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Updates on Alumni-Funded Religious Centers



MICAH BETTENHAUSEN / PHOTO EDITOR

By Sarah Woodams
PUBLISHER

Three weeks ago at the Students' Association meeting, juniors' President Adrija Bhattacharjee and Vice President Sybilla Moore shared updates from their meeting with Dean of The College Jeffrey Runner, one of which caused quite a stir in the campus community: the construction of the Greenbaum Center for Jewish Life and the Catholic Newman Center Building.

This announcement led to many questions from the student body, many of whom had no prior knowledge of the projects. Why is this happening? Who is paying for these buildings? Why doesn't the Interfaith Chapel get expand-

ed? Why these locations? What has the student input been like?

The CT sat down with Reverend Dr. C Denise Yarbrough, Director of Religious

'The Interfaith Chapel was built back in 1970 with the three main faith groups on campus in mind: Catholicism, Protestantism, and Judaism.'

and Spiritual Life at the Interfaith Chapel; Reverend Brian Cool, leader of the Catholic Newman Community; Joy Getnick, Executive Director of Hillel; along with Dean Runner and Emily Cihon

Fehnel, Associate Dean for Student Affairs in the College and Deputy to the Dean of the College, to learn more about the projects.

The Interfaith Chapel was built back in 1970 with the three main faith groups on campus in mind: Catholicism, Protestantism, and Judaism. Yarbrough pointed out that when she first arrived about 10 years ago, the Interfaith Chapel still had its original wooden pews but she pushed to get the sanctuary redone to remove the pews and add in moveable chairs, making it more inclusive for the growing Muslim, Hindu, and Buddhist communities. However, in the past few years, this growth has become a bigger challenge when trying to reserve spaces for important re-

ligious events and having access to adequate office space for the religious staff.

The seemingly obvious solution would be to expand the Chapel. However, that is not as easy as it sounds.

'While the University will technically own the buildings by providing the land on which they're built, it will not provide any monetary funding nor provide for the projects' upkeep.'

When it was originally built, the University bought the land from the City of Rochester. Now the land surrounding the Chapel is protected parkland and would need a vote in the New York State Legislature to approve the purchase, making it incredibly difficult. The actual building site also proved to be too expensive, according to Dean Runner who had previously asked people in UR Facilities to investigate the potential of an addition. During this time, Newman and Hillel had been receiving alumni donations for the purpose of building separate buildings for their communities. Yarbrough commented, "Newman and Hillel both started talking about having donors interested in creating buildings for them. On the one hand, I hate to see them move out of the building, because I like having everybody together. On the other hand, we are really crunched for space. And

they're the two biggest groups here." This sentiment was echoed by Getnick, who said, "We are trying our best to better share space and uplift all communities. If we don't move out, everyone loses."

All of the money for these buildings have come from alumni funding, with alum David Greenbaum ('73) and his wife Laureine pledging \$2.5 million to establish the Greenbaum Center for Jewish Life. While the Catholic Newman Center Building is further along in their fundraising efforts, the naming rights are still up for grabs. While the University will technically own the buildings by providing the land on which they're built, it will not provide any monetary funding nor provide for the projects' upkeep. The Greenbaum Center will be located behind the Psi Upsilon house and next to Sigma Phi Epsilon, facing Wilson Boulevard, while the Catholic Newman Center will be also closeby, behind Tiernan Hall. Runner explained that these were some of the only spots on River Campus that were identified as still available for development. In response, many students have brought up the concern about limited on-campus housing, to which Runner replied, "[E]ven if we were to use those spaces for housing, it really wouldn't offset much of our housing issue. I think the need for housing is going to be pointing towards building another building somewhere like an actual, you know, Genesee Hall."

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Student Groups Face Difficulties With Building Reservations

By Natalie Opdahl
STAFF WRITER

The student-run drama group The Opposite of People (TOOP) was told in late November that there was a shortage of performing space on campus, according to Financial Officer and Director junior Evan Changar.

Wilson Commons Student Activities (WCSA) promised to look around and get back to the group before the first day of classes of the spring semester, however when TOOP had

not heard anything back by Jan. 11, its members emailed staff and were informed that it was not possible for them to put on a show this semester.

'[TOOP's] members emailed staff and were informed that it was not possible for them to put on a show this semester.'

The 15 year-old drama club, which according to its CCC homepage has put on at least

one play every semester since 2008, was unable to put on a show for Spring 2023 due to a lack of space — and they're not alone.

"We weren't the only ones who did not get in this spring," Changar said. "There was a lot of dance groups as well."

Canceled performances are not the only issues that student groups have faced. One common issue this semester has been that of groups using the space that other groups had reserved.

Associate Director of Student Life Kenneth Beck said that this may be caused by problems with communication between student groups and WCSA. These problems lead to the impression that campus spaces are over-booked.

At the beginning of the pandemic, WCSA implemented a policy requiring student groups to list every activity on CCC. Beck said that it had put a lot of work on both students and staff, and so over winter break WCSA implemented a

new policy removing that requirement.

EMS, the University's scheduling portal, does not allow spaces to have more than one reservation at any given time, according to Beck. If an organization tries to reserve a space that is already reserved by another group, EMS lists that date for that organization as "WC - Sorting". The label indicates that WCSA is looking for another space for the organization to use.

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HENRY LITSKY / PHOTO EDITOR

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Beck said that groups may not realize that the space is taken, and assume that they can use the space. This leads to the impression that spaces are double-booked when they are not.

“This has been one of the hardest semesters so far to fit in all of the major events and performances.”

In addition, Beck pointed instead to an overall increase in student organizations requesting reservations as a cause of the problems with reservations.

“This has been one of the hardest semesters so far to fit in all of the major events and performances,” he said in an email. “There are several nights a week where every rehearsal space on campus is booked.”

The Department of Dance and Movement is one department that demonstrates this growth. Director Missy Pfol Smith said in an email that the Department, excluding student organizations, has 16 groups this semester. 15 of these groups rehearse twice a week, and the other rehearses once a week. In total this sums to more than 30 rehearsals per week with more than 30 hours of reservations.

“This is a larger than normal group [...] so we are bursting at the seams for space, just like the SA student groups are,” Smith said.

One of the student groups that has run into issues with reservations is the Ballet Performance Group (BPG).

Junior Glory Linebach, Vice President of the Ballet Performance Group (BPG), said that the new policy might be part of the problem with reservations.

Linebach and Senior and President of BPG Madie Esposito said in an interview with the Campus

Times that there have been more problems this semester than in previous semesters.

BPG’s most common problem is the impression of overbooking, according to Esposito. She said that other departments often think that they have the space that BPG has reserved.

Linebach agreed. When this happens, she grabs the PDF of the reservation confirmation provided by WCSA, and contacts BPG’s advisor at WCSA. They then confirm BPG’s reservation, and the conflict is resolved.

Esposito and Linebach both expressed gratitude that BPG has not experienced issues as serious as some other groups have.

‘She said that other departments often think that they have the space that BPG has reserved.’

“It’s been wicked scary to, like, watch it all happen,” Esposito said. “These shows and these events that we put on are so important to us.”

Opdahl is a member of the Class of 2026.

RELIGION FROM PAGE 1

The buildings themselves, while religious in nature, are planning to offer the opportunity for other groups (religious or not) to reserve certain areas, such as a conference room in the Greenbaum Center. Hillel and Newman will host many of their events in their respective buildings, but will still remain involved in Interfaith life.

‘There is inherent privilege in these fundraising efforts: groups that have a larger and wealthier alumni base will be more successful.’

One of the questions raised by the Students’ Association and the CT was how much student involvement has there been on these projects? According to Dean Runner, there was a meeting about two years ago about the development plans for the buildings that included Students’ Association representatives. “It’s still two years ago. So you know, people who are first or second-year students aren’t going to be familiar with this. But this was still within the lifecycle of juniors and seniors.... This project [...] might have been shared locally at that time but it obviously didn’t get into people’s general awareness, because now people are sort of surprised because they don’t feel that they’ve understood.” He followed up, adding, “I mean, we could have done a better job. We should start talking about this again, because, you know, we’re getting closer [to breaking ground].”

There is inherent privilege in these fundraising efforts: groups that have a larger

and wealthier alumni base will be more successful. Other groups that, while popular with current students, may not have been around long enough to have a substantial alumni pool to fundraise from are left behind. Junior Hannah Witkin, Students’ Association Secretary for Community Engagement and a Program Advisor at the Burgett Intercultural Center, shared her frustrations on Instagram, stating in a story post, “Prioritizing the use of our limited land for religious structures funded by wealthy alumni says a lot about the values of this institution. It sends a clear message to students of other faiths who don’t have a long history of rich alumni that they will always be relegated to ‘other.’” This sentiment was echoed by Bhattacharjee, who has spoken with a variety of religious groups such as the Muslim Students’ Association and Hindu Students’ Association who have voiced concerns that they will feel “othered” by not having a dedicated space unlike the Jewish and Catholic students and may be uncomfortable using spaces in such explicitly religious buildings that are not their own. Religious life on campus is entirely funded through outside sources, with people such as Getnick being employed through an independent 501(c)(3) nonprofit. Many of the smaller groups rely on part-time workers, while groups such as Hillel and Newman can afford to have multiple full-time staffers. According to Reverend Cool, the Advisor to Muslim Students at the Chapel — Zeynab Abdullaeva — has started working with Advancement and sent out a newsletter to try and tap into the Muslim alumni to see if she could raise some

funds. However, he noted, “I think there’s going to be a long learning curve for these communities.”

‘It’s unlikely that either of them will break ground for at least another year, if not more.’

When asked about bringing all of the 11 groups that now use the Chapel together to discuss potential new renovations, Yarbrough responded, “Oh, sure. I mean, I have every intention of doing that. I haven’t jumped on it yet, because my experience of the construction of buildings is that it takes way longer than anybody thinks it’s going to take. So I’m not anxious to start having all those conversations until there’s at least a shovel in the ground for one of these communities.”

As for the timeline of these projects, it’s unlikely that either of them will break ground for at least another year, if not more. Runner and Cool separately explained that the University requires all of the money required for the buildings to be provided up front. In the case of the Catholic Newman Center, that means \$7.4 million. Neither Hillel nor Newman currently have the funds to break ground. The University prefers to start any building projects immediately following Commencement to get them as covered as possible by the fall before the colder and wetter weather hits. Runner noted, “We’re still very much in the fundraising phase for both buildings.”

Woodams is a member of the Class of 2024 (T5).

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Major miscommunications with UR Student's academic progress tool

By Rachel Caren
STAFF WRITER

Ongoing issues with UR Student/Workday, the University's core student administration system, pose threats to students' graduation.

The University describes UR Student as a comprehensive system that supports "the processes associated with a student's progression from admission through graduation."

