

Mancino's picked for Munch Money venue

PAIGE DANIEL
STAFF WRITER

Mancino's is the replacement venue for Munch Money, according to Sodexo Operations Manager Gary Brown. Brown worked with Student Congress and its President **Jared Jacob ('17)** to find a new business that would take on Pizza One's former role.

The process began in November with Brown visiting Student Congress to discuss potential options; while there was no campus-wide poll, students were encouraged to email Brown their suggestions for the spot.

"It's been good to get out in front of the students," said Brown. "I want them to be involved – they're the ones using the Munch Money, not me."

He then reached out to those businesses, knocking on doors and making phone calls. Ultimately, it depended on who wanted to partner with the college, explained Brown. Mancino's was one of the only businesses to respond.

Jacob was the student liaison during the process, offering input and ensuring that the decision would be made with the students in mind. "My part was to oversee



August Tierney ('18) walks toward Mancino's. After discussion with students and local business, Sodexo has decided that Mancino's will replace Pizza One as an off-campus dining

Chris Vest: Photographer

and give my point from a student's perspective," he said. "I wanted something set up within the first month [of winter semester]."

According to Jacob, Mancino's had a contract with the college in past years. Sodexo is still working

with the restaurant to discuss delivering to campus. "Mancino's has a lot of good options, and as long as it gets up and running soon, it will be good," added Jacob.

The pizza currently being

served at Joe's Place is meant to substitute for Pizza One. As of now, the contract with Mancino's is in the early stages, explains Brown. There is no official date yet for when students will be able to use their Munch Money there.

Read "Mancino's: maybe we can learn to love again." on Page 3.

Sodexo works to improve dining experience

HANNAH KING
CAMPUS EDITOR

You may not have thought those five minutes on a web survey for Sodexo would amount to much. You were wrong. The supervising staff at Hamilton Commons took students' requests very seriously and implemented a number of changes to the daily dining experience.

Sodexo compiled the suggestions from the fall survey on dining services and met with Student Congress to further establish what students wanted to see on the menu.

"The largest request that we received was to serve more Italian food," said Sodexo Operations Manager Gary Brown.

The noodle buffet is fully stocked with veggies, shrimp, beef, sundried tomatoes, spinach and more. Students put their

toppings on a plate and they are sautéed right behind the counter.

"The pasta bar is great," said **Zack Kribbet ('18)**. "It makes being a vegetarian much more possible with a school meal plan. I can finally eat more than salads and side dishes."

Other sections of the cafeteria have also been revamped; 12 new salad toppings have been added to the veggie bar. And the produce served is coming from farms throughout the state.

"We get our produce from suppliers known as the La Grasso Brothers," said Brown.

"The company has contracts with farms in Michigan and distributes produce from these farms to Alma and other colleges. Between 80 and 90 percent of our produce comes from farms right here in Michigan."

Protein sources like hard-boiled eggs, ham and beans are now available at the salad bar

DINING!

Pasta Toss Station
Pick your pasta and sauce along with 12 types of toppings!

Salad Bar
25 toppings! Most of them are sourced from Michigan farms!

Health and Wellness
For food allergies and intolerances like dairy, gluten, and nuts along with vegan and vegetarian options!

Joe's Pizza
Build your own pizza Monday-Friday from 4pm-10pm or Saturday and Sunday from 4pm-9pm

Battle of the Chefs!

YOU get to judge the food of these chefs!

Executive Chef Richard Flack

Executive Chef David Haapala

Executive Chef Kyle Perrault

Certified Executive Chef Joseph McCullough

Certified Executive Chef Spiro Andreopoulos

Tuesday, January 31

Announcements regarding changes to campus dining from the Sodexo staff.

Zachary Meyer: Illustrator

every day. A variety of ethnic foods have also been added to the line, so the next time you are feeling homesick, you can go get some eda-mommy.

If you are a victim of food allergies or an animal activist and you still feel threatened by most food stations in Hamilton Commons, Sodexo welcomes you to a new kind of "Safe Zone." This Health and Wellness station is full of foods that are all meat-free, nut-free, dairy-free and gluten-free, so you can feel safe and supported in your dietary needs in your own cafeteria.

"The foods at the Health and Wellness station will be rotated weekly, and we are still coming up with ideas for hot-food items that meet all of the requirements so that students coming to this station never have to question the ingredients," said Executive Chef Spiro Andreopoulos.

The station will eventually include a cooler full of desserts that are also free of nuts, gluten and dairy.

For the 'foodies' at Alma, there will be a chance to critique original dishes on Jan. 31, when

Alma College hosts the Battle of the Chefs Challenge.

