College releases new diversity statement

BY CORA PAYNE

Ithaca College has released an updated diversity, equity and inclusion statement that is longer than the previous one and reflects the goals outlined in the college’s strategic plan, Ithaca Forever.

The statement was released Feb. 22 by the Campus Climate Action Group (CCAG). It encompasses the college’s priorities, including a “prolonged commitment to cultivating a diverse, equitable and inclusive community.”

The diversity statement is in accordance with Ithaca Forever, which was officially launched Oct. 25, 2019, said Darius Careton, residence director in the Office of Residential Life.

The college has not updated its diversity statement since the last one was released in 2010.

The updated title and expansion of the statement was primarily to reflect the strategic plan, said Roger Richardson, associate vice president for the Division of Student Affairs and Campus Life.

“One of the major changes from the previous diversity statement is that it was just a diversity statement [before],” Richardson said. “When people hear diversity, they just think about numerical representation. But this is not just a diversity statement … just in renaming the document, we are able to hold this mirror up to the institution because it says in the strategic plan that we also value equity and inclusion and our statement needs to reflect that.”

The college hosted several feedback sessions for the campus community to engage in discussions about the new statement.

Attendance numbers were in single digits at both sessions Feb. 25. Campus community members were also invited to submit feedback through an online link.

Samantha Elebiary, director of the BOLD Women’s Leadership Network and a member of CCAG, said the committee has received lots of feedback online about the statement.

She said in response to some of the feedback that the statement itself cannot fix all of the problems on campus.

“There’s nothing we could write on this paper ever that would make people feel like, ‘Okay, everything is fixed. We’ve solved it,’” Elebiary said. “That’s not the purpose of this. … It’s just meant to be a starting point.”

The statement begins by acknowledging that Ithaca College resides on colonized Haudenosaunee land, and we honor their
FROM CITIZENSHIP, PAGE 1

"Hadar-Bessire was raised by Israeli-born parents of mixed heritage in the small suburb of Atarot, Tel Aviv. Her paternal grandparents emigrated from Yemen through "Operation Magic Carpet," which was part of a series of operations in which the Israeli army rescued Jews abroad who were facing anti-Semitic oppression and violence. The operation, which took place between 1949–50, airlifted approximately 46,000 Jews from Yemen to Israel. Her maternal grandmother was a Zionist pioneer born in Jaffa to parents who fled the Russian region of the Ottoman Empire because of anti-Semitism. However, her maternal grandfather was born outside of Keiv, Ukraine, and his village was wiped out during the Holocaust. Ukraine was the site for many pogroms and massacres during the Holocaust, including the Babi Yar massacre in September 1941 in which nearly 3,000 Jews were marched, stripped naked and shot with machine guns into the Babi Yar ravine in Kiev. Most of her family—including her parents, her brother and three nieces—still live in Israel, and she said she often talks to them over WhatsApp because flights are expensive.

"As they say... you can take an Israeli out of Israel, but you cannot take Israeli out of an Israeli," she said, via video. "Of course I miss my family and friends, and also the food, traditions, and culture, but yet I have built a wonderful life for myself here in America, which I am very grateful for, and proud of."

She said she came to the U.S. during a sabbatical but ended up staying here to create a better life for her family. She started working at the college in 2012 to teach Hebrew in the Department of Modern Languages and Literatures and an Israeli film course in the Department of Jewish Studies. She also coordinated the Israeli Film Festival at the college in Spring 2014, a festival that she now directs.

Once she was released from her service, Hadar-Bessire attended Haifa University in Israel, to obtain a Bachelor's degree in Semitic linguistics and comparative literature. Hadar-Bessire can speak Hebrew, English and some Arabic. Before teaching at Ithaca College, she also taught Hebrew at Binghamton University for approximately three years. She said that Binghamton University sponsored her as a green card holder when she started her naturalization process.

"I'm feeling joy and relief now," she said. "But along the process, I felt a little bit of frustration that it was a little bit cumbersome... I think it's the best thing I could have hoped for... [She is] a big believer in liberty expression and exchange of ideas. And this is [her] home now, and I feel like it's very appropriate and sweet."

Sophomore Lana McCalluch was one of a few students who attended the ceremony Feb. 12 to support Hadar-Bessire. She said that she took Elementary Hebrew I with Hadar-Bessire in Fall 2019 and that Ithaca has had a huge impact on her experience at the college.

"Mirit has influenced me by showing me that education isn't necessarily always about getting the right answers," she said. "It is about making mistakes and being okay with making mistakes and learning from your mistakes. But she's also influenced me through her story. I just feel the fact that she's so willing to talk about her story openly and kind of let other people learn from her experiences... is really cool!"

Junior Shoshana Maniscalco has taken every available course taught by Hadar-Bessire at the college, including all levels of Hebrew and Israeli culture through Film. She continued her Hebrew education by working as a teaching assistant under Hadar-Bessire.

Maniscalco could not attend the ceremony because she is currently studying at the Hebrew University of Jerusalem through The Nachshon Project, which is a Jewish leadership program, but she said she has learned a lot from Hadar-Bessire in college. "Mirit has encouraged me to take on new leadership opportunities both at the college and in the community," she said. "She also has helped me to become more confident and a stronger leader. I am incredibly happy for her now that she has obtained citizenship. She has contributed a great deal to the campus community, and I know I will continue to do so in the future."

Maniscalco is a copy editor for The Ithacan.

FROM STATEMENT, PAGE 1

It says in the strategic plan that we also value equity and inclusion, and our statement needs to reflect that. —Roger Richardson

The college also states it will not tolerate or condone any form of discrimination in the statement and seeks to make the campus “accessible” to all students, especially those “impaired by systemic disadvantages, marginalization and exclusion.”

The college strives to build a curriculum and campus culture that reflects the diverse communities on campus, the statement says. It also says the college “thrives on the open and exchange of ideas, while expecting mutual respect and asserting that prejudice, discrimination and incivility serve only as hindrances to our common community.”

The statement says the college takes responsibility and accountability for recruiting and retaining diverse community members.

“Those commitments serve as the fabric of our educational experiences and are essential to our institutional vibrancy and sustainability,” the statement said.

Richardson said the statement is purposefully general so it can be resourceful in many capacities. Richardson also assisted in drafting the statement. He said this is just the first step for improving the campus through the strategic plan.

“The next task for us is to be thinking about how we can build systems and structures and look at policies that are in opposition of what this statement is trying to articulate,” Richardson said.

Careton said the statement is still in its early stages.

“We are trying to get this feedback because this is only draft one,” Careton said. “After these feedback sessions, we’ll create a new draft and then hopefully we have more feedback sessions to make sure we really hit the mark.”

FROM DONATIONS, PAGE 1

McGowan also helps to make pamphlets and updates monitors on campus, including Intercom, with information about the drive, like what sizes of coats are in popular demand, Riker said.

Biker said she has seen a lot of students from former climbers who were prepared for the Ithaca winter take coats from the drive. Approximately 54.6% of students at the college are from outside New York state, with students from 48 states and four territories being represented in the student population, according to the 2019-20 Facts in Brief.

Biker said she and others aim to provide as much information to the community as possible because many who come to the drive are confused about its service. She said she commonly sees people confused about whether or not they have to pay despite it being a free service.

Sophomore Renée Agsten, who is a resident assistant for Terrace 8, said she was unaware of the drive but thinks it would be helpful for many students. She said it would be beneficial for CAPS and the Office of Residential Life to collaborate efforts to raise awareness about the drive’s services.

“The Office of Residential Life would definitely push it,” Agsten said. “Especially if we’re given posters and stuff to hang up in the [residence halls], it would be really helpful.”

Biker said she hopes to make the drive a permanent service on campus.

“As long as the IC community can keep supporting it, we’re going to keep offering coats,” Biker said. “We get a lot of students from warmer climates that buy their coats from home, and they get here and [the coat is] not warm enough for Ithaca’s snowy weather.”

The drive is lacking enough coats and is still accepting donations, Biker said.

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Coronavirus increases in Italy during overnight outbreak

Italy reported a 45% one-day increase in people infected with the coronavirus Feb. 25. Italian officials reported 11 deaths and 322 confirmed cases of the virus, 100 more than a day earlier. While the majority were concentrated in northern Italy, some of the new cases showed up in parts of Italy well outside the country’s two hard-hit regions, including three in Sicily, two in Tuscany and one in Liguria. An Italian couple from the afflicted north tested positive in the Canary Islands off Africa, forcing the quarantine of their hotel. Austria, Croatia and Switzerland reported their first cases, all in people who recently traveled to Italy. Italy has closed schools, museums and theaters in the two regions where clusters have formed, and troops are enforcing quarantines around 10 towns in Lombardy and the epicenter of the Veneto cluster, Verona. Italy has not yet identified the source of the outbreak.

Many killed in violent protests against Indian citizenship law

An angry group of Hindus carrying pickaxes and iron rods hurled rocks at Muslims on Feb. 25 in a fresh round of violent protests in the Indian capital over a new citizenship law, with at least 10 people killed in two days of clashes. Black smoke rose into the sky over northeastern New Delhi after Hindu protesters set fruit and vegetable shops and a Muslim shrine on fire, witnesses said. In addition to the 10 deaths, at least 186 people — 50 police officers and 130 protesters — have been injured in the clashes since Feb. 24, said Anil Kumar, a New Delhi police spokesman. India has been rocked by violence since Parliament approved a new citizenship law in December that provides fast-track naturalization for some foreign-born religious minorities but not Muslims.

Small locust group in Congo poses threat to East Africa

A small group of desert locusts has entered Congo, marking the first time the voracious insects have been seen in the Central African country since 1944, the U.N. Food and Agriculture Agency said Feb. 25. U.N. agencies warned of a “major hunger threat” in East Africa from the flying pests. Kenya, Somalia and Uganda have been battling the swarms in the worst locust outbreak that parts of East Africa have seen in 70 years. The U.N. said swarms have also been sighted in Djibouti, Eritrea and Tanzania and recently reached South Sudan, a country where roughly half the population already faces hunger after years of civil war.

States to investigate Juul Labs regarding marketing schemes

A coalition of 39 states will look into the marketing and sales of vaping products by Juul Labs, including whether the company targeted and intentionally misled youths, officials announced Feb. 25. The Food and Drug Administration and a congressional panel are investigating whether the company’s early marketing efforts — which included online influencers and product giveaways — deliberately targeted minors.

Source: Associated Press

Let’s get ready to Rumble and Tumble!

Ithaca College and SUNY Cortland’s wrestling and gymnastics teams went head to head at their Rumble and Tumble competition Feb. 19.
ATHLETIC TRAINING MAJORS EXCERCE RESEARCH SKILLS

BY ANNA DE LUCA

Senior Emily Sabo never saw herself pursuing further education after she finishes the athletic training program at Ithaca College. But after getting the opportunity to present her research on aspects of sleep health at the Eastern Athletic Trainers’ Association (EATA) conference Jan. 10–13, she said she is contemplating changing her plans.

“I wasn’t super into research until this opportunity presented itself and opened up some doors,” Sabo said. “It’s made me want to possibly pursue further research at the graduate level in areas that I looked into for this research project.”

Sabo was one of 24 students, most of whom were upperclassmen, at the college who presented and attended the EATA conference at the Foxwoods Resort and Casino in Mashantucket, Connecticut. The conference gives students the opportunity to present their research and to network with professionals in the industry, said Paul Geisler, associate professor and program director of the Department of Exercise Science and Athletic Training.

The Ithaca Athletic Training Students Association pays for students to stay at hotels, and only students who are presenting research get free entry. Other students must pay between $110 and $130 to attend.

Geisler said the EATA conference consists of districts one and two, which include representatives from Maine, Vermont, New Hampshire, Massachusetts, Rhode Island, Connecticut, New York, New Jersey, Pennsylvania and Delaware.

Senior Derek Hessing won the award for the 2020 Undergraduate Oral Presentation Research for his research about a rare, nonsurgical sports injury.

Based on the evaluations, the students applying for the conference had to send in their presentation. They were only unilateral. The gymnast’s cause typically fibular stress fractures are usually not unilateral. The gymnast's cause is a stress fracture in the ankle region.

“Where are the problems? Is the question we have to figure out what that would be,” Sabo said. “I learned about the importance of looking at all factors that may contribute to an injury from a biophysical aspect.”

She said she did the research under Katie Sheehan, clinical professor and chair of the Department of Exercise Science and Athletic Training. Sabo won the award for the 2020 Undergraduate Poster Presentation Research for her research about a gymnast at the college with a rare bilateral fibular stress fractures injury.

Geisler said he is on the research committee that reviews the abstracts students submit to present their research at the conference. The committee is also responsible for handling out grants and reviewing keynote speakers and topics, he said.

Geisler said it is impressive that students are winning awards for their research as undergraduates.

“Having done a peer-reviewed research project as an undergrad is huge,” Geisler said. “Usually students don’t have that, and having won an award as the best in the category is a huge resume-builder if you will.”

Geisler said it is especially important for juniors and seniors to network at the event to advance their own career goals.

This is the second year in a row that senior Henry Heiler attended the conference. He said the conference is a great opportunity to network with professionals who attend the event. In particular, he said he was really excited to hear from newly inducted hall of famer Steve Donahue, who was a former athletic training major at the Ithaca College.

