



# Author talks on rape culture, better sex

**HANNAH KING**  
CAMPUS EDITOR

Kate Harding, author and assistant director of the Women's Resource Center at Cornell University, paid a visit to Alma last Wednesday as the annual women's month speaker and began her seminar with this bold question.

"How many of you would call yourself 'pro' rape?" asked Harding.

She has written several books and articles on feminism and politics, including her latest: "Asking For It: The Alarming Rise of Rape Culture—and What We Can Do About It." The book focuses on the threat that rape culture holds for all people.

The author and victim/survivor discussed the psychology of rape myths and shared commonalities, despite the fact that they come from various societies and cultures.

"Rape myths consistently follow a pattern whereby they blame the victim, express a disbelief in claims of rape, exonerate the perpetrator and allude that only certain types of women or people get raped," said Harding.

Rape myths are a single factor in rape culture. Harding also discussed the warnings that women receive such as dressing appropriately in public to avoid sexual invasion, the idea that a virgin being raped is more



Author Kate Harding discussed rape in honor of women's month.

*Domenica DallaVecchia: Photographer*

significant than a woman who has already had sex or other aspects of rape that more or less suggest that the victim was "asking for it."

Harding discussed a study done where police officers were asked how many rape reports they believed were false. "Overall, the 420 police officers interviewed estimated that 32.7 percent of reported rape cases are false," said

Harding. "The actual number is between 2 and 8 percent."

Harding also shared some analogies that attempted to put the criminal justice system into perspective in terms of rape versus other crimes.

"In almost any other crime circumstance, if we have an alleged perpetrator, we begin an investigation and it doesn't

end with asking the alleged perpetrator whether or not they did the crime," said Harding.

"When someone reports a mugging, we don't just say 'is it possible that you gave that person money in the spirit of generosity last night and then you regretted it, and now you're saying he mugged you?'" said Harding.

"When someone reports a

house broken into, we don't say 'well, I've heard you've had a lot of guests over to your house.'"

While her statistics and analogies were provocative, Harding also sprinkled the lecture with bits of humor and positivity, encouraging the audience to feel comfortable laughing.

"Harding navigates her speech with humor and expertise," said **Audrey Karr ('18)**.

"I really enjoyed this aspect of the lecture because it helped guide the audience through a topic that is very sensitive."

Students seemed to enjoy the overall message of the lecture and appreciate that rape is being discussed in terms of the social culture that envelops it.

"Rape culture is all too real," said **Paige Emerson ('18)**.

"The more people are made aware of the things they might doing everyday to keep rape culture alive, the better."

Harding ended on a positive note that was directed not at the brutality of rape, but at the excellence of good sex.

"Whether you're a man or a woman, gay or straight, cis or trans, one thing holds true: sex is best with a partner who is willing and enthusiastic," said Harding.

"And if you want to fight rape culture, that means what you should start with is thinking in terms of having better sex. Don't just listen for that 'no' that means you have to stop. Listen for the 'yes' that means you're about to have a great time."

# Social media reveals disconnect between students, Sodexo

**ALINE BATAWI**  
CAMPUS EDITOR

A student's post on Facebook surveying thoughts on Sodexo services sparked a number of stories of dissatisfaction last week. We followed up with some of the students who had commented on the original post.

Some students feel that the overall quality of the food should be higher. The negative experiences that some students have had at Hamilton Commons and Joe's has left them with low expectations and for some, it goes far beyond the food just being unappetizing.



*Chris Vest: Photographer*

Student concerns can be brought to Sodexo's attention by filling comment cards or contacting Operations Manager Gary Brown.

that she vowed to never eat chicken from Sodexo again.

Several other students have blamed illness on the food preparation.

"I've gotten food poisoning twice at SAGA," said **Brooklyn Jonassen ('20)**. Jonassen has also noticed undercooked food from Joe's, but she noticed this before consuming it.

of the meal plan.

"The process of getting meal exemption here is not fair," said Walker. "I shouldn't lose my scholarships because I can't eat the food here."

"If I knew the food here was this bad I wouldn't have come," said Walker. "It's such a stress for me and I have to spend extra money for food off-campus on top of the tuition I pay."

When prospective students visit Alma—typically during the lunch hour—some students say that the food is remarkably better than it usually is.

"One of the rumors about why they serve the better food during lunch is because tours of prospective students visit SAGA at that time," said Tyessa Brown. "But that is not something that should only be done when prospective students are here. They should serve these dishes all the time for the students who are already here."

Walker theorizes that college officials might be too concerned with how they present themselves to future students, leading to neglect of those who are already enrolled.

"If you have to tell the chefs to cook a higher-grade meal when tours come that should be a sign," said Walker. "We should have fresh food and different options every day."

It was suggested that administration should take more responsibility to hold Sodexo accountable to serving the dining needs of students.

**Continued on Page 2**

**KAPPA IOTA PRESENTS:**

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A Sodexo official, meanwhile, said the complaints in this story have not been brought to his attention.

Gary Brown, operations manager of Sodexo Dining Services, said he can't take action on things he has not been made aware of.

In some instances, students claim that the food they eat at Hamilton Commons and Joe's has made them sick.

"Last semester I got food poisoning from undercooked chicken. I was sick for a whole week," said **Tyessa Brown ('18)**. "I avoided SAGA for two weeks after that."

Before that she had never fallen victim to any food-related issues, but this experience left her so sick

Some students claimed that when they first arrived on campus, they had a hard time adjusting to the food served here.

"I have stomach issues, and my first week here I was really sick," said **Erica Walker ('20)**. "Since I've been here, I've been prescribed two new medications for my stomach."

