

Art Prize creators reimagine recyclables

This week, six of the campus Art Prize pieces are featured. The remaining six will be featured in next week's edition. Turn to page 6 for the more Art Prize features. Students can vote once for their favorite piece before Oct. 4 at various voting boxes around campus.

ERWIN MCWILLIS
 STAFF WRITER



"The Mystic Study"

Elly Jauquet, Alyse Townsend, Sara Manwaring
 Gelston Courtyard

Artists **Elly Jauquet ('18)**, **Alyse Townsend ('18)**, and **Sara Manwaring ('19)** have come together for a cooperative feature in this year's Art Prize that captures the structural complexity of Louise Nevelson, and the colorful pops that express the art of Piet Mondrian.

These two ideas were merged with the use of a white Styrofoam base, the bottled tears of their artistic dreams and a color palette that made it draw in any who looked inside.

"Art Prize took a lot out of everyone who participated," said Townsend. "I hope that people vote and the projects and the participants' hard work gets the recognition they deserve."

The artists involved expressed a great amount of pride and satisfaction with their creations, though it didn't come without a few stressful situations. The light material used in creating the structure and it being exposed to the elements makes the piece a target for for the elements.

"Art plus outside equals unprepared," said Manwaring.

"It was a lot of fun to create the small pieces within our project, especially the potion. We definitely encourage you to go inside and look around," said Manwaring.

The materials gathered for the project were supplied by Midland Recycling Center free of charge and the members of this band of artists send a special thanks to them for their assistance.

"Landscape"

Jessica Mayne.

Clack Stairwell

"My three brothers run through a lot of milk so I asked them to start saving the milk jugs," said **Jessica Mayne ('19)**. Her brothers' milk addiction inspired her.

"The first part of my piece was made from these milk jugs and a few water jugs. Everything else was assembled at random," said Mayne.

"The idea was always a sort of cliffside seascape but everything else was pretty random."

It took Mayne about four weeks to collect, assemble and paint everything needed to form her piece. She said she is proud of what she did and really enjoys the fun side of things more than the competition.

"I'd just encourage everyone to vote," said Mayne.

"I don't care if I win and I definitely think there are other pieces more deserving of it, but people definitely should vote."



"Slain the King and the Subject"

Sarah Garrod

Mac Mall

"I draw most of my inspiration from nature and my surroundings," said **Sarah Garrod ('20)**. "I have a certain fascination with ecology, especially animals. My major in biology may have tipped that off, though."

Garrod hopes that her art raises questions for her viewers.

"The current state of interaction between humans and the natural world is worrisome, to say the least. The human population has grown unchecked for years and impedes on the few natural spaces left on this earth. The little area that people have not yet settled is usually littered with debris such as trash or air pollutants from people."

"I hope that if someone is effected by my piece, it is by my message of human destruction and animal perseverance despite it all. As people spread, we will force ourselves into every niche imaginable; we can even be found in the lungs of animals that breathe around us."

Though the artist wishes to draw attention to the negative impact humans can have on nature, she also has another message.

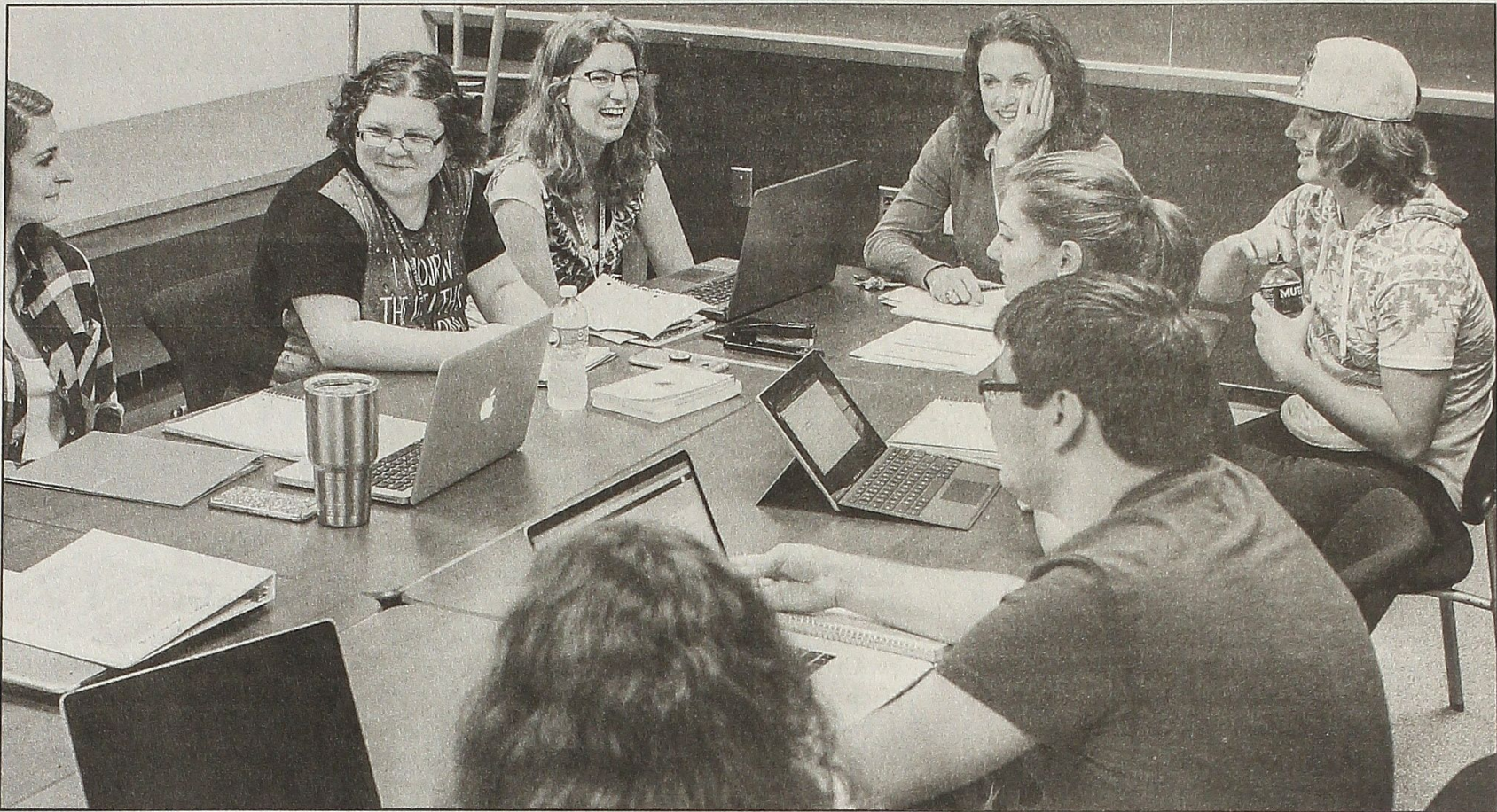
"Nature is not fragile, and will persevere even if disfigured by human activity."

