiaries of these assists, as they lead the team with 143 and 139 kills respectively as of Oct. 8.

Assistant coach Camryn Bancroft explained that the team has had great chemistry across both years she has been with the program.

"I would say it's definitely a benefit," Bancroft said. "Everyone's just great friends on the court, and I think that that has an impact on how well we play. They genuinely love each other and want the best for one another, and I think that's very obvious when you watch them interact."

That chemistry is perhaps most evident when speaking with Slavin, Clauhs and Gonzalez-Abreu, who all insisted they be interviewed together. Even before the questions started, they were already laughing about wasting Bomber Bucks at the end of last year on an ice cream cake.

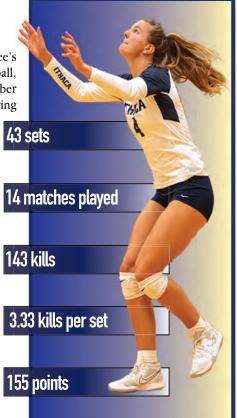
Despite only knowing each other for about a year, the sophomores talk like lifelong friends. Clauhs said she and Gonzalez-Abreu noticed they had a connection even before committing to the college.

"The summer going into our senior year, we both had camp and both got offers," Clauhs said. "And then we kind of told each other, 'If you commit, I'll commit,' because we just clicked really well. Then I texted Gabby right before I called coach [Johan Dulfer] and told coach that I was committing, and then he was like 'Oh, that's weird, Gabby said she's gonna call me in like five minutes' and I was like, 'Oh, yeah I kind of knew."

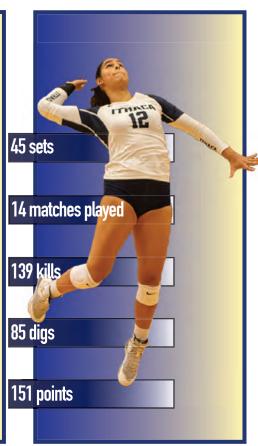
The sophomore trio all hail from different parts of the country. Clauhs is from Collegeville, a suburb just outside of Philadelphia, while Gonzalez-Abreu is from Miami-Dade County in Florida and Slavin comes all the way from Mill Valley, California. Despite the thousands of miles between homes, they each had very similar experiences with club volleyball that prompted them to pursue the intercollegiate game.

Gonzalez-Abreu credited her club team's coach with planting the idea of playing at the next level in her head around 14 or 15 years of age.

The impact was instant when these three hit the court as first-year students. Gonzalez-Abreu led the team in kills with 336, a total that was enough to put her second in the Liberty League. After an early season injury to then-sophomore Maddie Cox, Slavin had the opportunity to start as the team's main setter and ended up







The Ithaca College volleyball team is off to a hot start as they have an 11-3 record and are ranked No. 20 as of Oct. 8. The Bombers sophomore trio of Naomi Clauhs, Wesley Slavin, and Gabriela Gonzalez-Abreu have recorded these stats listed above as of Oct. 8. GRACE VANDERVEER, AVA SUFFREDINI, GUSTAV BAUERLE/THE ITHACAN

leading the team with 564 assists and leading the Liberty League with 8.55 assists per set. Although she had less playing time, Clauhs recorded 187 kills for Fall 2023.

Slavin said the three of them helped push one another to improve throughout the season.

"We are a very small class," Slavin said. "So we connected really quickly, but we all kind of realized we have very similar work ethics, that [we] strive to play and strive to be the best player we can be. We all kind of did that together, and I think that really helped."

Bancroft said their play styles complement each other well and create a dynamic partnership on the court.

"Gabby is just so powerful," Bancroft said. "And when she comes in, she's coming in hot, and she will hit that ball as hard as possible. It's amazing when she gets going, and when she gets a little angry or fiery about the game, there's no stopping her. ... The thing about Naomi is, in the best possible way, she doesn't let anything get to her. The old head coach used to say, be a goldfish, because goldfish only have 10 seconds of memory. So I would say Naomi is the best one at doing that. ... Wes is just super consistent and is constantly striving for more, to be better, asking for extra reps. She's the one that we look to for changing the flow of the game and getting our hitters going, and she takes that pressure well."

However, their real superpower may be their blend of personalities. Bancroft said that is what helps them bounce off of one another so well.