Walker believes that her stomach issues have gotten progressively worse because of the food and the lack of options.

"The pasta bar replaced the vegetarian meal section and because of my gluten sensitivity I have nothing else to eat," said Walker. "The new vegetarian section doesn't serve meals it just serves sides."

Walker said that because of these struggles, she buys most of her food from off-campus stores and restaurants and ends up spending a lot more money on top



## Health care policy, future leaves some concerned

HANNAH KING  
CAMPUS EDITOR

Changes to America's health care system have been proposed by the Trump administration, and are causing growing concern among citizens. One of the primary issues is care for the elderly.

The plan to "repeal and replace" Obamacare has been launched by Speaker of the House Paul Ryan and President Trump, and is what Forbes has called "an attack on retirees." Elements of the proposal will lessen taxes toward Medicaid and Medicare for the most affluent Americans but older citizens will pay the cost. The expansion proposed by Obama to assist the elderly with additional Medicare costs is on track to be halted.

Alma resident Marcia Miller spoke out about the extreme price of health care for senior citizens, and her anger toward government officials who are making these decisions.

"Before this, seniors would begin paying into Medicare as soon as they started drawing Social Security. It would automatically be drawn out of your check," said Miller.

"Now, there is an additional amount that will be charged.

Additionally, there is now a proposal to punish people who may choose not to pay for insurance. People who are in good health and cannot afford insurance should not have to pay for it."

This "chooser system" that Miller describes, in which a person has the right to health care but is not forced to hold insurance, is prominent in countries with a universal health care system.

Millers' main frustration, however, is with the hypocrisy of the government officials issuing all of these demands.

"It is angering to know that Senate and Congress receive free insurance. They should be required to pay for their own insurance and put proportions of their large incomes toward helping the elderly pay for Medicare and Medicaid," said Miller.

"We need to help those who need help...to be an America that can assist others instead of ripping them off."

Former Alma student, **McKenna Duncan ('16)** also has concerns about health care system changes.

"The employer coverage that I get through my father has started covering less and



**Sodexo worker Marcia Miller has worried that health care and future changes to it will negatively affect the elderly and has called for the government to take action.**

Marcella Flury:  
Photo Editor

costing more," said Duncan. "The changes were made under Obamacare, but I feel the issue lies with places of employment that care less about coverage and more about saving money."

Duncan also relies on coverage from her mother, whose insurance is provided through the state. If this insurance gets cut—as the Trump administration has proposed—and she no longer qualifies, Duncan will have a hard time affording appropriate medical care.

"My mom helps me out with a lot of things regarding my health. If her rates go up, she won't be able to afford to," she

said.

"I have a mental illness that requires constant treatment, which gets costly. When I age out of my dad's insurance, I will be screwed if I cannot get my own coverage because of my pre-existing condition."

The government at times has suggested cuts to mental health insurance and if this cut is approved, young people with mental illnesses could be stripped of their medication.

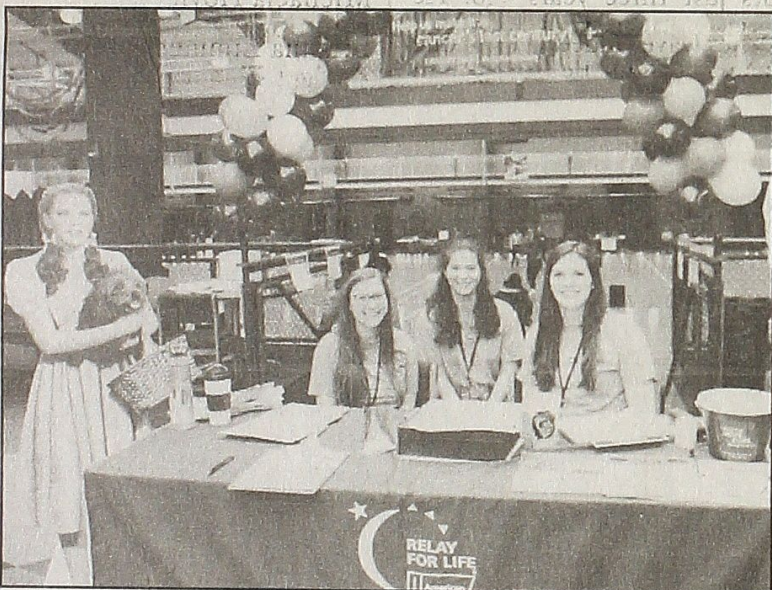
"My mom had to pay more than \$600 a month just to keep me medicated, and I know there are people who have to pay even more than this," said Duncan. "I am lucky to have a

family that will make sure that I can stay on medication. I am really afraid for the people who are not as lucky as me."

Last Friday President Trump and GOP leaders feared that the proposal would fail, so they decided to pull it from the House floor. Speaker Paul Ryan announced that Obamacare would remain the functioning health care system "for the foreseeable future," but President Trump is confident that Obama care "soon will explode."

While this was a major loss for the president, it is not likely the end of reformation of the ACA.

