

LIFE & CULTURE | PAGE 7
**AN IMPACTFUL
SPRING 2026
ORIENTATION**



OPINION | PAGE 5
**POLITICS DOES
NOT END WITH
ELECTION DAY**



SPORTS | PAGE 9
**BASKETBALL
PRESSES FOR
IMPROVEMENT**

One year later, Ithaca continues to persevere

A year after inauguration, community grapples with Trump's second term

BY **EAMON CORBO**
NEWS EDITOR

Ithaca residents continue to find community while navigating the effects of United States President Donald Trump's administration's policies.

Trump was inaugurated to his second term of the U.S. presidency Jan. 20, 2025. In the year since Trump's inauguration, his administration has made sweeping changes to federal funding, higher education and immigration enforcement.

Ithaca Green New Deal funding

In June 2019, the City of Ithaca Common Council implemented the Ithaca Green New Deal — a commitment to achieving community-wide carbon neutrality by 2030. Federal funding makes up 85% of the Green New Deal's budget. Pat Sewell, 3rd Ward alderperson on the Common Council, said Trump's freezing of funds related to the Inflation Reduction Act of 2022 has made implementing the Green New Deal more challenging.

"The IRA had a lot of funds set aside to help localities put these things into place," Sewell said. "That just can't happen now."

Congress passed the IRA in 2022, which was the largest piece of legislation passed to combat climate change in U.S. history. The IRA provided funding for local governments to implement green policies.

Trump signed an executive order, Unleashing American Energy, on the first day of his second term. "Unleashing American Energy" revoked executive orders signed by former President Joe Biden that focused on combating climate change like executive order, Implementation of the Energy and Infrastructure Provisions of the Inflation Reduction Act of 2022. Through the executive order, Unleashing American Energy, the Trump administration froze the distribution of IRA funds for clean energy.

Deal with Cornell University

Over the past year, the Trump administration froze federal funding for many universities across the U.S. The administration froze over \$1 billion in funding for Cornell University in April 2025. Cornell reached a deal with the Trump administration to restore some of its funding in November 2025. Under the deal, Cornell has to share anonymous admissions data on its students, including grade point average, race and standardized test scores to be audited by the Trump administration.

Ewa Nizalowska, president of the Cornell Graduate Student Union, said she sees the deal between Cornell and the Trump administration as essentially saying that the federal government should have oversight over everything that is taught at Cornell.

"It is disappointing that Cornell has made the choice to capitulate to the Trump agenda," Nizalowska said. "We



Community members attend Indivisible Tompkins' Weekly Honk and Wave to Protect Democracy every Saturday at the Bernie Milton Pavilion on The Commons to protest United States President Donald Trump.

PHOTO ILLUSTRATION BY RAESSLER GUTHRIE AND JAMES SIMPSON/THE ITHACAN

certainly hope that they will continue to resist the Trump administration's attempts to erode higher education."

Cornell's funding freeze came after the U.S. Department of Education's Office for Civil Rights opened an investigation into Cornell, and 44 other schools, for allegedly engaging in race-exclusionary practices in their graduate programs in March 2025.

The OCR also announced that it was investigating Ithaca College for alleged impermissible race-based scholarships in the same March 2025 press release.

Fear of immigration crackdown

The Kaleidoscope House, an Ithaca organization that aims to minimize suffering through building community, led a walkout to protest the one year mark of the Trump administration

on Jan. 20 at Dewitt Park. Maya Lake, a member of the Kaleidoscope House, sold artwork at the walkout to fundraise for Ithaca Welcomes Refugees.

The City of Ithaca has sanctuary status, meaning that it will not cooperate with Immigration and Customs Enforcement in enforcing

ONE YEAR, PAGE 4

Museum of the Earth avoids foreclosure Group centers native stories

BY **SYDNEY MARTIN**

ASSISTANT NEWS EDITOR

The Museum of the Earth in Ithaca avoided a looming foreclosure after its parent organization, the Ithaca-based Paleontological Research Institute, raised millions of dollars in donations.

The museum paid a \$3 million mortgage by Dec. 31, 2025, to remain open. The \$3.7 million in donations came after the organization turned to media outlets to cover its situation which allowed the organization to avoid having to rely on unstable federal funding. Now, the organization is seeking ways to diversify funding and continue to serve both experts in the field and educate the local community.

The PRI and the museum began to experience financial struggles in the fall of 2023, when a large single donor that the museum had depended on for over 20 years ceased to follow up on a promised \$30 million donation. The money was set to fund the museum's mortgage, the Cayuga Nature Center and various other initiatives.

The building remains open to visitors, often families, and has a strong volunteer force. Warren D. Allmon, director of the PRI since 1992, said donations came from around the country.



The Museum of the Earth houses one of the most complete Mastodon fossils in the world as part of an exhibit that allows visitors to interact with the collection directly.

BEATRICE MANTEL/THE ITHACAN

"They were people who care deeply about technical paleontology and there were people who care about collections," Allmon said. "Several families said the same phrase, 'you are a major part of our family.' So we mattered for very different

reasons to lots of different kinds of people."

Founded in 1932, the PRI built a reputation for providing extensive programs and journals,

MUSEUM, PAGE 4

Group centers native stories

BY **ISABELLA EDGHILL**

ASSISTANT NEWS EDITOR

The Gayoghó:no' Learning Project promotes visibility for Indigenous people in Ithaca through a variety of initiatives. Through groups such as their book discussion club, they aim to center Indigenous voices and storytellers in conversation.

The book discussion group met Jan. 18 at Buffalo Street Books. Stephen Henhawk, language and culture lead of the GLP, said community is the cornerstone of the book discussion group.

"We're all in this together here," Henhawk said. "We're Indigenous and non-Indigenous, letting the community really take time to really digest and really think of these ideas."

Monica Bosworth is on the GLP outreach committee and helps facilitate the discussion group. She said she was first drawn to the work of the GLP and the book discussion group due to a general interest in Indigenous

BOOK CLUB, PAGE 4

COLLEGE BRIEFS

Every new student employee must complete in-person form verification

All new student employees must complete Form I-9 in person to verify their identity and work authorization. The Office of Human Resources and Strategic Services and Initiatives will offer support sessions between Jan. 12 and Jan. 30 in Job Hall. Students must schedule an appointment ahead of attending a session and bring the original documents required by federal law.

The Form I-9 process is required in compliance with U.S. Citizenship and Immigration Services protocol and may take up to 10 minutes to complete.

Study abroad deadline for all 2026-27 programs is Feb. 15 in Terra Dotta

Students wanting to study abroad in the 2026-27 school year must register in Terra Dotta by Feb. 15. If the application deadline for affiliated or non-affiliated programs is later than this date, students will have until the published deadline to submit program specific applications, but must still declare their intent to study abroad with Ithaca College by Feb. 15.

The Ithaca College Los Angeles application deadline for Summer 2026, Fall 2026 and Spring 2027 is Feb. 8. The IC London Center

application deadline is Feb. 15. Study abroad advisers are available to answer any questions and help students to plan for their study abroad experience. They encourage students to follow the study abroad page on IC Engage, Instagram and Facebook for updates and visit the website for the Office of International Programs.

IC faculty and students perform dance work at the Kitchen Theatre

A dance choreographed by Aimee Rials, associate professor in the Department of Theatre and Dance Performance, was featured from Jan. 15-18 in a show at the Kitchen Theatre. Dean Robinson, associate professor in the Department of Theatre and Dance Performance, and senior Noah Schuster performed Rials' piece.