Freshmen students live, learn together

First Year Seminars are being experimented with this year. The idea of living, learning communities is being embraced by FYGs that meet more frequently and whose students live together.

There are two different classes testing out this way of teaching in two slightly different ways.

Check out next week's edition for a deeper look into living learning communities by Web Editor Monica Kunovszky.



Kristin Olbertson, professor of history, teaching her first year seminar, Free Your Mind.

Tavyon Richardson: Photographer

Powell explains recent police activity

BRITTANY PIERCE
STAFF WRITER

Over the past week students have noticed the presence of Alma police officers on campus.

The specific point of interest is the cluster of traffic stops made on Monday and Tuesday of last week. Multiple students reported seeing police officers searching vehicles that they pulled over throughout the two days and often into the night during that period.

Officer Kim Powell, the liaison between the college and Alma's police department, shed some light on whether students are seeing an actual trend.

"We don't have more officers than we normally have," said Powell.

"We're actually short a couple officers and we're in the process of hiring a part-time officer right now."

This means that there are not more officers on campus; students just happen to be noticing it more, according to Powell. The Alma Police Department only has 11 officers and none of them are working overtime currently.

"Because we had a pedestrian

killed in an accident you are going to see a lot more law enforcement agencies coming here to help us so you might not see just Alma police officers, you might see others as well," said Powell.

The accident that Powell referred to was a hit-and-run crash involving a nun, sister Joseph Marie Ruessmann, riding her bicycle early in the morning. She died due to injuries from the accident approximately one month ago.

Since the accident, the Alma Police Department has been working to prevent similar incidents in the future, according to Powell. This is why some students noticed officers inside Hamilton Commons on Sept. 20.

"We did have a meeting there this week, so there was five of us there on campus," said Powell.

"One of the things that was a concern was college starting with the new cross walks, [we are] letting people know that they have to stop [to let students cross the streets]. That was one of the reasons we were there, just to let drivers know that they need to slow down and stop, or we're going to pull you over. It's more for a safety issue than anything."

For those who are concerned about officers searching cars involved in traffic stops, the

searches are not random, according to Powell.

"There's stuff that goes on around here and we know who some of the bad people are, like people driving without licenses or people who are drunk driving during the day," said Powell.

"We get calls about people who are using narcotics and stuff like that so it [tends to] come in streaks. The only thing I can tell you is that right now I think it's more of a streak."

Business Insider recommends that people pull over in the first safe location after signalling to the cop that you know you must pull over. You should also familiarize yourself with what is required by law of you when pulled over as well as what your rights are.

Every driver in Michigan must keep his or her license, registration and proof of insurance in the vehicle, and all three of these documents are required to be given to the officer upon being pulled over without question.

Nothing else is required of the driver at traffic stops. If the officer asks questions, the driver reserves the right to not answer as long as it does not impede an investigation. The driver is also not required to get out of the vehicle unless the driver has

been drinking, then the individual must answer all questions and get out of the vehicle when asked.

Drivers do not have to consent to a search of their vehicles unless the officer has a warrant or probable cause to look further.

One Almanian staffer who also works in the library shared that he has seen officers walking the library.

"We try to have our night officers do a walk through on the grounds," said Powell. "If we have at least two officers on the road in one car, then one will get out and actually walk the campus and go through the library and be seen just to let college students know that we're here."

This is not a regular activity, according to Powell.

"It's hard if we only have two officers on duty," said Powell. "If one is out in the car and one is walking around, you don't want to get too far away from your car in case you have to go back-up the other officer. But at night we do actually try to walk around a little bit [on campus]."

Zita Tranquilla ('20) noticed and commented on the police presence on campus.

"At first, I thought there was a bunch of police because there was an emergency," said Tranquilla. "Finding out that they're just here

as part of a routine frustrates me because that is what [campus] security is for. It invades students' privacy and makes me feel less safe."

Going forward, students should expect to see officers on campus more often. The Police Department wants to make sure students know increasing the presence of officers on campus is a good thing and they are there to look out for the well-being of all.

There will also be officers on campus for home games for various sports, according to Powell. They are there to act as an escort for players involved in the sporting events and for added security in parking lots. This is something that the college invited officers to do and that the Police Department has wanted to do for a long time.

The department understands why students may feel tense about seeing officers on campus more often, especially because of the way mass media tends to portray them.

"When I go home, I take this [uniform] off and I'm a normal person just like anybody else," said Powell. "Most college students who go here already know who we are. They know that I am the school liaison officer and that I'm very approachable."

StuCo committees include student voices

ALINE BATAWI
STAFF WRITER

Student Congress acts as a liaison between students and administration to ensure that their voices are heard. This is made possible by several committees consisting of students and administration who tackle specific problems on campus.

There are Board of Trustees committees that handle long-term and large issues while campus committees handle everyday problems on campus.

