

# Campus Times

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## Displaced Students Weigh in on Renters Insurance Debate



HENRYLITSKY / PHOTO EDITOR

By Mariah Lansing  
CONTRIBUTING WRITER

At the Students' Association Senate meeting on Monday, Jan. 23, Dean Watts, Dean Runner, Nezhiah Osayi, and others in attendance weighed in on the question of whether or not the University of Rochester did their due diligence in informing students living in on-campus apartments of the risk that comes with not

getting renters insurance.

This question has been raised after the floods in Brooks Crossing Apartments on the morning of Dec. 25, 2022, which caused thousands of dollars in damage for both the university and the students. Of those whose apartments experienced the most damage, one has moved to Innovation Square, and the other 18 have been placed in temporary rooms at the next

door Staybridge Inn and Suites.

The University has claimed that they are not responsible for the damage and stated that they will not pay for the students' personal damages, but the school will work with any student that was affected "whether or not they [were insured]." ResLife recommends that students living in University housing ensure that they are covered under

their parents' homeowners insurance or getting renters insurance. This reminder is also in the housing contracts all students living in on-campus apartments sign.

The reality is that floods like the one in Brooks Crossings are random accidents that occur once in a while, and many students were not prepared for an accident of this sort and thus uninsured. So while the University legally cannot be held responsible, do those affected feel as though they were adequately informed about renters insurance?

Kate Lentz and Sam Kriegsmann, both seniors who live in Brooks Crossing and are currently displaced at Staybridge, were interviewed for the Campus Times about their experience since the flood.

Kriegsmann was first informed of the flooding through the initial email to residents stating there was flooding damage on the evening of Dec. 25. She is facing anywhere between \$500-1000 in estimated damages to her personal property, much of which could have been prevented.

"The movers put wet stuff in," she said. "They just kind of piled it all in, basically. It

was a little strange. So originally the plan was to leave it all there 'cause you don't need to unpack it all per se. But then we had to unpack it all to find mold." The movers were hired by the University, so the facilities and ResLife volunteers were not responsible for the extra damage from putting wet items in the boxes of belongings. Both Kriegsmann and Lentz mentioned that another student's amps were ruined after wet boxes were set atop.

***'ResLife recommends that students living in University housing ensure that they are covered under their parents' homeowners insurance or getting renters insurance.'***

Thankfully, Kriegsmann is covered under her parents' homeowners insurance after she pays the deductible (\$250 in her case, but that number changes based on insurance plans). She will receive compensation for the rest of her damages.

SEE **INSURANCE** PAGE 2

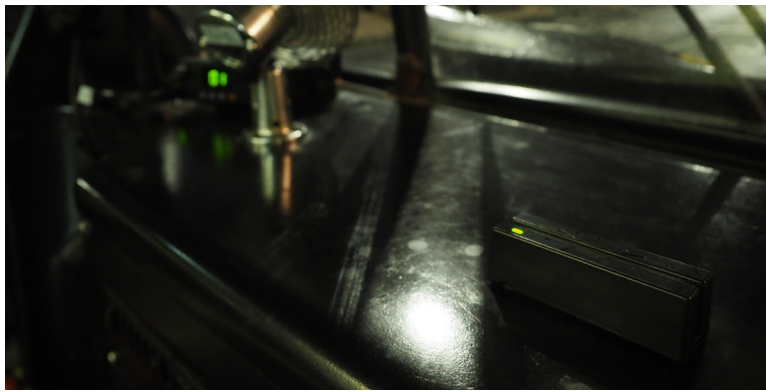
## Shuttle Swipe Requirement Begins Feb. 1

By Rachel Caren  
STAFF WRITER

Upcoming changes to shuttle service will require riders to swipe their ID cards to enter the shuttle, according to the University's Director of Transportation and Parking Jim Chodak.

As of Feb. 1, all shuttle lines will require riders to swipe their ID cards to enter the shuttle, except for the employee-only Scottsville remote lot shuttle, and event charter shuttles. The ID card readers have been installed as of the end of last week, and the University intends to put out communications about the changes soon.

The University has said it will "be very flexible during the month of February" with regards to the swiping. The



HENRYLITSKY / PHOTO EDITOR

new swiping system will allow the University to collect ridership data for future shuttle and shuttle line improvements, according to Chodak.

"The data collected will help us analyze the supply and demand of parking and transportation on our campuses, and will inform the current and future transportation needs of the University community," he

said. Nevertheless, Senator Bader-Gregory encourages students to speak up and let their voices be heard, especially in regards to the University's future plans. "With any ideas or concerns, please feel free to come to Senate or contact me, and I can pass on the word," he said. "Petitions are also great too!"

*Caren is a member of the Class of 2024.*

## No More Bikes: Rochester Ends Its Partnership With HOPR

By Emmely Eli Texcucano  
STAFF WRITER

The City of Rochester has ended its partnership with HOPR, a nationwide provider offering pedal bikes, electric bikes, and electric scooters in their share program.

HOPR offered bikes and scooter rental share hubs throughout Rochester and surrounding cities during the majority of the year. There were two bike stations present on River Campus and three on the Medical Center Campus. This was meant to encourage students and faculty to utilize the program. Users could rent a bike or scooter

through the HOPR Transit app, paying per minute or for a full day. The bikes or scooters could be returned to any hub in the city.

Running from June 2021 up until the beginning of this year, the original contract was part of the Equity and Recovery Agenda, a citywide post pandemic economic recovery plan, and had funding by a grant from the Congestion Mitigation and Air Quality (CMAQ). This plan was originally part of a larger project to increase access to a more affordable and healthier form of transportation, reduce car usage, and drive economic growth in the city.

SEE **BIKES** PAGE 2

**INSIDE THIS CT**

**AKIMBO BOOKS**

PAGE 5 COMMUNITY

**PARENTAL LOVE**

PAGE 7 OPINIONS

**FOUR LOKO HISTORY**

PAGE 8 CULTURE

**SEXY MASCOTS**

PAGE 12 HUMOR



# CAMPUS

## INSURANCE FROM PAGE 1

When asked if she thought she had been given sufficient warning by the University, Sam said “I think it could have been better, but also, I guess the warning is there. That’s not the big problem.” While the statement was mostly to cover the University legally if anything were to happen, she admitted that there wasn’t much else that they could have added to express the importance of renters insurance.

**‘She is facing anywhere between \$500-1000 in estimated damages to her personal property, much of which could have been prevented.’**

Lentz, who was impacted by the flood and did not have renters insurance. As for how much of her property was damaged, she doesn’t know yet.

“The movers brought in a ton of boxes with clothes and bathroom stuff, and then like some various knickknacks. And then one of the movers came in and said, ‘Oh yeah, some of your other stuff is in a mechanic’s storage area in Brooks,’” Lentz said. She hasn’t been able to access it since, and consequently does not know how much damage her belongings sustained. She is also responsible for her cat Bart, an emotional support animal, which further complicates her situation.

**‘She is one of the many who missed that line in the housing contract and unfortunately fell victim to an event of chance.’**

When asked if she believed the University provided enough warning about the importance of renters insurance, Lentz says no. “I’ve lived in a townhouse and whenever we applied to live there, it was right in the contract in our application, that we were going to have to

buy renters insurance and it had to be worth however much money. And then when we were signing the lease, we already had to have renters insurance.” When she moved out of the townhouse and back into University housing, she ended her renters insurance because she thought she didn’t need it anymore. She is one of the many who missed that line in the housing contract and unfortunately fell victim to an event of chance.

Some people are using these events to argue that the University should provide renters insurance and allow students who are already covered under their parents’ plans or have their own to waive the insurance, similar to waiving the school’s health insurance. This would not be possible though, because no insurance company would cover a whole university, according to Dean Runner.

**‘No insurance company would cover a whole university, according to Dean Runner.’**

The other option would be to incorporate more education about renters and homeowners insurance to students.

However, we are unlikely to see these results any time soon. At the Students’ Association Senate meeting on Jan. 23, Dean Runner and Dean Watts said that if the University were to implement an education system teaching students about the importance of renters insurance, that it would first have to be voted on by the Board of Trustees. If it were to pass, the training would be a part of all preliminary trainings that admitted students are required to take, such as the financial aid and alcohol awareness seminars.

Until then, there have not been any official decisions about changing the current renters insurance education or requirement at the University.

*Lansing is a member of the Class of 2025.*



HENRYLITSKY / PHOTO EDITOR

## BIKES FROM PAGE 1

The city has decided to not renew their contract with HOPR for the upcoming year. First-year SA Senator, Elijah Bader-Gregory cites the reason for the shutdown as “having the

tech but not enough usage.”

The city still plans on enacting a similar contract and have issued a request for proposal (RFP) to attract another bike share vendor.

At the moment, there will

be no active bike or scooter sharing vendor in the City of Rochester at the start of the upcoming bike season.

*Texcucano is a member of the Class of 2025.*

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## Neziah Osayi on The Importance of Financial Education

By Natalie Opdahl  
STAFF WRITER

Junior Neziah Osayi, financial literacy advocate and Resident Advisor in Brooks Crossing, teamed up with the Students' Association (SA) to present Monday about the financial options available to students impacted by the flooding of Brooks Crossing.

Focusing on renters insurance, he went through the basics of personal property insurance. He talked about how to research which is best for each individual, what different coverages renters insurance may have, where you can buy it, and more.

"I just thought that renters insurance was important, and it was something that I didn't even know about when the whole Brooks flooding issue happened," he said in an interview after the meeting.

Dean Jeffrey Runner, who attended the Monday SA meeting, agreed on the value of renters insurance and expressed concern over the loss and damage of personal property of students living in Brooks Crossing.

"A lot of students lost belongings, a lot of people have damaged belongings, and that's stuff that you just can't, you know, there's just not a whole lot you can do about that," he said.

**"A lot of students lost belongings, a lot of people have damaged belongings, and that's stuff that you just can't, you know, there's just not a whole lot you can do about that,"**

Runner also emphasized that although the flooding was what he called a "once-in-a-decade event," one can and should take measures to protect oneself.

Osayi agreed. "Sure, it can be once in 10 years, or it can happen the next year," he said. "But do we want to be in the same position we are today, we are tomorrow? I think not."

