By Ashley Stalnecker

In Spring 2017 at Ithaca College, then-freshman Courtney Webster was taking 13 courses, worth 16 credits, to fulfill her music outside field major. The stress and exhaustion from her workload finally became too much and she was on edge performing for her oboe repertoire class.

“My whole body just started shaking,” Webster said. “I just burst into tears.”

She ran off the stage, and her professor followed. Webster said her professor told her that her body and mind had reached their limits. Her experience is not unique as a student in the School of Music.

“It’s very stressful, and it’s very exhausting,” Webster said. “It really drains you as a human, and it kind of takes away the things you enjoy, and you kind of lose what you enjoy a little bit, which is unfortunate.”

Many students in the music school have to take approximately 18 credits every semester, and some often petition to take over the 18-credit limit. The demands of students’ course loads put strains on their mental health and wellbeing, as well as on their personal lives outside school. Many students also said unhealthy competition, excessive criticism and exhaustion are common in the music school’s environment. As a result,

Music students struggle to balance course load

**BY CORA PAYNE**

A Cornell University student is being quarantined after presenting symptoms that met testing criteria for the 2019 novel coronavirus in late January, according to an email from Cornell administrators.

The student, who lives off campus, is currently receiving medical care from the Tompkins County Health Department, according to the email. The email was sent by Ryan Lombardi, vice president for Student and Campus Life at Cornell, and Sharon McMullen, assistant vice president of Student and Campus Life for Health and Wellbeing at Cornell. The student’s laboratory tests are currently being processed by the United States Center for Disease Control and Prevention (CDC).

Getting the results can take up to a week, the email stated.

The coronavirus has currently infected over 17,000 people in China and killed more than 420 people. Over 170 cases are currently confirmed outside of China across over 20 countries.

Currently, 12 cases have been confirmed in the United States as of Feb. 5, and 82 potential cases are being investigated, according to the CDC. There are cases in five states, including Washington, California, Arizona, Illinois and Massachusetts.

Ellen Sellers-Selin, physician and medical services director of the Office of Counseling and Wellness at Ithaca College, sent a statement via email Jan. 24 on behalf of the Ham mond Health Center informing the community about the viral threat, and she encouraged students to reach out if concerned.

The mode of transmission for coronavirus is still unclear. Sellers-Selin said via email, although it is likely spread through close contact between people.

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**MUSIC, PAGE 4**

**THE LOCAL STAGE**

Female-focused narrative takes the local stage

**OPINION**

Whalen culture must change for students

**SPORTS**

Coach helps pole vaulters raise the bar

**LIFE & CULTURE**

page 13

**INTEGRITY**

**ACCUACY** • INDEPENDENCE • INTEGRITY

RHYTHM AND BLUES

Music students struggle to balance course load

**BY ASHLEY STALNECKER**

Suspect tries to recruit on campus

**BY CAITLIN HOLTZMAN**

Several Ithaca College students reported being approached on campus by two women asking them to join a religious organization, according to the Office of Public Safety and Emergency Management on Feb. 5.

Tom Dunn, associate director for Public Safety, did not specify how many reports were made or where they occurred on campus, but he said there were multiple. The announcement sent to the campus community Feb. 5 informed everyone to be wary of any strangers who approach them and to report anything suspicious.

Public Safety is seeking further information to conduct its investigation, the announcement said.

Sophomore Macy Brandwein said that three women approached her in the Ithaca College Library while she was sitting alone Feb. 3 and that they asked her to read proofs with them. Freshman Anna Schmelzer said that a woman approached her at approximately 4 p.m. Feb. 2 while she was studying alone in the library and asked her to join a bible study.

“I was at the computers working by myself, and this girl comes up to me,” Schmelzer said. “She was about my age, nothing noticeably different than any other kid on campus. She said, ‘Excuse me, can I talk to you?’”

Schmelzer said the woman was talking quietly, so she turned around at first she was asking her to join an on-campus organization.

“I heard her ask, ‘Are you in a bible study group, and she, ‘I’m with the Mother of God Church. Would you like to join our study group?’” Schmelzer said. “At first, I thought it was just a club on campus, and I’m not personally religious, but I don’t understand the desire to know about that type of stuff.”

Schmelzer said at first that she would not mind going to a study group but later decided to say that she did not have enough time. She said that the woman then asked her that she was with another woman who was talking to another student. The Mother of God Church is also known as the World Mission Society Church of God, the church, which was founded in 1964 in South Korea, claims to have over 3 million members in 175 countries.

Rumors have been circulating on Facebook pages about the church’s supposed ties to sex trafficking. Multiple other college campuses in the country have reported the group’s presence on their campuses is an attempt to recruit new members.

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Toxins lead to evacuation

**BY ALEXIS MANORE**

At approximately 10:45 p.m. Feb. 4, Landon Residence Hall residents at Ithaca College were forced to evacuate their rooms because of a fire extinguisher that was set off, but there was no fire.

Officials from the Office of Public Safety and Emergency Management told students that a fire extinguisher went off in Landon Hall, causing the air to become toxic. Students were not allowed to re-enter the building until it was determined that no reported fire extinguisher was set off. Students were told to go to the Campus Center to stay warm.

Approximately five emergency vehicles were outside Landon Hall. The vehicles were outside Landon for approximately 15 minutes. Public Safety did not specify how many reports were made or where they occurred on campus, but he said there were multiple. The announcement sent to the campus community Feb. 5 informed everyone to be wary of any strangers who approach them and to report anything suspicious.

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**COACH HELPS POLE VAULTERS RAISE THE BAR**

**FEMALE-FOCUSED NARRATIVE TAKES THE LOCAL STAGE**

**WHALEN CULTURE MUST CHANGE FOR STUDENTS**

**EACH WEEKEND COACH HELPS POLE VAULTERS RAISE THE BAR**

**DECATHLON IT IS**

**TOXINS LEAD TO EVACUATION**

**FEMALE-FOCUSED NARRATIVE TAKES THE LOCAL STAGE**
Iowa Democrats release results following caucus after delay
Partial results of Iowa’s kick-off presidential caucus showed former Mayor Pete Buttigieg and Sen. Bernie Sanders leading the opening contest for the Democratic Party’s 2020 primary season. Sen. Elizabeth Warren, former Vice President Joe Biden and Sen. Amy Klobuchar were trailing in the tally of state delegate equivalents, according to data released for the first time by the state Democratic Party nearly 24 hours after voting concluded. After a buildup that featured seven rounds of debates and nearly $1 billion spent nationwide, the Iowa caucus is under heavy criticism due to the lack of any clear winner at the end of the day.

Hyundai halts Korea production as virus outbreak fallout spreads
Hyundai Motor Company is suspending production in South Korea, a sign that economic fallout from China’s viral outbreak is spreading. For other companies bracing for losses as virus outbreak fallout spreads, the damage has so far been ing. For other companies bracing for losses as virus outbreak fallout spreads, the damage has so far been ing. For other companies bracing for losses as virus outbreak fallout spreads, the damage has so far been ing. For other companies bracing for losses as virus outbreak fallout spreads, the damage has so far been ing.

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NATION & WORLD

Variety vaudeville show exhibits performers
La Cerise Noir is a performance that showcases different acts, including puppets and burlesque.

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Marine Gen. Frank McKenzie, slipped quietly into Iraq on Feb. 4 as President Donald Trump’s administration works to salvage relations with Iraqi leaders and stop the government’s push for an American troop withdrawal. McKenzie became the most senior U.S. military official to visit since an American drone strike in Baghdad killed a top Iranian general last month. McKenzie met with Iraqi leaders in Baghdad and then went to see American troops at al-Asad Air base, which was bombed by Iran last month in retaliation. His visit comes amid heightened anti-American sentiment that has fueled violent protests within the country.

Annual Japanese event brings good luck
People try to catch lucky beans scattered by celebrities during “Mame-maki,” a bean throwing ceremony, Feb. 3 at Zozoji Buddhist temple in Tokyo. The ritual, performed annually, is believed to bring good luck and drive away evil.

Daniel arap Moi, a former schoolteacher who became Kenya’s longest-serving president and led the East African nation through years of repression and economic turmoil fueled by runaway corruption, died Feb. 4 at age 95. Moi succeeded Kenya’s founding president, Jomo Kenyatta, who called him a leader in the struggle for Kenyan independence and an ardent Pan-Africanist. Moi died peacefully at a private hospital in Nairobi, his son Sen. Gideon Moi said. His critics called him a dictator for his authoritarian style, although Moi enjoyed strong support from many Kenyans and was seen as a unifying figure when he took over after the death of Jomo Kenyatta, who had led the country following its independence from Britain in 1963.

Us general meets Iraq leaders to talk to mend rocky relations
Top U.S. commander for the Middle East, Marine Gen. Frank McKenzie, slipped quietly into Iraq on Feb. 4 as President Donald Trump’s administration works to salvage relations with Iraqi leaders and stop the government’s push for an American troop withdrawal. McKenzie became the most senior U.S. military official to visit since an American drone strike in Baghdad killed a top Iranian general last month. McKenzie met with Iraqi leaders in Baghdad and then went to see American troops at al-Asad Air base, which was bombed by Iran last month in retaliation. His visit comes amid heightened anti-American sentiment that has fueled violent protests within the country.

Pins ‘n’ Things inspires resourcefulness
Pins ‘n’ Things teaches students to sew, mend and alter their clothing so they can learn to become more self-sufficient.
Food tasting aims to prevent food wasting

BY LUCY CALDERON

Chefs from Ithaca College, Cornell University and Maimes Paper and Food Service Inc. came together Feb. 4 in the Emerson Suites to show students that “ugly” food tastes a lot better than it looks.

“Terms like ‘ugly’ and ‘misfit’ are used to describe produce that does not normally get chosen by people in grocery stores or restaurants because of its appearance. As a result, there are a lot of fruits and vegetables that end up in the trash because of their appearances,” said Mathew Sexton, chef at the Center for Civic Engagement Dining Services and the Office of Energy Management and Sustainability. “It’s about sustainability and the importance of not wasting perfectly imperfect food.”

“Plant-based was an obvious [choice] because it’s sustainabel, and then as far as the zero-waste piece, we really wanted to challenge ourselves since our goal was [to] serve anywhere from 500 to 800 people,” said Rebecca Evans, campus sustainability coordinator and Office of Energy Management and Sustainability. “After brainstorming events that would both attract students and resonate with them, the Ugly Food Challenge was born.”

Chefs set up stations around the room to present their creations, with specific guidelines from the event coordinators. All dishes had to be plant-based and made of “ugly” produce. Everything, including the place, had to be edible.

“A chef from Maimes Paper and Food Service Inc. prepared beet and goat cheese crostini as students watched the preparation process and eventually taste-tested the dish,” Mikapya Revenuel said.

Faculty council closes meetings

BY JORDAN BROOKING

The Ithaca College Faculty Council went into executive session twice while discussing issues pertaining to the campus community at its Feb. 4 meeting.

The council focused on a follow-up discussion about an all-college faculty meeting that took place Jan. 30, as well as a discussion about honorary degree candidates and updates regarding the Integrative Core Curriculum task force and the faculty handbook, according to the Faculty Council agenda for its Feb. 4 meeting.