"I would say Naomi's just like, the most bubbly and happy one," Bancroft said. "And I would say that they probably all go to her for that type of energy. Gabby's the fiery one. They go to her when they're like, 'hype me up.' And then Wes is the stable, kind of can be both and just confident, the calm, cool, collected one. So I would say they kind of all balance each other out."

If that sounds like the Powerpuff Girls, Gonzalez-Abreu agrees. She was quick to figure out which of the characters Bancroft said she was most similar to (Buttercup) as well as which girls Clauhs (Bubbles) and Slavin (Blossom) were.

Unlike the heroes of Townsville, the three sophomores cannot live together because of coach-enforced rules, but Slavin said that does not stop them from hanging out off the court as much as possible.

"We eat a lot of meals together," Slavin said. "Na[omi] and I live in the same building, but we'll walk to class together, and then we'll meet up with Gabby, and Gabby and I do athletic training together. We kind of just find a way to meet up with each other wherever."

Gonzalez-Abreu said their friendship also has a direct impact on their communication on the court.

"I think it's easier to talk to Wes being a hitter and her being a setter," Gonzalez-Abreu said. "We know how to talk to each other already. It's not like walking around eggshells like at the beginning of the season last year, it was just off the bat."

Clauhs said being close with teammates

also relieves a certain level of pressure on

"I also think, at least for me personally, it's definitely like a level of comfort," Clauhs said. "Knowing your best friends are there with you and if you make a mistake they're not going to hate you because we've had such a deep bond and love for each other. It's just fun to be out there with people that you know care about you so much."

Bancroft said she was initially worried about a potential relationship imbalance happening because of the odd number of recruits, but realized quickly that their friendship went three ways.

"When you have a class of three, you get a little worried at first," Bancroft said. "Because everyone has a best friend, and then there's always that third person that's a little left out," Bancroft said. "So of course, as a coach, that was my number one worry about having a class of three, but that has never, ever been an issue with them."

CONTACT: KBOLDEN@ITHACA.EDU



Sophomore outside hitter Naomi Clauhs hypes her teammates up. Clauhs has been a vital part for the Bombers this season, leading the team with 143 kills as of Oct. 8.

AVA SUFFREDINI/THE ITHACAN

14 | SPORTS THURSDAY, OCTOBER 10, 2024

Championship run takes off for junior Kyla Eisman

BY FLYNN HYNES

SPORTS EDITOR

The significant growth that junior Kyla Eisman demonstrated between her first year and sophomore seasons on the cross-country team was nothing short of remarkable.

From Fall 2022 to Fall 2023, Eisman improved her 6k personal record from 24:54.30 to an impressive 21:52.60, a time that earned her an individual bid to the 2023 NCAA Division III Cross-Country Championships. At nationals, then-sophomore Eisman recorded a time of 22:46.9 for the 6k event, placing her in 137th place out of 293 participants. This season, Eisman said she expects herself to make nationals again, but is approaching the course differently.

"Last year, once I made it to nationals, it was kind of like, 'Alright, I made it, like that was the goal," Eisman said. "This year, if I make it, it's kind of like, 'What's the goal now?'"

Growing up in an athletic family in Lancaster, New York, Eisman said she began her sports journey with soccer, dance and lacrosse. She said her passion for running took off after she joined the varsity indoor track team in seventh grade and the varsity cross-country team in eighth grade, competing alongside the high school team.

"If I'm told to take a day off, I don't like to take a day off," Eisman said. "I spend a lot of time doing it and that's where my best friends were made."

Morgan Staskiewicz, current head track and field coach at Depew High School, was Eisman's head coach while she was at Lancaster High School. Staskiewicz said Eisman stood out as a talented runner from a young age.

"One of my first memories of Kyla was [when] we ran a time trial on indoor track, and she's a little seventh grader," Staskiewicz said. "I think she ended up winning that. ... I was like, 'This girl is going to be a good athlete for us."

When Eisman first got to Ithaca College, she said that she did not have an immediate impact and that it was a long process. Eisman attributed her success in qualifying for nationals in 2023 to her intense dedication. Despite facing plateaus and hardships her senior year of high school and first year of college, she said she remained committed to her training, focused on visiting the athletic trainer and made a concerted effort to improve by increasing her mileage. On top of all this, Eisman said her mindset shifted between the 2022 and 2023 seasons.

"I would start getting nervous on, like, Tuesday and we race on Saturday," Eisman said. "Sophomore year, I was like, 'OK, I just need to be confident and fake it 'til you make it."

