

Student affairs improves communication

ALINE BATAWI
 STAFF WRITER

If you take one walk around campus you will learn about every event, club meeting, fundraiser and performance including the time, date and location. It seems that anywhere you go, you are bombarded with the happenings of Alma's campus.

But how often do you remember the information from the poster you saw on your way to class?

What about all those emails you receive in your inbox every morning?

For most of the semester, Student Congress and the student affairs committee has been asking these questions and working to put policies in place that ensure that information is being communicated effectively to the campus.

The student affairs committee is comprised of class representatives whose main responsibility is to find solutions to problems on campus.

According to **Tyler Eible ('18)**, this conversation began when several students voiced their concerns about the communication to the student body.

"The communication policy is bigger than just posters," said Karl Rishe, vice president of student affairs.

"It's about how students can get information out about their organization or event."

According to Rishe, there are three main components to the communication policy: posters, emails and text messages.

Student Congress has been discussing the possibility of having only one source of all campus news.

"I've been talking to the Communication and Marketing office to possibly create a page on the Alma official website that lists all of the events and news happening on campus," said Eible.

The main concern is that there is not a direct and clear

flow of information to the student body. StuCo and the student affairs committee wants to consolidate the way information is received.

According to Eible, this can be achieved by limiting the amount of emails that are being sent.

"We want to start sending at most two emails per week about events on campus," said Eible.

"One email will be sent out on Monday and the other will be sent out on Friday so that way it will lessen the traffic of emails and hopefully increase viewing."

"I think that by limiting the amount of emails and flyers being posted it will allow students to absorb all of the information being sent to them more easily," said **Bridget Flanery ('19)**.

Posters are one of the main ways organizations on campus relay information to students. The student affairs committee recognized that there needed to be a policy put in place to regulate what, where and how posters would be put up around campus.

"It has been difficult to keep track of what poster belongs to what group so we wanted to create a policy to regulate that," said Flanery.

"Groups will be required to send their posters one week in advance with their name and contact information so we can know what is being put up around campus."

According to Flanery, there are other specific regulations groups must follow regarding where and how they put up posters.

"If a poster is going to be hung up on a wall with paint, blue painters tape should be used to avoid damaging the walls," said Flanery.

"We also don't want posters to be attached to trees or statues on campus. Posters can be hung up on any other surface as long as it doesn't violate fire codes."

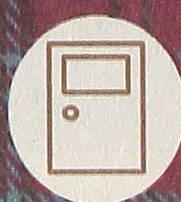
It has been common for organizations to hang up posters on surfaces that violate safety codes and this policy hopes to enforce those codes.

"You can't put any piece of paper on a glass door according to fire codes," said Rishe.

STUDENT CONGRESS STUDENT AFFAIRS COMMITTEE PRESENTS:

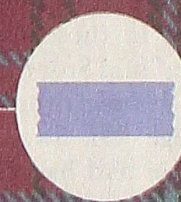
COMMUNICATION POLICY UPDATE

WHAT DOES THIS MEAN?



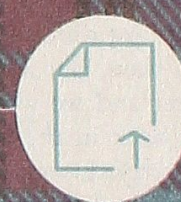
#1

No posters on glass doors.



#2

Only blue painter's tape if posters are on walls.



#3

Posters must be registered with CSO.



Traditional vs. Digital

Proposal of getting rid of flyers and replace them as ads on TV screens, emails, and possibly an app.

Shayla Crawford: Illustrator

The new policy update aims to increase communication while following fire and safety codes.

In order to make sure that groups follow these new policies, the student affairs committee has been discussing repercussions that groups could face.

"Groups will receive two warnings if they violate any of these policies," said Eible.

"The first warning will be by email and the second violation will result in groups having to meet with the vice president to

go over the rules."

"A third violation could result in organizations losing their poster privileges," said Flanery.

StuCo hopes to include these new policies into their by-laws so every club and organization will have to follow them.

Text messaging is another component of the communication policy being explored to make it easier to share information with students.

"If there is an emergency on campus, the entire student body will receive a notification from the campus alert system," said Flanery.

"The policy that we are creating is just to ensure that this form of communication doesn't change," said Eible.

These new policies will be voted on today and from there they will have to be reviewed by the by-laws committee.

Campus comment: What is your favorite memory from this semester?

