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Before I watched the documentary, my screen time couldn’t have been higher. And no, it wasn’t because of Spotify — my most used app was Instagram. Like any addict, even though the proof was right in front of me, I was in denial. No way do I have a problem — everyone around me is doing exactly what I’m doing, anyways! How am I supposed to catch up with my friends if I don’t check their Instagram stories every day? What else am I supposed to do? Call or text them?

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I needed a social media detox, just for a few days — to prove to myself that I wasn’t addicted, that my social media use was no big deal. As soon as I hit the little “x” button on the app and Instagram vanished from my phone screen, I got a nagging feeling. An itch. I wanted nothing more than to reinstall it and watch one last cat video.

Is it a really impactful way that they have chosen to do this,” Mamnoon said. “Everyone who is walking by is scanning the QR code.” Brumfield agreed that “their message is definitely getting across.”

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Organizers hoped that the postering would not only bring more of the student body into the conversation, but also grab the attention of UR administration. “They should be reading our demands, that’s the first step; their next step is to actually act on those demands,” first-year Vean-essya Vazquez-Lopez told the CT.

Demonstrators thought the postering went well. “I think we have seen a lot of interest from people on campus, which is great to see. I think that the [...] biggest push right now is to get people informed, educate people about what we have been doing, researching, and sharing what the demands are,” senior Remiah Sundine said.

BlackatUR amplifies underrepresented voices

It was mid-June, just a few weeks after the murder of George Floyd by police. The Black Lives Matter movement was seeing heightened momentum in communities across the globe, including here in the UR community. Petitions urging UR both to improve the University’s treatment of its students of color, and to rethink its impact on Rochester’s minority communities, were gaining thousands of signatures. Students of color asked for their stories to be listened to, their experiences to be taken seriously, and their voices to carry weight. One of the petitions also gathered and published testimonials on the University’s impact on communities of color and treatment of its Black students, faculty, and staff.

On Instagram, students across the country have made accounts sharing the experiences of students of color, especially Black students, regarding racial issues. Seeing these accounts, BlackatUR was formed. “There is a high possibility that if our team didn’t decide to endeavor on this work and start this page, another person or group would have due, to our current climate and the demand for a space like this to be created,” the creators, who asked to remain anonymous said. In just three months, the account has gained over 1,700 followers.
Regardless of the school, the general idea behind @BlackatUR account follows the same formula: Account owners gather testimonials through a Google Form linked in their bio, and post those testimonials. The responses are kept anonymous, and allow for a space for students to publicly share their experiences of being tokenized, facing discrimination, or experiencing microaggressions. As the creators of the account put it, the goal of the nationwide movement was to “unpack historical disparities in higher education.”

Though the name implies that it’s limited to Black students’ experiences, it has expanded to include all Black, Indigenous, people of color (BIPOC) students. “We felt that all students of color on campus have experiences that matter and should be valued,” the account’s creators said. “We wanted students of color [to] find support and grow networks with fellow non-white students.”

“We felt that all students of color on campus have experiences that matter and should be valued.”

The posts were powerful. A Black student faced noise complaints for “blasting rap music,” even though the student doesn’t listen to rap. A Latino student interested in studying racial health disparities was told that those health disparities don’t exist and asked if they have [immigration] papers. A group of white students told an Asian student to “drop it like the N-word in a song.” Several posts discussed racial discrimination in Greek Life. A non-Black student of color was kicked out of a fraternity when they refused to act along to the N-word in a song.

Although most of the page is testimonials, the account also shares posts disagreeing with previous ones. “Just as BIPOC experiences and opinions are not monolithic, neither is the @blackatUR page,” the creators of the page said. “The pool of BIPOC student opinions is just as diverse as BIPOC students on campus are.”

The creators argued that having conflicting posts shows that their agenda is not to dismantle any organizations, but to share authors’ experiences, which can differ widely in an intersectional community.

Public response to the page has been mixed, which its creators expected. The account has received a lot of support, praise, and thanks. But the account also receives messages asking for them to corroborate the stories they publish. “Our page is not the place to solicit people for that information,” the team behind the account said. “Especially because our campus currently can discourage BIPOC students from coming forward with their experiences, and interrogate these stories questioning their credibility or their import.”

So far, over 70 testimonials have been posted. As of Wednesday, every submission they’ve received has been posted, though some are edited, redact the names of individuals mentioned, or have an addendum in the comments. Most of the submissions receive hundreds of likes and reshares.

A few of the page’s posts are not testimonials. They organized a fundraiser featuring student performers that raised over $200 for charities. They’ve published the list of courses being offered this semester in African American Studies or through the Frederick Douglass Institute (FDI).

The fundraiser video and FDI course list can also be found through a Linktree in the page’s bio. Also linked are the submission form for testimonials, the Susan B. Anthony Institute’s page about the Scholar Strike and teach-in, and multiple petitions.

