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WBB SPEEDS TOWARD TOP OF LIBERTY LEAGUE

Return to Trump-era Title IX raises alarm for transgender protections

Health groups merge services

BY JESSIE ROMERO SILVER

CONTRIBUTING WRITER

On Jan. 7, Cayuga Health and Arnot Health announced their merger, now known as Centralus Health. The goal of the merger is to provide a streamlined health care system and a larger community reach. Because Ithaca College's Student Health Services merged with the Cayuga Health System in 2022, students will be able to access new resources and technologies from Arnot Health.

Centralus Health will provide health care services to people in the Southern Tier, Finger Lakes and the Central New York Region. It will provide care for five hospitals in New York state including Cayuga Medical Center.

The partnership between Arnot Health and Cayuga Health was made in order to provide these regions and hospitals with a wider array of services, the ability to reach underserved populations and support local healthcare delivery.

The plans for Centralus Health are awaiting official approval from the New York State Department of Health before the new system and administration changes can be implemented. Upon approval, Martin Stallone, Cayuga Health's current CEO, will be the CEO of Centralus Health while Jonathan Lawrence, CEO of Arnot Health, will be the executive vice president of Centralus Health.

"As health systems face increasing financial and workforce challenges, this partnership enables us to leverage shared resources, increase efficiencies and ultimately lower operational costs," Lawrence said in a press release. "Centralus Health will continue to focus on deepening community connections and setting a higher standard for personalized care in every service we provide."

Jennifer Metzgar, director of Student Health Services for Cayuga Health at Ithaca College, said the main change students will see on campus is that the Cayuga Health System, including the Hammond Health Center, will be implementing EPIC, an electronic health record system.

"EPIC will help patients have more access to their health care providers and to their medical information, but it will also help providers share information amongst each other," Metzgar said. "So I see that as the major benefit to Ithaca College students."

Employees of the college's Student Health Services used to be completely independent of the Cayuga Health System and were employees of the college. In August 2022, IC joined the Cayuga Health System's network. The partnership was created in hopes of providing IC students with wider access to services — including expanded hours and mental health services — and to take some of the financial burden of rising health care costs off of the college.

Metzgar said Centralus Health is a positive change for the local area and the college.

"[The merger] was really done to help increase access and resources among the community," Metzgar said. "They're really hoping, over time, to increase and expand networks increasing primary care in Chemung and Tompkins counties."

Both organizations are working toward

HEALTH MERGER, PAGE 3



Trump's pick for the Secretary of Education, Linda McMahon, was the administrator of the Small Business Administration in Trump's first term. When asked about Title IX, she said she supported the 2024 Title IX regulations being struck down.

REUTERS/VIA SNO SITES/TIERNEY L CROSS/KEVIN LAMARQUE, PHOTO ILLUSTRATION BY KAIDEN CHANDLER/THE ITHACAN

BY EAMON CORBO

ASSISTANT NEWS EDITOR

The U.S. Department of Education's 2024 Title IX regulations, which expanded protections for LGBTQ+ students, were rescinded after a Jan. 9 federal court ruling. The changes in Title IX along with President Donald Trump and his administration's return to Washington, D.C., have created concerns among Ithaca College students and faculty over the protection

of transgender students.

Title IX of the Education Amendments of 1972 is a national law that protects against discrimination based on sex in educational institutions. All educational institutions that receive federal funding — including Ithaca College — must comply with Title IX regulations.

On April 29, 2024, the Biden administration released Title IX regulations that explicitly state that discrimination based on gender identity is included under the

definition of discrimination on the basis of sex. The regulations were in effect from Aug. 1, 2024, until Jan. 9, 2025, after a federal judge in Kentucky ruled that the regulations exceeded the Department of Education's authority and violated the First Amendment by requiring teachers to use students' preferred names and pronouns.

On Feb. 5, Trump signed an executive order, "Keeping Men Out of Women's Sports," which interprets Title IX as prohibiting

transgender women from participating in women's sports. The order also threatens to rescind funding from programs that do not comply with the order.

Title IX Coordinator Linda Koenig said that despite the changes in Title IX, students and faculty can still report discrimination by following the guidelines in section 2.7 of the Policy Manual.

"I want students to hear,

TITLE IX, PAGE 3

SGC discusses Artificial Intelligence use at IC

BY AELA SHAW

STAFF WRITER

The Ithaca College Student Governance Council met Feb. 17 to discuss the use of artificial intelligence on campus with the college's Applications and Infrastructure team.

SGC was joined by Casey Kendall, deputy chief information officer and associate vice president of applications and infrastructure; and Jenna Lamb, coordinator for AI initiatives and senior IT project manager. Kendall is the chair and Lamb is the coordinator of the Presidential Working Group on AI — a team of two students, three faculty and seven staff — formed in July 2024 to recommend guidelines for the use of AI that aligns with the college's vision, mission and values statement to the president and her cabinet.



SGC was joined by Casey Kendall, deputy chief information officer and associate vice president of applications and infrastructure, to discuss the use of AI on campus.

ALEXSIS ELLIOTT/THE ITHACAN

SGC, PAGE 3

Nation & World News

Saudi Arabia shows support for Lebanon security measures

Saudi Arabia expressed its full support for measures taken by the Lebanese government to confront attempts to tamper with the security of Lebanese citizens, and to deal firmly with the perpetrators of an attack on the United Nations Interim Force in Lebanon.

Lebanese Prime Minister Nawaf Salam pledged to bring the assailants behind the criminal attack on a UN peacekeeping force to justice.

A UNIFIL deputy commander was wounded Feb. 14 when the convoy he travelled in was attacked by protesters who set his UN vehicle on fire.

— Arab News, Jeddah, Saudi Arabia /TNS

Wildfires rage across northern Thailand, hitting Phetchabun

The North of Thailand is grappling with a surge in wildfires, with 401 hotspots detected across 17 provinces, according to the Region 3 Forest Fire Control Centre.

Phetchabun province has been particularly affected, registering 82 hotspots — the highest in the region — with fires spreading across almost the entire province.

The latest data released at 7 a.m. Feb. 13 reveals the scale of the crisis. While specific data for other provinces was unavailable as

of press time, Phetchabun's 82 hotspots are of significant concern.

Of them, 32 are located in forest reserves, 21 in land reform areas, 15 in agricultural lands, 11 in protected forests and three in community areas.

— The Nation, Bangkok, Thailand/Asia News Network /TNS

China's surge in AI creates optimism on A-share market

While the surge of Chinese domestic artificial intelligence companies has led to upbeat sentiment in the A-share market recently, the inflow of more long-term and patient capital and improving fundamentals will be the major drivers of the market's bullish performance in a more sustained manner.

Although the benchmark Shanghai Composite Index and Shenzhen Component Index declined 0.42% and 0.77%, respectively, Feb. 13, trading remained vibrant, as the combined trading value at the Shanghai and Shenzhen stock exchanges topped 1.8 trillion yuan (\$250 billion), up 5.9% from a day earlier.

This marked the 17th consecutive trading day that the trading value stood above the 1-trillion-yuan level.

— China Daily, Beijing/Asia News Network/TNS



Marco Rubio says Hamas rule must end

Marco Rubio, U.S. secretary of state, said Hamas must not remain a ruling force in the Gaza Strip at a press conference with Benjamin Netanyahu on Feb. 16.

— Sara Lemel, Lars Nicolaysen and Jan-Uwe Ronneburger/dpa/TNS

OFK OBY GIDEON/GPO/DPA/TNS

Earthquakes near supervolcano shakes the greater Naples area

The Naples area was shaken by a series of earthquakes Feb. 16 with the strongest registering 3.9, according to the National Institute of Geophysics and Volcanology.

The most intense tremor occurred at about 3:30 p.m. CET in the west of the

city, in the Phlegraean Fields volcanic area, known as a supervolcano.