"Most colleges don't have a student representation on the Board of Trustees committees but Alma College is very fortunate to have that," said **Jared Jacob ('17)**, former StuCo president.

Karle Rishe, vice president for student affairs, described the role of the board.

"The Board of Trustees is the governing body who the president reports to," said Rishe. "It is usually comprised of alumni and others who care deeply about the college."

The group values student input, according to Rishe.

"They understand that the most important voice in the room is the student voice, because students understand how the institution works on the inside," said Rishe. "Students experience our culture every day, so they [trustees] care very deeply about that perspective."

Each executive council member is split into committees that relate to their position in

student congress. There is one student representative on each Board of Trustees committees.

In addition to Board of Trustees committees, there are campus committees with administration. These are comprised of administration, faculty and students.

According to Rishe, there is student representation on advancement, audit, academic affairs, college communications, enrollment, finance and property, investment and student affairs committees.

"Students can sit in on these committees if they have interest," said Jacob. "They can go to Tyler Eible and request to sit in so their voice can be heard."

"I was on the safety committee last year and any concerns

or thoughts we brought to administration were listened to," said **Tyler Eible ('18)**, president of StuCo.

The number of students on each group varies on the needs of the committee. Eible believes the ratio of students to administration is beneficial.

"I don't think we need a lot of students on these committees because the only thing students can bring is their opinions," said Eible. "I think administration values their opinions."

The students who are assigned to each committee are nominated by the president of Student Congress.

"The president of StuCo decides and elects who is on each committee," said Eible. "I ask for volunteers, but I make sure the

groups are as diverse as possible so different organizations on campus feel represented."

To gain more student input, Rishe is planning a new group.

"The committee that I want to assemble will be a small focus group that will meet probably four times a year, which will be a student engagement committee," said Rishe. "I'm trying to better understand how students view their social environment on campus and how we can make it a livelier experience."

According to Rishe, the hope with this committee is to get the student lens of how they would like to engage in the community outside of the classroom. This group will bridge the gap between administration and student perspectives.

Mental health care in college exhausting but possible

By ABIGAIL FERGUS
EDITOR-IN-CHIEF

I have had anxiety for as long as I can remember, but I did not put a name to the physical and mental aggravation until college. Many of us battle with mental health, and juggling the effort with pursuing a degree only makes things harder.

You don't need to go through the struggle alone though. Alma offers free counseling, and personally I wish I had taken advantage of it more consistently.

Over the past six months, my mental health has mutated, and not for the better. I'm now questioning all my old coping methods and wondering if there are "more things wrong with my brain." I haven't had much hope lately. I keep on going because I want to try to help fix many of the things wrong in the world, but I also want to enjoy life again. Pinning my happiness on how much I'm able to contribute isn't healthy or safe.

Despite professors and friends constantly reminding me to dial back my commitments and find peace throughout college, I did not allow myself to follow this advice or go to the Counseling and Wellness Center most of the times that I needed to. I'm back now, if only to learn last minute coping methods before I graduate and lose the free services in three months, and I am getting better.

Early during our freshmen year, I went to Paige Daniel and Dalia Barghouty's room one day and asked them to make sure I signed up for a counseling session. I knew I was not well and that I wanted help, but that didn't stop my brain from making up excuses.

"Other people need those sessions more than you," I told myself. "You don't even know what you'd talk about. You're probably just self-diagnosing and overreacting."

The accountability worked though; I signed up for some sessions. Honestly, I don't remember them well or why I only went for a short period. I do know that talking about my problems with someone trained to guide my rambling thoughts and to get me on a good path helped.

My next counseling experience was the beginning of sophomore year, and I decided to try a different counselor. We clicked better than my last counselor, but I still had all my old doubts. I felt guilty when I



Zachary Meyer: Illustrator

For students experiencing mental health issues, Abigail Fergus recommends the Counseling and Wellness Center. Utilizing it as a resource throughout college helped her balance schoolwork and self-care when anxiety threatened her motivation.

spent time in these sessions talking about my anxieties regarding my young relationship with my boyfriend. With hindsight, I see the value of those sophomore sessions though.

My first relationship was in high school and its end was a mess. My anxiety was both taken advantage of and stigmatized. I was encouraged to become dependent on him. He was jealous when I hung out with other guys. I was treated like my anxiety was ruining his opportunities and life. I was pressured to go along with what he wanted to do. And suddenly I was dropped. Experiences like that stay with you and can creep into other relationships.

The anxiety I experienced at the beginning of my relationship with my current boyfriend all related back to what I experienced before. I needed to learn how to trust someone in an intimate relationship again, to communicate my feelings and to avoid treating my current boyfriend like the old one.

Today I am still learning how to be in a healthy relationship with him and to ensure that we both get what we need and deserve. We've stuck with each other through both of our mental storms, but we also each work on our own health. It's exhausting sometimes, but he's the only partner I want for my romantic life and mental health journey.

Junior year I didn't step foot into the counseling center and that was a mistake. It feels almost as though I started turning into a different person last winter. It's not bad to change, but I'm not sure that I controlled the changes that I experienced.

I spent many nights in waking nightmares before I could exhausted myself enough for sleep.

My emotions weren't aimed at anything, they just overcame me. Still, I told myself that I didn't have time for counseling.

Usually, my mental state improves during the summer. But even during the best experiences of my life, studying bees in Costa Rica and wolves in Wisconsin, I grew numb. That was my response to the pain wearing down on me and the continued and uncontrolled change in my personality. It was scary. I'd rather feel pain than nothing at all.

I'm back at the center regularly this semester. After three sessions of rambling about three different topics, I already see improvement.

This time I have control over the change in me and it's positive. This has been the happiest week I've had in a long time. I'm able to remain in a positive mental state into the night and fall asleep happy. I'm getting my school work done. I'm beekeeping, which makes me happy. I'm allowing myself to hang out with my friends and be a college student in my last semester.

