

# Campus Times

SERVING THE UNIVERSITY OF ROCHESTER COMMUNITY SINCE 1873 / [campustimes.org](http://campustimes.org)



## Students Protest Against Incoming Presidential Administration, Calling It 'Fascist'

BY NATALIE OPDAHL  
NEWS EDITOR

"Fuck Donald Trump! Fuck Elon Musk! Fuck Zuckerberg! Fuck big tech!"

These cries, led by a group of protestors and supportive passersby, rang across Wilson Quad on the afternoon of Thursday, Jan. 23.

Students for a Democratic Society (SDS) held the rally to protest the incoming Trump administration. Held in the days following President Trump's inauguration, the rally featured a combination of prepared speeches, calls to action, an open forum, and chanting. It started on Eastman Quad and moved down to Wilson Quad before circling back to where it began.

Speakers touched on a variety of topics, ranging from climate change to unionization efforts. One speaker, who requested anonymity on the basis of concerns for her safety, spoke about her own experience as a transgender woman and expressed concern for the safety of trans people in the U.S.' changing political landscape.

"The Democratic Party, like so many other groups of people in this country, will not save us from the fascism of the incoming administration," she said. "Neither will other groups who openly collaborate with the Republican party, such as our campus PRIDE Network, hosting an event in collaboration with the College Republicans, for



NATALIE OPDAHL / NEWS EDITOR

Students gather in Eastman Quad on Jan. 23, 2025. A student delivers a speech protesting the Trump Administration's treatment of transgender people and their rights.

a conversation about, and I quote, 'queer issues and transgender rights.' Now is not the time for a debate over our rights. Now is the time to protect each other."

Both Karl Hirsch, President of the College Republicans, and the Vice President of the PRIDE Network, Ella Peddicord, say that there are no current plans to host a collaborative event in the future. However, the College Republicans and PRIDE Network co-hosted a discussion during December 2024 that focused on both U.S. and local LGBTQ+ related topics, specifically Paul Singer, a wealthy UR alum and businessman who invests into LGBTQ+ activism.

Other topics discussed during the protest included deportations, climate change, and the social direction of the new Trump administration.

According to senior Some Schwinghammer, students should prepare for a future increase in political action.

"We on this campus will need to be locking arms to stop ICE from getting to our fellow students," Schwinghammer said. "This is not theoretical, this is possible, because Donald Trump is trying to deport 20 million plus people from this country, and there are some on this campus."

In an interview with *TIME Magazine* in 2024, Trump estimated that the undocu-

mented population residing in the U.S. is up to 20 million people. The U.S. Immigration and Customs Enforcement estimates that the actual number is about 11 million.

Schwinghammer and another speaker, Helen German, both expressed concerns about the incoming presidential administration's treatment of climate change.

"We are being robbed by the world's richest men who will stop at nothing to get what they want," German said. "Who will use their influence, power, and money in making sure the entire planet can be crushed in their hand [sic], who don't care if our only home is destroyed."

Also protesting was Ph.D.

student Katie Gregory, representing the Graduate Student Union. Gregory spoke about the grad students' efforts to unionize, saying that, although in December they had reached a deal with University administration, the union feels there is a connection between the Trump administration and recent delays to their agreement.

"Now that Trump has taken office, we received a recent communication that they need 'more time' before finalizing the deal," Gregory said. "I have to say I do not think this is a coincidence, as it coincides [...] with the start of the second Trump term. Trump is [...] anti-labor and there is a hostile NLRB [National Labor Relations Board] that has made open stances against graduate students organizing. This administration is certainly taking advantage of this toxic new presidency."

Senior Elena Perez, who organized the rally, opened and closed the event with speeches urging students to band together.

"I know a lot of people would call this kind of demonstration pointless," Perez told the *Campus Times*, "but I think building community is so, so essential, and [...] just show people that we're not alone and there are things that you can do."

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

## UR Libraries Show Ways To Find Books for Free

BY MADELINE MCCURDY  
STAFF WRITER

Students walked through the doors of iZone on Jan. 21 to find a table set up with snacks, flyers, a prize wheel, and a paper fortune teller. The UR Libraries event, Find it For Free, was an informational session helping students learn about their options for finding course materials at low-to-no costs.

Explaining why UR Libraries held the event, Student Success Librarian Eloise Stevens highlighted the need for low-to-no-cost resources for students who might face a financial burden with course

material costs.

"We have the limitation of the for-profit industry trying to sell [...] convenience to instructors and faculty members," Stevens said. "And often this means students are the ones who are put in the financial squeeze of purchasing individual textbook access."

There are three main options for students to find low-to-no-cost course materials: Course Reserves, UR and Public Libraries, and open web sources.

### Course Reserves

Course Reserve Specialist Alex Kurland explained that

when a resource is on course reserve, students enrolled in the specific class for which it is reserved can check it out for a short period of time, typically two hours, before the next student can gain access.

"It's not an equitable system. So some students that can afford to buy a book then are just in much better shape than those that can't. And we're trying to cut that barrier," Kurland explained.

Professors initiate the process by referring the library toward physical materials that students in their class might need access to throughout the semester, Kurland explained. If course

materials are not registered, students might not be able to access materials they need for class. According to Kurland, if a book is not put on reserve, a student could check it out, another student could recall it, and the first student could put another recall on it. This results in a back and forth that disserves each student.

Students can find materials on course reserve online by searching by instructor name, course name and ID, department, and more.

### UR and Public Libraries

If students cannot find their readings in the course reserve, they can turn to the UR

Library catalog, which may include additional materials. To find those materials, students can search in Discover-UR.

Although some e-books in the UR Library catalog can be used with unlimited access, licensing restrictions often mean that e-books have limited access or a cap on the number of students that can access the e-book at any single time. To avoid limiting access and not being able to regain access to e-books, students can download and/or print chapters or sections of the e-book while they have it checked out, Kurland and SEE **LIBRARY** PAGE 2

**INSIDE THIS CT**

**WAR IN GAZA**

PAGE 2 CAMPUS

**NEW YEAR RESOLUTIONS**

PAGE 5 OPINIONS

**POLITICAL CHANGE IN CANADA**

PAGE 8 OPINIONS

**PERVERTS REVIEW**

PAGE 9 CULTURE

# CAMPUS

## LIBRARY FROM PAGE 1

Open Publishing Librarian Kristin Totleben said.

Additionally, students at UR, who are considered NYS residents via their dorm/off-campus address, are eligible for both a New York Public Library digital library card and a Monroe County Library card, according to the UR Libraries website. Each library card allows access to online e-book library service Libby, which provides another collection of e-books and audiobooks that could contain course material.

## Open Web Sources

In addition to University and library resources, students have access to several open web sources that could have course materials more widely accessible. This can be helpful with both materials published before 1929, which, as of Jan. 1, 2025, fall into Public Domain, as well as some more recent academic works.

The Internet Archive: Open Library, Project Gutenberg, and Hathi Trust Digital Library provide access to a large number of e-books and digitized publications needed for courses.

Students can find a resource guide for these options on the library's website. They can also reach out to their subject librarian with any questions.

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

## Students Gather in Unregistered Protest of Administration's Alleged Complicity in The War in Gaza

BY NATALIE OPDAHL  
NEWS EDITOR

A group of masked students gathered in the Starbucks lounge on the first day of classes to protest the administration's response to the 'wanted' posters and alleged complicity in the war in Gaza.

Over the course of an hour, the group called for several changes by the University, including for an arms embargo, an end to the "siege on Gaza," University administration to stop its "institutional complicity" in funding Israel, and the University to drop the charges against the four students arrested in conjunction with the 'wanted' posters.

"We have built up the power of the student movement on our campuses," one masked speaker said. "We [...] cannot and will not allow our campuses to return to the status quo."

The protest was in part a response to the progression of the cases against Samantha Escobar, Jefferson Turcios, Naomi Gutierrez, and Jonathan Bermudez, who were arrested and charged last semester with felony

criminal mischief in the second degree. Their next trial date is on Feb. 4.

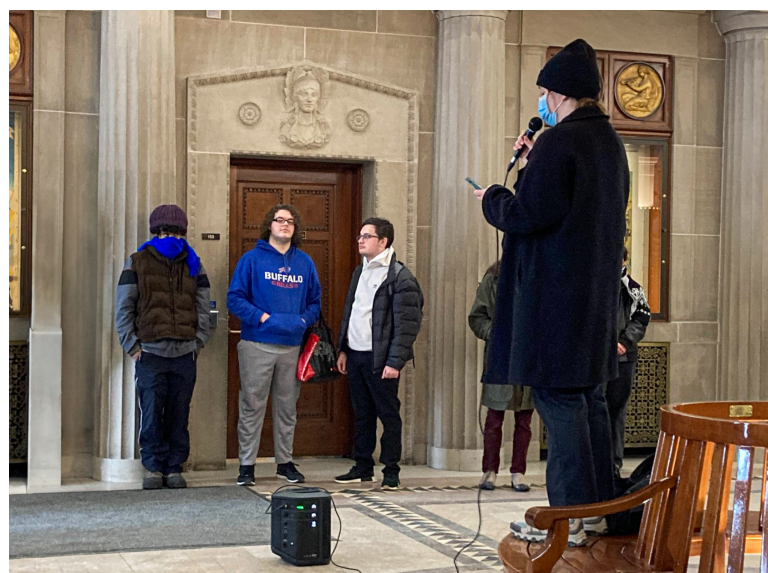
A social media post by the University of Rochester's branch of Students for Justice in Palestine claimed on Friday that the four students were expelled from the University for their involvement in the 'wanted' posters. The University declined to comment on the academic statuses of the students, citing the Family Educational Rights and Privacy Act (FERPA).

**"Today, we feel the relief in this pause of the genocide ... I share this joy with millions of others who, for the first time in over a year, have a moment of peace."**

The protest also addressed the Israel-Hamas ceasefire announced on Jan. 15.

Speakers at the protest on campus told the audience that the "temporary ceasefire" was a reprieve, but that the "fight" was not over.