No one was hurt and there was no major damage, according to initial reports, though people there felt the tremors. Supervolcanoes are characterized by an exceptionally large magma chamber and immense force.

— dpa/TNS

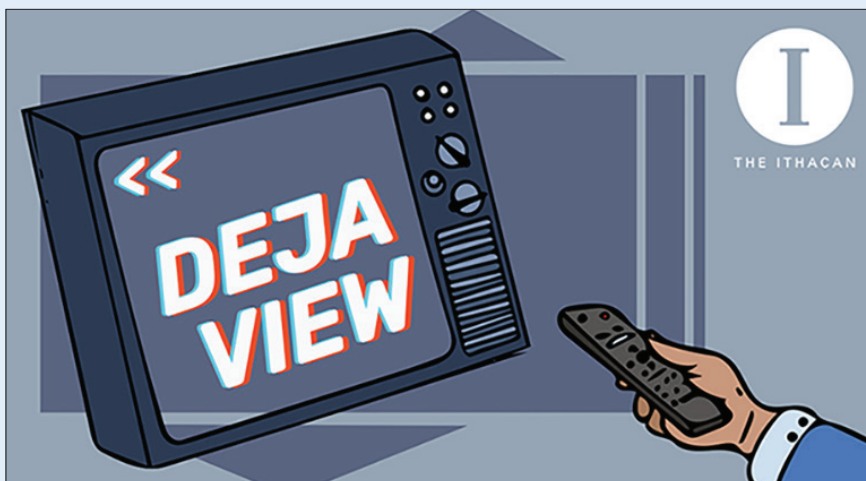
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VISIT THEITHACAN.ORG/MULTIMEDIA-2



IC Creatives: anydayinjune

The *Ithacan* talked to local emo band, anydayinjune, about its beginning at Ithaca College and experience as part of the Ithaca music scene.



Deja View – Space Operas

Hosts Dylan Long and Christopher Meadows break down the grandiose spectacle of sci-fi blockbusters like "Star Wars" (1977) and "Dune" (2021). New episode tomorrow!

THE ITHACAN

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FROM TITLE IX, PAGE 1

and I want employees and faculty to hear, that if they experience discrimination based on their gender identity or expression, that should continue to be reported to my office," Koenig said. "We will take those reports seriously, and we will address them using the appropriate procedures and processes available to us."

Junior Marshall Long, a transgender athlete on the college's club softball team, said that playing his sport has helped him find a sense of community since he was a kid. He said it is a shame that the rollback of regulations protecting gender identity has discouraged transgender people from being unapologetically who they are.

"I am afraid, and a lot of my peers are afraid," Long said. "But the thing is, in instances like this, joy is one of the most important acts of resistance. Continuing to play your sport, continuing to partake in whatever activity you choose to partake in, is so important in the longevity of trans people as a whole."

Following Trump's executive order "Keeping Men Out of Women's Sports," the National Collegiate Athletic Association announced a policy change Feb. 6 prohibiting student-athletes assigned male at birth from competing for any NCAA women's team.

Student-athletes assigned female at birth who have begun hormone therapy are not allowed to compete for any NCAA women's team. Student-athletes assigned male at birth and student-athletes assigned female at birth who have begun hormone therapy can practice on and receive



On Feb. 5, Trump signed an executive order, "Keeping Men Out of Women's Sports," which interprets Title IX as prohibiting transgender women from participating in women's sports.

KAELEIGH BANDA/THE ITHACAN

the benefits of being on an NCAA women's team, but cannot participate in games. The NCAA regulations for men's teams regarding sex and gender identity state: "Regardless of sex assigned at birth or gender identity, a student-athlete may participate (practice and competition) in NCAA men's sports, assuming they meet all other NCAA eligibility requirements."

Emily Rockett, vice president, general counsel and secretary to the board of trustees, said the college is subject to these NCAA regulations.

She said the college will still continue to allow transgender student-athletes to participate in club sports, with the only exception

being when those teams participate in a competition overseen by a governing body.

Rockett said that because the executive order prohibiting transgender women from participating in women's sports and changes in NCAA policy are so new, it is still uncertain how they will affect the college.

"There's a lot of uncertainty around the state in particular and around the country, on what that's going to mean for intercollegiate sports," Rockett said. "Regardless, Ithaca College has long been and will continue to be committed to supporting all of our students, regardless of their gender identity and expression."

Trump's pick for the Secretary of Education Linda McMahon, former administrator of the Small Business Administration in Trump's first term, had her confirmation hearing Feb. 13. When asked about Title IX, she said she supported the 2024 Title IX regulations being struck down.

"I was very happy to see those [rules] vacated," McMahon said. "So that we are really back to what Title IX was originally established to do, and that was to protect [students from] sexual discrimination."

In the 2024 election cycle Republicans spent over \$65 million on anti-trans ads, many of which focused on transgender athletes. Charlie

Baker, president of the NCAA, said to a Senate panel that out of the over 500,000 athletes in NCAA schools, he is only aware of fewer than 10 transgender athletes.

Ellen Staurowsky, professor in the Department of Media Arts, Sciences, and Studies with a specialty in gender equity and Title IX, said there is a concerted effort to promote misinformation and disinformation about transgender athletes.

"The idea that we could have hundreds of bills proposed at the state level and at the federal level targeting one of the most vulnerable groups in the United States, to me, is something that should not move forward without some critical examination," Staurowsky said.

Melanie Stein, provost and senior vice president for academic affairs, said at the college's Feb. 4 faculty council meeting that discrimination against gender identity is prohibited in New York state under the state's Human Rights Law.

"As interpretations of individual rights are changing rapidly at the federal level, it's important to remember that we're in New York and state law continues to apply to us," Stein said.

Long said that in the face of the 2024 Title IX regulations protecting gender identity being rescinded, people need to continue to keep hope and can not be complacent.

"I want this to be a motivation for people to continue to be themselves and to continue to advocate for those whose rights are being targeted right now," Long said. "Because you'll never know when it's going to be your rights next."

CONTACT: ECORBO@ITHACA.EDU

FROM HEALTH MERGER, PAGE 1

expanding their services such as providing more access to emergency services, critical cardiac care, cancer care, labor and delivery and NICU long term care.

Despite the change, not all students feel confident in Centralus Health's promises. Senior Chris Morris said he has been going to the Hammond Health Center as well as the Cayuga Medical Center — a hospital within the Cayuga Health System — since coming to IC in 2021, before the merger.

Morris said he has not had issues with the quality of care at the Hammond Health Center except that he gets referred off campus to the Cayuga Medical Center more now since they partnered with the college.

"The process from going from Hammond to Cayuga has not been beneficial to me," Morris said. "Every time I go to Hammond they've told me this is what's wrong, here's your medication. But when it's time to ... go to Cayuga, that's where my problems lie."

Morris said he visited the Cayuga Medical Center earlier this month and experienced poor treatment while seeking immediate care.

"They're either understaffed or they definitely have a system that's flawed," Morris said. "So [I'm] not the biggest fan."

Centralus Health has 6,500 employees, which is an increase from the 2,800 employees that Cayuga Health had on its own.

Due to the rising cost of providing health care, mergers between health care systems are becoming more frequent. In 2022, at the time of IC's partnership with Cayuga Health, there were 49 hospital mergers compared to 72 in 2024.

Mary Bentley, associate professor in the Department of Health Sciences and Public Health, said she is not surprised by the merger between Cayuga Health and Arnot Health.

"It is a trend nationally," Bentley said. "Many little hospitals can't make it and are subsumed under a larger corporate structure."



On Jan. 7, Cayuga Health and Arnot Health announced their merger. The Hammond Health Center will now be implementing EPIC, an electronic health record system.

COURTESY OF WETM 18 NEWS, COURTESY OF THE ITHACA TIMES, KAELEIGH BANDA/THE ITHACAN

Hospitals in the U.S. are still struggling financially from the effects of the COVID-19 pandemic. These mergers, especially for smaller hospitals, allow them to continue operations instead of being forced to close or reduce their quality of care.