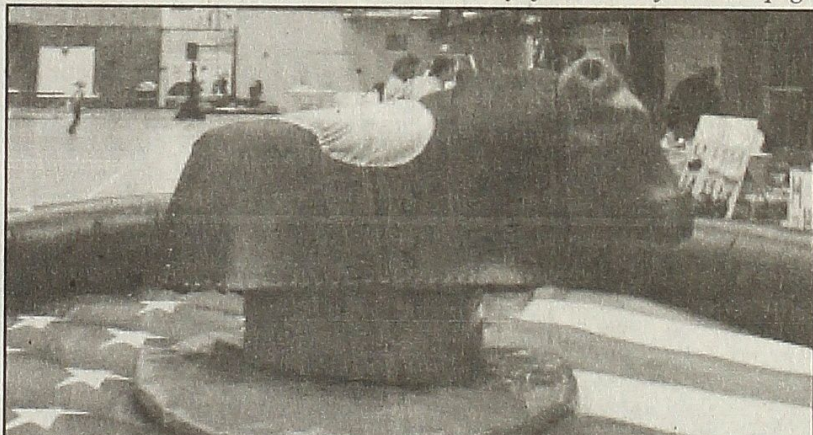
**Relay for Life took place last Saturday. The theme was "There's no place like hope," and the rec was filled with luminaries, balloons and dozens of activities including a mechanical bull.**



Chris Vest: Photographer



Photos courtesy of Alma Relay Facebook page



## Dining issues

Continued from Page 1

"Administration should take more control over the food that is being served," said Jonassen. "They should find someone else as a food provider that is more healthy and reliable."

Since Alma has revamped its dining experience this semester, Gary Brown said that he has received only positive comments.

"I'm not sure if these experiences that students have had are true or not," said Gary Brown. "But I need to be told and students should talk to me first with their concerns."

Tyessa Brown said there is no way that administration isn't aware of these concerns.

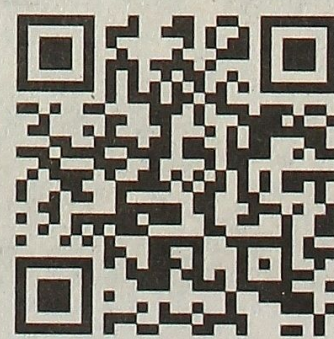
"I can say without a doubt that the administration is absolutely aware of students' disgust with SAGA, which is a shame," said Tyessa Brown. "I would like to see stronger efforts made to take student concerns into account and at a faster pace."

Gary Brown said he thought, "everything was good and everyone happy with the services we provide."

"I think only 2 percent of the school's population is causing the noise and 98 percent is happy."

According to Gary Brown, the only way for changes to be made is for students to give effective feedback. If students feel sick or disappointed after eating at SAGA or Joe's, the best solution is to voice their concerns.

Leave Feedback for Sodexo



## Student media groups debut film festival

MICHAELA HOYLE  
STAFF WRITER

Film and cinematography is an ingrained part of modern life. Like any profession, professional filmmakers have to get their start somewhere and that start can be seen at the Pine River Film Festival.

The Pine River Film Festival, sponsored by Pirate Media and Short Stack, is the first of its kind at Alma. Students from high schools and colleges were invited to submit their work for the possibility of being shown.

"We not only gathered submissions from the community, but from all over the country and world," said Director of Pirate Media **Marcella Flury ('17)**. "The aim of this event is to bring a variety of new people to the campus as well as to create one of the first events on campus made for student filmmakers."

"The film festivals that we've been to have been good, but there are parts of them that we thought we could do a little better—things that we wanted to change," said **Zachary Baker ('18)**. "So we decided to give it a shot."

A primary deviation from a typical film festival is that the Pine River event will be exclusively

showcasing student filmmakers and their work.

"We wanted to create something here at Alma that was exclusive to students because when you go to film festivals it's usually professional filmmakers who make their stuff in their free time or as a job—as opposed to balancing schoolwork and filmmaking," said **Patrick Mallett ('17)**, the main organizer of the event. "You see this big gap in between student films and professional productions."

As explained by the Pirate Media website, "Our goal is to discover the films that were made on weekends, breaks, and in between classes."

M a n y

students were eager to show off their work and for the first year no submission fee was required. Divided among four categories (high school or college, documentary or narrative), 277 submissions from multiple countries were sent in. Approximately 25 made it into the program.

"There's a lot of really good films with a lot of really good messages—especially for the time, with current events and everything," said Mallett. "I'm hoping that people will take a w a y some knowledge about film and appreciate film more."

"Appreciating amateur film,

specifically, as an art that requires your time—not just going out to see the latest 'Avengers' movie," said Baker. "Appreciating the stuff that you yourself could make with your bare hands, sometimes is even more rewarding. The technical aspect might be lacking in student film, but the story is still there. Students take greater risks—it's more exciting almost, more raw."

The screening will take place on Saturday, in Clack Theatre and admission is free for students. The high school students' works will be shown from 3-4:30 p.m., and the college students' from 6-8:30 p.m. Those interested in finding more information about the event will find it on both the Pirate Media website and the Pine River Film Festival page on withoutabox.com.

"Patrick Mallett, Zack Baker, Thomas Griffith, and I have been putting in a lot of time to get this festival to be successful the first time around," said Flury. "We are working to put together a loose template for others to follow next year, so that the festival can be held again. This is just the first festival we have ever put on and we have high hopes for it to grow into something big."