Chris McNamara, clinical associate professor and clinical director in the Department of Physical Therapy and chair of the Faculty Council, requested a motion for the council to go into executive session for a discussion about the all-college faculty meeting.

The Faculty Council passed the motion to go into executive session, which restricted the meeting to only Faculty Council members and lasted for approximately an hour and a half.

After the executive session concluded, the council briefly returned to an open meeting. During this, McNamara spoke about the value of having transparent dialogues within their executive session.

Following this, the council went into executive session again until the meeting ended. This executive session took place due to the council considering a recommendation from the Honorary Degrees Advisory Committee, McNamara said via email.

McNamara provided an explanation via email for why the executive sessions took place.

“Faculty Council goes into executive session when discussing strategy, personnel matters and other issues that must remain confidential,” McNamara said via email.

PUBLIC SAFETY TO DEVELOP APP FOR COMMUNICATION

BY SAM HAUT

Bill Kerry, director of the Office of Public Safety and Emergency Management at Ithaca College, discussed the creation of a Public Safety app with the Student Governance Council on Feb. 4 at a meeting held in the Public Safety office.

Kerry said that development for the app began in Fall 2019 and that it should be completed during Spring 2020. He also said that in addition to the Public Safety Office, Information Technology and the Office of College Communications helped to develop the app, too.

Kerry said the app has not been finalized yet and still could change. He said the purpose of creating the app is to communicate high-level emergencies to the college community in a more efficient way.

“Kerry said that development for the app began in Fall 2019 and that it should be completed during Spring 2020. He also said that in addition to the Public Safety Office, Information Technology and the Office of College Communications helped to develop the app, too.”

In the app, the inbox menu is for messages Public Safety sends to the campus community, so similarly to the email and text alerts it sends messages about school closings or suspicious persons. The said the menu has a list of phone numbers students can call to get immediate help.

Junior Yetunde Smalls, student trustee to the Ithaca College Board of Trustees, said she thinks the support menu should include information whether the sources provided are confidential or not.

“Kerry said the app can be used for both high-level and day-to-day emergencies. ‘It’s about where can students go push a button, and, instead of having to Google it yourself, it’s different things and wonder what’s out there at Ithaca College and have to find it on your own. We want to be that one list of numbers that you could call if you are in some form of crisis or if you just need support,’ he said.”

The safety timer feature allows users to set someone as a ‘guardian’ for a certain amount of time. The guardian will get text notifications reminding them to check if the user is all right.

The Public Safety menu item allows the user to immediately call the Public Safety office and the nearest 911 menu calls the nearest 911 center, whether the user is in Ithaca or somewhere else in the country.

Kerry said the app can also work without Wi-Fi. This is actually Wi-Fi-enabled, so we actually could lose every cell tower in this area and this is still going to work,” Kerry said. “It’s worked off of what’s called push notification technology. And so let’s say we did have an extreme emergency on campus, and there’s a lot of stuff going on. This actually allows us to completely bypass the jamming of information so that we can still send information quickly.”

Kerry asked the SGC senators for feedback on possible changes that could be made to the app.

Junior Senate Chair Abigail Murtha asked if the safety timer section of the app could allow for calling Public Safety instead of texting a friend.

“My friends, they’re my roommates, go to bed at like 9 p.m., and I’m in the library until at least 11,” she said. “And so, if I was feeling unsafe, would there be a possibility for me to get a safety timer for that?”

Kerry said that Public Safety is working on this but that it will not be a part of the initial rollout because there is currently only one dispatcher.

Sophomore Hunter Simmons, Class of 2022 senator, said he thinks Public Safety should work with students to market the app.

“Junior Elijah Nishihara, vice president of campus affairs, asked Kerry if the app would allow people using the safety timer to know a user’s location through the app. Kerry said the app currently does not have a feature to share the location of a user through phone directly with Public Safety, but through the safety timer menu, a user can share their location with their guardian, who can then turn it share it with Public Safety.”

“Junior Elijah Nishihara, vice president of campus affairs, asked Kerry if the app would allow people using the safety timer to know a user’s location through the app. Kerry said the app currently does not have a feature to share the location of a user through phone directly with Public Safety, but through the safety timer menu, a user can share their location with their guardian, who can then turn it share it with Public Safety.”
A lot of people are feeling like there isn’t enough space for them to have a bad day or for them to be upset.

—Hannah Cayem

The music school is the longest-running school at the college because the college was founded by musician William Egbert in 1892 as a music conservatory.

Sophomore Baily Mack, a music performance and education major through a four-and-a-half-year double major program the college offers, is taking 18.5 credits this semester. She said she has never taken fewer than 17 credits per semester.

On most days, Mack rarely makes it back to her Circle Apartment before 9 p.m. After these long days, she typically stays up until 1 a.m. finishing her homework. In between, she has little to no time to eat, exercise, socialize or even properly sleep. To pay the approximately $700 cost of taking an extra half credit, Mack said she works at least 12 hours per week between her two jobs.

Her schedule as a music student has come at the cost of taking care of herself, she said. “Taking a break can be seen as laziness, especially in such a competitive environment,” she said. As supportive as the environment is, it’s definitely competitive.”

Paulnack said the school’s staff and faculty struggle to find a line between accommodating students’ needs but also making sure the program prepares students for careers in music.

“If a student doesn’t want to be pushed to their limit and then five years later says, ‘You don’t really prepare me well for the profession,’ those things are in conflict with each other,” Paulnack said. “But I have to be able to handle stress. Life will not grant you that. You will not have flexible attendance when you’re in a job.”

Webster said the rigor of the coursework and the amount of time a student spends in the music school can be trying.

“With the course load, you don’t really have the opportunity to take classes that you would normally be interested in otherwise, like outside of the music school,” Webster said. “Music is great. I love music, but when you’re living and breathing music 24/7, it becomes very overwhelming.”

A study published in 2017 found that music students, similarly to student-athletes, strive for perfection because of the high expectations surrounding their performances from their teachers and their peers.

Liliana Araújo, professor at Trinity Laban Conservatoire of Music and Dance, who contributed research to the study, said musician culture tends to push the idea that someone has to be perfect, a culture that puts unrealistic pressure on musicians.

“There’s a culture that still focuses a lot on this idea that in order to be a musician, you always have to be the best,” Araújo said. “In the first place, you always have to strive for perfection.”

Sophomore Kerrianne Blum said it is difficult to hear constant criticism of her performance because being a musician is not just a career path but also a major component of her identity.

“You’re judged on doing what you love to do,” Blum said. “For a lot of musicians, it’s something they’ve been doing since they were little.”

The stress Blum felt made her slowly resent pursuing music and question her career path, she said. She was previously a vocal performance major, and she now studies communication management and design in the Roy H. Park School of Communications.

Araújo said musicians tend to isolate themselves from their peers because of the internalized competition. This also makes it harder for them to come forward about their struggles and form meaningful bonds.

“There’s still this idea that you can’t really show your weakness because your peers can also be your competitors,” she said. “This culture of comparison, constant evaluation, constant pressure to excel still exists.”

Mack said the competition can drive a wedge between friendships.

“The competitiveness can definitely put strains on relationships, like people who get a better part than someone else, and then someone’s salty about it, and then it really affects the dynamics,” Mack said.

Susan Waterbury, professor in the Department of Performance Studies, said students might be taking on too much to allow them to form or maintain good relationships with their peers. Waterbury maintains an active performance schedule while teaching at the college.

She said colleges are supposed to follow a Carnegie unit for college credit. A Carnegie unit, according to the Carnegie Foundation, is a measure of the time a student has studied a subject. The measurement means a one-credit class in the music school should only have three hours of outside work.

“What happens here is that many, many people, including me sometimes we all — by wanting our students to have better experiences — sometimes accidentally add more than that,” Waterbury said.

Some professors in the music school said that they notice when students are struggling and that they attempt to help students outside the classroom. Professors recognize the pressures and high expectations put on their students, they said. The music school brings a counselor from the Center for Counseling and Psychological Services (CAPS) to Whaleen weekly to talk with students without appointments through a program called Let’s Talk.

Paulnack also said that counselors like CAPS social worker Ron Dow talk to faculty members about how they can best approach students when they are in high-stress situations.

The need for more discussions about mental health among music students led Mikela Wijnik ‘19 to create the Mental Health Awareness for Musicians Association (MHAMA) in 2017. The group aims to promote dialogue and hold relaxing events for music students to incorporate self-care practices into their college routines.

Sophomore Caitlin Glastonbury, an officer for MHAMA, said the club tries to hold one big event a semester, along with smaller community events.

Bigger events hosted with other organizations tend to have 10–15 people, but smaller events sometimes only have one or two, Glastonbury said.

“‘It’s assumed that if you have free time, it’s your practice time,’” Glastonbury said. “‘There’s a stigma about taking a break.’

It really drains you as a human, and it kind of takes away the things you enjoy.”

—Courtney Webster

The music school is currently making curriculum adjustments, which will include restricting students from taking over 18 credits. Paulnack said. He said approximately 25 students per semester request to take over the 18-credit limit. Starting next year, he said, students will no longer be able to commit to ensembles for zero credit.

Paulnack said he strives to find a middle ground of pushing students to do their best but also to take care of themselves.

“There’s challenging students and comforting students, and 1 kind of want to do both,” Paulnack said. “I say, ‘This is tough, and you’ve got to want to do this, and you have to take care of yourself, and don’t go over 18, and don’t take the class for zero cred- its, and don’t go with it with three extra things downtown.’

Contact Ashley Stalnaker

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Chris Hughes, associate professor in the Department of Performance Studies, conducts wind ensemble class practices with students in the James J. Whalen Center for Music on Jan. 21.

Reed Resman/The Ithacan
Panel honors rescuers during the Holocaust

BY JULIE DANNEVIG

Like many kids, Roald Hoffmann, born to a Polish-Jewish family in Ukraine, had a relatively normal life as a child until the Nazi occupation of Eastern Europe. He spent 15 months hiding in his schoolhouse attic after escaping a Nazi labor camp with three other children and two women.

“Everyone was scrambling for a place to hide,” he said. “It was 1,000 miles to the nearest border. You were looking for someone to hide you.”

Hoffmann’s story of survival is just one example of the rules non-Jewish people played in hiding and protecting Jewish people during the Nazi regime that was discussed during a panel held Feb. 2 in the James W. Whalen Center for Music at Ithaca College. The panel consisted of Hoffmann, Eva Fogelman, who shared about her experience working with Holocaust survivors and rescuers, and Dan Schwarz, who shared his views on being an ally.

“Process took place less than a week after the 75th anniversary of the liberation of Auschwitz, a death camp where approximately 1 million Jews were murdered by Nazis. It focused on sharing stories about non-Jewish rescuers of Jewish victims during the Holocaust,” said Hadar Schwarz, who shared about her experience working with Holocaust survivors and rescuers. The intention was to emphasize the importance of not being a bystander, the panelists said.