These processes, which include student records, registration, grading, advising, and financial aid, are ingrained into Workday's interface, with information on each accessible through a variety of on-site menus.

Currently, the University relies heavily on UR Student's academic progress tool to inform graduation candidacy. The tool tracks a student's majors, minors, and clusters, as well as the completion of their courses.

For many students, however, this system leaves much to be desired.

Following reports of seniors allegedly struggling to graduate due to issues with the tool, the Campus Times reached out to senior Alex Fegler for comment.

Fegler has been "figuring out how to troubleshoot degree audit issues for seniors" in the face of her own struggle with the tool.

"I've been speaking with seniors about issues they're facing," she said. "Mainly, seniors who submitted for graduation have received emails saying they are not on track to graduate when they actually are, which has been concerning for several people."

For seniors experiencing symptoms of the issues — chiefly, their requirements being billed as "In Progress" despite being completed — Fegler suggests that they reach out to their department advisor or to the peer academic advisors to manually fix the inaccuracies.

Fegler mentioned that she has yet to receive an official response from the Office of the Registrar regarding how seniors should plan to address these issues.

"As someone who is currently undergoing a degree audit, it feels like I'm being sent on a wild goose chase, because none of the informational links about Degree Audits or URStudent they provided are helpful in the slightest," she said. "[Administration] seems to acknowledge that students have to put in extra manual work to overcome their own system's issues and has no plans to help students out with this process."

Once she receives more official information from the Registrar's Office, Fegler plans to send an email to the Arts, Sciences, and Engineering Class of 2023 regarding degree audits, academic progress tool troubleshooting, and other graduation

information.

Until then, the academic progress tool remains symptomatic evidence of a larger, University-wide issue — miscommunication, according to sophomore Daniel Pyskaty, a Students' Association Senator and Academic Affairs Committee Chair.

Pyskaty recently attended a meeting with University Registrar Tina Sturgis and Director of Academic Information Systems Charles DeSouza, hoping to address the issues facing students with the academic progress tool.

Although the academic progress tool is evidently inaccurate for a number of students, there is no firm definition of what the underlying problems with the tool are. Rather, the inaccuracies are caused by major miscommunications between academic departments and the Registrar's Office.

"I would say that people know that there are small problems everywhere between what the departments are assuming and what the registrar is assuming," Pyskaty said.

Broadly, major requirements are assembled by the departments, but must meet the state guidelines for the given accredited major. The Registrar's Office ensures that students meet the guideline requirements, as well as the requirements communicated from the relevant departments.

To address the division between the Office of the Registrar and the departments, Pyskaty said, the Registrar is preparing a "business process redesign." The Registrar's Office and the departments will put together a document with alleged requirements, and then correct or change those requirements as needed to reflect reality, he said.

The Campus Times reached out to University Registrar Tina Sturgis for comments on the ongoing issues, and for clarification on planned resolutions.

"As curricular requirements and changes are approved in an academic program, we are working to improve the communication between the academic units, the Dean's office, and the Office of the Registrar to ensure that the academic progress tool is updated to accurately reflect approved changes," she said. "It is our intention to use this strategy to continually improve the accuracy of the tool. Improvements are continuous and will be ongoing. There is not a firm deadline."

Seniors affected by these issues are encouraged to contact their department advisor, or a peer academic advisor. In-person assistance is available in the Registrar's office in Lattimore 127.

Caren is a member of the Class of 2024.

RICE Crew dances across borders

By Allie Tay
MANAGING EDITOR

If there's any place to enjoy EXO's Love Shot on repeat, Shape of You remixes, or to people-watch (K-pop edition), look no further than a RICE Crew practice.

Sporting athleisure ranging from white cargo pants to parachute joggers and flared denim over white sneakers, members of the performance group congregate twice a week to rehearse the most popular soundtracks in the western urban and K-pop scene. The atmosphere is neither formal nor intimidating — even though the dance crew's home resides in the familiar Leibner-Cooper room just off the entrance of the GAC, it almost feels like you've stepped into a parallel dimension, one where mistakes are traded for laughter and friendships are forged over mutual blood, sweat, and tears.

RICE Crew seeks to integrate Asian and Asian American cultures through the art of dance. Their song selection is comprised mostly of K-pop and is catered to what they think members will enjoy, although they are currently diversifying their covered genres with a shift into urban pop. The group's YouTube channel, which features recent covers of "BTBT" and Seventeen's "HOME;RUN", has over 5,000 subscribers, with their most popular cover of BLACKPINK's "Forever Young" from four years ago at almost half a million views.

'It almost feels like you've stepped into a parallel dimension, one where mistakes are traded for laughter and friendships are forged over mutual blood, sweat, and tears.'

It's almost rare to encounter someone on campus who hasn't at least heard of RICE Crew. Their prominent presence on campus, rejuvenated with each cultural performance and their highly-anticipated annual spring showcase, has a large fanbase extending beyond the

Rochester community to include viewers from around the world. Acclaimed for their legendary charismatic concerts they're known to deliver, RICE Crew has certainly made a name for itself home on campus — and the drastic uptick in recruitment was only the first of these reverberations. According to the Executive Board (eboard), coming into this school year, membership essentially tripled overnight — and the challenges of navigating larger practices, selecting dancers for showcases, and figuring out how to communicate effectively between management and members was a steep learning curve.

'The group's YouTube channel [...] has over 5,000 subscribers, with their most popular cover of BLACKPINK's "Forever Young" from four years ago at almost a half a million views.'

"The challenges we face this year — it's not like something we can ask previous eboard for advice for because it's not something any previous RICE Crew year has experienced," Publicity Chair and Media Art Director Helena Peng, a sophomore, said. "It's also the struggle of making sure every member feels seen and feels heard, and is enjoying the experience — even though you can't cater to every member personally because there are so many."

'Coming into this school year, membership essentially tripled overnight.'

Sophomore Gideon Oh, RICE Crew's Social Chair, echoed this sentiment. Due to the sheer size of the organization, it's guaranteed that there will be outliers opposing the eboard's decisions. Communication between different leadership groups, from eboard to teachers to general members, is key, Peng and Oh both noted.

Perhaps the members' favorite part about RICE Crew is

the welcoming, inclusive atmosphere. Upon entering the rehearsal space, it's a low-stakes platform to try out things or meticulously refine choreographies, new and experienced dancers alike. In front of the wall-to-wall mirror, Oh leads about 20 members through the choreography for "Love Shot." 20 pairs of shoes hit the ground, legs twist, feet shuffle, heads jerk back in synchrony. Between run-throughs, the members mingle amongst each other, exchanging jokes before rushing back to their positions as Oh provides guidance. There's an undercurrent of serenity amongst the raw vigor, an unmistakable aura of pride in the air in being able to coordinate 20 people from all different backgrounds with non-judgmental humility.

'It's a low-stakes platform to try out things or meticulously refine choreographies, new and experienced dancers alike.'

In the end, RICE Crew is more about cultivating a safe space for dancers regardless of expertise. It's never a competition, and as they wrap up rehearsal by filming subgroups performing the chorus, the members cheer encouragingly after each group of five leaves the main floor. "Maybe they'll be messing up moves or they don't have the best technique, but that can be fixed later. From the beginning if they're able to just enjoy themselves, that stands out," sophomore Naomi Weiser, a teacher for the spring showcase, said.

The best part? "You don't have to know how to dance," Oh insisted. "A lot of people just come to just try it out. Even if you think you can't dance, there's no one who can't dance."

RICE Crew's upcoming showcase for the Asian American Student Union is scheduled for Saturday, Feb. 25 at 7 p.m. in the May Room.

Tay is a member of the Class of 2025.



Less Intensive AME Major Proposal

By Emmely Eli Texcucano
STAFF WRITER

Within the Hajim School of Engineering and Applied Sciences, the University offers an intensive program for a Bachelor of Science in Audio and Music Engineering (AME) consisting of 130 credits focusing on the technical aspects of music and audio production.

On Jan. 24, a new major proposal was submitted to the College Curriculum Committee introducing a Bachelor of Arts in Audio Arts and Technology within the Department of Electrical and Computer Engineering and Audio and Music Engineering program. The course proposal describes the major as targeted toward students “motivated to study the applied and artistic aspects of audio and sound without deeply going into the technical and engineering aspects of audio.”

First-year and Senator Kenneth MacInTyre-Beiter, during the recent Students’ Association meeting, described it as a major that is “meant to be an easier and less intensive form of Audio and Music Engineering,” which is attributed to the major consisting of less technical courses — in direct comparison to the current AME major, which places focus on a strong mathematical and engineering foundation.

This major would include 14 required courses, amounting to about 56 credit hours — less than half of the 130 credit hours required for the existing program for a B.S. in Audio and Music Engineering. In contrast with the current program where over half of required credits are dedicated to the major in basic science, mathematics, and engineering courses, the new proposal calls for a shift in focus towards the more creative aspect of AME.

‘The course proposal describes the major as targeted toward students “motivated to study the applied and artistic aspects of audio and sound without deeply going into the technical and engineering aspects of audio.”’

Of the 10 undergraduate majors offered at the Hajim School of Engineering and Applied Sciences, the

Audio and Music Engineering Program had the fourth lowest number of degrees granted in the 2021-2022 school year. Only 17 students were granted the degree, and only 57 students were enrolled in the

department at the time.

The rationale for the major includes attracting more students to the University wanting to study audio and sound from a creative perspective, as well as attempting to expand the currently existing AME program.

The lower credits to complete the major are meant to encourage students to complete the degree and get a dual degree. The proposal advertises related disciplines in “which sound, speech, music, and people’s interaction with sound plays an important role.” This includes promoting dual Business, Digital Media Studies, and Linguistics degrees. The current B.S. in Audio and Music Engineering offers no time to complete a dual degree due to the number of credits necessary for the program.

‘This major would include 14 required courses, amounting to about 56 credit hours - less than half the 130 required for the existing program.’

At the moment the only other options include a B.A. in Engineering Science with a program focus on Audio and Music Engineering or a minor track in Audio and Music Engineering consisting of 18 to 20 credits. There are 5 minor tracks to choose from and a related cluster that fulfills the Natural Sciences and Engineering area of the Rochester Curriculum.

The Audio and Music Engineering Program Chair, Mark F. Bocko, has approved the proposal. The vote to approve the major was pushed back until it was decided if the major would fulfill the necessary requirements for a Bachelor of Arts considering most of the courses are from the already existing Audio and Music Engineering program.

The only new course introduced would be exclusive to this new major, AME 385: Capstone Project for AAT Majors.

The major would allow the transition of students with already declared majors into the new program. There would only be two pre-requisite courses that are already included in the major.

The proposed start date of the program, if successfully voted on, would be the upcoming Fall 2023 semester.

Texcucano is a member of the Class of 2025.