“I learned a lot by just going to the evidence-based practice stuff [and] listening to other people talk,” Heiler said.

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Students research sleep health at IC

BY MIKAYLA ROVENOLD

“Where are the problems?” is the question that prompted three Ithaca College students to conduct a sleep research project, which found that the college’s sleep environment is not a good environment for sleep health. Based on the findings of the study, the college received a 5% rating overall for sleep health.

Their work was presented at the Sixteenth International Conference on Environmental, Cultural, Economic and Social Sustainability in Santiago, Chile, on Jan. 30. None of the students was able to attend the conference.

Makey Jabbour ’19, Samantha Goodstein ’19 and Jimmy Gramajo ’19, who were public and community health majors, conducted a study on the college’s sleep health and sleep environment. The study was a service-learning project for a Development of Health Promotion Programs course in Fall 2018 taught by Srijana Bajracharya, professor and chair of the Department of Health, Physical Education and Athletic Training.

“[Students] learn how to conduct professional research and analyze the data,” Bajracharya said.

The study was conducted as part of an observational study using a College Sleep Environmental Scan instrument. The College Sleep Environmental Scan is a tool created by the American College Health Association to measure the sleep health of a college.

Jabbour, Goodstein and Gramajo spent a semester analyzing different factors of the college’s campus that aid or diminish students’ sleep health. Different campus factors included academics, library hours and campus safety.

Goodstein said the research group used the national grading system to assign a letter grade to the campus and the college received an “F” for what was considered a healthy sleep environment. Goodstein said some factors that impact sleep health are difficult to avoid.

“You can’t not sell [caffeinated drinks] on campus,” Goodstein said. “That was a tricky part about this whole research. You can’t not have coffee or things like melatonin.”

The students then applied to the Sixteenth International Conference on Environmental, Cultural, Economic and Social Sustainability, and their research was accepted. Their only obstacles were travel costs. Instead of physically attending the conference, they had to send in their presentation.

“The presentation was a poster that I made and submitted to the conference,” Jabbour said.

Based on the evaluations, the students provided a set of recommendations to the college, including setting a closing time for the library, offering more information on sleep health to students and requesting that professors set earlier dates for assignments.

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Bob Iger steps down as CEO

BY FALYN STEMPLE

Bob Iger ’73, CEO of The Walt Disney Co., will be stepping down from his post effective immediately, the Walt Disney Co. Board of Directors announced Feb. 25.

Iger will be replaced by Bob Chapek, who formerly served as the company’s chairman of Disney Parks, Experiences and Products, according to the company’s announcement.

Iger will take over the role of executive chairman in case the transition until the end of his contract on Dec. 31, 2021. Iger has previously said he would be stepping down in 2021. He held the position for 15 years, according to The Walt Disney Co. website.

“With the successful launch of Disney’s direct-to-consumer businesses and the integration of Twenty-First Century Fox well underway, I believe this is the optimal time to transition to a new CEO,” Iger said in the company’s announcement. “I have the utmost confidence in Bob and look forward to working closely with him over the next 22 months as he assumes this new role and deepens deeper into Disney’s multi-faceted global businesses and operations, while I continue to focus on the company’s creative endeavors.”

“I am very grateful to Bob for his long-time service and contributions to the Walt Disney Company,” said Shelly Mirabella, at its annual February meeting in Los Angeles to discuss “approaches to leadership” and “the landscape of higher education.”

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Several students presented athletic training research Jan. 10–13 at the Eastern Athletic Trainers’ Association conference at the Foxwoods Resort and Casino in Mashantucket, Connecticut. COURTESY OF EMILY SABO

Students presented their paper virtually, Jan. 30 to the Sixteenth International Conference on Environmental, Cultural, Economic and Social Sustainability in Santiago, Chile.

COURTESY OF SRIJANA BAJRACHARYA

CONTRIBUTED PHOTO
Students drive up income with DoorDash

BY JULIE DANNEVIG

Many college students struggle to fit jobs into their already busy schedules. Ithaca College students have turned to a food delivery app, DoorDash, as a way to make money on their own time.

Created in 2013, DoorDash offers customers a simple method of ordering food from a list of local restaurants. Licensed drivers over the age of 18 can sign up to be food deliverers, referred to as a “Dash.” The customer pays for the cost of their meal and a delivery fee, which changes depending on the availability of drivers and how busy and how far away the restaurant is.

Restaurants that do not traditionally offer delivery services, like Wendy’s and Waffle House, are available through the app. Competitors like Postmates and Uber Eats are also offered in Ithaca, but delivery fees and restaurant availability differ across the services.

Freshman Ben Norcross said he started “Dash-thing” in February 2020. He said that he was in need of a source of income to help pay for his tuition and everyday expenses but that he struggled to find enough time for a job. Becoming a Dasher is more convenient, he said, because of the job flexibility.

“DoorDash is a way to get a little extra money,” Norcross said. “It gives you a lot of freedom of when to work rather than having distinct, set hours. I like that I don’t have a boss to report to, and I can work as little or as much as I want each week.”

Senior Ali Kelley, who originally used DoorDash as a customer and frequently ordered from local restaurants in Fall 2019, said that SGC caring and can fund our magazines is really nice to hear,” Covell said. “This semester, Buzzazz already requested 500 copies for its first issue.”

Kelley said that the SGC spent many hours debating whether the cutoff number should be but that it can be changed. She said the goal was not to favor online magazines.

“Our intention was sustainability, and if that negatively affects one group and praises another, then it’s how the cards fall, but that was not our intention,” Kelley said. Under the amendment, publications are also noted to require that where their magazines will be distributed on campus and how many copies are being placed in every location.

The bill does not require publications to follow up on how many magazines were taken from every location. Kelley said that even though there are problems, all the magazines simply want to continue publishing content.

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SGC limits campus magazine copies

BY RYAN BIEBER

A bill passed in Fall 2019 by the Ithaca College Student Government Council that limits the number of copies on-campus publications can print has impacted student publications differently.

The bill, tabled the Magazine Sustainability Amendment, was passed Dec. 9, 2019. It amended the SGC Allocations Handbook to state that the SGC will only fund the printing of 500 copies of on-campus magazines per issue and a maximum of 1,500 copies per semester.

Previously, publications were allowed to print as many copies as they wanted. The bill also provides funding for the publications’ websites, funding that was not offered before the bill.

If publications receive website funding, they can only print 750 copies per semester. This bill was passed in an effort to increase sustainability.

The publications affected by the bill are Buzzsaw Magazine, Passion Project, Embrace and Distinct because they are directly funded by the SGC.

Senior Mateo Flores, Ministry of Cool co-editor of Buzzsaw Magazine, said the bill has a larger effect on primarily web-based publications, like Buzzsaw. Buzzsaw also has a website.

Flores said the changes have created problems for the magazine and delayed printing.

“When Puberty, our first issue of last semester, was ready to print, we didn’t have the funds to request our typical operational budget, which is the printing for three issues,” he said.

Buzzsaw could only print two issues in Fall 2019, as opposed to the usual three issues, as a result of the delay. Junior Allison Kelley, vice president of business and finance, said the SGC, all the magazines were given opportunities to voice their opinions at multiple meetings that the SGC Appropriations Committee held.

She said that there were no issues during the second meeting held by the Appropriations Committee with representatives from the on-campus publications when the bill was drafted and that only raised questions when the bill was passed at the Senate meeting. Junior Nina Covell, web designer for Passion Project, said that because Passion Project is primarily a web-based publication, the changes to the Allocations Handbook are helpful.

“But that restraints that SGC cares and can fund our websites is really nice to hear,” Covell said.

Passion Project prints its magazine once a semester.

This semester, it plans to print 500 copies. In Spring 2019, it print-ed 500 copies, Covell said.

This semester, Buzzazz already requested 500 copies for its first issue.

Kelley said that the SGC spent many hours debating what the cutoff number should be but that it can be changed. She said the goal was not to favor online magazines.

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SGC confirms new senator

BY SAM HAUT

The Ithaca College Student Government Council confirmed sophomore Ryan Inger- son as Class of 2022 senator and tabled a bill to reinstate Late Night at Terrace Dining Hall in its Feb. 24 meeting.

Ingerson discussed his concern with the lack of transparency between the college administration, faculty and students when it comes to the budget. He was confirmed with a vote of 8-1.

Ingerson said he wants to increase transparency between the administration at the college and the campus communities. “They encourage disclosure on paper, with participation and having people actively debate, but they hide all the information that’s being put out and the decisions that are being made behind giant blocks of text,” Ingerson said.

Junior Elijah Nishura, vice president of campus affairs, asked Ingerson what he would ask Gallone to be present for and administration, and who the SGC plans on bringing in this semester. Ingerson said he would ask about the strategic plan, Ithaca Forever, and how it relates to the college’s plans to diversify where it recruits students.

During the discussion on whether to confirm Ingerson, sophomore Senator- at-Large Sebastian Chavez asked if Nishura is unaware of the issues facing people of color at the college because he did not mention the topic in his presentation.

“My only concern with him is figuring out how he’s going to be a voice for people of color, how he’s going to be a voice of the POC community, and we cannot ignore that fact,” Chavez said.

Freshman Henry Wade, Class of 2023 senator, asked Chavez if he would have felt the same if Ingerson was a person of color.

“I would have felt the same. But we’re not a little bit,” Perry said. “Yes, I get that that wasn’t his main platform presentation, about supporting the POC community. But also, you would have had that same issue with him if he were to have been a person of color. … He had two minutes, and I don’t necessarily think it’s fair to judge him on the fact that he didn’t get on everything related to POC because his presentation was clearly focused on transparency and financial issues, which I think is applicable to anyone, no matter their race.”

Chavez said that regardless of what position someone is representing, he thinks there needs to be a discussion around what someone will do for students of color.

“If we’re going to put a step forward from here on out, I feel like that needs to be in the discussion all the time,” Chavez said. “[The] POC community is a minority. We’re never represented fairly because that’s my thing — you have to support POC. POC is not unique to everyone all day, but we always get left out. I wish he included that. Because how can we just ignore that then we just go right back into the cycle of things, right?”

In Feb. 17 meeting, the SGC did not confirm junior Brandon Gallone for Roy H. Park School of Communications senator because Gallone was unaware of issues with microaggressions that have been occurring on campus.

After the meeting, freshman Henry Wade, Class of 2025 senator, sent a letter stating his resignation from the SGC. However, at the Feb. 23 meeting, Wade was present.

The SGC also held an executive session Feb. 17, which restricted only the members of the SGC, for approximately one hour in which they discussed diversity issues. The SGC also tabled a bill that would recommend that Terraces, which closes at 9 p.m., reinstate Late Night dining and stay open until midnight.

The Ithaca College Student Government Council and the Department of Theatre and Arts and the School of Music have classes that end after 9 p.m. The SGC voted 8-1 to table the bill.

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STUDENTS DRIVE UP INCOME WITH DOORDASH

BY JULIE DANNEVIG

Many college students struggle to fit jobs into their already busy schedules. Ithaca College students have turned to a food delivery app, DoorDash, as a way to make money on their own time.

Created in 2013, DoorDash offers customers a simple method of ordering food from a list of local restaurants. Licensed drivers over the age of 18 can sign up to be food deliverers, referred to as a “Dasher.” The customer pays for the costs of their meal and a delivery fee, which changes depending on the availability of drivers and how busy and how far away the restaurant is.

Restaurants that do not traditionally offer delivery services, like Wendy’s and Waffle House, are available through the app. Competitors like Postmates and Uber Eats are also offered in Ithaca, but delivery fees and restaurant availability differ across the services.

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“DoorDash is a way to get a little extra money,” Norcross said. “It gives you a lot of freedom of when to work rather than having distinct, set hours. I like that I don’t have a boss to report to, and I can work as little or as much as I want each week.”

Norcross said that he originally used DoorDash as a customer and frequently ordered meals to his dorm from local restaurants in Fall 2019.

He said that he decided to become a Dasher when he brought his car to campus in the spring. “[Dash-thing] has helped me with my time management skills, and I’ve actually started to use the free time in my daily schedule more effectively,” he said.

Freshman Sam Liebman said that he signed up to be a Dasher in Spring 2020. He said the application process was careful and required a background check, proof of a valid license and car insurance.

Liebman said he makes approximately $25 per hour when he dashes on weekends. He said he mainly works as a way to earn extra spending money. “Choosing your own hours is a big positive, and it’s pretty good for extra cash,” he said.

“Driving around is also really nice. It’s relaxing, and you don’t really have to deal with anyone.” At the college, DoorDash offers delivery from restaurants like Chipotle, Bella Pizza and Old Mexico.

Freshman Dani Adler said he uses DoorDash to have food delivered to his dorm regularly.

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Students research sustainability of cosmetics

Ithaca College seniors Stephanie Siok and Morgan LaDuke have been selected to present their research project, “Not-So-Clean-Cosmetics,” at the National Conference of Undergraduate Research in Bozeman, Montana. Both will be attending the conference from March 26 to 2, to present their findings.

The research was done in their capstone class for their communication management and design major. Critical Issues in Organizations, with Dennis Charsky, associate professor and communication management and design program director in the Department of Strategic Communication.

Contributing writer Lucy Calderon sat down with Siok and LaDuke to discuss their research about the cosmetics industry, what they learned and how they hope the industry will change.

This interview has been edited for length and clarity.