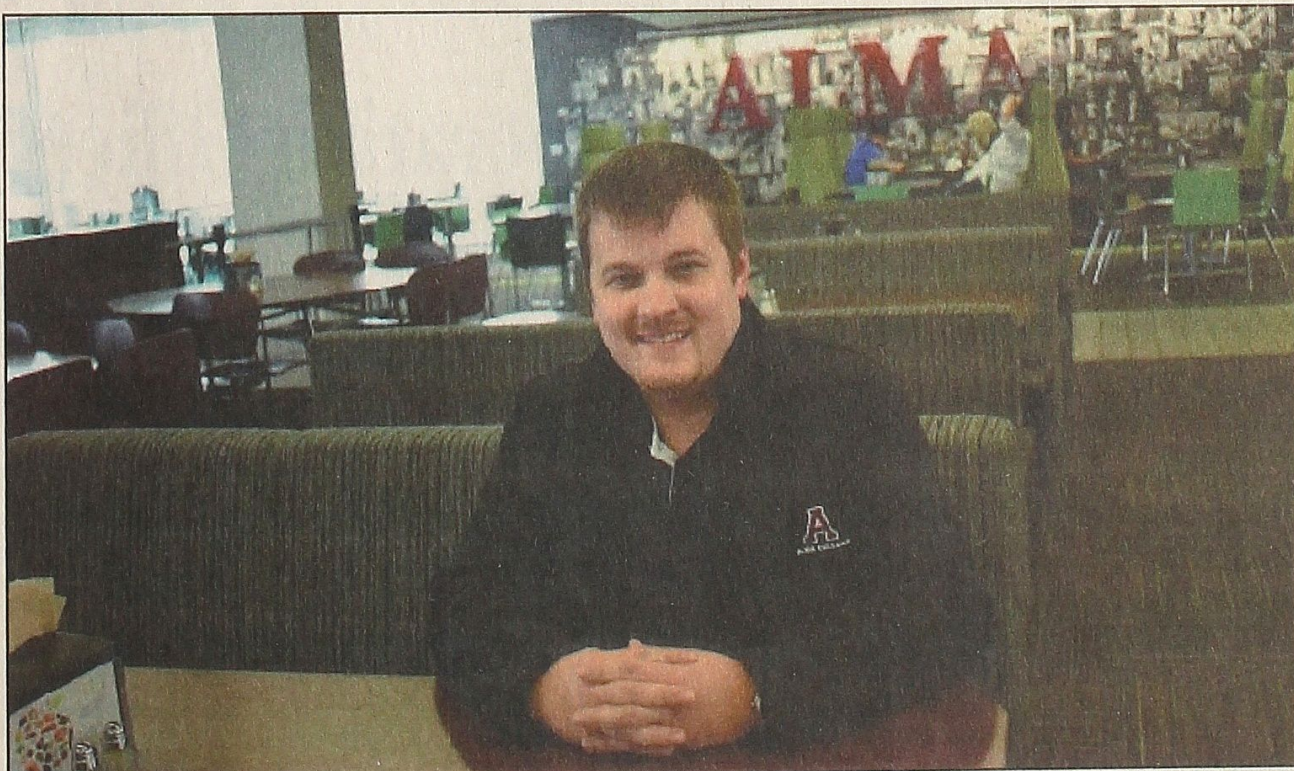
"Four executive chefs from Michigan will be coming to Hamilton Commons to make their own meals to be served to students who will vote on the best dish based on flavor and presentation," said Andreopoulos.

Another change in food service will take place at Joe's.

While students may still be mourning the loss of a relationship with Pizza One, they need not fret. Joe's Place now offers made-to-order pizzas for pick-up. This program is new, but seems to be a success so far.

"Thirty pizzas were ordered in one day," said Brown. "We plan on expanding the pizza program at Joe's after getting feedback from students to see what we can add."

Between the pasta, the salad bar, the health zone, the pizza, Alma welcomes the New Year with a revised and refreshed dining experience.



Sodexo Operations Manager Gary Brown worked with students to upgrade the menu at Hamilton Commons and to provide healthier, safer food options.

Domenica Dallavecchia: Photographer

Alma Choir sings Songs of Freedom for MLK Day

ALINE BATAWI
STAFF WRITER

Alma Choir will perform in an event celebrating Martin Luther King Jr. Day today at 1:30 pm in the Chapel. This will be the fourth time that the singers have participated in a performance honoring Martin Luther King Jr.

"I believe this is a great way to commemorate the occasion," said William Nichols, conductor of the Alma choirs.

"This year the choir is the main event so it will be more meaningful to actively participate on this day," said Nichols.

"Celebrating a historically important figure who is African American is powerful, especially today," said **Krista Botting ('17)**.

"This performance will help to remind us what Martin Luther King Jr. fought for," said **Shanell Ramos ('19)**. "We can't stop fighting for those things."

The group will sing several traditional spirituals composed or arranged by well-known artists.

"Martin Luther King Jr. was a pastor and this is the style of music he enjoyed," said Botting. "Most of these songs are religious and uplifting which represents Dr. King's life."

According to Nichols, each

selection that will be performed has to do with a desire for freedom. "Each song is so well written and people will respond to those powerful words."

With help from English professor William Palmer, portions of Martin Luther King Jr.'s speeches and writings will be read by students in the choir, along with some of the poems of Maya Angelou.

"For these speeches to be read by students is significant," said Nichols. "I hope the students who come to this performance will value what their peers are saying."

"I feel honored to read a part of one of Dr. King's speeches, because his words mean a lot to me," said Ramos. "I believe in the words he said."

According to Nichols, the audience is an intrinsic part of the choir's performance. "I would like the audience to hear these things that Martin Luther King said and have a chance to see how the words that were said 50 years ago still hold truth today."

"We need to remember his message," said Botting. "Today we have a lack of representation in leadership positions so to be able to celebrate Martin Luther King Jr. is fantastic."

"I want the audience to take inspiration and hope from this performance," said Ramos. "I



Photo courtesy of Alma College Choir Facebook page

Last year on MLK Day, the Alma College Choir sang with members of a high school choir

think we all need that."

This event is meant to celebrate and acknowledge all that Dr. King accomplished for the civil rights movement. Alma College students might not understand the struggle of the civil rights movement, Nichols said. "If there are holes in my knowledge, there might be holes in theirs too."

Nichols is hopeful that this event will interest the community

and students to learn more about the significance of what Dr. King accomplished for civil rights. "Freedom is an essential part of a liberal arts education," said Nichols. "I hope students will try to recognize that."

"Music conveys emotion in a powerful way that words alone cannot," said Ramos. "These songs are passionate and encompass what Dr. King's message is."

"Dr. King celebrated life through music," said Botting. "Music expresses emotion."

"I enjoy every time we perform together," said Nichols. "I wanted us to have the opportunity to sing remarkable songs."