UK’s response to the petitions has been frustrating to @BlackatUR admins. “We have provided the administration more than enough proof of racism, discrimination, and inherent problems with the institution of [UK],” they said. “They need to act.”

They had expected an increased amount of submissions after students returned to campus, but they have not yet seen such an uptick. “We have noticed more frustration and anger in our posts, which may be indicative of students being very tired and angry in this current climate with the protests going on,” they said.

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There have been several posts echoing that frustration, aiming it either at students for not representing Black people and for not implementing some of the demands of the petitions.

In recent weeks, the posts seem to be garnering more likes and reshares, but it is unclear whether seeing and sharing the voices of students of color will result in policy changes. However, the creators said the account shows the importance of sharing experiences as a goal in itself.

“Our primary function is to serve and amplify the voices of BIPOC students at the end of the day.”

Greenberg is a member of the Class of 2021.
As I've mentioned before on this column, I've struggled a lot with maintaining healthy eating habits during quarantine. Lately, I've been fluctuating between feeling confident and comfortable with my newfound quarantine twenty pounds, and feeling really self-conscious about it. I've been working on feeling less guilty about letting myself fulfill my junk food cravings, but I also want to cut some of the crap and make more of an effort to put better, cleaner things in my body. So, this week, let's talk about the tuna poke bowl.

It is totally possible to eat healthy food while still getting the same satisfaction you would from eating your favorite junk. In fact, there are plenty of great options right here in Rochester. All of these dishes are available from CoreLife because they're so good that I'm not sorry. Although I had tried North Shore out for the first time earlier in the week, where I had an enjoyable experience with the same fish, I was disappointed when I tried it again for this review. This quest for healthy delivery options — and available online right from your phone! — certainly warrants more attention.

TLDR: Seafood can be a little fishy, so be careful with what you order. From CoreLife, get the ginger dressing, but watch out for the imitation crab bullshit. It was real crab meat, and it was fresh, sweet, and light. This salad was definitely simple overall. It offered nothing new or exciting, but it was fresh, sweet, and light. This salad was certainly a home run for the objects in response.

After transferring from Ohio State her sophomore year, Yahn majored in Brain and Cognitive Sciences. "I initially went into just neuroscience [because] I didn't think I was a computer person, I'm a [biolog][y] person," she said. After slicing mouse brains and collecting mouse DNA, I thought that cells were really cool, but I don't really like doing this."

Scientists like Bryce Yahn have been researching and coding neural networks from Boston to Berlin to right here in Rochester. Yahn is a current Take Five Scholar studying photography and perception as a creative process. As an undergraduate student, Yahn majored in Brain and Cognitive Sciences. "I initially went into just neuroscience [because] I didn't think I was a computer person, I'm a [biolog][y] person," she said. After slicing mouse brains and collecting mouse DNA, Yahn said, "I thought that cells were really cool, but I don't really like doing this."

Take 5 student Bryce Yahn studies the brain at a cellular level, and worked as a summer research assistant in Dr. Rolf's Lab at Humboldt Universität zu Berlin. There, she started researching eye movement and tracking. "The big question was trying to see how your attention and visual perception changes in the moments leading up to when you make an eye movement," she explained.

Figures 2-3 show a box around the appropriate single instance of "red cube" and "grey sphere." The box was placed around the appropriate single instance in the inputted image and output the coordinates for the objects in response.

After completing her undergraduate degree, Yahn applied to MIT and was accepted into the Computer Science Department, where she delved into the theory and applicative lab work. During this time, Yahn conducted a computer vision study, aiming to come up with an artificial neural network model that would take an inputted image and output the coordinates for the objects in response. "Essentially, we want[ed] the machine to be able to learn how to do a task that is really easy for humans to do," she explained.

Synthetic images and animations of simple "blocks" and "shapes" of different sizes, materials, and colors were generated for machine learning tasks. For instance, if commanded to identify a "red cube," the machine would put a box around the appropriate single instance identification.

The challenge was coding the machine to identify groups or sets of multiple objects (called visual grounding for multiple instances). Rather than recognizing a "red cube" or "grey sphere," it needed to identify the "set of three" red cubes. "Trying to do this was not as straightforward as I had thought," Yahn said.

Yahn's research continued through the pandemic, but she missed the in-person help and mentorship that came with active campus life. "I could remotely access the computers and machines in Wegmann Hall, but there was no human interaction other than weekly presentations."
Interfaith Candlelight Vigil Honors Daniel Prude

By HAVEN WORLEY

A small group of UR students, faculty, and community members gathered Monday evening on the International Day of Peace (Sep. 21) to honor Daniel Prude in a candlelight vigil outside the Interfaith Chapel.