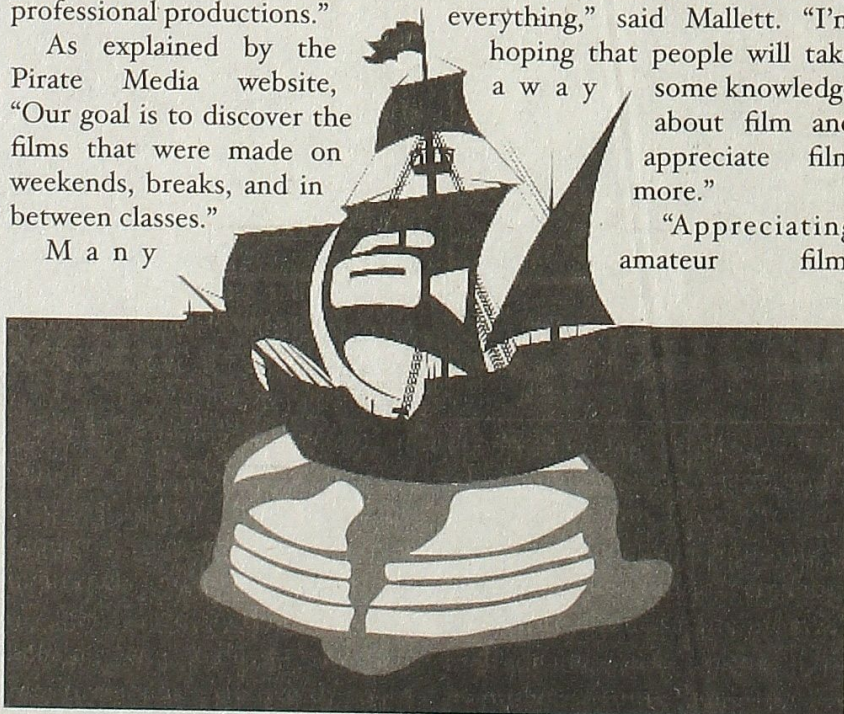


Photo courtesy of Short Stack Film Club and Pirate Media  
**Alma's film and media group will join forces to host Alma's first film festival next Saturday.**



Drake falls flat on “More Life”

PAIGE DANIEL  
THOUGHTS EDITOR

The last time we saw Drake, his poorly Photoshopped figure was perched on top of the CN Tower in Toronto, his hometown. Over the past year he’s been called a “culture vulture,” a venture capitalist, a meme, a fraud; the list goes on. The naming of all of these identities probably comes from his increasingly confusing music. So who is Drake, really? His new quote unquote playlist, “More Life,” doesn’t offer many answers.

Clocking in at a ridiculous twenty-two tracks, there unsurprisingly isn’t a wealth of artistry in “More Life”’s runtime. But first, some background is in order. The widely publicized “beef” (drama) between Drake and fellow rapper Meek Mill exposed Drake for utilizing ghost writers when writing his rap verses. Spoiler alert: Drake was not writing his verses anymore; instead, uncredited people were working under his name.

This detracted from Drake’s credibility, and in some way may have influenced his embracement of pop music with the hit single “Hotline Bling.” Drake’s fourth album, “Views” (2016), aimed to put Drake back on top after he lost credibility. And actually, it did, if only in terms of streaming records—“Views” broke all previous streaming records.

Sonically, “Views” was offensively boring and bloated with its own importance. This album was supposed to be a rapper at the peak of his career, but mostly it was Drake complaining about “haters” and past romantic flames over a muddling set of beats and trying his hand at the markers of dancehall, which some say he



Drake mixes the styles of Caribbean and British music, as well as pop and rap, on “More Life.” Use this QR code to watch a video about Drake’s usage of British slang and the influence of Grime music on his playlist.

Zachary Meyer: Illustrator

stole (in a cultural sense). It almost seems, as some fans attest to, that all Drake cares about now is the paycheck.

This makes “More Life” a continuation of the styles Drake tried on in “Views.” Except this time, Drake fades even further into boringness.

While he is credited with writing most of the songs on this playlist, albeit with a large amount of co-writers, it is kind of a group effort. The playlist features a host of other artists and frequent collaborators, such as Sampha, Jorja Smith, Quavo, Young Thug, 2 Chainz, Kanye West and PartyNextDoor.

They manage to outshine him, as his monotone verses on “More Life” struggle to add color to lacking, nearly barren instrumentals. The beats are minimal and stagnant beneath the teetering synth line on “Passionfruit,” “Teenage Fever,” and almost everywhere else on the playlist. Mostly, though, “More Life” patches together multiple

different styles to no effect.

Drake has been called out for his use of a Caribbean accent, and he uses it again here on tracks like “Madiba Riddim” and “No Long Talk.” This time he also uses a British accent, and it is fraudulent to some extent. He’s interchanged his own voice with the sounds of others, which doesn’t help that whole credibility issue.

The British accent is unfounded; he brings in Grime artists, but the tracks don’t really sound like Grime. The Grime artist features point to Drake riding another wave, mining it for its successes.

Grime originated in London, England, a form of rap that is notable for its fast, intense beats and lyrics inspired by living in urban grit. Grime artist Giggs backs up the track “KMT,” and prominent Grime star Skepta gets his own interlude (“Skepta Interlude”).

The standout tracks are the ones that Drake isn’t as involved in; Sampha contributes the slow burner “4422,” and 2Chainz and Young Thug steal Drake’s spotlight on “Sacrifices.” “Get It Together” sounds identical to “Too Good” off of “Views.” Drake equally sings and raps on “More Life,” but fails to straddle pop and rap effectively. Pop and rap can be blended effectively; Drake does neither well. It isn’t clear whether Drake is a pop artist or a rap artist.

“More Life” would be passable if the second half was cut, and even then it would be average at best. This is a grave diagnosis for someone who had pretty strong outputs just three years ago. He rides the wave indeed, and one thinks he would be better off releasing nothing at all if it’s going to have zero staying power like this playlist. Maybe the person who called Drake a venture capitalist is on to something – he is more an empty brand now than ever.

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Film reveals cinematic process

By ZACK BAKER  
PHOTOGRAPHER

Two weeks ago, I travelled to Austin, Texas, for the annual South By Southwest Media Festival to represent Alma College's Pirate Media organization. I travelled with **Marcella Flury ('17)**, **Patrick Mallett ('17)** and **Thomas Griffith ('17)** over the course of four hot days.