The performance will begin at 1:30pm in the Chapel. Several events will take place throughout the week in honor of Martin Luther King Jr..

MLK Events



Journey to the Promiseland Pictorial Display
All week, Tyler-Van Dusen, Rotunda

Red Cross Blood Drive
Today, 11:00am - 5:00pm, Tyler-Van Dusen, Commons North & South

Martin Luther King Celebration
Today, 12:00pm - 3:00pm, Dunning Memorial Chapel

5 Decades Since the Civil Rights Movement
Today 3:00pm - 5:00pm, Dow Science Center, Dow L4

AEA Treats for MLK
Tuesday, 9:00am - 3:00pm, 1st Floor Lobby of SAC

MLK Week Keynote Speaker Jessica Pierce
Wednesday, 7:00pm - 8:30pm, Remick Heritage Center, Presbyterian Hall

Hilson Poetry Slam
Thursday, 7:00pm - 9:00pm, Library

A number of events will take place on campus this week to celebrate and honor Martin Luther King Jr.

Zachary Meyer: Illustrator

Administration creates new position: Chief Operating Officer Abernathy said new post will expand former vice president role

MARGARET RAUSCH
STAFF WRITER

The college's administrative team will have a new addition during the spring of this year as a replacement for Todd Friesner, former vice president for finance and administration.

The search started last September after Friesner announced his departure. After receiving approximately 70 applications, seven candidates

traveled to Chicago for an interview and three were interviewed over the phone. The Board of Trustees and a search committee have chosen the top three candidates for the position.

It is not known whether or not the college has selected a finalist, but the tentative plan was to have one by the start of the year.

Apart from the new hire, the position will have a different title and expanded responsibilities.

"In a business, [an operating officer] serves as a second

in command ensuring that operations are moving forward toward the strategic goals of the organization," said President Jeff Abernathy.

This is not the case for this position. He or she will not be "first among equals," explained Abernathy. No one will report to them, and they will work alongside other vice presidents to achieve a common goal.

Not only does this reshape the role of the vice-president of finance and administration, but it

also alters the president's role.

"I do a lot of work with our VPs on the operation side, [such as] ensuring we are meeting our enrollment goals," said Abernathy. "This person will take some of that work from me."

Abernathy explained that in exchange, he will be able to spend more time with faculty, interact with students and travel to visit alumni.

Although the position is currently vacant, administration is not neglecting the responsibilities

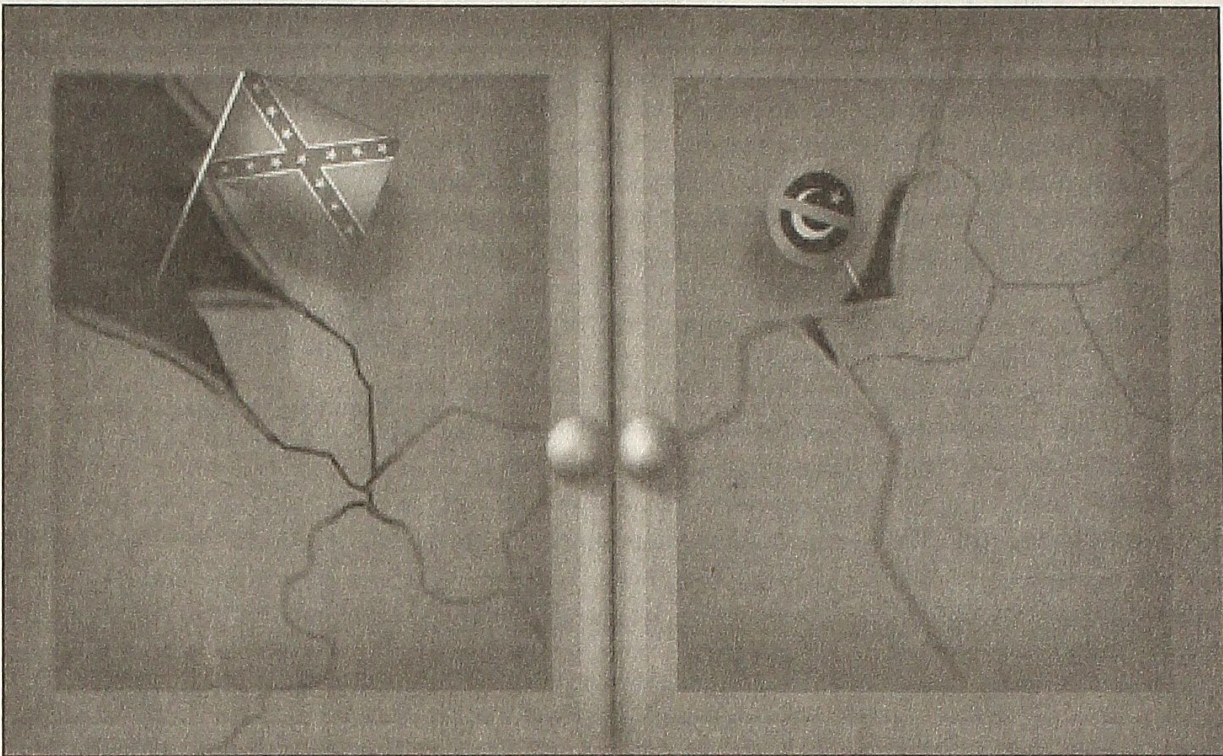
of the COO. A review of the printing policy is in place even without an official COO in that position. The switch to limited printing happened before the Fall semester of 2015, soon after Friesner had started his position with the college.

"We are looking at other schools to see what their policies are and to determine if we are out of step," said Abernathy. "It's possible we can make changes if we determine that we really have a problem."