The Cultural Night Celebrates Diversity of Students on Campus

By Ksenia Gevorkova
NEWS EDITOR

On Feb. 17, the International Students’ Association (ISA) held an event called The Cultural Night in Upper Strong. The performers included No Jackets Required, UR Celtic, Lalita, Jashan, Rit, and Isabelle, TOOP, Trebellious, Persian Student Association, Aparajeeta Majumder, S.A.L.S.E.R.O.S., Rochester Rangoli, Ma’Frisah, the Midnight Ramblers, and Rochester Bhangra.

One of the performers, senior Aparajeeta Majumder, said, “Cultural Night is important because it promotes cultural awareness and understanding, preserves and celebrates cultural heritage, fosters a sense of community and belonging, and provides a platform for artistic expression and creativity.”

UR is a diverse university with many international students as well as students from various heritages and cultures. To honor this, ISA puts on events like the Cultural Night in order to give students an opportunity to express themselves and their diversity.

This directly resonates with Majumder as she began training in the form of an Indian classical dance called Bharatanatyam from a young

age and then that became an “integral part of [her] identity.” She said that “this art form not only allowed [her] to cultivate a deep connection with my cultural roots, but also gave [her] a sense of purpose and joy that has stayed with [her] to this day.”

She believes that The Cultural Night was the perfect platform to share her passion for Indian classical dance and to celebrate her culture. In addition, she was able to learn about other cultures and promote inclusivity and diversity.

‘ISA puts on events like the Cultural Night in order to give students an opportunity to express themselves and their diversity.’

“Cultural night can have a positive effect on a diverse student body in several ways. It can promote cultural awareness and appreciation, increase understanding and respect for different cultures and traditions, create a sense of belonging and inclusivity for students from different backgrounds, and provide opportunities for students to share and learn from one another’s cultural experiences,” said Majumder.

Sometimes, cultures can

get buried under the school curriculum — one solution for the danger of silencing various cultures of the student body is to provide students with a place to express themselves.

“As a performer, my favorite part of any event is being appreciated by the audience. It’s an incredible feeling when someone approaches you after a show and tells you how much they enjoyed your performance, and how it made them feel,” said Majumder.

The Cultural Night allows the student body to be able to experience a variety of different cultures other than their own and also present them in an entertaining yet informative manner. The attendance was fairly strong, and based on the positive chatter in the audience, the student body seemed to enjoy the performances.

“I would like to extend my gratitude to ISA and the University of Rochester for organizing the event and for always supporting the international community. I believe that events like this are important not only for fostering cultural understanding and appreciation, but also for bringing people together and creating a sense of unity and belonging,” said Majumder.

Gevorkova is a member of the Class of 2026.

The Narcan Fairy Comes to UR

By Talia Zucker
CONTRIBUTING WRITER

The Narcan Fairy has arrived at the River Campus! That’s the nickname of the educator leading the Opioid Overdose Prevention Training on Feb. 8. She got it from her colleagues and family, as she has a Narcan kit just about everywhere you can think of: in her house, in her car, in her desk, you name it.

Opioid overdose is the leading cause of accidental death in the United States, which makes it more deadly than falls and motor vehicle accidents. Most overdoses are accidental and happen at home, which is exactly where a Narcan kit can come in handy!

Narcan is the brand name for naloxone hydrochloride (HCl). It is an opioid antagonist, which means that once it enters the body, it competes with opioids to get into the opioid receptors. The Narcan brand has been around for fifty years, which means it has been thoroughly tested and is known to work very well in preventing overdose deaths.

Narcan kits are being added to every AED/CPR kit on campus, and trainings on how to use them are being offered to UR students. These trainings are a joint effort between the UHS

Health Promotions Office, the Department of Public Safety, the Center for Student Conflict Management, and Strong Recovery. Strong Recovery is a program within University of Rochester’s Strong Memorial Hospital that has medical personnel (from doctors, to registered nurses, to licensed counselors) that help patients recover from addiction and mental health issues.

‘Opioid overdose is the leading cause of accidental death in the U.S., which makes it more deadly than falls and motor vehicle accidents.’

What does an overdosing person normally look like? Common symptoms are unusual sleepiness, unresponsiveness, slow or absent breathing, slow heartbeat, low blood pressure, cold and clammy skin, tiny pupils, and blue nails and/or lips. Want to learn more about overdoses and how to stop them? Attend a training!

‘Narcan kits are being added to every AED/CPR kit on campus.’

Trainings are open to all students 18 years of age and older and they run for about an hour. You will be shown a slideshow with salient information about the national overdose epidemic, how to spot an overdose, and an explanation of Narcan kits and how to use them. Following this, there’s a quick Q-and-A for all your burning questions, and you get to walk away with a free Narcan kit of your own. Kits contain two 4 mg doses of naloxone hydrochloride nasal spray, and a disposable rescue breathing face shield.

‘Common symptoms are unusual sleepiness, unresponsiveness, slow or absent breathing, slow heartbeat, low blood pressure, cold and clammy skin, tiny pupils, and blue nails and/or lips.’

If you’re interested in attending a training, keep your eye out for events on CCC and for flyers around campus. For more information on the overdose epidemic and Narcan, please go to <https://www.narcan.com>.

Zucker is a member of the Class of 2026.

OPINIONS

EDITORIAL BOARD

Finding Joy Off Campus

By Editorial Board

Being within UR's campus can feel isolating at times. Sure, there's plenty to do here, and the events calendar on any given day could fill up your itinerary three times over, but it's hard to get out beyond campus if you don't know where to go or how to get there. Luckily, that's what your friends at the Editorial Board of the Campus Times are here for!

Some of us are Rochester natives, some of us have lived here for the past couple years, and others just went to Wegmans for the first time last week. However, our combined experiences may be similar to yours, and in the trying times of midterm season, it might be nice to check out one of these places as a reward for all your hard work.

Alyssa: The Rochester Museum and Science Center (RMSC)

If you went to the Strong Museum of Play's College Night last week, RMSC might be the next stop on your list of things to hit up. A short walk from the Red or Orange shuttle lines, the center specifically does programming catering towards many different demographics — while the exhibits might seem child-centric, there's a lot to learn, no matter who you are.

There's a whole exhibit about historical, racist, entertainment-based depictions of Black people that I found specifically striking when I went with a cohort of new students entering the University this spring. Waking up at 7 a.m. to be on the clock for an Orientation event didn't initially seem all that appealing, but the history and science that has built up Rochester's past, present, and future emblazoned across all these interactive sections made me feel like a star-eyed academic again.

In addition to RMSC itself, it also hosts the Strassenburgh Planetarium and the Cumming Nature Center, where you can tour the stars, go snowshoeing, and explore even more wonder that Rochester has to offer.

This month, RMSC is doing programming for Black History Month every weekend, including next weekend's Black Excellence in STEM stations.

Sunahra: Burger Bar @ Pittsford Wegmans

Being from Rochester, it's only natural that I am a part of the Wegmans cult. There is just something about entering a building knowing that every dollar I spend there will go straight into the pockets of Danny Wegmans. And my favorite Wegmans is the one in Pittsford Plaza. With one short Green Line trip, you can end up at one of the biggest Wegmans in the area. It has a huge selection of food and desserts and seemingly endless aisles to wander around. I find myself there often, even if I

don't need to buy anything, I just love it for its wanderability.

I also love it for hosting the Burger Bar, my favorite place for burgers in all of Rochester. The burgers there are juicy, meaty and priced fairly. They also have some of the best fries I have ever tried. I'm not a big fries person, but the garlic tuscan fries are a must have for anyone. But my favorite thing on the menu are their chocolate milkshakes, which they make with both chocolate ice cream and chocolate milk. Everything on the Burger Bar menu is amazing. It's hard to go wrong when choosing something to eat. So if you're sick of the Pit food (which you are), try hopping on the Green Line on Sunday to try out the Burger Bar.

Allie: Umai Revolving Sushi

The concept of sushi trains isn't new, but Umai Revolving Sushi is the first and only current conveyor belt sushi restaurant in Rochester. Just down the road from Wegmans and Trader Joe's, the charming location features a picturesque, modern-farmhouse style exterior with a stylish and clean seating area inside. On the conveyor belt wrapping around the restaurant, they offer your classic sushi rolls (on par with other places like Osaka Sushi in Rochester) to nigiri and sashimi all on aesthetic multi-colored plates — all very Instagrammable, if that's your thing. Even if you don't eat raw fish like me, there's plenty of cooked options as well — I'd definitely recommend the Umami and lobster sushi rolls (both cooked) as well as their delicious pork gyoza and inari sushi (sushi rice stuffed in deep-fried pockets, slightly sweet).

If you prefer a personal delivery, feel free to use their express train above the belt to directly order appetizers like tempura and takoyaki. There's also a server robot rolling around the restaurant if you'd like to order any drinks! And for their dessert selection, be sure to try their taiyaki, a Japanese fish-shaped crispy pastry stuffed with sweet red bean paired with ice cream and all drizzled with syrup. Their taiyaki and matcha ice cream are rich in flavor and are some of the best I've had.

Although on the pricier end, Umami is worth the experience if you've never visited a revolving sushi restaurant...

Read the full article online at campustimes.org.

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.

An Ode To My Relationship With My Mother



JOYLU ILLUSTRATIONS EDITOR

By Charlotte Hennessey
STAFF WRITER

Five-foot three, with light brown eyes and jet-black hair, my mom is my favorite hello and most difficult goodbye. For as long as I can remember, she has been my idol, gracefully modeling a dichotomy difficult to strike. While prosecuting in the courtroom, she is a force to be reckoned with—unflinching in her pursuit of justice for others. As a mother, friend, and woman, however, she unveils a softer side: Her actions exude sensitivity, optimism, and kindness unlike any other I have ever known.

As an only child, I never received the gift of a sibling with whom I could share laughs, secrets, or knowing glances from across a room. The older I've gotten, the more I have realized I never needed a sibling, anyway.

Back home, my mom and I

would wake, nosh on a quick breakfast together, and depart for Jersey City—she off to work and I to school. Regardless of frigid weather, gridlock traffic, or my anxious stomach ache prior to a day of exams, we always had fun. She would crack jokes and we would laugh; I would queue music and we'd sing along. With her infectious smile and confident attitude, my mom managed to turn every gloomy morning of mine into a better day.

Now that I am at Rochester, we are separated by nearly 400 miles of sloping highway. I no longer have the luxury of peeking out a classroom window and seeing her office building standing tall a mile away. Moving away from home was a major shift—and not just because of my new suburban digs, minimized food options, and much harsher winters.

When I am missing my mom especially, I recall the words she imparted upon me when I would cry as a young girl: A line from her favorite poem, by author e. e. cummings.

"I carry your heart with me, I carry it in my heart," she'd smile, wiping away my tears.