Other concepts covered in Osayi's presentation included:

Homeowners insurance  
Educational tax credits and the IRS eligibility test to determine eligibility for such credits

Sites where refurbished and/or discounted computers can be bought

The importance of financial education and

resources to learn more about finance

Osayi's passion for financial education began when he took a financial literacy class in his junior year of high school.

"It was the most important class I had taken in all of high school, because it actually translated to the things I was gonna eventually face, and the things that I was already facing now in my life," Osayi said in an autobiographical YouTube video.

Ever since then, Osayi has been a firm advocate for financial literacy.

**"It was the most important class I had taken in all of high school, because it actually translated to the things I was gonna eventually face, and the things that I was already facing now in my life."**

In August 2021, he started his Instagram page That's Clearly Wealth (@thats\_clearlywealth), where he creates and posts educational shorts about finance and financial literacy. He has partnered with the University's Admissions Department and Next Gen Personal Finance to create educational videos on YouTube about the same topics.

Then, in the fall of 2022, he won iZone's Make It Happen grant, allowing him to create a platform for financial literacy for the class of 2023 to prepare them for the financial challenges that they will face once they graduate. He plans for the program to launch sometime in February.

**"I'm here. Like I'm not going anywhere, this isn't a fad for me, like this is kind of a life mission."**

"I do this, I'm committed to it," Osayi said. "I have plans of other ways I plan on educating students here, so [...] I'm here. Like I'm not going anywhere, this isn't a fad for me, like this is kind of a life mission."

Opdahl is a member of the Class of 2026.

## With Increase in Car Thefts, Public Safety Releases New Statement



HENRYLITSKY / PHOTO EDITOR

By Emmely Eli Texcucano  
STAFF WRITER

On Jan. 23, the University's Department of Public Safety released a third bulletin this academic year detailing an increase in car thefts across University parking areas.

The latest email states that the cars targeted in thefts have recently been Kias and Hyundais, with the reasoning behind this increase for these models being a current TikTok challenge. There has also been an increase in car parts being stolen including catalytic converters, especially in hybrid vehicles, SUVs, or trucks.

**"There has also been an increase in car parts being stolen including catalytic converters, especially in hybrid vehicles, SUVs, or trucks."**

Students with parking permits expressed concerns over the recent increase in car theft among the University parking areas. Sophomore George Mechalke, who parks their car in the Valentine lot at Southside, saw the aftermath of a Jeep break-in on Monday morning as they went to check on their car. Photos of the active break-in, and the subsequent damage, were distributed in the Southside Living Area community chat on GroupMe.

Mechalke explained, "It seems DPS [the Department of Public Safety] sits in the parking lot a lot, and it's frustrating that the one time that they weren't there, people's cars got broken into."

DPS's procedure after a car is reported as stolen

is having officers conduct an extensive search of the area. Investigations are supposed to coordinate with other law enforcement agencies across the state by sharing information and updating law enforcement databases to track license plates.

The department has been taking steps to be more responsive after a car theft has been reported. In correspondence with the Campus Times, the department said, "We (DPS) are working in concert with area law enforcement agencies and the regional auto theft task force in an attempt to identify suspects, as well as assisting in recovering stolen vehicles."

**"Unfortunately, the University is part of a local and national trend with the increase in car thefts. Monroe County and the City of Rochester have seen this increase as well."**

When asked for more details regarding the increase in car thefts, DPS emphasized, "Unfortunately, the University is part of a local and national trend with the increase in car thefts. Monroe County and the City of Rochester have seen this increase as well."

**"DPS has claimed progress has been made in some cases in identifying suspects and retrieving the stolen vehicles."**

DPS has claimed progress

has been made in some cases in identifying suspects and retrieving the stolen vehicles. Their next steps include providing extra attention to all University's parking areas rather than just Brooks Crossing and Riverview residential areas where some vehicles were damaged as detailed in the Dec. 5, 2022 university-wide Public Safety bulletin. In addition, fliers have been hung up in residential areas detailing tips to prevent car thefts.

These tips include:

- Never leave your keys in your vehicle.
- Always lock your vehicle upon exiting.
- Remove all valuables from your vehicle.
- Invest in a steering wheel locking device.
- Invest in a vehicle security alarm.
- Contact a Kia or Hyundai dealership for additional guidance.

Students are encouraged to call or text Public Safety at 585-275-3333 if they see any suspicious or criminal activity.

Texcucano is a member of the Class of 2026.



# Simon Industry and Professional Club: The Healthcare Industry

By Ariel Wang  
FEATURES EDITOR

With the Inflation Reduction Act kicking in this summer, a group of students at the Simon School of Business saw the opportunity in this political move. The Simon Life Sciences (SLS) is a club that focuses on fostering the understanding of the rapidly changing life sciences and healthcare environment. It seeks to help students who are interested in working in the healthcare industry to take advantage of opportunities, such as the enactment of IRA, and to better understand the ever-changing environment of the industry.

***‘The Simon Life Sciences (SLS) is a club that focuses on fostering the understanding of the rapidly changing life sciences and healthcare environment.’***

Aarushi Sharma,

president of the SLS and second-year student at the Simon School concentrating on Life Sciences and Healthcare Strategy, expected the club to serve students from all backgrounds and experiences, regardless of their focus of study. “We give the example to students, not just exposure but examples, that there are multiple different areas — the world is your oyster — you don’t have to restrict yourself in only doing something like data analysis or only focusing on finance,” says Sharma.

Sharma’s internship at pharmaceutical company AstraZeneca prepared her for the industry of healthcare and allowed her to see where business students can fit in in this industry. “Market access and pricing is an area that definitely requires business students to come in,” says Sharma. “Market access works with the healthcare insurance people called ‘payers’ in the industry jargon. Market access people work with payers to negotiate contracts based

on what the drug pricing would be across their entire portfolio of drugs from year to year. We need business students going in there who have some understanding of all the different aspects. You need to know finance, you need to be a good negotiator, you need to understand the pricing aspect of that.”

***“We need business students going in there who have some understanding of all the different aspects. You need to know finance, you need to be a good negotiator, you need to understand the pricing...”***

Sharma sees the SLS benefiting students in three ways. First, the club is dedicated to spreading awareness on the different areas of this industry students can find roles in. The SLS did so by bringing in alums to give talks about their careers and their

opinions or advice working in this industry. Second, the club seeks to help students learn more about the companies within the industry through either holding virtual sessions with companies or helping students to make connections with the recruiters. Lastly, the SLS has launched several experiential learning opportunities for students who are interested in or still exploring this industry. Over the last three years, the club has organized a series of case competitions for students to participate in. The club is also trying to build what they call the UR Health Lab Education Core in cooperation with other departments across the University to find projects at the intersection of healthcare and business. “From the business students’ perspective, if they are interested in this industry but do not have prior background work-wise or education-wise in healthcare or life sciences, through these projects, they are able to bridge that gap,” says Sharma.

Coming up, the SLS is preparing for another case competition centered around equity in healthcare as well as how telemedicine can break down barriers for patients to receive quality care. Judges include an engagement manager from the Trinity Life Sciences and a company leader from Neurotrack who is making digital health products for Alzheimer’s and Related Dementia Patients. Aside from the prize of \$1000 awarded, winning teams are expected to have the opportunity to initiate contacts with these industry leaders that could be utilized in the future. More information can be found on the event page, or contact [ashar44@simon.rochester.edu](mailto:ashar44@simon.rochester.edu) with any questions.

*Wang is a member of the Class of 2024.*

## A Look Into 2023 Sorority Recruitment

By Alyssa Koh  
EDITOR-IN-CHIEF

Spring recruitment season has changed drastically over the past couple years due to COVID-19 protocol, but it was back in full swing as of this past week. Recruitment for the 2022-2023 academic year started on Thursday, Jan. 19 and concluded on Monday, Jan. 23.

Recruitment is a time of both confusion and excitement, both from those who choose to rush and those who do not, but this period also included learning and adjustment on the sides of Panhellenic executive members and sisters participating in running recruitment as well.

“I went into recruitment completely blind, meaning I didn’t go to any of

the meet and greets nor know anything at all about the sororities here,” said first-year Hannah Wang. Initially, Wang had zero intent in joining a sorority, but was drawn in by the emphasis on academic focus and networking. “It was crazy to see my view on sororities completely change in a matter of a few days.” Wang joined Delta Gamma during this year’s recruitment period.

***“I went into recruitment completely blind, meaning I didn’t go to any of the meet and greets nor know anything at all about the sororities here...”***

Those who went through

recruitment were not solely first-year students, nor were all of them unaware of the day-to-day workings of UR Greek life. Junior Elia Cuautle had attended some sorority events in the past, and became curious about the process when some of their friends joined chapters themselves. However, it wasn’t until this semester that Cuautle officially decided to rush. “I signed up because I [would] much rather say I went through recruitment than wonder in 20 years what could have been,” they said.

Cuautle also mentioned a lack of open-mindedness about Greek life affecting their choice to rush. “I never considered myself to be a sorority girl,” they said. “I only knew what the media showed me [...] but after meeting countless people

through recruitment and letting myself be vulnerable, I saw myself committing to a sorority in the end.” Cuautle joined Chi Omega during this year’s recruitment period.

***‘A lack of open-mindedness about Greek life affected their choice to rush.’***

However, not all students who decided to participate in recruitment decided to join. For first-year Adhya Sharma, the time commitment of recruitment proved to be too much, and she dropped from the recruitment process after two days of online recruitment. Her reasoning for going through recruitment was initially to meet new

friends, but she mentioned a wariness in her willingness to commit to a sorority as fuel to free up the remainder of her weekend.

Sharma is interested in the COB (continuous open bidding) process that occurs subsequent to recruitment in the spring and in the subsequent fall semester. “I feel like it is a much easier way to join a sorority without all the time that is put into recruitment,” she said.

*Koh is a member of the Class of 2024.*

# Have tips to share with the CT?

Email [akoh3@u.rochester.edu](mailto:akoh3@u.rochester.edu)





## COMMUNITY

## The Shadow Monterey Park Casts on the Rochester Community

By Ariel Wang  
FEATURES EDITOR

Classical dancing, festive music, cheerful gathering — this year's Lunar New Year celebration performance held by the UR Chinese Student Association (URCSA) came on time and was as exciting as the past years', except for the hint of grief due to the Monterey Park mass shooting on Jan. 21.

