



# WELCOME!

Welcome to the fifth and final edition of the Hotel Ezra Cornell 100 Internal Newsletter! We are less than a few weeks away from the centennial celebration, get excited for this year's conference. For more updates, follow us on our social media accounts and website!

## FINALS STUDY TIPS

Finals season is approaching, and while it may be intimidating, we want to ensure that you have everything you need to succeed and thrive! After having survived several finals seasons, we have curated a list of things that have helped us get through our projects and prelims.



### Create a study schedule

Study schedules can keep you organized and on track with multiple deadlines in different courses. We recommend creating study plans and blocking out time to get your work done, while also scheduling in time to take care of yourself!



### Break up big tasks

Organize and manage your workload so that you can complete tasks little by little. Accomplishing small wins can be very motivating and sustain your effort for longer periods of time!



### Have fun with friends!

Remember to lean on those around you when you feel overwhelmed. It is important to take social breaks, especially with friends, to help you focus more in the long run. College is all about finding the balance- remember that it is not all about work!

# ITHACA PHOTO GALLERY

## Beebe Lake



At the heart of Cornell's campus is Beebe lake located near the Martin Y. Tang Welcome Center. It is surrounded by a diverse forest and wraps around a one-mile loop trail with many perfect picnic spots.

## Ludlowville Falls



Check out this 35 ft high waterfall and cave on the southeast end of Cayuga Lake. This is just a few minutes away from the Ludlowville park and if you're lucky you may even get the chance to see a rainbow!

## Ithaca Commons



Ithaca Commons is known for its pedestrian friendly plaza surrounded by lots of unique shops, restaurants, and the occasional live street performance. It is a great spot to visit if your looking to meet locals and college students.

## Simeon's Bistro



Sitting on the corner of the Commons, Simeon's American Bistro delivers standout service and elevated comfort food. It's a go to spot for brunch or dinner with friends and family for any occasion.

## Dairy Bar



The Cornell Dairy Bar serves delicious ice cream made right on campus by students and faculty from the dairy plant. This spot has the perfect mix of classic flavors like Traditional Chocolate and French Vanilla and inventive ones such as Brewing CommuniTea and Ezra's Morning Cup.

## HEC WRAPPED



### Homecoming Weekend

On Saturday, October 28th, Nolan alumni gathered with the HEC Board of Directors for a lively homecoming brunch in the Statler Park Atrium, creating the perfect opportunity to reconnect before the big game. Over a spread of delicious food, alumni, students, and faculty reunited over their favorite memories at Cornell. Guests also got the chance for an exclusive look into this year's HEC theme and a sneak peek into how the theme came to fruition. The weekend got even better as Cornell won 47-23 against Yale, making the celebration all the more unforgettable.

### Turkey Trot

On Sunday, November 3rd, the HEC 100 Philanthropy Department hosted a Turkey Trot fundraiser in support of Ben's Friends, this year's philanthropy partner. The event brought together students, faculty, and volunteers, with over 50 participants running for the cause. Thanks to their collective efforts, more than \$700 was raised, all of which will go directly to Ben's Friends. Touchdown the Bear made a special appearance, and race participants and volunteers got the chance for a photo opportunity.



### F&B Popup

On February 8th, the F&B pod had the amazing opportunity to hone their skills ahead of conference weekend by hosting a plated lunch for faculty and staff. This event served as a hands-on rehearsal, allowing teams to refine every aspect of the dining experience, from preparing and plating dishes to executing seamless service. It was a true showcase of their dedication and hard work over the past few months, offering a glimpse into the level of excellence they aim to achieve during the conference.

## HEC WRAPPED



### Coffee Cart Fundraisers

The Philanthropy Department has hosted two coffee cart fundraisers in support of Ben's Friends and the LA Fire Department. In collaboration with the Beverage Department who was able to supply the coffee, the Philanthropy Department were able to raise over \$300 and \$500 respectively.

### I&I Event - Identity in Industry: Fireside Chat with Taneka Coates

On March 6th, the Impact & Inclusion Department organized a speaker event with, Taneka Coates, Director of Customer and Member Analytics for the Loyalty, Card and Partnership team at Marriott International. The event was moderated by I&I Director, Soma Nwajagu, and opened to all Cornell students. In this fireside chat, attendees has the opportunity to listen in on an insightful conversation on leadership, career growth, and the evolving hospitality landscape.



### Bartender Training

Last semester, the Beverage Department successfully hired a team of bartenders for conference weekend! This semester, the department has been hosting several training sessions for the bartenders to hone their skills for conference weekend! From bar set up to tool terminology, this year's bartenders are more than ready to serve guests delicious drinks!