Trump picks a cabinet full of ‘dirty dishes’

Part two of an ongoing series examining his various administrative appointees

By HANNAH KING
CAMPUS EDITOR



Zachary Meyer: Illustrator

Campus Editor Hannah King gives a grim overview of Trump’s administrative appointees.

Education Secretary:
Betsy DeVos

Duties: The education secretary is the advisor to the president on all federal policies and programs related to education. The secretary will develop policies for elementary and secondary school systems on safety, drug free schools, special education, cultural diversity awareness and educational reforms. The role also includes overseeing higher education and college aid.

Betsy DeVos: DeVos is an avid member of the Republican party, a businesswoman, cofounder of the Amway Co., and Michigan native. She is devoutly Christian.

While DeVos has never worked in education before, she does have investments in over 250 companies registered to a single address in Grand Rapids. Her tangle of finances will be investigated, but it will take some time to do so.

These issues aside; DeVos has many enemies in her home state. She helped build the charter school system in Detroit and fought (and failed) to shut down the Detroit public schooling system. Research has shown time and time again charter schools to be worse for education than public schools, as they are centered on private organizers that do not necessarily have strong backgrounds in education.

Her work to weaken the public school systems threatens the jobs of millions: union workers, teachers and school

Head of the Small Business
Administration:
Linda McMahon

Duties: The Small Business Administration (SBA) is a federal agency that oversees and provides aid to assist small businesses. The central goal of the SBA is to help businesses take off and grow.

While the concept seems progressive, the organization has been criticized many times for not taking its role seriously and for not responding timely to the needs of business crises.

Linda McMahon: It’s OK if you don’t know who Linda McMahon is. She isn’t a politician. She is a professional wrestler. She became the CEO of the WWE and shortly after decided to run for Senate in 2009.

She has run for office twice and has never won a vote, and her net worth is \$ 500 million. McMahon

administrators, as well as the educational future of millions of Americans.

announced that she was proud to be selected by Trump, shortly after calling his behavior “deplorable” in response to his sexist rhetoric.

Despite her wealth and newfound power, WWE did grow from a small regional business and she seems to question some of Trump’s motives so perhaps we can count on her to wrestle with Trump on important economic issues.

Head of the Department
of Housing and Urban
Development:
Ben Carson

Duties: The Department of Housing and Urban Development controls fair housing opportunities, and community improvement. It is responsible for mortgage and homeowner insurance programs, and assistance programs for lower-income families. The organization promotes public

entrepreneurship and affordable construction implementation.

Ben Carson: Carson, another Michigan native, is poised to be leader of the Department of Housing and Urban Development for our president-elect. A brain surgeon by profession, Carson was educated at Yale University and the University of Michigan Medical School.

Despite the fact that Carson has little experience in public housing administration, the department that he is in the process of becoming the leader of is one that he expressed disdain and vowed budget cuts for while on his own campaign trail for the presidency in 2015 and 2016.

Despite his intelligence, as demonstrated in medicine, the fact that Carson has been on record to say that the department’s efforts to combat segregation were “failed socialist experiments” raises questions about his fitness to lead a department whose goals he refutes almost entirely.

Mancino’s: Maybe we can learn to love again

By ZACK BAKER
PHOTOGRAPHER

Dear Mancino’s,

So I guess this is happening. I’m not here to tell you that this is wrong; that it will never be as good as the other pizza partners I have been with. I just want to let you know up front that I have been hurt before.

It seemingly came out of nowhere: a lone email on a cold Tuesday afternoon. I had just been gliding through the semester, taking tests, completing projects and wondering about the balance of my Munch Money account. One single message to the student body sent my life into a tailspin and changed everything.

I didn’t even need a large amount of Munch Money anymore: Pizza One was gone.

What to eat, now, on Sundays when my dorm room door seemed too far away from the couch?

What to stuff into my face as I binge-watch another season of “Breaking Bad” while ignoring reading for class?

What could ever replace the heavenly sauce, that bread of ancient Gods?

I know I’ve seen you around,

Mancino’s. We’ve met before, right? Yes, I remember getting a spaghetti dish with green and black olives, pineapple and mushrooms. I called it the special pizza topping pasta.

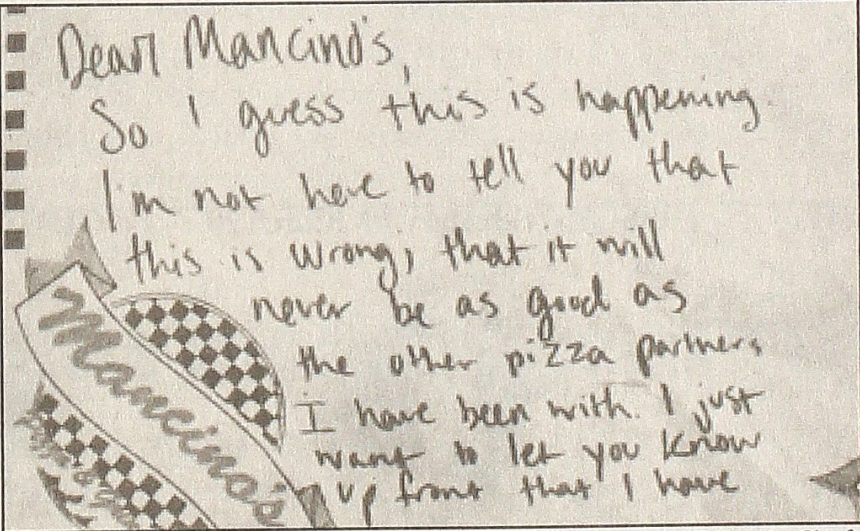
It’s a bummer I won’t be able to compare your pasta with pizza toppings to the pizza with the same toppings at Pizza One, but compromise is important in all new relationships.