As of now, the junior is off to a strong start this season. At the SUNY Brockport Alumni Classic on Sept. 7, Eisman came in 3rd place. She followed up her performance with a 12th place finish in the University of Rochester Yellowjacket Invitational on Sept. 21 — a race that included Division I



Kyla Eisman, junior women's cross-country runner, looks to build off a strong sophomore year in which she individually qualified for the NCAA Division III Cross-Country Championship.

ROBERT DANIELS/THE ITHACAN

competition. In the Bombers' most recent race Oct. 5 — the Fredonia Pre-Regional — Eisman notched another top three finish.

Around this time last season, Eisman said she had already faced two injuries — a hamstring sprain in early September and an ankle roll that left her in a boot during early October. However, she said it was her hard work ethic that brought her to the national stage a little over a month later.

Eisman's teammate, junior Jessica Goode, said Eisman's composed demeanor is what drives her so far on the course. "She's very cool, calm and collected," Goode said. "I don't see that she's ever jittery or nervous. ... She's fearless."

Erin Dinan, head coach for the men and women's cross-country teams at Ithaca College, said Eisman shines off the course as well.

"I think she is someone who is just so endearing to her teammates," Dinan said. "She really does a good job at checking in with everybody and making sure they're feeling okay."

As far as being a top performer on the squad, Eisman said she feels pressure within the role, but the fulfillment makes up for it.

"There's so many girls who are working toward [being a top performer] as well," Eisman said. "I think helping other people reach their goals and having them push me, too, is an exciting thing. There is pressure, but as much of it is as an individual sport, it's also a team sport, so we all are in this together."

CONTACT: FHYNES@ITHACA.EDU

Assistant women's lacrosse coach's career soars

BY FLYNN HYNES

SPORTS EDITOR

Madison Mulligan, assistant coach for the Ithaca College women's lacrosse team, eagerly embraces the opportunities ahead as she embarks on her journey in the IWLCA Aspire Program.

Announced Sept. 4 by the Intercollegiate Women's Lacrosse Coaches Association, the Aspire program seeks to advance coaches' professional expertise. The program will showcase asynchronous content, interactive webinars, individual mentoring sessions and in-person workshops in November at the IWLCA Convention. Mulligan said she believes this experience will take her skills to a new level

"I think that it's gonna make me a better coach because I'm going to get to interact with other coaches at different divisions, different places from all over and get to see different perspectives of things, get to learn different ways to approach things past just the lacrosse skills," Mulligan said.

Danie Caro, IWLCA's director of internal operations and programming, said the idea for the program started back in the spring when Sarah McQuade, founding director of e.t.c. coaching consultants, and e.t.c. Consultant Julie Muller presented a webinar to IWLCA members about coaches serving as mentors for the rest of the coaching staff and student-athletes.

Shortly after, McQuade and Muller led sessions at a coaching symposium aimed at student-athletes aspiring to become coaches. Caro said the idea of a coaching development program emerged after discussions with McQuade and Muller. Caro

proposed expanding from a single webinar to a multi-session curriculum, and she, alongside McQuade and Muller, came up with the proposal for the Aspire Program.

"We pitched it to the Board of Directors at our June board meetings and it was immediately approved as a great idea and something that was needed," Caro said.

NCAA head coaches were invited to nominate assistant coaches for the program, ensuring they had the support of their head coaches, which led Karrie Moore, the college's women's lacrosse head coach, to nominate Mulligan.

"I think [the IWLCA] is working really hard to really mentor and develop young coaches and then keep them in the profession," Moore said. "When I heard about it, I just thought this would be a really good opportunity for [Mulligan]."

Caro said the final selection included 17 participants, but had an initial cohort of 18 which consisted of five Division I coaches, two Division II coaches and 11 Division III coaches. Moore said Mulligan's passion and drive is what made her suitable for the program.

"She's really hard-working," Moore said. "For me, she's a perfect candidate."

Muller said many young coaches may have a strong grasp of lacrosse strategy, but lack a deep understanding of coaching pedagogy. She said she and McQuade saw this as an opportunity to focus on coaching principles rather than just the tactical aspects of the game.

"This is more about personal development, leadership development and understanding concepts of good and strong coaching," Muller said. "We can help create



Madison Mulligan, Ithaca College women's lacrosse assistant coach, was selected for the IWLCA Aspire program, which seeks to advance coaches' professional skills.

that foundation and build on the foundation that may already exist."