NAJELLE GILMORE
 HEAD EDITOR

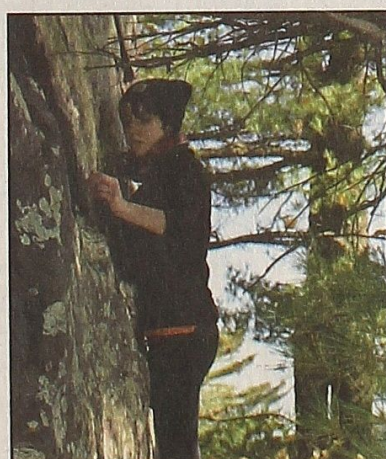


Photo courtesy of Christine Calleja

Christine Calleja ('18)

My favorite memory was going to my first drag queen show. I didn't know what to expect, but I really enjoyed it. The question and answer part at the end made the show more personal and it felt more real.

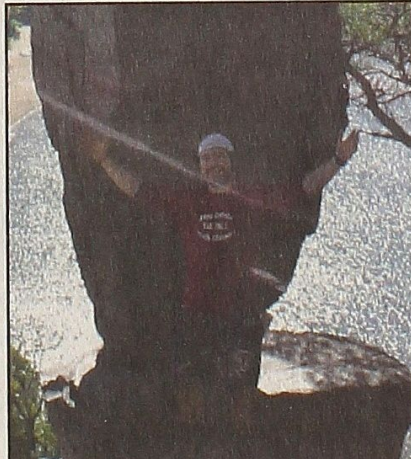


Photo courtesy of Alex Baird

Alex Baird ('19)

My favorite memory was sitting on the top of the rock face in Wisconsin with the climbing club. We went to Devil's Lake in Wisconsin for our fall trip. It took an hour to climb to the top and the view was incredible.



Photo courtesy of Jordyn Bradley

Jordyn Bradley ('21)

My favorite memory was being involved in theater productions and being able to make a lot of new friends in a short amount of time. People in the theater department are so warm and welcoming and have made me feel a little less like a freshman!



Photo courtesy of Warren Elmer

Warren Elmer ('18)

My favorite memory was bringing home the intramural floor hockey championship with the boys. We lost in the finals the year before so it was nice to come back and finally take it.



Photo courtesy of Sasha Dudock

Sasha Dudock ('21)

My favorite memory was homecoming; I really liked performing for it. The halftime performance and being with my friends and everyone being hyped up was cool. The crowd was very exciting and we got good feedback.

Sodexo worker celebrates 50 years

BRITTANY PIERCE
COPY EDITOR

Sodexo employee Bill Stoneburner will have worked at Alma College for 50 years as of today. Working here for five decades starting back in 1967 enabled him to watch the college grow and change in ways that almost none of us have or will ever experience.

Stoneburner reflected on the major changes that have happened over the years, such as the switch from full time employees to a workforce mostly full of students. "It [the college and the dining service] is completely different," said Stoneburner.

"Most of our help [now] is all college students; they had full time people [in the past]."

"It's a lot different today than it was then, but we all worked together and we were like a big family back in the old days. We were pretty close people working together so that was nice."

There have been plenty of positive changes as well. His favorite memory is "probably when Sodexo came in and we got nice managers to work for," said Stoneburner.

"The most exciting thing was seeing Hamilton re-done. It's amazing what it is now and what

it used to be," he said.

However, not everything about his experience is something to celebrate. "The hardest thing I've gone through is losing people who are close to me that passed away or quit after a few years. That's hard to deal with," said Stoneburner.

Despite any negative experience that he had, Stoneburner felt compelled to stay due to positive experiences that outweighed everything else. He built strong relationships with both administrators and students.

"Probably the students [are what made him stay at the college]," said Stoneburner.

