



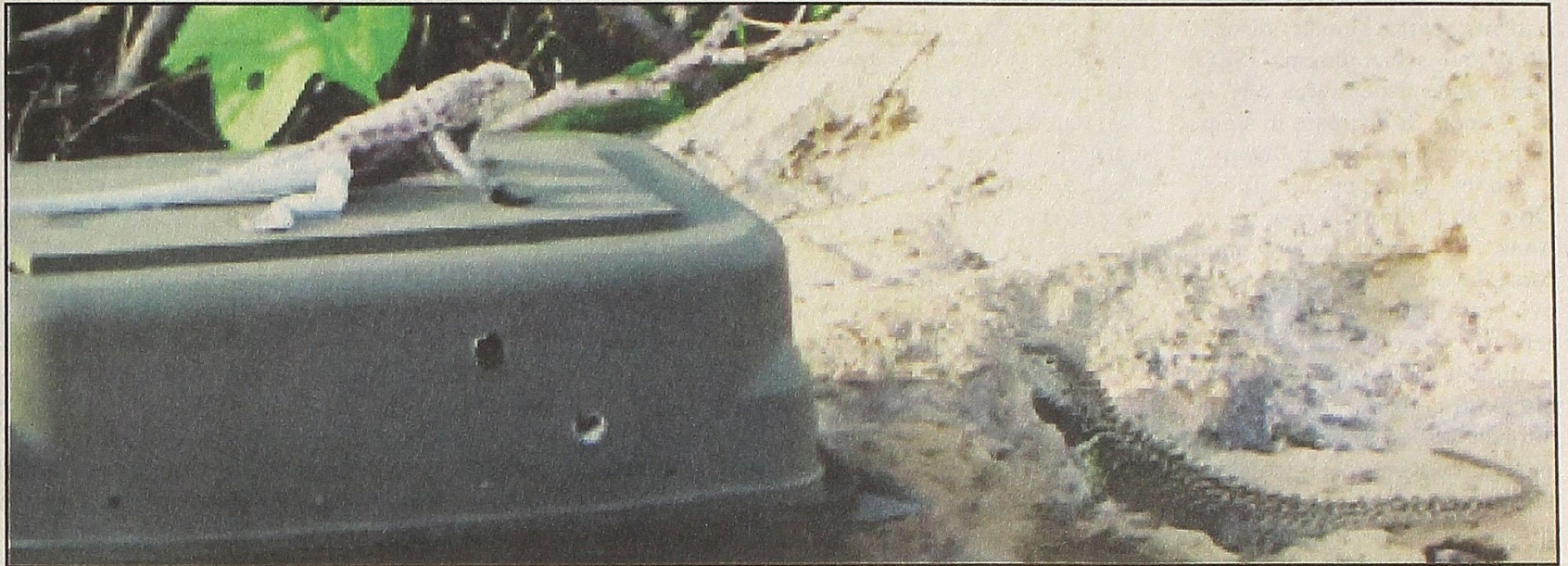
Scientists use robots in lizard studies

MICHAELA HOYLE
 STAFF WRITER

The science department held its second Natural Science Seminar of the semester this week—the final one of the year. The presenter was Clair Dufour, who earned her PhD in 2014 from the Montpellier Institute for Evolutionary Sciences in France and is now a postdoctoral fellow in the Losos laboratory at Harvard University. She visited campus last Thursday to speak about her research on *Anolis* lizard ecology in the Caribbean.

Dufour spent May and June of 2016 in the field collecting data on two different species of anoles present in the Dominican Republic—the Dominican native *Anolis oculatus* and the invasive *Anolis cristatellus*.

Her aims were to examine the ecological and agonistic traits of these lizards within the context of coexistence mechanisms; to study the order changes in the lizards' ecological, morphological and behavioral traits; and to identify the process underlying character displacement. This occurs when populations



During a research trip, Charles A. Dana Professor of Biology David Clark used robotic lava lizards to study display behaviors.

Photo courtesy of David Clark

respond to competition by diverging phenotypically through

only one species dwelled (an allopatric population) — specifically, areas with the same type of habitat.

By doing this, she was able to

present her research, but also to pick up the robots and learn how to use them in the field.

"It can take a lot of time to come up with what looks like a really simple display for the robot," said Clark. "A single robot can take months to build. It's a lot of work."

These robots are made of carved wooden frames with digital skin (a manipulated photograph of the specific animal in profile) placed over the top. The programming process mimics a displaying lizard, its head bob and its dewlap display.

The end result is smaller than one might imagine: a matter of inches, no longer than the span of your hand — and it's controlled via iPod. Future improvements

to the technology may involve the use of 3D printing, and better motors to produce more realistic movements.

"Using these sorts of models, we can begin to understand what these signals are used for," said Clark. "We're able to communicate with the animals — a sort of an inside look at the animals' language."

In the field, Dufour will use the robots to help determine how competition drives changes in display behaviors. She will do so by presenting both male-appearing and female-appearing robots of the two different species to real lizards of both the opposite species and those of the same. This will allow for the study of the lizards' behavior directly "in situ" via controlling the signals that the real lizards will respond to.

plasticity or genetic adaptation.

More plainly put, her research involved determining how interactions between these two different species of lizard affected their evolution. The data Dufour collected included the range of distribution for the lizards, demarcating areas wherein the two species co-occurred (a sympatric population) and areas where

lizards' changes and more accurately determine the effect of interspecific competition.

Dufour plans to return to the Dominican Republic in four to six weeks to continue her research, this time with the help of some new technology — robot lizards, developed by Alma College's David Clark, professor of biology. Dufour came to Alma not only to

Local group, college collaborate for healthy Pine River

HANNAH KING
 CAMPUS EDITOR

There has been serious concern for the health of the Pine River for decades. Animal waste that flows into the river from Concentrated Animal Feeding Operations (CAFOs) through drains and ditches is thought to result in high *E. coli* levels that pose a threat to anyone who comes in contact with the water.

Gary Rayburn, chairman of the Healthy Pine River group, leads

a group of concerned citizens in efforts to educate the community about the environmental issues regarding the river.