The show was titled "Memory | Motion | Moment" and Rials' piece is a duet exploring the experience of memory loss.

Career Center Associate Director Sam Elebiary departs Ithaca College

The Center for Career Exploration and Development held a farewell celebration for Sam Elebiary, associate director of the Career Center, on Jan. 7. During her two and a half years



IC Gymnastics vaults its way to the top

Senior Emily Kobusky celebrates with the Ithaca College gymnastics team after a successful first rotation Jan. 18 at the Ben Light Gymnasium. The team had a high scoring vault round, ultimately paving the way for a victorious meet.

BEATRICE MANTEL/THE ITHACAN

in the role, Elebiary helped to start the Career Corner podcast and led the show through its five seasons. She also played a key role in integrating Student Employment operations into the Career Center, and led a team of 16 student employees.

Elebiary started at Ithaca College in 2017 as a Residence Director and has been a part of a number of educational and community initiatives over the years. Elebiary is leaving IC to be the director of the precollege program at Cornell University.

MULTIMEDIA

VISIT THEITHACAN.ORG/MULTIMEDIA FOR MORE PODCASTS AND VIDEOS.



Spring 2026 Recruitment Campaign

The Ithacan's recruitment night will be held at 7 p.m. Jan. 22 in the Park auditorium. All students are welcome to attend, and no prior experience is needed to join.



Coming Soon ... Ithacan Podcasts!

Keep your ears peeled for new Ithacan podcast episodes!

This semester's lineup includes returning shows like "Deja View," "How IC Sports," "Pop Off!" and "Popcorn Premieres."

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
ASST. SPORTS EDITOR
PHOTO EDITOR
ASST. PHOTO EDITOR
ASST. PHOTO EDITOR
VIDEO EDITOR
ASST. VIDEO EDITOR
PODCAST EDITOR
ASST. PODCAST EDITOR
CHIEF COPY EDITOR
PROOFREADER
PROOFREADER
DESIGN EDITOR
ASST. DESIGN EDITOR
SOCIAL MEDIA MANAGER
NEWSLETTER EDITOR
AD SALES MANAGER
ITHACAN ADVISER

PRAKRITI PANWAR
REESE SCHENKEL
KAI LINCKE
MEI DENNISON
EAMON CORBO
SYDNEY MARTIN
ISABELLA EDGHILL
PARKER ANNE DEVINE
MEITAL FRIED
GRAHAM GOODMAN
LYLA DORAN
JAMES SIMPSON
JOSEPH BUCHER
BEATRICE MANTEL
HANNAH COULTHURST
JACOB GELMAN
ETHAN KAUFMAN
SULLY FOGEL
CAROLINE FENNEL
GILLIAN FLETCHER
ALANNA MANNING
RAESSLER GUTHRIE
SOFIA FITZGERALD
TAMAR WACHI
NAOMI MARTIN
SYDNEY SMITH
CASEY MUSARRA

COPY EDITORS

Andrea Lancia, Molli Semel

GOT A NEWS TIP?

Contact the News Editor at
ithacannews@gmail.com or 274-3208

THE ITHACAN IS PRINTED AT TOWANDA PRINTING COMPANY

SINGLE COPIES OF THE ITHACAN ARE AVAILABLE FREE OF CHARGE FROM AUTHORIZED DISTRIBUTION POINTS ON THE ITHACA COLLEGE CAMPUS AND IN THE ITHACA COMMUNITY. MULTIPLE COPIES AND MAIL SUBSCRIPTIONS ARE AVAILABLE FROM THE OFFICE OF THE ITHACAN. PLEASE CALL FOR RATES.



COMING THIS SPRING:

2.06.26 Garifuna Collective

2.27.26 Tigran Hamasyan: Manifeste

3.20.26 Sir Stephen Hough, piano

4.11.26 Flamenco Vivo Carlota Santana



Tickets available at
cornellconcertseries.com



Cornell University



WANT TO SEE YOUR WORK IN THE ITHACAN?

Explore your interests in writing, photography, illustration, video, podcasts, social media and more by joining *The Ithacan*.

Connect with our editors by visiting theithacan.org/join.



FROM ONE YEAR, PAGE 1

federal immigration law. Over the past year, the Trump administration has attempted to crack down on sanctuary cities.

ICE conducted operations in Ithaca at the end of January 2025, which led to community protests and to the common council reaffirming the city's sanctuary status. Lake said she fears that the City of Ithaca could become a target for the Trump administration and ICE because of its sanctuary status.

"We have to stand up and talk to our Congress members," Lake said. "Even if it's just for them to lower the budget that's going toward [The U.S. Department of Homeland Security] right now, that's one thing that we could do."

Sewell said local representatives like him have limited power in combating the impact of Trump administration policies like funding freezes and the expansion of ICE's operations.

Community organizing

Indivisible Tompkins was created to facilitate Tompkins County residents coming together to promote democracy after Trump was elected for his second term. The group helped organize marches in Ithaca that saw thousands of participants during national protests like "No Kings" and "Hands Off!"

Luc Bonnet, an organizer for Indivisible Tompkins, said the organization is centered around opposing U.S. Immigration and Customs Enforcement's crackdown on immigration, the Trump administration's economic policies like



Ithaca community member Brian Caldwell attends Indivisible Tompkins' Weekly Honk and Wave to Protect Democracy on Jan. 17 to protest the actions of United States President Donald Trump.

JAMES SIMPSON/THE ITHACAN

unilateral tariffs and the administration's actions against other countries like Venezuela.

Indivisible Tompkins holds a Weekly Honk and Wave to Protect Democracy from noon to 2 p.m. every Saturday at the Bernie Milton Pavilion on The Commons. Bonnet said he encourages Ithaca residents to find community through getting involved with activist groups, unions and local nonprofit organizations.

"It's a marathon, not a sprint," Bonnet said. "People need to have a continued, sustained commitment to taking action and get themselves

ready to be out in the street at times when there is a big crisis."

Ithaca community member Brian Caldwell — holding a sign that read, "save our democracy, have courage, it's contagious" — waved at cars driving through East Seneca Street at the Jan. 17 honk and wave. He said he advocates for Ithaca residents to protest against the actions of the Trump administration's policies in other parts of the country.

"We're part of the U.S.," Caldwell said. "We need to be thinking about everybody here in the country, not just ourselves."

Sewell said that despite the

actions of the Trump administration creating distress in the lives of Ithaca residents, he hopes that people in Ithaca will find a way to persevere through the administration's policies.

"I don't know what it is, but Ithaca is kind of an amazing reservoir of creative, beautiful, intelligent people who come together in the midst of challenges," Sewell said. "I haven't figured out what it is, but that's going to be the way that our people get together and sort of muddle through this whole thing."

CONTACT: ECORBO@ITHACA.EDU

FROM BOOK CLUB, PAGE 1

culture and way of life.

"I'm trying to figure out how I can, not just how I can learn, how I can educate myself," Bosworth said. "It's really helpful to have people to talk with."

According to U.S. Census data, 0.3% of the City of Ithaca population identifies solely as American Indian or Alaska Native. The Gayogohó:no' are part of the Six Nations of the Haudenosaunee and have roots in the Finger Lakes region dating back over 10,000 years. During the Revolutionary War, George Washington ordered a campaign that destroyed Gayogohó:no' villages and crops, forcing the Indigenous people to relocate in Canada and the Western United States.