“As we commemorate the 75th anniversary of the liberation of Auschitz, we cannot only remember the victims and the perpetrators,” Fogelman said. “We must also pay tribute to those who risked life and limb in order to continuously remain humane under conditions of extreme terror.”

The event was sponsored by Hillel at Ithaca College, the Department of Jewish Studies and other Jewish centers in Ithaca. Mostly faculty, staff and Ithaca locals attended the event.

Miriam Spitzer, who is the rabbi at Temple Beth-El, opened the panel with a prayer and an excerpt from a book by Rabbi Lawrence Kushner of Fansma-El in San Francisco, she said this story was just one example of a selfless act of kindness during the Holocaust.

Spitzer also mentioned how anti-Semitism is still prevalent today, noting anti-Semitic hate crimes in Monsey, New York, and Jersey City, New Jersey.

“Anti-Semitism is on the rise in the world,” she said. “We are seeing things non of us have ever seen in our lifetimes, certainly not in the United States of America.”

Fogelman said she has worked with rescuers of Jewish victims from the Holocaust because she wanted to better understand the psyche of those who would put their life at risk for someone else.

“Non-Jewish people who rescued Jews during the Holocaust are recognized at Yad Vashem, a Holocaust museum in Jerusalem, as ‘Righteous Gentiles.’ The website contains pictures of their testimonies as well as certificates of honor to commemorate the rescuers.”

Schwarz said he believes everyone should continue learning and remembering the events of the Holocaust because this is the last generation that will be able to hear firsthand accounts.

“We all need to remind ourselves what it is to be vigilant,” he said.

Mirt Hadar, lecturer in the Department of Modern Languages and Literatures at the college, teaches Hebrew and Israeli culture and has family members who survived the Holocaust, said she attended the event because she thinks it is important to learn from the past.

“It is of a tremendous importance to understand the culture of hate nowadays, not just in the respect of anti-Semitism, but in a larger extent,” Hadas said. “Hearing why people should stand up and not bystanders is a lesson that we should learn for the future generation.”

Neal Norton, a local community member, said he appreciated being able to hear firsthand testimonial.

“Their experiences are quite a value itself,” Norton said. “I’m excited and honored to join this iconic brand and team at such an important time,” Singer said in the college’s announcement.

“For me, J.Crew has led specialty retail by knowing what it is to be a brand — putting the consumer first and at the center. My passion for developing product, brand experiences and teams feels very at home at J.Crew. It’s a beloved brand that has always been in my heart and, like millions of consumers, my closet.”

Chad Leat, director and chairman of the board of directors at J.Crew, said in the J.Crew statement that Singer is a “dynamic leader” who has a “passion for [the] brand, focused vision of [the company’s] potential and deep understanding of the modern consumer.”

J.Crew has said it operates 184 J.Crew stores, 138 Madewell stores, which is an affiliate brand of J.Crew, and 171 factory outlets. Singer recently joined the Ithaca College Board of Trustees in April and returned to the college again in Fall 2019 to address faculty members, staff and students who are part of the Women’s Mentoring Network at the college. Singer was given the Beta Gamma Sigma Business Achievement Award on behalf of the college’s international honor society chapter in 2018.
Drone policy addresses privacy and safety issues

BY ASHLEY STALNECKER

Ithaca College will have a new policy in place by the end of Spring 2020 that requires everyone who flies a drone on campus to have a license and an approved flight plan.

Phil Garin, assistant counsel in the Division of Human and Legal Affairs, said at the Ithaca College Faculty Council meeting Jan. 21 that the college created the policy to address privacy and safety concerns with drone use, like the possibility of a drone hitting a building or person. The policy also gives officers in the Office of Public Safety and Emergency Management a way to enforce drone regulations on campus, he said.

Previously, because the college is on private property, it could restrict drone usage, but there was no policy in place. Garin said the new policy will be in place by the end of Spring 2020 and will be available in the college’s policy manual.

Bryan Roberts, dean of the Roy H. Park School of Communications, said the most important part of the policy is the distinction between recreational or hobbyist use and commercial use. The college defines any drone operation as commercial use as long as the person flying the drone has a license or is acting under the supervision of someone with a license. A hobbyist is defined as someone who does not have a license. Hobbyists are not allowed to fly drones on campus.

Roberts said drones cannot fly below 30 feet or over a building without permission as to how closely drones can fly to buildings on the campus.

“The campus community safety is my number one priority, and the policy helps us ensure that, so I’m all for it,” Roberts said. “People who know me know I don’t love rules, but some rules you do need, and this will help keep everyone safe.”

Students, faculty, and Ithaca community members can get their licenses by taking a free three-day course offered through the college to learn the basics of flying a drone. The college’s drone policy will be discussed during the workshop. Those who have taken the course can go to the Ithaca Tompkins Regional Airport to take an exam and obtain a Remote Pilot Certificate from the Federal Aviation Administration. Roberts said licenses have to be renewed every two years to keep up with changing technologies.

Currently, drones are housed in the Park School. Students, faculty or staff who wish to use them must rent them from the Park School. Flight plans go through Roberts and Alan Schelter, engineer in the Department of Technical Operations.

“Personal drones cannot be flown on the college campus,” Roberts said.

Roberts said he worked with students to start the drone program at the college, a similar program was in place since 2017. He said he looked into the logistics of having drones available for student use.

“There was a Park student who was doing a senior film, and he rented a helicopter and was hanging out of the helicopter to get aerial shots over a swamp in Florida, and I said to myself, ‘There’s got to be a better way’,” Roberts said. “I started looking into drones, and it just seemed like a good fit for what we do here — not just for Park, but it started with Park.”

The Ithaca College Drone Squadron is an organization for both those who have their licenses and those who do not have licenses but wish to learn more about using drones. Members of the organization use drones to capture professional photographs and videos. Those with licenses can supervise those without licenses during a flight, like an adult overseeing a driver with a learner’s permit. The organization can continue to teach students in this way with the policy in place.

Junior Brandon Galione, president of the Ithaca College Drone Squadron, said the policy will not majorly change how the organization operates. He said the organization aims to act in compliance with the policy.

“We always operate under extreme caution regardless because it’s a new technology, and it’s unpredictable, and it should be taken seriously,” Galione said. “These are not toys.”

Public Safety director Bill Kerry said the office’s main goal is to help people get their flight plans approved.

“The approach we’d rather see instead is skipping straight to enforcing is actually to educate on the front end,” Kerry said. “It allows us to tangibly show someone or let them know what it is they can do to be approved.”

BOLD network awarded grant

BY ALEXIS MANORE

The Pussycat Foundation recently granted the Ithaca College BOLD Women’s Leadership Network $1.2 million to continue the program.

President Shirley M. Collado announced Jan. 12 at the All-College Gathering in the Emerson Suites that the BOLD scholarship program received a $1.2 million grant from the Pussycat Foundation, a nonprofit foundation that honors Helen Garlety Brown, former editor in chief for Cosmopolitan Magazine.

Collado created the BOLD program when she worked at Rutgers University-Newark, and she brought it to Ithaca College in 2017.

The program provides cohorts of approximately seven female-identifying students with two-year scholarships worth up to approximately $52,500 per year.

Collado said that during her time at the college, the BOLD program has received a total of $3.6 million.

She said she is thankful for everyone who has helped support the BOLD program, including Rosanna Ferro, vice president of student affairs and life, and BOLD Program Director Samantha Elebiary.

Elebiary said she is excited about the grant because it will fund two more cohorts of BOLD scholars. There have already been three cohorts. Elebiary said the program benefits other women at the college, not just the BOLD scholars.

“A big part of that is for the scholars, while they’re in the program, is to work with other women on campus,” Elebiary said. “By getting them to participate in events, workshops, trainings, they get the chance to do a transformational project during their time in the program.”

Youngers said three years ago, there was an increase in the number of phishing scams reported at the college, and in that time, there have been many more.

The college has been dealing with phishing scams over the past several years while also taking action to prevent phishing. In 2017 there were 14 college accounts that were compromised, and in 2018 the college implemented Duo MultiFactor Authentication to increase security when accessing the college’s email service and affiliated websites.

In 2019, a new phishing scam began popping up in campus email inboxes, with emails pretending to be potential employers, supervisors or tech support trying to offer iTunes gift cards, all previously reported by The Ithacaan.

Now, youngers said, the college is able to use a new feature that comes with Office 365 in order to more easily track and eliminate phishing scams.

This feature uses Outlook’s built-in message reporting capability and allows the college to better review and act on reported phishing messages.

The new system is also able to detect any similar messages from other accounts it finds, either with an automatic detection system or by the messages people report.

“Youngers said it is important for the college community to use this service because it informs IT about phishing scams that were not automatically detected.

“We encourage our students, faculty and staff to report phishing messages to us,” Youngers said. “It’s especially helpful because it complements the other protections we have in place by bringing to our attention the messages that made it through other detection and quarantine capabilities.”

Sophomore Briana Munsidbashya said she appreciates the college implementing a more useful tool to combat phishing.

“I think it’d be super useful for the campus because earlier today I heard someone got hacked,” Munsidbashya said. “I feel like you’d think it was common knowledge about what phishing is and how to avoid it, but it’s good to have certain programs in place as further protection for that.”

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College creates system to report phishing

BY SAM HAUT

On Jan. 24, Ithaca College implemented a new system for the campus community to report possible phishing emails directly to the Information Technology’s Office of Information Security. Jason Youngers, director and information security officer for Information Security, said the college previously used a system that sent reports of phishing to a specific email address that would have to be checked. Youngers said it is important for the college community to use this service because it complements the other protections we have in place.

“It’s especially helpful because it compliments the other protections we already have in place,” Youngers said.

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College to host Latin American string quartet for performance

Cuarteto Latinoamericano will hold a performance at 8:15 p.m. Feb. 7 in Hockett Family Recital Hall in the James J. Whalen Center for Music at Ithaca College as part of the Robert G. Boetcher Community Series in the Performing Arts.

Cuarteto Latinoamericano is a world-renowned string quartet. For over 55 years, it has been the leading proponent of Latin American music for the genre. Founded in 1962 in Mexico, the quartet has toured throughout Europe, North and South America, Israel, China, Japan and New Zealand.

The program will include “Quartet No. 5” by Heitor Villa-Lobos, “Four for Tango” by Astor Piazzolla, “La Calaca” by Gabriela Ortiz and “Sentimiento” by all four of the quartet’s members. The Cuarteto will also give a master class at 7 p.m. Feb. 6 in Hockett Family Recital Hall. The master class at 9 p.m. is free and open to the public.

Athletics department holds search for 2020 hall of fame nominations

The Office of Intercollegiate Athletics is accepting nominations for the 51st annual Ithaca College Hall of Fame induction ceremony as part of Alumni Weekend during the 2020-21 academic year. The Ithaca College Hall of Fame was founded in 1969 to honor people who have made outstanding contributions to the intercollegiate athletics program at the college.

Candidates become eligible 10 years after graduating from the college and can include athletes, coaches, administrators, any other person who has made outstanding contributions to athletics at the college and people who, subsequent to their years at the college, have distinguished themselves in the field of athletics. Nominations for the Athletic Hall of Fame will be accepted until March 31.