Hosted by the Interfaith Chapel, the Students’ Association for Interfaith Cooperation (SAIC), UR Christian Fellowship (URCF), and co-sponsored by College Feminists, Liberty in North Korea, and the Association for the Development of Interest in the Indian Subcontinent, this event gathered prayer from members of diverse religions, traditions, and worldviews in the Rochester community.

“Today, we acknowledge and repent of the original sins of this nation: genocide of the indigenous people, the people of this land, and the institution of slavery.”

At the beginning of the vigil, the Interfaith Chapel’s Director of Religious and Spiritual Life Denise Yarbrough addressed and thanked the Seneca Nation of Indians and Indigenous peoples as the original caretakers of the ancestral lands the University resides on.

“Today, we acknowledge and repent of the original sins of this nation; genocide of the indigenous people, the people of this land, and the institution of slavery,” Yarbrough said.

Yarbrough went on to acknowledge the racial ideologies ingrained within society. Junior, SA senator, and Interfaith Chapel intern Yaa Baker acknowledged the lack of justice for Prude and his family.

“I am mourning for a man I never met because I fear that one day, it could be my brother or my mother — or me,” Baker said.

Baker transitioned into discussing the University’s success in keeping the number of COVID-19 cases low and the responsibility students have upheld during the past few weeks by wearing masks.

The same amount of responsibility and "rigor" should be taken towards fighting racial injustices within the community," using our money, [...] work ethic, [...] and our time,” Baker said.

According to Baker, there is a lot that the UR community needs to consider.

“This is our problem, and as the university of this great city, we must respond to this tragedy.”

This is our problem, and as the university of this great city, we must respond to this tragedy and decide [if] we are going to be like the rest of our country and neglect others, or [if] we are going to commit to anti-racist action on our campus for our city," Baker said.

Associate Director for Multiculturalism Dr. Ronke Lattimore Tapp spoke next by assuring attendees that what they were feeling in light of the protests was valid. She suggested that many people could be feeling emotionally fatigued from the inconsistency of knowledge.

“The news of this video has disrupted the world. It has shaken some sense of security — some sense of righteousness — and you could be disorientated,” Tapp said. “You could be struggling, feeling that you barely had time to recover from the last hashtag.”

Tapp encouraged everyone to seek help if they are struggling, and to accept the pain that comes with fighting for justice. Tapp was echoed by Dr. Jessica Guzmán-Rea, Director for the Paul J. Burnett Intercultural Center, who spoke about the importance of checking on others’ mental health.

“Racism is the first injury that scarred this country,” Tapp said. “Sometimes, you have to go through some discomfort to clean that [injury] off to heal it.”

Before Tapp left the stage, she had one more message to share with the crowd.

“I mentioned before that sometimes we can feel a connection to the lost one, whether they were blood-family or not,” she said, taking the microphone and walking over to a grassy patch in front of the chapel. “Daniel Prude I didn’t know [...] personally, but he was my brother. In spirit, race, and culture.”

“Know that we are honoring him in our struggle to fight justice.”

Using the African tradition of pouring libation, an alcoholic drink or water poured out in honour of a god or dead relation, Tapp poured water onto the grass with each prayer she made in celebration of Prude.

“Since we are all connected through this land, through this Earth, and our spirits and the energy, you may now be returned to the Earth,” Tapp said of Prude.

“Let his spirit remain and give comfort to those of us who remain,” Tapp said, while pouring the last drop of water. She finished the libation with everyone repeating affirmation in the Ewe language. “Atse,” the crowd repeated.

Know that we are honoring him in our struggle to fight justice,” Tapp said.

A few moments went by, allowing the silence to fill the space.

Worley is a member of the class of 2024.

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URMC Presentation Talks Racism in the Medical World

By SANGEHMITRA SURBA

"Since we all experience these social structures diAs part of National Postdoctoral Appreciation week, Dr. John Cullen in partnership with the UR Postdoctoral Association presented on "racism, unconscious bias, and creating inclusive environments" in the medical world this past Wednesday.

The goals of the presentation were to help attendees understand the key concepts of racism, unconscious bias, privilege, allyship, and microaggressions, and how they can help to create a more inclusive environment.

At the beginning of the presentation, Cullen — who is the Director of Diversity and Inclusion for the Clinical and Translational Science Institute at the UR Medical Center — noted how there have been more conversations about racism since the deaths of George Floyd and Breonna Taylor.

Cullen said that those who work in “equity education have been updating the guidelines and the education of the healthcare sector to openly talk about racism” and other types of biases.

"Race is a social construct," Cullen said. "The idea of race and racial inferiority was actually created to justify the unequal treatment of enslaved people." "You can’t tell race by genetics," Cullen said.

He added that scientists prefer to use the term "ancestry" to describe human diversity rather than "race," a term that the healthcare sector is moving away from to describe the prevalence of different medical conditions determined by genetics.