The GLP aims to connect with Gayogohó:no' people across the United States and Canada to preserve this multi-millennium-year-old language and culture. The other key component of the GLP mission is to promote coexistence between Indigenous and non-Indigenous communities in Ithaca through education and spreading awareness. The book discussion group is one of the ways the GLP works toward coexistence.

"A lot of the ideas with the coexistence is that we're here together now," Henhawk said. "We don't really have a today in Ithaca. ... We're always spoken of in the past tense."

Henhawk said he hopes initiatives such as the book discussion group can promote awareness about the vibrant presence of Indigenous people in Ithaca today.

Michelle Seneca, project manager of the GLP, said she attends the book discussion group meetings to answer questions about her life and Gayogohó:no' culture. Throughout the discussion, she shared stories of her childhood on the Cattaraugus Reservation, and insights into how the book compared to her own experience and culture.

At the Jan. 18 meeting, the book club discussed "The Girl Who Sang to the Buffalo,"



Participants discuss the importance of Indigenous representation in literature. The size of the group varies, with 10 to 20 community members attending each time.

JOSEPH BUCHER/THE ITHACAN

by Kent Nerburn. The book is the final installment of a trilogy which follows Nerburn as he learns from Native American elders in the lands of the Lakota and the Ojibwe. During the meeting, participants discussed the nature of truth and how Indigenous ideas about harmony and balance differ from traditional western ideals.

Many group members thought there were valuable lessons to be learned from these Indigenous stories.

Bosworth said the books are powerful and expose her to new perspectives. Specifically in the Nerburn trilogy, she points to the character of Dan, an Indigenous elder, as a source of wisdom.

"A lot of the things that Dan says, to me almost seem, I don't want to seem dramatic, but it's almost like scripture," Bosworth said. "They seem like these are words to reground us into how we need to be."

The book discussion group started meeting

in summer of 2025 after the GLP had success hosting a film screening series for community members. The group has shown a number of films featuring native stories. Often, the GLP organizes panels following the film screenings to foster community discussion on the stories, the inspiration for the book discussion group. Nerburn spoke with the GLP in June after the group screened the film adaptation of his novel, "Neither Wolf Nor Dog."

Henhawk is hopeful about the future and wants the GLP to continue to uplift native stories through books and film.

Seneca said that the discussion group fosters powerful human to human connections.

"I'm really appreciative and grateful that we've found a community where we can share these ideas ... and be able to coexist with community down here outside the reservation," Seneca said.

CONTACT: IEDGHILL@ITHACA.EDU

FROM MUSEUM, PAGE 1

and in 2003, under Allmon's leadership, established the Museum of the Earth in Ithaca.

Brian Bauer, the president of PRI's board of trustees, said that in 2020, the traffic for the free resources was so great that the museum's website was recommended alongside institutions like the Louvre and the British Museum.

The organization initially kept the issues internal, not speaking to any media outlets and letting little information out to the public. In January 2024, half of the staff was laid off and the Cayuga Nature Center was closed to outside visitors in an effort to lower operating costs. But the money continued to not come and by the end of the year, the museum had not paid its mortgage.

With the prospect of being forced to shut down the museum, PRI and Allmon decided to bring more public attention to their plight, speaking with The Ithaca Voice for an article about their situation.

"Within 12 hours of that story being posted on [Jan. 13 2025], the next morning, we got a phone call from a woman who said, 'I'm sending you a million dollars,'" Allmon said. "And so suddenly that completely changed everything, because now we realized that the media was our friend, and if we embraced the media, then we could maybe get out of this."

The Ithacan covered the museum and PRI in an article in February, alongside many other outlets. By May 2025, the PRI had received multiple million-dollar donations.

"One eight-year-old wrote us a handwritten note in her handwriting that said, enclosed is \$44 that I have saved," Allmon said. "[Another] was from parents [of] a different [child], saying, 'our eight-year-old daughter doesn't want anything for Christmas, except for the museum not to close, here's a gift.'"

Elinor Kops, who worked as an education intern at the museum and now helps run children's programming on Sunday mornings, grew up in Ithaca and has been coming to the museum since she was a kid.

"I remember the fossil lab really distinctly, being able to actually get my hands on fossils," Kops said. "I think, growing up and having this as such a profound resource really kind of ignited my affinity towards the earth sciences, and I came back here."

As an adult, she said the PRI has given her a chance to get hands-on research experience and opportunities to interact with visitors that continue to travel to the museum.

Though the PRI has avoided foreclosure, Allmon said there are still challenges to come, like finding funding partners and board members.

"We're now pivoting to what's next and trying to reinvent the institution at a smaller size," Allmon said. "Still serving our basic audiences and trying to figure out how to meet all the other needs that the donor promised to fix. We're looking for new sources of revenue [and] trying to take care of our staff who are exhausted ... at the same time."

Allmon and the PRI are not the only institutions dealing with these concerns. Museums nationwide have struggled to operate following the COVID-19 pandemic, as attendance numbers decreased.

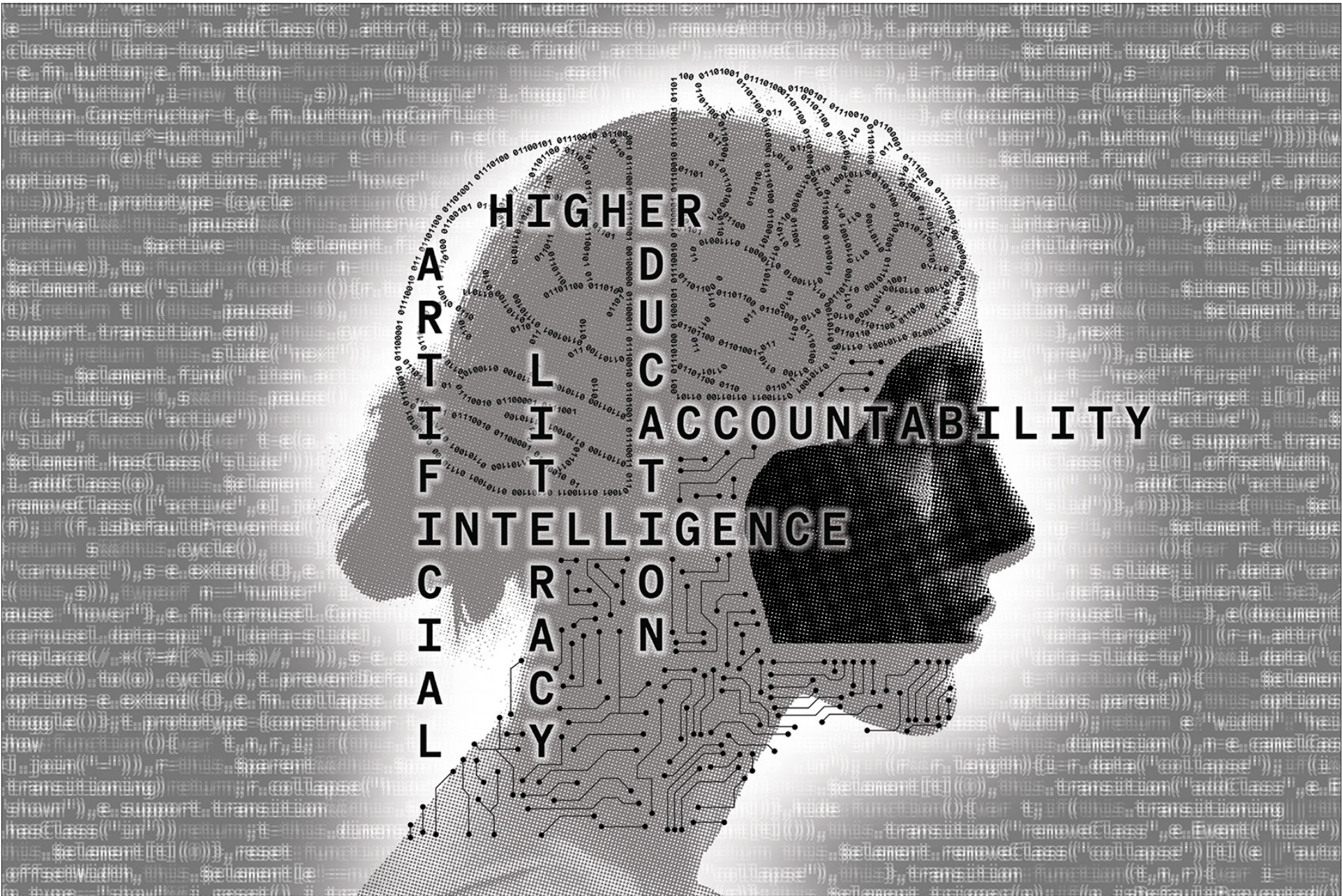
Another challenge facing museums is the uncertainty surrounding federal funding grants under the administration of United States President Donald Trump. Allmon said that around 25% of the PRI's current budget comes from federal funding, and that the museum could not function without it.