**'This year's Lunar New Year celebration performance came on time and was as exciting as the past years', except for the hint of grief due to the Monterey Park mass shooting on Jan. 21.'**

The tradition of celebrating the Lunar New Year through a cultural performance goes back all the way to the year when URCSA was first established. "It has been passed on for over 40 years," says junior and URCSA President Liwei Ma.

While the Monterey Park incident has not been determined as a hate crime by officials, the fact that it happened following a Lunar New Year celebration is enough to shake the Asian American community across the country. "Lunar New Year is supposed to be a time of celebration and reunion, yet 11 families will forever remember this as a time of grief," says junior and Fundraising Department Chair Bill Li.

This Tuesday, the Office of Equity and Inclusion sent out a message in regard to the shooting in Monterey Park. Despite the incident happening thousands of miles away in California, the Rochester community shared

the sorrow. "This made me scared. Although this did not happen in New York State, I still feel that the security is even worse after COVID-19 [...] I think it will alert the Rochester Community as well," says first-year Mandy Cheng. The University expressed their empathy in the letter and offered a variety of resources in support of the members of the Asian and Pacific Islander communities.

"The upcoming new year celebration is an event which delivers a sense of belonging to Chinese students, so I feel this event carries more than a cultural performance show. It's a symbol of cohesion," says Ma. The URCSA performance on Saturday delivered the same message of unity during a night of Southeast Asian dance, K-pop dance, Chinese music, and more.

**"Lunar New Year is supposed to be a time of celebration and reunion, yet 11 families will forever remember this as a time of grief."**

Despite the distance, the reverberations of Monterey Park are felt in the Rochester community, and the community stands in solidarity with the victims in the incident. "I think one thing the Rochester community should learn from this event is that we must educate ourselves on how to deal with an active shooter better. Always identify the nearest emergency exit and run first, hide second, and fight only if running and hiding are no longer available options," says Li.

*Wang is a member of the Class of 2024.*



ARIEL WANG / FEATURES EDITOR

## Burnt Down Local Business Akimbo Books Has the Community at its Back

By Alyssa Koh  
EDITOR-IN-CHIEF

There was something fresh about Akimbo Bookshop. Maybe it was the meticulously curated collection of books that graced its white shelves, with one copy of each choice awaiting your touch — as if it was for you and you alone. Maybe it was the makeshift art gallery that spread across the walls, or the smell of potted plants and book pages and pumpkin spice pastries from local artisanal bakers Black Cat Baking Company. Maybe it was the comfortingly jarring fizz of cracking open a Happy Gut Sanctuary kombucha bottle in the midst of a silent reading night, or the murmuring crowd after a book talk, mutual aid open mic night, or social hour. After the fire, though, 318b

**'There was something fresh about Akimbo Bookshop. After the fire, though, 318b East Avenue was full of nothing but soot and smoke.'**

East Avenue was full of nothing but soot and smoke.

Akimbo owner Rachel Crawford talks with me over the phone, haphazard but focused. She always wanted to open a bookstore as a child, and fell in love with the realm of indie presses and publishing as a student of the UR. Now, a couple weeks out from the fire, she's still got a 16-year-old to take to doctor appointments. The world has both ended and kept pushing her along, and the "doing life stuff" never ends, especially not as a mother. However, the three alarm fire that occurred in Akimbo's building on Jan. 4 still rings in her ears.

According to the Rochester Fire Department via the Democrat and Chronicle, the blaze started just before dawn, with an electrical issue in the back of neighboring restaurant Veneto Wood Fired Pizza & Pasta. Veneto was the only storefront to bear the brunt of flames, but the smoke spread its way into nearby businesses and residences. No one was hurt, but for Crawford, it's as if her whole life has gone up in flames. The smoke damage rendered the majority of the contents of the shop unsalvageable, and her insurance lacks the coverage to properly clean and restore everything.

What she remembers most is walking into the store in the afterglow, armed with

a flashlight, a respirator, gloves, and a pair of goggles. The stench of smoke, emblazoned into the facade of her only source of income, made her eyes water. She remembers seeing the photos of her son at her desk and the congratulations cards she got for opening the store as the insulation in her store bled out smoke. She remembers standing there as everything was thrown away, holding a small box of saved soot-covered books. "There's something deeply, existentially, phenomenally, traumatizingly — traumatizing isn't even a good enough word to describe it," she says.

A crowdfunding campaign on GoFundMe was started after the fire which has now raised \$29,012.

The crowdfunding isn't all that's happened, though. The push Akimbo made to include local businesses in their own endeavors — food and beverages from local artisans, local art blinging out the storefront walls, events and events and events for demographics far and wide — has come to back them in turn. Tiny Fish Printing created shirts as an incentive for the Akimbo fundraiser, Ugly Duck Coffee has posted about the fundraiser on their social media pages, Kitty Box Press has created new tote bags (all the proceeds, of course, go to Akimbo), and the list goes on.

Comments on Akimbo's social media range from the supportive and kind bystanders to the downright devout supporters, both reflecting what this place was — a safe space for Rochesterians to cultivate culture and community. On a post from Jan. 4, Pawsitive Cat Cafe comments, "If you need kitty snuggles feel free to come in on us." Charco Press sends "positive vibes from Scotland," and Good Neighbor Books suggests reaching out to a bookseller relief foundation.

Elora Kang, an NYC-based artist, mentions on the Akimbo post that promotes the store as "closed until further notice" that "we are here

for you." Her entire comment is full of "we," which is echoed by many others in the comments section. To her, Akimbo was — and is, she notes in our Instagram direct messages — a safe haven for anyone and everyone to access. "It was only open for [eight] months and felt like it genuinely was already a pillar of the community," she says.

**"There's something deeply, existentially, phenomenally, traumatizingly - traumatizing isn't even a good enough word to describe it."**

As we talk about the local support for Akimbo, Crawford sighs into the phone, and I can almost see her shoulders untense. "I've, like, lived a couple lifetimes already," she says. "Out of all the things I've been through, this is the most support I've gotten."

**"[Akimbo] was only open for [eight] months and felt like it genuinely was already a pillar of the community."**

This outpouring of support from the community has emboldened Crawford to think about the future of Akimbo: opening Akimbo 2.0, pushing forward with social media and fundraising, taking all of the things she learned here at the University in her publishing classes, throwing it halfway out the window, and making her own rules. She is already in the process of launching writing workshops (to be hosted at Happy Gut Sanctuary) and taking the next steps.. She's not going to hold back. Now, more than ever, she knows that anything can happen, but envisions a bright future for Akimbo going forward.

*Koh is a member of the Class of 2024.*



HENRY LITSKY / PHOTO EDITOR



# OPINIONS

EDITORIAL BOARD

## The Value of Rochester Journalism

By Editorial Board

**D**aniel Prude. His name may not have meant much to society prior to his death, but now it stands for so much more than who he once was. Prude is one of far too many figureheads of police brutality; of the dangers of being on the police force and the violence in Rochester. Most of all, his name and his story was initially brought to light by local journalism — and his impact, either locally or nationally, now reverberates through this city because of the contributions made by our local journalists.

It can be easy to overlook your hometown newspaper. After all, what important content could you find? Basketball stats from the recent high school game? A town board meeting about fences? However, a lot of news — even the most flagrant stories — stem from small, mundane beginnings. Often, the most insidious things aren't unearthed until someone stumbles upon something askew amidst the jejune.

**'However, a lot of news — even the most flagrant stories — stem from small, mundane beginnings.'**

Prude is an example of this: his death wasn't reported on for months, held up by a lack of information until a press conference on Sept. 2. This is when the dam broke. Some of our local publications and stations were those directly on the front lines — but that doesn't mean their important contributions are compensated appropriately.

For example: News 8 (WROC) employees announced their intention to join the National Association of Broadcast Employees and Technicians—Communications Workers of America (NABET-CWA) according to a Dec. 21 press release last year.

"Our goal is — and always has been — to deliver news that you, the community, can use," the official press release read. "If we are not voluntarily recognized, we will gladly turn to an election, which we will win."

The press release also mentions that, "Currently, many of our employees are close enough to the Federal Poverty Line to be eligible for certain FPL benefits." This issue of journalists being under-compensated has been prevalent within community journalism for the last two decades. With the turn to internet journalism, community journalism has been massively undervalued.

If you want to work for a local

news station such as News 8, you will be paid minimum wage. \$15 an hour, with shifts like 5 a.m. to 2 p.m., with needed flexibility on weekends, holidays, and what have you. (After all, the news never stops.) Upward mobility is minimal, turnover is constant due to the minimal pay, and transportation is uncompensated. For the aspiring college student, internships are unpaid. This isn't News 8's fault inherently — this issue permeates journalism, especially broadcast journalism, at large. The market is shrinking, and so are the opportunities. Big events need to be covered by what is now a much smaller, much more overworked staff.

And when big events are over, the national news has to move on. Local news is what covers the aftermath. The continued protests for Prude; the vigils for Anthony Mazurkiewicz; the bookstores burning down; the water mains breaking; the fight for better bicycling conditions on our roads; the construction; the poverty; the culture; the life and the death of this city.

Journalism is invaluable to the betterment of a community. But when local journalists are so visibly underpaid, it can be incredibly difficult to attract people to the field. Many senior reporters with the experience and drive may not have the financial means to pursue a career they love, a field that moreover depends on their acute contributions. Instead, the current hiring skews in favor of fresh college grads willing to work near-minimum wage jobs. They all need to be paid well, or else we won't get the nuanced, well-researched news that we need and deserve as a community.

As a collegiate publication, we are lucky enough to be funded through the University. However, local journalism relies heavily on you as a reader — so use your resources for all they're worth. The Democrat & Chronicle has a \$1/month subscription for three months. They are the best way to access news that is directly relevant to you. No where else will you be able to read pieces about local legislature or community protests in Rochester. It is so important to know what is going on in your local community. Please try to support your community journalists.