We met a Korean rap duo named XXX, heard Kirst Novaselic of Nirvana talk about election reform and watched a documentary about the life of legendary American filmmaker David Lynch.

This film, "David Lynch: The Art Life," is a feature length documentary that covers the whole of the director's 71-year life. By design, the film avoids serious conversation of Lynch's body of work; painting is the main focus and it only shifts away to speak on experiences growing up that shaped his creative force.

Very little time, regrettably, is directly spent on Lynch's greatest source of fame: the auteur; his postmodern enigmatic filmmaking style has influenced decades of film buffs and cinematic minds yet is hardly

discussed. Admittedly, Lynch does speak, briefly, about his experience at The American Film Institute making his first feature, "Eraserhead," as well as his insights into that period of his life. Interestingly, previous discussion of his life in Philadelphia reveals details about his filmmaking process despite the documentary's insistence on his more recent exploration into other media.

When Lynch speaks about Philadelphia, living inside an inexpensive home, terrified of the crime and grime plaguing that corner of the city, my mind drifts to "Eraserhead."

The inclusion of Lynch's student photography at that time reflects the bleak, polluted world outside the home of the film's main character; Lynch's description of the fear he feels in this city with his family mirrors the dread personified in that character's expressions. Regardless of Lynch's intention toward paint and other artistic media, his cinematic process seeps into the documentary through stories of times when influence coalesced.

Another one of these stories is at the beginning of the

documentary through his early memories of grades three to eight in Boise, Idaho. Lynch describes his neighborhood in this city, self-sustaining and holding everything a curious child could ever need. After Idaho, however, his family moved to Virginia where his schoolwork suffered, he fell into the wrong crowd, and he experienced alienation from his family due to poor relationships. The contrasted memories, one wistful and healthy, one dreary and harmful, prompt thoughts pointed at Lynch's 1986 feature "Blue Velvet."

"Blue Velvet," in following its main character traverse the shadowy criminal world that lurks under the surface of his small town, explores the coming-of-age trope through the lens of discovering the darkness inherent in this world. American suburban imagery is undercut by seedy, unprompted violence and pangs of surrealist fiction.

In discussion of his coming to terms with personal discovery that the world is larger than the small, lush lawns of his neighborhood in Idaho, Lynch exposed a key influence on the dual-societies of the fictional town Lumberton in "Blue Velvet."

All of this is to say, in short, that the new documentary about David Lynch is good if you know what you are looking for. If you like art, go see it for the plethora of avant-garde art. Interested in Lynch himself? See it to learn more about his life.

If you enjoy his films, see it simply for the challenge of pulling out influential elements of his life. Attending South By Southwest was an incredible learning experience full of new media and new ideas, but one does not need to attend a major festival to get a glimpse at the anomalous life of David Lynch.



Use this QR code to watch the trailer for "David Lynch: The Art Life"

Do you enjoy documentaries? Come to the first ever Pine River Film Festival hosted by Short Stack Film Club and Pirate Media. It will be held in the Clack Theatre on April 1st. Spend the day watching short films from around the world. There will be food and the event is free for students.

HOROSCOPES

By MONICA KUNOVSKY  
WEB EDITOR

Advice for the signs

CANCER (June 21- July 22)



It's easy to get lost in the tide of friendship, when you're tagging along with someone who doesn't share common ideals but is near to your heart. Remember that standing your ground and having different opinions on things is okay and you can disagree with people.

AQUARIUS (Jan. 20- Feb. 18)



Put your narcissistic tendencies down for once and make sure you tell your loved ones and people near and dear to you how cool they are.

TAURUS (April 20- May 20)



It's time to take a step back and look at what you've become and reflect on this past year. Have you been progressing in a healthy manner? Have you been sabotaging yourself or close ones in the process of trying to be successful? These questions need to be seriously considered, and time has to be taken to reflect.

LEO (July 23- August 22)



Take a social media break. You need to clear your head, and close out of all distractions and distracting apps.

ARIES (March 21- April 19)



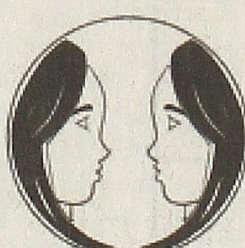
Time to let loose and get wild. It's your time to shine, it's your season. Motivation is at an all time high—the world is your oyster and that world is your stage. It's your time.

PISCES (February 19- March 20)



Just work on surviving Pisces season; it was wild.

GEMINI (May 21- June 20)



Time seems to be stopping and dragging on, but sooner or later it will be the end of the school year and you'll run out of opportunities to push things to the side, because they'll be due. Make sure you're working to your full potential, especially these last few weeks.

VIRGO (Aug. 23- Sept. 22)



Now is not the time to be lazy. You have to get your ideals and motivations in line, think of what you want to achieve and what you want to be. Thinking of the future can be daunting, but it's what needs to be done at a time of year like this.

CAPRICORN (Dec. 22- Jan. 19)



This week will feel lonely. Make sure you reach out to a dear friend, and don't feel ashamed or guilty for holding a friend accountable to help you out when you're feeling down. That's what friends are for.

LIBRA (Sept. 23- October 22)



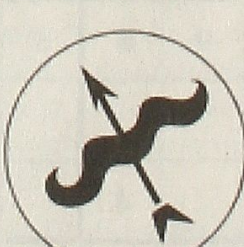
Dramatic things will happen this week, but only if you react in such a way. There will be hard times in life, but you're able to nip them in the bud and handle them responsibly. If done in such a manner, it'll make the problem breeze by.