"If this whole catastrophe with our donor hadn't happened, I would be intensely worried about the future of federal funding for PRI," Allmon said.

Despite the potential challenges still on the horizon, Bauer said he and the PRI staff are extremely grateful for the support from every donor.

"This is an improbable place, and my involvement ... the involvement of people that support [PRI], can make a tremendous difference," Bauer said. "This is a small but impactful place."

CONTACT: SMARTIN9@ITHACA.EDU



ANITA CHIP/THE ITHACAN

EDITORIALS

Students need a change in attitude toward higher ed

After graduating from a higher education institution, like Ithaca College, students leave with degrees that act as the representative proof of the work they did. But, as artificial intelligence technology advances and students' attitudes toward education change, what will those degrees truly represent?

A study from the University of Florida found that reading for pleasure decreased 40% in the past 20 years. As the attitude toward reading generally stayed positive, the action of reading drastically decreased, with people instead turning to their devices during downtime. Now, in substitution for reading, people ingest short-form and highly targeted content on social media that is proven to significantly reduce attention spans.

In higher education this challenge is nuanced. As students, we choose our majors, the courses we take and the fact that we are even pursuing a higher education in the first place. We should take pride in that work. But instead, many choose the easy way out — negating assigned readings and using generative AI to

complete course work.

According to The Atlantic, the shift away from reading does not necessarily reflect a reduction in students' skills or ability to read and write, but rather a shift in values. Now, students place emphasis on obtaining the most prestigious jobs post graduation, rather than any gain of real knowledge. This change is not necessarily a bad thing, but the impact of not using your own mind's ability will undoubtedly catch up.

As the new semester begins, many may feel the urge to turn to AI as a desperate last resort, but IC offers free resources to aid in writing and source gathering. Through the Writing Center, students receive peer tutoring or help from faculty tutors from the Department of Writing. The college's library also offers one-on-one help with a librarian, where students receive specific, individualized help online or in person.

As students, we all have the privilege to pursue higher education. We should have immense gratitude for this advantage and take pride in the work we choose and get to do.

Political engagement must not end after election day

The first year of a polarizing second term for President Donald Trump has come to a close; and its impacts, even on small liberal communities like Ithaca, are widespread. This first year embodies a struggle seen time and time before in American politics: conflict between national and local government. This is not an argument for a small federal government, rather a plea for understanding the impact of national politics on all of our lives, with effects surpassing election day.

The City of Ithaca's Green New Deal, where two federal grants made up 85% of the funding, was put to a halt. Trump's Unleashing American Energy executive order from Jan. 20, 2025, reversed former President Joe Biden's climate policies and divested from climate change related concerns. Without the grants, Ithaca can no longer effectively fund its own local version of the Green New Deal.

On April 28, 2025, Trump's executive order, Protecting American Communities from Criminal Aliens, targeted state and local governments in conflict with national immigration law. In

2017, Ithaca declared its status as a sanctuary city, passing the Public Safety for All resolution. In February 2025, the Ithaca Common Council reaffirmed the sanctuary city status after an ICE arrest a week prior.

The conflict Ithaca faces with the federal government displays the significance of staying politically engaged, the importance of local politics and the power of not being politically cynical. Indivisible Tompkins, a local grassroots group founded January 2025, holds Weekly Honk and Wave to Protect Democracy demonstrations. According to their website, the group will continue these weekly protests until Trump is out of office.

While it is easy to feel completely disconnected from the national political stage, people turning away from topics they believe to not directly impact them only reflects their unwillingness to confront larger systemic issues, that will undoubtedly impact us all. Politics, for better or for worse, affect our everyday life, whether we choose to acknowledge that fact or not.

LETTERS TO THE EDITOR

Send to ithacan@ithaca.edu.

All letters must:

- Be 250 words or fewer.
- Convey a clear message.
- Be emailed or dropped off by 5 p.m. Monday in Park 220.

GUEST COMMENTARY

Send to ithacan@ithaca.edu.

All commentaries must:

- Be 650-750 words.
- Be written by an individual or group who has an educated opinion or is an authority on the subject.
- Be emailed or dropped off by 5 p.m. Monday in Park 220.



The dangers of AI as therapy

BY SAMUEL RADCLIFFE
COLUMNIST

Countless American teenagers confide in artificial intelligence chatbots, turning to them for conversation, emotional connection and even mental health support. But chatbots cannot replace trained human therapists. Mental health counseling requires a human touch. Chatbots are unfit to provide this support because they simulate care without responsibility, validate their users with sycophantic responses and encourage dangerous behavior.

A survey by Common Sense Media found 72% of American teenagers said they used AI chatbots as companions. Young adults are increasingly using chatbots, drawn to them for their accessibility and convenience, and for the 24/7 judgement free companionship that they offer. According to the New York Times Opinion, these “chatbots are becoming de facto digital therapists for many teenagers.” This should be alarming as AI is not equipped to support mental health.

Therapy administered by a trained human professional is a well-tested, effective approach to helping individuals with mental health challenges. A 2025 study from Stanford University explored the ways AI support differs from human therapy. Researchers produced a list of characteristics that made a good human therapist, including traits such as “not stigmatizing mental health conditions” and “challenging the thinking of a patient when appropriate.” AI demonstrated increased stigma toward certain conditions, such as alcohol dependence. According to Jared Moore, a Ph.D. candidate in computer science at Stanford, “bigger models and newer models show as much stigma as older models.”

Chatbots have often been criticized by users for validating anything they have to say instead of offering needed confrontation and insight. Chatbots have a tendency toward sycophancy — repeatedly reinforcing and encouraging any kind of input. Zane Shamblin, a 23-year-old graduate of Texas A&M University, died by suicide after ChatGPT repeatedly encouraged him as he discussed ending his life with the chatbot. The morning of his death Shamblin wrote repeatedly about having a gun. The chatbot mostly responded with affirmation, even writing “I’m not here to stop you.”