He works with Gratiot County, Mid-Michigan District Health Department, Gratiot Conservation District, Michigan Department of Environmental Quality (MDEQ) and other agencies to improve the quality of the river water, according to the group's mission statement.

"As a result of our work with Alma College, we have learned

that the *E. coli* levels in the river periodically exceed safe levels," said Rayburn. "As a result, the Mid Michigan District Health Department posted warning signs alerting people that any body contact with the river was unsafe at times, particularly after rainfall."

The group's focus this year is on determining the percentages of *E. coli* present in the Pine River from animal waste, versus the percentage from human waste.

The algal blooms found at the water's surface are a result of this waste entering the river and increasing the levels of nitrates and phosphorus.

"The manure that causes this contamination may also contain growth hormones used to increase milk production, antibiotics, additive chemicals, wastes from millhouses, copper sulfate and other contaminants," said Rayburn.

Once these pollutants enter the river, it is impossible to directly remove them, according to Rayburn. The water from the river that is intended for human use goes through treatment, but the water that is unsafe in the river remains in the river. The only way to prevent unwanted chemicals and bacteria in the river, making

it safe for activities like boating, canoeing and fishing, is to prevent those chemicals from entering the river in the first place.

"This runoff from fields runs through drainpipes, creeks and streams that provide a highway to the Pine River," said Rayburn.

"It comes from more than 80,000 heads of livestock. The waste they generate is the equivalent of at least 500,000 people moving into the county and this would not occur without a massive increase in sewer systems and treatment plants. This kind of treatment isn't given to agricultural waste."

It has been suggested that human waste is the primary source of phosphorus in the river, rather than animal waste. The Healthy Pine River group has discovered that there is no scientific precedent for human waste that can create the high phosphorus levels that are detected.

One of Trump's recent executive orders calls for the rescindment or revision of the Clean Water Rule, which extended more specific protections to waterways such as tributaries and wetlands. These waters also include regularly flowing ditches and drains that lead into the Pine River. Cuts to the EPA also mean less treatment for these waterways.

Trump stated, when he signed the executive order, that the EPA changed protections to

include "nearly every puddle or every ditch on a farmer's land, or anyplace else that they decide—right? It was a massive power grab."

"We are very worried about the potential EPA cuts," said Rayburn. "We have been trying to get help from the MDEQ for three years, and have been told there isn't enough money or staff."

Rayburn says that the group continues to receive paperwork about making requirements, as if to distract from the fact that help is needed.

Rayburn said that the deregulations could lead to health concerns to citizens. There are antibiotic resistant bacteria in the water; if their numbers grow and their resistance increases, harsher chemicals may be needed to kill them before they enter drinking sources.

Despite these major concerns and the threats to Alma's river that are becoming more and more prominent, the group and Rayburn maintain their determination to protect the water source.

"We view our role as being an advocate for the health of our river, which means we will continue to educate our community and our legislators about the importance of restoring and protecting a precious resource. We need to help people understand the seriousness of the issue."

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Human medicine expert discusses mental health

ROSE CYBURT
STAFF WRITER

Carol Jenney, assistant professor of human medicine at Michigan State University, presented her research on the effects of physical activity for patients with bipolar disorder (BD) and schizophrenia (SZO). Her primary focus was on how to promote an increase in simple activity for people with BD.

Jenney grew up in Toledo, Ohio and didn't know about Alma. "If I had known about Alma, I would've come for at least two years," said Jenney. "You are gems."

Bipolar disorder is a cycle where a person's mood moves through different phases. The pattern consists of hypomania, which can lead to severe mania, normal/balanced mood and mild to moderate depression, which can lead to severe depression.

The difficulties of hypomania to severe mania are detecting the signs that trigger them. An increase in inspiration (ex. writing poetry, motivation to move, increased focus) may be normal for anyone except someone with BD. When patients reach severe mania, it may cause them to exhibit high-risk behavior.

Depression is considered

"safer" than hypomania, but patients still struggle. A symptom of depression is the lack of motivation leading to a high amount of inactivity.

In an initial experiment, Jenney matched a National Health and Nutrition Examination Survey on the physical activity of people that suffer from BD. The initial goal of the experiment was to not increase activity but decrease sedentary time; an example would be walking around during commercials while watching television.

A typical patient with BD experiences an episode every year with the length of time varying. Medical comorbidities include, but aren't limited to, cardiovascular disease, obesity and diabetes. BD may also lead to an early death, approximately 25 years earlier.

Jenney's experiment offered a motivation boost for patients with BD to be more active. For two years, Jenney would meet with patients for an hour; during the sessions, patients would walk on a treadmill and have a conversation.

In the beginning, patients would complain to the nurses about having to see Jenney for their treadmill appointment, but after time they became excited



Domenica DallaVecchia: Photographer

Carol Jenney presented her research on bipolar disorder and schizophrenia.

to go. Out of the two years, the individuals with BD only missed one day, and it was because Jenney was out of town for a conference.

An original concern of the experiment was increasing hyperactivity in patients. The thought was that the increase in the amount of activity could potentially trigger mania, but this did not occur.

Jenney's goal for the test was

to promote enough motivation to continue the activity by walking 45 minutes for five days a week. While not all patients reached this goal, the experiment was still successful in helping people with BD.

One woman was a hoarder but followed a similar routine; each day she would take a little bit of time to clear things out of her house. After some time, her family went to visit, and while there was still clutter, they were dumbfounded by the change they saw.

While the experiments were informative and provided positive results, the point of the lecture was also to explain the reasons behind the focus of study. Jenney wanted to bring awareness to the need for mental health support for patients and people who suffer from mental illnesses.

There are many aspects that hold back people from receiving the care that they need, according to Jenney. These include financing, transportation, losing firearms, community exclusion and the fear of losing jobs.

Jenney emphasized community involvement to help provide for people with mental health disorders. This also involved training police forces to better know how to handle patients so they receive the treatment they need instead of being sent to jail.

During the lecture there was a question on whether medications could have affected the experiments. Jenney explained that medications were taken into consideration, but there was "not a kaleidoscope of meds". Patients' medicines were assessed each day as well.