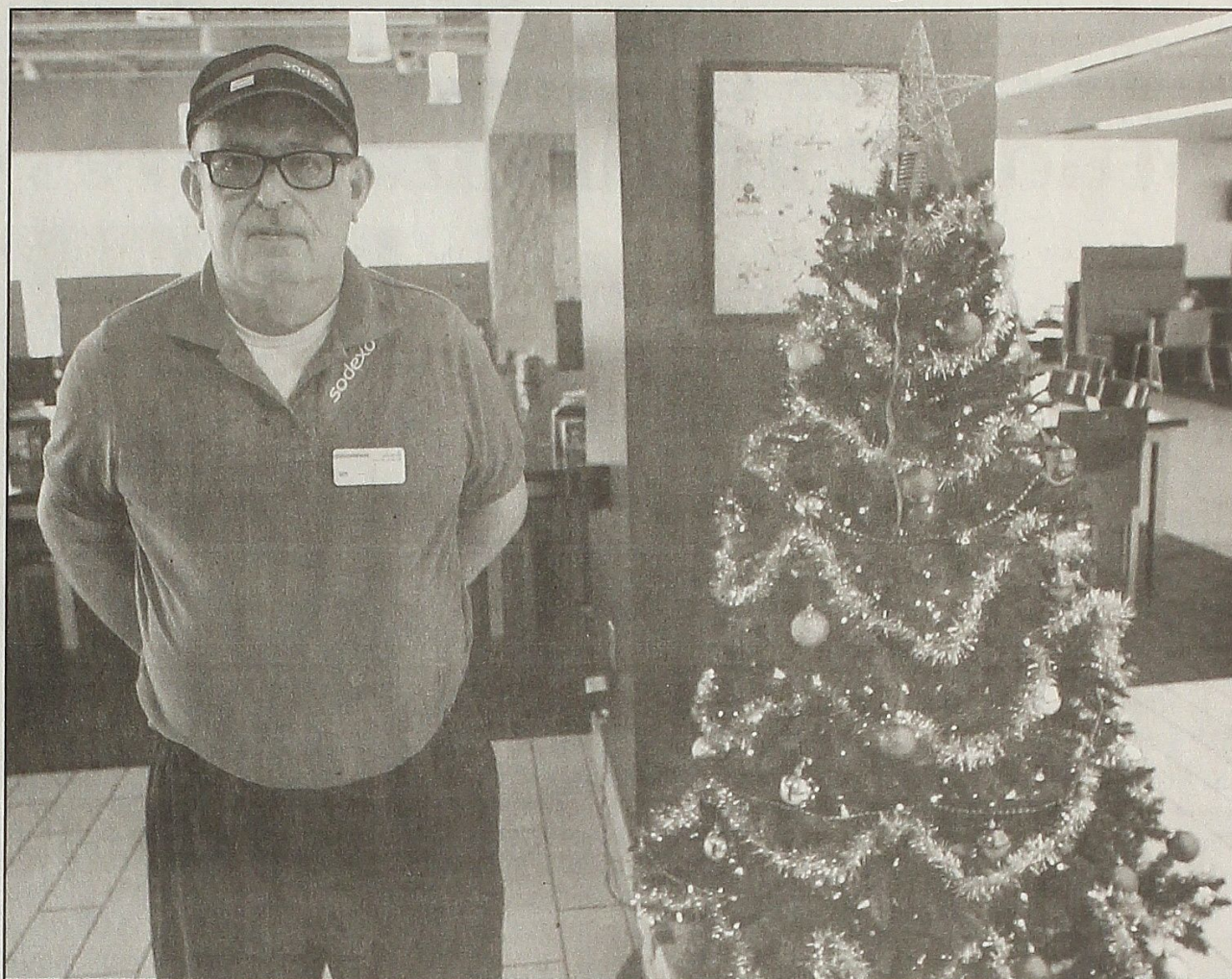
"I get to know a lot of the kids. I like the kids and I have had a good relationship with the students through the years."

"Not only that, but the college staff back in those days got to know me," said Stoneburner.

"The [former] president of the college, Dr. Swanson, used to come in and have ice cream with me every day." The tight-knit community atmosphere was always appealing to him.

Overall, Stoneburner has genuinely enjoyed his experience here at the college. "The best part is working for people who appreciate what you do," he said.

Even though he has put in 50 years of work at the college, he



Zachary Kribbet: Photographer

As Bill Stoneburner celebrates his 50th year with Sodexo, he advises students to always keep pursuing their passions.

is not quite done yet. "I want to at least work another five years if I can and everything goes good," said Stoneburner.

He does plan on celebrating his accomplishment. "We're going to have a little party at the house," he said.

After a few more years, Stoneburner has big plans set in place for a new adventure. "I'm probably going to retire. Maybe I'll go and live up north," he said.