Committee looks for participants in sexual assault awareness event

The Office of Sexual Violence Prevention is looking for any participants involved in research, scholarship and creativity related to the theme #Askor, or any topic related to sexual violence, to submit a poster, presentation, or visual media and performing arts. The event will be held from 6 to 8 p.m. April 6 in the Emerson Suites. The committee requests that all presentations be five minutes or less.

Interested participants are welcome to submit more than one entry. However, there is a limited number of presentation slots available. Submissions must be received no later than 11:59 p.m. Feb. 10 and applicants will be notified about their submissions by Feb. 17.

IC announces professor as new assistant honors program director

Cory Young, associate professor in the Department of Languages and Literatures, has been selected to serve as the assistant director of the Ithaca College Honors Program from January to May 2022. Young is currently the interim assistant director of the honors program in Fall 2018 and has been actively involved in the program as an advisor and course instructor.

Leaderhip responsibilities will include the areas of admissions, advising, assessment, and program planning, and she will serve as an ex officio member of the Honors Program Steering Committee. Alicia Sward, director of the honors program and associate professor in the Department of Sociology, Jonathan Abrahad, associate professor in the Department of Psychology, and Brooks Mikor, assistant professor in the Department of Biology, are the members of the Honors Steering Committee who serve as representatives during the screening process. Mike Hall served as interim assistant director of honors in Fall 2019.

CAPS changes winter coat drive to extend through March 2020

Due to high need, the Center for Counseling and Psychological Services (CAPS) is continuing its coat drive through March 2020. The drive is extended for the remainder of the winter season, and CAPS will continue to take donations of winter coats and money for purchasing new coats to be made available. It is especially in need of heavy winter coats in sizes large and up.

To donate, the drop-off is at CAPS reception in the lower level of the Hammond Library. Coats are hanging in the hallway, and students and employees who can take a coat they want without letting anyone know.

Women’s swimming and diving team holds spring swim clinics

The women’s swimming and diving team will be offering its annual spring swim clinics. Children of all different ages and skill abilities are encouraged to participate. A member of the team will teach participants in either private lessons or in groups of two. The lessons are 30 minutes long. A person older than five and of a lap swimming level may sign up for two consecutive lessons. The sessions are 10-10:30 a.m., 10:45-11:15 a.m. and 11:30-noon.

There will not be holding make-up lesson dates. There will be no opportunities for make-up lessons.

Four lessons will be offered on the following dates: March 28 and April 4, 8 and 25. The fee for four 30-minute lessons will be $75. The fee for one 30-minute lesson is $40. Those who register can request to go by the college’s recreation web page. There is limited space in each session, and it will be on a first come basis.

Handwerker Gallery holds exhibit opening

Attendees gather Jan. 30 in the Handwerker Gallery for the opening reception of “A Kind of Ache,” an exhibition curated by Mara Baldwin, director of the Handwerker Gallery. The exhibit features work from artists that are about the role of longing.

If you have any questions, comments, or suggestions, please let us know. We would love to hear from you.
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In Ithaca, there are numerous opportunities for individuals to partake in the arts, regardless of if they are a part of the local community or are students attending any of the three colleges in the area. The Kitchen Theatre Company, one of these venues for creatives, was actually created by two Ithaca College students in 1991, Matt Tauber and Tim O’Brien. The company was created in their very own kitchen, hence the theater’s name.

The theater has produced over 200 plays, and it stages seven different shows from September to June. Currently, the show “Cry It Out” is playing at the theater from September to June. The show itself is a comedy about motherhood, and will run from now until Feb. 22. The show is a part of the Kitchen Theatre Company’s tagline of the Kitchen Theatre Company is “Important Conversations Happen in the Kitchen,” and these are conversations that develop a more closely knit community. The tagline of the Kitchen Theatre Company is “Important Conversations Happen in the Kitchen,” and these are conversations that could be shared by all Ithacans — students and locals alike.

Students flood the hallways and rehearsal rooms. Beyond the Kitchen Theatre, alumni work at many local companies in the downtown area, like The Cherry Artspace and the Hangar Theatre. These theater spaces provide internship opportunities to current students at the college who hope to pursue creative careers postgraduation. This creates a relationship between the college and the downtown community that is mutually beneficial. Students are able to expand their learning and hands-on experience beyond the classroom and extracurriculars, and these theaters have more opportunities to hire young, excited and creative people.

Most importantly, having places for locals and students together to work and create together helps to develop a more closely knit community. The efforts that are currently taking place in the school are important. They pave the way for future conversations regarding mental health. There need to be continued efforts of opening this conversation, perhaps through additional resources, forums or even the implementation of a seminar that prepares new students for the workload. The School of Music is a competitive school that is internationally renowned for training musicians to be masters at their crafts. Its high standards and rigorous training should not be compromised. However, the culture that makes students feel like they have to face the intense workload alone can and should be changed.

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BY KATE SUSTICK

As relations between the United States and Iran continue to worsen, individuals traveling from Iran continue to be stopped, detained and reportedly harassed upon entry in the United States. Two college students from Iran claim they were arrested and illegally denied entry into the U.S. at Logan International Airport in Boston.

The two students, Shahab Dehghani, 25, and Rehena Esmari Arandi, 25, were planning to attend universities in the Boston area. They have now filed separate civil rights complaints with the U.S. Department of Homeland Security, requesting an investigation of the conduct of U.S. Customs and Border Protection officials.

In their complaints, both students say that they were taken in and questioned for hours and that their luggage was confiscated and searched. Arandi said that her cellphone was also confiscated and that the officers did not allow her to make any calls, not even to the individuals awaiting her at the school she was attending. After hours of interrogation, the officials concluded the two students were planning to stay in the country to attend their temporary visa allowed. According to the students, this was a false claim. Neither Arandi nor Dehghani said they had any plans to overstay their visas’ expirations, and they said the officials did not have any proof to support these conclusions.

Arandi was arriving for her first week of classes at Harvard University. While detained, Arandi refused to sign a statement of officials provided to her and, as a result, has been banned from U.S. entry for five years. Arandi said she did not have any intention of staying in the United States beyond her years in school. She said she plans to earn a master’s degree at Harvard University and then conduct research, teach and partake in humanitarian work in the Middle East or North Africa.

“I have never had any interest in or intention to stay in the U.S. for the long-term,” Arandi stated in her complaint. “In fact, Harvard is the only school in the U.S. I ever applied to.”

Dehghani arrived at NorthEastern university to study economics and mathematics. In October of 2018, he was able to enter the U.S. three different times. Recently, it took approximately 10 years of the U.S. Department of State vetting him before he was granted a visa.

Both Dehghani and Arandi said they were not permitted to communicate with attorneys and were subjected to “threatening and unwarranted interrogation” about topics like religion, political beliefs and opinions about recent events in the Middle East. Officials from U.S. Customs and Border Protection declined comment, while the Department of Homeland Security did not respond to an email seeking commentary.

Since August, these two students are two of at least 10 different Iranian individuals who have been denied entry into the United States. According to civil rights groups, Iranians continue to be targeted for extra screenings and inappropriate personal background checks. This has happened since 2017, they said, when President Donald Trump issued a travel ban on individuals from several predominantly Muslim countries.

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Hillel staff member wins Rookie of the Year award

Austin Reid is a Springboard fellow who works with the professional staff at Hillel at Ithaca College. Because of the work he does in the community on and off campus, Reid won the Rookie of the Year Award as a part of Tompkins Chamber Fab’s Young Professional Awards.

Since joining the staff at the Office of Religious and Spiritual Life, Reid has worked to create events for Jewish LGBTQ students. Reid is also a board member of Ithaca’s young professionals group called Tompkins Connect. The group works to better the community for Ithacans under 40.

“Growing up in Catholic school, I learned about original sin and the view of the world there, and I think that the Jewish faith does not really have original sin as part of its theology. Every person is not necessarily bound up immediately from birth in this state. Also, I am gay, and I know that there’s affirming and accepting Catholic congregations now, but, at least where I grew up, that wasn’t what I grew up around,” Reid said.

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NATIONAL RECAP

Iranian students stopped by Border Protection

Protesters gather in support outside the courthouse where the hearing for Shahab Dehghani is scheduled regarding complaints made against the U.S. Department of Homeland Security.
Exploratory Program puts student interest first

BY CAROLINE ANSON

If you are reading this as someone who knew their educational path from a young age, stuck with the same major for all four years and is excited to start a career in your area of study: congratulations! That being said, you may have a friend who switched programs more than once or a peer you might have realized stopped attending the same classes as you. Maybe it was even once you who hesitated and reassessed your choice of major when reading a particularly lengthy syllabus. It is largely expected of you to have made that massive life decision at 17 or 18 years old. How does that make any sense? For context, roughly a third of students have yet to decide their major make up, give or take, 20% of their incoming class, depending on the year. This is a large portion of a class that is not in their right major yet.

All I knew when looking over vast lists of majors, minors, concentrations and additional areas of study was that I did not know which one was right for me. I had been visiting schools that had a lot of programs. I was searching for a level of flexibility, that way if I needed to hop from one program to the other, I would be able to. Still, this idea came with many limitations. I was told I would have to study abroad, and potentially, I would have to stay an extra year. When I stumbled upon the Exploratory Program, it was almost too good to be true.

The Exploratory Program is Ithaca College’s version of “undecided,” except, it recognizes that you are exploring, you are on a journey to figure out the best path for you. It does not rush the milestone decision of declaring your major — instead, it provides up to 60 credits, or two years of time, to figure it out. The program provides additional resources, great faculty and peer support systems and activities that all aim to help you narrow down the choice that is right for you.

As a graduating college senior, I have spent a lot of time reflecting on my educational path. I speak so highly of this program because it has entirely shaped my college experience. Through guiding my first-year experience, allowing me opportunities through volunteer positions and internship opportunities and for understanding that I was here to figure out what my passions really were, the Exploratory Program was a monumental aspect of my experience as a student at Ithaca College. As my time with the program ends, I am excited to see it continue to grow under the new leadership of Maria DiFrancesco. It will continue to be a wonderful home to those who need it. I hope that even if you did not directly interact with the program, you take on its core value with you — there is so much there waiting for you to explore.

CAROLINE ANSON is a senior integrated marketing communications major. Contact her at canson@ithaca.edu.

When I stumbled upon the Exploratory Program, it was almost too good to be true.

—Caroline Anson

CORRECTIONS

A original version of the All-College Gathering article stated that the college spent approximately $6.7 million on the new program in typical four-year institutions. This does not include students who have yet to declare — those students who are sitting there "undecided." At Ithaca College, students who have yet to decide their major make up, give or take, 20% of their incoming class, depending on the year. This is a large portion of a class that is not in their right major yet.

When seniors Sobeida Rosa and Annis填空 in last week's article. With just 4 lines, The Ithacan minimized what is perhaps one of the most significant pieces of legislation SGC has passed in recent times which will have an impact on the students of Ithaca for years to come.