Counseling isn't the only resource that has aided my mental health journey in college. When I was a freshman, I believe I would've dropped out if it weren't for support I gained from the King Chavez Parks Mentorship Program. Daniel Wasserman, history professor and caring faculty mentor, helped me during a time in which I felt alone. I have trouble relating with others and feeling like a part of groups. Wasserman always lent an ear, encouragement and advice during KCP lunches and that encouraged me to keep working

at finding more people who cared about me.

Something that has been both a bane and a boon to me is my involvement with student organizations. Today, being the president of the Climate Change Action Network is what keeps me happy and healthy enough to stay on track for graduation in December. While I love CCAN, I've had to take a step back in the past for my mental health.

I've never taken a step back from the Almanian, but the editor-in-chief before me, Crystal Snow, would force me to take breaks from writing articles every so often. These two organizations, which I have most consistently and thoroughly dedicated myself to, have given me a sense of purpose throughout college.

Involvement is a double-edged sword though, because I hurt myself a number of times by giving too much time, energy and love and neglecting myself or my school work in turn. Only biting off what I can chew is another lesson many tried instilling in me, but that I only took up this year.

Everyone is different, but I recommend trying out a session at the Counseling and Wellness Center as a start for navigating college and your state of mind. I also stand by (even though I have not always followed) advice given to me by my friend Joanna Delpaz: do at least one thing each day that makes you happy.

Accountability is another piece of the puzzle that can help ensure you have others watching out for your well being, and that you are watching for that of others as well.

Turn to Page 5 for a feature on the Counseling and Wellness Center

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Sudoku

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Japanese Breakfast aims higher on ‘Soft Sounds From Another Planet’

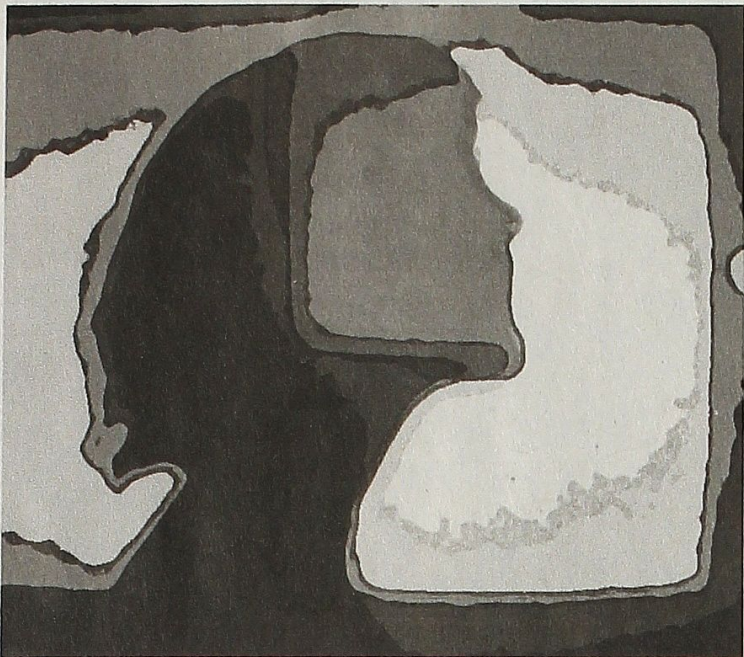
By PAIGE DANIEL
THOUGHTS EDITOR

When Michelle Zauner made her debut with “Psychopomp” (2016) under the band name Japanese Breakfast, she could not have known the level of devotion her lo-fi rock and experimental pop record would inspire. Music blogs and publications clung to her grief-stricken lyrics and her left-of-center vocal delivery. Her aura spelled messy, unselfconscious honesty.

I clung to it too, endlessly playing her record in my earbuds. It was an antidote to the loneliness I felt when I studied abroad in London last autumn.

I managed to see her in concert in the basement of a pub during that stint in London, getting lost on a residential street and squinting into the windows of businesses trying to locate it after I came up from the underground. The lights inside of the poorly advertised pub cast a dim orange pallor on the curb’s pavement, but the basement was darker.

She played one new song at the basement gig, “Machinist,” which has found a home on her second and most recent album, “Soft Sounds From Another Planet.” Before delving into its flashy disco, she introduced it as



Zachary Meyer: Illustrator

Japanese Breakfast’s newest release chronicles Michelle Zauner’s struggle with grief, but it’s not all bad. This time, she is working through it.

a song about love shared between two robots.

The things that made “Psychopomp” an indispensable companion, its heartbreaking lows and giddy highs, pointed to the next step: something more polished and refined for Japanese Breakfast. “Machinist’s” change in approach made me question if Zauner would go for a complete pop sound on her second album.

As it happens, “Soft Sounds From Another Planet” features more genre-hopping; she masterfully wrangles all of them beneath the umbrella of her anchored guitar parts and

floating synths. Though it was released in July, “Soft Sounds” is fundamentally inclined to the colder months.

The album’s opener, “Diving Woman,” is a welcome reminder of where Zauner’s lyrical focus previously resided – her Korean heritage. “Psychopomp” was borne out of the trauma Zauner endured after the passing of her mother, who she visited often in Korea.

She told NPR in July that “Diving Woman” was about an island in South Korea named Jeju, known for its tradition of women divers called haenyeo.

They plunge up to 30 meters underwater, gathering various sea creatures to sell at the marketplace.

Zauner appreciated their regimented lifestyle, and this regimen is mirrored in the song’s progressive and consistent guitar line, one of the few totally immersive rock moments in Japanese Breakfast’s discography.

After “Machinist” offers the most obvious pop gem of the record, Zauner plays further with the concept presented in the album’s title.

Her idea of outer space is best represented in the dream pop and ambient tracks that channel its void. “Planetary Ambience” works as an interlude, while “Jimmy Fallon Big!” drapes itself in a smoother sheen than the album’s back half to gorgeous effect; her vocals there are as delicate as an impressionist’s touch.