Another question asked if any other form of physical activity was used aside from walking on a treadmill. "I would have liked to have gotten stationary bikes," said Jenney. She also mentioned swimming and other water activities as being a good alternative to prevent injuries and the strain on people who are less active.

Motivation is the most important factor for those who suffer from bipolar disorder. Jenney would have liked to coach the patients for more than two years but was still satisfied with the results. "By working with older people, it will translate to the younger population," said Jenney.

GSD hosts event to educate all on pride flags

MONICA KUNOVSKY
WEB EDITOR

Last Friday, March 17th, GSD hosted its annual Learn Your Flag event. Held in the Rotunda, this event was open to all and encouraged individuals to push their boundaries as well as learn more about pride flags, the meaning behind their designs

and about the communities they represent.

Domeshera Liddel ('18) stated that the event was to show students and the campus that, "there is more to the LGBTQ community than being gay."

Jade Garcia ('17) also commented that she enjoyed the event and it brought out her personal philosophy that, "everyone has something they're

into. Do you. And be proud."

The event displayed the wide array of flags representing not only different sexualities and genders, but kinks and fetishes as well, ranging from leather pride to furies.

Some flags represent more about sexual preferences, not associated with any particular sexual gender preference.

GSD hoped that this event

could open the door to more conversation and enlighten individuals on the possibilities of different aspects involved with the LGBTQ community that are out there.

Simerra Jones ('18) stated that, "it's nice to know you're not alone."

GSD meets weekly Thursday nights at 9pm.

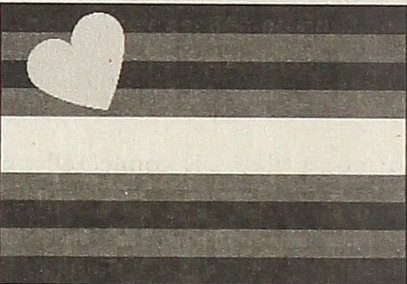


Photo courtesy of pinterest.com

The Leather Pride flag of navy blue, black, and red supports the gay leather community.

Venture Grant rules create confusion for students

ALINE BATAWI
STAFF WRITER

During their time at Alma, every student is given the opportunity to apply for a Venture Grant. The program grants each approved student up to \$2,500 of support for an applied learning experience.

In order to receive the grant, a student must meet the requirements, as well as complete the application process. A student can reapply as many times as they wish if they are not approved.

According to Carla Jensen, assistant director of the Center for Student Opportunity for the Venture Program and Off-Campus Studies, the program was designed so that more students are able to take advantage of potentially life-changing experiential learning opportunities.

"Students can apply to the program for support for an applied experience that is at least 150 hours in duration," said Jensen. "The most common types of experiences include internships, applied spring term courses, study abroad, research on or off campus and clinical experiences."

The program allows students to pursue academic endeavors with less financial strain, according to Jensen. It has helped many students take part in experiences that would be otherwise impossible.

Despite the life changing experiences it offers, some students have struggled with the process of applying for a Venture Grant.

"I got denied the first time I applied for the grant for my spring term to China last year," said **Natalie Murrey ('18)**. "The CSO gave me notes on what I should fix and I went into the CSO where they helped me adjust some aspects of my application."

The Venture committee and advisors in the CSO are available to help students with their applications at any point throughout the process.

"Most often if an application is not accepted, students are invited to revise and resubmit their proposal," said Jensen. "We most commonly ask students to more clearly demonstrate their engagement in the learning process and to connect more clearly the experience to their goals."

According to Jensen, a strong application will demonstrate the applicant's understanding of what the experience will entail and articulate a connection with the student's personal, professional, and academic goals.

Some students feel that the Venture committee should be clearer with what they are asking.

"I wish the application could have been done in person, because the directions and criticisms weren't always clear and it was frustrating at times," said **Bergen Jome ('18)**, who was asked to change a few things about her Venture application. "It should be made clear from the beginning what the committee is looking for so you're not in the dark about it."

Jensen said that the application process was designed to help students think through their goals

for their learning experience and articulating the professional value of their experience.

Other students believe they were wrongly denied the grant, despite the quality and content their application.

"I worked really hard to get my application approved," said **Francescha Beningo ('18)**. "I went to the CSO for edits before I turned it in and had it peer reviewed several times."

Beningo said that she was accepted into a spring term traveling to New Zealand much later than the other students and because of that she had no time to reapply for the grant.

"If the Venture committee would've accepted my application, they would've reimbursed me after the spring term," said Beningo. "I understand that I was late in the process but I needed the grant right away."

According to Jensen, it is important for an applicant to express why the specific experience is right for them and why it is better than other experiences.

Another scholarship that is affiliated with Alma College and supports experiential and research opportunities around the world is the Posey Global Program. The Venture Program and Posey Program are two separate scholarships.

According to **Kilee DeBrabander ('17)**, she was not informed that if a student chooses to do a Posey Global first, they cannot apply for the Venture Grant for another experience later.

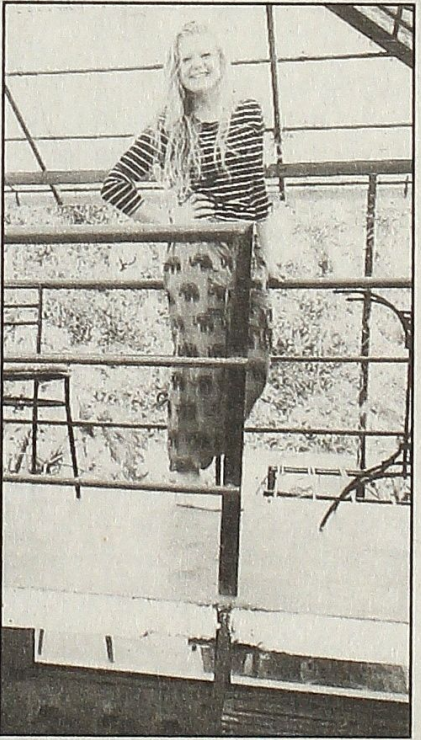


Photo courtesy of Kilee DeBrabander ('17)

Kilee DeBrabander ('17) participated in a Posey Global grant her freshman year but was not informed that she would then be unable to apply for a Venture grant.