SCORPIO (Oct. 23- Nov. 21)



Things have been overwhelming and down time seems to have been lost. There is still much to do, though, so make sure you can take time to be productive while also taking time to relax. It's possible and able to happen—and if anyone has the ability to do it, it's you.

SAGITTARIUS (Nov. 22- Dec. 21)



You've had a great wave of productivity and you need to keep riding it. Multi-tasking is a challenge, and you love challenges. And the more you do, the more character you'll build so keep up this hard work.



# Barlow nominees

**Cameron Spitzfaden:** physics, mathematics

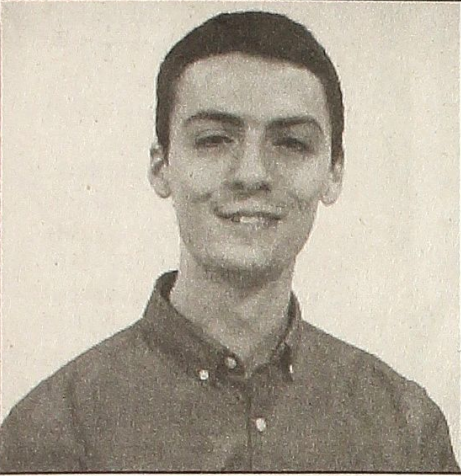


Photo courtesy of Communion & Marketing

Spitzfaden hopes to become an experimental physicist and conduct research within optical physics. To Spitzfaden, the Barlow award means that, “I did not completely screw up. People actually like me. That’s cool.” He found out about the nomination after a dance rehearsal. Spitzfaden was not only appreciative of the award but of those who have helped him during his career at Alma.

Spitzfaden also stated that leadership roles at Alma helped shape him into the individual he is today. “My jobs as a RA and a Resident Computer Consultant have both influenced me immensely. These jobs have taught me many skills and have introduced me to so many members of the campus community.”

Spitzfaden would describe his time at Alma as exhausting, but also the harbinger of good, fond memories. He has enjoyed spontaneous outings with the Mitchell RA staff, all the dance performance weeks and falling in love.

“I will miss having the people I care about live so close to me, though that has already been changing. It sucks that everyone has to graduate. I will not miss having close friends graduate.” Spitzfaden continued jokingly, “Also, I will not miss answering the phone at IT.”

His advice to give to other Alma students is that to be successful you must never lose hope. “It is okay to change plans if something is not working, but just keep doing the best work you can.”

**Marissa Nivison:** psychology



Photo courtesy of Communion & Marketing

Nivison’s end goal is ultimately retirement. “But seeing how I’m only 20 I don’t think that’s possible yet. However, in the years before retirement I would like to get my Ph.D in developmental psychology with a focus on parent-child relationships and attachment theory. I would like to become a professor and conduct research, with perhaps some clinical work on the side.”

She feels honored and humbled by the nomination. While at Alma, she feels as if she has done a good job achieving her own personal success.

“I would not have been able to succeed without the help of my professors and my friends. I also want to thank Meijer for always having cookie cake ready to go for me to stress eat.

“I really enjoyed all of my jobs. I loved researching, I loved being a mentor at the middle school and I loved being an FYG.”

Nivison said that “perseverance and resilience are what shape you into a person capable of leading.

“I will miss the overwhelming support I feel here at Alma—specifically the support I have received from the faculty. There are professors here that have played a key role in my career and in my life and I will never forget what they have done for me (I’m looking at you, Dr. Stupica).”

She would describe her Alma college career overall as, “brilliant.” “The Barlow Award is a physical representation of the work that I have put in here at Alma. The Barlow Award gives me the opportunity to reflect on my successes and failures and motivates me to continue on to great things.”

Her parting advice to Alma students is, “Sleep more than you study, study more than you party, party as much as you possibly can.”

**Kelsee Brinklow:** secondary education, history, social studies



Photo courtesy of Communion & Marketing

Brinklow’s goal is to teach middle or high school. Brinklow said she was, “really surprised. I also thought of how excited my grandma and parents were going to be.”

Brinklow credited her professors, hall director, friends and coworkers who have helped her at Alma.

She says the key to being a successful student is, “truly caring about what you do. It’s very easy to get very involved and have a lot going on academically and socially, but having a true passion for it makes it worthwhile.

“All of my leadership roles and activities have been influential, but my RA position and my time spent working in admissions both helped me utilize and further develop my communication and organizational skills.”

What she will miss most about Alma is, “definitely being an RA and being with my staff and residents, and I will really miss interacting with the professors I’ve bonded with. Their insight and genuine care for their students is remarkable.

“I will not miss loud footsteps while I’m trying to sleep, community bathrooms or the chalk boards.

“I really appreciate the recognition of being someone who has been dedicated to academics and has been engaged with campus life. I truly care about doing my best and meaningfully connecting with those around me, so I feel honored to be a finalist.”

Overall, she said her college experience was inspiring, and she has “been touched by so many people here. Please know that I appreciate you all.”

# Alumni offer advice on getting into grad school

**BY MONICA KUNOVSKY**  
WEB EDITOR

For many, graduate school seems necessary to get ahead in their field. Alumni shared what it takes to get into graduate school and how it has affected them so far.

“Consider the experience you want to have with your new institution,” said **Jaclyn Shetterly ‘16** who is studying at Eastern Michigan University. “What did you feel like was missing from Alma? Go visit a grad school that has that missing link.”

**T.J. Koehler ‘16** is at Johns Hopkins University for graduate school.

“Remember to try and step out of your comfort zone,” said Koehler. “If you end up getting into a school that’s not in the type of area you wanted to live in, take a trip and check it out before you completely cross it off your list.”