Zauner tries her hand at country-western (title track “Soft Sounds From Another Planet”), but never strays too far from an emotional core that is exemplified in the final five tracks. She begins in the distance and gets closer to the ground as the album goes on.

According to her, the album hopes to confront what it takes to recover from grief, not only from her mother’s death, but from love lost and found. “Boyish” recounts a one-sided love interest with an

instrumental that conjures Roy Orbison-esque 50’s pop.

“12 Steps,” then, is a foil to “Boyish”; Zauner found her husband “12 steps into the smoking bar.” She seems to carve out a place for her grief in a happy life moment such as marriage, with “Till Death” being a disheartened perspective on the infamous wedding vow.

Zauner does not let cynicism overtake her, though. At the same time as she crystallizes her grief, she is reckoning with it and organizing its ebb and flow.

“The Body Is a Blade” is Zauner’s attempt at that organization. Even when her brain is determined to weigh her down, her body works against it (as she claims rather eloquently, “Your body is a blade that cuts a path from day to day”). In this way, she is always arming her sadness with a catch – nothing is ever as hopeless as it seems.

The final outro, a simple 40 seconds of chiming bells (“Here Come the Tubular Bells”), is an incisive hint at this duality. It can be taken as funeral or matrimonial, or both: is getting married the ultimate nod to mortality?

More noticeably, it leaves traces of optimism. Zauner packs her music with an undeniable melancholy, but isn’t afraid to let it drift heavenward.

HOROSCOPES

By MONICA KUNOVSKY
WEB EDITOR

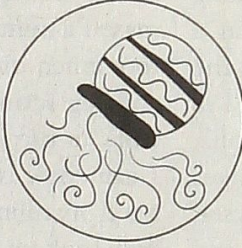
Advice for the signs

CANCER (June 21- July 22)



Try not to be too stubborn this week or hold onto an idea too tightly. You’ll end up getting bruised and your feelings hurt because of your lack of willingness to let go. Go for a walk, read a good book, take a bath, deep condition your hair. Do something relaxing to not only ease your hold on opinions but ease your stress as this week starts up.

AQUARIUS (Jan. 20- Feb. 18)



Try not to read so deeply into a situation that you lose objectivity. There’s no benefit from being a pretentious brat and trying too hard to seem better than others. Relax and let loose, and don’t work so hard in trying to one-up others.

TAURUS (April 20- May 20)



The coming weeks should be bringing new energy to your life. Specifically, on your love life, this upcoming period should be a great time for romance, dating, or falling in love with yourself. Remember to take your self love though, and expose it to others.

LEO (July 23- August 22)



This week, getting along with others can be a way to boost your confidence and ease of maneuvering these upcoming days. Soak up some sun as well while the weather is still promising. Focus this week on making short-term and long-term goals that are satisfying.

ARIES (March 21- April 19)



This week there will be an unusual focus on your daily tasks. Routines and work will seem invigorating and a powerful source of confidence. Cooperating with people as well will bring rewards with it—such as less stress and more productivity. Put trust in people again, you may have been burned before during a project, but it’s a new semester and there are new people to meet and give a chance.

CAPRICORN (Dec. 22- Jan. 19)



You surround yourself with people who are entertaining, artistic, and studious -- very remarkable individuals. Remind yourself that you are one of these incredible individuals. Don’t set goals and expectations so high that you can’t reach them and therefore feel down on yourself.

PISCES (February 19- March 20)



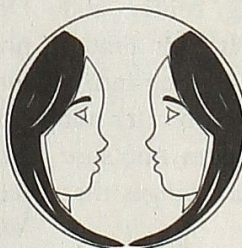
You’re intuitive. Because of this you often feel and know what people need. You often put more of yourself, energy and attention into interactions. This is great and people need to know they are cared for. But don’t forget to focus and take time for yourself. This is your week to be selfish—and focus solely on yourself.

LIBRA (Sept. 23- October 22)



It’s Libra season! You’ll be pulled out of your shell this week and show a bubbly and outgoing self. Take time this week to analyze yourself and your thoughts. Focus on ‘rebranding’ yourself in terms of getting rid of outdated attitudes and feelings and working towards more healthy outlooks.

GEMINI (May 21- June 20)



Focus on friendships that are solid and stable. You’ve been through a rough patch and found that some individuals are not who they say they are. You wear your heart on your sleeve, and some people take advantage of that. Reignite old friendships, or keep up with the current, and good ones.

SCORPIO (Oct. 23- Nov. 21)



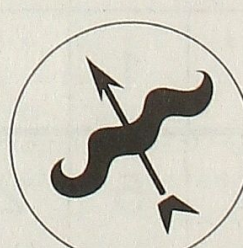
Soften your deposition this week. Open up and grow your relationships with friends. Don’t stick to old patterns, because those can turn sour very fast and leave no room for growth. Try not to make any big decisions based on your feelings in the moment.

VIRGO (Aug. 23- Sept. 22)