The first phase of the ceasefire put a stop to the fighting and allowed for the



NATALIE OPDAHL / NEWS EDITOR

Students gather in Rush Rhees Library on Jan. 21, 2025.

exchange of prisoners. Over 30 prisoners across both sides have been released. As of Sunday, Jan. 26 at 5:30 p.m. Israel has claimed that Hamas violated the terms of the ceasefire, and its future is uncertain.

"Today, we feel the relief in this pause of the genocide," a masked speaker said at the protest on Jan. 21. "I share this joy with millions of others who, for the first time in over a year, have a moment of peace."

Israel and Hamas are expected to begin negotiating the second phase of the ceasefire, which would in-

clude full withdrawal of Israeli forces from Gaza, by Feb. 4.

The protest was unregistered, and was in violation of the University's Demonstrations, Vigils, and Peaceful Protests Policy. After being asked to leave by library staff, the group moved to several different locations throughout Wilson Commons and Rush Rhees Library.

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

## Free Narcan Available on Campus



TEDDY ALMOND / PHOTO EDITOR

Naloxone, also known as Narcan, is a life-saving medicine that treats opioid overdoses.

BY TEDDY ALMOND  
PHOTO EDITOR

In line with national trends, opioid overdose deaths have been on the rise across Monroe County — with 59 overdoses in January alone. According to research conducted on existing opioid overdose knowledge among college students, fatal overdoses have seen a substantial rise.

Naloxone — a drug sold

under the brand name Narcan — can reverse the effects of an opioid overdose on the body. UR's University Health Service (UHS) Health Promotion Office is working to make naloxone more available for students on campus.

The Healthy Promotion Office has taken a proactive role to reduce overdoses on campus. In conjunction with the school's Environmental Health and Safety

Department, they have installed over 170 automated external defibrillator (AED) boxes on campus. Each box contains a "Stop the Bleed" kit, as well as a dose of naloxone, which can be administered nasally.

**'Opioid overdose deaths have been on the rise across Monroe County — with 59 overdoses in January alone.'**

"We do a lot of preventive and harm reduction work," Health Promotion Specialist of Alcohol and Other Drugs Education, Danielle D'Onofrio, said in an interview with the *Campus Times*. "[It is important] to make sure that students have access [to life saving equipment] before it becomes a[n] issue."

D'Onofrio explained that the Health Promotion Office is working on installing dedicated boxes around campus where students can discreetly access the life-saving drug.

"We have [naloxone] boxes in [the UHS building] vestibule and the new one in Wilson Commons, which is our bigger one," she said.

Over winter break, a naloxone box was installed in the entryway to Wilson Commons. The wall-mounted dispenser holds between 35 to 40 individual boxes, each of which contains two doses. The dispenser is the second of three to come.

**'None of the boxes are alarmed, emphasizing that the use of these boxes is meant to be discreet and that UHS does not keep track of who is using the service, or when it is being used.'**

D'Onofrio said that the Health Promotion Office is currently working with University Facilities on the installation of three more boxes: one in the lobby of the Goergen Athletic Center and two in the Rush Rhees

Library.

D'Onofrio added that none of the boxes are alarmed, emphasizing that the use of these boxes is meant to be discreet and that UHS does not keep track of who is using the service, or when it is being used.

When asked whether these services will be available to students at Eastman School of Music, D'Onofrio explained that "[The UHS office is working] with Eastman right now to figure out what works best for them. [...] Their campus is a little bit different from River Campus, so we want to make sure that we are supplying what's needed to them in a way that works for them."

The Health Promotion Office hosts two events per semester dedicated to increasing awareness of opioid overdoses and the use of naloxone. The next event will occur in February, with the date and time to be released soon.

*Almond is a member of the Class of 2028.*

# OPINIONS

## State of the *Campus Times*: A Review Through 2024

EDITORIAL OBSERVER

BY MICAH BETTENHAUSEN  
SENIOR STAFF

Traditionally, the Publisher and Editor-in-Chief write bookend articles covering the state of the paper each semester. Last semester was a bit of an anomaly in that I, the then-publisher, wrote the state of the paper at the beginning of the semester when that is usually the responsibility of the Editor-in-Chief. Then, at the end of the semester, I had to go home to be with my family and take care of a dying loved one. So here I am, finally writing my end-of-the-semester state of the paper, and with it, covering the major achievements of the *Campus Times* during my tenure as Publisher.

***‘So here I am, finally writing my end-of-the-semester state of the paper.’***

This year, the *CT* signed 49 advertising contracts with university departments and local and national businesses, totaling \$16,033.29 in advertising revenue. We increased our print circulation (how many papers we print) from 2,000 to 2,800 and increased the size of our paper from 12 pages to 16 pages — our longest since 2017. Additionally, we increased our distribution locations from 43 to 71, offering new locations at the Eastman School of Music, Medical Center, and certain academic buildings on River Campus, as well as three new newsstands in College Town businesses. We initiated a paid summer internship with a local newsroom, the *Rochester Beacon*. We bolstered our online readership netting a total count of 664,257 views from 419,478 unique users. We engaged with the University’s English Department regarding course credit for the *CT*, a process we are currently working on. We rolled out an interactive distribution map (featured in the @Rochester daily newsletter) detailing the locations of our print editions. We bolstered engagement between our section editors and writers by instating mandatory office hours for section editors. We have proudly restarted our print edition mail subscription, a program that was cut during COVID-19. We

engaged with groups and programs on campus including two Medallion co-hosted events on Oct. 19 and 20, 2024. We hosted weekly skill-building workshops with local reporters on various aspects of journalism. We worked to improve our website including fixing the broken X (formerly known as Twitter) API, advertising slots on WordPress, and author links (a feature that has not worked since the website launched). We started a campaign to increase donor contributions. We created a donation page on our website, included a call for donations in each of our print editions, and created a new Donor Thank You Card with a whole-staff photo and a handwritten thank you note to the donor including how their funds will be used.

Our staff has increased since the previous year. In 2023 we had 20 people on our elected staff (section editors, chiefs, management, EIC, and Publisher), last year we had 25. Our team of staff writers, photographers, illustrators, and presenters (non-elected students who have contributed more than three times) has reached 33 people, up from the previous year’s nine staff members. Last year, we increased our contributors (people who write one to three articles) to 86 people, up 374% from the previous year’s 23 contributors. We increased the average number of articles we received per week to roughly 34 articles, a 190% increase from the previous year, and a 174% increase from the 2022 calendar year.

***‘We increased the average number of articles we received per week to roughly 34 articles, a 190% increase from the previous year.’***

Over the calendar year of 2024, our donation campaign yielded \$3,138.08, an increase of 475% from \$659.98 in the calendar year of 2023.

We designed and created new press ID passes for staff members, increasing our visibility on campus, lending our reporters validity and identification as well as strengthening our image as a news organization. The press

IDs are printed for all staff members who have written more than three articles.

***‘Over the calendar year of 2024, we have raised \$19,171.37.’***

And lastly, we revamped our social media with new graphic templates and caption text to catch up with our peer collegiate newspapers. Our modernized social media presence and look have boosted our engagement online and bolstered our image as a trustworthy, professional news organization.

As we look forward to the new year, the *Campus Times* is well-positioned to become financially independent again, reinstate editor stipends,

and continue to expand our reporting beyond the confines of the University.

***‘I am confident in the new Publisher and staff of the Campus Times and their capabilities.’***

In 2024, we proved that we could not only support ourselves with advertising money and donations alone, but even finish the year with funds left over to cover conference expenses, merchandise, and a small, but not insignificant stipend. Over the calendar year of 2024, we have raised \$19,171.37, enough to allow us to become fully independent and implement a staff member stipend.

Although I could not

achieve every goal I set out to complete in my August 2024 article, we achieved a lot! I am confident in the new Publisher and staff of the *Campus Times* and their capabilities to follow through with the momentum we gained across the past year and continue to improve the paper. I am excited to see both what the future holds for the *Campus Times* in the coming years, and the legacy that will be left by the dedicated staff members who work tirelessly to keep this paper running.

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

### Support Student Journalism!

The *Campus Times* has been an institution at the University of Rochester for over 150 years. We need funding to afford new office equipment, professional photography and design software, trips to journalism conferences, and more.

Scan the QR code to make a tax-deductible donation to the *Campus Times* today or navigate to the university’s Alumni Relations Giving website and specifying you want the funds of your gift to go to the “Campus Times Fund.”



## Campus Times

SERVING THE UNIVERSITY OF ROCHESTER COMMUNITY SINCE 1873

WILSON COMMONS 103A  
UNIVERSITY OF ROCHESTER, ROCHESTER, NY 14627  
OFFICE: (585) 275-5942  
CAMPUSTIMES.ORG / CT\_EDITOR@U.ROCHESTER.EDU