Because he stuck with one job for so many years, Stoneburner is well versed in the areas of hard

work and dedication. He has a message for Alma students who might be struggling to find their passion. "If you find something you like, stick with it and don't give up," Stoneburner said.

"Just keep going and things will get going good for you."

Students attempt to change spring terms

ROSE CYBURT
STAFF WRITER

A popular topic that has been discussed during Student Congress meetings is spring terms. A group of students from SOC 141: Social Problems have been working on how to better educate, fund and provide the classes for the entire campus.

The class is focused on three separate campaigns: Line 5, environmental racism and spring term reform.

"We were able to join which ever group based on our own interests," said **Megan Finkbeiner ('19)**.

"It is not mentioned on either the Alma commitment or graduation commitment page on the Alma College website that it is mandatory to take two spring terms to graduate," said **Tikilah Turner ('19)**.

Another concern is how much spring terms cost and scholarships involved. There are multiple guidelines to still be able to apply for a Venture grant, which is \$2,500.

One of the guidelines is that a student becomes ineligible for the Venture grant if they apply for and use any other scholarship. This includes Posey Global grants.

A survey was sent out to all students for the class group to understand how the entire campus feels.

"I kept the questions broad and unbiased," said Turner.

"I see issues with the spring terms, but I don't want to press my opinion on others."

There has been some controversy over changing spring terms. One of the arguments against the reform is semesters would have to be longer if spring terms are no longer required.

"This is the best argument I found against the changes we want," said Turner.

"On the other hand, an average student generally takes 18 credits per semester, which equals 146 credits and only 133 are mandatory to graduate."

Tyler Eible ('18), the president of Student Congress, has been helping the group communicate with faculty members.

"We met with Karl Rishe, Carla Jensen and Britt Cartrite to explain to them what the group hopes to achieve," said Turner.

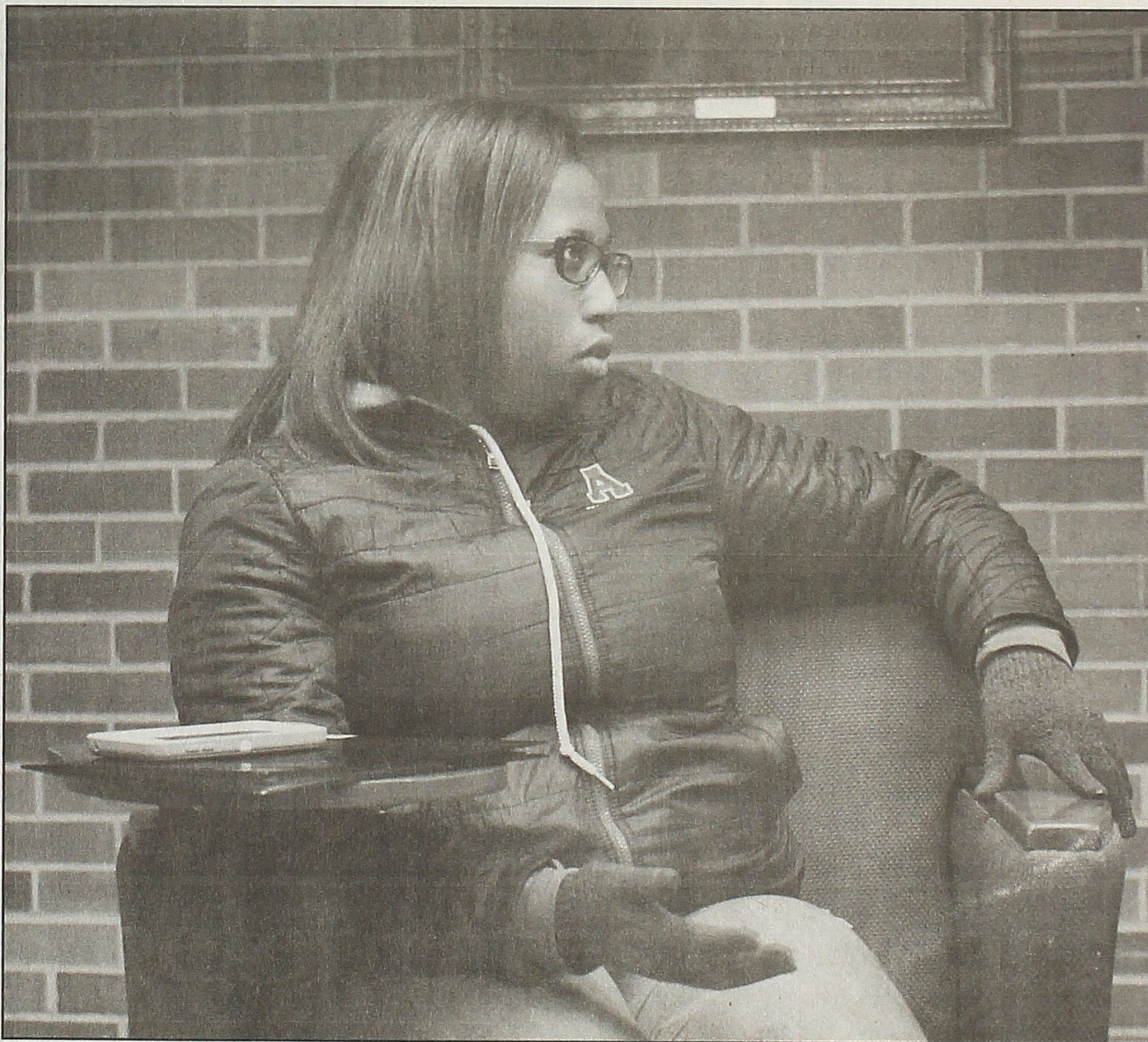
"The meeting showed that faculty care what students are concerned about."