As I reflect upon that sentence, I can see that there is a piece of my mom with me wherever I go. Whether my toothy smile, the spitting image of hers; how I can't help but dance when Simon & Garfunkel plays; or my affinity for crossword puzzles. I like to think that every day, I grow to be a little bit more and more like her. I guess those 400 miles between the two of us don't feel so distant, after all.

Hennessey is a member of the Class of 2025.

Campus Times

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Why Are You In College?



ARIANALIM/ILLUSTRATIONS EDITOR

By Anand Idris
STAFF WRITER

I tutor for Upward Bound, a federally funded TRIO Program to help first-generation students get into and afford colleges that they otherwise couldn't attend. The government funds programs like this both to help these students and to promote diversity in an academic environment. Those are well-intentioned goals, but the income gap between economic classes has only gotten worse since the creation of these kinds of programs in the 1960's. Clearly, programs like these aren't solving the real issue at hand.

What if we're tackling the wrong issue here? We help these students get into college because we assume college will help you climb the economic ladder and a

diverse college environment further supplements learning. My tutoring job has led me to think about if asking how to get more students into college to help them economically might be the wrong question entirely. This is a strange question to ask in a university newspaper where, assumedly, we hope that we didn't waste our time and money by attending college. But it's always good to reaffirm the decisions we make in life. What if we don't need college at all? What if we do? Let's explore a bit.

To get this out of the way, you DO probably need some kind of concerted effort after high school to cut it in today's economy. The days of getting a good blue-collar job on the factory

floor or in coal mining like your grandfather (assuming they were a white man in America) are probably over. The numbers are clear: people who just have a high school diploma versus those with an Associate, some college, trade school, or further education fare much worse.

'My tutoring job has led me to think about if asking how to get more students into college to help them economically might be the wrong question entirely.'

However, a Bachelor's degree may not necessarily be the answer for everyone. There are plenty of people who don't really need or want to be engineers, but they chose mechanical engineering because of the high salary and they like working with cars. A lot of those people might have been just as happy learning to become a car mechanic without the stress of a mech e degree. There are people for whom being a doctor just suits them, and college, plus the extensive medical school and residency after, is just a necessary part of the process.

I grew up in an immigrant

household where going to college was seen as a necessity for me and my sister so that we did not end up in a paycheck-to-paycheck lifestyle the way that our parents are forced to. My sister has largely succeeded in this when she graduated with a degree in Computer Science and now works in a high-paying engineering job. And I discovered research while in undergrad. While I will be practically paycheck to paycheck during my Ph.D., the expectation is that I will also not have to worry too much about money afterward.

So, for people like my sister and I where we enjoyed a technical field and the money just happened to come afterward, college was probably "worth it." But there are still tons of people who come to college for all the wrong reasons. It's not that they can't handle the stress of a degree, but rather that their time might be better suited elsewhere.

'But there are still tons of people who come to college for all the wrong reasons.'

A final thought to leave you on: I mentioned before that our society is no longer one where many can get

a well-paying job out of college. However, that view that certain populist politicians have stewed anger with for the past few years was only really true for a small percentage of the population. Those days were never really experienced by those who were white men.

We are now in an economy where education is necessary, but a Bachelor's degree and beyond aren't necessarily the options for education. Universities were built for rich people to pass their riches onto their children, not to help people climb the economic ladder. College has historically and currently been pretty expensive — the return on investment in a university might not be worth it for everyone. The days you might have heard of being able to work a minimum wage job and afford your degree were really only true for one generation at a time where the U.S. was more economically dominant. Those days are over, and perhaps college should adapt with the times.

Idris is a member of the Class of 2023.

Don't Make Art Because You're An Artist; Make Art Because You're A Human

By Enana Jacob
STAFF WRITER

Art is a beautiful, daunting, terrifying thing. In a word, it's complicated. Sometimes it's just a category, a bin to hold painting, drawing, writing, music, or dance. But "art" can also be an achievement, a distinguished category, a medal of honor: this sandwich is so good it's art; this essay is pure art, this technique is an art. When someone questions whether a solid-colored canvas in a museum is art, they're not asking if it's a painting, a creative expression; they're asking if it's Art with a capital A; Art with distinction, Art with a meaning beyond paint on cloth.

It's easy to be afraid to make art for fear of not making Art with a capital A. I love to draw, but I often get frustrated and give up for months at a time because I can't be satisfied by what I create. I love music, but the disappointment of wrong notes and imperfect musicality makes me hesitate to sit at a piano or pick up my guitar. And I love to write, but when I'm afraid that I can't make an article

profound enough or a story meaningful enough, I shut my laptop, cursor still blinking on a blank white page. We hold ourselves back from expressing ourselves freely and for our own enjoyment, for fear of it not meaning enough, not doing enough, not being enough.

'We hold ourselves back from expressing ourselves freely and for our own enjoyment, for fear of it not meaning enough, not doing enough, not being enough.'

I hate that we do this. I hate that I can only see the holes and gaps in my art rather than all that I have created. I hate that I create nothing at all rather than risk creating something less than museum-worthy. Because our world has taught us, and continues to teach us, that if a thing cannot be bought and sold, shared and profited from, it is not worth doing. But the world is wrong.

Maybe not everyone paints portraits or writes poetry, but pretty much everyone who has ever lived has sung, even if they weren't all that good. Everyone has danced, even if it was only in the mirror. Everyone has doodled in the margins of their paper and written something embarrassingly dramatic in their Notes app at night. We all have an innate drive to create art, to express the awkward complexities and brutal drama and bright warm joy of being human in some artistic way. It is in our nature, as much as breathing and sleeping and eating. We don't participate in art to make something good — we participate in art to make something human.

This Thursday, I lugged my guitar across campus to a practice room. I played even though I'm not all that good yet (and my A string doesn't totally stay in tune), and I sang even though my voice is just about average on the best of days, and I didn't really care if the master pianist in the room next to me heard it. I didn't go there to create some groundbreaking rendition



ARIANALIM/ILLUSTRATIONS EDITOR

of a Jeff Buckley song — I went because my orgo lab ruined my day and I needed to get the energy out. I went because I had a song stuck in my head and I knew I either had to sing through the whole song or keep humming the chorus for the next week. I went because at that moment, the only thing that would make me feel better after a long week was to play music. And so I did.

Life is too difficult and heavy to not allow yourself any opportunity for levity and expression. Anything that makes you forget the time that's passing, anything that lifts the weight

off your shoulders, is worth doing. And for nearly everyone, art, at least in some capacity, is a way of doing that. So let go of the fear of Art with a capital A, and let yourself be human — sing, and dance, and write, and draw, and cry; love what you love and make what you make, and never apologize for the mediocre. Because these things are so very human, and because you (yes, you!) are art itself.

Jacob is a member of the Class of 2025.

How Much Productivity Can You Print?



SUNAHRA TANVIR / ILLUSTRATION SENIOR STAFF

By Adya Mohapatra
STAFF WRITER

You finally get home, dumping your backpack on the floor beside the desk filled with papers. It's hard to recollect what you've done today, because it's just been event after event after event. At some point, your feet grew a mind of their own and started taking you to destinations you didn't realize you needed to go to.

So this means, at last, it's time to relax.

You open up your laptop, eager to catch up on your favorite show when you realize you never got around to that last assignment on your checklist for the day. And what about the several emails that are yet to be responded to, or the towering pile of laundry that has been taking on a distinctly alarming odor

in your room? And you're already behind on studying for the test coming up next week, so are you going to do anything about that? Then all of a sudden, the show on your screen doesn't feel half as appealing as it did a minute ago, and all you know is that nothing you did today matters.

Because tomorrow, you have to do it all again.

'It's a weird new age of productivity. You're expected to function at maximum capacity everyday, and any day you don't, you have to compensate.'

It's a weird new age of productivity. You're expected to function at maximum capacity

everyday, and any day you don't, you have to compensate. "Rest days" are looked down upon, and every moment spent with no specific purpose or intention is immediately labeled as unproductive. But a system that doesn't allow for any replenishment can't expect to make progress — or can it?

'Just because someone out there can handle an overly busy schedule doesn't mean that you should be able to as well.'

There are those that seem like they're on top of everything, who make the "24/7 grind" look ideal and aspirational. While some of these people are simply keeping up appearances, others just have a higher threshold for the daily grind. However, just because someone out there can handle an overly busy schedule doesn't mean that you should be able to as well. There's no way your goals, your background, your skills, your personality, or anything else lines up exactly with anyone else's. So why should your capability?

Let's think about this through a different lens.

You are facing one of the most feared circumstances students often face: you have an assignment due in ten minutes, and it will only be accepted if it is printed. Oh, and the only printer in your vicinity isn't working.

The printer keeps beeping, saying it's low on ink. The cartridge has to be replaced; otherwise it's going to produce a faded, half-printed piece of garbage that your professor will laugh at. But instead of trying to replace the cartridge, you insist on pushing every button on the printer, hoping it will work somehow. You hit "print" over and over, hoping some last little bit of ink will pull through and get you your assignment in time. But the more you mess with it, the more lights start flashing, and the more things go wrong.

'You don't have to keep that cartridge level at high at all times, but you do have to learn the difference between when the printer's lagging and when it's broken.'

What you don't realize is that the printer went through the same thing

yesterday with another student, and the one thing it keeps getting denied is an ink cartridge replacement. So how can you expect it to operate at full capacity? You arrive to class empty-handed, disappointed you didn't accomplish what you wanted to. But unless you replace the ink, you'll only be disappointed again.

'Perhaps this article was also a product of a need to be productive.'

In a moment of retrospection, perhaps this article was also a product of a need to be productive. Sometimes, we can let that slide, because it's important to keep pushing ourselves. If I stopped writing, I would never write again. Yet at the same time, if I forced myself to write, I would run out of things to say. It comes down to one thing: you don't have to keep that cartridge level at high at all times, but you do have to learn the difference between when the printer's lagging and when it's broken.

Mohapatra is a member of the Class of 2025.

Notes By Nadia: Controversial Food Takes

By Nadia Pentolino
STAFF WRITER

If it's one topic that can cause a heated discussion — it's food. People have the weirdest takes — putting ketchup on spaghetti, cooking without salt, and eating pickles with peanut butter. Everyone has those strange combinations or unpopular foods that they enjoy. I compiled a list of ten of my own controversial food takes.

1. Mint ice cream doesn't taste like toothpaste. In fact, it's delicious, especially when paired with peanut butter. Toothpaste has a much stronger mint flavor and it's more bitter than sweet. Mint ice cream has just the right amount of mint. When I tell people that I eat it with peanut butter, they think I'm crazy. But don't knock it 'til you try it.