Following the previous merger students are now required to show an insurance card and pay a copay in order to access the Hammond Health Center's services. IC no longer subsidizes the whole cost of services and instead charges students through their insurance provider. Subsidizing health insurance was created by the Affordable Care Act to reduce the amount of out-of-pocket costs for health coverage. Without subsidized health care, students face paying higher rates.

Metzgar said that for now, the merger will not affect much at the Hammond Health Center. She said that all previously accepted insurance will continue to be accepted.

To help with this transition, IC hired Deanne Poitras as Hammond's Health Insurance Navigator in Spring 2024.

The position was created to help students and families understand their insurance coverage and help them make informed health insurance decisions.

Metzgar said she wants to assure students that mental health services provided by the Center for Counseling & Psychological Services will not be affected by any future changes to the Hammond Health Center following this merger.

"I think that the merger is more about planning [for] the health care needs of the community," Metzgar said. "[Cayuga Health and Arnot Health] have a very large vision in mind ... which should help us so we can all bring each other's strengths to the table."

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FROM SGC, PAGE 1

"We're looking for ways to leverage AI to enhance operations, services and the student experience," Kendall said.

Kendall said she and Lamb wanted feedback from SGC about the working group's guiding principles. Currently, there are five guiding principles concerning the use of AI at IC: centering people, not technology, promoting digital inclusion, equity and access, committing to lifelong learning, adaptability and sustainability, upholding and promoting responsible AI research and development, and reducing negative environmental impacts.

Sophomore Senator-at-large Joslyn Forcione asked how the college would respond if data were to reveal damaging environmental effects of AI. Lamb acknowledges that AI is an energy-intensive technology, and the college will partner with AI vendors that prioritize sustainability measures and approve AI initiatives sparingly.

"The best thing that we can do is be aware of how much we're using AI [and] not implement AI solutions for no reason," Lamb said. "Let's be selective about where we implement things that are energy-intensive."

Sophomore Evan Wasserman, School of Music, Theatre, and Dance senator, said he is concerned about the process of accountability for the AI systems.

"We can fire a person, but would we ditch the AI that makes a mistake?" Wasserman said.

Kendall said that before an AI initiative is implemented, it will undergo a pilot stage during which errors can be identified. Lamb added that human oversight will be integral to the implementation process.

"A key part of the AI literacy that we're talking about ... is letting everyone know on campus that AI can be wrong, and anything that an AI tool is outputting needs to be reviewed by a human before it's put out," Lamb said.

CONTACT: ASHAW3@ITHACA.EDU

COLLEGE BRIEFS

Center for Theater and Dance Productions presents rom-com

The Center for Theatre and Dance Productions presents “The Anonymous Lover,” also known as “L’amant anonyme.” The show is a romantic comedy opera composed by Joseph Bologne, Chevalier de Saint-Georges.

Performances began Feb. 18 in the Hoerner Theatre. There will be subsequent performances Feb. 20, Feb. 21, Feb. 22, Feb. 24 and Feb. 25.

All performances will take place at 8 p.m. except for a matinee showing at 2 p.m. Feb. 22. In the opera, a widow named Léontine receives anonymous declarations of love from a secret passionate admirer.

Black Artists United hosts Black History focused Jeopardy

Black Artists United is hosting Black History Jeopardy 12-2 p.m. Feb. 23 in IC Square. Attendees can learn about Black cinema, music, theatre, visual art and dance with a game of Jeopardy.

There will be pizza and refreshments as well as prizes. Attendees will compete in groups of five and groups will be formed at the event.

The Ithaca College School of Music hosts faculty recital

The Ithaca College School of Music is hosting a faculty music recital at 7 p.m. Feb. 23 in the Hockett Family Recital Hall.

Rachel Schutz, assistant professor in the Department of Music Performance, and Canadian pianist Andrea Christie will perform a duet. The recital is free and open to the public.

Student Film and TV Alliance holds headshot fundraiser in Park

The New York Film and Television Student Alliance is hosting a headshot fundraiser from 6-8:30 p.m. Feb. 24 in the Roy H. Park Hall room 144. Attendees can come and get headshots taken for \$5.

Makerspace hosts handmade stamp workshop in Friends Hall

The Makerspace is hosting a handmade stamp workshop from 4:30-6:30 p.m. Feb. 27 in Friends 101 and 102.

Attendees will learn linoleum block printing, hand carving stamps and using the laser cutter to make a stamp handle.

Through this process, attendees will make their own stamp for no charge.

Managing director at professional services company speaks at IC

The School of Business and Beta Alpha Psi are hosting a guest speaker and a Q&A with Ed Dollaway from 5:30-6:30 p.m. Feb. 24 in the Dorothy D. and Roy H. Park Center for Business and Sustainable Enterprise room 105.

Dollaway is the managing director at professional services company Ernst & Young and has 25 years of experience in the energy industry.

His expertise is in areas like enterprise asset management, advanced meter infrastructure and cyber asset management. RSVP for this event on IC Engage.

The BIPOC Unity Center holds retreat on hair discrimination

The BIPOC Unity Center is hosting a continuation of the Protect Your Crown retreat from 10 a.m. to 5 p.m. March 1 in the Clark and Klingenstein lounges in the Campus Center.

Attendees will learn about the CROWN Act and explore hair discrimination in entertainment and cosmetology.

There will also be a protective hair styling workshop, where attendees can learn how to do braids, cornrows and twists. Hair care goodie bags will be available and there will be lunch.

IC Catholic Community holds mass for Ash Wednesday

The Ithaca College Catholic Community is hosting mass for Ash Wednesday 12:10-1 p.m. March 5 in Muller Chapel. Any individuals with disabilities requiring accommodations should contact Katie Dillabaugh at kmahoney1@ithaca.edu.

AI-based technology learning session to be held for faculty

The Center for Instructional Design and Educational Technology is holding a hands-on learning session for faculty to understand GetMarked technology from 3-4 p.m. Feb. 27 in Job Hall room 103.

GetMarked is an AI-based technology that allows educators to upload their quizzes online to multiple sources like Kahoot, Quizizz and Blooket.

Faculty members will have a supported work time where they will learn to use GetMarked for Canvas.

The SLI holds workshop on the legal history of cannabis use

The Student Leadership Institute and



Students and faculty come together for MLK Celebration week

Pride Fellow Lee Tyson reads a book about love at the Interfaith Open Mic Night hosted by the BIPOC Unity Center and Office of Religious and Spiritual Life on Feb. 11 in Muller Chapel as part of MLK Celebration Week.

ARTHUR WAWRZYNIAK/THE ITHACAN

the Center for Health Promotion are hosting a workshop on the legal history of cannabis from noon to 12:50 p.m. Feb. 21 in the Taughannock Falls Room in Campus Center.

The workshop will be presented by Michelle Goode, director of the Center for Health Promotion, and Kayla Katsman, health promotion specialist.

It will cover the racist language and history surrounding cannabis, as well as discussing inequities surrounding cannabis use. RSVP for this event on IC Engage.

BIPOC Unity Center holds retreat for student social justice

The BIPOC Unity Center is hosting a retreat for students looking to get involved in social justice movements from 10 a.m. to 2 p.m. Feb. 22 in the Taughannock Falls Room in the Campus Center.

This retreat is designed to empower students to follow their passions in social justice and organizing.

There will be speakers and workshops relating to the history of student activism,

and students will collaborate with their peers to find how they can contribute to movements they care about. There will be prizes and lunch available. RSVP for this event on IC Engage.

BOLD Scholars program hosts workshop for resume skills

The Center for Career Exploration and Development and the BOLD Scholars program are hosting a resume and cover letter workshop from 4-5 p.m. Feb. 21 in Muller 101. Get help to create job application materials.