Lucy Calderon: What sparked your interest in looking into this topic?

Stephanie Siok: So, I really got interested in sustainability as a whole by being in college. … Then, it was kind of when I got my internship in Los Angeles and we did health and wellness [public relations] that I kind of saw that side of brands and got really into cosmetic brands. … So I work at the Ulta in Ithaca. … We talk about sustainability all the time, but a lot of people don’t really talk about the sustainability behind cosmetics brands. And then, I had taken so many CMD classes in corporate communications and learning about corporate social responsibility [CSR], and that’s really where my passion stemmed was in Ulta because that’s what brands give back to society, and what they give back to the planet. … Holding companies accountable for stuff like that is really important.

Lucy Calderon: How did you go about conducting your research?

Morgan LaDuke: It was for one of our classes, [Critical Issues in Organizations]. It was our capstone actually and we basically went and looked at a bunch of different academic databases, … but we also looked at a lot of blogs and just research that people have done, and it was really surprising to see how difficult it was to find information. It took a really long time. I also have a friend from high school who is a certified makeup instructor, and I interviewed her and she was just saying how even for professional makeup artists, it’s almost impossible for them to find brands that are sustainable.

Lucy Calderon: Did you conduct your own data or just look at data?

Morgan LaDuke: We found a lot of websites that would tell us what types of chemicals were in cosmetics, and what they would do, and a lot of them could be cancer-causing or really bad for you. So it was really interesting to see, but it was also sad to see it’s in basically every sort of cosmetic, and also other hygiene products like soap and toothpaste.

Lucy Calderon: Has your research made you want to change your shopping behavior?

Morgan LaDuke: To be completely honest, it hasn’t. The reason why is … because it’s so difficult to find brands. When we looked at brands that claimed that they were good, you would delve in further, and they actually weren’t. It would be great to like, ‘Yeah I totally use sustainable brands now,’ but it’s so hard to find that. … I definitely try to find brands that use less waste, and I definitely recycle things when I can, but it’s still really difficult to find things that are good for you.

Lucy Calderon: For me, it is hard because I work at Ulta, and I get a discount. So a lot of the times when people come to me for recommendations, I try to lean them toward something that I know is a little bit better, but people are going to buy what they want to buy. … But for me, personally, I’ve tried, even just aside from cosmetics, shopping towards brands that match my values is really important to me, more so as I’m getting older, too — like obviously avoiding fast fashion and not really fast cosmet...
College to hold feedback sessions for new diversity statement draft
In accordance with the work being done through the new strategic plan, the Campus Climate Action Group (CCAG) was tasked with drafting a new diversity statement for Ithaca College. Throughout November and December 2019, the CCAG benchmarked diversity statements from colleges and universities across the country, and also researched theories and frameworks of diversity, equity and inclusion. It is now ready to present the community with a draft statement.

College community members have two options to provide their feedback. The first is through the online survey and the second is by attending one of four feedback sessions in which participants will hear a presentation and be guided through the online survey process and ask questions. The feedback session dates are 2:10–3 p.m. Feb 25 in Talcott 101, 5–6 p.m. Feb 25 in the Taughannock Falls Room, 12:30–1 p.m. Feb 27 in Talcott 101 and 5–6 p.m. Feb 27 in Talcott 101.

Continuing student scholarships available for next academic year
For those who think they qualify, continuing student scholarships are available for students for the 2020–21 academic year. The Walter B. Halderman ’79 and Daniel Khachikian Scholarship is awarded to one sophomore, junior or senior in the Roy H. Park School of Communications in good standing with a grade point average of 3.0 or greater. Recipients are selected based on leadership to the LGBTQ community. Preference will be given to a self-identified LGBTQ student.

For those who think they qualify, submit their name, email address and a paragraph describing service, leadership or achievement to the LGBTQ community by March 20 to Luca Maurer at lmaurer@ithaca.edu.

Mayra Colon responded.

COLLEGE BRIEFS

Responded to the incident.

Mayra Colon responded.

SUMMARY: The officer reported a car/deer damage motor vehicle incident. Patrol Officer Daniel Hedler responded to the incident.

Responded to the incident.

Mayra Colon responded.

SUMMARY: The complainant reported an unknown person posted a comment on a student’s Facebook post.

LOCATION: Talcott Hall

Johnson responded.

CRIMINAL MISCHIEF 4TH DEGREE

LOCATION: Hilliard Hall

SUMMARY: The caller reported they were unable to make contact with a roommate.

MEDICAL ASSIST/INJURY

LOCATION: Park Hall

The person did not attend the college.

MEDICAL ASSIST/INJURY

LOCATION: Talcott Hall

The person did not attend the college.

TOTAL LEARNED UNDER 50

LOCATION: Talcott Hall

SUMMARY: The person stole a wallet.

MEDICAL ASSIST/INJURY RELATED

LOCATION: Muller Faculty Center

SUMMARY: Simplex reported the alarm. The activation was caused by the steam from a popcorn machine. Fire Protection Specialist Rose Perkins responded to the incident.

BROOKLYN COLLEGE SCHOLARSHIP

LOCATION: J-Lot

SUMMARY: The caller reported the smell of marijuana coming from a vehicle. The officer judicially referred four people for violation of drug policy. Master Patrol Officer John Tagliavento responded.

RECKLESS ENDANGEMENT 2ND DEGREE

LOCATION: Garden Apartment 27

SUMMARY: The caller reported people yelling and throwing bottles. The officer judicially referred one person for reckless endangerment. Two people were judicially referred for responsibility of a guest, and two people were judicially referred for failure to comply. Patrol Officer Daniel Redder responded to the incident.

SAFETY HAZARD

ENVIRONMENTAL HAZARD

LOCATION: Muller Chapel Pond

SUMMARY: The complaintant reported a person posted a comment on a social media site. Master Patrol Officer Bruce Holtzmeier responded.

Reneowned hypnotist mesmerizes students
Saihish the Hypnotist, who is known as “the world’s best hypnotist,” according to MTV Europe, held an interactive performance with students Feb. 18 in the Emerson Suites. Saihish was hosted by the Student Activities Board.

ATHINA SONITIS/THE ITHACAN

PUBLIC SAFETY INCIDENT LOG

SELECTED ENTRIES FROM FEBRUARY 10 TO FEBRUARY 16

FEBRUARY 10

CRIMINAL MISCHIEF 4TH DEGREE

LOCATION: Garden Apartment 28

SUMMARY: The officer reported an unknown person damaged a window screen.

ACCIDENTAL PROPERTY DAMAGE

LOCATION: Circle Apartment Building 151

SUMMARY: The caller reported a sprinkler was leaking.

MEDICAL ASSIST/ILLNESS RELATED

LOCATION: Talcott Hall

SUMMARY: Tompkins County 911 Center reported a person with back pain.

FEBRUARY 11

MOTOR VEHICLE ACCIDENT/ PROPERTY DAMAGE

LOCATION: Ingraham Road

SUMMARY: The officer reported a car/deer damage motor vehicle accident. Patrol Officer Daniel Hedler responded to the incident.

MEDICAL ASSIST/INJURY RELATED

LOCATION: Muller Faculty Center

SUMMARY: Simplex reported the alarm. The activation was caused by the steam from a popcorn machine. Fire Protection Specialist Rose Perkins responded to the incident.

FEBRUARY 12

FIRE ALARM ACCIDENTAL

LOCATION: Muller Faculty Center

SUMMARY: Simplex reported the alarm. The activation was caused by the steam from a popcorn machine. Fire Protection Specialist Rose Perkins responded to the incident.

FEBRUARY 13

SUSPICIOUS PERSON

LOCATION: West Tower

SUMMARY: The caller reported a person who did not look like they were affiliated with the college. Master Patrol Officer John Elmore responded.

PETT LARNEY UNDER 50

LOCATION: Talcott Hall

SUMMARY: The caller reported a two vehicle property damage motor vehicle incident. Master Patrol Officer John Elmore responded.

Check on the Welfare

LOCATION: East Tower

SUMMARY: The caller reported they were unable to make contact with a person. The officer determined the person did not attend the college.

Master Patrol Officer John Tagliavento responded.

FEBRUARY 15

SCC DRUG VIOLATIONS

LOCATION: J-Lot

SUMMARY: The officer reported the smell of marijuana coming from a vehicle. The officer judicially referred four people for violation of drug policy. Master Patrol Officer John Tagliavento responded.

RECKLESS ENDANGEMENT 2ND DEGREE

LOCATION: Garden Apartment 27

SUMMARY: The caller reported people yelling and throwing bottles. The officer judicially referred one person for reckless endangerment. Two people were judicially referred for responsibility of a guest, and two people were judicially referred for failure to comply. Patrol Officer Daniel Redder responded to the incident.

FEBRUARY 16

HARASSMENT 2ND DEGREE

LOCATION: Talcott Hall

SUMMARY: The caller reported an intoxicated person was highly emotional. The officer reported the person was taken into custody under New York state mental hygiene law and transported to the hospital by ambulance. The officer judicially referred one person for irresponsible use of alcohol. Patrol Officer Sophia Dimkos responded.

CRIMINAL MISCHIEF 4TH DEGREE

LOCATION: Boothroyd Hall

SUMMARY: The caller reported an unknown person damaged a mirror. Patrol Officer Shawn Lansing responded to the incident.

Full public safety log available online at www.thethacan.com

KEY

SCC – Student Conduct Code
V&T – Vehicle & Transportation
AD – Assistant Director
FD – Ithaca Fire Department
Order IB for your next on-campus meeting.

Check out ordering details and the menu at: https://www.ithaca.edu/dining/ithaca-bakery-to-go
O
n Feb. 19, Mirit Hadar-Bessire, lecturer in the Department of Modern Languages and Literatures at Ithaca College, officially became a U.S. citizen alongside 54 other Ithaca citizens. She has been living in the United States for approximately 12 years, having fled Israel in 2008 toward the end of the Lebanese War.

A student who attended Hadar-Bessire’s ceremony, sophomore Lana McCulloch, praised Hadar-Bessire on her ability to focus education on “making mistakes and being okay with making mistakes and learning from your mistakes.” McCulloch also said she appreciates Hadar-Bessire because of how open she is with her personal story and how it not only adds to the classroom experience but also pushes students in understanding their own, and sometimes complex, personal histories.

Hadar-Bessire is the perfect example of why international students, staff and faculty are dedicated to. Their experiences and perspectives also bring forth topics that stem beyond the U.S., a focus that can sometimes be lost if a course is not specifically looking at international relations, politics and societies.

As President Donald Trump continues to intensify immigration bans and form a negative rhetoric around immigrants living in the U.S., it is necessary to keep Hadar-Bessire’s story in mind as a case study of success. For a country that is made collectively of immigrants, there is an extremely negative national rhetoric around immigrants. This negative rhetoric paints immigrants as enemies instead of people who improve the country.

Hadar-Bessire is now able to call the United States home, but this is not the reality of many people who continue to face the hardships of obtaining citizenship in this country. A person who is coming to this country with the sole intent of a better life, and teaching and bettering those around them, should not have to wait 12 years to share citizenship with the very people who their livelihoods as educators are dedicated to.

THURSDAY, FEBRUARY 27, 2020

LETTER TO THE EDITOR

Send to ithacan@ithaca.edu.

ALL LETTERS MUST:

- Be 250 words or fewer
- Emailed or dropped off by 5 p.m. Monday in Park 220.

GUEST COMMENTARY

Send to ithacan@ithaca.edu or to the opinion editor at ksustick@ithaca.edu.

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 500–650 words. Whether more or less space is allotted is at the discretion of the editor.
By Kate Sustick

At the Nachas Health and Family Network chapter located in Brooklyn, New York, elderly Holocaust survivors meet daily for group activities and free meals to eat. They sit together and take breaks with them at the end of the day.

The addition of free meals was promoted after F rumie Cisner, grant facilitator for Nachas, witnessed survivors digging through a dumpster for food outside a Brooklyn synagogue. “Survey research shows that 25% of all Nazi victims live at or below the official U.S. poverty threshold,” according to the New York-based Conference on Jewish Material Claims Against Germany.

Currently, 58,000 Holocaust survivors live in the New York metropolitan area. Approximately 40 of those survivors come to Nachas to “Yidelsh” (y’idish) in interact with other survivors, study the T orah, receive legal assistance, exercise and eat.

Sandi Myers, vice president for external relations and communications at Selfhelp Community Services told The Associated Press (AP), “It’s a tough statistic to wrap your head around. After what the survivors went through earlier in their lives, they sometimes say, ‘We survived Hitler, so we can get through this.’”

This is a population that’s very proud, and it makes it difficult to talk to them about their struggles.

The opinions expressed in the guest commentaries, columns and open letters in this section do not necessarily reflect the views of The Ithacan.
Divisive rhetoric is not productive

BY DANIEL MAILLOUX

As a member of Ithaca College’s Model United Nations team, I am given the distinct opportunity to debate with student delegates from all over the country and the world.

The express goal of Model U.N. committees is to pass resolutions to an issue or topic — and, throughout the course of committee, students representing delegations from various countries around the world vie for power amongst one another. Voting blocs form day one, and by day two, all serious debate typically has stagnated, with each blocouting its own policies blindly, refusing amendments from the others.

Our political system today operates much in the same way.