**EDITOR-IN-CHIEF** EMMELY ELI TEXCUCANO

**PUBLISHER** SHERENE YANG

**MANAGING EDITOR** MAYA BROSNICK

**MANAGING EDITOR** HELENA FENG

**MANAGING EDITOR** ALEX HOLLY

**BUSINESS MANAGER** ELENA BACHMANN

<p><b>NEWS EDITOR</b> NATALIE OPDAHL</p> <p><b>FEATURES EDITOR</b> SUBAAB SYED</p> <p><b>OPINIONS EDITORS</b> ADDISON BAKER EVA NAIK</p> <p><b>CULTURE EDITORS</b> EMILY ENGLISH COLIN JONES</p> <p><b>HUMOR EDITORS</b> GABRIEL JIANG BRIAN LY</p> <p><b>SPORTS EDITOR</b> AENEAS WOLF</p> <p><b>DATA EDITOR</b> ANASTASIIA CHYZH</p> <p><b>PHOTOGRAPHY EDITORS</b> TEDDY ALMOND HARRY LI</p> <p><b>ILLUSTRATIONS EDITORS</b> MARY JERRED JOY LU</p> <p><b>SOCIAL MEDIA EDITORS</b> TEDDY ALMOND BRENNAN PRICE</p> <p><b>PRESENTATIONS CHIEFS</b> LAUREN BIGLEY KAYLIN HAN</p> <p><b>COPY CHIEF</b> KATIE JARVIS</p> <p><b>ENGAGEMENT COORDINATOR</b> ALYSSA KOH</p> <p><b>COLUMNISTS</b> FINN ABBEY AUSTIN DELORME NADIA PENTOLINO</p> <p><b>STAFF PHOTOGRAPHER</b> AIDAN SCIORTINO</p> <p><b>STAFF PUZZLER</b> CALEB OSHINSKY</p>	<p><b>STAFF WRITERS</b> BUG CARTWRIGHT ALEXIS COSTAS ISABEL DOSHI ALEX EGGERS MARIAH LANSING MADELEINE MCCURDY PAIGE MCCURDY NARM NATHAN ALEENA RESSAS JOSHUA SCHIAVI KATE STOUT MARIA VARDANYAN</p> <p><b>STAFF ILLUSTRATORS</b> QUINLAN CARETTI CINCY CHENG NANCY FAN RACHEL KAMATA ARIANA LIM HARINI PRABAHARAN KAITLYN WONG ANGELINA YANG</p> <p><b>PRESENTATIONS STAFF</b> ARDEN DOYLE SAGE KRUSCHEL YUTING PU NINA ROBLES MIA TRENBEATH</p>
--	---

Full responsibility for material appearing in this publication rests with the Editor-in-Chief. Opinions expressed in columns, letters, op-eds, or comics are not necessarily the views of the editors or the University of Rochester. *Campus Times* is printed monthly throughout the academic year, except around and during University holidays. All issues are free. *Campus Times* is published online at [www.campustimes.org](http://www.campustimes.org), and is updated Monday each week. *Campus Times* is 5A funded. All materials herein are copyright © 2025 by *Campus Times*.

It is our policy to correct all erroneous information as quickly as possible. If you believe you have a correction, please email [CT\\_editor@u.rochester.edu](mailto:CT_editor@u.rochester.edu).

# From Humble Beginnings to Collective Power: A First-Person Account of the Struggle for a Grad Union

LETTER TO THE EDITOR

BY HIMANSHU AHUJA  
CONTRIBUTING WRITER

After months of protests and negotiations, the University finally reached an agreement last December regarding all Ph.D. students currently receiving a stipend, committing to a free and fair union election this spring. Yet, just days ago, the University unexpectedly reversed course about the very agreement it had proposed, casting doubt on its commitment to a timely election. This delay is especially concerning as the new Trump Administration attempts to undermine graduate worker unions and suppress the voices of those who drive university research and teaching. The union election, a major milestone reached through years of action and reflection, is now at risk. At this critical moment, it's crucial for all Ph.D. students to understand that such bureaucratic stalling is not new. It was precisely because of this pattern of neglect that the Graduate Labor Union (GLU) came to be.

***'The union election, a major milestone reached through years of action and reflection, is now at risk.'***

When I arrived in the U.S. in 2019 to pursue a Ph.D. in Brain and Cognitive Sciences, I was thrilled. Coming from New Delhi, I was excited to conduct experimental work that wasn't possible back home. The clean air was another major draw — New Delhi has some of the worst air quality in the world. In my early years as a Ph.D. worker, I prioritized academic achievement above all else. I worked late nights, came in on weekends, and dismissed senior graduates' warnings about burnout. Over time, however, isolation crept in. Being far from family and lifelong friends took a toll on my mental health, and I realized I needed balance. Socializing, traveling, and eating well became priorities to maintain consistent academic progress.

Living in Rochester, however, posed its own challenges. Without a car, even basic errands like grocery shopping required multiple bus transfers and took an entire day. By the end of my first year, I saved enough

to buy a used car — a necessity for maintaining any semblance of work-life balance. This would have been impossible if I'd had to send money home, raise kids, or if I were an international student today. Since 2019, inflation-adjusted wages for UR graduate workers have fallen by 7.5–15%. By the end of last year, I could no longer afford to maintain my car and had to sell it. The financial hardships I face today are not unique and are far less severe than many of the stories we've heard during the union campaign.

***'The financial hardships I face today are not unique and are far less severe than many of the stories we've heard during the union campaign.'***

Leadership has always been a core part of my personal and academic journey, even before arriving at the University of Rochester. At UR, I was elected to the Graduate Student Association (GSA), serving as Academic Programming Officer in my second year and later as the Diversity, Equity, and Inclusion Officer. However, these roles felt largely symbolic. Grievances brought to administrators were often lost in bureaucratic layers, with little transparency about whether our suggestions had actually influenced University policy. Our primary responsibilities were reduced to organizing coffee hours and socials — important, but far from the impactful leadership roles I had envisioned. The COVID-19 pandemic further exposed the lack of meaningful representation for graduate workers. Many of us in GSA

during 2020–2021 grew frustrated and left to pursue other goals. By 2022, the situation had worsened — GSA representatives sat on numerous committees but had no real influence.

***'Grievances brought to administrators were often lost in bureaucratic layers.'***

In mid-2022, current and former GSA members joined forces with other concerned graduate workers to take matters into their own hands. Under the banner of the Graduate Student Collective (GSC), the predecessor to GLU, we surveyed graduate workers' mental and financial well-being. The response was overwhelming — nearly 500 Ph.D. students completed the survey within two weeks. The results were disheartening, but the personal anecdotes were truly heartbreaking.

***'The response was overwhelming — nearly 500 Ph.D. students completed the survey within two weeks.'***

We compiled a report detailing these financial hardships alongside personal stories and sent an open letter to the administration. With grad student issues now public knowledge, it became harder for administrators to ignore us. Meetings with deans and provosts followed, leading to some immediate changes: All full-time Ph.D. students were granted health insurance coverage — an almost \$3,000 pay increase for those previously paying out-of-pocket. This demonstrated that the University is capable of taking swift action when faced with mounting

collective evidence and pressure from an organized graduate worker movement. It was a small but significant victory.

Still, much work remained. Despite these gains, all UR graduate workers earned less than the MIT-defined living wage for Rochester — and English, Math, History, and Eastman graduate workers earned below minimum wage when stipends were translated to an hourly wage. Most worked more than 40 hours per week. Over the following months, we held numerous meetings with administrators, but progress stalled. Promised action plans went unmet; meetings were canceled; some administrators outright refused to engage with us. When we sought formal recognition for GSC as a leadership group for graduate workers with the Office of Graduate Education and Postdoctoral Affairs, our application was denied on the grounds that its mission overlapped with GSA — a notion that GSA members themselves rejected. Today, the GSA no longer exists. This effectively leaves no avenue for graduate workers to advocate to the administration through "official" channels.

***'Today, the GSA no longer exists.'***

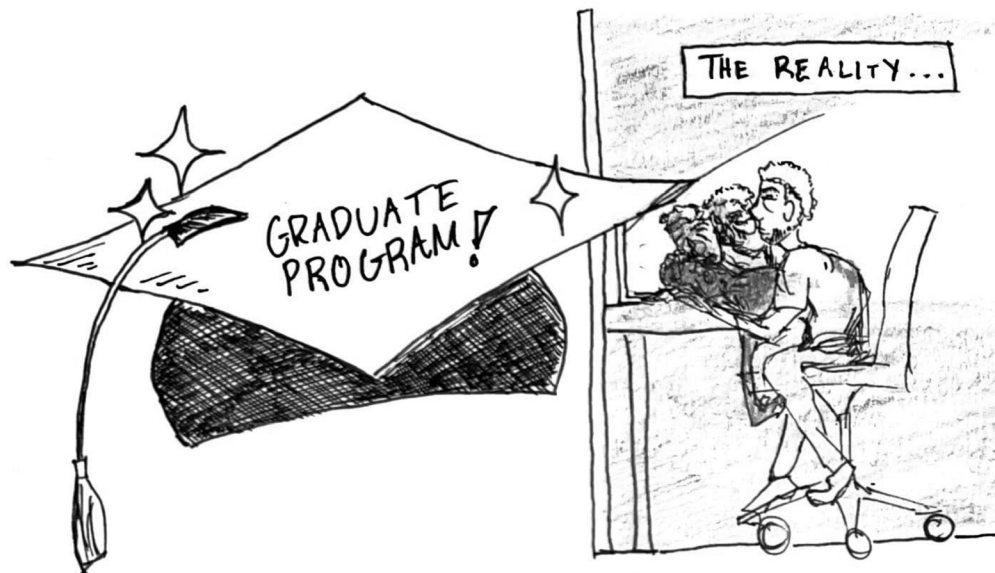
By early 2023, with every avenue for collaboration blocked by the administration, we recognized that only collective action could achieve fair treatment for graduate student workers. A union would provide a legally mandated process requiring the administration to negotiate and address issues crucial to Ph.D. students. While the GSC focused on securing a living wage and comprehensive health insurance, the GLU

has embraced a broader mission. The union will not only advocate for better wages and benefits but also support graduate worker parents and international students, foster a sense of community for addressing Ph.D. grievances, including issues of discrimination and harassment, and serve as an intermediary in academic conflicts. By focusing on these interconnected needs, the GLU seeks to empower all graduate workers and create a more equitable, supportive academic environment.

***'Join us on Thursday, Jan 30, at 3:30 p.m. in front of the Interfaith Chapel, on public land, to deliver a letter to President Mangelsdorf.'***

As we rapidly approach the upcoming union election, remember: This movement was born out of necessity and shaped by resilience. Join us on Thursday, Jan 30, at 3:30 p.m. in front of the Interfaith Chapel, on public land, to deliver a letter to President Mangelsdorf. Together, we will demand the immediate signing of the election agreement to ensure fair and timely elections for union representation. Sign a union card and share with a friend! You can also reach out to us to learn more about union efforts at <https://urgradunion.com/> or [urgradunion@gmail.com](mailto:urgradunion@gmail.com).