"I did a [Posey] Global my freshman year, and I found out later in my sophomore year that I could no longer apply for the Venture Grant," said DeBrabander. "I didn't get to do a travel spring term because I don't have the money and the grant would have allowed me to."

DeBrabander said that the CSO claimed that there was a miscommunication. She said she felt frustrated when she applied again to fund her senior thesis and was denied a second time.

"I don't think they should justify denying someone because they tell us it's our money to use,"

said DeBrabander. "The money could change a student's life."

Another student, **Breana Robertson ('17)**, says she was never told that she would receive only part of the grant.

"Since my parent works here I only get \$1,000 instead of the full \$2,500," said Robertson. "I talked to the CSO and they said that since only a small percentage of students are affected by this it is not a widely known fact."

Robertson said that she wishes that she had been told of the discrepancy up front rather than finding out on her own.

However, despite the difficulties these students faced, these programs still offer financial assistance that can help make dreams come true.

"I would encourage students to come talk with me and to talk with their academic advisors about what might be the best option for them," said Jensen.

Through the support of the Venture Grant, a student's academic, professional and personal goals could be realized.

Follow the link to read about the Venture grant and find the application



The government hacked my phone
Learn from my experience, guard your technology

BY ABIGAIL FERGUS
EDITOR-IN-CHIEF

The same day that WikiLeaks released information on the CIA's broad hacking abilities and resulting vulnerabilities in our technology, I sent a text to my boyfriend. "What are things you learned at Standing Rock? What did you see that showed you people were willing to die for the cause?"

I went to open his response and my phone shut off as I tapped my screen. This was not normal for the device. I turned the phone back on, and it took longer than usual to reactivate. I was chilled. I thought of WikiLeaks and the surveillance of the Standing Rock camps.

Aside from constant army and law official presence on the surrounding hills, we were warned to look out for odd activity in our phones at the Oceti Sakowin camp during our stay last November. While there was no service in the remote North Dakota plain and I turned my phone off at camp, I hadn't done so ahead of time.

Perhaps my phone contained information on my travel route and destination and I was already being tracked. After all, whether or not a phone is connected to data, WiFi or contains a GPS, there are mechanisms like androidlost.com to track where a missing device is. Additionally, my boyfriend's dinosaur of a flip phone is acting odd. It turns itself on and off frequently and



Abigail Fergus ('18) gives tips for improved cyber security.

Zachary Meyer: Illustrator

activates the voice recorder when he's making phone calls.

Whether or not you or I believe that my phone's odd activity is because I am being tracked by the government for my involvement with the NoDAPL movement, hacking has been shown to be a dangerous reality. Well-known examples include Edward Snowden's exposure of the NSA for global surveillance and the CIA's confirmation that Russia was involved with hacking and leaking of DNC emails during the election season.

Regardless of whether government bodies are a threat to "typical" citizens, there are simple ways to boost your cybersecurity to protect from malware and political hackers alike.

Sticky Notes

When not in use, cover the cameras on your phone and computer with a sticky note. FBI, high school administrators and perverts have all been reported by reputable sources such as Slate

Magazine to have accessed and utilized cameras remotely. This precaution has been assimilated to shutting blinds in your room for privacy by one technology security writer.

Factory Reset

If you believe your phone has been hacked, do a factory reset to try and get rid of the invader. You will lose your data and saved settings, so consider having your contacts, music and photos backed up somewhere. While you setup your phone this time around, pay more attention to privacy settings and what your phone company and services like Google are asking you to agree to.

Encrypted Texts

This one sounds fancy and confusing; it's not so hard though. Out of my phone incident induced anxiety, I simply downloaded the messaging app "Signal". I set it as my default messenger and imported my contacts with ease.

This protects messages from being easily intercepted and read unless a hacker is within your phone (see factory reset tip).

Beware of Border Control

Unwarranted search and seizure may be outlawed in the U.S., but just as this rule doesn't apply in airports, its protection doesn't reach border control. Officers are allowed to take your phone and search through it. If you refuse to give them your password, they'll detain your device and figure it out. On top of it all, cases in which this has happened seem to exemplify racial profiling of Middle Eastern, South American and Central American people.

Pay Up

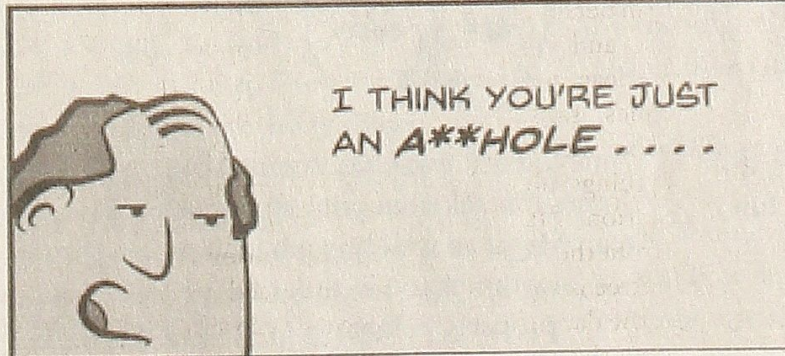
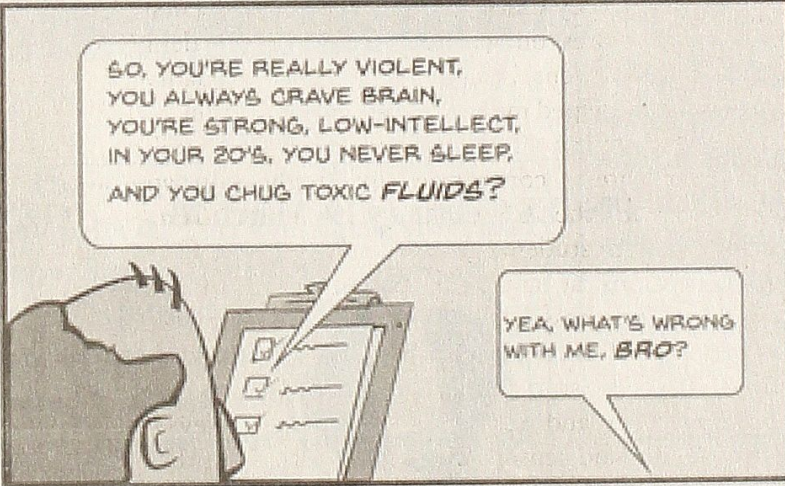
If you can afford it, look into buying a VPN and alternative options for storage (not Google or Dropbox). This may not be college budget friendly, so just be careful about what you use the web for, what you post on social media and what you store on devices that are connected to the internet.