Cullen then moved to talk about racism and the negative impact racial prejudice has on different groups.

"White people can suffer from racial prejudice," Cullen said, "while people can suffer from racism or be subjected to racism." He explained that there are four levels to racism — systemic, institutional, interpersonal, and internalized — and that these levels exist in everything we do in every sector ranging from education to law enforcement.

"Individuals must first recognize and acknowledge that they have unconscious bias," Cullen wrote in an email to the Campus Times. "Dismantling this bias is a continual process that requires life-long learning about racism and the other isms, suspend ing judgment, and practicing critical self-reflection to address their own behavior." He advised that we must respect the positions of privilege to confront our own privilege, speak up when we observe instances of racism and microaggressions, and provide support to those who are subjected to those situations.

Near the end of the event, Cullen touched on the concepts of cultural humility and competency, saying that we need to move away from using the term “competency” as it implies that someone outside a particular culture can master it.

“We need to recognize that none of us can be truly competent in another culture,” he said. Instead of assuming that one has become competent in a culture through surface level interactions and experiences, one needs to acknowledge that it is a lifelong learning process that involves critical self-reflection.

For attendee Jonathan Cheng, a postdoctoral associate in the Mechanical Engineering department, the biggest takeaway from the presentation was how extensively racism and bias is baked into present-day social structures.

"Since we all experience these social structures differently, it means that confronting our biases involves learning and introspection. We have to be willing to accept that our own experiences only skin the surface of what people experience," Cheng said.

"And that also means we won’t always know the right way to make a difference — it’s all a process of learning, growing, and coming together.”

Subba is a member of the class of 2024.
The importance of political engagement can never be overstated. People’s rights are always on the line, even when the media spotlight has moved on to another tragedy. Last week, one of the main tragedies was Ruth Bader Ginsburg’s death, which came with a side of Republicans jumping at the opportunity to overturn Supreme Court decisions like Roe v. Wade.

This year — and every other election (even the local, non-presidential ones) — there’s something you can do about it. You can vote. The Black Lives Matter organizers in Rochester have been trying to galvanize protestors to march to the polls every night. Warning against the perils of sporadic engagement, volunteers have been walking around with clipboards to help register voters.

Yes, you need to protest and show up for causes you care about, but it means nothing without the follow-through. Participate in the democratic systems that facilitate change. Young people don’t vote enough. In the 2018 midterm elections, only 37% of eligible UR students voted. In the last presidential election, people between the ages of 18 and 35 were approximately one third of the voting-eligible population but only one fifth of actual voters.

And it shows: The average ages of the House of Representatives and Senate are 58 and 54, respectively, while the average age of the U.S. population is 38.4. Both major-party presidential nominees should be running for the president of their nursing homes instead. Republicans have been trying to galvanize protestors to something you can do about it. You can vote.

Remember when international students taking online courses almost got barred from returning to campus this semester? Remember when whistleblowers exposed U.S. immigration policy for practicing a legal form of eugenics by forcibly giving women hysterectomies at ICE detention centers?

Eligible voters choosing not to engage in their civic duty is a huge middle finger to those whose rights — is up for reelection in 2021. Kids can’t compete with that kind of cash, and they serially undervalue the currency they do have: their votes.

Obviously, your individual vote is unlikely to be the tiebreaker; it’s about a cultural change. The more that young people vote, the more likely it is that politicians will take our generation-specific concerns seriously.

So what’s the holdup? Maybe you’re disillusioned with the idea of voting, because you look at all the system’s exploitative loopholes like gerrymandering and the Electoral College, and question the value of participating.

But you can exploit those loopholes, too. A lot of us in Rochester are choosing between hopping in line in Monroe County on Nov. 3, or asking for an absentee ballot for our home county several weeks prior. For those of us from swing states, the choice seems obvious. But even if your state always goes blue, what about your county? Voter turnout in Monroe County gets as low as 30% in non-presidential election years.

Rochester’s Mayor Warren, who has allegedly broken elections laws, who saw the footage of Daniel Prude’s murder at least a month before it was publicly released — as in that month, tied to other city officials about how Prude died — is up for reelection in 2021.

The U.S. Senate is up for grabs this year, but that matters more if you’re not voting in New York. Most of campus is in a competitive district for the New York State Senate, and those living off campus in Rochester also likely are in a competitive State Senate district. Judges are also on the ballot in Monroe County.

While the presidential race captures the media’s attention, state and local races matter just as much as not more on issues of criminal justice, public health, and education. Besides, you as an individual will feel local politics more often and more intensely than you will national policy changes.

You might not personally care about the outcome of elections. But choosing to vote is a massive insult to all of the people who cannot vote no matter how much they wish they could, no matter how much they’re affected by local, state, and national policies.

Feel the urgency. Fight back. Request a ballot as soon as possible and vote early if you can. Our democratic experiment doesn’t have to end right now.