*Ahuja is a graduate student in the School of Arts and Sciences.*



MARY JERRED / ILLUSTRATIONS EDITOR

# The United Nation's Potential Lies in Global Unity, Not Individual Power

BY STEVE SUN  
CONTRIBUTING WRITER

Last night, while I watched the news, I was struck by the grim reminder that the Russian invasion of Ukraine is almost in its third year, while the Israel-Palestine conflict is close to the midpoint of its second. As the casualties continue to mount, I can't help but feel overwhelmed by the growing divisions in our world, and I wonder if there's anything that can stop the wars, protect civilians, and foster a lasting peace.

***'As the casualties continue to mount, I can't help but feel overwhelmed by the growing divisions in our world.'***

The global news shifted to the United Nations Secretary-General delivering another plea for peace — same podium, same backdrop, same message as the past two years. As someone who's passionate about the mission of the United Nations, watching the scene repeat itself felt deeply frustrating. The U.N., an organization of 193 member nations that aims to promote global unity and resolve conflicts, now seems powerless in the face of these challenges. While critics have dismissed the U.N. as ineffective or symbolic at best, I remain hopeful. The U.N. still holds potential, but realizing that potential depends on taking the right actions.

***'The U.N. still holds potential, but realizing that potential depends on taking the right actions.'***



The U.N. was established in 1945 from the ashes of postwar Europe and the failures of its predecessor, the League of Nations. While historians argue on why the League crumbled — some attributing it to a lack of power to enforce decisions and others to the weight of greed and national self-interest — the U.N. aimed to avoid the same issue. The 50 founding nations of the U.N. embraced a revolutionary vision that emphasized the significance of international collaboration in maintaining lasting peace. 70 years later, in 2015, this vision expanded beyond mere conflict prevention, as the U.N. launched its Sustainable Development Goals, aiming to achieve global dignity, peace, and prosperity by 2030. These goals range from eliminating poverty and hunger to ensuring quality education and climate action.

***'While historians argue on why the League crumbled — the U.N. aimed to avoid the same issue.'***

However, as we witness ever-increasing casualties

in Palestine and Ukraine, the gap between the U.N.'s aspirational vision and the harsh truth has never been wider. The U.N.'s response to the conflicts has revealed both its potential and limitations. The General Assembly passed resolutions calling for a humanitarian ceasefire in Gaza; the World Food Programme and other agencies delivered critical humanitarian aid that reached millions; the United Nations High Commissioner for Refugees and United Nations Relief and Works Agency provided shelter and emergency aid to help millions of displaced Ukrainians and Palestinians. All of this is genuinely and demonstrably positive. On the other hand, these actions are easily disrupted by escalating tensions and hostilities, paving the way for yet more devastation. But beyond diplomatic deadlocks and endless policy debates, civilian casualties — whose lives are shattered by relentless violence — remind us what's truly at stake. I remember an hour-long call with a Jewish friend who told me three of his relatives were killed at the Supernova Sukkot

MARY JERRED / ILLUSTRATIONS EDITOR  
Gathering on October 7th; my Palestinian instructor told me how she never saw her grandmother again after missiles hit her apartment. Similar stories are told by countless Russians and Ukrainians, emphasizing the urgent need for humanitarian action and peacemaking efforts.

***'The gap between the U.N.'s aspirational vision and the harsh truth has never been wider.'***

These everyday stories of loss and resilience underscore the need for us to reexamine the role of the U.N., not only in addressing these crises, but also in embodying its core mission: uniting nations. To fully understand its potential, we must look beyond its successes and failures and consider the broader principles and collaborative efforts that define the organization. Ultimately, the U.N. doesn't exist in isolation. Rather, it is an organization formed by every recognized nation on Earth. While the U.N. Secretariat can mediate tensions and provide unparalleled infrastructure for international

dialogue, its effectiveness depends on each member state's willingness to collaborate. As the U.N. Charter emphasizes, the organization is founded on the sovereign equality of all nations in maintaining international peace and security, emphasizing each nation bears equal responsibility to advance these goals through concrete action. Even amidst devastating conflicts in Ukraine and Israel, progress can only be made if nations embrace a broader vision of global peace over narrow self-interest; respect international law; honor the global community; and set aside hostilities in favor of peaceful dialogue. Therefore, the effectiveness of the U.N. represents more than institutional success; it embodies the triumph of respect, cooperation, dialogue, and compromise over division, hostility, and violence.

***'Progress can only be made if nations embrace a broader vision of global peace over narrow self-interest.'***

This vision may seem unfeasibly utopian amidst the current global tensions, and translating it into reality will require tremendous effort. But I believe in the U.N.'s potential to bring success in the long run. It is up to those in power to realize it.

*Sun is a member of the Class of 2027.*

## Campus Times

SERVING THE UNIVERSITY OF ROCHESTER COMMUNITY SINCE 1873 / [campustimes.org](http://campustimes.org)

Interested in joining our team?  
Couldn't make it to our General Interest Meetings?

CONTACT: [CT\\_EDITOR@U.ROCHESTER.EDU](mailto:CT_EDITOR@U.ROCHESTER.EDU)

NEWS • FEATURES • CULTURE • OPINIONS • HUMOR • SPORTS  
DATA • PHOTOGRAPHY • COPYEDITING • ILLUSTRATIONS • PRESENTATIONS

# Notes by Nadia: Why You Might Not Be Sticking to Your New Year's Resolutions

BY NADIA PENTOLINO  
COLUMNIST

The new year has just begun, and it's time to get started on your resolutions. You probably did this last year, and the year before, and the year before that. For a lot of people, it's the same old process — you feel motivated at the start of the year, you start your New Year's resolutions, then you lose motivation by the end of maybe week two and drop them. Oh well, better luck next year, right?

If this sounds like you, you might be wondering why it's so difficult to stick to your New Year's resolutions throughout the year. I have a reason for you, and a solution.

The reason is that the social media hype surrounding New Year's resolutions dies down merely weeks into the new year. You might be feeling more motivated at the start of the year because you see friends and influencers talking about their resolutions. As soon as the hype dies, so does your motivation. Another reason is that you might be rushing into it without a set plan. Let's say your New Year's

resolution is to lose weight. You might go to the gym for an hour every day to work out or start a very restrictive diet right off the bat. Instead of easing into a weight loss plan, you start at level 100. This will most likely tire you out and you'll lose motivation quickly.

You might also be choosing a type of New Year's resolution because it's trendy and you're seeing it all over social media, and not because it's something you genuinely want to do. You might make daily journaling

your New Year's resolution because you see a ton of people on TikTok doing that, but do you really care about journaling? Maybe not.

So how can you stay motivated and still be following your resolution come next December? It's simple — by choosing a New Year's resolution that's relevant to you and by having a detailed plan to achieve it.

Before the new year, think long and hard about what you want to achieve in the upcoming year. Brainstorm

a list of goals that are important to you and choose a few that you think will actually be achievable for you. By "actually achievable," I mean that you shouldn't pick something like "quit my job and move to another country" if you're facing financial hardships.

Once you have your goals selected (only a few — don't overwhelm yourself in the new year), start by making a detailed plan on how you're going to try to achieve those goals. Let's use the weight loss example again. Maybe

you want to start walking every day for 10 minutes, and you gradually increase the time by five minutes each week. Or maybe you'll start going to the gym twice a week, and you slowly build it into your routine, until you're there five days a week. If you want to start doing a specific type of workout — let's say Pilates — you start out with an easy, beginner-friendly workout class and gradually increase the intensity and frequency of your workouts.

The key word here is gradually. If you want to achieve your New Year's resolutions without immediately burning out, you need to start slow. Goals aren't achieved overnight. They take time. It's also important to remember that it's never too late to start your resolution! Even if it's a few months into 2025, don't feel discouraged! You've got this! And if you follow this simple solution, you might find it a lot easier to stick to your New Year's resolutions!

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



QUINLANCARETTI/STAFF ILLUSTRATOR

## Society Is Pure Advertising: An Anti-Consumption Retrospective

BY SHRISHTI PADMANABHAN  
CONTRIBUTING WRITER

There's a certain elegance in the way advertising has woven itself into the fabric of our society. Subtle, seamless, seductive — it doesn't even knock on your door anymore; it's already lounging on your couch. From the endless scrolling to the strangers on our screens we mistake for confidants, the game has evolved, and its execution is as flawless as the life it tries to sell you.

But this game, it never stops. It's in our pockets, on our screens, and even in our conversations — always listening, always watching. So you decide you've had enough one day and step outside for some fresh air, but it's there too: plastered on the buses, flashing on the billboards, staring back at you at the gas pump.

***'The game doesn't want you to think, it wants you to feel.'***

There's no escape, just endless voices whispering flaws into your ears. It is an industry that thrives on doubt after all — how else would they sell you their solution if not by first convincing you that you're the problem? The game doesn't want you to think, it wants you to feel. And how easy it

is to feel less-than, in a world curated to perfection.

What makes all of this so unsettling isn't just the pervasiveness of advertising, but its audacity. It doesn't stop at products — it sells you an identity. The faces on your screen aren't just endorsing a brand, they're selling you a vision of who you could be.

Despite all of the game's attempts, you'd like to think you're above it all, wouldn't you? After all, you've read the articles and watched the exposés. You know how to spot each #ad and brand partnership. You know how subtle these tricks are meant to be and the precise effect they're designed to have on your mind. And yet, the game

wins, not because you're uninformed, but because you're human. The game plays into your desires, your fears, and most importantly, your need to belong.

The solution to the sponsored suffocation you're feeling right now isn't to try to escape the advertising altogether (spoiler: you can't). It's instead to learn to see the game for what it is: a mirror reflecting the world's obsession with perfection. Maybe the antidote isn't radical rejection but selective participation.

Because rejecting advertising outright isn't practical, nor is it the point. Instead, your power lies in your ability to lean in only when it

aligns with your values and walk away when it doesn't. This selective participation isn't just a rebellion against consumerism; it's a reclamation of your narrative. In doing so, you're no longer a passive participant consuming this content against your will but instead, you now play the game with a quiet smirk — aware, unimpressed, and entirely on your own terms.