**Kurtis Smith ‘16** is in the Psy. D program for clinical psychology at the Chicago School of Professional Psychology and recommends students take advantage of available resources.

“There are a bunch of books put out every year that detail certain things such as medical schools and programs or psychology schools and programs,” said Smith.

Shetterly said that the first step to applying to grad school is reflection.

“If you’re feeling on the fence about a career choice, interview and shadow someone already in that field.”

Koehler highlighted a benefit of planning. “I know researching grad schools helped get my butt in gear when it came to actually starting my applications,” said Koehler.

If money is an issue, graduate school may or may not be a gamble.

It is possible to make grad school affordable.

“For anyone researching grad schools, I highly recommend that you simultaneously research Graduate Assistantships (GA),” said Shetterly. “These are part-time jobs through the university. At Eastern Michigan University, we have GA positions that waive either half tuition or full tuition.”

Smith explained the qualifications graduate schools look for when granting assistantships, fellowships and scholarships.

“You need to have a perfect GPA, some great scores on things such as the MCAT or GRE and have an extensive background of extracurricular activities as well as good interpersonal skills. You can also do things such as the

Health Professions Scholarship Program through the military.”

The Alma graduates shared the new opportunities graduate school has offered them.

“You study what you want and have more autonomy and freedoms when it comes to your life outside of school,” said Smith.

“The best thing about grad school is the course load,” said Shetterly. “With my experience, every class only meets once a week. I’m currently only taking 6 credits compared to the 13-18 I took at Alma. Now this largely depends on the program.”

Koehler has a lighter load as well.

“I typically have more free time now than I did in undergrad. I was a double major in art and biochemistry and I was in clubs and a fraternity, so it’s not surprising that I feel like I have more time here. I take only classes that pertain to what I want to study, so I like my classes a bit more and they go more in depth than undergrad did, which I also appreciate.”

Shetterly wishes she had done things differently when preparing for grad schools. “I wish I had taken the GRE. I was really intimidated by the test, so I opted out of taking it, and I only applied to schools that didn’t need it.”

Smith says that he doesn’t regret anything he did during

his undergrad years.

“I got into a doctorate program with a 3.0 GPA. I would say that your GPA isn’t as important as showing that you are able to be interpersonal. Gather skills that are useful in all aspects of life. Do not just sit in your room and study. No one cares how smart you are if you can’t talk to someone about it.”

Getting ahead on letters of recommendation is also a good idea.

“Ask professors for letters of recommendation as soon as possible,” said Shetterly. “I felt more comfortable asking a professor I knew well than asking one I only had once.”

Koehler built on Shetterly’s letter advice.

“[Ask] someone who is closely related to the field of study for the program you are applying for,” said Koehler. I did a summer research program at Wayne State University and I think having a letter of rec from my 12 weeks there was very helpful. Assuming you have average scores on everything, a great few letters of rec can really set you apart.”

Smith offered advice to those preparing to take the GRE.

“A good plan of attack is to buy some study material and study for one to two

months before the test. Really focus on the math sections and somewhat less on the vocab.”

Interviewing is also an important factor in getting admittance to graduate school according to one grad.

Shetterly recommended considering why you want to enter a program beforehand.

“If you can answer this with a specific personal experience, then you’ll have a lot of examples to pull from,” said Shetterly. “For example, there’s a difference between ‘I think communication is really interesting’ and ‘I want to study communication because of the ways classes XYZ helped me better understand myself and the world.’

All is not lost if you don’t get in on your first try.

“If you do not make it the first year, do not be discouraged,” said Smith. “Try to get a job that pertains to your field and show that you are interested in the field you want to go into. Then apply and apply and apply.

“If you are shooting for a doctorate, try to get a master’s in the same field. Create a list of schools you want and then add some lower schools that you may not want but you could get into because in the end people do not care where you got your degree, only that you have the piece of paper.”



## Rackley brings change in first years

BY EMILY KROLEWICZ  
SPORTS WRITER

President Jeff Abernathy announced in March of 2015 that a search committee found a replacement for previous athletic director John Leister. Steven Rackley brought his 28 years of experience in athletic department leadership to the Alma.

Rackley left his 16-year athletic director position at University of Findlay's Division II program. His first day was July 1, 2015 and he has been busy at work ever since.

"I came here for a lot of reasons," said Rackley. "The biggest reason was because I saw [that] Alma had the potential to be a model Division III athletic program and I think we're moving in that direction."

Abernathy wanted the athletic department and the faculty to have a stronger relationship.

"We're not an island," said Rackley. "Academics are very important to us. Sarah Dehring, associate athletic director, has helped with this a lot."

"She established the Faculty Athletic Mentor (FAM) Program, where each team pairs with a faculty member of their choosing, and I think that this helps build relationships."

Rackley's statement on the relationship athletics has with



Athletic Director Steven Rackley's initiatives have included developing core values, a mission statement and a Hall of Fame for his department.

Bri Yaroach: Photographer

other facets of campus was confirmed by others in the department.

"I've appreciated the work that Rackley has done to elevate our department's relationships with the campus as a whole," said cheer and STUNT head coach Michelle Sabourin. "He has also spearheaded many aesthetically pleasing additions to the Hogan Center that help elevate the appearance of our facilities."

One of the new additions to the Hogan Center is the Hall Of Fame. The installment's purpose is to generate more alumni involvement and ensure their return to campus.

"We want to invite them

back," said Rackley. "We want teams to look at that [the Hall of Fame] and say 'Wow they care about their alums and athletics and take pride in showcasing our history.'"