The legislation is for the students who bravely fought for change in 2015. It is for the students who just at the end of 2019 displayed inequities in their classrooms. It is for students of color like myself who have always struggled to find their place on this campus. It is for the students of color who struggle quietly, in their own ways, as well as the students of color who express their struggles for the good of their peers. This legislation tells students of color: You are an integral part of this community. The seating of the SOSC senator will change as the needs of students of color change. Responsibili- ties can expand, and the role can change according to the times. For now, however, this is a monumental piece of work that cannot be minimized to four lines of writing.

FARWA SHAKEEL is a senior international politics and economics double major. Contact her at fshakeel@ithaca.edu.

THURSDAY, FEBRUARY 6, 2020 OPINION | 11

LETTER TO THE EDITOR

SOCC seat added to SGC senate must be recognized

BY FARWA SHAKEEL

On Monday, January 27th, the Ithaca College Student Governance Council (SGC) unanimously passed an amendment to seat a member of the Students of Color Coalition (SOCC), with voting power, on the senate. Effective immediately, the Students of Color Coalition Senator will be tasked with representing the Coalition and the interests of students of color on the Senate.

The Coalition, which was established in Fall 2019, is meant to synchronize efforts between ALANA organizations on campus while advocating for students of color. SOCC is a student body housed in the Center for IDEAS.

For many years, Student Governance Council, the primary advocacy body for Ithaca students, has debated the creation of such a position. In 2015, POS at IC led a series of protests that effectively forced former president Tom Rochon to step down from the presidency. In 2017, President Shirley Collado began her term as Ithaca College’s ninth president. After the protests, and the excitement surrounding President Collado’s term, it was clear that students of color needed more meaningful representation than already existed. Questions arose of how to best do this — would an ALANA senator be too broad, or in fact too narrow? Would an ALANA senator risk tokenization?

When seniors Soboda Rosa and Anim Bell, with several other colleagues, created the Students of Color Coalition, SGC saw an opportunity to solidify a position that was aimed at advancing the needs of students of color. With the Coalition established, there was a mechanism through which a senator position could be created.

Sophomore Sebastian Chavez and junior Roy Perera collaborated on writing the legislation that eventually passed. While The Ithacan chose to focus on the Council’s discussion with Dean of Students Bonnie Prunty — no doubt an important, and necessary, conversation — the creation of this position was grossly underrepresent- ed in last week’s article. With just 4 lines, The Ithacan minimized what is perhaps one of the most significant pieces of legislation SGC has passed in recent times which will have an impact on the students of Ithaca for years to come.

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FARWA SHAKEEL is a senior international politics and economics double major. Contact her at fshakeel@ithaca.edu.
ACROSS
1. Actress -- Sedgwick
5. Dow Jones fig.
8. Import car of yore
12. Novelist -- Uris
13. “Golly!”
14. Sopranos -- Gluck
15. Marshal Dillon
16. Giants hero of yore
17. Poet’s contraction
18. Joule fraction
20. Start a paragraph
22. Reason
25. Vel
26. Mountain curve
27. Form 1040 info
30. Of ships
34. Carpe
36. Large cup
38. Speed contest
41. Beret kin
43. NFL “zebra”
46. Secret rendezvous
48. Lays upstream
51. Eggs, in biology
52. Name in jeans
53. Harley, to some
55. Winter runner
59. Ra’s symbol
60. Astorina
61. Traveler Marco --
62. Firefighter, briefly
63. Ready tiny
64. Kebab holder

DOWN
1. Dutch carrier
2. Formal vote
3. Nonpareil
4. Gambling stakes
5. All excited
6. Check for accuracy
7. Understand (2 wds.)
8. Boating hazard
9. Helm position
10. Right on!
11. “Simpsons” kid
12. Freighter hazard, briefly
13. Where India is
14. Lawyer’s thing
15. Wimpie weare
16. Yield
17. Where India is
18. Manipulates
19. Lawyer’s thing
20. Yield
21. Where India is
22. Yield
23. Where India is
24. Manipulates
25. Yield
26. Yield
27. Where India is
29. Filbert
31. Deviate
32. Virtuouos
33. Moved on
35. Back fence
36. Get a loan
37. Dino et.
38. Spanish gentleman
42. “Jersey Shore” channel
45. “Baloney!”
47. Speaks hoarsely
48. Hunk of cheese

last issue’s crossword answers
K I L D
L O C H
M A D E
E D E N
O D H
P A T E
E M I R
H A T
P L A T
G O T
T E N D O R S
N E E
U F O S
S G O O F T
O V E R E A U S
G R E A L S
K E G
T D S
F O P
R I A T A
A T T E S T E S
A N D E S
N E A R
H I T T E R
N O F E R
O M I T
G P S
O T A
K A L E
O R O
C A N S
S E E D
R O N
A M A H

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sudoku

medium

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

easy

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

Hard

2 8 7 5 4 9
6 4 1 5 5 9
7 6 5 2 8 3
1 5 9 6 3 2
2 8 9 4 7 5
5 8 7 3 2 9
BY JULIA DIGERONIMO

When the lights go down and the actors step onstage at the Kitchen Theatre Company, the audience knows to prepare itself for a jaw-dropping performance. This is the case in “Cry It Out,” the theater’s fourth show of the season that opened Feb. 2 and will run until Feb. 22.

The theater produces shows that highlight real-life situations, house manager Melissa Accordino ’16 said. “Cry It Out” focuses on three mothers and illustrates the hardships they face, like juggling parenthood and work, through a comedic point of view.

“Cry It Out” is one of the over 200 plays and 34 world premieres that have been produced at the Kitchen. The theater puts on seven shows between September and June, and this season, it started with “The Children,” which ran Sept. 8–29; “The Two Kids That Blow Shit Up,” which ran Oct. 20–Nov. 5; and “Proof,” which ran Nov. 23–Dec. 15.

Accordino said the theater’s mission is also to produce innovative works and create a welcoming environment for audiences and artists. “Cry It Out” fits this standard, she said. “I love ‘Cry It Out,’” Accordino said. “It’s one of my favorite shows of the season. It sheds light on a female narrative. … It begins a lot of questions that revolve around classism and internalized sexism. … It really makes you sit down and put yourself in an experience that is inside your own.”

“Cry It Out” was written by Molly Smith Metzler and published in 2017. Smith Metzler said she had not seen a play that discussed new motherhood and maternity leave openly and comedically, so she decided to write these themes into “Cry It Out.”

“I feel like this period [of motherhood] is so rife with drama and internallyized sexism. … It really makes you sit down and put yourself in an experience that is outside your own.”

Accordino said the theater encourages students and alumni to attend shows and become involved. “I really do think that IC students are incredibly motivated and incredibly driven, and I know that they like to be involved when it comes to the Ithaca community and issues that really matter.”

Erica Steinagen ’99 plays Adrienne and Lina in the Kitchen Theatre’s current production, “Cry It Out.”

“Sometimes Ithaca College faculty will see shows. … I really consider the Kitchen one of my artistic homes and a place where I feel I have been able to grow as an artist,” Steinagen said.

Accordino said the theater has an amazing environment to work in and see shows. “Seeing shows at the Kitchen are unlike anything I have ever seen in my life, and that’s even before I started working there,” Accordino said. “It’s really a special place.”

CONTACT JULIA DIGERONIMO
JDIGERONIMO@ITHACA.EDU

The show opened Feb. 2 and will run until Feb. 22. Regularly priced tickets are $20–$32 and sold on the Kitchen Theatre website.
CULTURED
The Life & Culture editor’s breakdown of mainstream and alt culture
Compiled by AVERY ALEXANDER

QUOTE OF THE WEEK
It was important for me to have all these products available because I know better than anyone that different styles and textures have different needs. … But that’s the beauty of hair — it’s unique to everyone.
TARAJI P. HENSON, on her new natural hair care brand

SPOTLIGHT
SINGER GRIMES ANNOUNCES PREGNANCY
Canadian singer Grimes confirmed Feb. 1 that she is pregnant. In January, Grimes posted a series of pregnancy pictures to her Instagram account. At the time, fans were not certain if the performer was trolling them or not, according to CNN. Now, Grimes has revealed her pregnancy to fans in another Instagram post. In this post, Grimes said, “I just didn’t [really] understand what I was getting into. It’s been good too, but it makes working a lot harder. Good at writing and having lots of wild ideas [though], but anything physical is hard.”
Grimes also told fans that she had experienced early complications but was having an easier time her second trimester. She did not reveal who the father of the baby is, but the songwriter has been dating SpaceX CEO Elon Musk since 2018.

HOT
• “America’s Got Talent” host Terry Crews apologized to Gabrielle Union for comments he made about Union’s claims that she experienced racism and sexism while working as a judge on AGT. In an interview with TODAY, Crews said he had never experienced racism at AGT. On Jan. 31, Crews tweeted an apology and said, “I want you to know it was never my intention to invalidate your experience — but that is what I did. I apologize.”
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• Actor Pamela Anderson tied the knot in January with director Jon Peters in a secret California wedding ceremony. Twelve days after the ceremony, the two have split. Anderson said to E! News, “Life is a journey and love is a process. … We have mutually decided to put off the formalization of our marriage certificate and put our faith in the process.”
• The Miami Fire Department canceled a Lizzo and Harry Styles joint concert as strong thunderstorms moved into the city after 8 p.m. Concertgoers were evacuated from the venue soon after the cancellation. Styles apologized to fans on Twitter and said that the fire department would not let the concert continue under any circumstances.

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Alum nominated for Oscar with documentary short film

On the edge of a political movement sits one man caught between the roles of father and community leader. In “St. Louis Superman,” an Oscar-nominated documentary short film, Bruce Franks Jr. becomes a politician after a year of dealing with his own struggles with mental health: depression. Parts of that was and continues to be Bruce’s story. He’s a father. He’s a battle rapper. He’s a community leader. Franks’s film explores his personal story and shows how that has impacted the rest of the space.

“I hope to connect emotionally with people who see it on a personal level?” said Gillepsie. “It’s just a very comfortable atmosphere; the people are super nice and the space is great to be a part of.”

Alex Hartzog talked with Khan about his work in the film industry and his feelings about his nomination.

**AH:** Could you give me a rundown of what the movie is about?

**SK:** “St. Louis Superman” is about Bruce Franks Jr., who in 2014 was a battle rapper and an Ithaca native. She worked at Cornell University as the director of student activities and lived in Ithaca until she died in 2018. The exhibit opened Jan. 25 and will run until the end of April. Sandberg said the museum aims to rotate and develop new exhibits twice a year. To the center also serves as a welcoming community hub that celebrates the great aspects of living within the Ithaca community.

I am part of the governance body for the building, but I’m not the sole voice, nor could I do it on my own,” Sandberg said. “It’s about building creative synergy between our organizations and managing the space as a cultural community.”

Sandberg said that though there is still work to be done to tell the story of Michael Brown Jr. that August, …

Bruce Franks Jr. and his son King Bruce Franks III are featured in the Oscar-nominated documentary short film. “St. Louis Superman,” directed by Sami Khan ’02.

“Storytelling is your superpower.”

Sarah and Rowan Catterall read a plaque in The History Center in Tompkins County. The center focuses on the history of Tompkins County, and its goal is to connect residents with the history of the area.