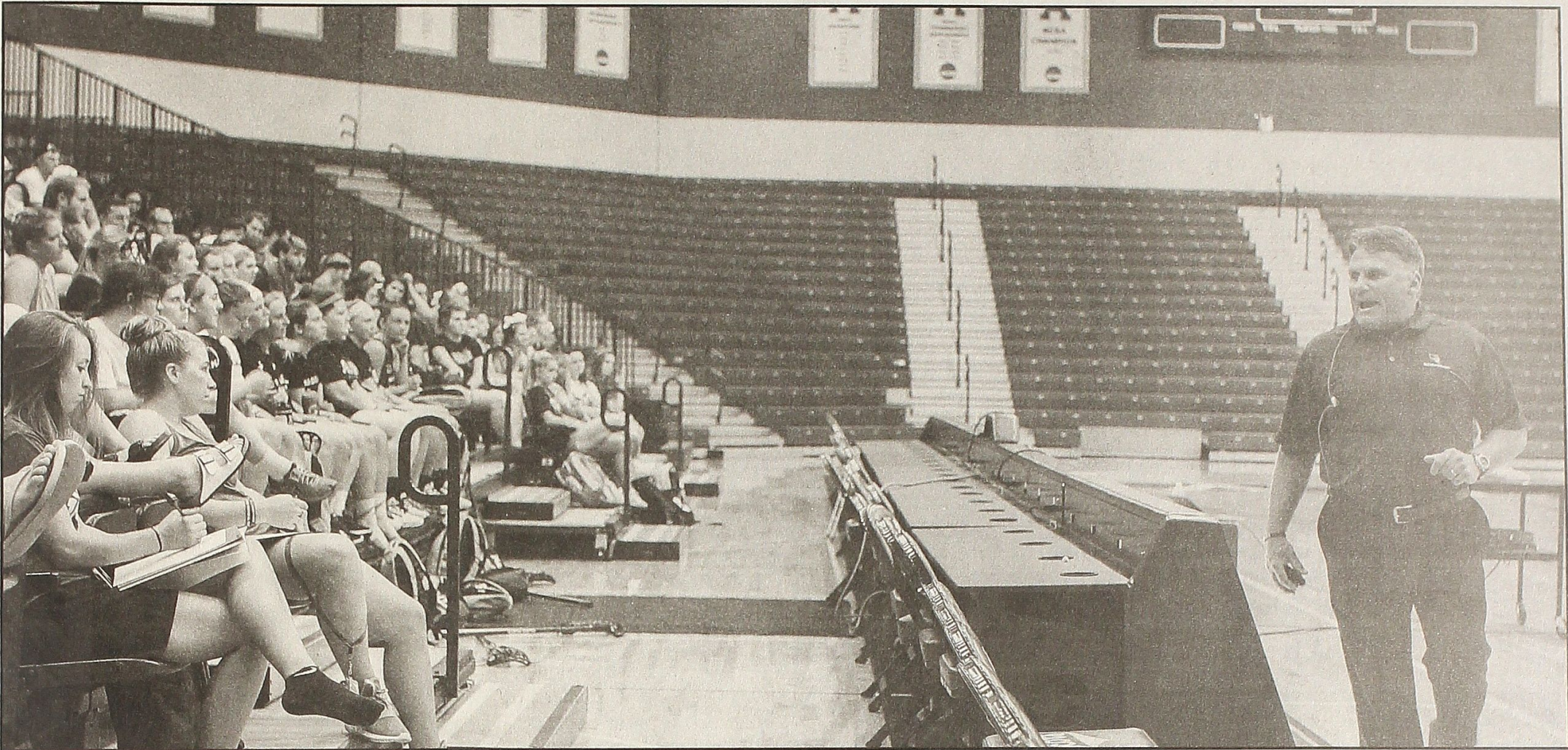
Generally, others are drawn to your natural qualities -- like your humble and under the radar persona. Your soft manner can often give you attention in the most positive way! This week you’ll have challenges with patience and waiting. It’s hard to keep calm when things seem to be spiraling out of control, but some things cannot be controlled by you—and that’s okay.

SAGITTARIUS (Nov. 22- Dec. 21)



This could be a very successful week. Your ability to cooperate and accommodate others can help you advance in your goals, and this week that just might be what happens. Creativity will be boosted this week as well, however, minor challenges might come in to focus—but don’t let that dismantle an otherwise great week.

SAAC sponsors speaker on sports nutrition



Tayvon Richardson: Photographer

Student Athletic Advisory Committee (SAAC) hosts speaker Tim Wierman as he preaches the importance of nutrition to student athletes in Hogan Center last Thursdsday night.

By BRIANNA SORIANO
SPORTS WRITER

The Alma College Student Athlete Advisory Committee (SAAC) hosted a speaker, Tim Wierman, to talk about sports nutrition last Thursday. Having appeared at over 375 schools, Wierman offered advice on sports nutrition, fuel for the athlete, pre-competition and pre-exercise meal planning, recovery foods and fluid replacements.

“SAAC decided to bring in Tim because we’ve had

a number of speakers come throughout the years, but nobody has focused on this particular topic,” said **Laura Kastler** (’19), SAAC’s president.

“We wanted to emphasize the importance of good nutrition and relay this message to our audience.”

Throughout the hour-long presentation, Wierman emphasized the importance of fueling the athletes mind and body through calorie consumption. He talked about the three types of fuel our bodies need—carbohydrates

(good for moderate to high intensity activities), proteins (good for building and repairing muscle) and fats (good for moderate to steady activities)—and how to calculate the approximate number of calories needed each day to maintain a person’s present bodyweight stamina, power and endurance.

“I’m not asking you to obsess or count calories,” said Wierman. Instead he advised athletes to stay away from empty calories.

“I want you to know when you’re in season, your body needs extra fuel. Athletes work

day in and day out to maintain their athletic excellence. We need to do the same with our diets.”

Although Wierman presented the audience with a surplus of information regarding meal planning, his most important message was to keep it simple. Often athletes are overthinking their nutritional decisions and either over eating or not eating enough before game day. Wierman stressed the importance of listening to your body in order to give it the proper nutrition it needs.

“Just because something is a healthy choice, doesn’t mean it is a healthy choice on game day,” said Wierman. “I often encourage athletes on days of competition to not overthink it. Keep it simple.”

Students had nothing but positive things to say about the speaker.

“I thought Tim did a great job with dispelling many myths around eating and counting calories,” said **Allie Ray** (’20).

“Now I can be more aware of what I choose to put into my body and how it will affect my performance even days later.”

Cheer’s standout Burke earns national honors

By JOELLE FISHER
SPORTS WRITER

The run of achievements continues for the Alma College’s Cheer team as **Dom Burke** (’18) has recently been announced as the NCAA STUNT Athlete of the Year for the 2016-2017 season.