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ALMACOMICS Tavyon Richardson: Cartoonist



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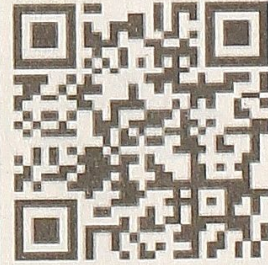
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Zara Larsson debuts with “So Good”

By PAIGE DANIEL
THOUGHTS EDITOR

Swedish pop star Zara Larsson released her second studio album, “So Good,” last Friday, officially making her debut in the United States. Larsson has slid under the radar while slowly accumulating success with her singles “Lush Life” and “Never Forget You”—creating a new kind of pop stardom.

Larsson is following a path similar to that many other pop artists. She has been releasing a slew of singles that crack the charts, but don’t go to number one.

This seems to be the approach for many young pop singers: oversaturate yourself in the market by releasing too many singles to count, but hold off on the release of an album for as long as possible. The terms and conditions of the pop game have changed. Larsson is the champion of this, much to her fans’ chagrin.

That being said, Larsson is young—only 19. Winning Sweden’s version of America’s Got Talent at 10 years old, she has initiated an overdue comeback with “So Good,” slightly rebranding her image to fit the



Zachary Meyer: Illustrator

Zara Larsson is still carving out a space for herself in pop music. Use this QR code to listen to the single “So Good.”

current pop landscape. That’s where things start to get murky. Pinning down Larsson’s pop identity is tricky. Larsson seems to have borrowed inspiration from Rihanna, often inflecting the rich tone of her voice with a Caribbean accent (she’s not Caribbean, so take from that what you will). Her single “Lush Life” achieved a one-off hit status with this sound, a tropical

tinge to its interlocking beats. “Sundown” (featuring WizKid) is basically a Drake song, gathering its trademarks from dancehall; funnily enough, WizKid is also featured on “Sundown”’s doppelganger, Drake’s “One Dance.” She rests on her five singles for the album, which doesn’t leave much room for a fresh track list. While the singles are arguably the best songs on “So Good,”

their styles vary wildly, oscillating between R&B (“So Good”), urban pop (“I Would Like”), pop/rap hybridity (“Ain’t My Fault”) and ballad-gone-rogue (“Never Forget You”). Each was too eager to pander to radio by throwing out different sounds, creating a mix-up of dissimilarity. This would mean the other tracks need to submit a strong, singular sound. But Larsson’s identity is still unclear, letting

mimicry take the reigns as true invention is pushed aside. Maybe Larsson doesn’t mind sounding like everything else out there. She has the vocal chops for almost anything, except they waste away on tracks like the faux-reggae “Only You” and lackluster “Don’t Let Me Be Yours.” Some tracks rotate through house and EDM beats (“TG4M,” “What They Say”), while others fall into a mid-tempo formula (“Make That Money Girl,” “Funeral”). The album feels very glued together—pieces that don’t belong to the same puzzle. This doesn’t mean “So Good” is an unenjoyable listen. That’s where conffiction grows—Larsson has an undeniable swagger and charisma that some of her pop peers lack. Her songs are sugary and buoyant enough. However, she could rethink how she uses that swagger and charisma to develop a more focused identity. In the final track “Symphony,” a collaboration with Clean Bandit, Larsson charms at the eleventh hour to pull the album together. Her future work will hopefully hone in on a sound that’s uniquely her own. Meaningful pop can be made; Larsson doesn’t necessarily have to be the one to make it.

HOROSCOPES

By MONICA KUNOVSKY
WEB EDITOR

Advice for the signs

CANCER (June 21- July 22)



Plant one of those fairy gardens to make sure you have good luck for the season.

AQUARIUS (Jan. 20- Feb. 18)



Time to plan your summer vacation—it’s just around the corner.

TAURUS (April 20- May 20)



Make a giant cake to commemorate this amazing moment and then eat it all in the same moment. You will not regret this choice.

LEO (July 23- August 22)



It’s basically summer, so you might as well pack your beach bag and hit the local beach/the sandy spot by the Pine River.

ARIES (March 21- April 19)



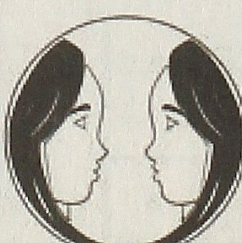
Start counting down the days until the first day of summer hits.

PISCES (February 19- March 20)



If there’s still snow on the ground, go outside and make ironic snow angels.

GEMINI (May 21- June 20)



Time to rearrange your whole room to fit with how the lighting will change since it’s SPRING.

VIRGO (Aug. 23- Sept. 22)



Time to come out of hibernation and leave your room for at least a moment.

CAPRICORN (Dec. 22- Jan. 19)



Meh, it doesn’t matter to you. It’s still not fall so there’s nothing truly fun about this season for you.

LIBRA (Sept. 23- October 22)



Time to pack away your winter clothes and take out your spring wear. Might as well buy a bunch of new things too in order to properly celebrate.

SCORPIO (Oct. 23- Nov. 21)



Wish winter good riddance by having a BBQ.

SAGITTARIUS (Nov. 22- Dec. 21)



Break out the flip flops and never wear closed toe shoes again.

Phone-a-thon callers share experiences

Alma College’s biannual phone-a-thon fundraiser event is under way. Callers contact alumni and parents who have the opportunity to donate funds to specific organizations or to a general Alma fund. Students who have worked the event whared their experiences with us.

By NAJELLE GILMORE
FEATURES EDITOR

Victoria Centeno (‘20)

Q: How many calls do you average a shift; how long is the shift?

A: It depends on who we have to call. Sometimes I make 160 calls, but only 20 people answer.

Q: What’s the best or most interesting call you’ve received?