I hear the delivery option is still up in the air? In past relationships I’ve expected a certain level of luxury that I am not sure I can give up. But, I’ve never stiffed a driver on a tip. Plus, a car with a Mancino’s hat on it is great low-cost advertising.

Think about it. I would definitely be able to see more of you if you came to me. With school, clubs, sports and events I can’t exactly see myself taking a 25-minute walk three times a week to see you.

If everything is going to be out on the table, then, I should say I’m not sure how much I can trust you right out of the gate. My hangovers and late-night snacks have been lacking a certain Italian-inspired vibe that I know you can handle, but how can I put my whole world into your hands?

You know what they say: the mouth is the window to the



Abigail Fergus: Editor-in-Chief

Zack Baker writes a letter to Mancino’s, Sodexo’s new contract for munch money.

stomach. If you can fill mine in a reasonable timeframe with minimal questions, we might just work this out.

But in all seriousness, all joking aside: I really am excited to be a part of a burgeoning business partnership and a newly formed friendship. I may be wary of trusting you too much at the beginning—the hole in my heart that used to be filled with pepperoni from Pizza One is still there, though it is healing.

But I am confident that we can make this work; that your plethora of grinder sandwiches, new pasta options, salads, wings or specialty pizzas can help mend my wounds.

At this point, it’s just a matter of when. When will I

know what you can do for me? When will we know if we can get together in ways not based around my transportation capabilities? How do I know you won’t leave me hungry and alone like all the others?

There will be a time in the future, I’m sure, that we will laugh about how silly we were to be so coy during this ice-cold winter. I hope and pray that we look back at this time as friends who found each other in the darkness, as loving partners in a mutually beneficial relationship.

I have faith that we can pull ourselves out of this funk, and I look forward to a future with you. Until that day comes, though, I will eat. I will eat tons of your food.

Love,
A pizza-deprived Scot

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“Run the Jewels 3” - the best RTJ album yet?

By ZAC CAHILL
THOUGHTS EDITOR

In a surprise move on Christmas Eve, rap group Run the Jewels dropped their long-anticipated album “Run the Jewels 3” (previously slated for release on January 13th), which proved once and for all why they are one of the most exciting and essential acts in hip-hop today.

The group’s previous albums, “Run the Jewels” and “Run the Jewels 2” remain to this day two of my favorite rap albums in recent years. Group members Killer Mike and El-P, both acclaimed acts in their own right, joined together in 2013 after becoming close friends while touring together—El-P produced Mike’s 2012 album “R.A.P. Music.”

Their first album was instantly lauded by both critics and fans, prompting them to make Run the Jewels a permanent act. When “Run the Jewels 2” came out in 2014, it cemented their place in modern experimental hip-hop.

With its loud, brash production (complements of El) mixed with the bombastic, unrelenting deliveries of both rappers—from Killer Mike’s biting southern drawl to El-P’s unmistakable Brooklyn accent—set them above and beyond the mainstream rap crowd, bolstering even more praise and growing their fan base further.

And then, as a Christmas gift to the fans, “Run the Jewels 3” was given to the world. I won’t lie, I was both excited and nervous for the album. It seemed almost impossible to surpass the milestone that was RTJ2, and I hoped that they as a group wouldn’t hit some sort of a slump.

Luckily, this was not the case at all. In fact, Run the Jewels 3 is easily their most ambitious album to date. Both rappers find themselves at their absolute best, playing off of one another to dizzyingly grand effect.

This, admittedly, is not in itself isn’t too different from the group’s previous formula of fist-to-your-face braggadocio. What RTJ3 does differently, however, is manage to feel even more urgent than their past two releases.

Navigating the current socio-political climate with their signature vulgar bars, Mike and El offer up critiques of the world that are simultaneously scathing and sobering.

Despite this coming to terms with the world, Run the Jewels remain as brash and defiant as ever. Songs such as “Talk to Me,” “Don’t Get Captured,” “Thieves! (Screamed the Ghost)” and “2100” all feature ample social commentary. Interspersed with these, “Hey Kids (Bumaye),” “Stay Gold” and “Legend Has It” are confident, confrontational bangers.

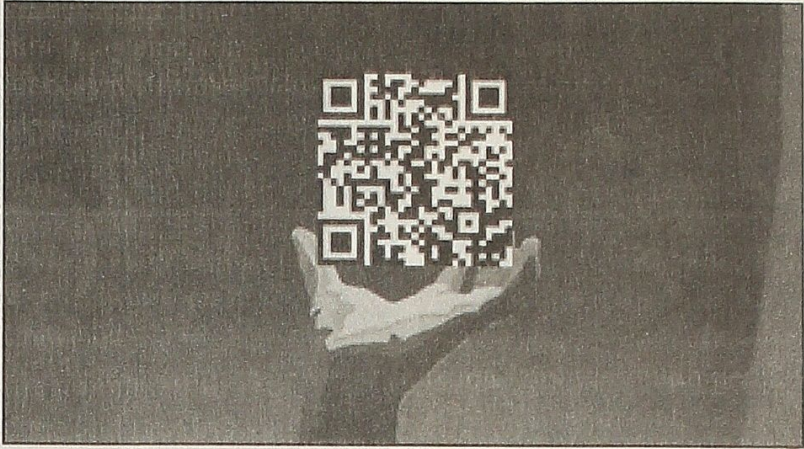
What makes it all truly work, is how the elements of both “types” of songs merge together and work with one another to keep any one song from instantly being categorized as “conscious” or “just-for-fun.” Mike’s lines on “Talk to Me” stands out: “Militant Michael might go psycho/on any ally or rival/born black that’s dead on arrival/my job is to fight for survival/in spite of these ‘all lives matter’-ass white folk.”