The group agrees that the meeting was productive. Turner hopes to continue the group's goal next semester outside of the class and to meet with President Abernathy personally.

"We are hoping to switch the rules to only require one spring term that could be either travel or on campus," said Turner.

This may be harder though since the faculty would have to bring it to the education board and the president.

Rishe mentioned that it would be a few years away before that



Zack Baker: Photographer

Tikilah Turner ('19) is working with a team of students to reform policy related to spring terms.

could potentially be established. He did suggest J terms, or terms in January. These would be in place or combined with spring terms.

"When spring terms were first established, they were fresh and innovative topics that

you couldn't get in a traditional semester," said Turner. "The point was to deep dive into a specific topic or something new."

Now there are courses that are introductory classes instead. While spring terms help contribute to a liberal arts

school, there are not subjects available to all majors.

"I'm a psychology major so there are options for me, but I know it is hard for students to find spring terms that relate to their field of interest," said Turner.

**This is the final edition of the Almanian for the year.
We will resume publication next semester.
Happy Holidays!**

Fergus shares memories, lessons in journalism

By ABIGAIL FERGUS
EDITOR-IN-CHIEF

As I drove back to Alma after the holiday break, the last time I will return to campus for school, I thought about the Almanian. Most of my challenges and many of my tears were faced due to my involvement with the paper or had within what I lovingly call the “Almanian Dungeon” (our office in the basement of Newberry).

Still, I found myself growing sentimental and teary thinking about the last meeting I would conduct. It was one for the books with pizza, brownies and Jelly Gilmore’s gecko Spot last Tuesday. I received a retirement card selected by the ever-witty Jelly and signed by the staff and advisor Ken Tabacsko. It was very fitting for this week of goodbyes I’ve been having. I want to write about what journalism means to me as a practice and as something that has largely shaped my life.

Journalism has been a way in which I tried to serve and empower students. It’s surprising how often we lack a platform, despite the fact that we pay for Alma to exist. But I won’t further delve into the politics of the board and donors who pay for the other portion and must be appeased by what the school does.

Regardless, I did what was possible to show students they had a forum, through the Almanian, to have their voice heard whether by being quoted or writing to us.

Reporting has caused me to receive many crash courses, which then shaped my life in new ways. I’m pursuing a career in conservation, specifically of wolves and in collaboration with indigenous peoples. How did I get in this niche? I reported on it during an independent study class with Ken.

Much of my time at Alma was also spent advocating for better Title IX education that

Abigail Fergus reflects on her time at the Almanian as editor-in-chief and supplies advice for other student journalists. She shares this nostalgic photo from 2015 with Web Editor Monica Kunovszky and Thoughts Editor Paige Daniel in the “Almanian Dungeon.”

addresses rape culture and toxic masculinity. How did I get into this work? I reported on the Title IX beat for the Almanian. The pen has been my sword throughout college.

