



Pawprint 01/29/16

Also available online at www.pawprint.cornell.edu

First Soup & Hope speaker raps with authenticity



“How many of you have cried today? How many of you cried yesterday? ... How many of you haven’t cried in a year?” Asking an audience of more than 100 to answer these questions by a show of hands, Enongo Lumumba-Kasongo ’08, a Cornell doctoral student in the field of science and technology studies, opened the ninth annual Soup & Hope series Jan. 21 by describing her personal journey toward authenticity. For her, that journey involved learning how to express and control her emotions – anger, pain, joy, sadness – through her art.

Growing up in Ithaca as a young black woman, Lumumba-Kasongo learned early that survival hinged on keeping emotions private and carefully guarded. “Like so many of us, I grew up thinking that shedding tears – and particularly doing so publicly – was a sign of weakness,” she said.

After graduating from Cornell in 2008, Lumumba-Kasongo moved to Houston to serve in Teach for America. There, crying became routine for her and the other volunteer teachers, as they struggled to meet the needs of underserved kids. Lumumba-Kasongo found peace by making hip-hop beats on her computer, and eventually began to rap over these beats. She became part of Houston’s underground music scene.

After finishing her Teach for America term, Lumumba-Kasongo returned to Ithaca to study for her Ph.D., where, she said, it seemed as if she spent the whole year in tears – partly because she felt isolated, since her significant other had remained in Houston, and partly because there did not seem to be a place in Ithaca for her music career to thrive.

But she then met the friend who was to become her manager, and with his support she recorded, produced and mixed her first full-length album, which she released digitally in 2011 during her second semester as a Ph.D. student. “It became a best-seller

on the popular music site Bandcamp,” she said, and opportunities opened up. She frequently drove to New York City, meeting people who wanted to hear more of her work. “I was performing even more than I could’ve ever imagined while I was living in Houston,” she said.

Through this process, she realized “being so in touch with my emotions is actually an incredible gift, a superpower that I can use to craft a performance into a liberating experience for myself and members of the audience,” she said. “It is incredibly freeing to know that I can willfully access and share the emotion that each song demands and deserves – whether it talks about a lack of representation for black women in popular media, my long and painful journey to seek therapy, or simply the process of starting over.”

To demonstrate, Lumumba-Kasongo performed a piece she had recited in July 2013 at a rally in Ithaca protesting the shooting of Trayvon Martin and the events that followed. It describes the history of being black in America, from slavery to getting “40 acres and a mule” to having a black man elected president. The refrain, like the death of Martin and many other black men and women, punctures that view of progress, and Lumumba-Kasongo let her full outrage and defiance show through:

[Got your hoodie on](#)

[They want to stare at ya](#)

They think you fully armed

Black in America

I want to turn my whole back on America

They make it hard to be black

It’s empirical x2

Lumumba-Kasongo said showing feelings needs to be done carefully. “There is definitely a case for protecting oneself,” she said. “You can’t trust everybody; you don’t know what will be done with your vulnerability in the wrong hands.”

Once you’ve found the “right hands,” Lumumba-Kasongo said, allow yourself your authenticity, “the most powerful gift you can give to yourself and to your community – particularly if your community is comprised of people who have been shown and told for centuries that their lives do not matter.”

Employee celebration draws 2,200 to dinner and athletics events



More than 2,200 Cornell employees, retirees and family members enjoyed the Winter Employee Celebration, Jan. 23, in Bartels Hall.

In addition to the traditional chicken parmesan and pasta dinner, families attended men's and women's basketball games against Columbia, women's ice hockey and the Indoor Track Upstate Challenge.

Other attractions included giveaways and activities from the Cornell University Police, Environmental Health and Safety (EH&S) and the United Way of Tompkins County, which is still accepting pledges to its 2015-16 campaign. Canine Officer Chase, Crossroad Clown and Chester the Cheetah drew youngsters, and the Big Red Band set the Ramin Room rocking.