CBS6 EDITION/FOR THE ITHACA COMMUNITY

Sheridan is involved with the Ithaca College History Club and serves as the executive board’s local historian. She said she wishes to see a stronger link between campus life and the center.

“I’m trying to work on getting a volunteer group from the club over to the center,” Sheridan said. “I want to involve people not because I have to but because I think it’s a great place, and I think people should visit.”

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BEST ACTOR
Joaquin Phoenix for “Joker”

Rachael Weinberg: All four of [the acting awards] are locks. ... Even though I want it to be Adam Driver, I know it’s going to be Joaquin Phoenix.

Arleigh Rodgers: I thought that Joaquin Phoenix was the best part of “Joker” hands down and brought this character to life that’s ... really sad.

Avery Alexander: It’s interesting because I haven’t heard people say that he’s better than what Heath Ledger did in his Joker role, but people have definitely said he’s the best Joker since Heath Ledger. And that’s a hard act to follow, and one reason why I think he’s definitely going to win, simply because the Joker’s a really difficult character to get, and people have struggled with getting that right. I think every Batman fan agrees that he knocked it out of the park.

AR: Also the Academy loves transformative performances, and this is pretty transformative.

BEST ACTRESS
Renée Zellweger for “Judy”

AR: I think [this award] is a similar situation to Phoenix. Renée Zellweger has been sweeping all the awards. I haven’t seen “Judy,” but I think she will win.

AA: My heart wants Saoirse Ronan to win because she was absolutely amazing in “Little Women.” When I watched it, her performance knocked me out of the park. She’s always been a great actor, and I’ve always appreciated what she’s done. I know she’s not going to get it, but my heart really wants her to.

RW: I agree, it’s Renée Zellweger for “Judy” for sure. I did see “Judy,” and part of it is because Renée had a very transformative role with the hair and makeup, but also it was just an OK movie that was elevated by such an amazing performance. ... Renée was able to show off her tap-dancing ability. She sang live while they filmed. This was the performance of her career, and especially since she took a six-year break from acting, and now she’s coming back and hasn’t won since 2004. I believe she’s a shoe-in.

BEST DIRECTOR
Bong Joon Ho for “Parasite”

RW: I think this is going to be between Bong Joon Ho and Sam Mendes. If there was an upset, it could be [Quentin] Tarantino. I originally thought that Tarantino could take that director spot because he’s only been given screenplays, but if we look at [the Director’s Guild of America awards], which gave best picture to “1917” and best director to Sam Mendes, ... I think this could be a year where we get back to director and picture both winning the same. ... It’s really a two-man race at this point, but if I threw money behind one, I would go with Bong Joon Ho over Sam Mendes.

AR: I think I agree. We’ve [talked about] awards acting as an honorary thing for other parts of [a film] that are not going to win in other categories, and this would be a perfect win for Bong as a way to honor the film, which was my favorite of 2019, and also as one of the strongest contenders for all the awards. I wouldn’t be upset if Sam Mendes won because I enjoyed “1917” very much. It would be a well deserved win.

AA: I have the same thoughts, especially about making it an honor. I think “1917” and “Parasite” both deserve it, so whatever happens, happens.

BEST PICTURE
“1917” or “Parasite”

RW: I think it’s going to be “1917” or “Parasite.” And for this category this year, it’s very reliant on International Feature, which we think will be “Parasite,” and director. In the last five years, it’s really been about separating the director from the producers who are a part of the picture.

AR: I think it will be “1917” as well, but I would love to see “Parasite” win. I thought overall that “Parasite” was stronger than “1917,” and I was way more engrossed in the story and the turns of “Parasite.” “1917” was well done and I enjoyed it, but it would be very exciting to see “Parasite” take best picture.

RW: It would be the first time that an Asian film would win. It’s the first time that a Korean film has even been nominated. For it to be nominated and win would be an exceptional feat.

AA: It would be so groundbreaking and offer opportunities for other filmmakers shaking up the way the Oscars usually go. I think that’s what it needs to do because right now people think the Oscars are stale and not inclusive, and it lacks equity. This would be a great way to move forward and shake off the cobwebs.
Bland horror film churns with mediocre narrative

MOVIE REVIEW: “The Turning” Amblin Entertainment

** **

**BY SARAH DIGGINS**

The horror film “The Turning” begins with an intriguing prologue: A young governor desperately flees a forbidding mansion in the middle of the night. The film continues, revealing new bits of information before leading audiences down a misleading path. "The Turning" is based on Henry James’ horror novella "The Turn of The Screw," published in 1898. In this adaptation, the story has undergone several changes in plot details and is a modernization with a 1994 backdrop.

The updated story follows Kate (Mackenzie Davis), a young lawyer who leaves her job to become a governess for a peculiar 7-year-old girl named Flora (Brooklynn Prince). Flora’s terrorized older brother Miles (Jackson Robert Scott) has encountered strange goings-on in his family’s remote mansion. Kate is determined to protect the girl, but the mansion’s menacing past and its sinister secrets are more than they entered with. Rather than setting up an established plot, the film piles on information that just adds to the confusion. Toward the end of the film, it seems as though some of this information is leading up to a fantastic twist, but this twist never comes. In fact, the ending is nonsensical and causes the rest of the film to feel like a massive waste of time.

“The Turning” has severe issues as it attempts to find its footing, making it hard to pinpoint what this film is actually even about. Audiences will leave “The Turning” with more questions than they entered with. Rather than setting up an established plot, the film piles on information that just adds to the confusion. Towards the end of the film, it seems as though some of this information is leading up to a fantastic twist, but this twist never comes. In fact, the ending is nonsensical and causes the rest of the film to feel like a massive waste of time.

“The Turning” had excellent potential. But with its severe lack of focus and a nonsensical ending, it seems as though the film had footage missing from the final draft.

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Show promotes pseudoscience

SHOW REVIEW: “The Goop Lab” Netflix

BY ELIJAH DE CASTRO

A warning appears at the beginning of every episode of actress Gwyneth Paltrow’s new Netflix docuseries, “The Goop Lab.” It reads, “The following series is designed to entertain and inform — not promote medical advice.” Given the show’s content, this warning does not do justice to the danger of what Paltrow is promoting.

“The Goop Lab” is an extension and a promotion of Goop, Paltrow’s alternative wellness and lifestyle company. Goop is known for selling overpriced, ridiculous products. Each of the six 30-minute episodes of “The Goop Lab” explores a different healing technique: psychedelic drugs, masturbation, cold therapy, anti-aging diets and exercises.

In every episode, Paltrow brings in an expert; although their credibility should be questioned, to discuss the history and modern interest of the healing techniques. As the title “The Goop Lab” suggests, the pith of the show is to discover the true efficacy of these techniques. Each episode documents Paltrow’s Goop staff testing each healing method — yes, even masturbation.

“The Goop Lab” is also an overwhelmingly hollow experience. Sterile, sterilized and repetitive, every episode in the show is assembly-line manufactured. The structure is the same for every episode: Paltrow and Elise Loehnen, Goop’s chief content officer, conduct interviews with so-called professionals in the show use to explain away the science that would disprove “energy healing” and “anti-aging diets.” It will take only a bit of skepticism to understand that the science the so-called professionals use is, from top to bottom, fictitious.

But Paltrow’s brand thrives on the media coverage it attracts. Goop manages to profit from customers who are enticed by Paltrow’s celebrity lifestyle. Goop’s infamous “This Smells Like My Vagina Candle” will, and did, get media attention. However, it negligently gives the brand a platform to grow in its audience.

Netflix faced criticism for agreeing to support “The Goop Lab,” and perhaps for a good reason. Does “The Goop Lab” have a purpose beyond expanding the Goop brand? Not really. Its content fails to justify its three-hour length. Its presentation fails to establish itself as compelling infotainment. And, perhaps most importantly, Paltrow fails to create a legitimate argument for her alternative science. As a result, “The Goop Lab” is harmful, unintentional self-satire.

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BETTER WAY

“BETTER WAY” NEIL FRANCIS, NEIL FRANCIS

“BETTER Way” is chilled out yet electric. Its energy is bold but the execution is effortless. FRANCIS’ lyrics are relaxed, and they ease into the song’s playful back beat.

“SMILEY FACE” Duck Sauce, A-Trak, Armand Van Holden, Duck Sauce

This is the song someone shopping in Forever 21 might hear. “Smiley Face” is excessively repetitive, with no genuine fulfillment until the song ends.

“3 CROW” Liz Longley, Liz Longley / Tone Tree Music

Longley's vocals in “3 Crow” are reminiscent of Phoebe Bridgers, though perhaps not as refined or raw. The song nears vulnerability, but the heavy acoustic guitar, melodramatic lyrics and basic drums often undermine this attempt.
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Tues. 2/4, 12:10 pm, Textor 103

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Drop-in Study Abroad Advising
Tues. 2/11, 12:10 pm, Textor 103
Thurs. 2/13, 12:10 pm, Textor 103

Popular Affiliated Programs

U. of Sydney – Study in Australia
- Thurs. 2/13, 6:00 pm, Textor 103

TEAN – Study in China, Fiji, and Vietnam
- Mon. 2/3, 11am-2pm, Info table, Campus Center lobby

CIEE – Affiliated programs in 6 countries
- Wed. 2/5, 12pm-1:15pm, Drop-in Advising, Job 209

IES Abroad – Affiliated programs in 12 countries
(Both sessions in Friends 207)
- Study Abroad Access & Affordability: Wed. 2/12, 6pm
- IES Abroad Program Overview: Wed. 2/19, 7pm

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General Info Session for all students
With ICNYC Director
Thurs., 2/20, 12:10 pm, BUS 202

School-based Info Sessions
For Business students
Tues. 2/11, 12:10, BUS 104

For HS&HP students
Thurs. 2/13, 12:10, CHS 200

For Park students
Tues. 2/11, 12:10, Park 223

For H&S students
Thurs. 2/13, 12:10, Friends 205

Music students: contact Associate Dean David Pacun for information.

** Application deadline for Fall 2020 is March 6 **

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SPORTS

THURSDAY, FEBRUARY 6, 2020

RAISING THE BAR

POLE VAULT COACH BUILDS POWERHOUSE PROGRAM

BY DANI PLUCHINSKY

When Ithaca College sophomore Meghan Matheny became the No. 1 pole vaulter in Division III after her performance at the Bomber Invitational on Feb. 1, the first thing she did when she got off the mat was run over and hug her pole vault coach, Matt Scheffler.

Scheffler is currently the assistant coach for pole vault for the men's and women's track and field teams at the college. He is also a head track and field coach at Lansing High School, and he runs the Ithaca College Pole Vault Clinic as well as the Tompkins County Pole Vault Club (TCPVC).

TCPVC is an organization that local athletes of any age can join to compete at meets in the offseason and learn more about the sport. Currently, there are three athletes on the college's roster who attended TCPVC as well as the clinic: Matheny, sophomore Dom Mikula and freshman Kenneth Heichel.

Scheffler said it is an incredible feeling to continue coaching athletes who have previously attended the clinic and TCPVC. "A lot of the athletes when they come here, if they've never come to my clinic or been in my club, have different technical errors that need fixing," Scheffler said. "With Dom and Meghan, there wasn't anything I needed to tweak. They came in with the system that I taught, and I have that relationship with them is pretty special."