Along with the Hall of Fame, Rackley hopes to reach out to more alumni by having each team host an alumni game each season.

"I think he has been able to bring the department together," athletics secretary Tracy Howd said. "The Hall of Fame kept getting pushed back, but Steven came in, brought in a company and got the project done."

In addition to the advancements Rackley has brought to the athletic

department, he never forgets to support his athletes and even travels to some away contests.

"Rackley is very proud of Alma College athletics and helps spread that message everywhere he goes," said Sabourin. "He really cares about the athletes and coaches within our department and makes sure that they are all taken care of."

Rackley reflected on his position: "The best part of my job is getting to know the athletes and being able to watch them mature and succeed. When students leave Alma and then come back years later, I love to see what they've become in life, it makes me so proud."

Under Rackley, a new mission

statement and core values was developed that help clearly define the goals of the Athletic Department.

"I think the big thing is he came in and helped us establish who we are as a department," said Howd. "We all know what our goal is now, and before it wasn't so clearly defined."

Rackley shows no signs of slowing down. His future plans include increasing fundraising and community involvement, establishing a corporate sponsorship and working with Ann Hall, vice president for planning and communication, on branding.

## Morgan Stratton inspires softball team with success

BY BRIANNA ZIMMER  
SPORTS WRITER

In the 2016 season softball player **Morgan Stratton ('17)** finished with a banner year. She was named to the First Team All-MIAA, MIAA's Most Valuable Pitcher, twice named Player of the Week and earned First Team All-Central Regional honors.

"As a pitcher the success of the team begins with her," said Coach Dennis Griffin. "Her mannerisms on the mound show a focused, energetic, dynamic competitor. She wants to get every batter out and is determined to do her part to help the team win the game."

Morgan is a leader on the team. The players look up to her and because of her stoic, calm demeanor on the field; the whole team feeds off those traits.

Griffin also praised her development as a leader.

"She has matured in her leadership skills, her mental processes in how to handle adversity and success," said Griffin. "She is a humble individual who wants to succeed and is appreciative of the team members who help her achieve her goals. Morgan has developed what I call grit and determination to be her best and help the team."

With the Scots' season in

full swing, Stratton and her team continue to shine.

This past week, Stratton has been named to the 2017 Schutt Sports/National Fastpitch Coaches Association (NFCA) Division III National Player of the Year watch list. According to the NFCA, Stratton "will be pared down in the coming weeks until just one player remains at the conclusion of the season."

"It's humbling to know that you're being recognized for your hard work and success," said Stratton. "Especially when it's among the top players in DIII."

While Stratton increases her athletic achievements, her coach says she never takes a day off both in and out of the

classroom—continuing to fulfill both roles of a student athlete.

"She has a determination and desire to be the best pitcher nationally and in the conference while at the same time wanting to succeed in the classroom and achieve dean's list honors," said Griffin. "She strives to make the individuals around her successful as well by evaluating her teammates so they can achieve their goals as well."

With the rest of her senior season still to come, Stratton has set the bar high for both herself and the team.

"This year's team has an extreme amount of potential," said Stratton. "I'm excited to watch the younger players grow

as the season continues. As long as we play to our full potential, I don't see how we won't have the same success or better than what we've had in the past two years."

The Scots and Stratton look to top their accomplishments from the previous season.

The end goal for her is "to be an All American, MIAA MVP Pitcher, have the team be national champions and [for her to] graduate with an Alma College degree," said Griffin.

The Scots' 9:3 softball season continues on Wednesday at Anderson College.

## Athletes prepare for, welcome others to Scotties

BY EMILY KROLEWICZ  
SPORTS WRITER

Once a year, Alma College's athletes, coaches and support staff are encouraged to trade their uniforms in for dressy attire to enjoy a night of celebration at the Scotty Awards.

The event is an ESPY inspired event that the Student Athletic Advisory Council (SAAC) hosts each year. Michelle Sabourin, the faculty director of SAAC, explained that the event is meant to bring together the athletic

department to celebrate the success of its student athletes—individually and as a team—from the past year. It is also used as a way to promote the department and athletes in a positive manner.

"We put in a lot of work in year round from Bahlke to Scotland Yard and this is our chance to clean ourselves up and be recognized for our accomplishments collectively," said **Miranda Kruse ('17)**, captain of the women's lacrosse team.

The Scotties will take place Friday in Hogan. The event

will begin with a reception at 6 p.m. in Hogan's lobby. Guests are encouraged to mingle, vote for best dressed, enjoy appetizers catered by Sodexo and take pictures at the red carpet as well as with Scotty. It is a student-run event and is open to students, faculty, community, friends and family.

"I look forward to the Scotties every year," said **Katie Bush ('19)**. "Everyone is always so happy at the event, and it is so fun to see all of my friends dressed up and celebrating each other."

At 7 p.m. the guests will

gather in the gymnasium and the award ceremony will begin. Athletes, coaches and support staff will be nominated for—and many will win—awards such as Best Individual Performance, Rookie of the Year, Best Comeback of the Year, Queen & King of the Weight Room, among other titles.

"My favorite part of the Scotties is when the nominees are being announced and you learn about their accomplishments—some of which you were unaware of until now, but the Scotties is the perfect time to congratulate them on all of their hard work,"

said Kruse.

"In between awards, we will also have student produced videos (some comical, some highlight videos) to keep up the entertainment value of the event," said Sabourin.

"This is so successful year after year because it is an amazing opportunity to honor our athletes and athletic staff in a fun atmosphere," said Kruse.

All who are interested are encouraged to attend the event athletes say they will long remember.