Now, let me get off my high horse, pull you aside, and tell you that I'm no less vulnerable to this game than you are. I know it's easier said than done. Distancing yourself from the game's pressure is hard when the entire world is telling you who to be.

So then how do we achieve

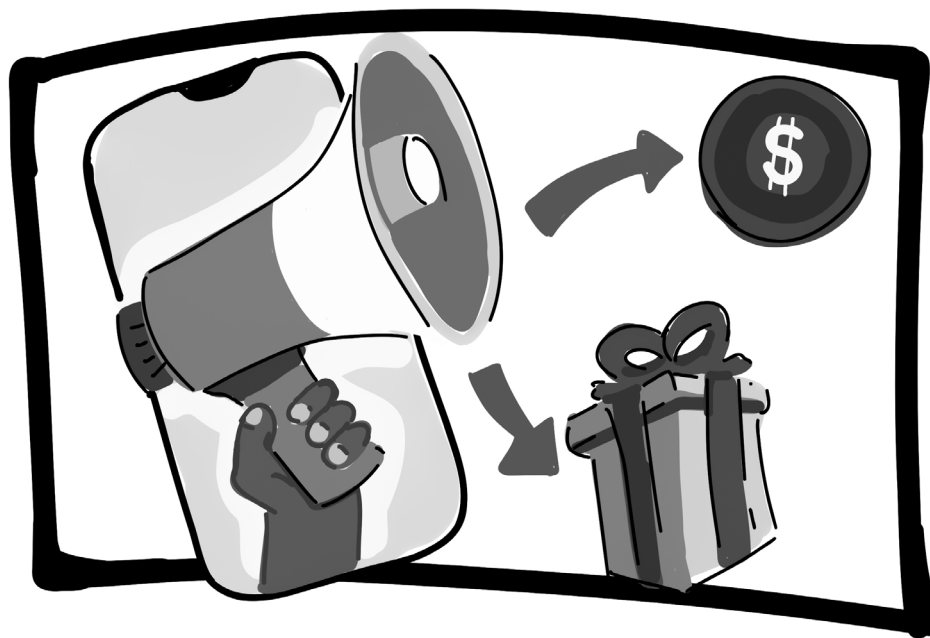
this in a meaningful way? Start by giving yourself permission to question the narrative. When you see an ad, ask yourself: Does this truly matter to me, or is it just filling a void that the world told me exists? Surround yourself with people and content that don't thrive on materialism, but instead on authenticity.

***'Don't thrive on materialism, but instead on authenticity.'***

For me, it's been about finding joy in experiences rather than things. Spending time with real people whose presence I genuinely enjoy is a reminder that I'm more than a consumer. They ground me in what's real, not what's for sale.

In a world saturated with soft-focus filters and curated perfection, perhaps the smartest thing you could do is reclaim your agency. See through the gloss. Choose wisely. And most importantly, do not mistake the noise for truth. Because while society may be pure advertising, not everything for sale is worth buying.

*Padmanabhan is a graduate student in the Simon Business School.*



SUBAAB SYED/FEATURES EDITOR

# The DeLorme Report: Canada's Conservatives Are Paving a Path for the West

BY AUSTIN DELORME  
COLUMNIST

Canadian Prime Minister Justin Trudeau is out. After nine years of a Liberal and New Democratic Party (NDP) controlled government, wavering support is showing cracks within the current Canadian House of Commons.

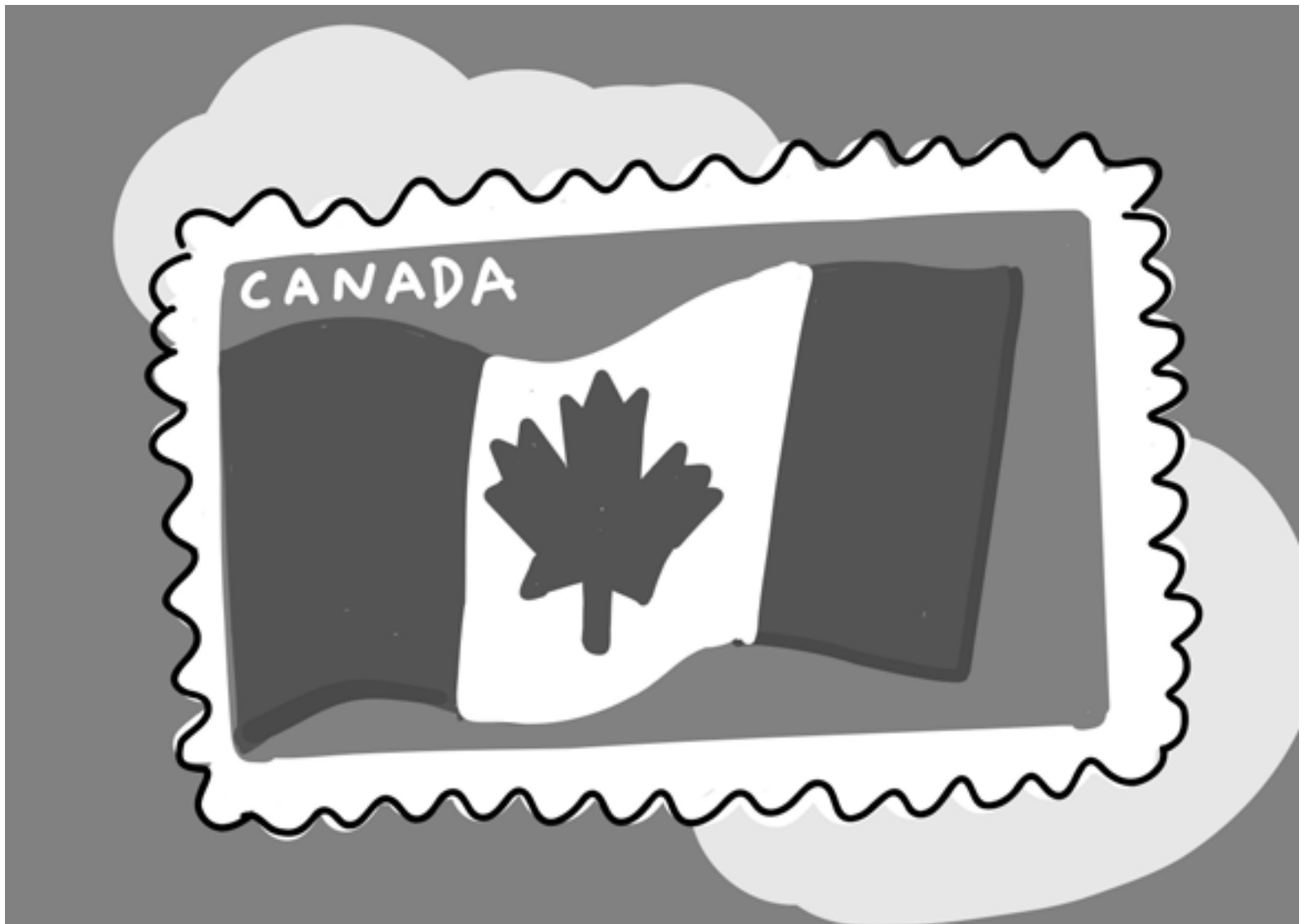
Accelerated by the election of Donald Trump in the most recent United States presidential election, events have developed rather quickly for our friends in the north. After Trudeau announced his intention to resign as party leader and prime minister, the Liberal Party was plunged into a leadership contest to determine who will take helm of the ship that is the Canadian Parliament.

***'The Liberal Party was plunged into a leadership contest to determine who will take the helm of the ship that is the Canadian Parliament.'***

Consequently, Parliament is suspended until March while this process takes place, blocking the Conservative Party from being able to call for early elections. This move would likely lead to a massive loss of Liberal controlled seats, and could lead to the Conservative Party's largest share of seats within parliament in Canada's history. Much like the Canadian special elections of 2021, the Liberal Party made no significant gains in seat count, and led to an initial loss in poll numbers.

According to most recent polling provided by the Canadian Broadcasting Corporation (CBC), the Conservative Party of Canada is polling at nearly 45%, with no other party besides the Liberals breaking 20%. Even the Liberals' 21.5% in national polling paled in comparison to their past three election wins.

You can see the trouble both Liberals and the NDP are in even when looking at the raw seat count projected by the CBC. For only the second time in Canada's history, there is a very real possibility that the largest opposition party to the Conservatives could be the Bloc Québécois, a Quebec-established party advocating for independence from the rest of Canada. The implications of this new potential governmental structure could greatly impact the way in which Canada's



SUBAAHSYED / FEATURES EDITOR

political agenda is shaped in the near future domestically and internationally.

Taking a larger look at this strange political situation from an American perspective, one is left with a few key questions.

First, what led us to this unique situation we are in today? Secondly, what does this mean for the future of Canada? Lastly, is this any indication of a broader international trend?

In regards to the first question, it seems very clear: the worst inflation Canada has seen in decades, an increase in home prices, and a national food crisis (which has pushed 2 million people to seek food banks) have all occurred under Liberal leadership.

For Canada's future, this means a few things. First and foremost, a Conservative government is almost guaranteed to take power during what is slated to be early elections when parliament reconvenes in spring. With that comes promises of lower inflation, an end to the cost-of-living crisis, and improved trade relations with the U.S.

Third, I would argue this shake-up of Canadian politics is reflective of global political shifts.

The political crisis comes just months after the U.S. elected Donald Trump as President. Plagued with issues similar to Canada's, election results in the U.S. were a clear demand for a change in leadership. A historical example

reminiscent of this sort of large-scale change, occurred during the 2024 French legislative elections, which saw a massive shift to the right. This shift can be seen through social polling, in which as of October of 2024, 51% of French voters agreed that the current democratic institutions in France are not working. Additionally, the recipients of the poll stated that they would prefer a "strong power" to lead the nation opposed to the current government's structure. While the left won the most seats in the last election cycle, the French National Rally, a far-right party, and its allies received the most votes, gaining over 37% of the popular vote in a government with four separate party factions.