And then there’s the production. El-P has always been one of my favorite producers, one whose impact on modern experimental hip-hop is criminally underrated (check out Company Flow). He is a producer who is able to conjure an entire other voice to a track, solely through the beats and instrumentals, that is just as strong as any rapper.

This being said, Run the Jewels 3 may be the best production job I’ve ever heard El-P do, surely his best with RTJ.

“Panther Like a Panther (Miracle Mix)” and “Call Ticketron” are high points, as is “Thursday in the Danger Room,” though for wholly different reasons.

Where “Panther” features a rolling hand-drum beat and blaring, fuzzy synths across from delightfully nasty lyrics, and “Ticketron” features pure insanity via an absolutely



Zachary Meyer: Illustrator

“Run the Jewels 3” is the best album the group has put out thus far. Use this QR Code to listen to the single “Legend Has It.”

schizophrenic instrumental, “Danger Room” is a slow burner; a sad song about the death of a loved one, with a subdued beat and featuring saxophone leads from Kamasi Washington.

This, in essence, is the beauty of the music in Run the Jewels 3. El-P’s production has complete control over the tone and mood of each song, and he allows it to evolve as the album progresses. It’s as dark and murky as RTJ1, as punchy and rude as RTJ2, with an added sleekness and control which truly elevates it.

The album closes with the two-part “A Report to the Shareholders/Kill Your Masters” in which they present their manifesto for dealing the world as it is. The first part is quieter, with lyrics ranging from their friendship to the seemingly impossible task of taking on the world.

The second part isn’t radically different, except the focus is now directly toward the powers that be. Both El-P and Killer Mike have short verses, with the song concluding in an uncredited Zack de la Rocha feature. The guitars from the first half are dirtied and distorted, with a refrain from Killer Mike which is simple: “Kill your masters.”

This is the mission statement of RTJ3. The world is messed up. The ruling class tries their best to keep the rest of us down; money and greed is violence incarnate. Stay angry, stay confident, and don’t stop calling out the powerful.

Throughout the album, we are never assured that everything will be alright, far from it, but we are guaranteed that, come hell or high water, Run the Jewels will be there.

HOROSCOPES

By MONICA KUNOVSKY
WEB EDITOR

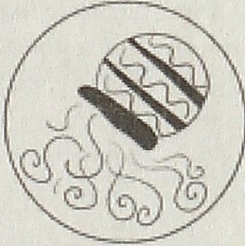
Advice for the signs to start off the semester.

CANCER (June 21- July 22)



Do something spontaneous this semester. You want this one to be remembered forever; it’ll be a good one.

AQUARIUS (Jan. 20- Feb. 18)



Try and be nice this week. That’s literally it.

TAURUS (April 20- May 20)



Remember to treat yourself to some time with friends and breaks from school work. You don’t want to overwork yourself in just the second week of school.

LEO (July 23- August 22)



Surround yourself with people who will appreciate you; know your worth.

ARIES (March 21- April 19)



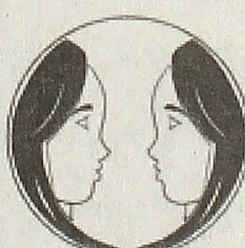
Find a good escape area: somewhere that you can go when you’re too stressed, need time alone or just need a quiet space for some “you” time.

PISCES (February 19- March 20)



Use this motivation you’ve sprung upon wisely. Let it carry you through the rest of the semester. You’re bright, and you’re smart.

GEMINI (May 21- June 20)



Remember to show the people you love that you love them. You can be detached sometimes, but you need to keep in mind sometimes it can hurt the ones you love the most.

VIRGO (Aug. 23- Sept. 22)



Try not to get caught up in all your thoughts to the point of suffocation. Those thoughts can end up running your life.

CAPRICORN (Dec. 22- Jan. 19)



This semester may seem way longer than any other one. Make sure to try and keep positive. If you’re finding that hard to do, find a friend who has a sunnier disposition and try to take their energy.

LIBRA (Sept. 23- October 22)



You always have your friends’ backs; make sure they have yours as well. It’s easy to be walked over because of your giving and humble personality, but remember it’s OK to stand up for yourself.

SCORPIO (Oct. 23- Nov. 21)



Self-realization can be a good thing, although sometimes hard to swallow—you’ve got to pin down your weaknesses and work on them this semester to ensure success for future endeavors.

SAGITTARIUS (Nov. 22- Dec. 21)



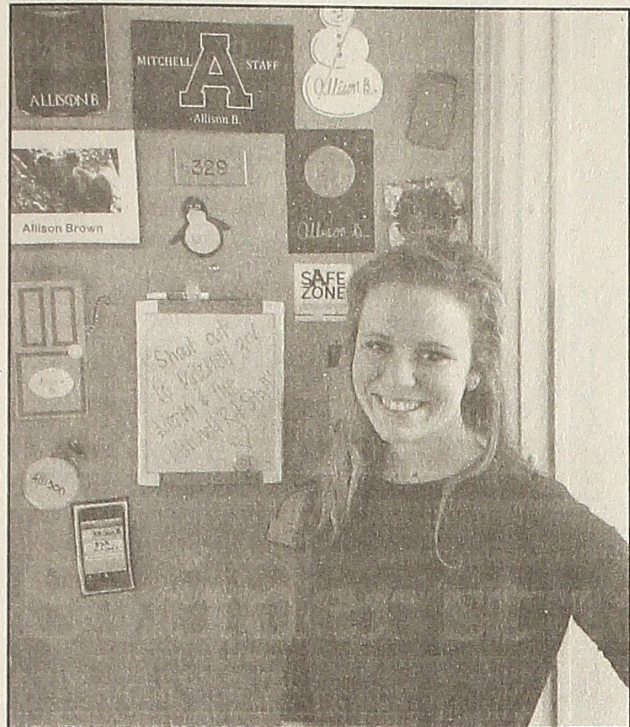
Pace yourself this semester with everything you do, whether school work or weekend fun.