*The Editorial Board is a weekly Opinions article representing the view of the Campus Times, co-written by Editor-in-Chief Alyssa Koh, Publisher Sarah Woodams, Managing Editor Allie Tay, and Opinions Editor Sunahra Tanvir.*

EDITORIAL OBSERVER

## To Everyone, Everything, That's No Longer Mine



SUNAHRA TANVIR / SENIOR STAFF

By Allie Tay  
MANAGING EDITOR

**T**hings that are sweet fade. The taste of their honey-sugar dulls, and suddenly you realize you can't taste it on your tongue anymore. Linking arms, car karaoke in the front seat of your beat-up sedan as we drive off to who knows where, the midnight ecstasy of running around campus unrestrained and carefree —

It's ironic how you tend to see things in a picturesque, head-in-the-clouds light only after they're gone. Back then, I only felt the damp, humid sweat and stink that pervaded the air, the mugginess of my mind mirrored in the clouds and my foggy feelings suffocating the earth. But now I remember our reflections dancing in the glass as your camera shutter went off. Our breaths mixing as we panted, running after a train we missed by mere seconds. I remember how we wandered everywhere and I thought you knew me better than anyone, but I can't say that anymore. How I felt so utterly safe knowing I could share anything with you — now, I'm better off

guarded. Sometimes I miss us so much, I feel real, tangible pain when I even think about you — but I don't want your name to be a reminder of the gaping hole instead of the heart you built around it. I need to protect you, even though you've hurt me.

**'It's ironic how you tend to see things in a picturesque, head-in-the-clouds light only after they're gone.'**

You left so many pieces of you with me — I'm a mosaic. I still write my "r's" from the bottom, the way you did in the fifth grade, even though we haven't spoken in years. Back then you were the only other person who knew what roti canai was. I never knew how exhilarating it could be to know someone else who came from a similar cultural background as me. I remember how I had terrible stage fright before our duet, but you never lost your shit because, of course, you are you. In my mind, I play back our last

concert together on the nights I can't fall asleep.

You gave me pretty stained glass, and when you left it cracked into shards. My hands get cold easily too — I joke I'm cold blooded, but

**'Back then you were the only other person who knew what roti canai was. I never knew how exhilarating it could be to know someone else who came from a similar cultural background as me.'**

maybe it's true, because I'm too afraid of letting you warm me up.

They say some people are meant to leave when they leave, because if they left any later their last impression wouldn't be as sweet. So, I'm sorry, but I'm done chasing you. It's not your fault for straying away from me and not mine for not running after you. It's not my fault for forgetting to text in the midst of life and not yours for following suit. Who's to say I'm the one who's left behind? Maybe I'm one of your glass shards too, maybe we're both grieving. And somehow we're both losers in a game we never agreed to play.

I woke up from the dream. I'm done using our past memories as a crutch. We grew apart — I'm moving on.

*Tay is a member of the Class of 2025.*

## Campus Times

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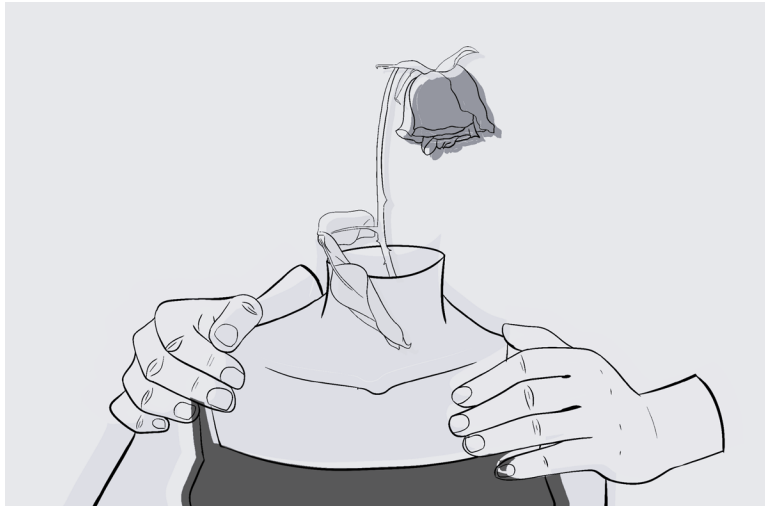
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## Dear Mom and Dad: Love is Not enough



SUNAHRA TANVIR / SENIOR STAFF

By Sunahra Tanvir  
OPINIONS EDITOR

**M**y parents do not like me. I know that they love me. I know that they have given up everything for me. They moved to the U.S. for me. They gave up their home and community for me. They condemned themselves to forever live as outsiders for me. They love me more than anyone ever will. But they do not like me. I see it when they look at me — this persisting veneer of disappointment. I know they wish that I was someone better. They wish that they did not waste their one chance at legacy on me. My parents do not believe that I am a good person. My parents do not believe I deserve to be protected. My parents do not believe that they should ever take my side.

And that ruins me.

When I was a child and complained of my teachers being mean to me, it was always, “What did you do?” When I told them of the abuse my ex put me through, it was, “Don’t do anything brash that would hurt him.” When I used to come crying to them in the middle of the night, it was, “You’re being overdramatic.”

I wish their concerns were only about something as trivial as academic disappointment. I wish they were dissatisfied with my grades — I could work on that. Or at the very least, I could blame it on my brain’s incapability to understand material. I wish it was because I was not smart enough. Their disappointment would not be my fault. I would even be

okay with it if they did not like my appearance. If I was not pretty enough, I could blame genetics.

But I cannot blame their dislike for my character on anything but myself. They do not like who I grew up to be. There is something fundamentally wrong with who I am, and because of that, my parents cannot bring themselves to like me.

I need my parents to like me. I think everyone does. I know that they are forced to love me. They are compelled by biology; they do not have a choice in that, but they are not forced to like me. This is a choice they have to make. Love is not a choice and thus, love is not enough. For so long, because they did not like me, I did not like myself.

But I have grown away from the self-hatred imposed upon me by how much my parents dislike me. I am powerless to change their feelings about me. But I am not powerless to change how I feel about myself. It is sad that my parents do not both love me and like me, but I have so many people who do. This is enough. I like myself and that is enough.

*Tanvir is a member of the Class of 2025.*

## How to Balance College and Mental Health

By Nadia Pentolino  
CONTRIBUTING WRITER

**W**e all know how emotionally taxing being a college student can be. Difficult assignments, hundreds of pages of reading, challenging tests — these can all take an enormous toll on your mental health. You’re stuck wondering: when can I relax? How can I reset before the next day of classes? How can I give myself a break when I have two papers due, three exams coming up, and two textbook chapters to read?

***‘I won’t lie — it’s hard to balance college and emotional well-being. Stress can often feel like one of your personality traits. But it’s not impossible to find balance.’***

I won’t lie — it’s hard to balance college and emotional well-being. Stress can often feel like one of your personality traits. But it’s not impossible to find balance. As someone who has both anxiety and depression, I’ve spent a lot of time figuring out how to release myself of the grind mindset and take time to rest when I truly need it. Here are some strategies I have found helpful, and hopefully you find helpful, too:

We all have moments when we’re feeling really sad. Maybe you just found out that you got a bad grade on a test, or that you have a stressful presentation you need to start. Regardless of your reason, it’s okay to give yourself a break. When you’re really upset about something, you’re not in the right mindset to do homework. It’s best to give yourself some time to calm down before you attempt anything else. I personally like to cry and let my emotions out for a good 15 minutes (it works, I swear) or take a nap.

***‘I personally like to cry and let my emotions out for a good 15 minutes (it works, I swear)...’***

If there’s anything a student realizes when they first start college, it’s that stress is a major part of the college experience. As someone who is always stressed out, I like to give myself 15-minute breaks

in between assignments to do what I like — watch YouTube, go for a walk, etc. If I have multiple classes that day, I like to take the scenic route to class and enjoy the fresh air, even if it’s the bitter Rochester winter air. Doing something you enjoy in between work can really help you destress.

Remind yourself that you’re only human. This one is hard, but it is necessary. If you’re mentally incapable of attending that class, let the professor know that you can’t go. If you’re struggling but you have lots of assignments, see if you can get extensions or attend office hours to get help so you feel less stressed. You’re only human and there’s only so much that you can take. Don’t push your sanity beyond its limits.

And lastly — if you need help, don’t be afraid to ask for it. We have multiple places on campus for you to reach out — UCC, CARE, etc. — and don’t feel embarrassed about it. College can be a lot and it’s completely normal to find yourself completely overwhelmed. But you have resources. There are lots of trusted people who are very willing to help you!

***‘if you need help, don’t be afraid to ask for it. We have multiple places on campus for you to reach out — UCC, CARE, etc. — and don’t feel embarrassed about it.’***

If you’re feeling stressed or sad, just know that you’re not alone. College is stressful and it is emotionally exhausting. You’ve worked so hard to be and stay here and you should feel proud of yourself! Struggling with your mental health doesn’t mean that there’s something wrong with you or that you don’t deserve to be here. You’re here for a reason; so give yourself time to rest and reset. Your mental health should be a priority! Put yourself first.

*Pentolino is a member of the Class of 2026.*

## On Speaking in Workshop

By Charlotte Hennessey  
CONTRIBUTING WRITER

**L**ike many of us, I entered college confident in my intellectual abilities. Although I knew as a rising freshman that the University of Rochester would challenge me academically, I failed to anticipate the reality of imposter syndrome. And I certainly underestimated its unrelenting nature.

When attending the first lectures for my pre-medical requisites, conquering the material taught seemed daunting, but not insurmountable. I assumed, foolishly, that each of my 200 adolescent peers felt similarly apprehensive about their ability to succeed in STEM classes at one of the nation’s most prestigious establishments.

It was not until my first “workshop” that I realized just how incorrect my belief had been. Fall of 2021, amid droves of the gifted and talented, I was met by a jarring realization: I am merely average.

As STEM majors will tell you, four credits of a science entails more than meets the eye: in addition to weekly lectures and lab hours, small-group

learning “workshops” are mandated. Pioneered at our very institution, workshops encourage students to collaboratively attempt questions of similar difficulty to those which will appear on exams. Students display their work on white boards and engage in constructive discussion with classmates. In theory, workshop is deeply beneficial.

I have experienced that, in reality, a hefty anxiety can hinder one from fully utilizing this tool.

What if I ask a question that my peers deem simplistic, or even worse, stupid? Will they laugh at me? Think poorly of me? If the answer I write on the board is wrong, would those around me not have made the same inaccuracy?

With those thoughts pervading my mind, chemistry problem sets become all the more trying. “Take a deep breath,” I tell myself.

What is so easy to forget when seated alongside highly-motivated, exceptional peers, is that their opinions of my ability don’t matter in the end — nor do those of even my closest friends. The core

purpose of workshop is to make mistakes and learn from them, and not everybody’s mistakes will be the same. Embarrassment and judgment have no place in workshop, because at the end of the day, each student’s education is their own, including mine.