***'Plagued with issues similar to Canada's, election results in the U.S. were a clear demand for a change in leadership.'***

Western nations are shifting to the right, and people must face that fact. As uneasy as it may feel, we must acknowledge why this is. Much like in Canada, the global economy has festered over the past five years due to COVID-19, the Russia-Ukraine war, Middle East instability, and the increased costs of Chinese trade.

People are fed up, and they want change. In recent history, parties with

left-leaning policies have controlled many governments and institutions. Under this leadership, due to unfortunate circumstances or controllable missteps, social and economic policies have failed to satisfy a large number of voters.

I think it is shameful that at the same time, left parties internationally attack voters and parties for their election losses, they continue to make policies that do not benefit middle class pocketbooks or goals. The tone deaf nature of this electoral strategy makes me wonder whether party leaders around the globe are ignorant or willfully blind.

I, for one, am in support of this shift to the right. Not for the reason some might expect.

A shift right essentially reflects a shift back towards the center; a shift to the voices of the silent majority of people who identify as "independent" in the American political system. What the U.S. needs again is an amplification of moderate and centrist ideas. If a consequence of that is a Republican controlled government, I think the benefits plentifully outweigh most negatives.

***'What the U.S. needs again is an amplification of moderate and centrist ideas.'***

The parties today around

the world that claim to champion freedom of thought, expression, speech, and dissent are parties self-identified as right-wing. From France, to the U.S., to Canada, a new wave of leadership is coming — and with it, a new generation of people exposed to political ideas and ideologies that have been stifled for too long.

***'From France, to the U.S., to Canada, a new wave of leadership is coming.'***

I think if we can learn anything from Canada, we can learn this: Conservatism and ideas to the right of center are not scary, it is sometimes just the case that the implementation is a cause of concern and fear. If anything, conservative policies should get a chance at implementation, and maybe become embraced into society.

While I am cautious about allowing power to be given to the far-right, I am realistic in recognizing that the center-right is economically beneficial for the middle class.

Maybe more people need this mindset to challenge themselves, and accept change as a motivating positive force of change in our modern day political atmosphere.

DeLorme is a member of the Class of 2028.

## CULTURE

## Revisiting a Masterpiece: Harmony in Ultraviolet

BY COLIN JONES  
CULTURE EDITOR

What is it that makes ambient music good? It's a genre somewhat counterintuitively designed not to be noticed, most often associated with kitschy yoga settings or sci-fi soundtracks. Ambient is one of the more abstract and hard-to-judge genres, with some works consisting of unchanging drones for the entirety of their runtime. Some of these albums, with patience, reveal themselves to be filled with subtle details and transcendent bliss, evidenced by the now-defunct duo Stars of the Lid and their work's subtle dreamscapes conjured with high-static compositions. Other artists that come to mind for similar accomplishments include Yellow Swans and Jefre Cantu-Ledesma. However, some of the most interesting records in the genre are intricately layered, finely detailed patchworks of overlapping sounds that make you question if what you're

listening to can still be called background noise. Enter "Harmony in Ultraviolet," the 2006 masterwork by producer Tim Hecker.

Where much of ambient music often serves as a tonic to the high-tempo and hook-filled music we hear throughout most of our daily lives, Hecker's works, although ready and able to fulfill this purpose, simultaneously offer a challenging soundscape for the listener to immerse themselves in. "Harmony in Ultraviolet" is, perhaps, my most streamed album of all time, and I've continued to find new details beneath each shimmering texture and reverbed guitar note.

From the first wavering cascades of airy synths on the opener "Blood Rainbow," Hecker pulls you into the strange world of his creation. It's a place where texture and consistency blend and reform, abstract shapes combine and melt down into bleak drones, embellished by spiraling synth layers and tentatively

plucked guitar and drenched in cavernous reverb. The mood of the record feels tailored to what the listener wants from it; the mechanical and often noisy sections can feel cold and desolate while the high peaks of glowing key lines evoke cinematic beauty. I find myself returning to it a lot when I'm stressed or tired; there's something effortlessly easy about this album as a listening experience, even though it offers so much more when being given a focused listen.

The dizzying lead melody of "Chimeras" is one of the more discernible moments in the bleary-eyed haze and the closest thing to a motif the album has. For a brief period, the album stops its shape-shifting in front of you to coalesce, a glimpse of something familiar in the swirling storm. Then it dissolves, leaving you back in the fascinating darkness. It's hard to pick highlights on a record such as this, where the whole tracklist is a contribution to the

soundscape and structure is altogether not a rule anymore, but it is one of the most memorable moments after countless relistens.

The album is at once harmonious and discordant, with searing walls of noise rushing past soft, gloomy drones on tracks such as "Spring Heeled Jack Flies Tonight." This dichotomy is yet another reason I appreciate this album. It shouldn't work as well as it does as all of its elements collide, yet it not only works but excels. The versatility at play here is perhaps the overall best part of the album. It is frigid and confrontational, welcoming and enticing, haunting and healing. It is an album that feels like a reflection of the many quiet emotions of life. Perhaps the only spirits lacking here are a fun party high or a snarling rage, but either of those would take away from the murky pristine of the album.

Fascinatingly, there is a ghostly sort of feeling this record evokes, one of

spirits calling out into some burbling ether. On one track to another, a lonely synth or sharp tone will bark into the void, echoing out and vanishing forever yet never replicated or reprised. It shows the attention-to-detail Hecker applies to his work, not content with simply making a meditative loop that allows for relaxation or even melancholy reflection. Rather he pushes himself to create this web of sound, an undulating sea of mechanical and organic fusions, as much TV static as it is a glorious, futuristic soundtrack to some sort of society fraying at the seams. "Harmony in Ultraviolet" feels like it's located on another planet, in an ocean trench where luminous echoes pierce through the murk. It's a wondrous twilight zone of strange fish eyeing you curiously as you descend closer to something that might be heaven.

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

## Mirar's Debut 'Ascension' Introduces a Different Type of Metal

BY COLIN JONES  
CULTURE EDITOR

Metal is no longer the underground rebellion it once was. From its commercial peaks in the early 2000s with the soaring hooks of Linkin Park to Knocked Loose's Jimmy Kimmel appearance just a few months ago, the genre has entered and subsequently re-entered the public zeitgeist enough that it can no longer be truly called underground. While metal is still sonically alternative by design — heavy riffs and screamed vocals are still the genre norm — recent years have seen some of the bigger bands in the mainstream metal scene leaning further and further into pop conventions, whether it be the multi-genre trailblazers like Bring Me The Horizon or their students like Bad Omens and Sleep Token basking in newfound popularity. However, a far lesser-known French duo may be able to achieve a different sort of crossover with their surprise debut release — Mirar's "Ascensionism."

Mirar picked up some steam last year with their first EP, a summer release entitled "Mare" that exhibited their pummeling instrumental metal. It drummed up attention in the metal community, but in a year of packed releases and Knocked Loose reigning supreme in the headlines, it went rather unheard outside of a few niche circles. To

release their debut record so quickly afterward was a bold choice, but perhaps a wise one if the intention was to capitalize on the small but mounting hype they were slowly beginning to achieve.

The band's now established brand of hellish, relentless djent (progressive metal with intricate instrumental work and an emphasis on precision) is hardly in tune with the earworm choruses and sleek guitars of SXM Octane's best and brightest, but Mirar's appeal may transcend typical prog metal circles simply due to their specific brand of metal. The band's music, although certainly aggressive, forgoes the confrontational screamed vocals that are so often a turn-off of the genre for non-fans. The band instead favors groovy, bass-heavy collisions of squalling guitars accented by ominous classical instrumentation, and, at times, tastefully incorporated electronic elements, such as the deathstep kicks "Mauvais Œil" or the echoing siren synths on "Faux-Amis." The appeal will not be readily apparent compared to those used to pop conventions, but it may be detected by a smaller yet still sizable group: the video game community.

Mick Gordon's soundtrack to Bethesda's 2016 remake of the beloved first-person shooter "DOOM" has long been lauded as possessing one of the best video game

soundtracks. It's easy to see how Mirar could attract enjoyers of that soundtrack. The intro to the aforementioned "Faux-Amis" feels like one of the most obvious homages to Gordon's work, with jagged synths rising against flurrying drums before titanic guitars arrive to drive the song into high gear. It's not as simple as both artists making instrumental metal; Mirar specifically delves into the electro-tinged djent riffs that Mick Gordon mastered with iconic songs like "Rip & Tear," but they push this sound even further, into hellish reaches that feel absolutely biblical, which is saying a lot given the nature of the "DOOM" universe. It's not all indebted to Gordon, however; Mirar's use of neoclassical elements such as glittering harpsichord and decidedly gothic piano melodies adds a sense of almost regal drama to their work, and their guitar work takes more from the recent "thall" movement (thall is a subset of djent featuring lots of complex guitar bending and harmonics that emerged from Europe in the late 2010s and early 2020s, spearheaded by acts like Vildhjarta and Humanity's Last Breath) than Gordon's stuttering chainsaw riffs. This makes for an ideal blend. It's familiar enough to those who've played DOOM or have at least heard the soundtrack, but still incorporates enough original ideas to

set themselves apart from being labeled as imitators.

It's not just about the gamers — the band's classical sensibilities shine through not just in the instrumental choices, but in their cinematic compositions. Many tracks are structured with mind-bending complexity — there is little in terms of repeated motifs—but the songs progress in satisfying ways that somehow make their wild approach feel remarkably cohesive. There are also moments of rest and beauty amid the chaos. Aside from interludes of droning ambiance and reflective piano, there are wondrous climaxes where the classical elements blend seamlessly into the metallic chaos and become a strangely harmonious combination, with "Éprueve's" strikingly lovely ending being one of the better examples. The electronic elements also could help bolster the band's fanbase with touches of hardstyle-influenced percussion and glossy yet impactful production that make this record often feel just as techno-based as it is metal. In terms of the instrumental palette, it's still a metal record through and through, but the layering additions and biting but the crisp approach to production here make it feel almost appropriate for some sort of demented club or mind-melting rhythm game challenge. Look no further than "Failles,"

which quite literally ends with a pulsing kick drum that switches out the kit for a throbbing electronic beat, or the stuttering guitars balanced over dubstep-like walls of bass on "Défiance," one of the most EDM-indebted cuts on the record.