This trait renders AI chatbots unfit for mental health support. Nonjudgemental and sycophantic AI responses do not lead to meaningful action. Psychological research shows avoidance and reassurance lead to quick relief, but deepen long-term suffering. Some amount of judgement and confrontation is healthy, especially when it is provided by a trained professional.

This does not mean that AI cannot be involved in the processes used to treat mental health patients. There is potential for AI to assist human therapists in the future, helping complete logistical tasks, redirecting clients to appropriately trained professionals and helping therapists in training develop their skills. These strategies allow AI to be a part of the solution, while simultaneously recognizing that these types of human problems still require a human touch to solve.

GUEST COMMENTARY

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

Student orgs foster community at IC

BY MADDY KIM
SENIOR

“All of the Asian students at Ithaca College could fit into the Park Auditorium with room to spare.”

This comment was made during a 2025 executive board meeting for the Ithaca College Asian American Alliance. Represented by 3.9% of the student population in Fall 2025, according to IC’s Office of Institutional Research, less than 200 Asian students attend IC. With a maximum capacity of 220 people, every Asian student could sit comfortably in the Roy H. Park Hall Auditorium. Asian students have unique experiences and challenges that must be acknowledged for them to feel supported within this community.

Transitioning to college for students of color at a predominantly white institution poses extra challenges. While some experiences can foster connections among peers, many lead to feelings of loneliness. One way people can find their community is by joining affinity-based student organizations, spaces that foster belonging and celebrate shared culture and experiences.

The AAA is one such group that strives to support Asian and Asian American students at IC and provide them a space to meet other students who share their



Senior Maddy Kim discusses the important role student organizations play in building community and fostering belonging at predominantly white institutions (PWIs) like Ithaca College.

JOSEPH BUCHER/THE ITHACAN

culture, ethnicity, language and experiences. The current administration is forcing higher education institutions across the country to roll back diversity, equity and inclusion initiatives, so this work is more important than ever. Three years ago, I sat alone in my dorm room eating mooncakes by myself.

This year, I got the opportunity to help bring to life a Mid-Autumn Festival celebration with just under 50 faculty, staff and student attendees. That shift in experience, from isolation to community, is the result of increased attention and effort to provide spaces for students like myself. I am deeply honored

to serve as president of the AAA. If there is a space large enough on campus to hold all of us, then there is enough space to provide support to everyone.

Maddy Kim (she/her) is a senior clinical health studies major. Contact them at mkim3@ithaca.edu

GUEST COMMENTARY

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

Higher ed should avoid echo chambers

BY DYLAN BELDOCK
SENIOR

In class discussions, it often feels like I am the only one trying to slow things down. I ask questions meant to make people think. However, no one is listening to learn. They listen to respond.

Discussion turns into performance. One reason for that is media echo chambers. Many people lock themselves into one bubble and never leave it. Inside that bubble, everything confirms what you already believe. This mindset follows people into the classroom, where conversation becomes another place to repeat talking points rather than challenge them.

According to WIRED, only a small percentage of Americans live fully in echo chambers, but that group is disproportionately loud and influential. These closed information loops do not just reinforce beliefs; they harden them. College should interrupt that cycle, being a place where people are pushed to think instead of react. But too often, college rewards certainty over curiosity. I consider myself genuinely independent. I do not feel tied to either political party, even though both get things right and wrong. Growing up in a small town in upstate New York, there is constant pressure to pick a side, especially when politics become personal.

As a gay man, I once assumed my politics were decided for me, because only one party seemed willing, eventually, to accept the idea that love is love. However, letting go of that assumption forced me to think for myself. My identity does not dictate my politics. Being gay does not automatically place me in a political box, and disagreeing with someone does not



Senior Dylan Beldock explores the dangers of higher education institutions becoming echo chambers where people look to debate, rather than discuss nuanced issues.

BEATRICE MANTEL/THE ITHACAN

make them my enemy. It makes listening essential — and real learning only happens when people stop listening just to respond. If higher education cannot teach that, then it is failing at its most basic purpose.

If higher education wants to break free from echo chambers, it starts with students choosing curiosity over comfort. That means showing up to class willing to be challenged, not just validated. It means reading sources you disagree with, asking questions you do not already have answers to and resisting the urge to treat every disagreement like a personal attack. Real

intellectual growth requires slowing down, listening longer and speaking less just to be heard. Universities can encourage this, but they cannot force it. The responsibility ultimately falls on us. If we want classrooms that produce thinkers instead of talking points, we have to stop treating disagreement as a threat and start treating it as the point. Otherwise, college becomes just another echo chamber, one with tuition.

Dylan Beldock (he/him) is a senior politics major at Ithaca College. Contact him via email at dbeldock@ithaca.edu.

Small spring orientation creates big impact at IC

BY MEITAL FRIED

LIFE & CULTURE CO-EDITOR

At the end of Ithaca College's spring orientation, sophomore orientation leader (OL) Xavier Newby gave students the opportunity to throw things at him. Students in his group pelted him with anonymous questions about college life — from classes to club sports — written on crumpled pieces of paper. The exercise, called snowball, was an opportunity for Newby to speak to students, not as a mentor or authority figure, but as a peer. It was not Newby's first time leading the activity. But this January, the students in Newby's group were going through something he had never experienced — starting at a new college halfway through the academic year.

Spring orientation, which began Jan. 15 and ended Jan. 17, was an intimate affair. While the Fall 2025 orientation welcomed over 1,000 students to South Hill, spring orientation served only 27 new IC students. Four OLs staffed spring orientation, each leading their own group of students.

Ellie Burke, assistant director of New Student and Transition Programs, said the small numbers allowed students a more personalized experience. A student with an excess of transfer credits might find help building their schedule. A student struggling to break into the cliques formed during fall semester might forge close friendships.

Spring orientation does not include the Glow Party, a first semester orientation highlight sponsored by the Center for LGBT Education, Outreach, and Services. Instead, spring orientation's programming offers more low-key opportunities for socializing, like a trivia night or new student social.

First-year student Anabel Smith, who participated in spring orientation this January after taking a gap semester, said that the small size could be underwhelming, but was ultimately comforting.

"Everyone's so welcoming," Smith



Spring orientation, which began Jan. 15 and ended Jan. 17, was an intimate affair. While Fall 2025 welcomed over 1,000 students to South Hill, spring orientation served only 27 new IC students. Four orientation leaders staffed spring orientation, leading their own groups.

PHOTO ILLUSTRATION BY SOFIA FITZGERALD AND JOSEPH BUCHER/THE ITHACAN

said. "I really love the one-on-one time. I feel like I can ask questions and they will be answered."

Junior Janelle Harris, another OL, said the smaller size helped students form stronger interpersonal relationships. She said the size also encouraged her to be more proactive, reaching out to students outside of the group that she led.

"If you see someone sitting alone, go over, try to chat them up," Harris said. "See what they're about, where they're from, why they chose Ithaca, are they liking their major, what are they thinking about."

Many students participating in spring orientation transferred from other colleges. A handful were, like Smith, first-year students starting a semester late. In Fall 2025, 72 new

transfer students enrolled at IC, 6.3% of the total new students.

"We were told in training today that it might be helpful to ask the transfers about their personal experience, because some of them might even be older than us," Newby said. "I'm only a sophomore. So there might be a junior or a senior transfer, and asking them for their input might be really useful."