A: The most interesting call I have received was on Tuesday night. I called a past parent and began the spiel of my script. We were connecting really well and she was telling me about her former student and how great of a mother she is and everything. It was awesome.

When I asked if she would be willing to give a gift to the college she brought up that her daughter (the former Alma student) works for the Make A Wish Foundation. The mom and her husband support the children of the foundation, so they cannot give back to the college. It was touching but also embarrassing to be the caller that asked this amazing family for money when they support sick children’s dying wishes.

Q:What is the worst or rudest call you’ve ever received?

A: My worst call occurred last fall. I was working during the week and called another past parent for the campaign. I began to ask how his son or daughter was doing with their Alma degree. He proceeded to tell me that a month or so after his son graduated Alma he was in a severe car accident that cost him his life. He told me all about how great the college treated him and his son and how amazing his dead son was. That was one of the hardest calls I’ve ever made.

Q: What is the hardest part about this job?

A: Dealing with the array of people you talk to. Most of the time people take their day out on you, so you have to have a thick skin. You can’t give up and you can’t be rude to them just because they are being rude to you. It is difficult to ask some people for money, too. A large portion of them have a story that can sometimes be difficult to get past.

Q: What is the best story you’ve heard from another person pertaining to the phonation?

A: The other night someone had a prospect tell them how amazing they were and that they were doing the work of a saint. We all have those ones.

Lindsey Lloyd (‘17)

Q: How many calls do you average a shift and how long is the shift?

A: On average I have around 100-150 calls per shift, in a three hour shift.

Q: What is the best or most interesting call you’ve received?

A: Best call I’ve had with someone was talking about sports and things I related with the alumni. They were very friendly and donated \$200 when I only asked for \$100.

Q: What is the worst or rudest call you’ve ever received?

A: Worst call was when I asked someone what they have done with their degree and they said they were jobless and don’t want anything to do with Alma and that the money doesn’t actually go towards the funds I described.

Q: What is the hardest part about this job?

A: Hardest part is to just stay alert and energized while speaking with each person.

Q: What is the best story you’ve heard from another person pertaining to the phone-a-thon?

A: Best story was a past athletic director for the college and how they used to work for the school.

Keirsten R. Zamarron (‘20)

Q: How many calls do you average a shift and how long is the shift?

A: Anywhere between 100-150 calls in three hours.

Q: What is the best or most interesting call you’ve received?

A: An Alumnus who graduated in the mid 1900s asked for a CD with the fight song and Alma mater on it, I had a very long conversation with her and she was just the sweetest old lady.

Q: What is the worst or rudest call you’ve ever received?

A: I was called a scammer the other day and then got hung up on, that was fun.

Q: What is the hardest part about this job?

A: Asking people for money when they are still in debt from going here.

Q: What is the best story you’ve heard from another person pertaining to the phone-a-thon?

A: I love listening to almuni stories and seeing where they are now and hearing how much they loved the college and miss it.

Kira G. Reading (‘17)

Q: How many calls do you average a shift and how long is the shift?

A: I averaged about 100 calls the day I assisted with the phone-a-thon. I had some calls with great, long conversations. And the shift is about three hours long with a 10 minute break.

Q: What is the best or most interesting call you’ve received?

A: The best, most interesting call I had was between me and a 91-year-old woman. I started off getting her information updated and asking her about Alma and the impact and I got a wonderful story but also learned a lot about her current reliance on others for getting around now. She told me it was wonderful hearing from such a nice young lady and thanked me for not asking her for money.

Since she said that, I did not end up asking her about giving Alma a gift since she was so relieved I wasn’t asking her for one, but it was super nice getting in touch with such a sweet alum and not being hung up on during my introduction or not getting an answer at all.

Q: What is the worst or rudest call you’ve ever received?

A: I didn’t really have any rude calls but I did have someone who instead of talking to me and helping me update his info he just mimicked me with gibberish and then hung up.

Q: What is the hardest part about this job?

A: The hardest part of the job is after asking for the first gift amount.

It is very difficult to continue to ask for lower amounts from someone who responds to the first ask talking about their financial issues or their current situation. It kind of gets uncomfortable because you understand what it’s like and how hard it can be to give to a cause that you wish you could but you just can’t afford to do so with available funds.

Q: What is the best story you’ve heard from another person pertaining to the phone-a-thon?

A: The best story I heard from someone pertaining to the phone-a-thon was from a woman telling me about her Alma experience and how she still visits often and is still in contact with her best friend from college after 30 years. She wasn’t able to give a gift at the time but wishes to in the future because Alma had such a huge impact on her.

Shannon Brown (‘17)

Q: How many calls do you average a shift and how long is the shift?

A: I have around 150 calls more or less (depends if people answer) in a three hour shift

Q: What is the best or most interesting call you’ve received?