2. Anything vanilla-flavored is better than anything chocolate-flavored. People get seriously offended when I say I've never been a fan of chocolate. I've always preferred vanilla ice cream, cake, and just the flavor overall. It's sweet and

simple.

3. Mayonnaise is the most revolting condiment. It smells gross, it tastes gross, and it shouldn't exist. I feel very passionately about it.

4. Coffee is best when it hardly has anything in it. I'll either add a splash of milk and creamer or a Stevia packet. Other than that, I like to taste the bitterness in my coffee. Too much milk and sugar can

also drown out the flavor of the coffee beans.

5. Cereal goes in first, then milk. That's it. I don't make the rules.

6. Peanut butter on carrots is delicious. If you haven't tried it, don't immediately assume it's gross. It's similar to putting peanut butter on celery, except this tastes better because carrots are crunchy and sweet.

7. Pasta is better with butter and no sauce. Sauce just ruins pasta for me. The only time it's acceptable is in lasagna.

8. Coconut milk is the superior milk. Almond and oat milk taste good in coffee, but on their own, they taste horrible. Coconut milk is the only tolerable non-dairy milk for me. I could literally drink mugs full of it.

9. Oatmeal is the superior breakfast. Whether it's hot, baked, or made as overnight oats, it will forever be the best breakfast. Nothing else compares.

10. The order of meats goes like this: beef > pork > chicken > lamb > turkey.

It's always fun to learn about the odd food combinations that people come up with. The ones that I know of that cause the most heated discussions are ketchup on eggs, tea versus coffee, and pineapple on pizza. Regardless of how weird or disgusting these pairings may sound, maybe consider giving some of them a try. You may be surprised! Being experimental with food is always fun because you can discover new combinations that taste great. Still, I can admit that there are many hot food takes that I will never understand. Like peanut butter on pickles? Hard pass. Hey — more for those who like it. Who knows? That might be you.

Pentolino is a member of the Class of 2026.



JOYLU / ILLUSTRATIONS EDITOR

CULTURE

If I Picked the Winners: Oscars 2023

By Jotham Vega
STAFF WRITER

With this year's Oscars just three weeks away, I have read countless articles with predictions on who might take home these awards on the evening of March 12. However, this has also reminded me of the classic film criticism show "Siskel and Ebert" — mainly when they did a few hour-long specials, telling the public their opinions on who should win the Oscar of significant categories. So, instead of only talking about the possibly fortunate and unfortunate predictions of the ceremony, I decided to talk about my votes, if I had a ballot for the Academy Awards, in different categories.

'I have read countless articles with predictions on who might take home these awards.'

Best Director:
Todd Field, "Tár"

Even as a Spielberg fanboy who thought "The Fabelmans" was A-Tier in his filmography, I realized how much I loved the decisions Todd Field made in "Tár." Weaving together Monika Willi's editing and Florian Hoffmeister's cinematography (both of whom are nominated in these categories and I'm rooting for to win), Field created an ambiguously unsettling tone to Lydia Tár's world and many secrets.

'Even as a Spielberg fanboy who thought "The Fabelmans" was A-Tier in his filmography, I realized how much I loved the decisions Todd Field made in "Tár".'

Field's variations of timing in his shots have the same fantastic effect as shots in films by directors like Stanley

Kubrick, for example, "2001: A Space Odyssey." The mise-en-scene also works well with the technical aspects, as the frigid world of classical music is similar to the depiction of isolation in director Fritz Lang's "M." Although Spielberg is also able to give an excellent warm tone to his semi-autobiography, I now also can see Todd Field as a great candidate for best director of 2022.

Best Picture:

"The Banshees of Inisherin"

This year feels like a close race for the biggest prize in the Academy, showing how great 2022 was for film. But for me, "The Banshees of Inisherin" deserves best picture. When I watched the trailer many months ago, I didn't really know what to expect from a plot as simple as an abrupt platonic break-up between Colin Farrell and Brendan Gleeson. But when seeing it, I enjoyed the other characters that surround the story and are affected by the duo's conflict. I was able to empathize with many of the characters and felt different leaving the theater due to the film's theme of loneliness, the trauma people sustain from it, and the way people grieve about it.

'This year feels like a close race for the biggest prize in the Academy, showing how great 2022 was for film.'

In addition, I also enjoyed the darkly comedic scenes that make the movie not an entirely tragic story that can make people feel bad. And although I won't mind if "The Fabelmans" or "Tár" receives the big prize, I would vote for "Banshees" as the best film of the year and one of the best of the decade.

Want to read more? Go to our website: campustimes.org.

Vega is a member of the Class of 2025.

Sex & The CT: Navigating Relationships at UR

By Jane Oliver
COLUMNIST

"Any tips on starting a relationship?"

"How do you navigate dating in such a small community on campus?"

Not even one day into college, I was overwhelmed by the male attention I was receiving.

Yes, I know that sounds vain, but let me explain: growing up in a conservative town, guys did not dare to approach my loud, liberal self, but that all changed after I came to UR.

I had no previous knowledge of how to talk to guys or to know if they liked me or not. I was completely in the dark when it came to starting relationships at college. We go to a small school, and it can feel like everyone knows everyone, which makes entering the dating scene quite daunting.

'We go to a small school, and it can feel like everyone knows everyone, which makes entering the dating scene quite daunting.'

Many students enter college looking for a partner, but Take 5 student Nikki Mercer, warns against that.

"My advice would be to not go looking for a relationship in college," said Mercer. "Use it as a period of your life to enjoy being yourself and for self-discovery/growth. Maybe through that experience a relationship will happen and things will work out. Don't force something that is so much better when it comes naturally. Relationships are way more fun when it's easy and you can both be yourself with each other."

Allow yourself to enjoy the experience of college. This doesn't mean don't talk to people you're interested in — do that and talk to all the potential love interests you want. However, go in with

an IDGAF attitude, and just have fun! If you go into interactions forcing the idea that this person will be your boyfriend or girlfriend, it will become awkward and you will get hurt.

College promotes hookup culture and it took me a while to understand that if someone expressed interest it did not mean that they actually liked me. If you are like me and are looking for more than just a hookup, communication is key. It is so important to have those awkward conversations to express what you want. Some people may make you feel like what you are asking for is too much.

'If you go into interactions forcing the idea that this person will be your boyfriend or girlfriend, it will become awkward and you will get hurt.'

When expressing what you need and establishing boundaries, remember you are never asking for too much — you are just asking the wrong person. Navigating the dating landscape at UR, it is so important to put yourself first. Understand what you want and do not settle for less.

Junior Sabrina Terando emphasized the importance of communication. "I think one of the most important things to have and maintain in a relationship is open and honest communication," she said. "Compatibility in communication styles is a huge factor in facilitating this. If you have a different way of communicating than your partner does, then a lot of misunderstandings can occur and typically one person ends up settling more than the other."

Disagreements are bound to happen in relationships. It's human nature, so it is important to respect your romantic interest and or partner to settle disagreements through mature

conversations.

Other than establishing needs and boundaries, senior Arielle Savoy states it is important to discuss future plans. "You are not going to be in college forever and the uncertainty about what happens next is stressful even if you're single, but can add a lot of tension to a relationship," she said.

You and your partner may have different post-undergrad plans. You may be starting a career in your hometown while your partner plans to go to medical school across the country. If you have ideas of plans after UR share them with your partner so you can discuss the future of your relationship.

It is important to give your partner the respect and time for them to think about what they want for their future. They may see this relationship as only a college thing or maybe they have future plans that are not compatible with yours. Having these conversations sooner than later will save you the added stress when starting an amazing new chapter in your life.

We go to a small school and it can be easy to fall into the pattern of doing EVERYTHING with your partner, from going to the library or dining hall together constantly. Not only is it important to have your own time, it is important when spending time with your partner you create meaningful time together. Terando recommends making plans that will actually further your connection with your partner, such as date nights twice a month.

College is a really exciting time in your life where you will meet tons of amazing people. When you find that special someone or begin looking for one, remember to stay true to yourself.

If you have advice or questions, send them in via Tellyn to Sex & The CT!

Oliver is a member of the Class of 2025.



ARILIM / ILLUSTRATIONS EDITOR



BRIDGET TOKIWA / SENIOR STAFF

In The Spotlight: Paramore's "This is Why"

By Carter Hasenoehrl
CULTURE EDITOR

Paramore has returned with a new sound and album, after nearly six years. The American rock band's sixth studio album "This is Why" expands upon the maturity first demonstrated in their previous work "After Laughter." It tackles feelings of agoraphobia, righteous rage, apathy — confusion between selfishness and self-preservation, nostalgia for things you haven't experienced yet, and resignation.

Each new album from Paramore has a new sound, leaving some fans yearning for tracks that are truer to their pop punk roots. "This is Why" draws influence from Bloc Party, and brings the band's music to new heights previously unexplored. The album falls into the punk genre, primarily post-punk, and alternative rock — which is a natural progression of the maturation of both the band and their music.

"This is Why" draws influence from Bloc Party, and brings the band's music to new heights previously unexplored.

In line with their experimentation with new sounds, the album features a first for the band, with "C'est Comme Ca" being their first ever time using talk-singing as a motif on a song. While this inclusion was a nice change of pace, I was glad to find that it did not permeate throughout the album, as it would be a tragedy to rob us of lead singer Hayley Williams' powerhouse vocals (which truly makes every track shine).

'The album falls into the punk genre, primarily post-punk and alternative rock - which is a natural progression of the maturation of both the band and their music.'

Despite the new sound, "This is Why" does feature songs that return to a semblance of the sound Paramore had originally exploded onto the scene with nearly 20 years ago. The tracks "You First," "Figure 8," "The News," and the titular "This is Why" strive to give fans an inkling of their old sound while remaining amazingly fresh — and succeed at both. The latter half of the album's songs draw upon the emotional depth of Williams' solo albums with songs such as "Thick Skull," "Crave," and "Liar."

Let it be noted that even

though the album does feature a kind of partial return to their roots, the album itself is not Paramore returning to their old sound and, honestly, that is for the best — to completely regress to the same sound they skyrocketed to popularity with, while initially crowd-pleasing, would be a disservice to both the band and the fans. "This is Why" carries on the torch left by "After Laughter" and gives listeners much food for thought about the complexities of life that we face as we grow.

'Tracks on the album strive to give fans an inkling of their own sound while remaining amazingly fresh - and succeed at both.'

Thematically, the album also taps into post-pandemic anxieties. Each song on its own tackles a new theme; "This is Why" covers feelings of agoraphobia. "Liar" covers love and lying to protect those you love from yourself. There's also "You First," which covers rage, and a recognition that maybe the best revenge is doing better, and "Crave," which covers the feeling of wanting to hold onto a moment that has already passed or hasn't even happened yet. The album does strike a more emotional chord towards its end, a shift from the more energetic songs that make up the front half. At first, it felt a little out of place, but ultimately helped draw the album together into the masterpiece that it is.