***‘What is so easy to forget when seated alongside highly-motivated, exceptional peers, is that their opinions of my ability don’t matter in the end — nor do those of even my closest friends.’***

Each of us deserves to reap every benefit possible from the scholarly experience we seek; and if that entails asking a question to which my peers already know the answer, then so be it.

*Hennessey is a member of the Class of 2025.*



# CULTURE

## The Natural Center Is A Beautiful Ode to Earth

BY REGAN COLLINS  
STAFF WRITER

What is nature? When you imagine nature, do you think about humans? Does it conjure up images of a quiet forest, waves crashing on a pristine beach, and the sun rising over untouched mountains? Often, we don't imagine humans as a part of the natural landscape, instead viewing ourselves and our creations as separate and distinct from the organic world around us. How do we reconcile our idea of humanity with our idea of nature, as we are animals ourselves?

Artist Aaron Delehanty explores questions such as these through his work. Delehanty, a lifelong Rochesterian and environmentalist, creates pieces that focus on the boundary between nature and humankind. His goal, no matter the media or technique he uses, is to challenge the way we systemize our natural world.

***'How can we reconcile our idea of humanity with our idea of nature, as we are animals ourselves?'***

His work, *The Natural Center*, is currently on exhibit in the Art and Music Library's Frontspace Gallery. Each one of the mixed media paintings and sculptures intertwines themes of nature and humanity, exploring feelings of unnaturalness or discomfort in the spaces where they meet.

The most prominently placed piece is the watercolor series, *Specimens and Artifacts*, on the back wall of the exhibit. These six blue and black portraits are foregrounded by their subject, the charcoal-black sculpture *Bunny*. But the artworks I find most striking are the two paintings and series of sculptures that lie along opposite walls.

The first painting, titled

*Food Chain*, is created in watercolor with pencil and ink detailing. It features three terrariums, each containing different animals. The first shows a snake arching unnaturally as it rears up to strike a mole. The second shows mice climbing stalks of grain. We can see underground, into their tunneled home. The third is a hawk in mid-flight, grasping a hissing snake. Each moment is enclosed in time and space, a single snapshot in a too-small terrarium.

On the other wall, the *Origami Audubon Series* features imagery from John James Audubon's famous *Birds of America* watercolor painting series. Delehanty has taken prints of Audubon's paintings and folded them into various, intricate shapes. Each piece is a portrait of a painting, uniquely creased or crumbled.

The exhibit also houses four sculpted cranes, each frozen in a unique pose, their backs laden with foliage. The sculptures are beautiful and well-crafted, but the fake flowers and plastic leaves adorning the cranes look like the sad shadows of a true spring. This, I think, is the theme of Aaron Delehanty's exhibit — using unnatural materials and methods to represent the natural.

The fabrication of the natural makes it artificial, but acknowledging the unnatural lets us appreciate the truly natural. The bent wing of a falcon beating against glass or the crumpled face of a warbler immortalized on paper scream, "Look, look at this magnificence, captured by human hands. Isn't it a pity you can never cage the truly beautiful?"

*The Natural Center* will be on display through Friday, Feb. 17 in the Frontspace Gallery, located on the ground floor of Rush Rhees Library at the Art and Music Library entrance.

*Collins is a member of the Class of 2024 (T5).*



REGAN COLLINS / STAFF WRITER

## Blackout in a Can: A Brief History of Four Loko

BY CARTER HASENOERHL  
STAFF WRITER

"Blackout in a can," "The pregame and postgame," and "Battery acid" are all terms that have been used in reference to potentially the most infamous drink on the market, Four Loko. For those who have been lucky enough to make it this far in life without tasting it, Four Loko is a line of alcoholic malt beverages sold by Phusion Projects that have garnered a reputation for being dangerously high in alcohol content.

This fear-inspiring metric varies by state, but Four Lokos generally range from 6% to 14% ABV (alcohol by volume). The four in Four Loko references its original recipe's four key ingredients, and is now commonly attributed to a single 23.5 ounce can being the equivalent of four standard drinks — a misconception. It is actually the equivalent of five and a half standard drinks, higher than the recommended maximum of four drinks in a day.

Phusion Projects was founded by Chris Hunter, Jaisen Freeman, and Jeff Wright following their graduation from Ohio State University, where the three were members of the Kappa Sigma fraternity (shocking, right?). Many of the original drink blends used by the company were birthed in their fraternity's basement and party room, and the Four Loko itself came from the creators' enjoyment of mixing

caffeine and alcohol.

Then, in 2005, Phusion Projects designed their prototype "energy beer" which would soon become known as Four Loko. The original proposed recipe contained taurine, guarana, and caffeine, which are common ingredients found in energy drinks. The fourth proposed ingredient was wormwood, an ingredient used in absinthe that is believed to be psychoactive. After a year with low investment, the proposed inclusion of wormwood was dropped in favor of improving the flavor — which they very apparently haven't done yet — and increasing the alcohol content that Four Loko would become infamous for.

***'Many of the original drink blends used by the company were birthed in their fraternity's basement.'***

In 2008, the drink's popularity was on the rise, and by 2009 it became successful enough for international marketing. Unfortunately for Phusion Projects, and fortunately for college students across the country, a group of U.S. state attorneys general began investigating companies that sold caffeinated alcoholic beverages on the grounds that these beverages were being inappropriately marketed to a teenage audience and had possible health risks, primarily blackouts. Concern was also raised

that the caffeine masked intoxication.

Four Loko became the object of scrutiny in 2010, as colleges and universities across the United States began to see multiple injuries and blackouts caused by the drink's misuse. This followed with multiple universities and states banning the dangerous concoction. On Nov. 17, 2010, the FDA sent a warning letter to four manufacturers of caffeinated alcoholic beverages, citing caffeine as an unsafe food additive.

Following the ban of Four Loko, drinkers and those seeking cold hard cash purchased the drink in bulk, and a black market was created. The sellers charged nearly five times the original retail price. In late December of 2010, Four Loko was reformulated; the packaging remained the same, but the caffeine, guarana, and taurine were removed. Thus, sales continued.

Today, Four Loko's reputation precedes the drink, and most major grocery store chains still withhold it from their shelves despite it being available in 49 U.S. states. Nowadays, you can find Four Lokos nestled nicely in the corner of your favorite gas stations, mini-marts, and convenience stores sitting on a shelf yearning to relive its glory days, raise hell, and lead unsuspecting drinkers to their first blackout.

*Hasenoerhl is a member of the Class of 2024.*



HENRY LITSKY / PHOTO EDITOR

### DEPARTMENT OF PSYCHIATRY

**INTERVIEW DAY** MAR. 3, 2023

We look forward to hosting students this year for an exciting in-person Interview Weekend in spring 2023. You'll hear from our academic and research leaders, student groups, campus resource offices, and more. Network with fellow applicants and current students, engage in our inclusivity events, participate in a current student poster session, join a URM tradition 'Philosophy Meeting' and get immersed in your program of application as you fully experience Rochester.

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## David Jin Strives for Perfection with ‘Moments I Missed’

By Alyssa Koh  
EDITOR-IN-CHIEF

It's not often that you hear someone cite Kim Kardashian as their biggest inspiration for going to law school.

“She’s running an empire!” says senior David Jin, laughing as he leans back in his chair. “People can say whatever they want, but law school is law school, and passing the bar is passing the bar. It’s the one thing that is — thank God — objective.”

**‘It’s not often that you hear someone cite Kim Kardashian as their biggest inspiration for going to law school.’**

Jin recently got into Loyola Law School, and he plans to focus on entertainment law. It wasn’t until Kardashian passed the bar — in his junior year at the University — that he considered it as a possible outlet to combine both his passion for music and realistic concern about a continuous, stable income. However, it is that passion that has led him to release music online for the past couple of years, with his most recent single,

“Moments I Missed,” having come out on Jan. 20.

His influences, which include Mariah Carey and Toni Braxton, are ever-present in his work in understated ways. He gravitates towards bigger ballads, has signature motifs that he employs in songs, and uses his whistle register as a track embellishment. In addition, they are a memory of years long ago, back before college here in Rochester and boarding school in California.

“When I was about seven or eight years old, my mom used to buy English compilation CDs with all this 90s music on it,” David reminisces. His fingers flutter as he hums out a snippet of “Without You” by Mariah Carey, as if to guide his own vocals through the air. “I didn’t really know English back then, so I just tried to sing along. Some songs just stay with you.”

Back in Xi’an, China, where Jin lived for the first 13 years of his life, most days consisted of school, after school tutoring, and listening to those CDs. According to Jin, he wasn’t much of a socializer, and still isn’t now. “Had I not been in an a cappella group — and especially the Midnight Ramblers — I

would have been miserable,” he half-jokes. His solo journey through music, as an untrained vocalist, composer, lyricist, and producer, ended up being a way to get better at being by himself.

That solitude comes through in his production process, with “Moments I Missed” being his first piece that he outsourced the mixing process on. That decision wasn’t easy — the lyrics are personal to Jin because “they’re exactly what happened,” and in general, he tends to be pretty particular about edits. In total, he recorded “Moments I Missed” over the course of two weeks, and re-revised it while it was out for its initial mix, and went through six different mixes (with various added and re-recorded background vocals) before the final product.

His creation process is almost down to a science as well — sit down at his desk (his vocals are better when he sits), adjust the mic in front of him, come up with a chord progression on the keyboard, and ease into the workflow of putting together an entire song. “Moments I Missed” took about two days to write

on piano. Some might call him a control freak — he’d be among them.

**‘“Had I not been in an a cappella group — and especially the Midnight Ramblers — I would have been miserable.”’**

That love for 90s powerhouses — especially the live vocals and voice leading choices of Mariah Carey — shines through best in his unwillingness to autotune any of his vocals. “We’re so used to the perfection,” he sighs. “If I

can’t sing it, why am I doing it?”

This striving for as-close-to-perfect-as-possible pushes him to work through every moment, and he hopes that it’ll get him through law school next. While life may kick in, and he may not have a university group to sing with when he goes to grad school, he will continue on with his craft. “This is the last thing that’s planned out for you in life,” he says. “This is going to sound so cheesy, but you can’t give up your passion.”

*Koh is a member of the Class of 2024.*



COURTESY OF DAVID JIN

## ‘My Messy Mind’ Has A Personality of Its Own

By Allie Tay  
MANAGING EDITOR

I love both video games and hIf you’re looking for a new obsession, look no further. For all your whimsical daydreaming or late-night reminiscing, Ivoris has you covered.