Physical therapy professor to teach about injury prevention

The School of Health Sciences and Human Performance and the School of Music, Theatre, and Dance are hosting an injury prevention workshop 12:10-1 p.m. Feb. 27 in the James J. Whalen Center for Music room 4308.

The workshop is hosted by Mike Costello, associate professor of physical therapy, who will be teaching attendees how to avoid physical injuries in the arts.

PUBLIC SAFETY INCIDENT LOG

SELECTED ENTRIES FROM FEB. 5 TO 9

FEB. 5

MEDICAL ASSISTANCE / INJURY RELATED

LOCATION: Recreation Trails / Natural Lands

SUMMARY: Caller reported a person feeling lightheaded and having numbness in their hands after being outside for several minutes. Patrol Officer Ivan Cruz responded. The person declined medical assistance.

MEDICAL ASSISTANCE / INJURY RELATED

LOCATION: S-Lot

SUMMARY: Caller reported falling and injuring their elbow. Sergeant Bryan Verzosa responded. The person declined medical assistance.

WELFARE CHECK

LOCATION: Terraces

SUMMARY: Caller reported an unknown person screaming. Patrol Officer Ivan Cruz responded. The person was located and they were

not in need of assistance.

FEB. 6

CRIMINAL MISCHIEF 4TH DEGREE

LOCATION: Garden Apartment 27

SUMMARY: Person reported an unknown person damaged a clothes dryer. Patrol Officer Thaddeus May responded. The incident is being investigated.

ACCIDENTAL PROPERTY DAMAGE

LOCATION: U-Lot

SUMMARY: Security Officer Nick Shirley reported a damaged sign. The incident was investigated and a report was completed.

MEDICAL ASSISTANCE / INJURY RELATED

LOCATION: S of 122 Farm Pond Road

SUMMARY: Caller reported falling and injuring their wrist. Corporal

Kevin McClain responded. The person declined medical assistance.

SUSPICIOUS CIRCUMSTANCE

LOCATION: Unknown

SUMMARY: Caller reported an unknown person discarding apples in a field. Sergeant Bryan Verzosa responded. The incident was investigated and a report was completed.

FEB. 7

SUSPICIOUS CIRCUMSTANCE

LOCATION: Upper Quads

SUMMARY: Caller reported a person had sent multiple alarming text messages. Patrol Officer Connor McCoy responded. The incident is being investigated.

FIRE ALARM ACCIDENTAL

LOCATION: 141 College Circle

SUMMARY: Caller reported a fire alarm. The activation was caused by a space heater, and the activation was determined to be accidental.

FIRE / GAS ALARM ACTIVATION

LOCATION: Emerson Hall

SUMMARY: Caller reported a carbon dioxide alarm. Patrol Officer Thaddeus May responded. The cause of the activation is unknown.

FEB. 9

SUSPICIOUS CIRCUMSTANCE

LOCATION: Terraces

SUMMARY: Caller reported a person without a coat who was possibly intoxicated. Patrol Officer Alex Hitchcock responded. The officer was unable to locate the person.

FIRE ALARM UNDETERMINED CAUSE FOR ALARM

LOCATION: 130 College Circle

SUMMARY: Caller reported a fire alarm. Gary Bartolis, facilities setup and events technician, responded. The alarm activation was determined to be accidental.

FIRE ACTUAL FIRE / FLAME / IGNITION

LOCATION: 190 College Circle

SUMMARY: Caller reported a fire alarm. Patrol Officer Alex Hitchcock responded. The activation was caused by a grease fire on a stovetop. The fire was extinguished by the residents and there was no damage.

SUSPICIOUS CIRCUMSTANCE

LOCATION: Rowland Hall

SUMMARY: Caller reported a person had sent unwanted text messages. Patrol Officer Dana Malcolm responded. The incident is being investigated.

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

KEY

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



ILLUSTRATION BY ATTICUS JACKSON/THE ITHACAN

EDITORIALS

Title IX does not have the backbone to protect all

Title IX has been a beacon of protection since it was passed in 1972, but it is also a rather weak promise. Students are at the whim of rotating administrations who use policies like Title IX as cannon fodder for their own interests.

In the 2024 election cycle, Republicans spent over \$65 million on anti-trans ads, many of which focused on transgender athletes. Yet, the NCAA president has said that of more than 500,000 student athletes in NCAA programs, there are fewer than 10 transgender athletes. This begs the question: Why are conservative politicians spending so much money and effort tearing away athletic competition from fewer than 10 students? Not only are their motivations discriminatory, they are also confusingly moronic.

We could solely blame President Donald Trump for motions like signing the executive order “Keeping Men Out of Women’s Sports” on Feb. 5 that rescinded previous protections for LGBTQ+ students that the U.S. Department of Education brought forth in 2024.

However, former President Joe Biden ran a campaign in 2020 on promises of reversing the harm Trump did in office — yet Title IX did not recover from Trump’s grasp until Biden and his administration were already walking away from the Oval Office. Without people in the presidential administration to uphold and bolster Title IX and other human rights advancements, Biden’s follow-through came at the worst time.

Biden has exemplified an important lesson about change-making: never write the defense of people’s needs in paint when you don’t know if there is time for it to dry. Ithaca College generally does an admirable job at being ahead of the curve and making proactive progress rather than reactive change. However, we do need to find better ways to support LGBTQ+ students in a way that expands their access rather than toes the line in fear of loss of federal funding. It is complacent to repeat that we are allies or we live in New York so our school will be fine every time a national issue knocks on our door.

Skating can be a haven for marginalized communities

Skating can get a bad rap. When images of raucous youth, property damage and dangerous public maneuvers are stuck in people’s minds, it’s hard to picture the good that can come of the hardcore grunge culture.

But it’s time to look beyond stereotypes left over from bygone eras to see how skaters are doing exactly what many groups have never done: creating an accepting community.

Skating is about expression, from the music skaters play to the art and stickers on boards, quads and helmets. Skating is about identity, whether that’s finding it for oneself or guiding others in their journeys. Skating is about confidence, knowing that no matter how hard the wipe-out is, someone is there to help you recover.

Especially in the LGBTQ+ community, skating can be a way to connect with people who offer validating perspectives about being queer. Skate culture hasn’t always been accepting, though, which means it takes conscious effort to keep skating from

excluding marginalized groups.

And now, with the rolling back of Diversity, Equity and Inclusion initiatives at a federal level, there are fewer and fewer places for members of the LGBTQ+ community to feel safe expressing themselves. The confidence inspired by skateboarding and roller derby helps people find their track in life.

Because of their experiences in the skating community, many skaters across the country have gone on to make their own contributions to LGBTQ+ acceptance in and beyond skate parks. Community inclusion doesn’t just inspire LGBTQ+ skaters to advocate for themselves. It empowers them to advocate for others, whether they skate or not.

Skate communities are making an impact by providing support for each other, but skaters need that same support from cities. Investing in safe skate infrastructure is one part of it. The other part is providing well-funded, accessible resources for members of diverse communities, so that when skaters show up for each other, the Ithaca community can ride with them.

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.

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Skaters drop in for LGBTQ+ inclusivity at Rust Cup

SHEELAGH DOE, HALEY MEBERG

LIFE AND CULTURE EDITOR, CONTRIBUTING WRITER

Elise Koch, a skater from New York City, gets ready to grind the edge of the bowl at Rust Cup 2025. Koch was a featured skater on the HBO Max series "Roller Jam."

SHEELAGH DOE/THE ITHACAN

Sheltered from street view, a skate shop on the side of an otherwise quiet hill in Jamestown, New York, holds a hidden world of exuberantly rowdy skaters, there to compete in Rust Cup 2025. Among the contestants and skaters taking advantage of the workshops and open skate times are a group of seven roller skaters and skateboarders representing Ithaca's vibrant skating scene.

The Rust Cup, which began in 2022, is a trans, non-binary and women's quad and board competition hosted at Jamestown Skate Products. It has created a safe space for queer skaters from all over to come together and share in their love for the sport.