Check out these resources to help you register to vote, request an absentee ballot, and find your in-person polling location:

UR’s Rochester Center for Community Leadership has an entire page to help University students navigate the complicated voting process, as well as a list of polling places for on-campus residents.

U.S. Voting Foundation has a running database of election dates and deadlines, state voting requirements, and voting methods and options.

Got a younger sibling? Vote.org — in addition to hosting dozens of resources for eligible voters — will send your under-18 friends a text reminder to register on their birthday.
The Consequences of Tyranny

By JAMES GUNN
SPORTS EDITOR

O n Sept. 11, 1973, Chilean President Salvador Allende committed suicide, his country for the final time. Though besieged in the presidential palace by the forces of a military coup d'état, Allende refused to flee or fight. “I address [...] those who will be persecuted, because in our country fascism has been already present for many hours — in terrorist attacks, [...] in the face of the silence of those who had the obligation to act.”

“Historia lojuzgará. History will judge them.” Several hours later, Allende took his own life. Army commander Richard Nixon’s administration had spent the previous three years undermining the democratically elected government of Chile. The administration expressed displeasure over Allende’s socialist economic policy and a potential closeness with Cuba, made clear by a cable to the Department of State from the U.S. Ambassador to Chile, Edward Korry. So the Central Intelligence Agency (CIA) decided to overthrow Allende’s government as early as 1970, the year he was elected.

“The coup of 1973 is just one of a series of unmitigated examples of how governments, or their actions. I’m simply pointing out a pattern of covert operations conducted by the U.S. government in foreign states in order to maintain military or economic influence. It’s a pattern of killings in breach of the basic understanding of good government and responsibility that the American people expect. It’s a pattern of lawlessness that did not end in 1973 that continues today underscored by those that find themselves thrust against the will of the powerful.”

The Church Committee’s final report quotes U.S. Supreme Court Justice Louis Brandeis: “Decency, security, and liberty alike, he said, “demand that governmental officials shall be subjected to the same rules of conduct as the citizen [...] If the government becomes a lawbreaker, it invites every man to become a law unto himself; it invites anarchy.”

“The oceans I used to swim in are no longer there, and the land looks where it meets the sea.”

I moved to the East Bay when I was only two, and even since I’ve found it hard to leave. I walk away, and then come back. There is just something about the land.

“I grow up in a neighborhood in a tiny town you’ve never heard of. A neighborhood where the land looks where it meets the sea.”

I’ve grown up in a neighborhood in a tiny town you’ve never heard of. A neighborhood where the land looks where it meets the sea. I’ve been fighting global warming in my own pitiful way for 17 years, really believing that at least one of the well-intentioned and concerned adults around me would do something about it. In the meantime, gentrification has displaced communities of Oakland and San Francisco, places where I can find a Starbucks on any street, but where probably the original Afro-Cuban community can barely make a living, even though both of my parents did when they were young.

Mermaid on Fire

By ARI WOLF

“Mommy told me the Bay Area is called ‘The Mermaid’,” my friend says, after a day of fishing, “because the land looks where it meets the sea.” I moved to the East Bay when I was only two, and even since I’ve found it hard to leave. I walk away, and then come back. There is just something about the land.

“I grew up in a neighborhood in a tiny town you’ve never heard of. A neighborhood where the land looks where it meets the sea.”

I’ve grown up in a neighborhood in a tiny town you’ve never heard of. A neighborhood where the land looks where it meets the sea. I’ve been fighting global warming in my own pitiful way for 17 years, really believing that at least one of the well-intentioned and concerned adults around me would do something about it. In the meantime, gentrification has displaced communities of Oakland and San Francisco, places where I can find a Starbucks on any street, but where probably the original Afro-Cuban community can barely make a living, even though both of my parents did when they were young.

The mermaid is mine, in the way that what we love belongs to us. In this way capitalism cannot understand and cannot tear asunder, though it’s tried. She is mine, and no one is coming to save her. She is mine, in the way that what we love belongs to us. The mermaid is mine, in the way that what we love belongs to us. The mermaid is mine, in the way that what we love belongs to us. The mermaid is mine, in the way that what we love belongs to us.

The mermaid is dying, and sometimes I feel like I’m dying, too. I struggle to breathe when I walk up stairs, when I move too fast, whenever I forget that my lungs are broken and still in there, I do my breathing, I do my breathing, I do my breathing, I do my breathing, I do my breathing.

The mermaid is mine, in the way that what we love belongs to us. The mermaid is mine, in the way that what we love belongs to us. The mermaid is mine, in the way that what we love belongs to us. The mermaid is mine, in the way that what we love belongs to us. The mermaid is mine, in the way that what we love belongs to us.
I Know You Can Talk - Now Show Me You Can Listen

By MELANIE EARLE
SOCIAL MEDIA EDITOR

College is where we learn to discuss. We all grew up in our hometowns, our own different universes. We come from big cities and small towns, different cultures, backgrounds, and live- lihoods. College is a cacophony of perspectives, where you're challenged to question your own.