Take the recent impeachment trial. The Senate voted on two articles of impeachment against President Donald J. Trump, both of which failed to pass. The vote, unsurprisingly, was split along party lines — with the exception of Sen. Mitt Romney, who voted to remove Trump from office.

While historically there has always been a political division on topics varying from immigration, race, gender, culture and the environment, how this division presents itself today is more pronounced and more radical than ever before.

This new form of mainstream politics — which really took center stage during the 2016 presidential race and subsequent election — is increasingly more partisan and acutely adversarial along Democrat-Republican party lines.

We all know that any amount of our friends and family could not be bothered with the increasingly partisan nature of the U.S. government. This is understandable. The day-to-day of our individual lives is much too involved for us to be over the minutiae of everyday political. That being said, I cannot emphasize enough the importance of forming and voicing your own opinions despite how controversial they may be among your peers. We as individuals have the ability to bring so much to the table. Within our friend groups and day-to-day public discourse, it is imperative that we speak our minds and express our views.

More often than not, people get so entrenched in their own groups’ ideas that they refuse to even consider the ideas of others. This psychological phenomenon — called the “echo chamber” effect — has recently garnered criticisms due to the inaccurate assumptions within social media in the larger context of our political and personal interactions, however, the concern remains true. It asserts that people only hear, defend and reiterate what they already believe in.

Your education — more than the curriculum that you study, the money you spend on books and the advocacy of the courses you take — is increasingly more partisan and acutely adversarial along Democrat-Republican party lines.

Environmental activism needs participation

BY EMILY GRONQUIST

Close your eyes. Imagine your life 10 years from now, or even now. Do you see children, maybe even grandchildren? Perhaps you see yourself doing the work that you love. Whatver scenario you envision, it is our tendency to take these things for granted, as we generally have them without any consideration. But imagine a future without these vital resources — it would most likely not align with your ideal vision.

While most of us have the privilege to not know a life that lacks these resources, many beings in the world already face an existence defined by struggling to survive without these crucial provisions. These somewhat isolated occurrences are spreading, however, and soon we will all live an existence saturated with these problems. Unless we, as the human species, decide to change.

Currently, we exist within a system that is built on a foundation of exploitation of the Earth. We are treating finite resources as if they are infinite and as if they will never be recharged by human activities — neither of which hold true. There is a certain point that, once reached, will leave us without the ecosystem services that these finite resources provide. These somewhat isolated occurrences are spreading, however, and soon we will all live an existence saturated with these problems. Unless we, as the human species, decide to change.

After coming to Ithaca College, I immediately got involved in as many climate-focused groups as possible. Through my connection with the Eco Reps, I have worked to cultivate awareness of climate issues in the campus community. While within our friend groups and day-to-day public discourse, it is imperative that we speak our minds and express our views.

More often than not, people get so entrenched in their own groups’ ideas that they refuse to even consider the ideas of others. This psychological phenomenon — called the “echo chamber” effect — has recently garnered criticisms due to the inaccurate assumptions within social media in the larger context of our political and personal interactions, however, the concern remains true. It asserts that people only hear, defend and reiterate what they already believe in.

Your education — more than the curriculum that you study, the money you spend on books and hours you spend in the library — is about learning how to better perceive the world around you. It is about learning how to listen and about having the willingness to question the people around you, regardless of whether or not they are your closest friend or most loathed political adversary.

If we are to be more understanding of one another and grow as a country, as a society, as individuals, we must learn to listen and question ideas that challenge our own — not necessarily believe or take on these ideas ourselves, but at least listen.

The first step to a sustainable future is to remove Trump from office. Whatev- er scenario you envision, it is safe to say that it will be. Everyone who wants a livable future should strike to demonstrate that demand. Actions like this derive strength from the student body. Students to strike from class in order to demonstrate our demand for a focus on climate action. Actions like this derive strength from the student body.

This is especially true when looking at the number of students to strike from class in order to demonstrate our demand for a focus on climate action. Actions like this derive strength from the student body. Students to strike from class in order to demonstrate our demand for a focus on climate action. Actions like this derive strength from the student body.

Students to strike from class in order to demonstrate our demand for a focus on climate action. Actions like this derive strength from the student body. Students to strike from class in order to demonstrate our demand for a focus on climate action. Actions like this derive strength from the student body.
STRIVING TO CONTINUE MOMENTUM

BY DANI PLUCHINSKY

At the 2019 Liberty League Outdoor Track and Field Championships, the Ithaca College women’s track and field team defended its conference title for the 12th time. This year, the South Hill squad is looking to claim its 15th consecutive outdoor championship.

The Bombers will have the same core group of athletes returning from the indoor season, highlighted by senior Parley Hannan. Hannan is currently No. 1 nationally in the 1,500, 3,000, and 5,000-meter runs. She also anchored the distance medley team that is also ranked first in Division III. Hannan is one of six seniors on the team who are ranked in the top 50 in their respective events.

Senior Kendall Wellauer, who is currently No. 18 in the weight throw, said that having such a large and talented senior class is great for the team mentality.

“Being able to be here for all of the conference championships and switching from the Empire 8 to Liberty League put into perspective that we need to work harder to win bigger things,” Wellauer said.

Last season, the Bombers won both the Liberty League indoor and outdoor championships. Head coach Jennifer Potter said that having a strong showing in the indoor season helps the team’s mentality heading into the outdoor season.

“I think our success will help momentum, but it is still an adjustment,” Potter said. “The chemistry and the climate have been key, and our captains have done an amazing job with making sure everyone is on the same page, that they’re motivated and excited.”

One of the major differences between the indoor and outdoor seasons is the changes in certain events. Races like the 3,000-meter steeplechase are added outdoors, and the javelin throw, discuss and hammer throw are added for throwers.

Wellauer, who was the Liberty League outdoor champion in the hammer throw, said that the transition to the outdoor events is not as difficult because they are able to start preparing at the end of the indoor season.

“We’re really lucky that our coach will transition us really well, so we’re always doing hammer drills and incorp- orating it,” Wellauer said. “We do throw hammer inside and towards the end of the season to start getting back into the groove of things.”

Sophomore Logan Bruce, who competes in the multi events, also has changes to adjust to in the outdoor season. In the indoor season, her event becomes the heptathlon, which scores seven events instead of the indoor pentathlon’s five events. She will compete in the 100-meter hurdles instead of the 60-meter hurdles, as well as add the 200-meter run and the javelin throw to her list of events.

Bruce, who finished second in the heptathlon in last season’s outdoor championship, said she likes competing in the outdoor because the events are more split up.

“The heptathlon is two days, not just one day,” Bruce said. “You finish with the 200 at the end [of the first day], and that makes it a little easier to eat and be prepared for outdoor because you’re preparing to run a little bit of a shorter race. I also think that having a day in between gives you time to process what you’ve done the first day, which can be good.”

Potter said that while winning a national champion- ship is the main goal, she is also excited to see the athletes continue to improve.

“Throughout the indoor season, we’ve seen more and more people that may have not thought it was possible for them to meet their goals. It is always fun to see the light bulbs start to go on and see how that processes and all of those times when you’ve told people they can reach their goals, they’re finally realizing they can.”

The Bombers open up their outdoor season at the Navy Invitational on March 27 and 28, and the conference championship will be held May 21–23.

KENDALL WELAUER

2020 SENIOR

WOMEN’S TRACK & FIELD

CHASING ANOTHER LEAGUE VICTORY

BY JULIA DIGERONIMO

With the end of the indoor track and field season just around the corner, the Ithaca College men’s track and field team is eager to prove that it can be a big-time competor in the Liberty League during the outdoor season.

The team finished its 2019 spring season with a third-place finish at the Liberty League championship and sent two athletes to nationals. Athletics director Bruce Mikula is currently ranked No. 1 nationally in the 5,000-meter steeplechase and sophomore Dom Miku- la is in pole vault.

Head coach Jon Nichols said that although the spring season is close, the team still needs to focus on bringing its all to the upcoming indoor meets as well as prepare for the outdoor sea- son. He said the team’s performance at the Liberty League championships Feb. 28–29 will be a good representation of how it will perform in the spring.

“It’s the second year we’ve been in [the league],” Nichols said. “We previously ran at Empire 8s, and we won both indoor and outdoor a number of years in a row. Liberty Leagues is a little bit more challenging. We’ll have to see how we do indoors this year, and that’ll evaluate what we can expect with outdoor.”

The team took first place at the senior Liberty League meet last season. Mikula is currently ranked No. 2 in Division III for pole vault and is expected to attend the NCAA indoor championship for the second season in a row.

“We recently broke his own school record with a height of 5.00 meters,” Mikula said. “The team is looking strong bringing it into Liberty Leagues in the next couple weeks here. We’re going to be strong and dangerous.”

Nichols said the team’s past success will be crucial heading into the spring season.

“We have a really strong middle distance/distance group because they went to nationals for cross-country for the first time,” Nichols said. “Our high jumpers are also exceptional. Hopefully, both of those might be able to qualify for indoor nationals. And we have a really good track team right now qualify for indoor Liberty Leagues. Hopefully, we’ll increase that [outdoor] if we can.”

Senior captain Evan Jones said that because the confer- ence meet is so competitive, the team needs to commit to earning the win this season. Retrospect Polyteneic Insti- tute is the reigning indoor league champion.

“I think that we really need to show more depth than we showed in the past,” Jones said. “It’s no longer enough to just rely on the people who score high and win their event. We need to have guys coming in third, fourth, fifth, seventh, eighth, which will make a big difference this year for trying to catch RPI.”

Nichols also said depth is an important factor the team needs to focus on to be a true competitor in the conference.

Mikula said that the team struggled with injuries last spring season. For this upcoming spring, he said the group is striving to stay healthy and bring more athletes to every meet.

“We had a lot of injuries around this time going into championship season,” Mikula said. “We had some people sitting out that could have scored us some points, but just staying healthy through the rest of the tail end of the sea- son will get us hopefully a championship.”

As athletes, Jones said they all need to be aware when their bodies need a rest because injuries can begin early on in the season and women as especially in the beginning of the season,” he said. “I think that’s when a lot of injuries first happen. When we start to get back, our legs tend to get injured more easily.”

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AIMING TO BE CONFERENCE CHAMPS

BY CONNOR GLUNT

The Ithaca College men’s lacrosse team’s season ended early last year after losing with a 3-6 record and losing to St. Lawrence University in the Liberty League quarterfinals. This year, the team is prepared to make a comeback in the league and this has shown potential to become a leader for the team. The team is led by five seniors and one graduate student, who are also the captains: attackmen Dan Lee and Ryan Ozsvath, midfielder Kevin Enos, defenseman Aaron McCartney, goalkeeper Bobby Arwood and defensemen Sean Seaberg. Breaking from the traditional captaincy structure of two seniors and two juniors, head coach Jeff Long said that he feels this group is special in terms of talent and leadership.

Although the team boasts strong leadership and a roster full of experience, there are some holes on the roster left by seniors from last season. Former midfielders Josh Della Puca ’19 and Brendan King ’19 were both starters at midfield and named to the All-Liberty League First Team last year. Della Puca posted at least 40 points every year of his four years and 179 total points in his career. Seaberg said he is confident the team will step up. The graduate student defender scored a goal and registered three assists to total four points as a long-stick midfielder last year while also picking up 54 ground balls, and he was named to the All-Liberty League Second Team. With better chemistry on offense and an improved overall toughness compared to last year, Seaberg said, the Bombers are ready to rise in the Liberty League rankings. I think this year, more than last year, we’re a lot closer,” Seaberg said. “Even though we lost one of the best players in the league from last year, Josh [Della Puca], I think we’re a tighter knit group, more in it to win it.”

Among those who will step up and fill the holes are junior Connor Till, sophomore Drew Turner and freshman Jake Erickson. Till was named to the 2019 All-Liberty League Second Team after appearing in all 14 games and producing 27 points offensively while also securing 27 ground balls. Long said Erickson, who will be on the starting line of midfielders, impressed the coaches during the preseason and has shown potential to become a leader for the team. At attack, the team is bringing back all three starters from last year. Lee, Ozsvath and junior Connor Brumfield combined for “76 goals last year and are aiming to build on their existing chemistry. Brumfield was also named to the All-Liberty League Second Team after notchng 25 goals, 15 assists and 38 ground balls. On defense, McCartney will be rejoined by junior Jake Hall-Goldman and sophomore Dominick Murrin. McCartney has been a starter since his freshman year and accumulated 39 ground balls during his junior season. Hall-Goldman was named to the All-Liberty League Second Team last year and led the Bombers with 27 caused turnovers.

Starting at goalkeeper will be sophomore Connor Thornton, who started all 14 games last year. Thornton said he thinks the team is ready to compete with the top schools in the Liberty League. “Expectations are always high,” Thornton said. “I think we’re in a good position because other teams don’t have their eye on us. I think we’re going to sneak up and surprise people.” The Bombers’ first official game of the season was the Feb. 22 at No. 14 St. John Fisher College. The squad lost 13-18.

The Bombers opened their season with a win against Nazareth College at 1 p.m. Feb. 22 at Higgins Stadium.