It all started when a friend of mine shared “I Wish My Mind Would Shut Up.” Now, I’m usually the one who sends song recs to everyone within an Apple-Music-radius (Spotify users, don’t attack me), so receiving one seemed pretty noteworthy for a mostly one-way musical exchange. It was 1 a.m., I couldn’t fall asleep, and my mind was backflipping to all the conversations I had earlier that day. So against all scientific advice that says you absolutely should not use any electronic device within two hours of bedtime, I whipped out my phone, scrolled through my Messages history, and hit play, wishing for my mind to, indeed, shut up.

**‘Now, I’m usually the one who sends song recs to everyone within an Apple-Music-radius, so receiving one seemed pretty noteworthy for a mostly one-way musical exchange.’**

It was a fluffy song, and I immediately loved it. Better yet, it worked — I did eventually fall asleep. Perhaps it was the sheer relatability of

the lines “Yeah I’m Rapunzel stuck inside my head/No peace in my mind/It goes on and on/Wish I could turn it off and it would shut up,” or the light strum that makes you feel like you’re wandering into a fairytale of dreams, but I was hooked.

Then, for the next week or so, I forgot about it. I’m the type of person who spams the repeat button on certain songs until they get old and then proceed into my next musical era (which proves oddly useful in organizing my life into distinct epochs). At the time, I was in my Fiji Blue phase. But then when the same friend proceeded to send me “Tobias” by Ivoris last week, coincidentally around the time my current phase was wearing out, I traded sad-boy-chill-house vibes for what I’ll dub sweet-girl-sweet-life beats and took a dive down the rabbit hole that is Ivoris.

What began as an innocuous first listen for your average insomniac developed into the soundtrack to my life. Suddenly, her album “My Messy Mind,” in which both “I Wish My Mind Would Shut Up” and “Tobias” are included, was my background to everything: walks in between classes, gym sessions, and even managed to replace Taylor Swift’s “All Too Well (10 Minute Version)” that I use to time my showers. In my co-favorite track “Tobias,” Ivoris angelically sings about a naive love, a light pizzicato up against an R&B-type beat

that will make your heart swell. The chorus, “So, won’t you be my valentine?/I just wanna spend my time with you/It’s easy to romanticize/When you look as lovely as you do,” is as catchy as it is endearing. If you aren’t in love, this song will make you want to be.

The third track, a collaboration with fellow Australian r.em.edy called “Drive Thru,” is my other recent obsession. It’s a moodier alternative to the dreamy bedroom pop that encapsulates her other tracks, “Bedtime Angel,” “Fairybread & Old Cartoons,” and “Strawberry.” “No, I don’t want a drive-through love, love, love,” the chorus croons, featherlight floating over the heavier connotations the song alludes to — the mishaps with fast-burn romances that we are all too familiar with. A little mix of yearning, distress, and musing, it’s

the perfect tune for going in circles pondering your existential crises or a zesty addition to your shower playlist. With a personality of its own, this piece explores taking a chance with that no-strings-attached someone and falling in, no parachute: “Cause you’re about to let me fall/So what I got feels for you/And when you show love, I’mma follow suit/Now we closer, ‘bout to overshoot/Are you about to let me...?”

**‘It’s the perfect tune for going in circles pondering your existential crises or a zesty addition to your shower playlist.’**

Ivoris is splendid, Ivoris is superb, Ivoris is avant-garde. When asked what was her music’s larger purpose in an interview with Record

the Resonance, Ivoris replied, “Magnifying moments in time. Songs are like photographs to me,” explaining how she’d like to freeze a single moment in time and recreate its emotions in a song. “My Messy Mind” flawlessly embodies this in its enchanting blend of dreamy indie-pop and R&B storytelling. Her music screams for your attention, but in a natural “you know you’ll find yourself here” and not in a “LOOK AT ME” type of way. It’s different from the albums from my other eras, one that doesn’t play at the wild ups and downs but rather manifests the beauty found in the happy median — simple everyday love and everyday whims. It’s beautifully cinematic and timeless.

*Tay is a member of the Class of 2025.*



SUNAHRA TANVIR / OPINIONS EDITOR



# HUMOR

## Coffee! The All Natural Pick-Me-Up!

By Bryan Burke  
HUMOR EDITOR

I've heard of a zany new way of getting out of bed in the morning. To me, the thought of putting something lab-grown in my body, especially at such a young hour of the day, doesn't sit well with me. Doping, doing lines, shooting up, huffing fumes? I would never!

I am a proponent of an all-natural lifestyle. I only eat the freshest fruits and vegetables. Such as, for example, an ear of corn with 800 kernels distributed perfectly across 16 neat and tidy rows. Or perfectly round, plump, and flavorless tomatoes. I only drink the cleanest of water, made even cleaner by my boiling and filtering of it through the finest matrix of all natural fair trade organic ground and roasted coffee beans. This makes my medically-recommended eight gallons of water a day even more pure and healthy. The filtration process even enhances the water by adding only the finest of sulfates and sulfides.

After my morning fishtank of this magical concoction, I physically cannot stay in bed. This all-natural pick-me-up induces such energy to my very soul that I simply must go on my daily mile-long sprint, stopping only once the energy levels have sufficiently leveled off. Once I'm out into the real world, with nothing but the wind in my hair, it is impossible to waste the day away.

From there, I skip breakfast, as it is an unneeded inefficiency and my ultra-filtered water rendered my morning appetite a thing of the past. With the saved time, I can attempt to complete the problem sets from last night, which can only be done at the last second. Due tomorrow does in fact mean do tomorrow.

Classes begin. The

exhaustion attempts to seep into my very being. But it has no chance.

"And here's one I prepared earlier," I say a little too loud, as I take a mighty swig of my bean-filtered water. My nemesis, exhaustion, was thwarted once more.

***'Energized, I thoroughly ignore the professor and work on another assignment, due in mere hours.'***

With the much needed jolt, I am now able to not fall asleep during class. Energized, I thoroughly ignore the professor and work on another assignment, due in mere hours.

"What's more natural than FTOs and adrenaline?" I ask myself as I incoherently tear through an assignment. By the time classes are over, I am all tuckered out from my herculean tasks. God gives his toughest battles to his drowsiest of soldiers.

It is 4 p.m.. It is nap time. I don't have anything of significance to do until tomorrow. I do not set an alarm, only pass out on bed.

I awake in a pool of cold sweat. My blankets are in the next area code. It is dark out. My eyes lock with my forlorn bae (my phone which I forgot to charge). It reads "7:00." I have slept for three hours? But it's dark out? I squint through eyes encrusted with mistreated and dried out contacts. It is tomorrow and I have missed all of my classes. I slept for 27 hours and feel so very absolutely awful in every regard.

There's nothing healthier than java, I remind myself, as I sip the day-old cup of stale coffee from my desk, in an attempt to rendezvous with reality.

Burke is a member of  
the Class of 2025.

## Drugging Myself for Fun and Profit

By Lilli Tamm  
HUMOR EDITOR

Beep.

Beep.

Be-arrRGHH. FINE!  
Fine. I stare at the wall. It stares back.

I'm quitting. Now, applause! What, no praise? No loving support and offers of home-warmed canned chicken soup? When this guy I knew was trying to quit cigarettes, you could've sworn passing up on one tiny huff of cancer was the pinnacle of self-sacrifice and heroism. When you say "no one cares," what exactly do you mean?

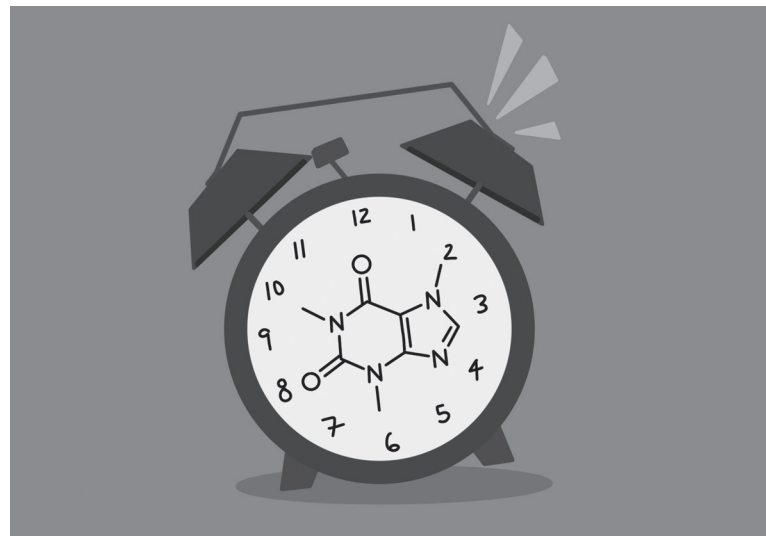
***'No loving support and offers of home-warmed canned chicken soup.'***

What am I quitting? While I did set off to forgo mornings altogether, I have since been set on the path to enlightenment (since the annihilation of a diurnal increment is supposedly "metaphysically" "impossible"). I'm not a quitter anymore: I'm a starter. And I'm starting right now. Drugs, that is.

On a technicality, I may or may not have unsupervised access to the teaching chem labs. I passed orgo with flying colors and I know enough about synthesizing meth to maybe not blind myself. Armed with a collector's edition of "Breaking Bad" and a degree of sleep deprivation that should've killed me long ago, I go to start cooking.

***'I was thrust into the waking world at 5 a.m. when trucks started doing mysterious truck things by the football field.'***

Day 1: I was brutally thrust into the waking world at 5 a.m. when trucks started doing mysterious truck things by the football field. It's nice to know that quiet hours only exist for students paying for room and board. The day trudges on with its usual innumerable small disappointments: Dougie running out of apple crisps just as you get there, the library being inexplicably crowded as folks gather to play solitaire in better lighting. In accordance with the instructions provided to me by my Good Friend the Nicotine Addict, every hour I seek out the



Bridget Tokiwa/ Senior Staff

nearest water fountain and choke down a chalky pill. It goes well. Colors do things. Did you know... that stuff is cool? Shapes are so there. Just like I need them to be.

Day 2: Mornings are still bad. Fortunately, after a quick sip and pill-pop, the repetition of my mundane existence can be turned into a game. Walk in a straight line up the stairs? Ten points! Take legible notes while some guy in cargo pants and a sweater issued by the Korean War drones on? Twenty! The world is humming. The world is my mouth.