Burke said OLs should strive to create a collaborative atmosphere with students in their small group.

"We work with our orientation leaders to make sure that they know how to really bounce off of the experiences of the group," Burke said. "Transfer students in particular are coming in with experience at a different college. So it's a little bit less

of 'how to college' and more 'how to Ithaca College.'"

For Newby, introducing students to the college means highlighting the unique tools available to support IC students.

"One thing that I really want to impart on my students is that there are so many resources at Ithaca College, and almost all of them are free," Newby said. "Whether it be mental health resources, or academic resources, there are so many things around campus that you may not know about."

Burke, who started working at IC in May 2024, said she is only beginning to see the impact orientation has on IC students. She said she hopes that by flooding new students with information the knowledge will feel familiar when they learn about the resources again later on in their time at the college.

"We are throwing a ton of information at these students, during a really pivotal transition point where they're already overwhelmed and tired and trying to get used to this new space," Burke said. "So some of the impact is less about them knowing specific information, and more getting to feel like there's resources here on campus."

Burke said she hopes knowing about the resources will give students a sense of the institution's strengths and values. She said IC's supportive environment is part of what drew her to working at the college.

"It sounds cheesy and cliché, right?" Burke said. "But because [IC is] so much smaller, and because the community here is so rich, we value each other's humanity."

First-year student Nico Sanchez, a transfer student, said he certainly

felt the difference.

"At my old school, the whole orientation was really barely an orientation," Sanchez said. "It was super brief and not thorough at all. In comparison to that, this one has been so much more intimate."

Sanchez said he was pleased with the individualized attention and extensive guidance.

"They're going over everything and anything they possibly could," Sanchez said. "And there's so much personal help. ... So many people tell me, 'Oh, you can reach out to me if you have any questions about this or that.'"

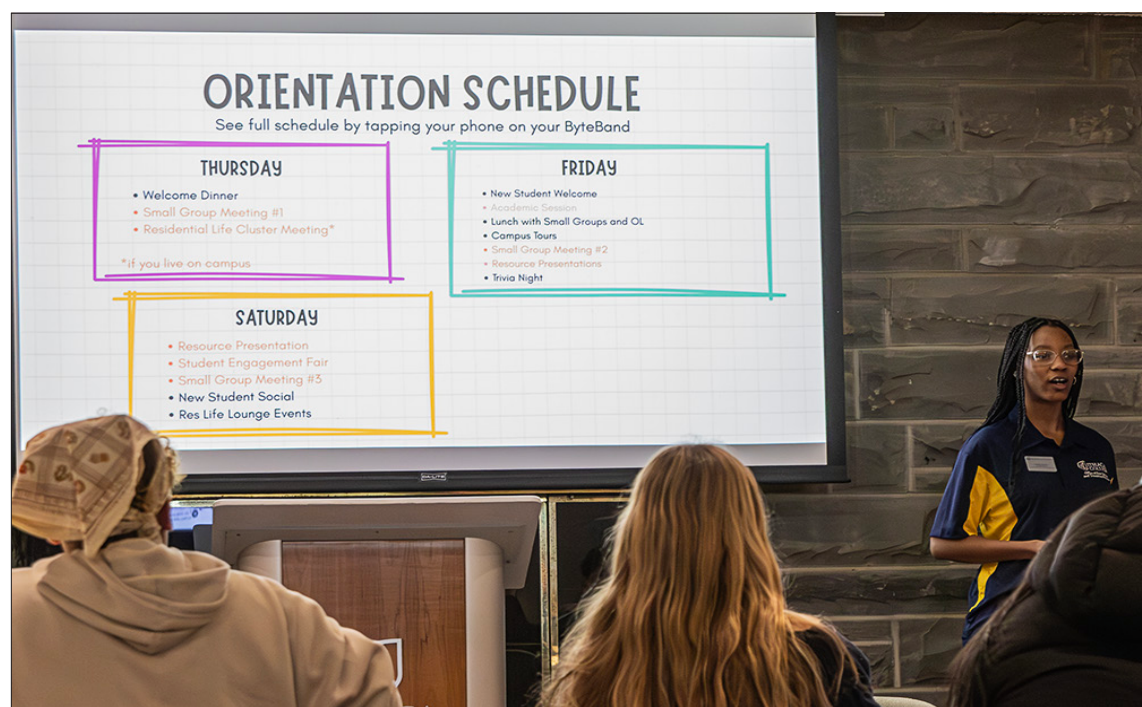
Harris, who became an OL last fall, said she has tried to stay in touch with students from her orientation group over the course of the past semester, reaching out around important milestones like breaks or finals to offer encouragement.

"[I am] checking in and celebrating all of their wins," Harris said. "And then planting as many seeds in them as I can before I go off, and then they can take those seeds and plant them into others."

Of all the on-campus jobs Harris has held, she said her work as an OL is particularly special to her, highlighting the importance of collaboration.

"Everyone [on this campus] is important," Harris said. "We're all like different parts of the body, like the finger, the toe, the feet. They all have different functions, but when they come together, we're working as one body toward one common goal."

Senior writer Liam McDermott contributed reporting.



Junior Janelle Harris, a second-time orientation leader, explains spring orientation's scheduled programming to students. The programming emphasizes social connection and sharing resources.

JOSEPH BUCHER/THE ITHACAN

CONTACT: MFRIED@ITHACA.EDU

THE QUEUE

The Ithacan recaps what you missed over winter break.

“DEFIES THE ODDS AT EVERY CORNER”

“MARTY SUPREME”

★★★★★

“A LETDOWN TO VIEWERS”

“STRANGER THINGS SEASON 5”

★★☆☆☆

“FAILS TO IMPRESS ON SCREEN”

“THE HOUSEMAID”

★★☆☆☆

‘Marty Supreme’ is a Christmas gift from Josh Safdie

BY BRIAN MURRAY
STAFF WRITER

A Manhattan chase sequence, a canine ownership dispute turned deadly and a structurally unsound bathtub — can you believe these are featured in a movie about ping-pong? It is certainly unusual, but “Marty Supreme,” the new film from director Josh Safdie, defies the odds at every corner.

The film, set in 1950s New York, follows Marty Mauser (Timothée Chalamet), a hustler aspiring to be the best table tennis player in the world.

Despite the title, Marty is a loser; he is arrogant, disloyal and hot-headed. But Chalamet’s signature charisma makes it easy to loathe Marty yet impossible to give up on him.

Odessa A’Zion winningly portrays Rachel, a lifelong friend pregnant with Marty’s child. Also noteworthy is Gwyneth Paltrow as Kay

Stone, a retired actress attempting to revive her career.

The film is loosely based on the life of 1950s table tennis player Marty Resiman, and Safdie successfully lends verisimilitude to the occasionally zany plot points. Veteran production designer Jack Fisk’s famous eye for period design brings the film to the next level.

Ronald Bronstein and Safdie collaborated to edit the film, a job they completed with vibrant grace. Despite a lull in the middle, the film feels airtight, leaving room for the audience to breathe without ever slowing down.

With its inventive script, striking performances and electric energy, “Marty Supreme” is a film that must be seen to be believed. If Safdie’s mind is capable of more creations like this, I encourage him to follow his own advice: dream big.