CONTACT CONNOR GLUNT
COLUMBAITHACADU

CONTACT MAX SOBEL
MOLLY BAILEY/THE ITHACAN

EXCEEDING THE EXPECTATIONS

BY MAX SOBEL

The Ithaca College women’s lacrosse team is aiming to bounce back this season after its loss in the 2019 Liberty League championship by one point. With a strong freshman class and the team is chasing its first conference title since 2008. The Bombers ended the season with an overall record of 9-7. The Bombers joined the Liberty League in 2018 and found success quickly by making it to the league championship, but they fell to William Smith College. The Bombers lost to William Smith College for a second time in the Liberty League final last spring by a single goal. Dating back to 2010 all the way through 2016, the Bombers competed in every single Empire 8 championship game, but they were met with defeat in every one. In 2017, they did not make the championship game because of a loss in the semifinals to St. John Fisher College but still made the NCAA tournament. The Bombers' first of official games was Feb. 22 at No. 14 St. John Fisher College. The squad lost 13-18.

Women’s lacrosse head coach Kaffe Moore said that competing in the NCAA tournament every year is one of her major goals. The Bombers were able to make the tournament in 2016, 2017 and 2019 but could not make it past the third round. She said that putting together a roster that is built for the postseason competition is also an important goal for her program. Senior captain and midfielder Katie Welch said she has her eyes set on a big goal for her final season: a league championship title. She played in all 21 games last season and contributed 10 goals and three assists for the South Hill squad. She said she wants the team to be able to deal with the pressure of a big game every day to be the best players we can be.”

“Each team has their eye on us. I think we’re in a good position because other teams don’t have their eye on us. I think we’re going to sneak up and surprise people.”

The Bombers will also be returning a key member of the offense, senior attack Bailey Herr. She was second on the team in goals and assists with 57 goals and 45 assists, and this earned her a place on the All-Liberty League Second Team last season. Herr said it is important that the Bombers keep a balanced mindset as they try to get ahead of that before it happens.”

The Bombers will also be returning junior midfielder Jackie Hallack was named to the All-Liberty League First Team as well and scored 49 goals along with seven assists in 2019. On the defensive side, she collected 55 ground balls, forced 15 turnovers and earned 29 draw controls. The Bombers will also be returning junior defender Molly Nodiff, who led the team in ground balls with 52 while causing 30 turnovers. She also earned conference honors last spring as she was named to the All-League Second Team. With the season fast approaching, Moore said the team needs to continue to work on its resilience throughout the season to control the game more. “I think that kind of resilience is something we’ve been building on in our program, and I think we absolutely made strides on it last year,” Moore said. “But I think sometimes when the games get tough, you want to grab momentum when it’s good and you want to ignore it when it’s bad.”

The Bombers opened their season with a win against Nazareth College at 1 p.m. Feb. 22 at Higgins Stadium.

CONTACT MAX SOBEL
MOLLY BAILEY/THE ITHACAN
BY AIDAN CHARDE

After finishing the 2019 season just two wins away from making the Division III College World Series, the Ithaca College softball team is aiming to go further in the postseason while adapting to coaching changes and a young starting lineup.

The Bombers compiled a 28-9-1 record in 2019 and won the Liberty League championship but came just short of their second straight College World Series berth after falling to Williams College in the NCAA Softball Super Regional.

The end of the season also marked the end of coach Deb Pallozzi’s time at Ithaca College, who announced her retirement after 31 seasons as the head coach. Since 1989, Pallozzi compiled an 886-412-2 record, as well as an NCAA Division III Championship in 2002 and 30 consecutive winning seasons.

In June, Ithaca College introduced Hannah Shaleti Quintana ’07 as the next head coach for the team. Quintana was a player under Pallozzi and was one of the most successful softball players in program history. During her four years at the college, she compiled four all-region and all-conference seasons. She ranks in the top 10 all-time for the college in singles, doubles, and runs batted in with 107 and runs batted in with 102. She was also a part of the 40-win Bomber team in 2006 that holds the record for wins in a season in program history.

“I feel like this was my dream job since I was 18,” she said.

Quintana also served as an assistant coach for Pallozzi as well as the head coach at Liberty League rival Skidmore College before accepting the head coach position at Ithaca College. Junior outfielder Gabby Laccona, who was named to the All-Liberty League First Team as a sophomore and sophomore and was a member of the 2018 College World Series team, said she thinks the team will greatly benefit under the new head coach this year.

“Coach Pallozzi was a phenomenal coach,” Laccona said. “But for now in this time in history, I think change is what we needed.”

The Bombers have won the Liberty League tournament every year since joining the conference in 2018. They will likely have to continue this trend if they want to make it back to the College World Series.

Quintana said that for her it is not about what happened last year or what could happen this year but rather about living in the moment.

“I don’t think we talk about winning as much as just the way we go about our business and being as competitive every day as possible,” Quintana said. “I think that when you focus on that and make a lot of process goals, then the outcome will take care of itself.”

Sophomore outfielder Daniella Mulvey said she feels the team is not living in the past but rather pushing forward to get where it wanted to be last year.

“We’re very headstrong in the fact that we’re thinking forward, and we’re not looking back,” Mulvey said. “Yeah, that loss was very disappointing last year. We all wanted to go [to the College World Series], but we don’t dwell on it.”

Quintana has a very positive attitude about the quality of the team. However, she said one weak spot might be the lack of on-field experience. The freshman class brought in seven new players, making it the largest class on the team, and none of them has experienced playing in a college game yet.

In addition, this year’s seniors are finally getting their chance to shine after sitting behind a very talented Class of 2019 in the last few seasons. While some had roles in previous teams, a few have yet to get their chance to consistently play.

“A lot of the players are going to be in positions that they weren’t in last year, and they just need to gain game experience,” Quintana said. “Some of [the seniors] haven’t gotten the on-field experience that I think their talent warrants.”

Quintana said she thinks the returning players are doing a great job of welcoming this year’s freshmen and teaching them the traditions of the team. She said it has not been something the coaches have needed to worry about, a benefit that makes their jobs a lot easier.

“The best way to lead the freshmen is to lead by example,” Laccona said. “We as players have taken on that role to show them the ropes and show them what this program means to all of us.”

Mulvey and Laccona said they know the ultimate goal this spring is to make it to the end and win the national championship. Regardless of how the season pans out, Mulvey said she knows there will not be any regrets from any of the players.

“We are going to go all out, and everything is going to be left on the field,” Mulvey said. “I think at the end of the day, no matter where we make it, we’re going to know that we put in everything we had.”

There are still 11 players left on the team who placed third in the College World Series two years ago, and Laccona said she wants to go again.

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BY NOAH SCHWARTZ

The Ithaca College baseball team has been successful for several seasons, but, with the loss of several seniors and the addition of a new head coach, the program will face a number of new challenges.

The team has a new head coach for the first time since 1979. Head coach David Valesente will take over the helm of the program after previously coaching at Wells College. Valesente’s father, George, coached the team for 41 years, earning 1,136 wins and a pair of NCAA Division III titles. Despite the coaching change, Valesente said that his father will remain around the team this season to coach its pitchers.

Valesente said he is ready to lead a program with 81 straight winning seasons in its rearview mirror.

“This is a great opportunity to have a chance to continue the tradition here and the program and school that I’m so passionate about and grew up around,” Valesente said. “Carrying on my dad’s footsteps is a dream come true for me.”

Valesente said senior first baseman Buzz Shirley, who hit .392 last season, will be a major factor for the Bombers this year. Shirley played at Wells College under Valesente for his first two collegiate seasons before transferring to Ithaca College last year. Shirley said he credits Valesente for helping him to mature as a baseball player.

“When I was a freshman, he helped me develop the sense of the game that you need to kind of get to the next level,” Shirley said. “I thank him every day for that, and I think there’s not a better coach that could have gotten hired by this college.”

The South Hill squad will also encounter a number of new opponents this spring. After being a part of the Empire 8 conference for 20 seasons, the team transitioned to the Liberty League for the first time for the 2020 season. The rest of the college’s teams moved to the Liberty League in 2017, but Valesente said that the baseball program waited before joining to keep the Empire 8 conference eligible for an automatic bid to the NCAA tournament. The league would not have had enough teams to be granted the bid if the Bombers had left, but, with the addition of Keuka College for the 2020–21 season, the league will maintain its bid even without the Bombers.

Shirley said he thinks the Empire 8 pitching staffs are often weaker. As a team last year, the Bombers hit for a .318 average in conference play with 20 home runs and 141 runs scored.

Last year, five of the Liberty League’s nine teams had winning records, with the University of Rochester finishing with a league-best 29–17 record.

“I think [the league is] more balanced as well,” junior shortstop Jack Lynch said. “I think the Empire 8 last year was us, St. John Fisher [College], Stevens [Institute of Technology] and then a big drop-off. This year, I feel like all the teams are pretty competitive.”

Lynch started all 40 of the Bombers’ games last season, accumulating five stolen bases and 30 hits. The Bombers last year went 33–9 and won the Empire 8 title before losing in the NCAA regional tournament. However, the squad graduated 13 players, including second baseman Webb Little ’19, who finished with a .362 average; catcher Adam Gallagher ’19, who led the team with eight home runs; and pitcher Emmett Dunn ’19, who compiled a 1.70 earned run average.

Gallagher, Little and Dunn were among the six seniors on last year’s team to be named to the All-Conference First Team, alongside pitcher Jake Binder ’19, outfielder Garrett Snyder ’19 and outfielder Sam Little ’19.

This year’s team will be younger than last season with fewer experienced players in significant roles. Lynch said freshman pitcher Garrett Leib, freshman pitcher Matt Chase, freshman infielder Tyler Edelman and freshman catcher Gil Merod could be younger athletes who see the field often.

“These young guys are going to have to big holes to fill,” Shirley said. “Mentally, they’re going to have to be a little bit more prepared than they probably were in previous years.”

After losing twice in last year’s NCAA tournament to Westfield State University and Shennandoah University, Shirley said that the Bombers are aiming to go farther this season. He said that his team has acquired a reputation of falling short in the regional games in recent years. Shirley said he hopes to bring home the Bombers’ first NCAA title in 32 years.

“It’s our goal every year,” he said. “I mean it’s been like that since ’88. We want to win another national championship.”

The South Hill squad kicked off its regular season against Virginia Wesleyan University on Feb. 22 in Virginia Beach, Virginia. The squad dropped two games of the triple-header 11–1 and 3–4 but came back for the third game with an 8–2 win.

MOLLY BAILEY/THE ITHACAN
With a large leadership-driven senior class, the Ithaca College men’s tennis team hopes to improve its conference record and progress its depth of strong performers.

The Bombers graduated five seniors after the 2018-19 season but returns with seven on the 12-man roster. The seniors include Jared Fields, Sam Fried, George Lomas, Ethan Longenecker, Max Prestwich, Liam Spiegel and Minos Stavrakas.

Stavrakas, who will serve as a co-captain alongside Spiegel and Lavery, earned First Team All-Liberty League Singles recognition as both a sophomore and junior. He held a 15-11 singles record last year. Stavrakas said that the newly-knit senior group has grown together over time.

“We know each other very well,” Stavrakas said. “The tennis team is a small team. We’ve gotten to know each other very well since freshman year. That makes very good team chemistry for us. Most of the seniors are starting too. We have an older team with more experience, so it can work toward our benefit.”

Head coach Bill Austin said that the seniors have led the team so far throughout the good and the bad.

“There’s a lot of senior leadership there,” Austin said. “They’ve done a very good job of keeping everyone on track and moving forward, holding people accountable and responsible.”

Junior George Lomas is the only member of his class on the team. Last season, he had a singles record of 6-0 and a doubles record of 2-2 for the Bombers. Lomas said an important piece of their upcoming preparation is going to be running conditioning.

“Our strokes are there, and our playing is there,” Lomas said. “It’s really just our fitness at the moment, just getting our stamina back, getting our mental stamina back. That’s what tennis is all about, and if that’s not there, you can’t really play the game.”

Stavrakas said that he is currently playing through a knee injury but knows that the team will be in good hands if he has to sit out at any time. The Bombers have three freshmen on the team: Tyler Purdy, Max Sobel and Women’s tennis

“I’m really excited about this season and am hoping to continue building morale and maintaining the camaraderie that we built during the fall tournament season,” Ruback said. “We are looking forward to playing against Bentley University this season. Freshman Sara Steinberg said she believes this season will be an opportunity for the team to gain respect on campus.

“We're the underdogs,” Steinberg said. “Everyone is aware of the tournament, and we're just as good as well with the other varsity athletes for some unknown reason. People should really look at us as the underdog, especially this year, and then we can keep building.”

Breaking inside stories and providing the latest on all sports at Ithaca College, check out the Pomperaug and Ithaca College men’s tennis teams.

New York. The Herons defeated the Bombers in the Liberty League Conference in the 2018 season. A week later, the South Hill squad hosts the Rochester Institute of Technology in its first Liberty League match.

Austin said part of its offseason preparation included more time in the weight room and with strength and conditioning.

“Everybody is working hard,” Austin said. “A breakout year implies to me overall improvement in confidence, poise on the core and core strength, and it all melts together. I’m hoping for a breakout year on the whole team.”

The Florida trip is one of my favorite parts of the tennis season,” Alkhazov said. “You get really close traveling with people, and we are all in a house together and make meals together. We make it a point to watch the season finale of ‘The Bachelor’ because it always occurs in the same week. It is a really great time.”