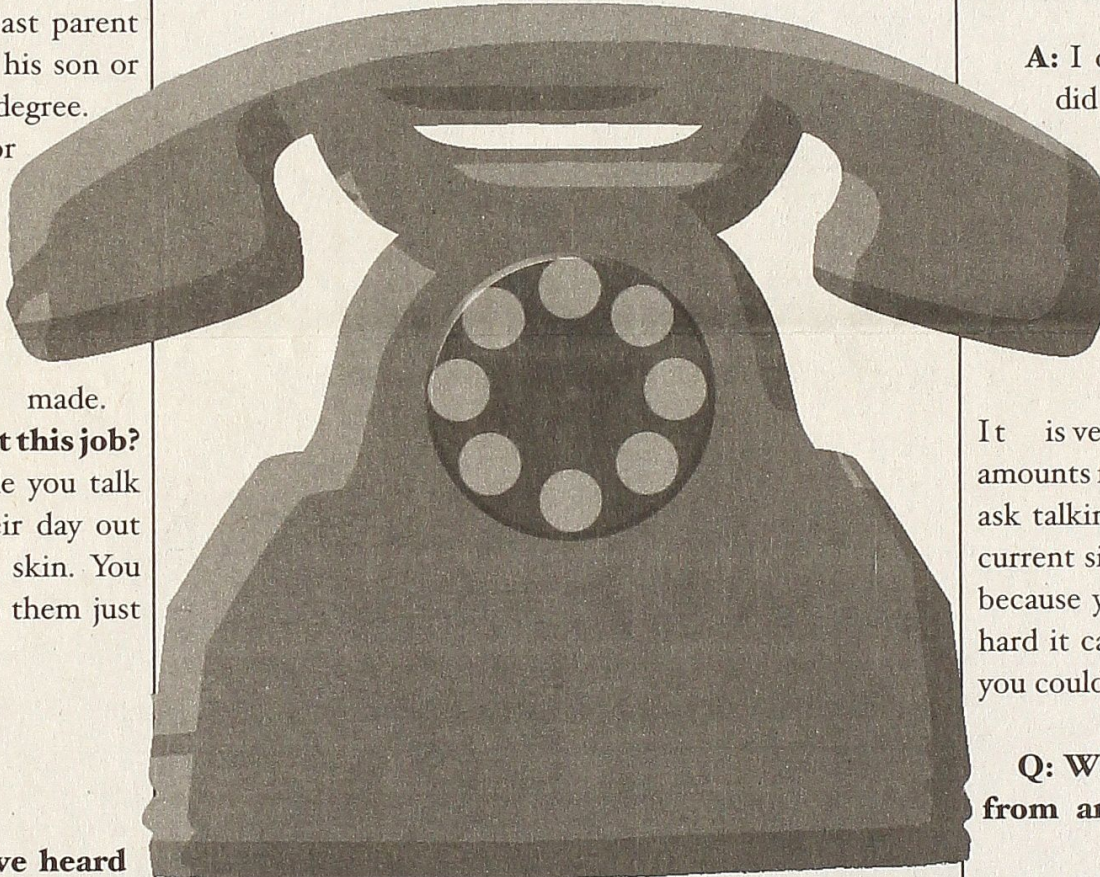
A: This woman told me she works in insurance and moves to a new place every year. She’s lived in Hawaii and is now in Washington.

Q: What is the worst or rudest call you’ve ever received?

A: Someone was upset about the politics of the college. He claimed that Alma was trying to be too liberal and only adhering to the liberals rather than compromising with both sides of the political spectrum.

Q: What is the hardest part about this job?

A: You never know who you are going to talk to and how they are going to respond. You have to remain positive and nice even if the person is being rude.



Hullett ends successful wrestling career

By **BRIANNA ZIMMER**
SPORTS WRITER

Last season, **Trent Hullett ('17)** finished the wrestling season with a 20-12 record in a total of 32 matches. Posting four wins by pin and a single on major decision, Hullett finished overall with two four match-winning streaks.

Going into his senior season, Hullett had success on his mind.

"For me, All-American was the goal and Academic All-American was something I had hoped for," said Hullett.

While trying to attain these goals, the coaching staff and Hullett's personal support system were with him every step of the way.

"Trent's success this season was about his belief in himself and his abilities," said Jeremiah Tobias, wrestling coach. "We worked on improving his technique but a lot of the focus with Trent was on pushing

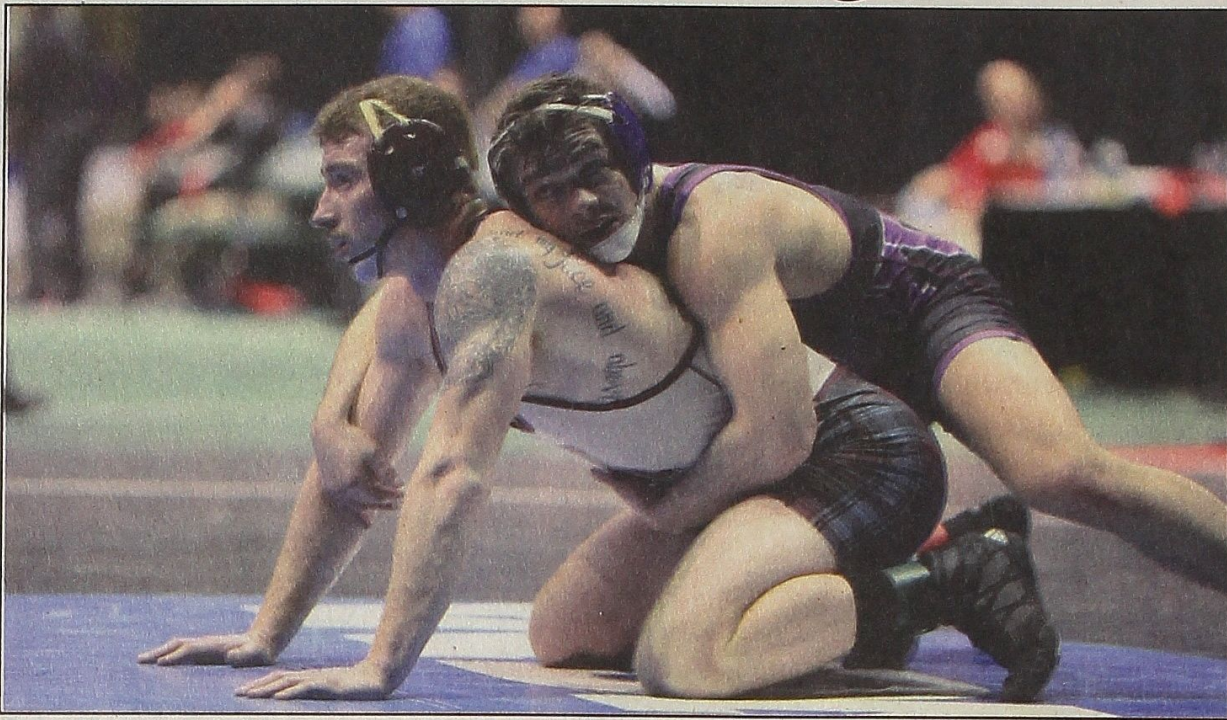
back his mental barrier. He set high goals for himself this year and accomplished a couple of them such as being a scholar All-American and qualifying for the national tournament."

Hullett had a chance at an All-American bid this past weekend, but fell short at the NCAA Division III championship tournament. Hullett ended his reign after successfully upsetting the number two seed in the opening round.