We've been brought into an environment where we can spar with our thoughts and come to con- clusion in front of us. We may never have if we hadn't ventured outside our own tiny universes. It's where we grow and where we are challenged — and we all need to be challenged. We need our thoughts to be battle-tested because, while we might be on the right track, we can always learn more. We are all human, and we know how to listen to each other. But instead, we're choosing ignorance, because it's easier to assume you're right than to question if you're wrong.

Earle is a member of the Class of 2022.

What Does It Mean to Pray?

BY ETHAN BUSCH

When you really talk, Yom Kippur mostly sucks. You have to dress up neatly (somewhat), sit at a table with services all day (lame), talk to old people at synagogue (occasionally fun, though usually mind-numbing), and you don't even get the exciting meal that comes with most holidays. But then you get older, and you realize that the fact that it sucks is kind of the point.

Yom Kippur is the one day of the year that forces you to look outside ourselves and remember that we don't know what is going on behind closed doors. A message we've been hearing on repeat for the past few months is the reminder to be cognizant of what may be going on in someone's life, and what they might be dealing with.

But that's not what we're doing. We're allowing our emotions to swirl into the perfect storm of stress and anger, pushing our humanity into a backseat in our forums. We're weaponizing conversations when we need them most. We aren't talking anymore. I don't know what we're doing.

Colleges used to be late-night debates in the library, in your dorm room, or over dinner. Maybe it's our access to phones that changed that. Because why should you take the time to have thoughtful, in-person discussions when you can type your arguments out in less than a minute with no instant rebuttal?

Changing someone's mind doesn't happen in an instant. It doesn't happen in a day. It happens over a long period of time. There needs to be multiple discussions, a continuing narrative, and I'm not telling you to agree with the other side, but at least to listen. You don't change minds without listening to what they're saying in the first place.

College is where we learn to discuss. We all grew up in our hometowns, our own different universes. We come from big cities and small towns, different cultures, backgrounds, and live- lihoods. College is a cacophony of perspectives, where you’re challenged to question your own.

We’ve been brought into an environment where we can spar with our thoughts and come to con- clusion in front of us. We may never have if we hadn't ventured outside our own tiny universes. It's where we grow and where we are challenged — and we all need to be challenged. We need our thoughts to be battle-tested because, while we might be on the right track, we can always learn more. We are all human, and we know how to listen to each other. But instead, we're choosing ignorance, because it's easier to assume you're right than to question if you're wrong.

Earle is a member of the Class of 2022.

Step Away From Social Media

From DETOX

Somewhere I resisted the temptation and went back to work, instead. A few hours in, when I was exhausted and needed a break, my hand moved of its own volition to pick up my phone. Once I remembered I’d deleted Instagram and that I was now deprived of a much-needed dopamine boost, I started to sulfk. I was experiencing a kind of anxiety new to me — I couldn’t ditch the idea that I was missing something all the time. But eventually, I adjusted to my new condition. I was talking more to people who mattered to me, rather than starring blankly at influencers’ outfits of the day. I had more time to work out when I wasn’t being jealous of fitness models’ unrealistically sculpted figures. Avoiding Instag- ram reels of decadent desserts meant I didn’t crave midnight snacks anymore. In essence, I felt healthier and happier.

I have to admit that I did check Instagram after a full week of discipline. But my Instagram screen time is only about ten minutes a day now. Beat that!

The detox made me realize that I didn’t have to look at every story and every post that the app generated. I was fine answering a few DM’s and watching just one or two Tik Toks.

“It’s the gradual, slight, imperceivable change in our own behavior and perception that is the product. . . . The Social Dilemma,” 2020

I highly recommend you watch “The Social Dilemma” and delete the social media app you use the most for just one day. I promise the difference in your life will be noticeable and positive.

Vasandan is a member of the Class of 2022.
Far too often, especially in modern Hollywood, movies force-feed us a sensory overload of stunning imagery and brilliant color palettes, overwhelming us with what the piece personally means to them and how it genuinely makes them feel. Aside from a few major plot points, nothing terribly remarkable happens in “La Belle Personne.” This slow burn feel is a refreshing change of pace from action-packed movies, facilitating a calm viewing experience rather than an edge-of-your-seat experience.

You can’t go into this film expecting rollercoaster adrenaline—it’s more like a lazy river under grey skies where the water is slightly too cold. But if you relax, your body temperature adjusts and you can sit back and just enjoy the ride.

While I wouldn’t recommend making a main character that commits infidelity with her role-model, I think there’s a lot to be learned from “La Belle Personne.” It teaches us how to see and appreciate the beauty in some of the more mundane and slow-paced aspects of our lives.