Perhaps the only notable complaint that could be leveraged against the record is that it can become a bit repetitive over its 49-minute runtime, but in general, the band provides enough tortured riffage and Tartarean atmosphere to keep the listener's attention.

While it's unlikely Mirar will become metal's new flagship band—they are still a bit too subversive to attract any truly mainstream appeal — the crossover elements at play here serve to make them a band worth watching. It's not uncommon to see metalheads recommending the band to non-metal fans due to their outside influences, and those in need of a fresh backing soundtrack to a hardcore gaming session will have a lot to play with here. Whether or not the band bursts out of niche obscurity or remains a gem of the underground, I expect they will continue to further push the limits of instrumental metal.

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



# 'Perverts' Shows Ethel Cain Forging Her Own Path

BY COLIN JONES  
CULTURE EDITOR

I admittedly wasn't the biggest fan of Ethel Cain's debut "Preacher's Daughter," which was released to critical acclaim and received much praise from fans. I think it's a good album, but some of its sharp songwriting got a bit lost in the dense layers of reverb that much of the album is soaked in. Still, I was very intrigued by the project, not just by Cain as a singer, but by her art's haunting aesthetic and narrative. It tapped into a sort of rural horror space of isolation, religious trauma, and deep darkness, one that I found incredibly interesting.

*'It tapped into a sort of rural horror space of isolation, religious trauma, and deep darkness.'*

Her new record, "Perverts" (billed as an EP despite its hefty runtime of over an hour), is quite a subversion from her earlier work. While it keeps certain

aesthetic qualities that have become Cain's hallmarks at this point, it detours away from the beautiful yet ominous dream pop explored on "Preacher's Daughter" and instead delves into a dark, hulking drone sound. This is instantly clear from the desolate title track that opens the record, which layers bleak gray tones over an uneasy electronic frequency until the song makes the listener feel enveloped in some sort of horrible, breathing machine. The track is mostly instrumental, as is a good portion of the record, except for Cain's distorted whispers proclaiming, "Heaven has forsaken the masturbator," over and over. Tracks like "Housofpsychoticwomn" and "Pulldrone" are even harder to take in, with the former consisting of a gradually shifting, mechanical-sounding soundscape and the latter featuring bleak spoken word passages over a faint trail of eerie industrial noise. It sounds like some sort of ritual incantation, and while it's definitely strange and confrontational, I think it's

pretty fantastic.

There are more accessible tracks on the record, so old fans may not be too alienated. The only single for the project, "Punish," is a slow, brooding track with haunting vocals from Cain as she croons "I am punished by love" while dense guitars fill the background. It's certainly no "American Teenager," the closest thing her debut album had to a pop song, but it's more recognizable and approachable than much of the sparse and skin-crawling ambient music that makes up the majority of the record. "Vacillator" is another of these tracks; it's almost reminiscent of indie darlings Yo La Tengo but with darker tones and lyrics touching on contrasting themes of intense lust and frigid rejection. The soft drums paired with Cain's delicate vocals are beautiful, and while the unease that hovers over the whole album is still palpable, it's a bit of respite.

This record thrives on emptiness. So many of these songs feel like faint whispers over bleak silence.

It establishes this grim and horrifying mood; the often minimalist approach contrasts with the grand and full sound of "Preacher's Daughter." It's a record that requires full attention and a lot of immersion; there isn't much in the way of a big hook or even a coherent song structure, but this abstraction makes it all the more intriguing and interesting to dive into.

*'It's a record that requires full attention and immersion.'*

"Perverts" concludes with "Amber Waves," which harkens toward Cain's roots as it embraces the dreamy, emotional slowcore she first became known for. It's one of my favorite tracks, not only because it just sounds fantastic, but also because it's lyrically heart-rending. Some of the bleakest lines are, "Yet here I am empty / Watching love of mine leave," and "Maybe it's true / You were nothing to me." The song ends with Cain murmuring, "I can't feel anything," before the sprawling record finally

draws to a fittingly hopeless ending.

I think that this is a great project overall. It's incredibly unsettling and atmospheric, and while that may not sound appealing, I do think there's a lot of beauty amid the keening drones and occult murmurings. It may be a hard pill to swallow for listeners not well-versed in ambient and drone music, as I've seen fairly divisive responses being confused about the shift in sound — even among Cain's fanbase. However, I think that's what makes Cain so interesting as an artist. She has cultivated a fairly large following and more notoriety as her career has blossomed, and has doubled down in making the strange, elusive art that she wants to make, not giving into the safe choice of sticking to what led to her niche level of fame. "Perverts" is not just a great record, it's a statement. Cain is paving her own lane, and she's not going anywhere.

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

## NOW ACCEPTING APPLICATIONS FOR FALL 2025!

### MS in Health Humanities & Bioethics

A full-time one year program intended for students, trainees, professionals & scholars in healthcare disciplines, humanities & social science disciplines and gap/bridging year students

### Advanced Certificate in Clinical Bioethics

Multidisciplinary graduate credential consisting of 3 courses that can be completed in 2-3 semesters

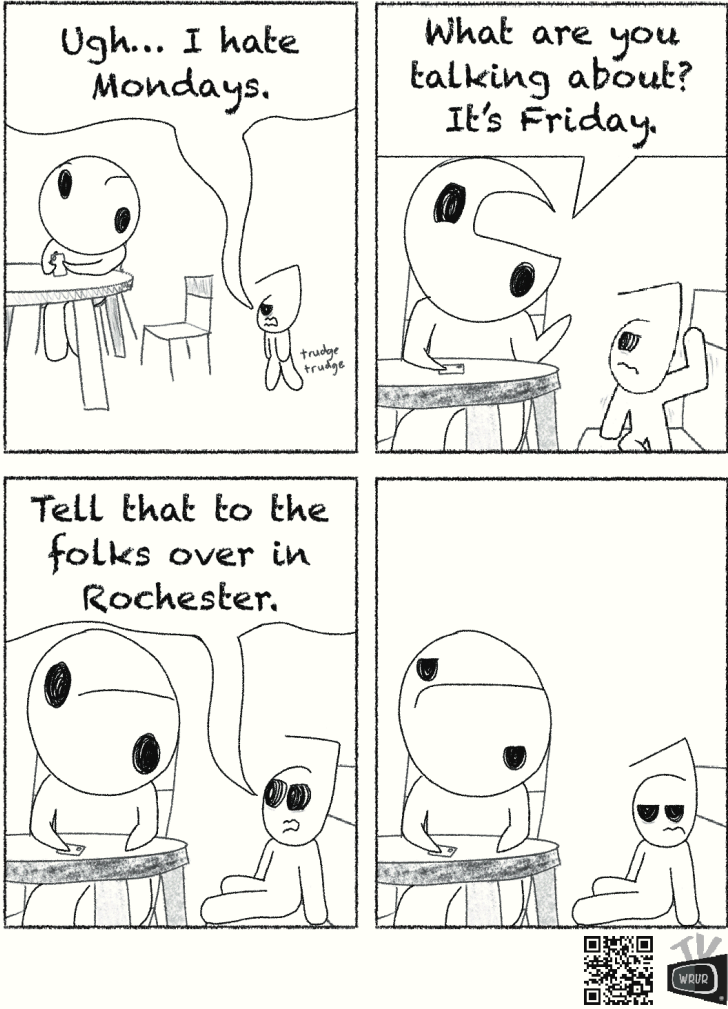
For more information  
send an email to  
[hhbe@urmc.rochester.edu](mailto:hhbe@urmc.rochester.edu)



# HUMOR

## Papercuts: Mondays

BY JOSHUA SCHIAVI  
STAFF WRITER



## 'Well-Informed' Opinion Once Again Submitted Without Any Sources

BY BRIAN LY  
HUMOR EDITOR

In a society full of rampant misinformation and blatantly biased news sources, the *Campus Times* is proud to work with extremely well-researched opinion articles that are submitted without any references to sources.

"The editors want me to cite my sources, but it's all true stuff that I've been hearing in the news," one writer said. "It's really just common sense at that point."

When we polled our writers about where they source their news, 40% said social media websites such as Instagram and Facebook, while the remaining 60% sourced their information from local news channels and newspapers. Among those 60%, only

12% said that their only news source is the renowned *Campus Times*.

"This is great for us!" a former *Campus Times* editor exclaimed. "We get to publish more articles with less effort on the end of the writers, and we get to stay overtime in the office helping our writers look for their sources!"

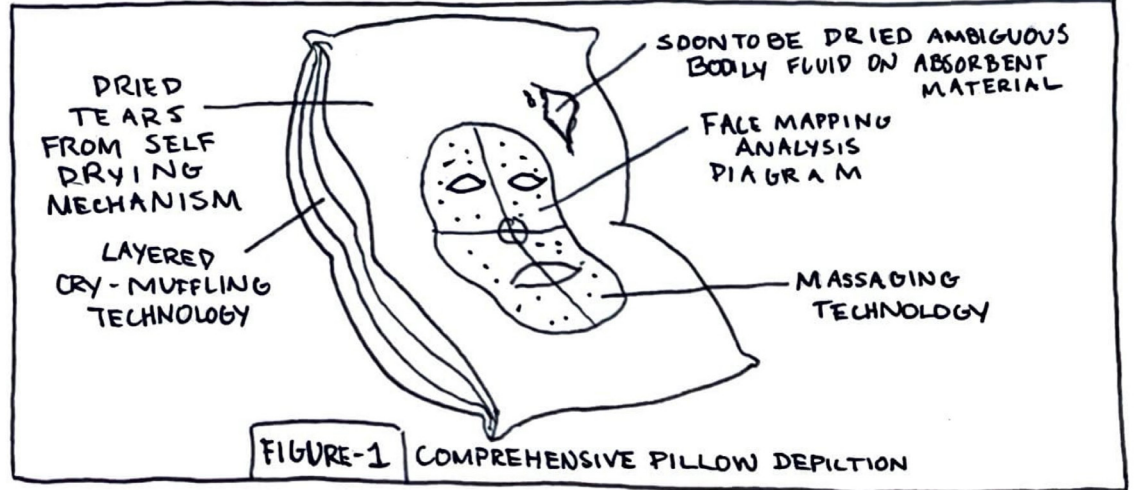
As a dedicated news source, we truly value representing every opinion possible, and we highly encourage submitting more sourceless articles for us to look through. (Please note that if our opinions section is overwhelmed with articles, the humor section is not opposed to receiving these new articles.)