"Going into the competition I had never been in a better mood or felt more prepared," said Hullett. "I was training a lot and everything was going perfectly which has obviously showed in my placement."

This season Hullett accomplished a great deal. He placed third at NCAA Midwest Regionals, first at Alma Open, first at 184-pound weight class Mid-State Invitational and placed third in 184-pound bracket at the NCAA Division III Midwest regionals.

"Trent was a great leader



Trent Hullett ('17) (bottom) grapples with opponent at the Division III championship tournament.

Photo courtesy of Jordie Hayes ('18)

for the team on and off the mat this year. He was both a vocal leader and a guy that would lead by example," said Tobias. "He has set a tone and expectation for the young guys in the room. He's shown them what you can achieve if you buy into the program."

"Trent has a bright future and I look forward to seeing what he ends up doing and accomplishing in life."

The conclusion of Hullett's

wrestling career and leadership at Alma will leave big shoes to fill.

"As for the future of the program, I am very excited," said Tobias. "We have a handful of younger guys that got a lot of mat time this year and know what they need to do to accomplish their goals."

"We have a solid recruiting class coming in and are looking forward to working with them and helping them to accomplish

their goals in the classroom, on the mat and in life."

Hullett looks forward to watching his teammates dominate the mat in the years to come.

"It's really cliché, but don't give up," said Hullett, in terms of advice for other athletes and students. "Stay focused and take what the coaches are saying and apply it. If you put in the work, the success will come from that."

Stone Rec Center offers intramural sports to campus

By **JOELLE FISHER**
SPORTS WRITER

Alma College is known for its involvement with athletics—offering 23 sports total. However, the school's involvement with sports does not stop there. The Stone Recreational Center offers a number of opportunities for non-athletes and athletes to involve themselves in new and/or unfamiliar sports in a fun, competitive atmosphere.

The Stone Recreational Center, aka "the Rec," offers 17 intramural (IM) sports to its students. The purpose of these sports is to get the student population to interact with one another outside of the classroom.

Each event usually gets around 8 teams, according to Assistant Director of Campus Recreation and Conferences Anna Thurmond.

"Intramural sports are a great way for students to make new friends and try something new at the college level," said Thurmond. "It is a one-of-a-kind experience that everyone should take advantage of during their time here at Alma."

The Rec staff does its best to offer as much of a variety in the events offered for intramural sports. These activities range from pickle ball and dodge ball to beach volleyball and softball. Interested students can sign up for the events on Alma's website—the IM

sports handbook and rule book for the events can be found on the website as well.

"The variability in IM sports is extremely beneficial because it gives more people opportunities to learn and play different sports," said **Dakota Pelach ('18)**.

"The more sports there are, the more likely people are to be active and the more likely they are to meet new people."

Often times, students are hesitant to join an IM team. Common fears are that everyone will be more skilled than you, it will be too competitive and that it won't be fun. Thurmond responded, "when I was a student here, I was afraid to sign up for sports that I didn't know how to play and I completely

regretted it.

"A lot of the time you're not the only one who is learning how to play, and the activity can provide you with new, quality experiences and skills."

The fortunate winners of each tournament get unlimited bragging rights until the following year's event as well as "Intramural Champs" t-shirts.

Students are able to meet new people and form new friendships, they are able to have a good workout while also reducing their stress level and they are able to create a new sense of involvement.

"Some of my favorite memories at Alma College come from my experiences with intramural sports," said **Liz Putti ('18)**. "It is such a

stress free atmosphere, and everyone just comes together to have fun."

Pelach added, "the IM sports provide a good balance between competitiveness and fun and I think everyone should try at least one IM event."

The interests of all are considered in the process of choosing which tournaments to offer, but the staff members are always accepting advice and/or thoughts for future tournaments. If an individuals have any recommendations on the topic, they are encouraged to contact Thurmond. She can be reached by email at thurmondaa@alma.edu or by telephone at 989.463.7954.

Athletic staff defines success for student athletes

By **EMILY KROLEWICZ**
SPORTS WRITER

Success is measured in different ways in collegiate athletics. It can be evaluated in the amount of championships won, athletes who turn professional or student athletes who walk across the stage for graduation.

At Alma College, each program may have a slightly different meaning of success, but the athletic department as a whole is always working to make sure student athletes excel both on and off the field.

"As a department we have a mission statement and core values," said Sarah Dehring, associate athletic director. "If

a student athlete possesses all of our core values, then in my opinion they will be successful here."

Head men's basketball coach Sam Hargraves said he defines success the same way John Wooden does and that is, "You have to make the best effort to be the best you can be. GPA, trophies, championships, those are all just a potential by-product of your effort. You shouldn't measure your success on those things."

"We are all committed to helping our student-athletes to be successful—as students, athletes, and, most importantly, as young people who are learning and growing into valuable members of

society," said Alex Leja, head volleyball coach.

Although success has been defined in different ways, the main focus is on the strong values and academic effort each student-athlete must put forth in order to achieve success.

"They need to understand that student comes before athlete," said Dehring. "They need to be academic, and strive for academic excellence, integrity and passion."

Student athletes, as well as the entire student body, are able to take advantage of resources the college provides for them to be successful in all aspects of their college career.

"We have such a supportive atmosphere here, starting with the professors, to the CSO, to

the coaches, and peers," said Hargraves. "Athletes have so much help waiting for them."

The opportunities and coaching provided are only a few pieces of the puzzle. At the Division III level, it takes upperclassmen motivation and a strong inner drive to be successful, as well.

"If there isn't great leadership from the upperclassmen, then often times you see the team struggle," said Dehring. "Teammates are very understanding about what they need to do to help the team succeed in all aspects."

"I really think the main difference in DIII is how self-driven student athletes have to be to get better," said Hargraves. "The players play because they

love it, which should be the number one motivation no matter what level, and really, no matter what you're doing."

"Playing a sport in college is a privilege, regardless of what level it may be," said Leja. "Student-athletes at this level are competing because of their love for the game and the challenge."

"Coaches make sure their athletes are cared about," said Dehring. "They aren't just a number; that's why most of the students come to Alma. I think that if a student athlete graduates from Alma College and they can say they had a great experience then they've achieved success."