Both men's and women's basketball games were simulcast on the Ivy League Digital Network and ESPN3 and produced by Cornell Athletics, a first for the university. Though the Big Red men's basketball team fell to Columbia, 79-68, the women's team started the day with a bang, besting Columbia, 84-73.

"The crowd was wonderful today, so we are very excited to get a win for us and for those who came out to support us," said Dayna Smith, the Rebecca Quinn Morgan '60 Head Coach of Cornell Women's Basketball. Women's ice hockey lost to St. Lawrence, 5-1.

"Thanks go to the students on the women's lacrosse team and the Pep Band for volunteering for the day, and to the many volunteer employees," said Cheryl McGraw, manager for employee outreach and connections and coordinator of the event.

McGraw also thanked the Cornell police, EH&S staff and United Way volunteers for their displays and activities, and the Employee Celebration sponsors – Cornell Catering, the Department of Athletics and Physical Education, the Division of Human Resources, and Pepsi.

Susan Riley named Cornell United Way's coordination director



Deputy Director of Community Relations Susan Riley has been named coordination director for the Cornell United Way Campaign by President Elizabeth Garrett.

"The United Way provides essential services to Cornell's neighbors in our local communities," Garrett said. "In addition to her current responsibilities, Susan will boost the campus campaign by assisting the chair – currently Vice Provost Judy Appleton – who serves for one year."

Riley, who joined University Relations last February, has been a staff member at Cornell for 20 years, previously serving as a

director in residential and new student programs in the Office of the Dean of Students.

At present, Riley is on the Cornell United Way Communications Committee and serves on several on- and off-campus boards and groups, including the President's Council on Alcohol and Other Drugs, Tompkins County Environmental Management Council, the Ithaca Downtown Alliance, and, effective in February, the Tompkins County Human Services Coalition Board of Directors.

For more information on the Cornell United Way Campaign or to make a donation, visit unitedway.cornell.edu.

U.S. citizenship workshop

The deadline for registering for an upcoming workshop on becoming a United States citizen is Jan. 29.

The National Immigration Forum's New American Workforce is offering free one-hour information sessions on citizenship, Feb. 3 at 10 a.m. or 3 p.m. at the East Hill Office Building (EHOB), 395 Pine Tree Rd., Room 140. If interested, you must register by Jan. 29.

Immigration specialists from National Association of Latino Elected and Appointed Officials will help you figure out if you are eligible and answer your questions on how to apply.

[Register here](#) or contact the Department of Inclusion and Workforce Diversity at 255-3976, or email owdi@cornell.edu no later than Jan. 29. Call or email the above contacts for accommodation requests as well.

This introductory workshop will help answer these questions:

- Am I eligible?
- What are the requirements?
- How much does it cost?
- How much English do I need to know?
- Where can I study for the citizenship test?
- Where can I get free legal help filling out my application?

In order to pass the naturalization test, immigrants must possess a basic knowledge of U.S. history and proficiency in English. Support is available to Cornell employees through the Cornell CLASP program.

To get to EHOB: TCAT Bus Route #82 can be taken from central campus to this location; there are also a limited number of accessible and visitor parking spaces in the parking lots of the front and rear of the building. Campus parking rules apply for the EHOB parking lot.

Emergencies happen. Are you prepared?



As a steward of emergency preparedness, let me be the first to admit that a recent incident taught me an important lesson on how easy it is to be unprepared when you least expect it.

Did I think I was prepared? Absolutely! Unfortunately my level of preparedness was tested a few weeks ago with an innocent trip to pick up my car after receiving new snow tires. I caught a ride home with a colleague who graciously dropped me off at the tire shop. It was after-hours, cold and dark, but thankfully not snowing. The tire shop owner and I had confirmed where he would leave my keys, so I opened the door, gave my colleague the “thumbs up” signal to leave, and went to get them. However, my keys were not there.

Surely, I just needed more light to see better, I told myself. Where was my flashlight? Missing. Oh, that’s right – I removed my emergency supply kit over winter break to make room for hauling presents to and from our family’s house.