After returning to South Hill, the Bombers will fully get in gear with the season and have some highlight matches, including one against Union College on April 18 at the Ben Wheeler Tennis Courts. The Bombers have narrowly defeated Union the past two years. Another highlight will be against William Smith College on March 31 in Geneva, New York. The Herons defeated the Bombers in the Liberty League tournament last year.

Ruback said the team will find success if they can continue to get along very well.

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"Making a Name for Themselves"

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The team started its season against the University of Rochester on Feb. 22. The following week, it will open up the Liberty League and play against Bentley. The Bombers will then head to Orlando, Florida, to compete against Embry-Riddle Aeronautical University. Dickinson College and Moravian College and university. Bentley University will specifically be a challenge because it is classified as a Division II program while the Bombers are a Division III program.

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AIMING FOR GOLD AT NATIONAL RACE

ARLA DAVIS

The Ithaca College women’s rowing team has a legacy of success and plans to chase a national championship during the Spring 2020 season despite having a less experienced team than in the past.

Senior captain Kelly Csernica said the team has lost some of its “big powerhouse” teammates to graduation in the last few years. She said the team has still been successful by capitalizing on physical fitness, mental toughness and team dynamics.

“It’s not necessarily the fastest eight people at the first boat and then the next eight people in the next boat because it’s a lot of how the boat works together,” Csernica said. “I think everyone’s really adaptable in terms of any seat, any boat, whatever’s going to make us the fastest.”

In 2019, the team won the Liberty League championship for the second year in a row, placed second at the New York state championships and finished fifth at the NCAA Division III championships. Head coach Becky Robinson said that last season’s success has motivated the team this season.

“At the NCAAs, there’s trophies for places one, two, three, four, and fifth is just out of that trophy range, so finishing top four is a really big goal,” Robinson said. “It was our goal last year, and we fell a little bit short, but we were right there. The athletes feel that, and they’re hungry for better.”

Robinson said the team also makes it a goal to win the Liberty League every year. The team that places first at the championship each year gets an automatic bid to the Liberty League every year. The team that places first at the New York state championships and National Invitational Rowing Championships.

Csernica said the team is not just focused on one boat making nationals but rather all boats reaching their full potentials.

“There’s not just focus on one boat but really making sure that every boat is as fast as it can be,” Csernica said. “For nationals, only two boats get to go, but we want to make sure there’s success throughout the whole team.”

The novice boats are predominantly freshmen and inexperienced rowers. Crew is unique among the teams at the college because many of the athletes come to the college having never rowed before.

Senior rower Libby Ryan, who has been rowing since her junior year of high school, said crew is different from most varsity teams because it does not matter how long you have been competing if you are willing to commit to the sport. Robinson said freshman rower Finley Edmonds, Brenna Hanraty and Taylor Volmrich have been training alongside varsity boat members and will compete for a seat in one of the national competition boats.

“I didn’t start rowing until my junior year of high school,” Ryan said. “Coming in, I was labeled an ‘experienced freshman,’ but I still didn’t really have that much. It was just so cool to see that you could really come from nothing and finish amazing.”

Robinson said the senior leadership will also have a large impact on the Bombers’ success this season, especially in maintaining a high level of passion and bringing the team members closer together. She said that she expects the athletes to not only push themselves to beat their personal bests but every member of the team as well.

“What I think is really kind of unique is that they all have different leadership styles and skills,” Robinson said. “They’re doing a really nice job being a leadership net and pulling the rest of the group in.”

The Bombers will compete in their first home race of the season at 9 a.m. March 28 in the Cayuga Duals on the Cayuga Inlet.

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MOVING FALL MOMENTUM FORWARD

BY EMILY ADAMS

After qualifying three boats to the National Invitational Rowing Championship last season, the men’s rowing team is striving to reach the podium in 2020.

The Varsity Eight, Second Varsity Eight and Varsity Four boats all qualified last year in the national championship regatta. There is no NCAA championship for men’s rowing, so the national race is governed by the Intercollegiate Rowing Association.

Of the three boats, only the Varsity Four qualified for the Grand Final, and it finished sixth overall. The Varsity Eight took sixth in the Petite Final, and the Second Varsity Eight finished in second place in the Petite Final.

The team also competed in four invitational races in the fall. It was most successful at the Head of the Genesee on Oct. 5 in which the Varsity Eight, Second Varsity Eight and Novice Eight all brought home first place. Head coach Dan Robinson said the team took the winter season to improve on strength and conditioning.

“Winter is the least fun time because they’re just in front of the machines,” Robinson said. “They learn how to deal with their own fitness and push as hard as we can. Winter is your passage. Are you ready to race? And can you be mentally and physically ready to train hard?”

Senior captain Hunter Flamm said that the team had one of its strongest fall seasons he can remember since his freshman year.

“We performed really well with some teams we hadn’t been close to before,” Flamm said. “That was back with an extremely motivated freshman class that brings a lot to the table. I think right in the spring, we’re hoping we can carry over a lot of that momentum from the fall.”

Robinson said the team’s biggest goal is to have boats win at the New York state championship regattas, which will be held at 8 a.m. May 2 in Saratoga Springs, New York.

“We just want to get there,” Robinson said. “We have a list of schools on our schedule that we want to beat.”

Robinson said he considers Hamilton College, Rochester Institute of Technology and Marietta College to be the Bombers’ biggest rivals. He said that because there is no NCAA management of men’s rowing, the line between Division I and Division III is significantly less defined, and this allows the Bombers to compete with larger universities.

Senior Andy McCabe said that this year’s team has a larger group of senior leaders than there has been in the last four years and that this has been a big asset for the younger athletes.

“We’ve been working since freshman year at winning states, and that’s our biggest goal,” McCabe said. Flamm said that having novice athletes on the team sets the Bombers apart from their opponents. Three of the six seniors on the team this season began their careers as novices.

“Give them a chance to come from pretty diverse backgrounds in terms of their athletic experience,” he said. “They can channel their experience into a sport that’s not like anything they’ve done before, and, by the end of the year, they can actually be competing with people who’ve rowed before.”

Robinson said there are several freshman athletes who he expects will be contributors for the squad this season. He said freshmen Jack Lentz and James Ross have chances to be on the Varsity Eight boat at some point during the season.

McCabe said one of his personal goals is to inspire a passion for crew in the younger athletes.

“I want to impart on the next classes that this is something you can get into and build on,” he said. “Hopefully we get a lot of the [underclassmen] to really step up in the spring and work really hard knowing that they have this future in it.”

The Bombers will kick off their spring season at the Cayuga Duals at 9 a.m. March 28 on the Cayuga Inlet. They will face top-ranked teams Hobart and Cornell University, and McCabe said this will be an important starting point for the team.

“We always start our spring with that race,” he said. “Hobart’s always been the best team in our area to compare ourselves to. They’re a high-level program that we’d love to be competitive with. That’s always fun to start with the best competition we’re probably going to see.”

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WOMEN’S CREW

MEN’S CREW
ENCOURAGING WINNING LEADERSHIP

BY MICHAEL MEMIS

The Ithaca College golf team is striving to build on the momentum from the 2019 fall season this spring despite losing three players from its roster. Head coach Keith Batson said he does not think it will be an obstacle for the upcoming season.

“The only thing that has changed from last fall is our team is a bit smaller,” Batson said. “We had a player transfer to a different school, one who was gaining playing golf and another decide to focus solely on her schoolwork, so we have a team of six. Having a smaller team can have benefits, and I think everyone is more unified and on the same page.”

The team will be led by senior captain Peyton Greco, one of the two upperclassmen on the team. Greco is the defending Liberty League Player of the Year. She averaged 77.85 per round in the fall half of the season, a score that is over a stroke better than her 2018–19 average. Greco said her coach has even higher goals in mind for her this year.

“For me, personally, he told me that I could make the national championship, and that was something we have been working toward that I didn’t necessarily think about when I was a sophomore,” Greco said. “But now it’s becoming more of reality, and whether or not I can make it is a whole other thing.”

The other upperclassman on the team is junior Sophia Israel. Batson said that this spring will be very important for Israel in preparing to become captain once Greco graduates.

“I think Sophia is the obvious choice to fill Peyton’s shoes,” Batson said. “I have been talking with her all year about that. She is starting to show her leadership skills. I think this spring is important for her to take a bigger role in certain situations.”

Israel recorded two top-10 finishes in the fall and has improved her average to 83.83, which is approximately one and a half strokes better than her average in the 2018–19 season. She said she hopes to get her average round score lower than this year, which has won the league championship five years in a row and is the defending national champion. Batson said the Bombers’ short game will play a key role.

“It is our team is a bit smaller,” Batson said. “We had a rep in the fall, so we have a team of six. Having a smaller team can have benefits, and I think everyone is more unified and on the same page.”

Israel recorded two top-10 finishes in the fall and has improved her average to 83.83, which is approximately one and a half strokes better than her average in the 2018–19 season. She said she hopes to get her average into the high 70s as well as improve her overall game.

Sophomores Caitlin McGrinder and Katie Chan also made improvements to their games this past fall. McGrinder only played in three tournaments in the fall, but she is averaging approximately eight fewer strokes per round. She crushed her career lowest round of 85 by shooting a 76 in the final round of the St. Lawrence Invitational in Canton, New York. Chan only played in two tournaments in the fall, but she made adjustments between the two rounds she played at the Lynn Schwarze Invitational in Granville, Ohio, and improved her score by 11 strokes. Israel said she is very optimistic about the pair.

“I’ve seen them grow so much since the end of last year,” Israel said. “I’m very proud of how far they’ve come, and I’m really excited to see them live up to their full potential because they’re just tapping at the door.”

Freshmen Mary Greco and Cris Steele Park got a lot of reps in the fall. Greco finished just outside the top 10 in the Cortaca Northeast Invitational, which is a two-day tournament that is played at the Country Club of Ithaca on the first day and in Cortland on the second. Park recorded two top-10 finishes so far, one of them being at the Cortaca Northeast Invitational. Her average round score is 84.83, which is approximately two strokes better than Greco had in her first year.

The team’s first match is March 10 during its spring break trip to Orlando, Florida, against Nazareth College. The Bombers will only have two invitational matches before the Liberty League championships in May. There they will face the daunting task of toppling New York University, which has won the league championship five years in a row and is the defending national champion. Batson said the Bombers’ short game will play a key role.

“As far as weaknesses golf-wise, we need to get better as a team,” Batson said. “As far as weaknesses golf-wise, we need to get better with our short game.”

Israel said, “Every team can say that, but we generally are pretty good tee to green. We just have to start finishing off each hole, and we will be where we need to be.”

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Freshman Sam Khoo Wien’s print makes a statement on the recent impeachment trial.

LUCAS CAVANAGH/THE ITHACAN

BY ARLEIGH RODGERS

Political movements call for change through protest, speeches or executive action from national leaders. But in the Ithaca College class Introduction to Print Media, art is a medium for social justice.

The class is taught by Paloma Barhaugh-Bordas, assistant professor in the Department of Art. The class meets on Tuesdays and Thursdays from 3:10 to 5:40 p.m. in the Cerache Center. Barhaugh-Bordas said the class rotates among research, carving and printing days.

On printing days, the extended class time allows students to roll out their ink, test their paper. Before the registration of their parents to roll out their ink, test extended class time allows students and printing days.

Spurred by the impeachment hearings against President Donald Trump, Khoo Wien printed an image reminiscent of a leader that U.S. troops dropped over battlegrounds during the Afghanistan War. On the leaflets, the poster reads “We are watching” in Arabic and targeted the Taliban.

Following an afternoon of brainstorming for the students’ current projects, Barhaugh-Bordas broadcast a print onto the classroom’s whiteboard with a message in yellow capital letters: “Boycott Grapes.” The decades-old print was a call to action from the United Farm Workers Union (UFW), led by Cesar Chavez and composed of Mexican American workers. In the 1960s and 70s, the UFW urged consumers to stop buying grapes because farmworkers in California made as little as $0.90 per hour, plus $0.10 per basket collected.

The “Boycott Grapes” print was created by Xavier Viramontes, and the unconventional slogan and striking design became emblematic of the UFW campaign. Barhaugh-Bordas said the iconographic and symmetrical nature of Viramontes’ print is the source of the artwork’s power.

Barhaugh-Bordas said that she studied with Viramontes at the City College of San Francisco Fort Mason Center for Arts and Culture. At the time, she was choosing whether or not to moonlight as an artist.

“[Viramontes] led [the class] with an incredibly patient approach,” she said. “I think that’s a lesson that I embrace from a lot of my teachers, … that [printmaking] is a space that, while politics enters into media a lot, … we encourage exploring and explaining your ideas through your imagery and doing that in a way that is hopefully really moving and powerful.”

After the initial drawing, students carve the negative space of their sketches out of woodblocks. These carvings are printed on top of each other, usually on separate days to keep the layers polished.

For his project, sophomore Sebastian Chavez is using an eagle, which is a symbol of unity on the Chicano front, in his print, but he drew it upside down to portray the loss of identity he said Latinos have experienced. Growing up from the bottom of the eagle are branches and cacti that represent the Chicano ancestral foundations.

“The Chicano movement is not the same because we are [in] a new era,” he said. “That’s why it grows out into cacti as branches and cacti that represent the Chicano’s ancestral foundations.”

Chavez is a politics major with a minor in Latino studies. He said he chose to take the printmaking course because of the medium’s close connection to his major.