Our nation faces a distressing decline in the quality and accuracy of news. I walked out of a talk by Bob Woodward, one of the journalists who broke the Watergate story, when he tried denying that journalists are part of the issue.

Journalism must represent people, but it must do so responsibly and accurately. For example, all stakeholders in an issue should get coverage, but in a way that is proportional to what each of the groups are doing in actuality. If 90 percent are protesting and 10 percent are content, that doesn’t mean the two groups should be presented as 50/50 in an article.

My point is that journalism today has blatant issues, but that’s largely because institutions are breaking journalistic ethics. The values that true journalism is founded on have all of my respect, with the condition that the world changes and so should these values to properly reflect that.

For example, if a certain demographic establishes how

they’d like to be referred to, the LGBTQ+ community comes to mind as an example, reporters should adopt that. I’ve taken to heart the morals that journalism expects of its writers. I work to practice them in my personal life in addition to my journalistic work.

Listen. Make sure you understand what your interviewee is telling you. They’re entrusting you with their story and with conveying it accurately. If you don’t listen, but make assumptions about what the unspoken communication is, you can derail a whole reporting job and then cause damage by sharing that with the world.

Be honest. Journalists are humans, so we f*ck up too. Own it, apologize, move forward and be better. Work to regain that person or entity’s trust who you possibly misrepresented.

Take care. Journalism is a field that requires great attention to detail. One decision to slack off can become libelous.

Stand for what’s right. News entities are supposed to be watchdogs. America has a history of whistle blowers and many of them have partnered with

journalists to protect the public from many dangers: frequently political corruption and toxic chemicals.

This past year I’ve seen Jelly embrace these lessons with a passion even greater than what I had when I took over the Almanian (and that was a lot of passion). She’s going to serve the school well as editor-in-chief and I can’t put into words how proud and grateful I am that something I love so dearly is in the best possible hands.

I’ve learned many respectable lessons from taking part in journalism, but I must give further thanks. Ken Tabacsko made me work hard, made me be better, and made me understand why journalism is worth the near-constant anxiety it induces in me. He poured his immense knack for journalism and teaching into a small news operation at a modest school, because he cares more than your average human.

It’s hard to name someone who’s invested more in me and in students at Alma with such little repayment. Thanks Ken, and I’m not sorry for omitting this last graf from the version of the paper you edited. Surprise!



Photo Courtesy of Abigail Fergus

VOLUME CXII ISSUE XI
THE ALMANIAN
“ALMA COLLEGE’S STUDENT-RUN NEWSPAPER, SERVING THE COMMUNITY SINCE 1907.”

THE ALMANIAN
ALMA COLLEGE
614 W. SUPERIOR ST.
ALMA, MICHIGAN 48801
EMAIL: editor.almanian@gmail.com

Editorial Staff

EDITOR-IN-CHIEF
Abigail Fergus

HEAD EDITOR
Najelle Gilmore

THOUGHTS EDITOR
Paige Daniel

SPORTS EDITOR
Brianna Zimmer

COPY EDITOR
Zac Cahill
Brittany Pierce

WEB EDITOR
Monica Kunovszky

PHOTO EDITOR
Zack Baker

FACULTY ADVISOR
Ken Tabacsko

News Staff

STAFF WRITERS
Joelle Fisher
Aline Batawi
Brianna Soriano
John Durga
Caden Wilson

PHOTOGRAPHERS
Maggie Zou
Zack Kribbet
Tayvon Richardson

Illustrators
Zachary Meyer
Shayla Crawford

Distribution Manager
Madison Webster

Business Manager
Rose Cyburt

Code of Ethics:



Staff Editorial Policy:

Opinions expressed in editorials with bylines solely reflect the views of its writer. Opinions expressed in editorials without bylines reflect the views of The Almanian editorial staff. They in no way reflect the views of the entire Alma College community.

Letter Policy:

Submission of a letter does not guarantee publication. The Almanian reserves the right to condense letters while maintaining their integrity. Deadline for publication is 5 p.m. the Friday before publication.