TCPVC runs on the summer on Monday and Thursday nights and is attended by 30–40 athletes. During the summer, the club goes to various competitions to practice and compete as well.

The club, which was founded in 2001 when Scheffler was still a student at The College at Brockport, focuses on not only teaching the sport but making sure the athletes are practicing safely. Scheffler said that during the early 2000s, three athletes died in the United States while pole vaulting, which led people to question the overall safety of the sport. Because of this, Scheffler said, he wanted to help the community by sharing his knowledge of the sport and making sure people practice it safely.

Scheffler said that while competing in high school and at Brockport, he did not have a pole vault coach. He said he learned by filming himself with a video recorder his parents bought him, and he would watch his vaults on frame-by-frame playback. He would compare his videos to footage of elite pole vaulters and try to match their techniques.

Because of his accomplishments as a young adult with no official coach, Scheffler said, he wants to spread as much knowledge about the sport as he can. He said he tries to be flexible when coaching because every athlete is different.

"There's not one thing that works for everyone," Scheffler said. "If you have someone vaulting that's 5-foot-3, things don't work the same way with someone who is 5-foot-9. You have to be adaptable. If you get stuck in one way as a coach, you could be selling your athletes short."

Scheffler joined the coaching staff at Ithaca College five years after starting TCPVC. He said that as another way to share his knowledge, he started the pole vault clinic as well. The clinic, which runs on Monday nights from November to March, focuses on the developmental aspects of pole vaulting for high schoolers.

Scheffler said the clinic allows interested high schoolers to see the campus while learning about pole vaulting. "It's a way to continue having high school kids around and jumping and teaching them safety and awareness," Scheffler said. "There is recruiting potential because kids come here, they see the facility, they work with me and they realize this is a great place to be."

Heichel, who attended the clinic and TCPVC in high school, said Scheffler was a big factor in her decision to attend the college. "If he hadn't been here, I don't know if I would have leaned as strong towards Ithaca," Heichel said. "[High school athletes] know that if they train with Scheffler, they'll be better, and I think that is drawing people here."

The track and field programs have had immense success with pole vaulters in recent years. Alx Rechen '16 was Scheffler's first All-American as she finished in sixth place at the 2015 NCAA Indoor Track and Field Championships. In recent years, Kat Pitman '18 won three national championships and two All-American honors during her career. In 2018, Scheffler was named the National Pole Vault Summit's Collegiate Coach of the Year. He was also named the U.S. Track & Field and Cross Country Coaches Association Atlantic Region Coach of the Year in both the 2016 and 2017 seasons.

Jennifer Potter, head coach of the women's track and field team, said Scheffler's familiarity with the sport helps him to be successful. "He is very knowledgeable about the event, but it's not just his knowledge, it's also his delivery," Potter said. "I love to watch Matt coach because I feel the way he coaches athletes is unique in the sense that he can relate and react to different things that may occur."

Matheny was an NCAA indoor qualifier and attended Lansing High School. She said Scheffler's ability to coach athletes regardless of their pole vaulting experience is also a reason that the program is gaining recognition.

"We have so many kids on the team that never touched a pole until college, so I think a lot of that comes from seeing the success of other athletes that train with him," Matheny said. Scheffler said he is happy when the clinic or TCPVC impacts athletes' decisions to compete for the Bombers.

"With the club, if we get anyone that comes here as a result, that's a great benefit," Scheffler said. "I have a passion for the sport, and I want kids to have the same success or even more success than I've had with it. I want to provide an avenue for them to succeed."
### WOMEN’S BASKETBALL

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<tr>
<td>Ithaca</td>
<td>63–61</td>
<td>William Smith</td>
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<td>Skidmore</td>
<td>57–45</td>
<td>Ithaca</td>
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**Next Game:** 5:30 p.m. Feb. 7 against Rensselaer Polytechnic Institute in Troy, New York

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<tbody>
<tr>
<td>Ithaca</td>
<td>77–78</td>
<td>Hobart</td>
</tr>
<tr>
<td>Skidmore</td>
<td>83–81</td>
<td>Ithaca</td>
</tr>
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</table>

**Next Game:** 5:30 p.m. Feb. 7 against Rensselaer Polytechnic Institute in Troy, New York

### MEN’S SWIMMING & DIVING

<table>
<thead>
<tr>
<th>Team</th>
<th>Feb. 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ithaca</td>
<td>216–51</td>
</tr>
<tr>
<td>Union</td>
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**Next Meet:** 10 a.m. Feb. 8 at the Utica Invitational in Utica, New York

### WOMEN’S TRACK & FIELD

<table>
<thead>
<tr>
<th>Team</th>
<th>Feb. 1</th>
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<tbody>
<tr>
<td>Ithaca</td>
<td>185.7–187.975</td>
</tr>
<tr>
<td>Brockport</td>
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</tbody>
</table>

**Next Meet:** 1 p.m. Feb. 9 at the Springfield College Tri-Meet in Springfield, Massachusetts

### WOMEN’S BASKETBALL

<table>
<thead>
<tr>
<th>Team</th>
<th>Jan. 31</th>
<th>Feb. 1</th>
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<tbody>
<tr>
<td>Ithaca</td>
<td>63–61</td>
<td>William Smith</td>
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<tr>
<td>Skidmore</td>
<td>57–45</td>
<td>Ithaca</td>
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**Next Game:** 5:30 p.m. Feb. 7 against Rensselaer Polytechnic Institute in Troy, New York

### GYMNASTICS

<table>
<thead>
<tr>
<th>Event</th>
<th>Team</th>
<th>Place</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Floor exercise</td>
<td>Ithaca</td>
<td>3rd</td>
<td>9.475</td>
</tr>
<tr>
<td>Uneven parallel bars</td>
<td>Ithaca</td>
<td>4th</td>
<td>9.450</td>
</tr>
<tr>
<td>Vault</td>
<td>Ithaca</td>
<td>1st</td>
<td>9.700</td>
</tr>
<tr>
<td>Balance beam</td>
<td>Ithaca</td>
<td>3rd</td>
<td>9.675</td>
</tr>
<tr>
<td>Uneven parallel bars</td>
<td>Ithaca</td>
<td>3rd</td>
<td>9.350</td>
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</table>

**Next Meet:** 1 p.m. Feb. 9 at the Springfield College Tri-Meet in Springfield, Massachusetts

### MEN’S SWIMMING & DIVING

<table>
<thead>
<tr>
<th>Event</th>
<th>Team</th>
<th>Place</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>200-yard freestyle</td>
<td>Ithaca</td>
<td>1st</td>
<td>1:49.78</td>
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<tr>
<td>1-meter dive</td>
<td>Ithaca</td>
<td>1st</td>
<td>265.6</td>
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<tr>
<td>100-yard backstroke</td>
<td>Skidmore</td>
<td>1st</td>
<td>54.86</td>
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<tr>
<td>50-yard freestyle</td>
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<tr>
<td>100-yard breaststroke</td>
<td>Skidmore</td>
<td>1st</td>
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**Next Meet:** 1 p.m. Feb. 9 at the Springfield College Tri-Meet in Springfield, Massachusetts

### MEN’S TRACK & FIELD

<table>
<thead>
<tr>
<th>Event</th>
<th>Team</th>
<th>Place</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,500-meter run</td>
<td>Ithaca</td>
<td>1st</td>
<td>4:17.36</td>
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<tr>
<td>500-yard dash</td>
<td>Skidmore</td>
<td>2nd</td>
<td>6.81</td>
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<tr>
<td>100-yard hurdles</td>
<td>Skidmore</td>
<td>1st</td>
<td>1.99</td>
</tr>
<tr>
<td>Pole vault</td>
<td>Skidmore</td>
<td>1st</td>
<td>8.61</td>
</tr>
<tr>
<td>Pole vault</td>
<td>Skidmore</td>
<td>2nd</td>
<td>8.61</td>
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**Next Meet:** 1 a.m. Feb. 8 at the Utica Invitational in Utica, New York

### WOMEN’S TRACK & FIELD

<table>
<thead>
<tr>
<th>Event</th>
<th>Team</th>
<th>Place</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,500-meter run</td>
<td>Ithaca</td>
<td>1st</td>
<td>4:17.36</td>
</tr>
<tr>
<td>200-meter dash</td>
<td>Skidmore</td>
<td>2nd</td>
<td>26.46</td>
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<tr>
<td>Pole vault</td>
<td>Skidmore</td>
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<td>Weight throw</td>
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<td>1st</td>
<td>15.57</td>
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</tbody>
</table>

**Next Meet:** 1 a.m. Feb. 8 at the Utica Invitational in Utica, New York

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Freshman diver Theo Summerville dives off the 1-meter board Feb. 1.

*Jill Ruthauer/The Ithacan*
Crew athletes row 1 million meters for charity

BY ARLA DAVIS

As Ithaca College students walked through the Campus Center on Jan. 27, the space was filled with pounding music and the grating sound of ergometers being used by members of the men’s and women’s rowing teams. The squads worked out in the Campus Center for Row for Humanity, a row-a-thon event in which the Bombers collectively rowed 1 million meters to benefit the two teams and the college’s chapter of Habitat for Humanity. Family and friends pledged money before the event after receiving letters. Men’s rowing coach Dan Robinson said that as of Feb. 5, the teams raised approximately $20,000, and they are also expecting to receive more checks by mail soon.

The event began at 8 a.m. and ran until 5 p.m. Over the course of the nine hours, the Bombers took shifts rowing at a uniform pace on eight ergometers that were set to 125,000 meters. The ergometers were stationed in the lobby outside the Emerson Suites for students to watch while passing by. Dan said that each member of the teams was required to row for a minimum of 50 minutes throughout the day instead of their usual training.

Freshman rower Jacob Lentz said it was a fun event because it was a different workout environment than the Athletics and Events Center, which is where the team does most of its winter training. He said it was a good opportunity to show his peers what he and his teammates do.

“It’s cool to see other people on campus kind of what we do over the winter because a lot of people ask,” Lentz said.

The Bombers have raised over $30,000 over the last eight years and have donated at least $5,000 of that to Habitat for Humanity, according to Dan. The rest of the proceeds help the teams cover a portion of their spring break training trip to Georgia and Georgia weather gear.

Sophomore Abby Paquet, treasurer of Ithaca College Habitat for Humanity, said that the row-a-thon is the biggest fundraiser for the organization during the year. The donations from the teams fund activities like making sleeping bags for homeless people. The club also benefits the local branch of Habitat for Humanity and Second Wind Cottages.

Senior rower Kelley Csernica participates in the men’s and women’s crew fundraiser for Habitat for Humanity on Jan. 27 in the Campus Center. The squads rowed 1 million meters to raise money.

Bejing supported by athletics is meaningful because it builds a sense of community on and off campus.

- Abby Paquet

athlete's fitness

Being supported by athletics is meaningful because it builds a sense of community on and off campus.