'The album does strike a more emotional chord towards its end.'

"This is Why" is potentially my favorite Paramore album, and this is coming from a die-hard Parawhore of nearly ten years. The album features all of the good things associated with Paramore throughout the years regardless of sound, from Williams' absolutely awe-inspiring vocals, to hard-hitting lyrics, and to songs that are just so damn catchy you can't help but think about them all the time. The album features a new maturity from the group that its aging fanbase can find themselves within, and proves my long-held belief that Paramore is the perfect band to age with. Overall, "This is Why" may be a new sound for the band, and may have left some fans wanting more, but it's still the slay that was needed.

Hasenoehrl is a member of the Class of 2024.

Like... A Brief History of Ice Spice

By Alex Holly
STAFF WRITER

With a quick wit and even quicker bars, Ice Spice has proved that she knows how to ask the real questions. Fresh off of her newest EP, "Like...?" the Bronx born rapper and mastermind of rhyme has quickly solidified her place into both musical and pop culture prominence, from the headlines of the New York Times to pictures posing with Hatsune Miku, K-Pop superstar Chuu, and even Martin Luther King Jr. Yet, with her newfound rise into the spotlight, the gaze must first be turned to her past, answering the questions of who is Ice Spice, what is a munch, and how exactly can she "lose if [she] already chose."

'The Bronx-born rapper and mastermind of rhyme has quickly solidified her place into both musical and pop culture prominence.'

Hailed as "Rap's New Princess" by the New York Times and the queen of sexy drill, Ice Spice's roots in the world of music are ones almost as old as she is. Taking inspiration from her father, she began to write from a young age, rapping about her day on walks home from school and growing up on the works of Kendrick Lamar, Nicki Minaj, and Pop Smoke. "[It] sounds corny 'cause, like, I'm a rapper. But I'm like, I can't do shit without music," she confessed in an interview with Elle, reflecting on her adoration for the art-form that keeps her going in her day-to-day life. However, despite her long past on the outskirts of the musical arena, she only began rapping professionally in 2021 in partnership with friend and producer RIOTUSA.

Born of the digital age and just as savvy with a screen as she was in the city, Ice Spice was quick to collide with fame, initially going viral for her rendition of the Erika Banks "Buss It" challenge on TikTok in early 2021. This brief run-in with stardom was one that would prepare Ice Spice for her upcoming Internet takeover with the

song "Munch (Feelin' U)," a track that would take TikTok, Billboard Charts, and even "Sound 42," Drake's radio station, by storm. This ode to self confidence and of course, munches (i.e. "eater[s] or someone that's like obsessed with you..."), per the Ice Spice dictionary in an interview with Genius), took wind to the world and introduced the Internet to Ice Spice, her iconic ginger updo, and a well-needed look into female-lead New York rap.

'Born of the digital age and just as savvy with a screen as she was in the city, Ice Spice was quick to collide with fame.'

With more and more releases, culminating in her most recent drop of the 2023 EP "Like...?" Ice Spice has proved herself to be a lyrical seamstress — weaving her words across backing tracks from worlds of 2010s pop music (through her 2021 track "No Clarity") all the way to "Bikini Bottom." Her confidence and authenticity drip through her music and proves that she's the baddie and gangsta boo she professes to be song after song.

'Her confidence and authenticity drop through her music and prove that she's the baddie and "gangsta boo" she professes to be song after song.'

However, with her work at the center of the public eye and ever-spiraling in the hurricane of social media's storm, it's become unclear how much of Ice Spice's fame is genuine and how much only echoes off of the cyclic nature of meme and Internet culture. While incredibly authentic to herself and her individual character, Ice Spice's quotable lyrics and iconic persona of a ginger-bobbed baddie have placed her as more of a persona than anything, detracting from the perception of her work in a musical eye. "How can I lose if I'm already chose," Ice Spice poses — a rhetorical question, yet one that does

raise an eyebrow in predicting her future trajectory as a musician and pop star.

Conscious of her fame,

'Ice Spice's quotable lyrics and iconic persona of a ginger-bobbed baddie have placed her as more of a persona than everything, detracting from the perception of her work in a musical eye.'

both in a positive and negative light, Ice Spice uses her strong reputation as a source of inspiration both for herself and her fans. Her laidback attitude and adaptable nature are attributes which make her stardom a masterclass in public perception, one that allows her to shift potential mockery into her own claims to fame. From her EP's title of "Like...?" to lyrical nods towards her perception as the modern day "Princess Diana," Ice Spice plays into the path the world has shaped for her — and does so with incredible ease. At the end of the day, Ice Spice's work is grounded in her own confidence and authenticity, and that's something that no critique is bound to break.

However, with a limited

'Her laidback attitude and adaptable nature are attributes which make her stardom a masterclass in public perception.'

discography and a constant eye in the spotlight, Ice Spice's work has begun to edge the line between "pop definition" and "pop repetition," making it clear that her next steps as an artist lie far beyond her work's current bounds of Bronx drill. "I do want to be a mainstream artist," Ice Spice affirmed in an article with the New York Times, gazing towards her hopeful future path as a musician. "So I think in order to get that, you do have to surpass just one subgenre."

With her artistic versa-

'Ice Spice plays into the path the world has shaped for her - and does so with incredible ease.'

tility featured through a recent collaboration on PinkPantheress' "Boy's a liar Pt. 2" and her current work's vast acclaim in the public eye, it's clear that Ice Spice is only getting started. And, with a road ahead paved in Gucci and gold, we're so excited to see where she goes next.

Holly is a member of the Class of 2026.



ALEXHOLLY / STAFF ILLUSTRATOR

HUMOR

Tales From Middle School: How My Ex Tried to Win Me Back via Voltron Roleplay

By Brooke Mackey
COLUMNIST

Middle school was an odd and distressing time for me, to say the least. I have plenty of stories to share from those years, but I'll start with this one since I recently remembered it. And as you can probably tell from the title, it's wild, so buckle up.

This happened halfway through eighth grade and was a couple months after I had ended things with my first (and only) boyfriend. Things were awkward between us, especially since we were in the same friend group. I wanted things to go back to normal, but I struggled to talk to him one-on-one about our lives without things getting awkward. I don't remember the exact conversation, but at some point, he asked if we could roleplay 'Voltron' characters on Discord.

'Middle school was an odd and distressing time for me, to say the least.'

For those who haven't seen 'Voltron', you don't need to know much — I only saw one episode and was able to play along. My ex — who we will call P — was obsessed with this show, and he was among the crowd who shipped two of the lead characters, Keith and Lance. They were rivals in the group and had a lot of banter together, so I understood the appeal of the dynamic.

Anyway, P wanted us to roleplay as them, and at first, I was weirded out. I mean, he wanted them to get together in the roleplay, and you know, we broke up very recently. But I figured maybe he wanted to connect again and wanted something to talk about without acknowledging the elephant in the room. Also, eighth graders don't exactly have the best judgment. So, I shrugged my shoulders. How weird could it get?

Well, it didn't take long for it to get weird. I played Keith, and he played Lance, and the two got together rather quickly.

(Eighth graders are masters of well-paced storytelling and character development, after all.) Internally, I was like, great! Now what? Well, they fucked. I wasn't surprised at that, we kept it relatively tame and implied (at my request). What did surprise me was when Lance started throwing up and experiencing pregnancy symptoms soon after.

I had heard of Mpreg before **'Internally, I was like, great! Now what? Well, they fucked.'**

(a fanfiction trope where a cisgender man gets pregnant), but this was the first time I had seen it with my own eyes. I truly didn't know what to say, I mean, what do you do when a surprise Mpreg plotline comes at you? I didn't know much about Keith and Lance, but I knew they weren't ready to be fathers. Luckily for me, the roleplay ended before Lance gave birth.

This happened around **'I mean, what do you do when a surprise Mpreg plotline comes at you?'**

Valentine's Day, during which P passed me a note that essentially begged me to take him back. Shockingly, I had a rare moment of good judgment and told him off. I told him that I just wanted to stay friends and that if he tried to get with me again, I would cut him off (this was also before I realized I was a lesbian, so I dodged a bullet on that one). I also told him no more Mpreg roleplay, and he respected both requests. We remained friends for a few more years before COVID-19 drifted us apart.

Is there a moral to this story? The only thing that comes to mind is this: Don't judge one for roleplaying, but also don't surprise your friends with an Mpreg plotline.

Mackey is a member of the Class of 2026.

The Gregorian Calendar is So Last Year

By Bryan Burke
HUMOR EDITOR

As of the date of publication, today is Feb. 21 in the year of our Lord (2023). This is a date that nearly everyone can understand, as it adheres to the widely accepted Gregorian calendar. But time is relative and the only reason why it works is we all agree to perpetuate the same lie. There are rules to keep us all on the same page of this lie, but the rules are confusing.

'Time is relative and the only reason why it works is because we all agree to perpetuate the same lie.'

This year, Feb. 21 is a Tuesday. In 2025, the date will fall on a Friday. It's predictable, but not with ease, as there is no continuity between the days of the week and the number of the day. I like to think of this as unnecessary chaos in an already tumultuous world.

'There is no continuity between the days of the week and the number of the day. I like to think of this as unnecessary chaos in an already tumultuous world.'

Holidays add another layer of needless complexity by throwing gasoline on this dumpster fire. While Valentine's Day is always on

Feb. 14, Thanksgiving is on the what, third Thursday of every November? This makes no sense — and anyone telling you otherwise is clearly a lunatic.

I have many issues with Daylight Savings as well, since it also adds to the confusion and dismay. It makes winters even darker? And it happens at two in the morning?

'Holidays add another layer of needless complexity by throwing gasoline on this dumpster fire.'

Picture this: I'm awake and doing work in Gleason. I look over and time jumps by an hour? Am I trapped in this psychic prison, where not even time is real, sentenced to fail solving basic integrals for all of eternity? No, it's just Daylight Savings and I am a husk of my former self.

Here's the solution: scrap Daylight Savings and add an extra month.

'It makes winters even darker? And it happens at two in the morning?'

Another month would mean each of the 13 total months has 28 days, adding up to 364 days a year. "But Bryan, that's not how many days are in a year," I hear you say, to which I respond, "Hold on! I'm getting there!" We just add another day, separate from all the other months. Call it "New Year's

Day" and when it's time for a leap year, make it two days! I see absolutely nothing wrong with this plan.