“This award is voted on by STUNT coaches and officials out of a pool of All-Americans,” said Michelle Sabourin, head cheer and stunt coach.

“The only other past winners have been from Hofstra University and Davenport University.”

STUNT has been established for a total of five years now, and has been announcing athletes of the year for the past three years. This is a first for the Alma cheer program’s history. No other team member has won this prestigious award.

“When my coach told me I instantly cried,” stated Burke.

“I couldn’t believe that out of all the amazing stunt girls, they

chose me for such an honor.”

For her achievements, Burke will be flying to New York for a short trip over fall break to meet with other women representatives from each NCAA sport at the Women’s Sports Foundation. Sabourin will be accompanying Burke on this journey as well as assistant cheer coach, Lindsay Ford, and head athletic director, Stephen Rackley.

“Dom is so deserving of this honor,” said Sabourin.

“She is an amazing representation of both Alma

College and the sport of STUNT.”

The individuals invited to this event will attend various meetings and speakers to hear about life after sports and how to prepare themselves for the real world as well as how to pursue leadership roles in the future. Burke will also participate in a group workout with the other women’s NCAA athlete of the year winners and attend a red carpet, black tie banquet where all winners will be honored.

“I’m so proud of Dom: She works so hard every single practice and has fought so positively against the adversary of physical injuries,” added **Taylor Flees** (’18).

“This award shows how much heart she puts into our Cheer and Stunt program and it makes our whole team proud to watch her experience this.”

Burke plans to use what she learns from this award and its benefits in her future when she becomes a counseling psychologist for other college students.

Athletic, Greek Life relations changes over years

By JOHN DURGA
SPORTS WRITER

There are five sororities and six fraternities on campus. They play a role in Alma’s student life as well as in its work with philanthropy. With 11 different Greek organizations on campus students are involved quite regularly.

There are also a number of student athletes on Alma’s campus. Between classes and practices how do student

athletes they stay on top of their grades, in playing condition, and contribute to Greek Life?

“Greek Life really isn’t as big of a commitment as people think,” said **Cameron Lee** (’18) a four year member of Tau Kappa Epsilon (TKE).

“Talking to your brothers and communicating what’s going on in your week makes everything easier. A lot of people who aren’t in Greek Life think it’s all about parties and involve scenes straight out of Animal House. There’s community service and philanthropy work that take

up some time, but nothing that would stress someone out and make them think it’s an over commitment,”

In the past, some athletes were discouraged from joining Greek Life.

On September 26, 1996 an article was written in the Almanian titled “Male athletes encouraged not to pledge fraternities on campus” concerning the issue of new athletes to Alma being restricted from going Greek due to poor academic performance and poor time management. Twenty-one years later the attitudes

of coaches seems to have changed.

“My coach (Charles Goffnett) is actually very supportive of Greek Life so long as it does not take away from our athletics” said **Katie Neisweinder** (’18).

Coaches offered advice for balancing athletics and Greek Life.

“It’s about prioritizing your time and having balance in your life,” said Matt Chovanec, head cross country coach.

“The more a student-athlete becomes involved with things

like Greek Life, the more the demands will be on their time. That student-athlete then has to figure out for themselves where the academic, athletic, and Greek Life fit into their physical, emotional, and social well-being here.”

Football has seen some success in this balance.

“We probably have about 10 players now that are involved,” said Greg Pscodna, head football coach. “They do a good job of working out there schedules that they can enjoy and do both throughout the school.

Artists reimagine recyclables continued

By CADEN WILLSON
STAFF WRITER

“Puppet Master”

Spencer Wehner, Ivy VanPoppelen, Paige Shaw, Hamilton Commons

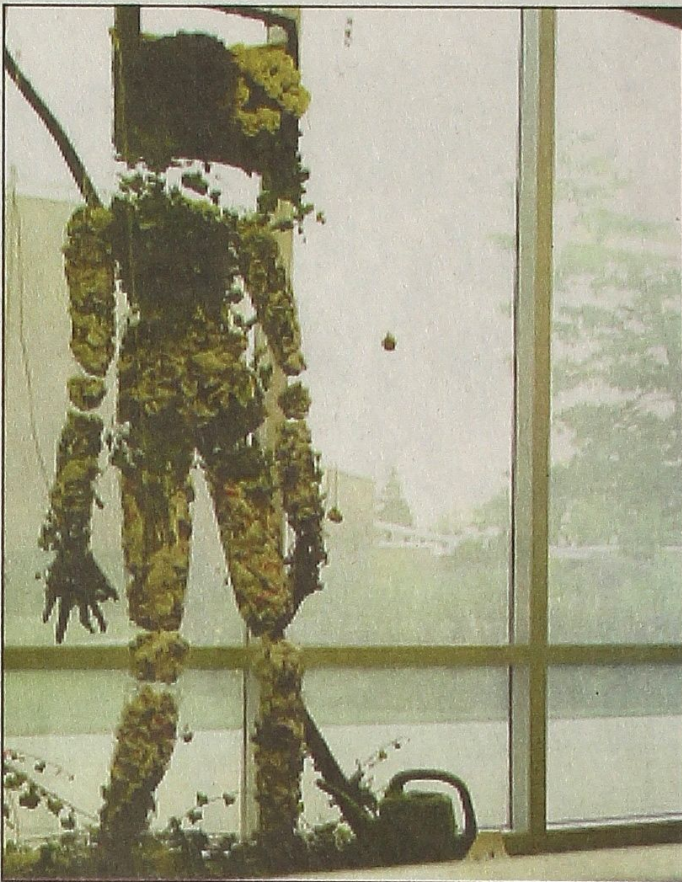
“Even the littlest things you do affect people whether it be negative or positive and most people don’t know that,” said **Paige Shaw (‘20)**, who worked with her fellow sophomore art majors **Ivy VanPoppelen (‘20)** and **Spencer Wehner (‘20)** to create “Puppet Master,” an art piece that has become a familiar sight to students who dine in SAGA.