Distribution:

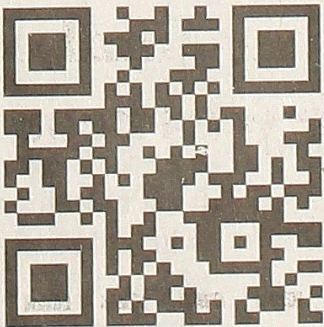
The paper is distributed on campus and published online every Monday.

Sudoku

	7	3		5	2	9	8	6
1		8			4		3	2
	5	2					1	
	1	7	2	6		8		
	8	9				1		5
5	6	4		1				3
	4		5	9	3		7	1
9		1		4	6		5	8
	3			2	1	6	4	

9	5	8					1	
1	7	2	3	9		4	6	
4				1		9		
		3		7			4	8
	4		8	2	5	1	9	3
	2	9	1	3	4	5	7	6
				6		7		1
		1	4	5	7		2	
	9		2	8	1			

The Almanian staff wants to know how the paper can be improved. Use the QR code on the right to take a quick survey and share your thoughts with us.



Daniel brings attention to some of 2017’s lesser-known albums

By PAIGE DANIEL
THOUGHTS EDITOR

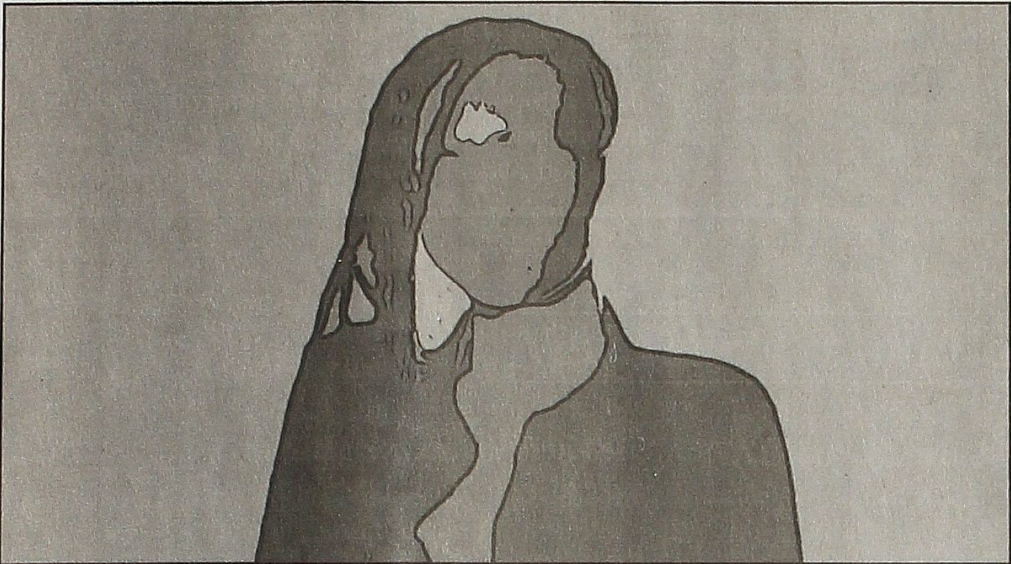
As the year comes to a close, it’s nice to think about things in retrospect and consider what you have forgotten. For me, I like to reflect on albums I’ve really liked over the course of the year. I don’t like lists though, so I’m not going to rank a bunch of albums.

A lot of good music has been released in 2017, but not all of it has garnered the attention it deserves. Earlier this year, I reviewed Jay Som’s album “Everybody Works” (still great by the way).

Other albums that I have praised include Grizzly Bear’s “Painted Ruins,” Fleet Foxes’ “Crack-Up,” Japanese Breakfast’s “Soft Sounds from Another Planet,” and Phoebe Bridgers’ “Stranger in the Alps.” There are three albums by women that slipped under the radar and deserve the same attention.

“Take Me Apart” by Kelela

I am no expert on R&B, but if I had to pinpoint someone in its folds that was ahead of the pack, it would have to be Kelela. Her 2015 mixtape “Hallucinogen” was nearly perfect – songs like “Rewind” and “All the Way Down” including the experimental “A Message” blended Kelela’s taste for pop and earth-shifting electronics. On her release this year titled “Take Me Apart,” she cycles through a diverse range of emotions that are mostly about love (but not always). I listened



Paige Daniel hates lists. This is not a list. But there are a few albums she did not get to write about that are among some of the best of 2017. Those include albums from Kelela, Marika Hackman, and Laura Marling. Kelela is pictured to the left.