COURTESY OF A24

CONTACT: BMURRAY@ITHACA.EDU

Anticipated finale flips show’s reputation upside down

BY ABBI PUCKETT
STAFF WRITER

Season five of the hit Netflix show, “Stranger Things,” concluded Dec. 31. The show’s creators, Ross and Matt Duffer, teased the last chapter through Instagram posts over the last few years, but even with so much anticipation, the season fell short.

This final season was released in three volumes which aligned with national holidays.

The biggest letdown was, unfortunately, Volume Three. So much about the final episode felt odd and empty. The finale felt rushed, even with a runtime of over two hours. The battle sequence only took a few minutes, making the final fight seem too easy. The second half of the episode took a time jump of 18 months to when the main characters were graduating high school: an ending too simple compared to past season finales.



COURTESY OF NETFLIX

While the finale left quite the impression, with some fans creating their own theories of a secret episode, there was an announcement made Jan. 5 that there would be a documentary about the making of the show’s final moments.

In the documentary, the Duffer brothers said they wanted to make sure they left no unanswered questions about the show. Yet, they did the exact opposite with the ending they gave Eleven (Millie Bobby Brown) by leaving the viewers to decide what happened to her.

The finale was full of disappointment. Over the course of the 10-year run, “Stranger Things” grew its fanbase with every season. However, the final episode showcased the lack of creativity in the Duffer brothers’ writing, making this ending a complete letdown.

CONTACT: APUCKETT@ITHACA.EDU

Feig holds the audience hostage with ‘The Housemaid’

BY PARKER ANNE DEVINE
LIFE & CULTURE EDITOR

On Dec. 19, the film adaptation of Freida McFadden’s 2022 novel “The Housemaid” was released in theaters. While the story is a satisfying piece of entertainment for those who crave gimmicky thriller novels, the adaptation fails to impress on screen.

Audiences enter the world of “The Housemaid” through Millie Calloway’s (Sydney Sweeney) perspective. Millie accepts a position as the live-in housemaid for upperclass Long Islander Nina Winchester (Amanda Seyfried) and her husband, Andrew Winchester (Brandon Sklenar).

“The Housemaid” promised audiences an erotic thriller with a focus on Sweeney’s pseudo-innocent housemaid and Sklenar’s married man. Sklenar flexes his acting muscles in his performance as Andrew. Sweeney is at

her best in the romantic scenes with Sklenar.

“The Housemaid” leans too far into tropes of the psychological thriller drama to feel fresh. The cinematographer, John Schwartzman, took every opportunity to show a character through a window foreshadowing the confined nature of the climax. It stands out against the otherwise uninteresting visual choices.

Directed by Paul Feig, “The Housemaid” is riddled with moments of humor. But with poor comedic timing, several of the film’s climactic scenes leave audiences thinking “was that supposed to be funny?”

The credits smash onto screen to Taylor Swift’s “I Did Something Bad.” The credit tune is the last way that “The Housemaid” attempts to establish a genre before releasing its viewers back into the real world.



COURTESY OF DANIEL MCFADDEN/LIONSGATE

CONTACT: PDEVINE@ITHACA.EDU

Men's basketball presses for improved performance

BY LYLA DORAN

ASSISTANT SPORTS EDITOR

After winning a Liberty League Championship in the 2024-25 season, the Ithaca College men's basketball team has struggled to win games consistently. As of Jan. 22, the Bombers have compiled a 5-10 record and have failed to produce a winning streak under new head coach Mike McSloy.

After winning the Liberty League Championship Tournament in the 2024-25 season, former head coach Waleed Farid departed IC in May to take the head coaching position at New York University. The Bombers hired McSloy, formerly the head coach at Drew University. McSloy brought over an abundance of winning experience and a new fast-paced pressing style of play. He emphasizes a high tempo of play and aggressive defense on the entire court.

McSloy used the press during his last two years at Drew, leading them to a 44-10 record. Farid often ran a "run and gun" playstyle, which focuses more on the offense and shooting.

"I think anytime you have a new coach, there's going to be bumps in the road," McSloy said. "Anytime you start playing a new system, there's going to be a learning curve, and I think we're experiencing that in a big way right now, but I think our guys have done a really good job of being positive about moving on to the next day."

Press increases the speed of the game and increases changes in possessions, which creates more scoring opportunities for both teams. McSloy said the goal is to force a high turnover rate but decrease the opponents' field goal percentage.

This season, the Bombers are averaging 81.0 points per game, first in the Liberty League, but allowing on average 81.4, which ranks last in the conference.

"We haven't done a ton consistently," McSloy said. "Our offense has been inconsistent, but by the pace of our play, we score more points. I think defensively, we're just allowing too many easy baskets out of our press



Junior center David Luberoff battles a defender in the loss against Rensselaer Polytechnic Institute on Jan. 16. Luberoff is playing with the new press system, which head coach Mike McSloy brought in when hired in May. The team has struggled this year, compiling a 5-10 record.

JOSEPH BUCHER/THE ITHACAN

within the half court. ... It's not ideal, but it's just kind of the nature of the way we play."

In the 2024-25 season, the Bombers averaged 13.6 turnovers per game. This year, they increased the average to 15.9. However, they have allowed opponents a 48.5 field goal percentage this season, their highest in over 13 years.

The Bombers concluded their non-conference schedule Jan. 3 and finished 1-6. McSloy said the team struggled with the difficult matchups, including teams like Western New England University and SUNY Cortland, early in the season.

"We were kind of thrown into the fire with who we had on the schedule, and I think the guys have grown

tremendously in the press," McSloy said. "I think in the areas of just knowing the positions, knowing what it takes, and the mentality that goes into it, it's a huge [adjustment] and ... there wasn't a lot of grace period."

Junior guard Jaylon O'Neal, one of the Bombers' most productive players, says the team has been battle-tested, especially since losing two of their leaders from last year: Logan Wendell '25 and Aidan Holmes '25.

"At the beginning of the season, I'm not gonna lie, I think it was more of a mentality thing," O'Neal said. "We knew what we did last year coming into the season, and I think we kind of carried that ego with us, and [did not] realize that we're

the underdogs again."

Playing press is very physically demanding. Players must be conditioned well to be able to sustain a full game. Having depth is also crucial, since players get subbed in every 2 1/2 to four minutes versus the typically five to six minutes in more traditional rotations. Most teams are also comfortable having eight to nine players rotating in the game; McSloy aims to have 11 to 12.

"We think that having the depth in those ... games over the course of time could become really fruitful for us in terms of the actual system," McSloy said. "It's all about pressure, high intensity, got to have a lot of energy, got to be in really good shape to do it ... We always want [our opponents] to feel our presence. We always want them to feel like they're under pressure, under duress."

O'Neal said that focusing on sleep, nutrition and hydration is crucial when part of a pressing system. O'Neal also said that the Bombers have a system where if a player gets tired, they raise their fist to call in a teammate.

"You got to be built for [the press]," O'Neal said. "You've got to be willing to make sacrifices, even if it means sacrificing some of your minutes for one of your teammates again. ... It's all about knowing, knowing how much you can handle and how much you can take while still being able to help the team out. ... It's the unselfish thing to do, put your pride aside."

Sophomore forward Chris Leysath, the 2024-25 Liberty League Rookie of the Year, has seen less court time this season despite being one of the team's most productive players. In 2024-25, he averaged 23.8 minutes per game, in 2025-26, he is averaging 16.1.