*Ly is a member of the Class of 2027.*



BRIANLY / HUMOR EDITOR

## New Pillow Is Ultra Meliora



MARY JERRED / ILLUSTRATIONS EDITOR

BY ALYSSA KOH  
ENGAGEMENT COORDINATOR

The Spring 2025 semester comes with a lot of challenges. Perhaps you're a first-year that hasn't dropped pre-med yet and you're staring down the barrel of another squadron of three-hour labs ready to annihilate you, or you're a junior or senior starting grad school visits and realizing it's much harder to do homework on a plane when you honestly just don't care all that much anymore. Maybe you're gearing up for frat rush season and can't shake the feeling that you look too uncool at this steak dinner. (Likely, you have undiagnosed ADHD, anxiety, or depression.) In order to a-meliora-te all those ailments, a new augmentation for your daily to-dos may be the thing for you!

"We've starting calling our new device the 'Whining All The Fucking Time Pillow,'" Carlton Pishitsky, a senior Biomedical Engineering ma-

yor at the University, said. "With the help of our P.I., we're working on making the Pillow versatile enough to handle the emotional and physical weight of crying, pissing, and shitting as well."

According to Pishitsky, who's one of the lead team members for the Pillow's surrounding senior design project, the way that it works is simple: if you need to fucking wail because you can't take it anymore, the Pillow is there for you. Using methods reminiscent of what you wish you would receive from your long-distance, low-commitment partner, the Pillow has multiple functions.

Currently, the Pillow has three functions: Administering face massages using facial mapping analysis to perfectly relieve tension, an amplified muffling effect on your beleaguered scoffs and snuffles (through the use of studio sound design from an AME major on the team), and

a self-drying mechanism that also acts like a heating blanket (according to Pishitsky, this mechanism was created specifically for those who realize all their to-be-patented Whining is, unfortunately, because of their unexpected period).

In the future, Pishitsky hopes that utilization of their contraption becomes common fare for the University — albeit, with further investment on refining the design from URMC once they graduate. "Come on, if pre-med students are this inclined to let out a big honking wail in the middle of Eastman Quad despite our intense social anxiety, actual med students can't be that much better," they said. "There's a world where you really can Whine All The Fucking Time, and it could be here. Now that's Meliora to me."

*Koh is a member of the Class of 2025 (T5).*

## Crossword Answers

S	E	S	E	Y		R	I	T	S		G	N	A	S
A	R	A	T			E	P	E			N	A	M	O
R	E	P	P	I	L	S	N	A	D	I	U	R	E	F
E	H	S		S	L	O		R	A	L	L	E	C	
			Y	R	A			T	R	U	C			
L	V	D	N	A	S	K	C	I	U	Q		T	E	Y
O	G	R	I	V				N	O	C		M	E	S
O	L	O	H			D	A	C	S		A	S	O	S
T	O	H	S			E	A	R			T	E	S	I
S	V	C		S	R	E	F	A	O	L	T	A	E	M
			S	D	U	D	Z	N	E	B				
N	R	U	T	A	S		S	U	E	D		M	H	O
P	O	P	L	F	P	I	F	L	C	I	K	A	O	D
S	D	U	I			E	R	A			R	E	W	P
E	O	H	S			L	A	L	Y		T	E	S	U

STAND-UP COMEDY WITH

# Michael Che

**UR undergrad tickets: \$15**  
**UR Grad/Faculty/Staff: \$25**  
**General Tickets: \$35**

Tickets can be purchased at  
[esm.rochester.edu/theatre](http://esm.rochester.edu/theatre)



**Saturday, February 1, 2025**

**Kodak Hall at Eastman**

**8 PM EDT | Doors open 7:15 PM**

Check CCC & @WilsonCommonsUR  
for the latest updates and info!

The University of Rochester is committed to providing inclusive experiences and equal access to programs and services. If you anticipate needing any type of accommodation, please contact WCSA at [wcsa@rochester.edu](mailto:wcsa@rochester.edu). In all situations, a good faith effort (up until the time of the event) will be made to provide accommodations.



# SPORTS

## Men's and Women's Track and Field Excel at Jan. 25 Meet

BY AENEAS WOLF  
SPORTS EDITOR

UR's Men's Track and Field team took first place and the Women's team took third place at the Jan. 25 Nazareth University Conference Challenge Cup.

The men's team produced four first-place finishers: senior distance runner Sean Hendricks, senior thrower Jordan Johnson, graduate student sprinter Mitch Lienert, and junior pole vaulter Cody Reeth. The four athletes won the 800-meter

run, weight throw, 200-meter dash, and pole vault, respectively.

UR swept the podium in the 800-meter run, with junior Brendan McCollum and senior Skye Crocker following Henricks in second and third place, respectively.

In the 200-meter dash, first-year Greg Palma joined Lienert on the podium in second place.

Two UR athletes had podium finishes in the long jump, with seniors Manny Eribo and Cole Goodman placing second and third, respectively.

In the next jumping event, the high jump, junior Aadit Jain placed third after clearing a 1.87-meter bar.

UR's last podium finisher in an individual event was senior Vishal Yalamanchili, who achieved second place in the 3000-meter run.

UR's 4x200-meter relay team took second place, consisting of senior P.J. London, Mitch Lienert, Greg Palma, and first-year Trevor Whitney.

In total, UR's men's team produced four winners, five runners-up, and three

third-place finishers over a day's work between the individual competitors and the group events.

As for the women's team, senior Megan Bell won the 400-meter dash and established a personal-best and Nazareth University Conference Cup record with a time of 56.77 seconds.

Junior distance runner Riley Joseph placed second in the 5000-meter run.

Sophomores Nora Chen, Eva Ciuffetelli, junior Tina Kyriacou, and Bell placed second in the 4x200.

Chen, Ciuffetelli, sophomore Raquella Casserino, and Bell, dominated the 4x400 with a time of 3:54.90, which earned them a Nazareth University Conference Cup record and second place in Division III competition this year.

Both UR teams will continue their seasons next Thursday, Jan. 30 at RIT's Thursday Night Meet.

*Wolf is a member of the Class of 2027.*

## Cobbling Together

BY CALEB OSHINSKY  
STAFF PUZZLER

BY ADRIANNE BAIK  
CONTRIBUTING PUZZLER

### ACROSS

- 1 Underdog victory
- 6 Southerner's pronoun
- 10 "If the \_\_\_ fits ...", or what completes the italicized clues?
- 14 Rate of energy transfer
- 15 U of R's Higgs boson researcher Bodek
- 16 Long acting contraceptives, abbr.
- 17 Footwear for a common command to a skater?
- 20 Unit of resistance
- 21 \_\_\_ ex machina
- 22 Ring bearer?
- 23 Mercedes-\_\_\_
- 24 Disappointing fireworks
- 25 Butcher's dressy attire?
- 29 Chain with extra-long receipts
- 32 "All good here!"
- 33 Carly \_\_\_ Jepsen
- 34 Unit of vodka
- 35 "Love \_\_\_" -Chief Keef
- 36 Almost burn
- 38 Like some lustrous Pokemon cards, for short
- 39 Academic acronym
- 40 Hoodwink
- 41 Sign of late summer?

- 42 Thus far
- 43 Sinking hazard footwear?
- 46 Abrupt
- 47 Light and breezy
- 48 Wine store?
- 51 Coconut and corn, but not collard greens
- 52 Sailor's pronoun
- 55 Psychologist's comfort wear?
- 58 Country found in Romania?
- 59 Foil alternative in fencing
- 60 Royal topper
- 61 Named names
- 62 Start to wake up
- 63 Those in favor

### DOWN

- 1 Bun, e.g.
- 2 Pal of Piglet
- 3 Started a triathlon
- 4 "A rat!"
- 5 Familiar term for a sorority named for a thrice repeated letter
- 6 Japanese gangster group
- 7 Kennel cries
- 8 Short, for short
- 9 With ample freedom from obligation
- 10 Separates, as flour
- 11 "The Secret Lives of Mormon Wives" streamer
- 12 Scent emanated post CS-lecture, perhaps
- 13 "SportsCenter" channel
- 18 Prefix with -zoic (the current era)
- 19 Paw parts
- 23 Second-string squad
- 24 "Sold!"
- 25 Young lady
- 26 Orange Justice, e.g.
- 27 Good point
- 28 Swiss coin
- 29 Group of musical notes
- 30 Russian river, Europe's longest
- 31 Pub seat
- 34 Like 38A
- 36 Runs like a mouse
- 37 San Francisco's \_\_\_ Tower
- 41 Jacket type with a school logo stitched, perhaps
- 43 Eastman or Wilson, e.g.
- 44 Wilhelm II title, or a sandwich roll
- 45 Place to cool 57D, cartoonishly
- 46 Held on (to)
- 48 Corp. money execs
- 49 "Piece of My Heart" signer Franklin
- 50 Slant
- 51 R.E.M.'s "The \_\_\_ Love"
- 52 Places to be pampered
- 53 "Take this!"
- 54 Notable periods
- 56 Well-put
- 57 Crusty dessert