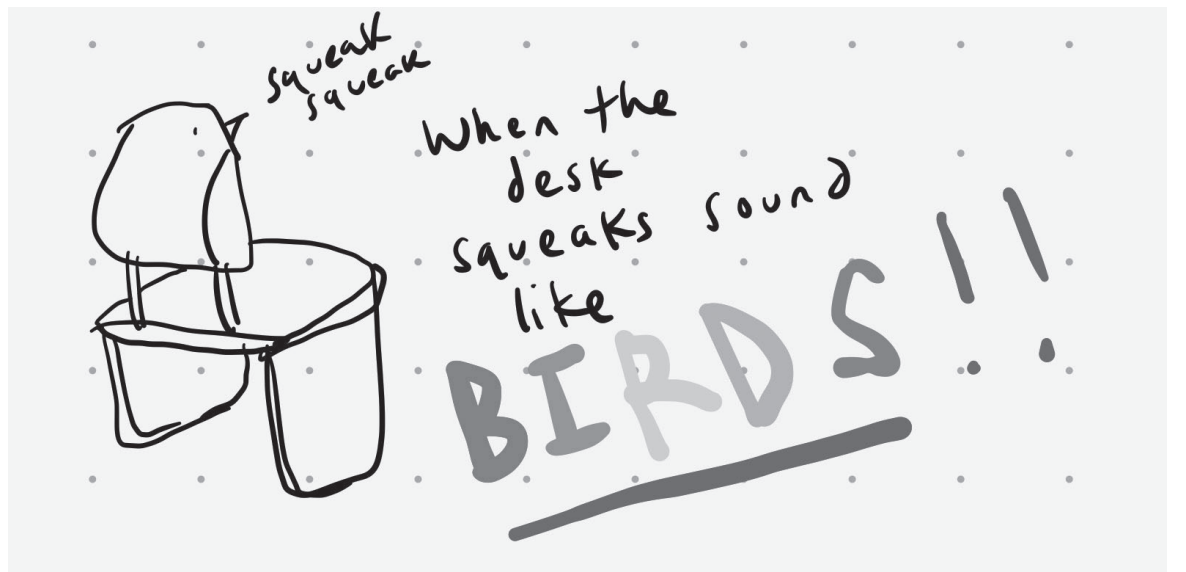
'Am I trapped in this psychic prison, where not even time is real, sentenced to fail solving basic integrals for all of eternity?'

There are oh-so many benefits to this scheme. For starters, the days of the week no longer change relative to the number of the days. The first of every month will forever be a Monday. And by the way, Sunday will be the last day of the week, as it is part of the "weekend" and should thus be at the end of the week.

'"But Bryan, that's not how many days are in a year," I hear you say, to which I respond, "Hold on! I'm getting there!"'

This model strives for simplicity and efficiency. Plans can be made with ease and the 500-year-old Gregorian calendar will be nothing more than a soon to be forgotten nightmare.

Burke is a member of the Class of 2025.



ARILIM / ILLUSTRATIONS EDITOR

Missed Connection: ECE 113

By Bryan Burke
HUMOR EDITOR

By Lilli Tamm
HUMOR EDITOR

I was wearing a flannel and cargo pants. I hope you were clothed??

I was taking notes, listening to the lull of the shittily constructed desks creaking under the weight of 10:25 a.m. academia. I like to consider myself as a whimsical lad, which can be

quite easily seen by the name of my phone on AirDrop: 'iPhone 9.' (My iPad also has a goofy number associated with it.) But my laptop has been the victim of a critical blunder. I made the mistake of not renaming it. To that very device, I was AirDropped a singular .png file, drawn on GoodNotes with colors galore. "When the desk squeaks sound like BIRDS. Squeak squeak." My world moved.

I don't know who you are. I do not want to know. I think I could fear you, if such were your intention. You singled me out and left me haunted, bereft, and alone. Could I buy you a drink? Can we talk about stuff? Preferably birds and/or desks?

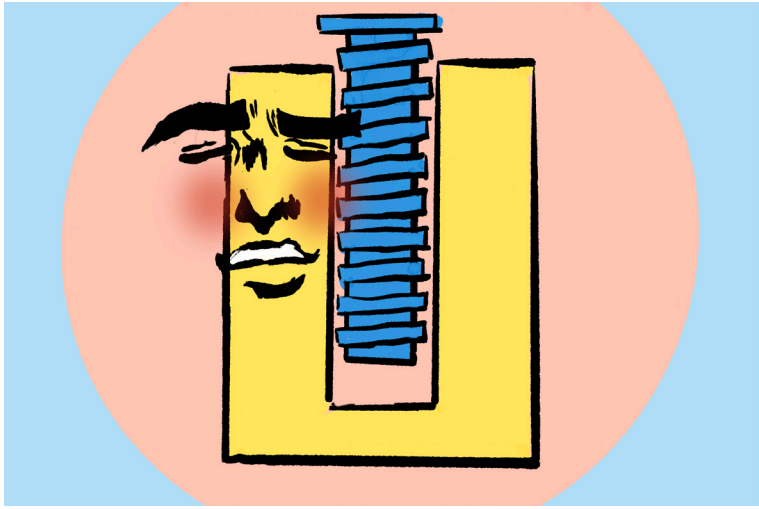
Burke is a member of the Class of 2025.

Tamm is a member of the Class of 2025.



ARILIM / ILLUSTRATIONS EDITOR

Understanding Which Simple Machine You Are



JOYLU/ ILLUSTRATIONS EDITOR

By James Harrod
STAFF WRITER

You don't know who you are. I get it. For a few years or months you were able to put your faith in the stars, certain that understanding how your sun, moon, and Saturn signs align would give you the secret knowledge of who to love and who to shun.

But the stars were mistaken. Despite matching every compatibility on Co-Star, they broke your heart. How can you ever trust the stars again?

You can't. Trust the machines instead.

"The machines!?" you ask indignantly. "Aren't machines capricious and devilish by nature?"

That's very wise of you to consider, but I'm not talking here about those hunks of lithium and microchip

brains we call "machines." I'm talking about the true machines: the simple machines.

Lever, pulley, inclined plane, wheel and axle, wedge, and screw.

While no person's personality can be entirely defined by one simple machine, it should be obvious to most of you that everyone has one dominant machine type determining how they interact with the world and those around them. Below are some of the dominant personality types of different machines I've discovered in my research, but you should trust your own gut when thinking about your internal machine.

Lever: Levers are doers. A lever matches your energy and amplifies it. A lever stays up all night and then

climbs a mountain the next day. If you're friends with a lever, you'll never run out of fun things to do, but you might find yourself a bit overwhelmed trying to follow them to three parties in one night. If you're someone who sleeps five hours a night, is president of three clubs, and already knows where you're going to grad school, you might be a lever!

Inclined Plane: The inclined plane may not seem exciting at first, but they are a steady and nurturing presence. If you just put in a bit of work to get to know a plane, they will make that work seem much easier by reducing the force and increasing the distance over which it's applied. While a plane can be a great friend to have, they tend to sometimes be walked on, not being willing to put up much of a fight. The inclined plane is also the mother of two other machines: the wedge and the screw. This motherhood gives the plane much of its instinct to protect others.

Pulley: When a pulley gets pulled one way, it's gonna move in the other direction. You might find groups of pulleys hanging out together, multiplying their mechanical advantage to lift those around them. If you ever find yourself feeling down, find a pulley to envelop you in their gentle lifting arms.

Watch out for those pockets though! Despite their gentle nature, pulleys are the most larcenous of all the machines.

'Find a pulley to envelop you in their gentle lifting arms. Watch out for those pockets though! Despite their gentle nature, pulleys are the most larcenous of all the machines.'

Wheel and Axle: Wheel and axles are free spirits, happy to move wherever their momentum takes them. Don't mistake that freedom for carelessness though. Once a wheel makes a hard decision about where to go, they can stay on that path (supposing no obstacles get in their way). Sometimes they might need someone to keep them on the right direction, as they can move too fast and accidentally run over those in their way. Having one of these great machines by your side can keep your life on the fast track.

Wedge: Wedges can't resist a challenge. When given a task, a good wedge will figure out exactly every step of what it needs to do, opening up new possibilities like an ax (sharp wedge) opening

wood. On the other hand, a bad wedge might force their way of thinking onto others, and can sometimes hurt those around them when they feel pressured or have force applied to them.

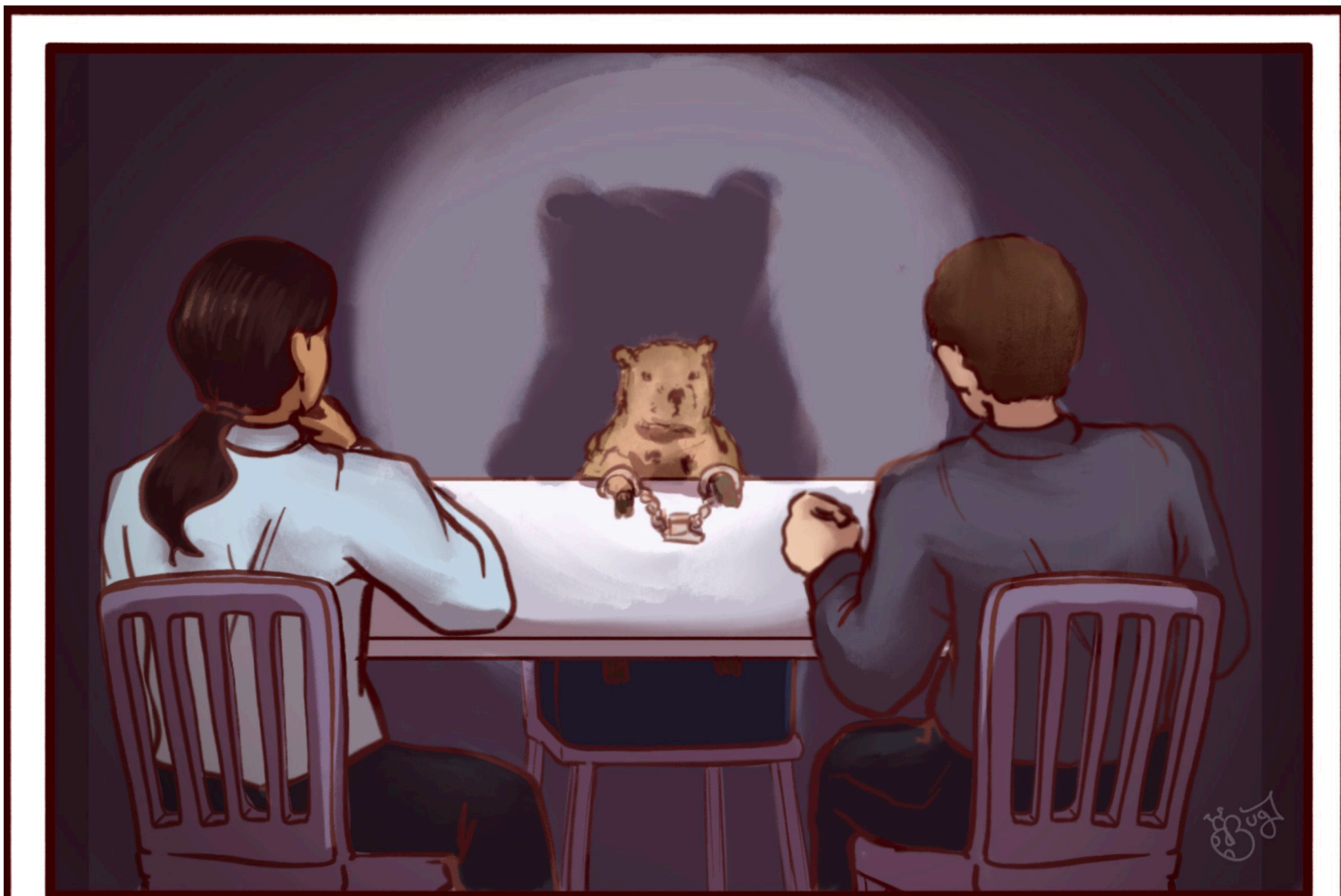
Screw: If you're a little hussy, harlot, tramp, vagabond, or couch-surfer you might be a screw! A screw will come into your life and twist you into knots falling over them. A little fella might find themself on the Sisyphian treadmill on climbing to the top of a screw, or watching mesmerized as it turns, never seeming to rise or fall. I try not to talk poorly of any machine, but I'll warn you now. DO NOT trust a screw.