***'I was thrust into the waking world at 5 a.m. when trucks started doing mysterious truck things by the football field.'***

At night-noon, which I think is 6 p.m. but also might just be a window obscured by a curtain, I skip one of my treats. I'm not amused. The weight of the world (editing the Campus Times' Humor section) weighs down on my shoulders (ill-equipped to bear loads). Faster than a dorm mouse, but not as fast as the Quad Fox, I scurry back to Hutch to put the hopefully brief window of my sobriety to good use. As a reward, I get really, really high.

***'I was thrust into the waking world at 5 a.m. when trucks started doing mysterious truck things by the football field.'***

Day 4: So when they told me mornings would get better, I think I assumed the drugs would carry me on their angelic wings and sweet embrace through the cold light of continuing to exist in this reality; they do not. The drugs cry out at a number on the clock I honestly had forgotten about and boy, do they want me.

Since I desire them as well, it's a deal! Against all predictions (tarot, courtesy of my friend's too-cool-for-her girlfriend; dream interpretation, courtesy of my mom) I cross the threshold of cursed grounds also known as the hallway before the Sun has even stretched its stupid little arms out. I would say the abject misery of overnight withdrawal was on par for an average Wednesday wake-up.

Day 7: Hhhhhhhnaha. Haha. Hn.

Day 8: "Mom, I think I'm not depressed anymore! Do you know that if you close your eyes you'll see your own death?"

Day 13: All's for the best in the best of worlds. A friend-shaped mound of purple blorb waves a concerned hand over my face but I am Sauce in the Lost. There are psychiatric professionals trying their darndest to recreate what I've got going on. CARE reports accumulate in my inbox. I look away and swallow more chalk. Nothing can hurt me if I can't feel it.

***'A friend-shaped mound of purple blorb waves a concerned hand over my face but I am Sauce in the Lost.'***

Day 14: I love mornings. I love mornings I love mornings. When the Sun is awake I am awake and we are both HUNGRY. He wants my blood and I want to disappear. It works out! A giant cartoon squirrel holding a severed head balloon informs me that my refrigerator is running, and also that I have been short-listed for a Nobel Prize in Medicine. The head says to press 2 for inpatient services. I hang up and go to the lab. My drug empire won't run itself.

Tamm is a member of  
the Class of 2025.



KEEP CALM  
AND  
STAY CAFFEINATED

JoyLu/ Illustrations Editor



# Love? In THIS Economy?

By Brianna Lindsey  
SENIOR STAFF

In a nation crumbling under economic pressure, political strife, and the imminent threat of global warming, there's clearly one issue that should take precedence above all others: my love life.

"Now, wait just a minute!" I hear you cry, but listen: there's only so much one can worry about the future of our planet when you've no one with whom to share that immeasurable dread.

Who am I supposed to stare longingly at from within my sulfur-filtering helmet? Or what about when humanity is adrift on a long-since-risen sea, and I have no one to commiserate with? Think about me, all alone in prison after getting arrested for protesting a 100% tax rate on an income over \$12.39! Who will bail me out? Who will be sitting next to me? Who is going to sneak into the security booth, and send a talking guinea pig with a key around their neck down the air ducts to chew through my handcuffs? I bet you didn't think about that, naysayers.

***'What's a girl to do when she has no one to do things of questionable legality with?'***

So, what's a single girl to do when she has no one to do things of questionable legality with? Download more mindless scrolling apps that claim to replicate

the feelings of physical introduction of course! That is to say: dating apps. On each of my profiles, I input the most riveting of information:

Age: 21

Occupation: Student

Status: Single and ready to mingle

Hobbies: Netflix, Adventures

Bio: If I swipe right on you, it's only for your dog. Hit me with your best dad joke

I am entirely confident that you have never seen anything like this before! I'm not going to go so far as to let it be known that I enjoy things, but I felt it necessary to distinguish myself from all those other plebs who do boring things like pottery or martial arts.

Bizarrely, though, I only matched with boring, simple minded people like Lucy, who has three cats, is pursuing a Master's in Environmental Sustainability, and spends her weekends summiting mountains. Like, what do you even do? Have you ever heard of real hobbies, like having breakdowns or impulse shopping?

The only remotely interesting profiles that popped up were those of identical twins UwU and OwO, although they may have been parodies, experts can't be sure.\*

Well, in order to find out if there were any more possible ways to find love, I enlisted the help of renowned relationship psychologist, Dr. Whosit Whatchmacallit.

Watchmacallit has spent decades in the field of love and relationships, even

going so far as having been rejected 359 times, stood up 87 times, and left at the altar 26 times! When I asked him what the best way to make genuine connections was, he had this to say:

"Young people these days have a tendency to avoid in-person social interactions. If I had to give a piece of advice to those under the age of 75, it would be this: talk to that cute girl in your psych class; she probably thinks you're cute too. Ask the sweet guy you always see in the corner at Starbucks if he'd like to share a frappe. I promise, you'll wish you would've."

***"Young people these days have a tendency to avoid in-person interactions."***

I had never heard anything more preposterous in my life, thanked him for the interview, and promptly posted a BeReal of my dog because I'm part of the movement against social media's grip on this generation.

Moral of the story: How to find love? No one knows. If you ever hear a whisper in your mind, telling you to talk to someone without a screen behind which to retreat, that's the devil and in this house we're all skeptics.

*Lindsey is a member of the class of 2024.*

\*Experts refers to the speaker, who is not an expert, and should never, under any circumstances, be believed about anything.

# Pep-less in Seattle



Bridget Tokiwa/ Senior Staff

By Rachel Caren  
STAFF WRITER

Glitz, glamor. Fortune. Fame.

Aside from the pleasantries of alliteration, stardom offers much where there should be little: emotional turmoil, money, power, a character arc for the ages, groupies, the adoration of a crowd of people you will never know by name.

But no matter who you are, or where you come from — once you have a taste of the high life, you'll never be the same.

So let me introduce you to the antithesis: pep band.

Just throw all that nice imagery right on out of your head. Yep. They don't pay me to help you visualize, nevermind paying me at all.

Color your world in blue and gold, and then kind of just run it through a paper shredder. Get a bunch of cool shirts and then leave them in a basement for like, fifteen years. That's not only the pep band spirit — that's also the pep band way.

Never advertised on the Campus Times and rarely acknowledged by anyone beyond drunk frat boys and those old guys who lament how much better the band used to be, this is a shameless plea by University of Rochester's very own Pep Band for new members. For all of you nerds out there, I would daresay that Gondor calls for aid.

Let me paint a prettier picture first. Let me tell you, in broad strokes, about antics, and comedy, and a bunch of strange, stripey clowns in weirdly-sized shirts. There's pizza sometimes, movie nights, and an exclusive fashion show kept under tight pants — wraps — but, there's also something that campus is quite frankly coming to lack. That's right: school spirit.

Among other things. Like affordable food. And housing. And good internet. And those Starbucks sandwiches that I really like, but everybody else just gets there before me, so they're always gone by the time I get out of work.

Anyways — school spirit.

We've never had it, and probably never really will,

but that's the one, true job of a pep band. To inspire the inspiration-less. To bring joy to a bunch of random people and their parents who showed up for a basketball game, and that kid that spills his Gatorade down your shirt.

In any case, this is a tried and true pledge to the little joys of pep band. The good times, the bad times, and all the rough-and-tough times between — they're here. They care a little bit, maybe, and they play.

They play for you. Specifically you.

There's no need for experience, or anything other than a willingness to sit down for a few hours and scream. Because, hey, that's the spirit alright — screaming, with wild abandon, for a sport you know next to nothing about.

Still, the heartfelt plea remains.

If greatness, achievement, or Ohio State's Best Damn Band In The Land tickles your fancy, ditch those high hopes for rugby and a worn-out kazoo. The pep band takes one, and the pep band takes all — as the GIM bills, no experience required! Literally. None.

***'There's no need for experience, or anything other than a willingness to sit down for a few hours and scream.'***

Consider them a beacon of hope in the dark, if your interpretation of 'beacon of hope' amounts to some people making funny noises at each other in the Hale room for two hours.

Swing by for some swing, a half-hearted attempt at whatever our school song is supposed to be, or more importantly, the pep band specialty: Stacy's Mom, if she still had it going on after a double hip replacement, two lawsuits, and six decades of cigarettes.

Or, hey, come for a good laugh. Come to butcher every note.

They're here for a good time, not a long one — and sometimes, there's even coconuts.

*Caren is a member of the class of 2024.*

# Puddle-Palooza!

By Alice Guzi  
SOCIAL MEDIA EDITOR

Don't have the money to go to a water park? Don't worry, just step outside and onto campus! The splash park that awaits you is one near impossible to beat. You may think that a place with almost constant precipitation should have a good draining system, right? Wrong. After six months on campus, I have determined that Rochester is prone to puddles.

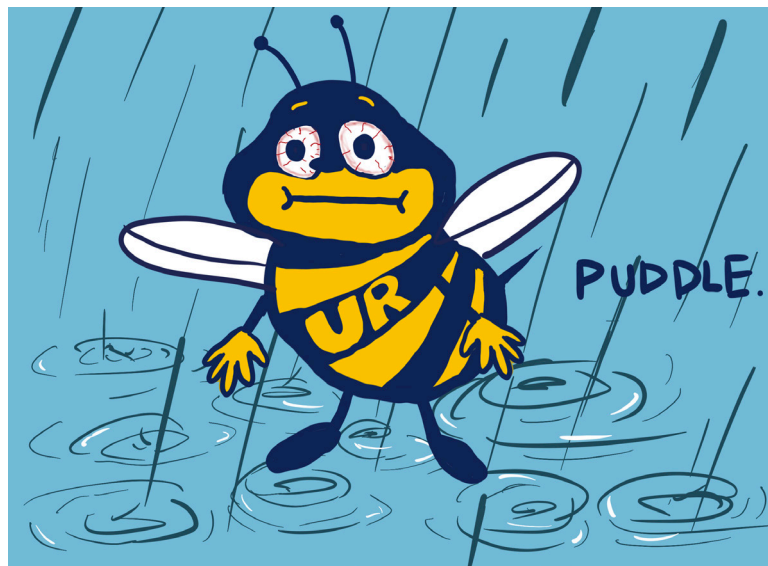
Going to school in Rochester means you prepare yourself for the clouds and winter weather. Nobody warned me, however, that I would be living with chronically-soaked socks. Some puddles are visible, like those on the steps of Dougie (how the fuck are there puddles on stairs? I don't know), but others, to my chagrin, are hidden. I cannot tell you

how many times I've been sneak-attacked by a puddle on my treks across campus. A puddle. Just a few weeks ago, I was assaulted by a sneaky puddle outside the GAC in my cros. My poor socks were soaked.