"We're relying on each other to

come in and pick us up whenever we need that break," Leysath said. "Since we're trustworthy [to] everybody, we know when somebody comes into the game like they're gonna give it their all, their best effort, and they're gonna work hard every time they step on the court."

McSloy said his press scheme is unique in the Liberty League. Besides the Hobart College Statesmen, everyone has a more "controlled" style. The Bombers lost to the Statesmen 86-66 Dec. 9, then defeated them 88-85 Jan. 13.

"Our philosophy is — not just this year, but in the future — we want to bring a system that's more up and down, a little bit more fast paced, to try to be a little bit different [than] our opponents," McSloy said.

Despite the struggles this season, McSloy says that the team has improved and is optimistic about January and February.

"As a coach, I don't think you're ever comfortable or like feeling great, necessarily," McSloy said. "But our goal since the start has been to improve as the year has gone on. I think up until this point, we've done that, despite what our record shows."

O'Neal said the team is committed to the process of learning the new system and everything will work itself out in the end.

"The only way that you can move at this point is forward," O'Neal said. "I feel like that's kind of the mentality that we've had. ... We've gotten punched; we've given punches. It's all about moving forward, sticking true to what we do, having trust in your brother and your teammates and the coaches and everything."

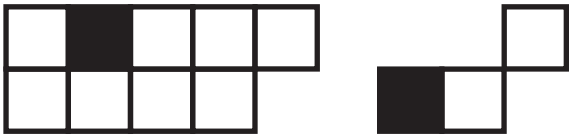


Junior guard Jaylon O'Neal defends an RPI player one-on-one. O'Neal, who has played 69 career games, said the new press system is physically challenging, but is optimistic about the remainder of the season.

JOSEPH BUCHER/THE ITHACAN

CONTACT: LDORAN1@ITHACA.EDU

DIVERSIONS



CROSSWORD

BY QUILL DRIVER BOOKS

1	2	3	4			5	6	7	8			9	10	11	12	
13						14				15		16				
17						18						19				
20					21		22				23					
			24			25			26							
27	28	29					30				31			32	33	34
35					36			37	38			39				
40				41				42				43				
44						45				46	47		48			
49					50				51			52				
				53			54			55						
56	57	58						59	60			61		62	63	64
65						66				67		68				
69						70						71				
72							73					74				

ACROSS

1 Largemouth —
5 Decorative cover for a pillow
9 Buggy
13 Fashion magazine
14 — beaver
16 Word on a cookie
17 Kanten
18 Region's usual weather
19 Queue
20 Slender candle
22 Legal outs
24 Enthusiast
26 Seven —
27 Apple variety
31 Say confidently
35 Fuss
36 Garden tool
39 Affirm
40 Becomes more solid
42 Disreputable paper
43 "— or Something Like It"
44 Reduce
45 Homeless animals
48 Halfscore
49 Arm
51 Dim-witted one
53 Pops
55 Bovine sound
56 Eye-catching

display
61 Distance from side to side
65 Insensible state
66 Implements
68 Retrea
69 Final-sale warning (2 wds.)
70 Turn out (2 wds.)
71 Sufficiently, old style
72 Simple
73 Wriggling
74 Ohio players

DOWN

1 Pulsate
2 Marine plant
3 Strike with open hand
4 Tranquil
5 Dry, say of wines
6 Auditorium
7 Exchange premium
8 Office communications
9 Mammoth
10 Seed cover
11 Actress — Russo
12 Piggies
15 Annul a law
21 Oxidation result
23 "Every dog — his day"

25 Seaman
27 Flying insects
28 Standard of perfection
29 — Dame
20 Ship's left-hand side
32 Madonna role
33 Cite
34 Fashion
37 "The — of the Worlds"
38 Minced oath
41 Pod
45 Tranquelize
46 "So tasty!"
47 Sluggish

50 Container for dye
52 Hang about
54 Cake eaten at tea time
56 Swindle
57 Sit for a painter
58 Arab VIP
59 Ore deposit
60 Jewish month
62 Wine and —
63 Stepped on
64 Cuts down
67 "Tinker Tailor Solider —"

LAST ISSUE'S CROSSWORD ANSWERS

H	A	T	S		N	A	F	T	A		I	R	M	A
A	L	I	A		A	L	E	R	T		N	O	E	L
S	E	L	L		R	A	D	A	R		D	U	N	E
P	E	E	L		E	R				C	I	T	I	E
					O	V	A	L		Y	S	E	R	
H	O	T	W	A	T	E	R		K	E	E	N	E	R
E	V	E		N	O	V	E	L		S	C	A	L	E
R	E	A	M		R	I	G	I	D		T	R	I	M
E	R	R	I	S		S	A	V	O	Y		C	H	I
S	T	Y	L	E	S		L	E	V	E		L	O	U
					L	A	T	S		D	E	L	I	
					F	O	R	M	A	T		C	L	A
L	A	R	A		B	E	A	N	O		B	O	R	E
O	T	I	C		L	E	G	I	T		L	O	I	N
S	A	G	E		E	L	O	P	E		E	D	E	N

The Film Fleeks

BY ATTICUS JACKSON/THE ITHACAN



SUDOKU

2			5					
	4	3				6		

LOOKING FOR MORE GAMES?

Find more of our crossword and sudoku puzzles at theithacan.org/games.



Create and solve your Sudoku puzzles for FREE.

Play Sudoku and win prizes at: **PRIZESUDOKU.COM**
The Sudoku Source of "The Ithacan".

EASY

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

HARD

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

THE

>>>>

BUZZER

THE ITHACAN'S BREAKDOWN OF ITHACA COLLEGE'S WEEK IN SPORTS

ATHLETE OF THE WEEK

DELANEY BISAILLON/WOMEN'S WRESTLING



First-year wrestler Delaney Bisailon has headlined the inaugural Ithaca College women's wrestling season. Bisailon improved to 16-2 last week, going 6-0 in her six matches on top of a first place finish at the Alfred State Pioneer open.

MEI DENNISON/THE ITHACAN

COMPETITION OF THE WEEK

MEN'S BASKETBALL VS. HOBART



Men's basketball salvaged a nailbiter 88-85 victory against a top Liberty League opponent Jan. 13. Not only did the victory over the Statesmen entertain, but it avenged their 20 point defeat to conference opponents from earlier in the season.

JOSEPH BUCHER/THE ITHACAN

EVENT TO WATCH



9 A.M. JAN. 24 IN BROCKPORT, NEW YORK

Men's wrestling head to the State University of New York Athletic Conference championships with a 5-5 record and high hopes after taking No. 22 Messiah University and No. 16 Stevens University on Jan. 10. After a disappointing December, the Bombers have turned things around most recently with a 40-9 takedown of SUNYAC opponent SUNY Oswego on Jan. 17. A successful day in Brockport could feed the flame for the NCAA Championships.

>>>>

MORE UPCOMING COMPETITIONS

- Women's basketball:

5:30 p.m. Jan. 30 at Union College in Schenectady, New York
- Men's and women's swim and dive:

1 p.m. Jan. 31 vs. SUNY Geneseo at Kelsey Partridge Bird Natatorium
- Men's and women's track and field:

10 a.m. Jan. 31 Bomber Invitational at the Glazer Arena
- Men's basketball:

7:30 p.m. Jan. 30 at Union College in Schenectady, New York



THE ITHACAN RECRUITMENT NIGHT

7 P.M. THURS. JAN. 22
— PARK AUDITORIUM