The piece is constructed primarily of a chicken wire figure in the form of a female body with vines and flowers entangling the structure. Newspaper fills the hollow interior and weighted twine can be pulled to move the limbs - which the three artists encourage viewers to do.

The group contributed interpretations of the art: “The prompt was ‘recycled’ so we wanted to come up with a creative version of what that is to stand out. It also has a lot to do with society and that the media influences you. That’s not always a good thing. [It tells] you what you should believe and what’s correct [and gives you] false ideas of self,” the group said. Their focus is on the concept of originality and the issues it presents.

“Puppet Master” was a concept drawn up during the summer that was put into action the month before classes started. However, the piece proved challenging as the group struggled with chicken wire, resulting in many scratches and minor injuries. Shaw, VanPoppelen, and Wehner are glad they started so far in advance but state that their preparedness was “probably Spencer’s doing.”

The artists behind “Puppet Master” would like to split the money three ways if they win, but plan on ordering pizza. Above all, the group would like to encourage students to be active and vote, and to participate in next year’s Art Prize.



Maggie Zou: Photographer



Maggie Zou: Photographer

“The Cost of Your Closet”

Spencer Wehner, VanDusen Hallway

“I hope that (students) might think a second time while they’re buying clothes and choose to go second hand,” said **Spencer Wehner (‘20)**, who has submitted a solo project for art prize along with her group project with her roommates.

Wehner’s inspiration is derived from a longstanding belief against sweatshops and child labor, and thought the “recycled” theme would be best to portray the way in which much of the Western World’s clothing is produced. “The Cost of Your Closet,” which can be found in the hallway of VanDusen between the Gelston Hall lobby and Joe’s, depicts a young child clutching an elegant dress draped over the frame of a store mannequin.

“I’ve been buying clothes from Salvation Army recently because I realized that many clothes are made by underage children in sweatshops working under terrible conditions.”

Unlike many other art majors, Wehner completed “The Cost of Your Closet” over the summer as an independent project. She hopes her piece will inspire students to seek alternative clothing brands and avoid supporting corporations that profit off child labor and sweatshops.

If Wehner wins, she plans on saving the winnings, although her roommates, who completed “Puppet Master” with her help, insist that she’ll buy them pizza. Wehner, however, has different ideas.

“Most of it’s going in the bank.”

“Recycled Eras”

Zach Meyer, Calum Clow, Anissa Keeler, Marina Stack, outside library, half-circle

“We’re trying to think of other ways conceptually to use the word recycled,” said **Zach Meyer (‘18)** of “Recycled Eras,” a piece which redesigns classic art with ingenuity.

Meyer, along with **Anissa Keeler (‘19)** and **Marina Stack (‘19)** and **Calum Clow (‘20)** had a desire to not only help people appreciate some of history’s great works of art but reimage the way people view recycling in the art community. The artists of “Recycled Eras” didn’t want to simply follow the theme “Recycling” - they decided to give it new meaning.

By utilizing a wide variety of common items from Solo cups, various plastic, metal and bottle caps the artists portray Gustav Klimt’s The Kiss (1908), Leonardo da Vinci’s The Mona Lisa (1503), and Vincent van Gogh The Starry Night (1889). “Recycled Eras” was created over the course of the first three weeks of class although Meyer stated that the Mona Lisa took two and a half weeks to finish. When asked if the project disturbed his schedule, Meyer said:

“Art majors stay up late anyway.”

As far as potential prize money goes, Meyer said that the artists plan to split the money four ways, although he would personally save for graduate school.



Maggie Zou: Photographer

Students share their counseling experiences

By ROSE CYBURT
STAFF WRITER

Counseling appointments at Alma are free and tend to have a shorter waiting list than other centers offer.

“The percentage of students who go to counseling at Alma is similar to other colleges and other universities,” said Anne Lambrecht, associate vice president of student affairs and director of the Counseling and Wellness Center.

“The only difference is that Alma doesn’t have a waiting list or session limits.”

The Counseling and Wellness Center provides a variety of help and therapy.

All five of the counselors are generalists; they have a wide variety of training and are able to serve all students.

“We are all licensed by the state of Michigan, which is different from a high school counselor,” said Lambrecht. All meetings are kept confidential and on separate records from the rest of the school.

An anonymous student said he has been going to counseling on and off for a year. He was prompted by his friends to go when his dad became sick and was later diagnosed with cancer.

“I used to see Andy (Slater), but he is gone now so I’m trying the new guy,” he said.

David Wier, limited licensed professional counselor, is new to Alma. He graduated from Central Michigan University and interned at Ferris State University for a year. “David came highly recommended,” said Lambrecht, who is his supervisor until he becomes fully licensed.

Another anonymous student saw Jennifer Showers, licensed professional counselor, when she was dealing with trauma. “I had to go through a Title IX incident and it was a tough time,” she said.

“Jennifer was my advocate and I couldn’t have gone through it without her.”

Students go to counseling for

a variety of reasons and “finding the right counselor is like finding the right fit,” said Lambrecht.

Maddison Luebke (‘20) started going to counseling for help managing her busy schedule.

“It is important to deal with mental health with everything else to keep things on track,” she said.

Luebke said going to the Counseling and Wellness Center has “helped stress go down and makes everything chill.”

Lambrecht explained that students with and without prior counseling experience can utilize Alma’s center.

“I started going to the Counseling and Wellness Center, because it was easier than seeing

my counselor at home,” said **Evelyn Every (‘20)**.

She loves her counselor and said she is “taking steps in the right direction to calm the squirrel in my brain.”

Aside from appointments, the Counseling and Wellness Center also provides a sun room for light therapy and brings in the therapy cats and dogs. They also host speakers and a stress less event for all students to relax near midterms.

All students interviewed believe that everyone should consider counseling, even if they are mentally healthy because it doesn’t hurt and is free of charge.