“Printmaking has a very important role through political movements,” Chavez said. “Some of the most famous campaigns, … have printmaking in them. … It’s amazing to see how much people can put their effort … into [an] art piece to make a statement.”

Artists have famously turned political statements into art: Pablo Picasso’s “Guernica” was a swift reaction to the bombing of Guernica, a Basque town in Spain, by the Nazis. It is regarded as a biting representation of the physical toll war takes on innocent individuals.

While the process is slow, Barhaugh-Bordas said, she hopes students can leave the class with new skills. Banksy, an anonymous street artist, forges graffiti on street corners and backs of buildings. The artwork is often critical of social media and political or social corruption.

“My interest is more in students figuring out what it is that really interests them and pursuing it,” she said. “I think art is a space where you really get to invent and are asked to generate your own ideas [and] pursue what it is that means to you, personally, every day.”

CONTACT ARLEIGH RODGERS ARODGERS@ITHACA.EDU
Color of Change, a nonprofit civil rights organization, has started a petition against TMZ. The goal of the petition is to persuade the publication to tell families of celebrities who are killed about the deaths of their loved ones before details are released to the public. The petition accuses TMZ of using black celebrities’ deaths as a way to gain profit. It specifically calls for advertisers to withdraw funding until TMZ changes its methods. The petition was sparked by the death of Kobe Bryant at the beginning of the year. Color of Change claims that the way TMZ reported Bryant’s death made the aftermath more difficult for his family. The petition was recirculated recently when TMZ reportedly published a video of paramedics trying to revive rapper Pop Smoke, who was killed Feb. 19, before reporting directly to his family.
Monastery promotes meaningful learning

BY CONNOR AHERN

In the Namgyal Monastery Institute of Buddhist Studies, Tibetan chanting echoes in a warmly lit chamber. A brass statue of the Buddha sits atop the main shrine at the back of the room, watching over Tibetan monks and Ithaca visitors meditating.

The monastery is a branch of the original Namgyal Monastery of the Dalai Lama in India. The monastery in Ithaca is the North American seat of the personal monastery of the Dalai Lama. Weekly meditations and meditation classes often cost money to attend, and meditation apps sometimes charge monthly fees, but the monks at the monastery offer meditations for free from 5:15 to 6 p.m. Mondays, Wednesdays and Fridays. Meditation is guided by the monks and open to anyone.

Meditation can help to reduce anxiety and depression, according to the National Center for Complementary and Integrative Health. College students are especially susceptible to stress, according to the American Institute of Stress. Ithaca local Lina Bertsu, who has been practicing meditation at the monastery, said she believes meditations can help with mental health.

“There is so much anxiety and depression and confusion in the world,” Bertsu said. “Now it is very extreme, so it’s nice to have something to do during the practice. You ... feel wonderful meditating with everyone.”

Tibetan monks teach classes on philosophy, Buddhism, Tibetan language and meditation in shorter classes and semester-long courses. Ithaca College junior Anton Popov has been studying with the monks for over a year. Popov is an anthropology student at the college who takes classes in religion and philosophy at the monastery every week.

“I will always hope to return to the Namgyal Monastery Institute of Buddhist Studies and make a career out of it,” Popov said. “I consider it to be the most engaging in intensive meditation,” Popov said. “I consider it to be the most

Jazz musician to perform with campus ensemble

The origins of Alexa Tarantino, a guest saxophonist at Ithaca College, as a jazz artist trace back to her hometown. Tarantino grew up in West Hartford, Connecticut, where she started playing saxophone and piano as a kid. Her instrument then turned into a career — one based on collaboration and music education, she said.

Tarantino has participated in both large and small jazz ensemble performances and recording sessions around the country. She has also become a recruiting member of the Jazz at Lincoln Center Orchestra. Tarantino will perform in a concert at 8 p.m. Febr. 29 in Ford Hall in the James J. Whalen Center for Music with the Ithaca College Jazz Ensemble.

Assistant Life and Culture editor Arleigh Rodgers spoke with Tarantino about her inspirations and upcoming album.

This interview has been edited for length and clarity.

Arleigh Rodgers: What sparked your interest in [piano and saxophone]?

Alexa Tarantino: The town that I grew up in ... had a really strong ... jazz program in particular. So I would see their concerts, and I actually saw them and I had a really strong ... jazz program in particular.

AR: What is it like to perform with the Jazz at Lincoln Center Orchestra?

AT: It’s awesome. It’s a really great time. I’m not a full-time member with them ... I’ve been there when they need me, and I’m really grateful to have the opportunity.

AR: What is the upcoming album you have [planned]?

AT: It’s on a label called Posi-Tone Records. I’m not sure what we’re going to call the [album] yet. It’s pretty much out. It’s my original music. I’m playing multiple woodwinds, and it should be fun. We’ll be ... doing a CD release in New York at N’Zsys’ Gig on June 19.

AR: What was it like to work on the album in the studio and in the recording process, so I’m listening to the mixes and tweaking things, but I wrote all the music a bit quick, kind of fast-acting when things are going right. I think it’s straight-ahead jazz with a few of my favorite standards in there. . . . I was really excited to hear it come to life, and I had an awesome band with me, and ... I’m really happy to make the music and hope people enjoy it.

AR: Do you think there are any influences, or particularly some people, ... that have influenced your work?

AT: Well, Wynton Marsalis is definitely a huge influence, and my family [is an influence]. ... There are so many jazz musicians that have influenced me. It’s kind of hard to pick some. A saxophonist named Phil Woods was one of my favorites, and a woman named Maria Schneider, who has her own jazz orchestra, was one of my favorites.

AR: Do you travel to colleges or universities of ten to perform or teach?

AT: I travel multiple times a week, so, right now, I’m at the University of Northern Iowa. Last week, I was in Wisconsin at Sun Prairie High School. Before that, I was in Chicago at New Trier High School. And before that, I was in the North Shore of Massachusetts and a few high schools there. Before that, I was conducting the Arizona All-State Jazz Band.

AR: What are you looking forward to most about your upcoming performance at Ithaca College?

AT: Oh, well, I’m certainly excited to be in upstate New York, ... I’m excited about the fact that the Ithaca College Jazz Ensemble’s performance is all by ear, so they’re not using music, which I love. ... It’s an interesting style of learning, and I think everybody should experience it. ... It’s definitely quite a feat to do at the large ensemble level.

Musician Alexa Tarantino has been playing the saxophone and piano since she was a child. Tarantino will be performing as a guest with the Ithaca College Jazz Ensemble.

COURTESY OF TORY WILLIAMS

The Namgyal Monastery Institute of Buddhist Studies is a Tibetan monastery located approximately one mile from Ithaca College. It is the North American seat of the personal monastery of the Dalai Lama.

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*The Benefits and Costs of the Clean Air Act, 1970-1990

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DOCUMENTARY REVIEW: “The Chef Show Volume 3” Netflix

"The Chef Show Volume 3" is engaging and educational. The show features mouthwatering food and easygoing comedy. The third season of "The Chef Show" is informative and entertaining. Additionally, the pleasing visuals of the fully prepared dishes entice the viewer to continue watching. "The Chef Show" will undoubtedly leave viewers ravenous for more.

70s-inspired album rushes away from band’s roots

ALBUM REVIEW: “The Slow Rush” Island Records Australia

After teeing fans with four singles off its upcoming album, Tame Impala finally released “The Slow Rush.” As anticipated, the album follows the band’s neopsychedelic rock style, but it also establishes a nod to the ’70s and experiments with disco-funk elements. The album brings listeners into a swirling pool of dreamy falsetto harmonies and a wide array of samples, including a blend of pulsating electronic beats. Where “The Slow Rush” differentiates from Tame Impala’s previous work is the band’s incorporation of disco-funk elements. “Deeper Breath” is one of the album’s more experimental tracks. It features elements of funk complemented by the sparkling sounds of piano that dance underneath a catchy chorus. Kevin Parker, the frontman for the group, is known for his drowned out words and stylistic lack of dictation. Besides his artistic singing voice, he is also an incredibly emotive, passionate and brilliant lyricist. This talent shines in many places throughout the album but especially in “Posthumous Forgiveness.” He devotes this track to his late father. However, the profound strength and emotional vulnerability of the track shows through Parker’s tender and moving lyrics. "The Slow Rush" is about the passing of time, growing up and the ultimate existential meaning of life. The album begins with the track “One More Year.” Parker sings about living life without thinking about its inevitable end. These thoughts are complemented by the upbeat, optimistic sound that lies beneath it. Although a cliche theme, it is executed brilliantly.

Tame Impala’s new release is a beautiful and innovative record that will excite existing fans and entice new listeners.
BY THOMAS MACHACZ

Even before “Fantasy Island” begins, the movie is trying to scare you. The Columbia Pictures logo is accompanied by a melodramatic score and the echoes of an elevator door opening. This proves to be the movie’s most effective scare tactic, as it only gets more disappointing. Released by the prolific Blumhouse Productions, “Fantasy Island” is another heartbreak product filled with unlikable characters, tensionless action and a convoluted plot.

Blumhouse Productions is a curious company. Built on a production model of low budgets and generous creative freedom for its directors, the company has been behind some of the biggest movies in recent memory. Its releases range from ultra-cheap horror blockbusters like the “Paranormal Activity” series to Oscar winners like “Get Out” and “BlackKklansman,” which had the largest budget of the three. Its latest release, “Fantasy Island,” falls firmly into the former category. Directed by Jeff Wadlow — the man behind 2018’s “Truth or Dare” — “Fantasy Island” severely lacks the creative vision of Blumhouse’s best products.

The original “Fantasy Island” was a charming, goofy television series that aired 1977–84. The series followed the freewheeling insanity of a mysterious Mr. Roarke and his island, Tangee, as they granted high-paying customers the ability to live out their fantasies. These fantasies rarely played out for “Fantasy Island” already made more than its budget back at the office. That is the Blumhouse business model at work, and looking at the company’s fourth additional releases scheduled for 2020, it is not stopping any time soon.

BY DYLAN CAMPBELL

What is the sign of true growth? Is it the humility of self-awareness or the willingness to learn from the past? More importantly, does change indicate growth? In Justin Bieber’s new album, “Changes,” his first since 2015’s “Purpose,” the answer is more complex than his voice to shine in a manner first seen in 2015’s “Purpose.” Throughout the album, Bieber’s silky-smooth falsetto cascades over the loopy beats as he serenades Hailey and beckons the listener deeper into the album. Tracks like the introductory “All Around Me,” the enticing “E.T.A” assume the role of a flawed male, and Hailey’s voice steal the show. This is a love to a mirage of a great album.

The reboots of “Fantasy Island” is a thrill-free romp through conventional horror tropes, a result of the movie’s low budget. “Fantasy Island” is a horror movie only in concept. None of it is actually frightening, but a horror movie does not need to provide genuine scares to be entertaining. Unfortunately for this movie, its by-the-numbers plot is a challenge to enjoy even ironically. Each character’s arc is immeasurably obvious, save for the out-of-nowhere twist. The filmmakers’ take it safe at every corner, divinining into every known horror movie trope with no self-awareness or style. The freewheeling insanity of a horror movie’s plot makes for a thrilling experience. Here, there are no thrills — only a stale product devoid of character and sincerity. Yet in just one weekend, “Fantasy Island” already made more than its budget back at the box office. That is the Blumhouse business model at work, and looking at the company’s fourth additional releases scheduled for 2020, it is not stopping any time soon.

While Yoste’s electric-pop song is not necessarily great, there are not too many horror blockbusters working against it. The song is set to be catchy and, perhaps because of this, successful, but the beat and lyrics are too basic to be anything noteworthy.

“LYING THAT YOU LOVE ME”
JC Stewart, Warner Music UK Limited

“LYING THAT YOU LOVE ME” sounds like a One Direction song — the lyrics describing endless heartache, and the song’s pop beat reflect this. Stewart’s vocals are strong, but they’re not charismatic enough to be memorable.

“OLD ME” 5 Seconds of Summer, Interscope Records

“OLD ME” is a breezy and thrilling, and the lyrics are defined by catchy lines like “Shout out to the old me and everything he showed me! Glad you didn’t listen when the world was trying to slow me.” The lyrics are made additionally charming through the band’s vocals.
SPORTS

THURSDAY, FEBRUARY 27, 2020

BY EMILY ADAMS AND ARLA DAVIS

When Ithaca College senior gymnast Paige Landes stepped onto the spring floor to perform her routine Feb. 19, her music began to blare over cheers and the thud of wrestlers hitting the mat on the other side of Ben Light Gymnasium.

The Bombers hosted the fourth annual Rumble and Tumble Meet against SUNY Cortland on Feb. 19. The Rumble and Tumble Meet is a competition format in which a college’s wrestling team and gymnastics team compete simultaneously against the same opponent.

The gymnastics and wrestling teams competed side by side on either side of the gymnasium, and athletes could be seen running back and forth between the wrestling mat and the various gymnastics apparatuses to cheer on their respective schools throughout the meet.

“The idea has been done at other schools,” Suddaby said. “Usually, Division I schools will do it, but Cortland has done it for years. It’s good to have [the meet] with Cortland as such a rival school.”

Cortland gymnastics coach Sukhida Modi Zaug, who is also an alum of the Red Dragons gymnastics program, is in her first season leading the team, so this was her first experience with the Rumble and Tumble Meet. She said the meet is extremely competitive because of the history between Ithaca College and Cortland.