Student staffers reflect on duties

Deadline approaches for campus leadership jobs

BY NAJELLE GILMORE
FEATURES EDITOR

Allison Brown ('17), resident assistant



1. “Resident assistants are responsible for making sure residents uphold policies within the halls,” said Allison Brown ('17). “We are a resource for students academically and socially.”

Brown explained that RAs are employed by the college to serve as a mentor to any student on campus and to make sure everyone is safe.

The hardest part of being an RA, Brown said is “balancing out being an authority figure and forming genuine relationships with people. It’s hard because the residents become your friends, but you still have to enforce policies.”

Brown said that a weird aspect of her job is when people get locked out. “Sometimes I have to let people into their rooms if they’re locked out and coming from a shower, which can be weird. I also get calls really late from residents asking to be let into the building.”

“My favorite part of being an RA is building close relationships with residents, especially underclassmen, and offering advice and tips about college. I’m a second year RA and this year I’ve continued to be friends with previous residents.”

Brown said she would encourage anyone who is looking to help others out on campus, serve as a mentor, or uphold college policies to apply to be an RA.

RAs receive their own room and a stipend equivalent to most or all of their room and board costs. It requires a bigger time commitment than most on campus jobs.

2. “I am a First Year Guide because my FYG was great,” said Rachel Frisbie ('19). “I want to be a teacher, so I thought this would be a good way to practice my skills, and it sounded fun.”

“We go through a week-long training before orientation week. I was in charge of (the course) ‘legacy of classic rock’, and my kids were awesome. They made it really enjoyable.”

Frisbie said that her job included making sure each of her freshmen got to all of their required orientation events, informing the first-year students about events on campus, answering any questions and helping the kids find their niche on campus.

“We are supposed to do individual programing with our groups, so I held a lot of study sessions as a way to sort of get to know each other and just to get them out there more.”

This year the program had pod events where they got together with different FYG groups, said Frisbie.

“This way the students could get to know different groups outside of their class. Halfway through the first semester we do presentations on registration and share tricks and tips.”

Frisbie said that an unexpected difficulty she encountered was trying to connect with her students who were naturally shy. “Getting over that first awkwardness was hard, but then we got to know each other.”

Frisbie shared that her favorite part of being an FYG was making door decorations and getting to know all of the students more than she would if she’d only had classes with them.

First year guides receive hourly pay with 6 hours a week at the beginning and 3 hours a week at the end of the school year.

Rachel Frisbie('19), first year guide



TiKilah Turner ('19), KCP mentor



3. “A KCP mentor is a student leader on campus that kind of fosters a relationship with a first-year student,” said TiKilah Turner ('19). “We bridge the gap between high school and college for first generation and low-income students.”

Turner said the program builds a small community on campus. “We meet regularly with mentees and have fun programing events—on and off campus—every month.”

“The most memorable moment was when we went to Camp Henry,” said Turner. “We were rock climbing, and I could not do it. I tried so hard, and there was a lot of support, but I got three rocks up and fell. It was cool though because everyone was cheering me on.”

Turner said that the most difficult part of being a mentor is connecting with the mentee. “It is a challenge because once the year starts we get busy and just finding time to meet can be difficult.”

“I encourage any students, first year and beyond, who are looking for a student peer or faculty mentor or just someone who can help out with life in general to apply for the program,” said Turner.

KCP mentoring is a position that requires 55 hours throughout the school year and pays in stipends throughout the year adding up to \$700.

Former student leaves a powerful legacy

BY MICHAELA HOYLE
STAFF WRITER

While walking around campus, you may have seen the posters for the poetry slam coming up Thursday. Students are invited to share their poetic sides in a Martin Luther King jr. week celebration of the power of words.

However, this particular event is not just a celebration of words – it is also the legacy of one of Alma College’s former students, Calvin Hilson ('06), for whom the event is named.

Hilson could perhaps be characterized by multiple connections to the many different facets of campus life. Not only was he a football player, as well as a poet and a rapper, but he was also deeply interested in social justice;

inspired by people who had changed his life by helping him make the right choices, he was deeply committed to mentoring others.

Furthermore, his position as a leader in the Multi-Cultural Student Union had him on the task force responsible for planning MLK week events.

“For Calvin, King’s legacy was in part about the ways words mattered,” said Laura von Wallmenich, associate professor of English. “The right words could have the power to move hearts and minds. Words, King’s words, led people to commit to change and to action.”

As a result, Hilson was inspired to suggest a poetry slam for MLK week during his final year at Alma. The event was such a success that it became a tradition and continued even

after he graduated. When he came back to participate in the slam in 2009, the event took on his name and continued until 2012.

The program has returned this year, unfortunately in part due to Hilson’s death last March. Upon graduation, Hilson had become a police officer in Las Vegas, working on intervention programs to stop gang violence, and more recently, a pastor with the Canyon Creek Church.

His focus on youth mentoring and providing a path to change was sadly cut short by a young man driving while impaired. The poetry slam has become a way of honoring his memory.

“This is Calvin’s legacy,” said von Wallmenich. “Beyond the personal reasons, I want to do this because he embodied and lived so many of the values we celebrate through the King

holiday. The principles of radical empathy, of hope, of a fierce belief in the possibilities of our better natures—these were all central to how he thought and moved through the world.”

As for the poetry slam itself, it was put together this year by Professor von Wallmenich and Dustin Bissell, visiting instructor of English, in collaboration with the Theta Chi Fraternity. The event is open to everyone, and there will be a sign-up sheet at the door for those who aren’t sure whether they want to participate until they walk in. It will take place in the library at 7:30 p.m.