Ithaca has been a hotspot for the skating community for countless years, with Ithaca's League of Women Rollers opening in 2008. Over the years, this organization has expanded into two groups of women — the SufferJets and the BlueStockings — where they not only skate but create a haven for queer and women skaters in Ithaca.

Clara Matton, a Cornell University graduate and judge at this year's Rust Cup, started her journey as a roller skater in Ithaca five years ago. Matton discovered the Rust Cup its first year, where she attended as a roller skating participant. Three years later she now sits on the judges' panel.

Jamestown Skate Products has held skateboarding competitions before on this site, but Matt

much inclusion of queer people at these competitions in the past.

"Mostly cis straight white dudes are the stars of those shows," Matton said. "It's so fun to watch, and women and queer people were showing up to those events but not really feeling like, 'I could be a part of this.'"

Abeygail Mills, an 18-year-old Ithaca resident, has been immersed in the skating community throughout their entire life. Mills did not attend the competition, but was a part of the Ithaca League of Junior Rollers from ages 10 to 17 and quickly found a home within the rink.

"I always felt that with roller derby, it was more than just my team members," Mills said. "It was always like, these are my family."

Amanda Gates, a roller skater at Rust Cup 2025 who has been skating at Jamestown Skate Products for many years, said this is the first Rust Cup where there have been competitors from all over, including Canada and California.

Through the front doors of the skate shop is an entrance to an indoor ground-skate area, and just down the street is a large black door that leads to the famed indoor skate bowl. Passersby might be confused by the host of people on roller skates trickling between the doors by walking on their toe stoppers through the ice and snow, but one in the know, the tricky path is a

g moment. The night before the competition, strangers on wheels share company

k about where they're all from and if they're competing the next morning. Mills emphasized the bravery of not being afraid to fail when skating and the importance of community support.

"It doesn't matter your level, you go out and try your best," Mills said. "If you do it and you succeed, and if you fall on your face, it's OK because somebody will pick you up." Ithaca College junior Elle Schumacher said that they began to really improve their roller skating because Matton encouraged them to join a new skating assembly for roller derby with the Ithaca League of Women Rollers. They were not able to attend Rust Cup 2025, however, they said it was something they wish they had the time to go to.

"I was having a really rough time in the fall of 2023, and I just needed a way to get off of campus," Schumacher said. "That real-

ly improved my skating so much. It was twice a week, so I got really dedicated to it. ... It was basically all women or queer people."

First-year student Sam Robert has been roller skating since she was 10 years old and said derby specifically is a safe haven for many trans kids. Robert did not attend Rust Cup 2025 values in queer-based:

"They get to use their names or deadnames, whereas they don't have names or deadnames, Robert said. "Nobody will call you anything but that, and it's just so accepting and I love it for that."

Self expression is part of roller skating is a significant value community, allowing for themselves.

"Roller skating has kind of been this place you can be whoever you want to be, and just [express yourself] goes hand and hand so Matton said. "I want to be and throwing tricks that they are not sure if they are going to make it or not. I want people to take risks and do some showstoppers."

At the competition there were beginner, intermediate and advanced sections, each with their own finale. It was an impressive feat for any skater — board or quad alike — to carve the tallest wall of the bowl and go over its ground-level entrance. Often, when a competitor did not land a challenging trick like this, the sport's commentator would encourage them to try again, giving them a second chance to drop in the bowl.

In addition to providing a safe space for queer and trans skaters, the Rust Cup raises donations for Palestinian children affected by the war in Gaza.

"Inherently skating is very punk and I feel we bring this punk, productive energy when a group of female skaters get together," Mills said. "One thing I have noticed is we are productive as all hell."

Over the past few months, skaters in Ithaca have had to deal with the loss of the lease for the indoor practice space for roller derby in Ithaca. The Ithaca Roller Derby league itself relies on financial support of the participants' families, causing local individuals to pay more to participate and keep the community alive. This lack of funding and

available practice space affects all individuals in the queer skating community.

"There are queer children who are losing their safe space," Mills said. "These are kids in school that are getting bullied for how they look and how they dress and how they feel and their safe space is being



Silvia Kambouridis, the Rust Cup 2025 advanced bowl winner, poses in mid-air.

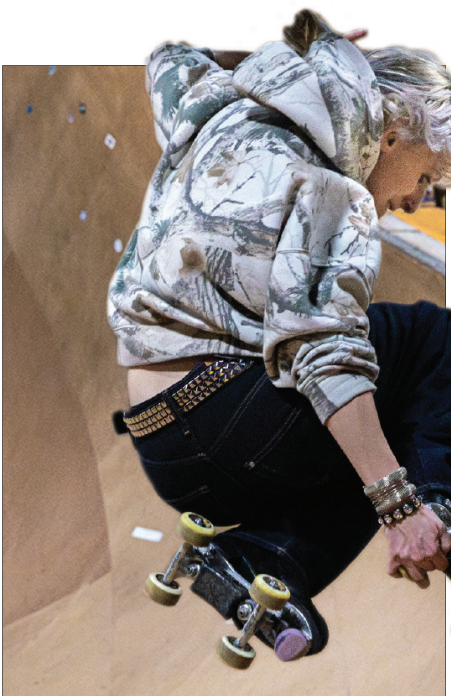
SHEELAGH DOE/THE ITHACAN

The night before the competition, Matton and the other Ithaca skaters in attendance for the event went to check out the skate bowl and they each fell in love with the indoor skate park. On the drive back, the car was full of chatter: What if that was in Ithaca?

"If we get the word out that this is something people want, then maybe we can find the money," Matton said.

The love that skaters have for what they do is apparent in every face in the crowd of Rust Cup 2025, even in the judging. From skaters doing a flip in the air and landing on wheels, carving the wall backwards or landing that one impossible trick, the judges took the ease and grace that each skater applied into consideration. Silvia Kambouridis was named the first place winner of the advanced section of Rust Cup 2025. Kambouridis linked each trick to the next effortlessly and with mesmerizing ease.

"She wasn't being flashy, she was just being herself," Matton said.



Sam Schulz, Rust Cup 2025 competitor, flies over the bowl while hitting a trick.

SHEELAGH DOE/THE ITHACAN

THE QUEUE

Commentary from
The Ithacan's
culture critics.



ELI ADÉ/MARVEL/TNS

‘Brave New World’

BY ALLSION DOLAN

“Captain America: Brave New World,” directed by Julius Onah, marks the eagerly-anticipated movie debut of Sam Wilson’s Captain America, portrayed by Anthony Mackie. In the modern phase of Marvel films largely dominated by multiverse-centered stories, this film was reminiscent of earlier phases of the Marvel Cinematic Universe. With the return of Captain America, the movie’s story was more grounded with less superpowers. However, the script itself was largely scattered with plot inconsistencies and poor performances.

While it follows the events of “The Falcon and the Winter Soldier,” it is not a

direct sequel and begins a new storyline for Wilson. The screenplay is filled with cliches and trite one-liners. While these are to be expected from the MCU, they are not balanced out with any meaningful dialogue or character moments.

Even though “Captain America: Brave New World” falls short in a variety of ways, it brings hope for the future of the MCU as it lays the groundwork for Captain America to rebuild The Avengers. Even with that in mind, this film was a disappointing watch that leaves the viewer with more questions than resolutions.

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‘Automatic’

BY GIANNA IZZO

Over a decade after The Lumineers rose to prominence with their breakout hit “Ho Hey,” they returned with their fifth studio album “Automatic,” released Feb. 14. Clocking in at just 32 minutes, “Automatic” is a concise yet frustratingly monotonous album with many tracks blending sonically because of similar tempos, melodies and a noticeable lack of vocal variety.