Susan Bassett '79, director of Intercollegiate Athletics and campus recreation, said the college advocates for coaches to participate in professional development opportunities. The athletics department organizes workshops and brings in speakers to enhance coaches' professional growth.

Bassett explained that the college often hires coaches with none to a few years of experience, including graduate assistants, to focus on their development and help them grow within the profession.

"It's our goal as an academic institution

and educational enterprise to help prepare young professionals to advance in coaching as well," Basset said.

COURTESY OF IWLCA, AMINATTA JALLOW/THE ITHACAN

Reflecting on the continuing journey, Mulligan emphasized the importance of passion and community.

"My biggest goal is just continuing to love what I'm doing, which is coaching," Mulligan said. "I think the only way to do that is to have a good network of people behind you. ... The program is just gonna help me become a better coach so that I can do it for longer."

CONTACT: FHYNES@ITHACA.EDU

THE BUZZER

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

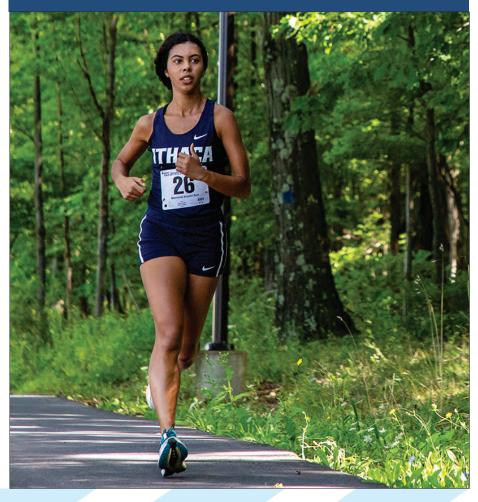
ATHLETE OF THE WEEK JULIA CASCONE/WOMEN'S SOCCER



Senior forward/midfield Julia Cascone's Olimpico goal within the final three minutes of a tough game against the St. Lawrence Saints gave the Ithaca College women's soccer team a close 1-0 win.

ROBERT DANIELS/THE ITHACAN

COMPETITION OF THE WEEK **CROSS-COUNTRY/FREDONIA PRE-REGIONAL**



The Ithaca College men and women's cross-country teams competed at the Fredonia Pre-Regional Invite on Oct. 5. The women's team placed three in the top 10, with junior Jessica Goode finishing fifth, while the men's team placed two in the top 10.

XINYI QIN/THE ITHACAN

EVENT TO WATCH





ITHACA

ROCHESTER

5 P.M. OCT. 12 IN ROCHESTER, NEW YORK

The Ithaca College field hockey team looks to continue its strong play against nationally ranked Liberty League foe, No. 18 University of Rochester. The Bombers defeated the Yellowjackets 1-0 in overtime in their matchup last season. The Bombers are 6-5 this season so far, while the Yellowjackets are 9-2. The Bombers have taken advantage of playing ranked opponents this season, defeating UNIVERSITY OF No. 9 York College 1-0 on Sept. 14 and No. 12 Kean University 4-0 on Aug. 30.

NOTABLE UPCOMING COMPETITIONS

VOLLEYBALL: 7 P.M. OCT. 11 VS. UNION COLLEGE IN BEN LIGHT GYMNASIUM

FOOTBALL: 1 P.M. OCT. 12 VS. UNIVERSITY OF ROCHESTER AT BUTTERFIELD STADIUM

MEN'S SOCCER: 2 P.M. OCT. 12 VS. CLARKSON UNIVERSITY AT CARP WOOD FIELD

WOMEN'S SOCCER: 2 P.M. OCT. 12 VS. CLARKSON UNIVER-SITY IN POTSDAM, NEW YORK



"IT WAS A REALLY EXCITING FEELING. THIS IS MY FIRST TIME BEING ON ITHACA WHERE WE'VE **EVER BEAT [WILLIAM SMITH]** INTHE REGULAR SEASON, SO IT WAS A REALLY SPECIAL

ALLY STANTON '24 On the women's soccer team's crucial win..



MOMENT."

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The Ithaca College women's soccer team played against the St. Lawrence University women's soccer team on Oct. 5 at Carp Wood Field. The game was tight, with the Bombers winning 1-0. The team celebrated senior Julia Cascone scoring her first goal of the season, which was scored via corner kick in the last three minutes.

MEI DENNISON/THE ITHACAN