- Abby Paquet

Athletes of color create new club to foster community

BY ARIEL DOWDY

When sophomore Katelyn Hutchinson came to Ithaca College last year, she said she felt lonely as a few black athletes on the women’s track and field team. This semester, she created the Student-Athletes of Color (SMOC) club with the goal of creating the community she did not have.

SMOC was recently started by Hutchinson and is intended to provide a forum for student-athletes of color to discuss their experiences on their respective teams and their racial identities. The club held its first meeting Feb. 2.

Hutchinson said that she came up with the idea for the club after she returned home to Chi- cago for the summer after her freshman year. She said she noticed that she felt more comfortable with her summer training group of mostly black teammates than she did with her mostly white team at the college.

“Going through that process, I was like, ‘Wow,’ Hutchinson said. ‘I don’t know if there’s anybody else feeling like me, but if there is, I think that that would be the time to start provid- ing resources for other people who might feel like me.’”

Sophomore Warren Watson, a member of the football team and treasurer of SMOC, said he believes the club will be an important continuation of discussions about race in the Office of Intercollegiate Athletics. The office hosted Voices of Experience on Jan. 21, an event that featured a panel of student-athletes of color voicing their race-related experiences in athletics at the college. The panel tackled issues including loneliness, use of the N-word and lack of inclusion.

“From the panel discussion we had, I think that we were able to see a lot of issues that happened on some of these sports teams that don’t really have a lot of POC on them,” Watson said. “I think that it’s very beneficial to sports as a whole and to the school that POC athletes have a place where we can all come together and talk about issues within different sports and issues with just being a person of color in general.”

We want everyone to feel like, no matter what, they have a place to talk and ask questions.

- Allura Leggard

Junior Allura Leggard, a member of the track and field team and vice president of SMOC, said she believes the club will grow as its message spreads. Currently, the group is working on developing a social media page and is asking other organizations for stu- dents of color to promote SMOC.

“I would say my hopes for the club is one, definitely to spread and raise awareness in the athletic department, which I think is a huge thing on Ithaca’s campus,” Leggard said. “I’ve really been trying to do that.”

Watson said the officers of the club are working on ideas for expansion throughout the semester.

“We’re trying to create an environment where we can talk and have healthy conversation,” Watson said. “It’s going to be a catalyst for change.”

By the club’s first official meeting, only six people — the club’s officers — attended. Their topic of discussion was why they chose to be athletes and why being an athlete of color matters to all of them. They also discussed logistics for the club’s future and decided that they will hold biweekly meetings based on members’ schedules.

From left, sophomore Katelyn Hutchinson and junior Allura Leggard participate in a discussion during the first meeting of the Student Athletes of Color club Feb. 2.

FRANKIE WALLACE // THE ITHACAN

Leggard said the group will serve as a safe, inclusive space for athletes to express their feelings.

“There’s nothing to fear in this club,” Leggard said. “We have open ears, and we want to hear everyone’s experiences. We want everyone to feel like, no matter what, they have a place to talk and ask questions.”

Hutchinson said she wants to provide the support system for other athletes of color that she was missing when she first came to the college.

“You’ve got people there for you,” Hutchinson said. “Even if you don’t know me, you can come to me. If you feel like you’re crazy, I guarantee you 100% that you’re not.”

CONTACT ARIEL DOWDY

ADOWDY@ITHACA.EDU

We made sure to put a lot of thought into it because a personal written letter can go a long way,” Lentz said. “We sent them out right before Christmas break, so when I came home, I had a lot of family and friends saying, ‘That handwritten letter meant so much.’”

Women’s rowing coach Becky Robinson said what she loves about donating to the college’s chapter of Habitat for Humanity is that the money will go into helping Tompkins County.

“I think that the concept of getting back locally is really important to peo- ple right now,” Becky said.

CONTACT ARLA DAVIS

ADDR4@ITHACA.EDU
Senior nets 1,000 career points in final season

BY CONNOR GLUNT

Senior guard Sebastian Alderete became the 28th member of the Ithaca College men’s basketball program to score 1,000 points during the Bombers’ victory over Union College on Jan. 24.

Alderete said that when he was just 67 points away from the milestone, head coach Jim Burton notified him. Alderete said that he kept this in the back of his mind but that offense focused more on just playing basketball.

“I know in the game [Jan. 18 against Clarkson University], I was close to breaking it,” Alderete said. “I had 13. No one told me anything, but I’m kind of glad they didn’t so I could get [1,000 points] at home. ... I enjoyed the fact that it was at home. I’d much rather be at Ben Light [Gymnasium].”

It did not take long for Alderete to hit 1,000 points. He entered the contest three points shy of the milestone, and he hit a 3-pointer just 34 seconds into the game. He said his nerves were not before the game. Alderete went through the pregame routine he has had since freshman year. He put on his jersey and was in his favorite attire, Lil Baby, and visualized what he is going to do on the court to help his team.

Alderete said this milestone has been a long time coming. He said that joining the 1,000-point club was a matter of when, not if.

“I knew that it was going to join the 1,000-point club at some point in my career before I even got to Ithaca College,” Alderete said. “In high school, I got to 1,000 points so coming into this program, I knew that I was going to get it.”

Alderete is currently averaging 16.2 points per game this season and has been a reliable source of offense for the Bombers since becoming a starter last season.

Alderete needed to grow as a basketball player and was given the opportunity before getting his chance to consistently help the team on the floor. He played behind guard Matt Chasin ’18, the fourth-highest scorer in program history, until his junior year.

Alderete said that the summer before his sophomore and junior seasons was significant for his development. The Bombers lost four seniors, including Chasin, and the team needed someone to step up.

“I would say that summer going into my junior year I knew I had to step up for our team’s success,” Alderete said. “Honestly, I was very scared of not starting and not being able to fill that role. That drove me through the summer.”

Alderete averaged approximately 10 more points per game, increased his shooting percentages from 38.2% to 46.9% from the field and 22.5% to 42.5% from the 3-point range, and he played in all but one game in his junior season.

His progress did not surprise anyone who knew how hard Alderete worked on his craft. Head coach Jim Mullins said that he could see the potential in Alderete during his freshman year.

“He’s a competitor,” Simon said. “He wants to win. Just knowing that he has the same mindset to go out there and do whatever he can to win is comforting for our team. If we need a bucket, he’ll be fine with taking the ball and getting one for us.”

Senior guard Skyler Simon said that whether it was post-game workouts or getting extra shots up whenever he could, Alderete showed the coaches he was a dependable scorer.

“He’s a competitor,” Simon said. “I enjoy the fact that he has the same mindset to go out there and do whatever he can to win is comforting for our team. If we need a bucket, he’ll be fine with taking the ball and getting one for us.”

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Alderete said that when Alderete puts his mind to it, the coaching staff is confident he can accomplish anything on the court. Simon said that Alderete’s athleticism allows him to outmuscle other guards and his quickness can get him past most forwards.

As his final season as a Bomber winds down, Alderete said he feels content with what he has done individually. He said he has yet to sit back and reflect on his 1,000-points accomplishment, but he feels honored to be on an exclusive list in program history. In the midst of the best season the Bombers have had since joining the team, Alderete said he wants to accomplish more before he finishes his collegiate career.

“I still have a lot to prove in these last couple of months,” Alderete said.

CONTOCT CONNOR GLUNT CGLUNT@ITHACA.EDU

Junior guard meets with media

Junior guard Grace Cannon has been a star on the court for the Ithaca College women’s basketball team since her freshman year, but Cannon has set herself apart this year as an emerging leader for the young squad.

Cannon currently has 253 points for the 2019–20 season. Her highest scoring game was Nov. 19 at the South Hill squad’s home opener against SUNY Cortland. This year, the squad lost five top senior players from the 2018–19 season. The Bombers are averaging 65 points per game.

Photo editor Abbey London sat down with Cannon to discuss this year’s ongoing season, her personal growth and having a leadership role as a junior.

This interview has been edited for length and clarity.

Abbey London: How has this season been so far for you and the team?

Grace Cannon: I think the season has gone really well. We started off pretty rocky, which is unlike us, but I think we responded really well after Thanksgiving break. Our league is really tough, so having two games and a lot of close games against very good teams has allowed us to grow. As a team, we’ve responded really well and are showing up for all of our games.

AL: How has the team’s chemistry changed since the 2019 seniors graduated?

GC: I think our communication overall as a team could always improve. We always focus on playing a full 40 minutes, not just having a great first half or a great second half, but a full 40 minutes of great defense and great ball movement and overall a good game because anytime we do that’s we have the talent and will win.

AL: How would you compare Ithaca College’s style of play to your competition?

GC: I think our communication overall as a team could always improve. We always focus on playing a full 40 minutes, not just having a great first half or a great second half, but a full 40 minutes of great defense and great ball movement and overall a good game because anytime we do that’s we have the talent and will win.

AL: How have you seen your individual game improve throughout the season?

GC: I’ve become a lot more confident in both my 1,000-points accomplishment, but he feels honored to be on an exclusive list in program history. In the midst of the best season the Bombers have had since joining the team, Alderete said he wants to accomplish more before he finishes his collegiate career.

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CONTOCT CONNOR GLUNT CGLUNT@ITHACA.EDU

Junior guard discusses leadership on young team

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AL: How have you seen your individual game improve throughout the season?

GC: I’ve become a lot more confident as a player and leader. Coming in as a freshman, I was going through the motions, playing my game and not really speaking out vocally. I have been getting comfortable with telling people what I think is best or pointing out people’s mistakes and trying to help them. In my game, I’m trying to improve in all aspects, not just being able to score, but being able to rebound, get steals and being able to affect the game positively. I think I’ve improved that with every year, too.

CONTOCT CONNOR GLUNT CGLUNT@ITHACA.EDU
EVENTS TO WATCH

5:30 P.M. FEB. 7 IN TROY, NEW YORK

The women’s basketball team is currently ranked No. 2 in the Liberty League while Rensselaer Polytechnic Institute is No. 4. The Bombers lost to RPI 56-54 Jan. 25.

12 P.M. FEB. 8 AT THE KELSEY PARTRIDGE BIRD NATATORIUM

The men’s and women’s dive teams will compete in the Ithaca Invitational. The Bombers swept the top spots in the Dick Comanzo Diving Invitational Jan. 26.

QUOTE OF THE WEEK

“I have a passion for the sport, and I want kids to have the same success or even more success than I’ve had with it.”

– MATT SCHEFFLER
POLE VAULT COACH

ATHLETE OF THE WEEK
SOPHOMORE MEGHAN MATHENY

At the Bomber Invitational on Feb. 1, Matheny set a new personal best in pole vault at 3.86 meters. The mark ranks her No. 1 in the country, and she took first place in the event, beating the second-place finisher by a foot.

COMPETITION OF THE WEEK
MEN’S BASKETBALL AT SKIDMORE

The Bombers beat Skidmore College 83-81 Feb. 1 from a layup from senior guard Sebastian Alderete with 3.7 seconds left in the game. Sophomore guard Skylar Sinon led the team with 24 points and 4 three-pointers.
Freshman Ethan Godfrey dives at a meet against Union College on Feb. 1 at the Kelsey Partridge Bird Natatorium. He finished second for diving with a score of 290.60.