I can deal with the snow and ice here, but I've drawn the line at puddles. I have learned that the line between

me becoming a feral raccoon and staying an academic weapon is just about the size of a tiny puddle. I'm afraid of the puddle-palooza that awaits us once spring arrives. Soon, I fear that campus will become one giant puddle, and maybe one day become part of the Genesee.

*Guzi is a member of the class of 2026.*



JoyLu/ Illustrations Editor



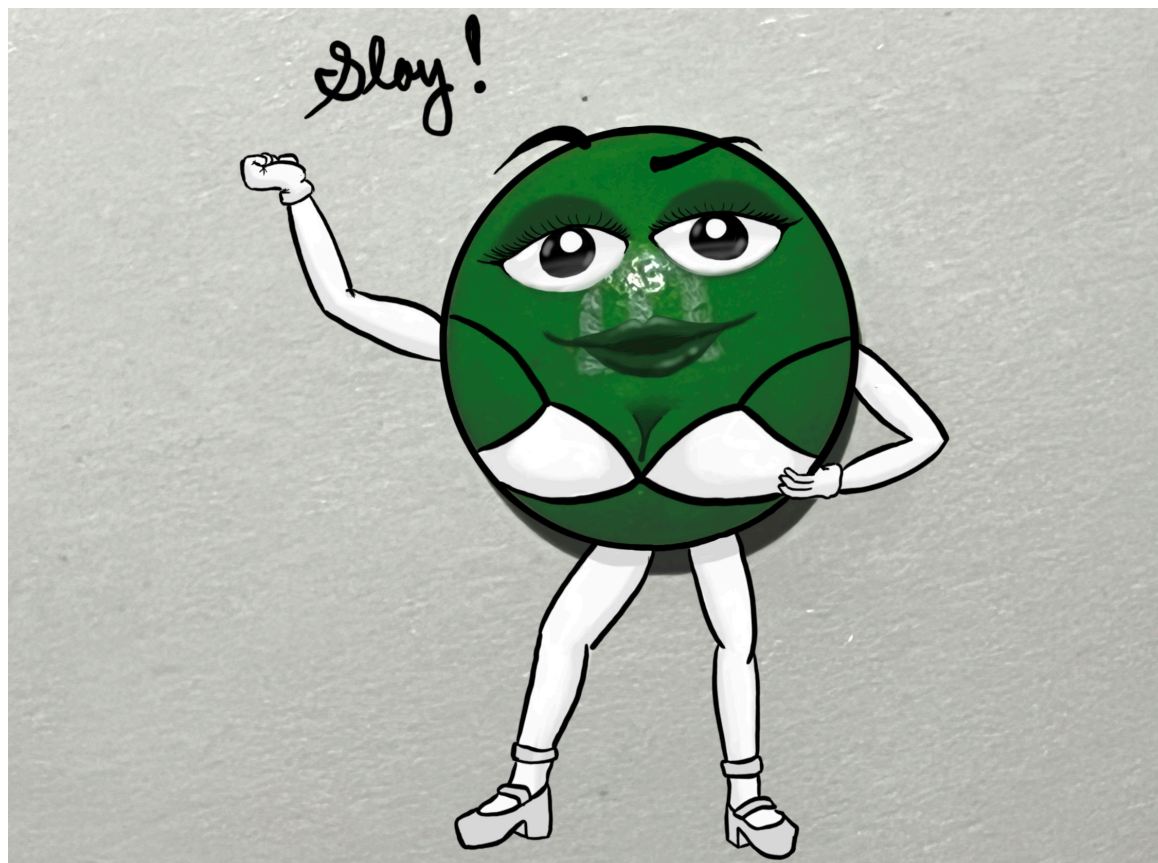
# Hot Single Mascots In Your Area NOW

By Alyssa Koh  
EDITOR-IN-CHIEF

Mars Wrigley, manufacturer of M&Ms (and the younger brother of the baseball field) has officially pulled their titular mascots from promotional material for the indefinite future. If you're just as sad as Tucker Carlson about the spokescandies' swift departure, you can do one of two things: post hateful comments about fictional candy-coated characters on Twitter Dot Com, or just go on DeviantArt.

For you second choice-choosing sad-sack sickos, here are some of the best characters to fantasize about now that you'll be bereft of beholding the buxom, sensibly-footwearing Ms. Sneakered Green M&M in the next Super Bowl ad section:

**Chester the Cheetah (from Cheetos).** Who doesn't love a cool cat? Whether he's flamin' hot or icy cold, he's got a swagger that can't be beat. Those



JOYLU / ILLUSTRATIONS EDITOR

sunglasses of his might not be the only thing coming off.

**The Quaker (from Quaker Oats).** Come on, he DEFINITELY would have supported a fast-manumission of slaves

than the New York State law passed in 1799. Emancipate me from my clothes, savory thing.

**Lucky the Leprechaun (from Lucky Charms).** Number one: short king. Number two: some peo-

ple definitely have a thing for the Irish accent, right? Number three: you don't know what he'll do with that scarf. However, most of all, the innuendo of "it's magically delicious?" Cannot be beat. I'd eat those

tasty red balloons any time.

**The guys from the Reese's Puffs rap.** Not only is a threesome something new and funky and fresh, but you could bump the Misery x CPR x Reese's Puffs mashup while you bump uglies. When they combine, they make the morning time epic.

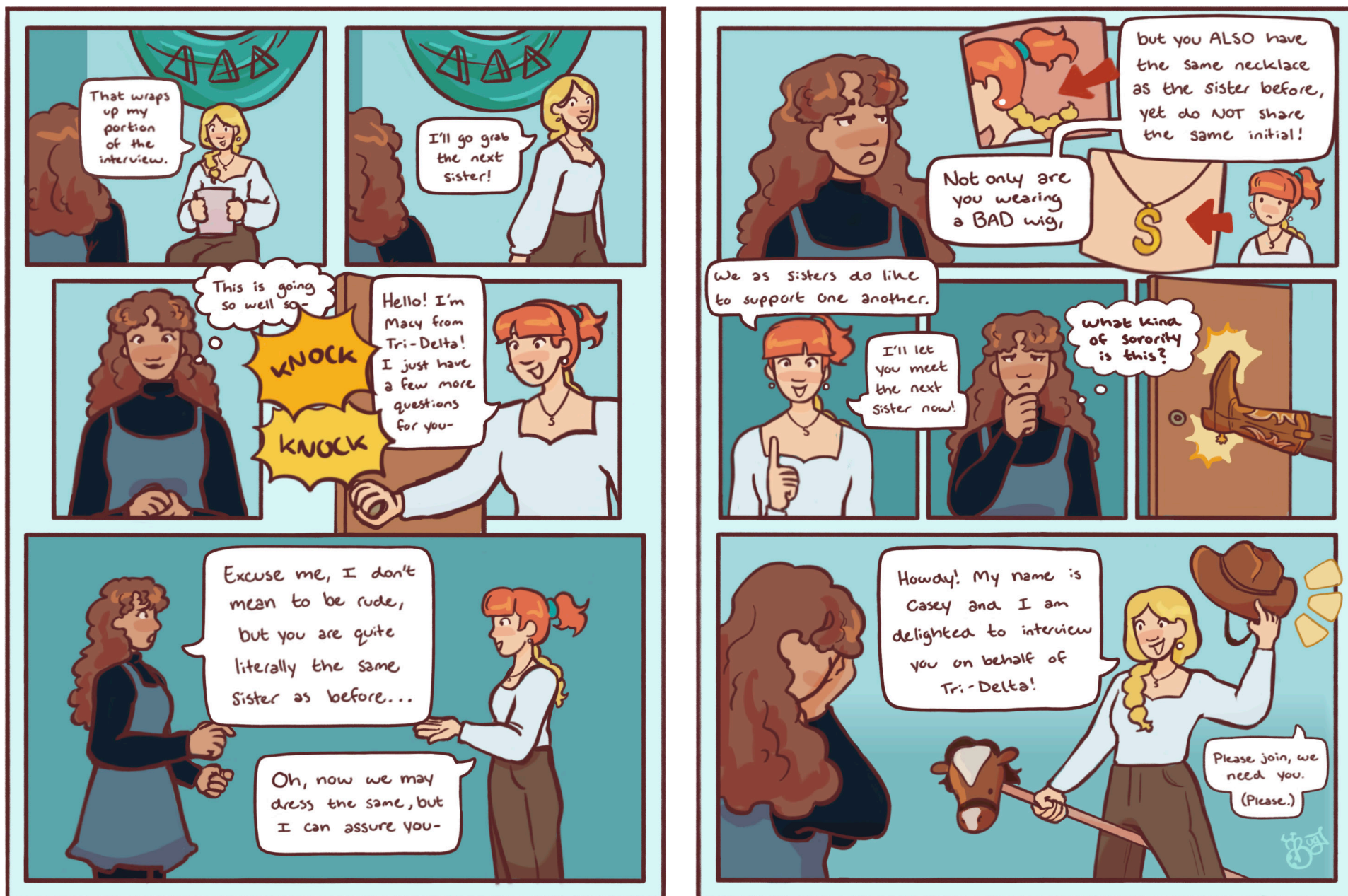
**Tony the Tiger (from Frosted Flakes).** We already have a big cat on here, but why not have an even bigger cat? Of the two, Tony's the bear and Chester's the twink (non-derogatory, and quite enthusiastically, in fact). Different kitties for different tastes — quite literally.

**Maya Rudolph.** She's not a cartoon character, sure, but she's replacing the spokescandies anyway. Why not just salivate over her exactly the way we did with these sweet treats? There's no way that's creepy to do to a real human person, right? Right?

*Koh is a member of the Class of 2024.*

## Sorority Shenanigans

By Bug Cartwright  
STAFF ILLUSTRATOR



Want to make fun drawings like these?  
Contact our illustrations editors!

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