“The tradition of Cortland versus Ithaca is always intense,” Zaug said. “I’ve known these coaches for 20 years, and it’s such a fun rivalry. It feels like coming back home.”

The Rumble and Tumble Meet was also a Bomber Bash event for the Ithaca College Student-Athlete Advisory Council and a pink event for the Ithaca College Unites For HER Club. It was also the wrestling team’s senior night.

“The partnership among the teams and on-campus organizations drew a large crowd that filled the majority of the bleachers in the gymnasium. Senior wrestler Ben Brisman said the meet is often one of the best attended of the year.

“I really enjoy that a lot of people come and watch it,” Brisman said. “It’s cool to have a big crowd and a lot of excitement. It’s a great environment, and a lot of other student-athletes come to support.”

By Emily Adams and Arla Davis

Freshman wrestler Luis Hernandez attempts to pin Cortland junior Jeremy Pond during an exhibition match at the Rumble and Tumble Meet. The Bombers posted a dominant 31-9 win over Cortland.

Senior Cassidy Marquette competes on the balance beam behind them.

Freshman Zoe Kyriakopoulos prepares to leap onto the high bar during the meet.

The crowd of spectators cheer on the wrestlers and gymnasts during the meet in Ben Light Gymnasium.

BY EMILY ADAMS AND ARLA DAVIS

Senior Ben Brisman and Cahal Donovan, SUNY Cortland freshman wrestler, face off as senior gymnast Cassidy Marquette competes on the balance beam behind them.

Suddaby said the gymnastics team also used the Rumble and Tumble Meet to prepare for upcoming championships. The team will host this year’s National Collegiate Gymnastics Association National Team Championship on March 28.

“It’s fun to get out there and compete in the main gym for this year because we’re hosting our national tournament,” Suddaby said. “It helps us get out there and see what it’s going to be like. It’s really exciting stuff to get there.”

The Bombers’ gymnastics team posted a higher score than the Red Dragons on vault and trailed them by less than half of a point on the uneven parallel bars and the floor exercise. Landes posted her season-best floor score of 14.525 to take second place in the event. Senior Cassidy Marquette led the squad on vault with a 9.650 to finish in first.

“got to do that stuff, people are going to try to distract you, so if you can focus on what you’re doing with all of that stuff going on, it’s really good practice.”

“Getting ready for regionals and the various gymnastics apparatuses to cheer on their respective schools throughout the meet.

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Marty Nichols, Ithaca College wrestling head coach, said that her favorite part of the night was the Bombers’ big finish in the floor exercise after struggling in the beam and the uneven parallel bars.

“We started super strong on vault,” Kyriakopoulos said. “We had a couple mishaps, but then we finished super strong on floor, which we’ve been working pretty hard on to clean up, and to bring that floor squad together was really good.”

Suddaby graduated from SUNY Cortland in 1979, but he said he loves the rivalry between his alma mater and his current team.

“‘As much as I admire Cortland, I want to beat them,” Suddaby said. “I was there for four years, but I’ve been here 35, so I’m a Bomber.’

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THE BOMBERS ROUNDUP

The Ithacan provides statistical updates on all the Bombers’ varsity squads during the season

WOMEN’S BASKETBALL

ITHACA FEB. 21 VASSAR

ITHACA FEB. 22 BARD

90–45

WOMEN’S TENNIS

ITHACA FEB. 22 ROCHESTER

2–7

NEX GAME: 2 p.m. Feb. 29 Liberty League semifinal against Rensselaer Polytechnic Institute in Ben Light Gymnasium

NEX GAME: Noon Feb. 29 against Rochester Institute of Technology at Reis Tennis Center in Ithaca

MEN’S BASKETBALL

ITHACA FEB. 21 VASSAR

ITHACA FEB. 22 BARD

91–70

102–64

NEX GAME: 4:30 p.m. Feb. 29 Liberty League semifinal against Hobart College in Troy, New York

BASEBALL

ITHACA FEB. 22 VIRGINIA WESLEYAN

ITHACA FEB. 22 VIRGINIA WESLEYAN

1–11

3–4

NEX GAME: 2 p.m. Feb. 29 at Allegheny College in Meadville, Pennsylvania

WOMEN’S TRACK & FIELD

NAME PLACE EVENT RESULTS
Tia Jones 2nd 200-meter dash 25.38
Ariyana Bernard 1st Weight throw 15.07 meters
Sarah Rudge 2nd 800-meter run 2:15.18

NEX Meet: 11 a.m. Feb. 28 at the Liberty League championships in Rochester, New York

MEN’S TRACK & FIELD

NAME PLACE EVENT RESULTS
Andy Frank 1st 400-meter dash 50.88
Forest Stewart 1st 5,000-meter run 15:55.99
Kasim Cisse 1st High jump 2.11 meters

NEX Meet: 11 a.m. Feb. 28 at the Liberty League championships in Rochester, New York

GYMNASTICS

NAME PLACE EVENT SCORE
Courtney Christoforo 1st Uneven bars 9.750
Cameryn Nichols 1st All-around 36.450
Paige Landes 2nd Floor exercise 9.725

NEX Meet: 11 a.m. Feb. 29 NCAA Mideast Regionals at the Athletics and Events Center

WRESTLING

NAME WEIGHT SCORE
Ben Brisman 149 pounds 3–2
Sam Schneider 157 pounds 9–4
Eze Chukwuezi 184 pounds 14–5

NEX Match: 11 a.m. Feb. 29 NCAA Mideast Regionals at the Athletics and Events Center

WOMEN’S LACROSSE

ITHACA FEB. 22 NAZARETH

23–8

NEX GAME: 1 p.m. Feb. 29 at SUNY Cortland in Cortland

MEN’S LACROSSE

ITHACA FEB. 22 ST. JOHN FISHER

13–18

ITHACA FEB. 25 LYCOMING

17–5

NEX GAME: Noon Feb. 29 at SUNY Geneseo in Geneseo, New York

*Updated as of Feb. 25
Sophomore runner soars in breakout season

BY EMILY ADAMS

Ithaca College sophomore sprinter Katelyn Hutchison is currently the No. 1 400-meter runner in Division III, and this time last season, her personal-best time was approximately three seconds slower, and she was not even in the top 50 nationally.

Hutchison posted her national-leading time of 56.76 at the David Hemery Valentine Invitational on Feb. 14 in Boston. The time also broke the college's indoor door 400-meter record set in 2018 by then-sophomore Ally Reuehle.

"Not to get down on myself, but I've never been really good at track before these past two years," Hutchison said. "I was never the girl that everybody worried about. Then, this past weekend happened, and it says, 'Katelyn Hutchison, No. 1 in the entire nation.' I've never been No. 1 in anything, so just to see that and feel that boost that confidence a lot.

"I get up every morning, go do everything I can do to train, and I think she's a little bit more motivated than I was before the season ended."

Hutchison also said she is handling some crazy things are going to happen at nationals," Hutchison said. "One of the rules that Coach [Potter] has is you have only 20 seconds to feel bad about it, but that's it. I make sure that I trust the process. It's OK to mess up, and it's OK not to be great at every single meet."

"She learned from that and knew that that was not the way to handle things," Potter said. "I think she thinks and takes a break before she tries, and I think she's a little bit more realistic as to how a practice should be. It's not a competitive situation. It's doing things at a certain amount of intensity."

Junior sprinter Allura Leggad said she has seen Hutchison's drive to succeed throughout the season."

"She's just really pushed herself," Leggad said. "She's woken us up. She's wanted this ever since last year. Every single day in practice, at a meet, she always just has so much energy, so much spunk to do better than she did the day before.

"I've never been afraid of change, as my college career shows," Germinerio said. "I'm going to go in and try to embrace my new coaches and teammates just as I have done everywhere else. I want to be a good ambassador and leader and also a great teammate and person overall."
Junior Lindsey Duhamel spent the first two years of her college career as a member of the Ithaca College women’s soccer team. This season, she replaced her cleats with a swimsuit and competed for the college’s women’s swimming and diving team. Duhamel competed on the 1- and 3-meter diving boards at the Liberty League championships from Feb. 19 to 22 at the Kelsey Partridge Bird Natatorium. She posted her best score of the season on the 1-meter with a 327.55 in the preliminary round. She also had a personal-best score during the 3-meter preliminaries with a 542.20.

The women’s swimming and diving team collectively brought home the Liberty League title for the second year in a row. It came out on top by over 200 points after winning by less than 40 last season. Sports editor Emily Adams sat down with Duhamel to discuss her first season with the swimming and diving team and her experiences at the Liberty League championship meet.

This interview has been edited for length and clarity.

Emily Adams: Why did you decide to stop playing soccer?  
Lindsey Duhamel: I guess I just was not as happy as I thought I would be. It was just my time to try something different, but I did not want to stop being an athlete. [Diving coach Chris Griffin] is my boss for lifeguarding, so that’s how I was introduced to diving. I came to the open clinic they have here and just kind of messed around and had fun, and Chris was like, “You’re not bad. If you want, you can do it.”

Emily Adams: Did you have any previous diving or swimming experience? What was the transition like?  
Lindsey Duhamel: I swam in eighth grade, but that was it. The clinic definitely helped. The clinic is open to anyone and different age groups. So people from high school and younger are also doing it, so I wasn’t alone in the sense of being alone for the first time ever. I wasn’t the only one who was inexperienced.

Emily Adams: How did you adapt to competing in a new sport?  
Lindsey Duhamel: It’s definitely different in many aspects, but I feel like I adapted pretty well. The team itself also made it really easy, and they were so accepting and open.

Emily Adams: Were there any skills from soccer that helped with diving?  
Lindsey Duhamel: My leg power from soccer. I had a lot of power that just needed focus. I also did gymnastics when I was younger, so I had some of that experience with body awareness, so that definitely helped.

Emily Adams: What was the hardest part of the transition?  
Lindsey Duhamel: The hardest part was just the mental capacity that it takes every day at practice. With other sports especially team sports, you can go through on autopilot in a sense. I know that’s not the best thing and you want to be focused 24/7, but there’s some days when you’re off, and you’re able to just get through a practice. With diving, you can’t do that. You have to think about every movement you make and your body control and the awareness you have in the air. That was a really big thing.

Emily Adams: Was it nice for you to have a lot of new divers on the team with you this year?  
Lindsey Duhamel: We had, I think, seven freshman, and three of them were gymnasts who had never touched a board, so that was cool. We all learned together, and everyone progressed differently, but, at the same time, everyone was so encouraging. It was an amazing environment to be a part of.

Emily Adams: What is your relationship like with Griffin as a coach rather than a boss?  
Lindsey Duhamel: He is hands down the best coach I’ve ever had in my entire life. He’s personable. His sense of humor, so he can relate to you. I also don’t like people to sugarcoat things, and he gives it to me straight. He’s able to tell me what I need and able to push me in the right ways.

Emily Adams: What was the experience like at your first Liberty League championship meet?  
Lindsey Duhamel: It’s funny because I’ve been there and worked [the meet] for the last two years. It’s so different to watch it as a spectator and then to be a part of it. To be a part of it is so much more special, and it’s a feeling you can’t describe to a spectator. I was really happy with my performances. Having my best score on both boards was really exciting.

Emily Adams: What are you hoping to build upon for next season?  
Lindsey Duhamel: My next goal is to make the regionalals next year. I’m just concentrating on that, and now that I have a year under my belt, I’m more comfortable and I know what to expect. I know how I need to push myself to get to that level.

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Contact Emily Adams eadam32@ithaca.edu

Junior diver Lindsay Duhamel performs a dive off the 1-meter board during the Ithaca Invitational on Feb. 8. Duhamel was a member of the women’s soccer team prior to this academic year.

Junior diver discusses switch from soccer team

Contact Emily Adams eadam32@ithaca.edu

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Watch for details on our upcoming information session in March!

Got questions? Email yclarke@ithaca.edu or senglter@ithaca.edu right away!

Interviews during the month of April! Training begins on September 8th!
ATHLETE OF THE WEEK
JUNIOR STANLEY ZANESKI

Zaneski won the 50-, 100- and 200-yard freestyles and three relays races at the Liberty League Swimming and Diving Championships. He was named Swimmer of the Year in the conference and broke three meet records.

COMPETITION OF THE WEEK
WOMEN’S SWIMMING AND DIVING

The Bombers won the Liberty League championship for the second straight year with a 228-point lead ahead of second-place Rochester Institute of Technology. The team took home six individual titles in the meet.

EVENTS TO WATCH

11 A.M. FEB. 29 & 10 A.M. MARCH 1 AT THE ATHLETICS AND EVENTS CENTER

The 16th-ranked wrestling team will host the 2020 NCAA Mideast Regional championship. The team will attempt to defend its 2019 title.

11 A.M. FEB. 28 & 10 A.M. FEB. 29 IN ROCHESTER, NEW YORK

The No. 22 men’s and No. 2 women’s track and field teams will compete to defend their 2019 Liberty League titles at Rochester Institute of Technology.

QUOTE OF THE WEEK

“I was [at Cortland] for four years and been here [at Ithaca] for 35. I’m a Bomber at heart.”

– RICK SUDDABY
GYMNASTICS HEAD COACH
Senior Cassidy Marquette performs her floor routine at the Harriet Marranca Invitational on Feb. 23. The team won first place at the meet for the third year in a row.