The album leans heavily on a minimalist approach, but instead of feeling intimate and raw, it often feels repetitive. Songs like “Same Old Song” and “You’re All I Got” follow the same formula: simple acoustic arrangements, sparse percussion and lyrics that loop

without much development. This can be effective in creating moments, but throughout the album, it becomes tedious. Where past Lumineers records had a sense of emotional buildup, “Automatic” feels static, rarely offering the dramatic crescendos that made their earlier work compelling.

Ultimately, “Automatic” is a decent but underwhelming addition to The Lumineers’ discography. While it has moments of beauty, the lack of variety, overuse of repetition and absence of a defining single makes it one of their weakest releases. Long time fans may still find comfort in its familiar sound.

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DUALTONE RECORDS



EP ENTERTAINMENT

‘Love & Hyperbole’

BY LIAM MCDERMOTT

On Feb. 14, singer-songwriter Alessia Cara released her fourth studio album titled “Love & Hyperbole,” which Cara began writing in 2021. For the three years up until release, Cara made sure to make every song fill the room with as much life as possible. Facilitated by pop instrumentals that switch up the flow to guide through meaningful metaphors, her album on love lost and found stands as a fantastic addition to her discography.

Overall, the album is some of Cara’s best work to date. The only issue is that the overall vibes of each song seem to change drastically throughout the album. Cara could have done a better job with the track order

so the mood only switches once mid way through the album. However, the work put in can clearly be seen throughout the album in the amount of effort put into the instrumentals and lyrics. It is obvious that Cara spent a good amount of time making sure the album was as good as it could be.

Every song on the album tells a story, whether that be about the harder parts of love in the earlier tracks or the more rewarding parts of love in the later tracks. The music sends a message that no matter how hard things might get, they will always get better.

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‘Paddington in Peru’

BY RUA FAY

This Valentine’s Day — after eight years of waiting — English icon Paddington Bear made his return to United States cinemas. “Paddington in Peru” follows the story of the venturesome bear as he makes his return to Peru to see his Aunt Lucy. The third installment in the series comes with several big changes from the previous films.

The absence of Paul King as director is palpable because the film does not have the charm or whimsical nature of King’s installments. “Paddington 2” had the benefit of an amazing ensemble cast with performers like Hugh Grant, Brendan Gleeson, Peter Capaldi and Jim Broadbent, but due to this film’s

wildly different setting, these characters get very little screen time, if they have any at all. All of the Brown family’s charming neighbors are nowhere to be seen, leaving audiences missing Windsor Gardens.

If “Paddington in Peru” were a stand-alone movie it would no doubt be getting better reviews from audiences, but it just falls short of the first two films in terms of comedy and overall story. Positive reviews of the film will bring up that it pales in comparison to the King films. Even so, “Paddington in Peru” still manages to entertain and deliver some wacky, innocent fun to audiences.

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SONY PICTURES/TNS

Turning the tides in Liberty League play



BY KHARI BOLDEN
STAFF WRITER

The team huddles up during its Feb. 8 Senior Day victory against Rensselaer Polytechnic Institute. This was the Bombers' 10th consecutive victory, and they are riding a 13-game win streak with only two regular season games remaining Feb. 21 and 22.

MEI DENNISON/THE ITHACAN

The date is Feb. 1 and there are 10 seconds left in the third quarter. Graduate student guard June Dickson brings the ball up the floor. She dribbles to the top of the key and swings the ball to sophomore guard Tori Drevna. Drevna pump fakes and dribbles to the left wing. Drevna passes it back out to Dickson. She takes her defender into the lane and looks for a pass. Dickson kicks it out to the now wide-open first-year guard Madison Gill, whose 3-point shot rainbows in as the buzzer sounds.

This highlight is indicative of the success that has come regularly for the Ithaca College women's basketball team this season, who went on to win this home matchup against the Liberty League podium challenging Union College Garnet Chargers by a score of 74-61. A tough start to the season saw the team slide to 3-7, including a four-game losing streak, which began with three straight losses to New England Small College Athletic Conference (NESCAC) teams. Since that streak ended with a close loss to the Garnet Chargers, the Bombers have won 13 straight games and taken control of the conference.

"It really took us ... a lot longer than I anticipated to figure out what we needed to do," head coach Dan Raymond said. "Since then, I think we have taken strides."

The NESCAC is one of Division III's most

competitive conferences in women's basketball because it boasts a division-leading five teams projected to make the NCAA tournament and nine total teams rated higher than IC, according to the NCAA Power Index. Senior forward Anya Watkins later emphasized just how serious that competition ended up being.

"Those were some tough games," Watkins said. "Physically, mentally, emotionally; it was definitely a challenge for everyone on the team."

In total, six of the seven non-conference teams that IC played hold a winning record as of Feb. 18, which when combined with a Bombers team struggling to find an identity early on explains their 1-6 record against them. Of those six schools, Trinity College, SUNY Cortland, St. John Fisher University and Tufts University are all ranked regionally by the NCAA.

"I think [the non-conference games] helped boost our confidence," Gill said. "We didn't pull away with the wins, but I think we've proved something because we hung around with those teams."

There is more to a turnaround than just starting conference play, though.

"To me, the game that things started to come together was the Trinity game; that's when things started to click," Raymond said. "I think the biggest thing was energy — the

attitude. That's where I saw the most significant improvement by our players."

The difference from game to game is noticeable. On New Year's Day, the Bombers played against the Middlebury College Panthers for third place in the Springfield Tournament. This game saw the Bombers keep things close through three periods. Then they allowed Middlebury to shoot 77% from the field in the fourth quarter. A two point deficit became a 65-52 loss in just 10 short minutes.

A similar fourth quarter befell the Bombers two days later against Trinity. This time, the Bombers shot much better from deep — 37.5% against Trinity versus 23.8% against Middlebury — ensuring the game would be a fight to the finish, with the South Hill squad coming up just short 69-64.

"Whether it's hustling to get loose balls, mindset on rebounding [or] even being accepting of feedback. I think those have played a huge role in our turnaround in the season," Watkins said.

These improvements show in the team stats, as well.

"I think a lot of [our offensive success] is us as a coaching staff putting people into positions where they feel most confident getting the shots that they're comfortable taking," Raymond said.

The defensive improvements may be even

more notable. Raymond said he felt that the defensive intensity needed to improve, so he employed measure of having the Bombers guard full court to harass the ball handlers.

"If you do that the entire game, the thought process is that they will wear down and start making mental mistakes towards the end because they've had to be careful with the ball the entire game the entire way up the floor," Raymond said.

Through the first nine games of the season, the team only managed to force 20 turnovers or more in a Nov. 19 game. In the 17 contests since, it has hit that total 10 times, including an impressive Jan. 17 performance against Clarkson where the Bombers forced 29 turnovers in regulation.

With Watkins' nine rebounds per game anchoring that defense, this team could see themselves right back in the NCAA tournament: a proposition that seemed shaky just a few months ago.

The 16-7 Bombers are in line to host the Liberty League Championship Tournament for the fifth time in six seasons as they look toward a conference title.

Managing Editor Noa Ran-Ressler contributed reporting.

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Senior forward Anya Watkins directs traffic during the Senior Day victory over the Engineers. Watkins led the way for the Bombers this game in points and rebounding.

MEI DENNISON/THE ITHACAN



From left, head coach Dan Raymond, assistant coach Mary Mazzella, graduate student guard Emma Waite and assistant coach Jim Mullins follow a play from the bench.

MARISSA MOSCHELLA/THE ITHACAN

Senior vaulter looks to clear new heights after surgery

BY BILLY WOOD
STAFF WRITER

During Fall 2023, Ithaca College then-junior pole vaulter Shaun Herlihy was not leaping for glory. Instead, he was just trying to get back on his feet after suffering a torn lisfranc.

During the 2023 season, Herlihy gained all-conference and all-regional status, finishing in the top five in both the Liberty League outdoor and indoor championships. This included a PR of 4.76 meters that earned him runner-up in the indoor championships. Unfortunately, the regional championships would be Herlihy's last chance at competing for nearly two years.