“I am excited to see the academic and social dimensions of our college community come together for such a special purpose,” said Bissell.

Furthermore, there will be a competitive element, with two categories for performers: best performance of original poems and best performance of someone else’s work. The judging will be based on audience response, so a willingness to participate with hands and voice is encouraged. But perhaps more important is the audience knowing what the event stands for.

“Through his work with youth, both as an officer and later as a pastor, Calvin used words, poetry and rap to reach out and speak his truth to others,” said von Wallmenich. “He is a reminder that Dr. King’s call to action was not only for his own day but an on-going commitment to bringing about a better world through our own commitments and actions.”

Seniors guide young talent to success

By Emily Krolewicz
Sports Writer

As temperatures drop, the men's basketball team is heating up. The Scots opened conference play with a huge win over Kalamazoo and a come-from-behind victory against Adrian before falling short against Hope College last Wednesday.

"The main reason for our gradual improvement has been time," said Sam Hargraves, coach of the team. "Practice time, game time, time together off the court, all of it.

"It takes time for a team to gel each year, and with the number of new players that have had to step up earlier than expected, it's taken longer with this year's team."

Senior leadership has played a key role in the Scots' success on the court this year. Trevor Gernaat ('18) is coming off a 17-point game against Hope College. Tyler Edwards ('17) has tallied three double doubles so far in the season and was named MIAA Player of the Week last month.

Meanwhile, Chase

Fairchild ('17) was ranked No. 5 in the nation with a 4.10 turnover-assist ratio, according to NCAA DI.II.

The team has had to depend on some young players to make big impacts on the floor as well. Ryan Stevens ('20) has started in every game so far this season and averaged 9 points per game. "I have just been trying to do my part," said Stevens. "As a young guy I try not to get too high or too low. I just stay calm and try to do what I do best."

Steven Harvey ('20) and Preston Laketa ('20) are making their mark as key players off the bench. "It's hard to be a consistent team without getting production off your bench," said Hargraves. "So the bench play, especially the scoring punch the freshmen give us, has been great."

Harvey has been shooting 51.9 percent from beyond the arc and 57.1 percent from inside, which are among the team's best shooting percentages so far, according to goalmascots.com. Laketa has been hot as of late, scoring double digits in all of his appearances except one, averaging 12.2 points per



Zack Baker: Photographer

Kevin Scheibert ('18) dodges a Calvin opponent. The Scots host Trine University Wednesday at 7:30 p.m. game.

These freshmen found the transition from high school play to college easier due to the examples set by the seniors and from the assistance of the coaching staff. "The leadership on this team has been great," said Harvey. "The seniors have helped us all by believing in us, which has given us confidence. The coaching staff is great and I couldn't have asked for a better introduction year to college."

The team has been working

toward improvement in order to remain a top contender in the MIAA. "We've been working on finding our groove," said Laketa. "Fixing things in practice, going over film and everything else we need to do in order to succeed. We use every day as an opportunity to get better and go in to every game like it's our last."

The Scots took on Calvin College last Saturday and Hargraves believed that if they had been able to take better care

of the ball and battle harder on the defensive end of the court than they did against Hope, the team would have had a better chance at pulling out the win.

"Everyone on this team has a role, and when we all work together to fulfill those roles, good things happen," said Harvey. "As long as we are all on the same page and work as hard as we can, we will be in the best possible position to win the game."

Alma athletes take advantage of off season

By John Durga
Sports Writer

College athletes have a full plate when it comes to being physically ready for their particular sports. Training is a big part of their schedules.

Intense training and competition can put a lot of strain on athletes' bodies. This raises their need to prepare their bodies for this severe

physical strain.

Austen Irrer ('18), who suffered a season-ending knee injury while playing lacrosse just last year, spoke about off-season training.

"In order to compete at a high level and avoid injuries, athletes have to stay focused in the weight room, doing rehab, and off-season training to beat high-level teams," said Irrer.

Off-season training can effect a person's ability to

compete and win, he said.

Training has both positive and negative effects on an athlete's body. Alma College Athletic Trainer Catherine Newman weighed in on the subject.

"The issue that a lot of athletes in college face is thinking they can get away with making up for the [fact] that they are not working by doing too much too soon, which leads to injury."

"Building strength and endurance takes a long time,

but what people do not realize is how fast it is lost when it is not maintained," said Newman.

Off-season training is essential for this reason. If an athlete wants to work at peak condition, it takes constant effort and maintenance, she added.

Off-season training is more than just physical conditioning. A past college athlete, 2012 All-American and Assistant Alma College lacrosse coach Adam Nycz, sees the positive and

negative effects of off-season training every day.

"Individual development, endurance and weight training and knowledge of an athlete's sport are all essential to an athlete's success," said Nycz.

An athlete with a high knowledge, peak physical condition, and elite skill in their individual discipline is giving themselves the opportunity to succeed, he added.

Basketball teams win through winter break

	Dec. 20	Dec. 21	Dec. 28	Dec. 29	Dec. 30	Jan. 4	Jan. 7
Men's							
Basketball	75-67 v. Willamette	99-72 v. Whitworth		81-67 v. Hanover	76-64 v. Defiance	107-63 v. Kalamazoo	79-76 v. Adrian
Women's							
Basketball	72-52 v. Wilmington	73-65 v. Ohio Christian	71-50 v. Aquinas		64-57 v. Defiance	66-48 v. Olivet	84-41 v. Saint Mary's

Results from men's and women's basketball games that took place throughout the winter break.

Najelle Gilmore: Features Editor

Join Student Congress tonight
in SAC 113 at 6:30 p.m. for the
first meeting of the semester