Sail: Oh, you forgot about the sail? The sail isn't surprised — it's not the first time that's happened. Most people don't even think of the sail when they're discussing 'chines with friends, but she doesn't really mind. The sail thrives in the solitude of the sea. She flourishes on the beach, and she's gonna dance in the wind whether or not any friends show up to her party. The sail could easily be considered the "sigma" of the machine world, but in a cute and fun way.

Harrod is a member of the Class of 2023.

Groundhog Interrogation Day

By Bug Cartwright
STAFF ILLUSTRATOR



So... what'll it be? Six weeks of winter, or the slammer?

SPORTS

UR Women's Basketball Wins 81-70



UR ATHLETIC COMMUNICATIONS

By Alyssa Koh
EDITOR-IN-CHIEF

It's astonishing to think of the artistry that goes into a basketball game. Obviously, there are the players, who put their hearts and souls into their craft, but there are so many more players who add to the atmosphere: the pep band, the dancers, the announcer, the student employee running the game clock, the crowd. As a casual watcher of sports, it's easy for my eye to get drawn to everything happening in the space — and the Women's Basketball game on Feb. 17 (UR's Yellowjackets vs. Brandeis' Judges) had a lot of eye candy for a poor journalist more used to playing in a high school pep band for a basketball game rather than covering it.

'Basketball is a sport all about emotional beats...when you're working past such fast back-and-forth action with minimal pauses, those small changes in pace push and pull the tension in drastic ways.'

Basketball is a sport all about emotional beats — as is any sport, but when you're working past such fast back-and-forth action with minimal pauses, those small changes in pace push and pull the tension in drastic ways.

One such way happens in the first quarter: #30 for Brandeis, senior guard Emma Reavis, just stands there for a second during a contemplative lull in the game. She rocks slightly back onto her heels, prepping, flexing, and then the ball gets passed her way. She misses it, not paying attention, reaches out an arm in delayed response — and then all of a sudden, everything is happening. She hits the floor, gunning for the ball, as a UR player guns for it as well. They're scrambling on the floor, battling to gain control, and as soon as the moment has come, it's over and off to the other side of the court.

Similarly, #1, senior guard Maura Leverone, has this control of her timing that makes me lean in every time she attempts to break past the defense for

a shot. It's as if her speed goes from zero to 60 at once as she rockets around a guard, cutting in for a quick layup 15 seconds before the end of the first quarter.

'It's as if her speed goes from zero to 60 at once as she rockets around a guard...'

In the slower moments, there are still things to be found. There's lots of little moments of intimacy within each free throw. After #25, graduate student and forward Katie Titus, goes to shoot, she high fives three of her teammates: one on each side and one behind, as if it's second nature, and it is. Her ponytail bounces as she winds — one, two bounces on the heels, an extension, and whoosh. It's as if her fingertips are magicking the ball into the net.

A woman in a green parka entertains a baby as the end of the first quarter comes. Hands flailing: out, in, to the sides. The baby probably isn't paying attention to the game, too busy toddling little giggly mid-air steps while being hoisted in the air, but if he was, he'd watch Titus make the most nonchalant layup possible. It's nothing to her — but it's everything to the crowd, who whisper about her as she sinks shot after shot. She's a recent addition to the team (originally hailing from Daemen University, a D2 school) but she's a natural on the UR court as well.

That honor is not so lucky for #5, senior guard Alexis Sestric, who almost gets hit in the face with a ball right before the end of the first half. She nearly laughs, taken aback, and then seconds later, she's ripping the ball over to Titus — who lands yet another three. Sestric keeps getting unlucky, attempting to hit shot after shot with no luck.

By the end of the first half — and after a well-synced but slightly awkward to watch half-time performance from Royals Dance Team — UR's down 40-41, but they keep fighting to get ahead, 52-51, a couple minutes before the third quarter ends. Sestric goes for yet another three and misses. My friends in the student section, clad in all black to show support for the Black players on behalf of the Black Students Union (BSU), groan.

They came in at the top of the second half and yet they're already invested.

"Ugh, if she made that, that would've been sick," says junior Shana Brown-Thompson, which earns a couple "mhm"s of agreement — including from myself. I start getting invested. Every time Sestric attempts a long shot I hold my breath, every time someone sinks a three-pointer I feel my pupils dilate. Brandeis senior guard Tathiana Pierre, #44, fakes someone out around eight minutes out from the end of the game, and it's as she needle-drop drags the rhythm of the game back for a second. Everyone on the court springs forward, propelled back into action with minimal resistance, and I'm hooked.

The most on-the-ball (for lack of a better term) seems to be Reavis, as I soon come to find out, goes hard the entire game, racking up four personal fouls by the end. There's a moment where she full-arm launches the ball across the court after a minor scuffle. She's wearing a short-sleeved jersey, but watching the whole range of motion of her arm cannoning the ball as she hefts is still breathtaking. She doesn't stop, even when she scrapes herself up a little bit on the floor, skidding on her right thigh after taking a hit. She laughs — still visible even from as far up as I am in the stands — and wipes herself down with a pad before immediately launching back out there. For a wuss to even minor injury such as I, it's a glorious display of will.

Sestric keeps getting closer and closer to hitting a shot, and 38.4 seconds out from the end of the game, there's a timeout called. Brandeis has hit a couple breathtaking threes and it's now, all of a sudden, 78-67. Two more timeouts get called relatively soon after as the game starts to drag Brandeis, nearly gritting their collective teeth, to a finish line. I hold my breath, and then Sestric gets fouled on. Beat. She's going to hit these free throws, I feel it in my bones, and she does. It's as if it was meant to be written. Moments like these are the ones that make me remember the importance of collegiate sports, and at a D3 school, it can be easy to discount them as few and far between, but the synergy between this group is palpable and holds exciting prospects — especially with their current 16-7 overall record.

UR wins, 81-70, and Titus, while one point away from hitting the single-game program record, ends up with a career high of 39 points (and the brightest I've seen someone burn in a basketball game) for the evening.

Koh is a member of the Class of 2024.

Rochester Track and Field Sprints, Leaps, And Hurdles To New Heights.

By Sean Hendricks
CONTRIBUTING WRITER

Rochester Track and Field sprinting, leaping, and hurdling to new heights.

At 2:20 p.m. on Saturday, Feb. 11, 16 women stood in line, nerves flaring, anticipating the three-and-a-half minute chaos that was about to ensue. The words on the singlets of the lead-off legs read "Fordham," "Central Connecticut," and "Colgate," all Division I institutions. Among them, wearing number five on their hips, the royal yellow words in a sea of navy blue uttered "Rochester." cyclohexene

The Yellowjackets were making their first visit in years to the historic Armory Track, placed just a few blocks from the Hudson River in Washington Heights. The quartet of Megan Bell, Kate Isaac, Susan Bansbach, and Kristin Hardy went on to win the College Women's 4x400 with a commanding 3:51.57, beating out their Division I competition and running the ninth fastest time in the NCAA, putting them in a position to race for a national title in March.

Two hours later, seven contracted professionals toed the line in the George Hirsch Mile, the respected undercard to the Wanamaker Mile and most prestigious indoor Track and Field race on the planet. They were joined by two high school prodigies and three of the NCAA's best, one of which was Rochester's very own Scott Sikorski. The All-American stood with poise as the television broadcast listed the accolades and accomplishments of his opponents: US Champion Robby Andrews of Adidas and NCAA Division I National Champion Reed Brown of Oregon to name a few. Out of the 12 men who raced that day, Sikorski finished No. 6 in a time of 4:04.72, an improvement of his previous school record.

'The day before, in another Borough of New York City, Mitchell Leinert broke the school record for the fifth time.'

The plethora of Rochester program records and blazing times did not only happen in Manhattan. The day before, in another Borough of New York City, Mitchell Leinert broke the school record for the fifth time. He ran a time of 22.00 in the 200 meters at the Ocean Breeze Fastrack National

Invite, placing No. 6 out of the 99 collegiate competitors. One week before, Cole Goodman improved on his Long Jump school record with a leap of 7.21 meters and Scott Sikorski broke a 40-year old 3000m record in 8:22.13. Madeleine O'Connell pole vaulted 3.65 meters to open the season, and Kate Isaac was just named the Liberty League Athlete of the Week after winning the Brockport Invite in 58.80 seconds.

'The records are falling like dominoes in Rochester.'

I asked team Captain and All-American Gabe Lundy, class of 2023, why he thinks the records are falling like dominoes in Rochester. "I think so many school records are falling because of the culture the team has developed," he said. We have a lot of goal-oriented people on this team who are willing to put in the necessary work to surpass their goals. When teammates start doing well, that motivates everyone else and lights a fire inside. Their success makes you want to rise to their level."

'These successes and failures have given the Yellowjackets a taste of what awaits them as they prepare for the Championships...'

He's not wrong. The ball started rolling last February and has not stopped. The Men won the Liberty League Indoor Track & Field Championships by 9.5 points, edging out Ithaca College with a score of 174.5, while the Women finished second. The Women's squad followed up in the Spring and won the Outdoor Championship while the Men fell short to Ithaca. These successes and failures have given the Yellowjackets a taste of what awaits them as they prepare for the Championships on Feb. 24. The team culture is about winning championships and doing everything you can to get points on the board for your teammates.

You can watch the Yellowjacket Men and Women fight for a conference title from Feb. 24 to Feb. 25 at RIT. You will be in for a treat.

Hendricks is a member of the Class of 2025.