Herlihy said he was suffering from a torn ligament in his foot, called a lisfranc injury. The lisfranc stabilizes the foot's arch and transfers loads from the lower leg down to the toes. Lisfranc injuries are generally rare but are extremely taxing. Only one in 55,000 Americans suffer any type of lisfranc injury each year, according to the University of Texas Southwestern Medical Center.

Herlihy said the pain built up over the 2023 season and he finally decided to get it checked out.

"I would compete on it and then I couldn't really walk after," Herlihy said. "Then, junior year, it was at a point where if I was just walking around, it was hurting. There was one jump where I felt myself push off my foot and felt everything shoot up and that was when I knew it was time to get surgery."

Herlihy said the reality of the situation really hit him post-surgery.

"I kind of felt a little lost, but the

week after the surgery was the toughest — the week or two after — just because of the adjustment," Herlihy said. "The beginning, when they tell you you're going to be on a scooter for 10 weeks, the first week or two is going to really feel like it's a year, but as the weeks go on it gets easier."

During Herlihy's recovery, he said he had to rely on his teammates and roommates to help him get back and forth from classes and physical therapy sessions. One teammate in particular, junior hurdler and jumper Brett Atkin said he helped a determined Herlihy.

"Sometimes we'd be at the kitchen table and he'd be like 'Brett, can you get my water bottle from my room?'" Atkin said. "He was very [independent] for a good amount of time. He didn't really want help, [but] when he needed stuff like that, he would ask me to do it."

In his recovery, Herlihy said he worked closely with the team's athletic trainer, Natalie Sharpe, who did not respond to *The Ithacan's* request for comment. Sharpe guided Herlihy in a portion of the early stages of his recovery before he was able to begin movement-centered practices that occurred three months later in physical therapy.

During Herlihy's recovery, the college's pole vaulting squad underwent leadership changes. Matt Scheffler, long-time pole vaulting head coach, retired and Herlihy's former teammate, national champion Dom Mikula '24, took his place. Mikula, who has been with the Bombers through Herlihy's recovery, said he had no doubt



Senior pole vaulter Shaun Herlihy clears a bar at a practice in the Athletics and Events Center. The men's track team captain is back on the runway, while continuing to lead the team as he has off the track.

SAMMIE MACARANAS/THE ITHACAN

Herlihy would be back doing what he loves.

"We've all had people like, 'Oh I'm gonna come back from this,' and they never do but that was never even a thought in my mind just because of how hard he works," Mikula said. "He's always with trainers, he's always practicing, always asking what he can do better."

After going through preseason with the team and continuing to rehab his foot, Herlihy was finally ready to make his debut Jan. 11 at the Southern Tier Invitational at

Cornell University. Herlihy finished sixth with a 3.70-meter jump but has only improved since, finishing runner-up the following week with a 4.15-meter jump.

"[Competing] feels a little different just because of how long of a break I took with the time off, just not being able to pole vault for that long," Herlihy said. "It was just relearning the pole vault and my run was feeling completely different."

Whether it was stepping in to coach drills or sending out encouragement after a meet, Herlihy

tried to lead the team whether he could vault or not. Herlihy said he is hoping to end his collegiate career performing the best he can. Atkin said Herlihy was determined to get back to that point.

"When you love track as much as Shaun loves track, there was not anything stopping him from pole vaulting again," Atkin said. "If that doctor said, 'You are never going to pole vault again,' he would have pole vaulted again. That's just him."

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Rowing teams head indoors in preparation for season

BY DAVID SCHURTER
SPORTS EDITOR

Winter on South Hill can bring below-freezing temperatures and poor weather conditions, leading to a frozen Cayuga Lake, impossible to launch a boat onto. For the Ithaca College rowing teams, the task of training outside of the water is a long process, but a path that the teams are willing to take each season to reach the highest levels of success.

Over the past few seasons, the teams have consistently finished at the top of the Liberty League Championship Tournament. Beth Greene '00, head coach of the women's rowing team, said that keeping the fundamentals and the team's training consistent keeps the athletes engaged and motivated.

"Some days, it's like, 'OK, sit here and take more strokes,'" Greene said. "We're giving them the reminder of how what they're doing today is going to pay off in a few months."

The women's team is coming off its sixth consecutive Liberty League Championship, as well as a fifth-place team finish at the NCAA DIII rowing championship.

The men's team is fresh off its first ever Liberty League Championship under head coach Justin Stangel in 2024. He said the two teams have consistently worked closely with one another to balance each other's training loads. This year, the teams get extra time to train in the offseason with new NCAA regulations.

"We're fortunate enough to have the rowing machines [in the Athletics and Events Center] and at the boathouse," Stangel said. "Honestly, getting 114 days instead of weeks has been nice. We've been able to draw out the season a little bit more so we get a couple more touchpoints, and [we are] really continuing to build off the

foundation that we set in the fall."

When the team is not in the boat, it is working individually on rowing machines. Stangel said that training out of the boat allows him to check in with each athlete on their strength and help them work on their form.

"I really think that the rowing machine is a great tool," Stangel said. "When we're in the boats, there's nine people in boats, eight rowers and the coxswain. I can't individualize what those guys are doing."

Graduate student Wesley Hoglin said there is no difference in the physical feeling of being on the water compared to erging, but that the balance is different.

"When you're on the water, you are working with eight other guys to help keep the boat as set," Hoglin said. "The second you tip to port or starboard side, that can affect your speed."

Greene said she emphasizes to her athletes the idea of visually preparing for the season, focusing on what they want to gain each practice and competition.

"Sometimes that looks like learning how to listen to your own thoughts without having to believe them," Greene said. "We've talked a lot about identifying which thoughts are useful to you and which ones aren't, and that your mentality is something that can be practiced the same way that your physical skills can."

Senior Lily Babcock is one of the athletes on the team in the varsity eight who competed at nationals in 2024. She said the team's use of the erg machine is how the team locks in and helps them stay on course for later in the season.

"I feel like this is the time that's really preparing us for being on the water," Babcock said. "We're building our fitness every single day, and once we get on the water, we're still working,"

Hoglin emphasized the mental side of



From left, senior Maggie Farber and junior Hope Oliveira use a Kelsey Partridge Bird Natatorium pool station, one of the rowing teams' options for winter training.

LUCIA IANDOLO/THE ITHACAN

training while out of the water. He said the team's work ethic and mindset are enough to carry them into the season.

"When we're in winter training, it's really nice to have those guys on the left and right of you who you know are going through the same thing you're going through, so you're able to pick yourself up off of them, lean on them a little bit," Hoglin said.

Hoglin said the erg machines have screens that provide the statistics — including strokes per minute and distance — that are only provided on the boat in intervals.

"It's psychologically different, because on the water, the coxswain has all that data, and so

we don't know how we're doing," Hoglin said. "There's a level of unknown, just mental[ly] keep pushing until we hear a number, and then keep pushing more."

Despite its challenges, Stangel said that training outside of the boats for long periods of time is the best way to fully prepare the team for the upcoming season.

"It takes a little bit of time to knock the rust off, but that's part of the fun [and] the challenge of coaching in a northern school," Stangel said. "It's definitely a challenge, but one that we're always up for."