Luckily, my cell phone has the flashlight app, but my phone was at two-percent battery life. “Why didn’t I charge my phone at the office today?” I thought to myself. Using the flashlight app, I searched and searched for my keys, to no avail. Next, I searched for the drop box around the building and, once located, I fumbled through it, and thought I heard something fall to the ground.

As I dug around in the snow, in the dark, I decided to take off my glove. My hand froze after a minute of searching – again, to no avail!

With the last of my cell phone battery, I made a hurried call to my husband to bring the extra keys and said that I would be waiting in the car. He reminded me it was our turn to drive the kids’ basketball carpool, which meant I’d be sitting and waiting in a cold, dark car for another 30 minutes while he made the car-pool run, totaling my time in below-freezing temperatures to about an hour. “Ok, just hurry,” I said as my phone died.

There I was, sitting in my car with no cell phone, no keys, no emergency supply kit, trying to warm my frozen hand and toes. Again, I wished I had the extra blanket that was normally kept in the car, but that, too, was missing. It had been used for a vomiting incident with the kiddos and a replacement was never put back into the car. I improvised by tying a scarf around my hand and shaking my feet back and forth.

As I sat and waited, I thought of the irony of the situation ... an emergency management professional completely unprepared. I specifically thought of the emergency.cornell.edu website and how I had recently updated it with [winter preparedness](#) tips, such as having an [emergency supply kit](#), [winterizing your vehicle](#), the signs of [hypothermia and frostbite](#) (which I was starting to experience in my right hand), and having a [family communications plan](#). I was 0-4 in the parking lot of this tire shop, waiting to be rescued, and I vowed to make some changes.

While I hope you're chuckling at my embarrassing misfortune, I encourage you to embrace the deeper message: emergencies happen when and where you least expect them. Make the time to prioritize your personal preparedness at home, in your car and even at work. The EHS Office of Emergency Management and Business Continuity offers a comprehensive list of emergency planning and preparedness resources, including the [Emergency Action Guide](#) and the Center for Disease Control and Prevention's Extreme Cold Prevention Guide, available at www.emergency.cornell.edu. I invite you to visit our website and share your [feedback](#). Stay warm!

And, in case you're wondering – I now have a blanket and emergency supply kit, including hand warmers, back in my car.

Kristin Hopkins is the outreach and education specialist for the Office of Emergency Management and Business Continuity. Her columns will continue to appear monthly in Pawprint.

Parking rules in winter

To facilitate snow removal, on-campus overnight parking is restricted to designated areas from Dec. 1–April 1 on nights when it is snowing or snow is forecast. The following areas are signed specifically for winter overnight parking:

- West and mid bays of A lot (North Campus)
- East and west bays of B lot (Vet College)
- East bay of Campus Road C lot (closest to Wing Drive)
- North bay of Crescent lot
- West bay of the Wilson Lab lot
- Tower Road, eastern-most end of Alumni Field near Wing Drive
- Hoy Road parking garage, all levels except roof
- Forest Home parking garage, all levels
- Appel Community Commons lot (North Campus)
- Northwest end of Myron Taylor Hall lot
- Morrison Hall lot (corner of Judd Falls and Campus Road)

These specially-signed areas are open 5 p.m.–7:30 a.m. to all registered vehicles.

These restrictions do not apply to resident students parking in FH, ND, SW and WD permit areas. These permit holders may park in their designated lots as usual.

Note that there are winter low-maintenance areas within some parking lots in order to reduce plowing time and to facilitate snow storage. Obey all signs and avoid parking in those spaces.

For more information on Cornell parking, see <https://transportation.fs.cornell.edu/parking/default.cfm>.

City of Ithaca odd/even parking rules

The City of Ithaca enforces on-street [odd-even parking rules](#) from Nov. 1-April 1. For questions, call 274-6570 or visit www.ci.ithaca.ny.us.