Although our current world may be both literally and figuratively on fire, it’s no secret that campus life in and of itself is considerably duller than usual. However, just like “La Belle Personne” has shown us, it’s important to appreciate your environment for what it is, even if it’s not constantly blowing up your dopamine receptors with sensory stimulation.

This is not to say that COVID-19 times have not caused devastating losses—they obviously have—but in terms of campus life, sometimes it’s not so horrible for things to be slow-paced, as it allows space for reflection and being present.

Even Rochester’s grey skies, while mostly dreary, can be appreciated every now and then. I certainly wouldn’t want to stay in this restrictive environment forever, and I wouldn’t want every film to look and feel like “La Belle Personne,” but it’s important to appreciate this time for what it is.

Henley is a member of the Class of 2023.

Want to see who among your friends may be a maestro of deception? This game could break or make friendships. You can play either with one, two, or three Imposters, which can make games long, short, or challenging depending on the skills of the players. The fun of “Among Us” is really the chats, movies, and growing fan-base. Some Impostors are easy to find out, but others will have you guessing if you are actually the Imposter. “Among Us” players go hard.

There are pathological liars and master manipulators in the ranks of the players, and those are the best games. The phrase “(Blank Color) is sus” has a special power in the chats of players.

The tactics and revolutionaries some way to hide in the crowd are a sight to see. Impostors can self-report their murders, which can throw suspicion off of them. They can act out a set of tasks and bide their time. I once played a game as an Imposter with a co-Imposter, where that Imposter tried getting me voted out to hide their own intentions. I’ve seen games where Imposters can bluff their way out of every accusation.

The tactics and revolutionaries some way to hide in the crowd are a sight to see.”

“Among Us” is an increasingly popular topic in social media feeds and memes. There are entire artworks and communities dedicated to “Among Us.” There’s an added another layer of strategy into the game, with the memes and the jokes melange into the gameplay. It is only a short time until “Among Us” memes start popping up on UK pop culture. While the beginning of exam season might not be the best time to start playing a game that might steal your time away from your books, treat yourself to “Among Us” after you ace your tests.

Earle is a member of the Class of 2023.
UR has officially been named an Ivy School by the International Society for Horticultural Science. This elite status honors the University’s first-rate horticulture and top-tier landscape which, as the name suggests, equals that of other Ivy schools, including Harvard, Yale, Princeton, Columbia, Cornell, Penn State, and SUNY Geneseo. The rankings are based on quality and quantity of the Ivy, as well as how it affects the campus community on an emotional scale.

Considering this honor and its definition, one would assume that the student body would be proud of our prolific propagations protruding from Morey Hall. But, apparently, they don’t care.

The Campus Times went to twitter to test the knowledge of UR students in an unbiased poll, free of all leading questions and representing an accurate sample size. Here were the results:

In response to the poll, junior Ben Shissler tweeted, “the only types of ivy I know are ‘poison’ and ‘regular.’”

I informed him that poison ivy isn’t actually related to the Ivy family, hederas, but in fact, the family of cashews and mango known as anacardiaceae.

“Well it looks like I just know ‘regular’ then,” he responded.

As a proud member of the American Ivy Society, I am absolutely appalled at the lack of knowledge and appreciation for the cultivation of such extraordinary evergreens. There are in fact 500+ different cultivars (“types”) of hederas. Ben, do better.

Junior Rose Mournighan said that, “for us to be an ivy school, either the school has to be made of ivy, or to study ivy, and we ain’t none of them. I am incredibly overwhelmed about the ivy all across campus. Sure it’s nice, but it all looks the same. Where is the ivy pruned to look like the Venus de Milo or something? Mournighan and I spoke at length about the possibilities of an ivy sculpting contest in place of the Winterfest Ice Carving. After all, what does ice have to do with UR? Ivy, on the other hand, evokes feelings of scholarship, academia, and, frankly, of meliora.

“Seeing it on the humanities buildings gives me a sense of tranquility that offsets the slowly creeping horror of getting an English degree at an institution known for its scientific research,” wrote junior Jane Pritchard.

Thank you, Jane. The Ivy and I value you. You are heard.

Most people felt indifferent about the ivy. Sophomore Henry Litsky wrote, “Honestly I don’t really think about it […] but I do like the ivy.”

Nichols also said that whenever she looks at the ivy it “brings back fond memories of [her] rejection letter from Cornell,” and she’s not the only one!

To many, the ivy serves as a painful reminder that UR is not an actual Ivy League. Of course, I’m not quite sure what they mean by this, because it has been named an Ivy school. That’s what this whole article is about. If anything Harvard isn’t an “actual Ivy League” because it grows Boston Ivy which isn’t even an ivy at all, and they had to remove it all back in the 80s.