# HEC WRAPPED

## Team Bondings

Over the last few months, departments have been hosting fun bonding events! From dinners, hikes, cupcake competitions, and ice skating, HEC members having been enjoying getting to know each other better throughout the year!



## OUTREACH POD SPOTLIGHT



### Donor Relations Department

The Donor Relations department is vital to making HEC work, as they provide the financial support that runs the conference. Mark Mollov '26, the department's director, explained how the team has been working with corporate sponsors and donors since September to ensure that other departments are financially supported throughout HEC weekend. They also communicate with other teams to identify their needs and procure those resources for them.

Reflecting on her favorite aspect of the department, Amanda Vogel '27, highlighted their internal mission to "support other teams' hard work by bringing their plans to life." Leila Boesch-Powers elaborated on that idea, detailing how they get the opportunity "to reach out to fun companies and network with some cool people."

Kyan Rosenthal emphasized that his favorite part of the experience has been hearing alumni share their past stories. Similarly, the Donor Relations team will witness firsthand how HEC has shaped these alumni's experiences. The theme is particularly special, as it is the "biggest celebration yet," making it feel even more meaningful to work on the conference, knowing how much it means to everyone attending, Sophie Frankowski added.

### Philanthropy Department

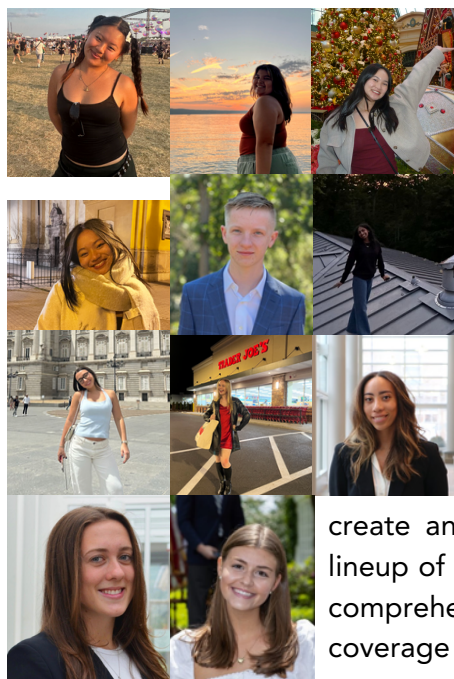
This year, the Philanthropy Department has partnered with Ben's Friends, an organization committed to supporting sober members of the F&B community. They have hosted many fundraisers throughout the school year, including the Thanksgiving Turkey Trot, and are now finalizing their silent auction and raffle, which will be held during Conference Weekend. The auction will feature dining certificates from restaurants like Gramercy Tavern, hotel stays at



arious locations, including Pebblebrook's Margaritaville, and even a vintage Statler coffee set! The department has made it a priority to foster a sense of community. This year, Director Olivia Mirabito '26 elected not to divide the programs into an events division and a procurement division so that the team could work together more cohesively. When fundraising, they have strategically tabled at different spots around campus to attract student involvement beyond the Nolan School.

With this year marking the centennial celebration, the Philanthropy Department is confident that spirits will be high and is eager to strengthen friendships and engage with guests about their unique ties to the school or the hospitality industry!

## OUTREACH POD SPOTLIGHT



### Marketing & Media Department

The Marketing & Media Department has been working throughout the year to engage audience members through HEC’s social media accounts. From speaker highlights, event recaps, to history features, the department has been working hard to get the community excited for this year’s conference!

Collaboration is at the heart of the department’s approach. They regularly collaborate with various HEC departments to amplify initiatives across platforms such as the Philanthropy Turkey Trot, I&I panels, and the CTB fundraiser. Currently, the department is working with the Program’s department to

create an engaging speaker series that introduces this year's conference lineup of industry leaders. Additionally, the department is also developing a comprehensive media strategy to ensure thorough documentation and coverage of each scheduled event during HEC. Marketing & Media Director

Gavin Ross ' 26 explains, “My goal is to ensure that we are able to get coverage of this year’s centennial celebration, from speaker events to behind the scenes shots.” With the conference a few weeks away, the department is establishing systematic photography schedules and implementing specific guidelines to maintain consistent visual branding across all captured content.

### Communications Department

The Communications Department has been diligently advancing its strategic communication initiatives throughout the past year. The department has maintained a consistent engagement with stakeholders through monthly newsletters, providing timely updates and insights into the organization's activities as well as hotel community. Additionally, the department has been instrumental in supporting other departments with their communication needs. Currently, they are



working on two exciting projects: a detailed programs guide that will serve as a comprehensive resource and a specialized beverage book developed in close collaboration with the Beverage Department. Assistant Director, Madison Cohen '26 expresses, “It has been very rewarding to collaborate with other HEC pods when working on the newsletter and other team projects that highlight the amazing work the HEC 100 team has accomplished!”