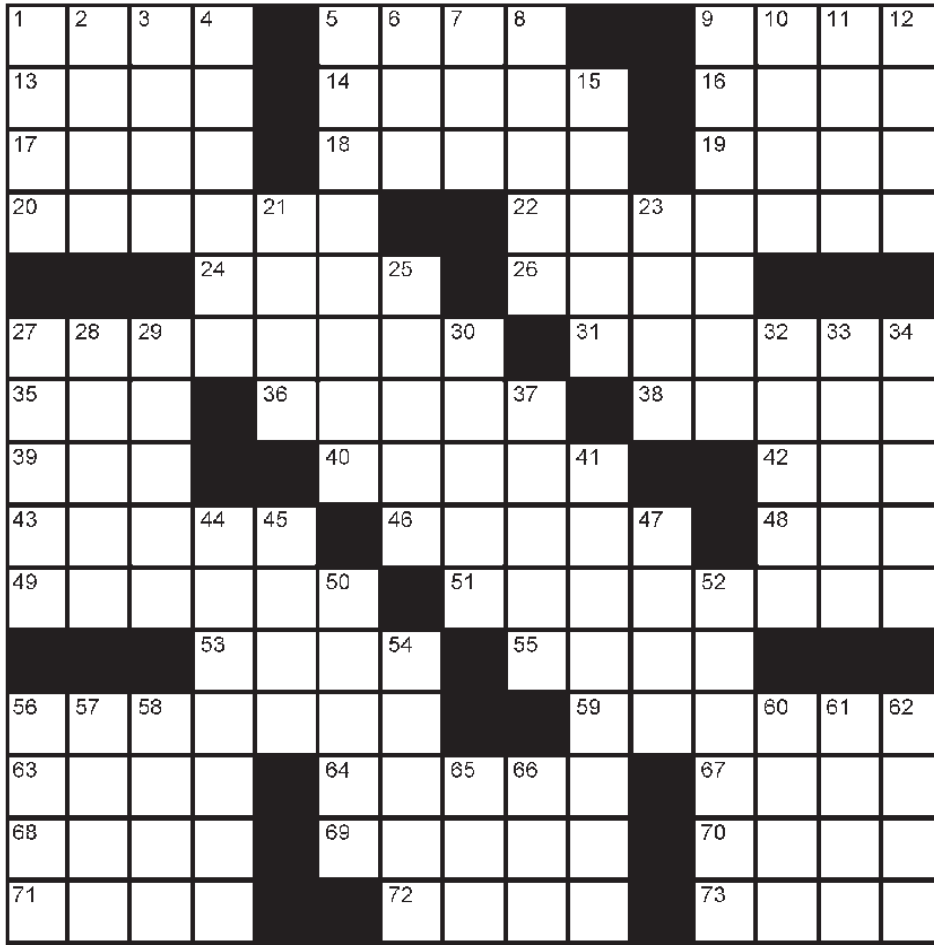
CONTACT: DSCHURTER@ITHACA.EDU

DIVERSIONS

THURSDAY, FEBRUARY 20, 2025

crossword

By Quill Driver



ACROSS

- 1 Anti-aircraft fire
- 5 Nosebag filler
- 9 Fall mo.
- 13 Learning
- 14 Inundate
- 16 For example, "Not guilty"
- 17 Genesis name
- 18 Poplar tree
- 19 River in Belgium
- 20 Even chance (2 wds.)
- 22 Replies
- 24 Cleveland's Great Lake
- 26 Singer — Coolidge
- 27 Special ops operative (2 wds.)
- 31 Swamp
- 35 One of football's Mannings
- 36 Land measures
- 38 Orchid part
- 39 Hirt and Pacino
- 40 Uncanny
- 42 State near Miss.
- 43 Revolving part
- 46 Dummies
- 48 Actor — Perlman
- 49 Looked a long time
- 51 Pastime at sea
- 53 Dregs
- 55 "Begone!"
- 56 Ripple
- 59 Proof of age (2 wds.)
- 63 — Minor
- 64 City in Georgia
- 67 Humdinger
- 68 Actor — Penn
- 69 Smart
- 70 Fashion
- 71 Chums
- 72 Has a bite
- 73 Enough, formerly

DOWN

- 1 Londoner's home
- 2 Gray wolf
- 3 War god
- 4 Actor — Grammer
- 5 Alike (3 wds.)
- 6 Priest's vestment
- 7 — the line
- 8 Energy type
- 9 Virus cousin
- 10 Otherwise
- 11 Equal
- 12 — and feathers
- 15 Cotton fabric
- 21 — Major

- 23 Layover
- 25 Dog— (like some old pages)
- 27 Gets close to
- 28 Apportion
- 29 Prospect
- 30 "Bad, Bad — Brown"
- 32 Early video game maker
- 33 Parlor
- 34 Nonstandard speech
- 37 " — Marner"
- 41 Some drawings
- 44 New — (The Big Easy)
- 45 Bobbin
- 47 Like a racehorse
- 50 Judges
- 52 In the future (2 wds.)
- 54 Assert
- 56 Winged creature
- 57 Bewildered
- 58 Small bottle
- 60 Soon
- 61 Change the decor
- 62 "The — Carey Show"
- 65 NSA cousin
- 66 Prov. in Canada

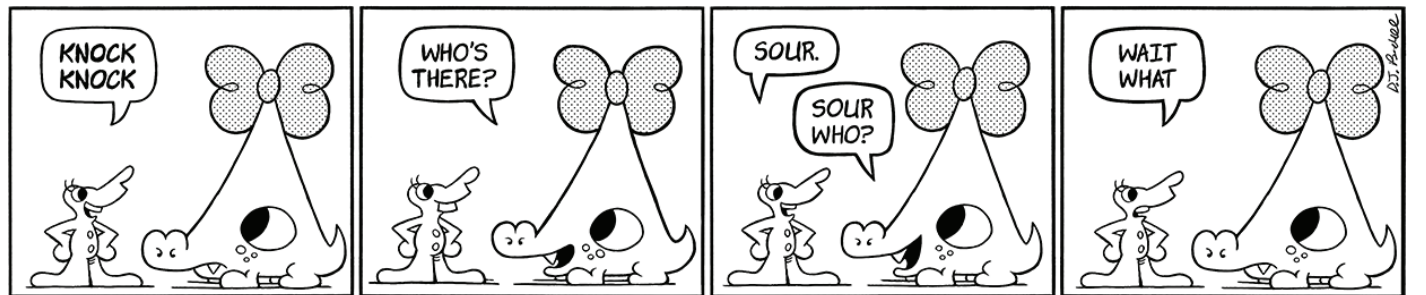
last issue's crossword answers



Ithacan Cartoons

Shoelace Carnival

BY DJ BERCHOFF/THE ITHACAN



The Film Fleeks

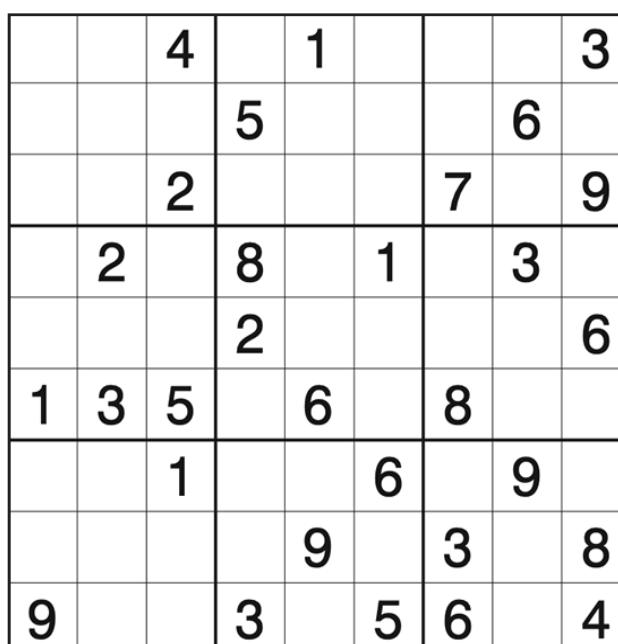
BY ATTICUS JACKSON/THE ITHACAN



very easy



medium



Last issue's sudoku answers are available online at theithacan.org/sudoku



数独
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Senior Sam Barao performs a contemporary dance routine at the 14th Annual Wheels for Women Benefit Cabaret in Dillingham Center. The charity event raises money to provide training to women in Kerala, India, to become licensed auto rickshaw drivers. There were featured performances in music, poetry and dance.

LUCIA IANDOLO/THE ITHACAN