“UR isn’t a real Ivy” — ha! We’re as real as it gets when it comes to our superfluous sprouts!

I reached out to many alumni for their thoughts as well, all of whom declined a response, except for Adam Meltzer, graduate student and alumnus, who stated, “It makes me feel old.”

The only person who seemed to share my fervor for the University’s spectacular ivy is sophomore and member of WRUR, Phi Kasemburg, who wrote:

Wilkins is a member of the Class of 2022.
All students with any shred of dignity are well aware of the glories of the @uofr_animals Instagram page. If you are not aware of such a gift, it is in your best interest to either educate yourself or huddle in the pit of shame borne of your ignorance of the best thing this University has ever produced.

This animal loving community was rocked on Sept. 11 when, for the first time ever, a bright yellow groundhog was reported. It has since been given the temporary, official, scientific name “Blondeboi.” While only two photos of this sensational anomaly were captured, this masterful creature has sparked countless theories and fanclubs.

“It is commonly accepted that the Pokemon Go craze in the summer of 2016 was the closest we have ever come to world peace.”

A number of pleb theories suspect government intervention in our local wildlife, but by far the most prevalent belief is that the Blondeboi supports the growing theory of real-world Pokemon. It is commonly accepted that the Pokemon Go craze in the summer of 2016 was the closest we have ever come to world peace, and since then there have been theories floating around that a more advanced version of this software has arrived to bring salvation to the year of our lord 2020. Our own Blondeboi is suspected to be the first of its kind to reach the slums of reality: a real life Shiny Pokemon.

Now, while these reports remain unconfirmed by gym masters and legendary trainers, our story has been corroborated by countless sources. The Instagram page mentioned above provided the information that “his name is Highbey,” which, to all not (yet) fluent in Rochester acronyms, is unmistakably code for “He’s In Ground Before Eating, Yeet,” which, to all who have yet to learn the language of the gods, translates to “Blondeboi is a revolutionary step for both humanity and the globe. Researchers have tried for years to fulfill peoples’ dreams of real-life Pokemon and this is finally definitive proof of success.”

Blondeboi has been reviewed by Monroe County Animal Control, and ruled legally blonde. This means that it will have the opportunity to take courses at the University, as well as the LSATs. Following its stratospheric test scores, it is predicted that the Blondeboi will demonstrate a brilliant legal mind as it makes a bunch of guys with names like Warren and Preston look like dopes.

We will follow this story through coming developments, and would like to remind the members of the UR community that these fantastical creatures are not to be trifled with — they have much more important tasks to attend to (e.g. becoming Chonk, solving global warming, etc.).

Until we have more information, we may rest easy knowing that the salvation of our world is coming in the form of our childhood savior: Pikachu & Friends.

Lindsey is a member of the class of 2024.
Most UR sports teams and clubs have found themselves held back by COVID-19. Most students were sent home, and regardless of where students are geographically, the pandemic makes any contact sport a hazard.

One club, though, found operational changes to be minimal. UR Esports is mainly run through Discord — by design, they’re mostly impervious to the tribulations of soft lockdowns, quarantines, and distancing. On top of that, UR Esports publicity chair and senior Eric Mendelson told the Campus Times that the club provided a social lifeline amid isolation.

“[Distancing] has pretty much killed any type of social life,” Mendelson said. “And so I find on most days, the friends I talk to the most are my [UR] Esports friends.” He added that a group of them have been playing “Among Us” lately.

UR Esports is a video gaming club, mainly focused on competitive gaming. “Our main goal is to organize competitive teams to compete in tournaments,” UR Esports vice-president and sophomore Emersyn Harris said. Different teams play different games, so there’s a team for “Overwatch,” “Dota 2,” and “League of Legends,” to name a few.

Each team has a chair, who sets up scrims (essentially practices) and figures out the team roster. Where and how a team competes varies, but often UR teams will play teams from other colleges, like RIT.

Despite the competitive focus of the club, one practice session with the “Valorant” team had a relaxed energy. The players referred to each other by their Discord usernames (which included “Sauce_Man,” “Bot,” and “CoffeeBooksNMagic”) and gamed and chatted a little. The conversation mainly stuck to the gameplay: They made small cries of amazement (“ooh!”) or exasperation (“oof”) as they played, depending on how a game was going.

Harris and Mendelson both said their favorite aspect of the club is the sense of community it provides. “It’s just a big group of welcoming and accepting people,” Harris said. “And so it’s a great thing to be a part of.”

Mendelson said that the club can be a good social outlet for introverts.

“Even if there’s not a pandemic, there’s plenty of people who aren’t the most comfortable going out to parties or larger social events,” he said. “So this kind of opens a door to find your friend group.”

“You don’t even have to meet anyone in person,” he added. “You’re just a voice online.”

Aiken is a member of the Class of 2021.