Perhaps most anticipated is the launch of the HEC Magazine, an new project designed to capture the exciting programming of this year’s centennial celebration in April.

# OUTREACH POD SPOTLIGHT

## History Department

The History department stands out this year as a vital contributor to this year's conference. A rare occurrence, this department has been active only twice in the past decade. The department is focused on researching, preserving, and presenting the heritage of HEC through various creative projects.



During the Fall semester, the department developed a comprehensive book documenting HEC's history, where team members got assigned a decade and compiled research that will become the book that the guests can see. Beyond the book, the team has created multimedia projects, allowing members to explore their assigned decades through more creative lenses. Currently, the History department is focused on developing interactive exhibits and presentations for HEC weekend. They will be running four rooms, including a museum space, where guests can engage with HEC's history firsthand. One team member shares their excitement about these exhibits: "It's like something that the guests can do and actually engage with them one-on-one and showing them what you learned."

The team hopes their work will help guests appreciate HEC's longevity and significance to Hotelier culture. Through their dedicated research and creative presentations, the History department is ensuring that as HEC celebrates its centennial, its legacy is both honored and shared.





## HEC FAQs

As HEC prepares for its centennial celebration, we've compiled answers to frequently asked questions about volunteering below.

### What is HEC?

Hotel Ezra Cornell is a three-day, student-run conference for hospitality industry leaders and members of the global Cornell community. As a century-long tradition of the Nolan School of Hotel Administration, HEC is one of the oldest organizations at Cornell University. Students run everything about the conference — from organizing speakers and workshops, foodservice, and operating the Statler Hotel — with the goal of connecting hospitality professionals, students, and alumni. The 100th Annual Hotel Ezra Cornell (HECCentennial) will take place April 24 – 27, 2025.

### What does volunteering look like?

Volunteering for HEC provides hands-on experience in various aspects of hospitality, event planning, and operations. Depending on your role, you might assist with:

- Menu development and preparation with the Culinary team
- Setting up event spaces with the Design team
- Serving guests during food and beverage events
- Supporting conference logistics and guest experiences
- Designing marketing materials to promote events
- Procuring donors for guest amenities

Time commitments vary by position and department, with some roles requiring work during the conference and others involving regular meetings throughout the academic year.



## HEC FAQs

### When is the deadline to volunteer? How do I sign up? What positions?

Volunteer recruitment for HEC is live and open up until the week of HEC 100. To sign up for volunteer shifts, please visit this [link](#) on the HEC website. Volunteer positions are open to any, regardless of major!

The departments currently recruiting volunteers include:

- Culinary
- Beverage
- Design
- F&B Service
- Conference Services
- Marketing & Media

### Why should I volunteer?

#### Practice Credit Hours

Volunteering for HEC allows you to earn practice credit, which is part of the Nolan school graduation requirement. Undergraduates need to complete 2 practice credit units or 800 hours of paid or unpaid work experience in the hospitality industry before their senior year. Volunteers can earn a maximum of 40 hours (0.1 practice credits) worked for each HEC.

To receive practice credit, you must:

1. Fill out a "Tracking Hours Sheet" documenting your activities
2. Have the sheet initialed by your team director
3. Complete an "Employment Verification Form"
4. Submit both documents to the HEC Office

## HEC FAQs

### Why Should I Volunteer? Continued...

#### Course Extra Credit

Students who volunteer may be eligible for extra credit in select Nolan School courses. For example, this has typically included Principles of Food & Beverage Operations Management. Please refer to your professors for up-to-date information!

#### Beyond Academics:

- Practical hospitality exposure in a real-world setting and valuable experience for your resume and professional development
- Opportunities to connect with other students, faculty, and industry professionals
- The opportunity to contribute to the 100th anniversary of the Nolan School's most important tradition
- To have FUN!



# FROM THE EDITORS

This will be our last newsletter for the year. It has been a pleasure providing carefully curated and thoughtful stories that illuminate HEC and the Nolan school community's most significant moments. We are profoundly grateful for the opportunity to provide comprehensive coverage that connects, informs, and engages our readership.



Director  
Caitlin Tam '25



Assistant Director  
Madison Cohen '26



Assistant Director  
Teddy Andres '27



Manager  
Avery Chen '27



Manager  
Lindsay Reis '28



Senior Manager  
Christian Tarala '27



Manager  
Aria Capelli '28



# THANK YOU FOR TUNING IN!

All content was written and produced by:

The HEC 100 Communications Team

*Giulsey Reis*

*Aria Capelli*

*Avery*

*Tara*

*Ben*

*Mark*

*Teddy Andres*

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