Zachary Meyer: Illustrator

to “Take Me Apart” on an airplane once and it made me feel like I was on a spaceship instead. Her futurism is in full-force on tracks “Enough” and “Blue Light,” but it’s never overbearing, and might be described as low-key.

Even when the production threatens to steal the show, her careful, sensual vocals never get lost in the mix. Kelela has a lot of ambition and isn’t afraid to make dramatic shifts in tone; “LMK” is an upbeat club banger while other tracks are more theatrical odysseys (“Onanon,” “Turn to Dust”). One thing is for sure: Kelela is entirely herself. “Take Me Apart” is deeply considerate of its R&B predecessors (Janet Jackson being one of her inspirations), yet it is uniquely Kelela.

“I’m Not Your Man” by Marika Hackman

British indie-folk artist Marika Hackman made a strong debut in 2015 with “We Slept at Last,” a melancholy foray into the dark side of folk music. While Hackman often employed minimalism with

her guitar-based instrumentals, she plays with a grunge pop sound on her 2017 release “I’m Not Your Man” with help from a full backing band.

This slight change in sound is not too jarring, as it carries some similarities to her older work, namely her lyrical trademarks. Hackman plays with words like a poet – she probably is one. Her lyrics are lacerating and make her songs endlessly re-listenable; they are in their finest form on the songs “Apple Tree” and “I’d Rather Be With Them.”

She injects awkward romantic encounters or points of shame with her acerbic wit, so much so that their original state is rendered unrecognizable through her biting observational style (“Good Intentions,” “Cigarette”). Some might see “We Slept at Last” as a bit of a downer, and “I’m Not Your Man” is just melancholy in a different way.

Hackman has typically been enamored with the eventual and unavoidable decay of the human body, and this shows up

in her lyrics. She is obsessed with consumption (“My Lover Cindy”) and illness (“Blahblahblah,” “I’d Rather Be With Them”), using those themes to explore herself and others. On “Violet,” she is fixated on mouths; on “Time’s Been Reckless,” her lover is unreachable precisely because time has taken its toll on their body, shaping them into someone else.

Hackman is very attentive, picking apart her own moody inclinations and holding a mirror up to the things some would deem too ugly, uncomfortable or worth ignoring. Not many others are doing exactly what Hackman does best: exposing the thoughts that some would rather keep private.

“Semper Femina” by Laura Marling

Laura Marling has had a long career as a folk singer-songwriter. She started at a young age, so her 2017 release “Semper Femina” finds a wise and world-weary Marling a little bit more pensive than on her previous releases.

Marling was inspired by women, citing some of her personal friends as muses for this album (hence the title which translates to “always woman” or “woman is ever a fickle and changeable thing”).

The slinking opener “Soothing” is the oddest track on the album and Marling pulls it off well. Her songs are often cerebral affairs, so “Soothing” is far off from her older, tighter instrumental arrangements. She is just as nimble with her lyrics as she usually is, but she relocates her musical identity to emulate a looser, more easygoing style of folk; after the opener, Marling fully inhabits that looseness, seen on the wonderful “The Valley” and “Wild Fire.”

“The Valley” is like light coming through a bay window on a clear day, its strings solidifying it as one of the most beautiful moments on the album. On both songs, she sticks to her theme of femininity, describing them and her connection to them tenderly and empathetically. At the same time, she does not prize a youthful femininity; she feels the clock that looms over her and her muses on tracks like “Always This Way” and “Wild Once.”

In this way, Marling submits a portrait of their shared femininity that does not glorify or exalt them, instead choosing to reject definitions and present them as complicated subjects, appropriately fitting the title’s translation. Marling’s songs on this album are admirably focused and lucid. She sees with clarity, even when what she is gazing at is prone to shifting.

HOROSCOPES

By MONICA KUNOVSKY
WEB EDITOR

New Year’s resolutions for the signs

CANCER (June 21- July 22)



Use your head more than your heart this year. Emotions can lead to beautiful things, but can also result in brash, poorly thought out decisions and manipulation.

ARIES (March 21- April 19)



Use your fiery energy for good, and be productive. Focus this year on being a good friend. Return those missed calls, give your pals words of affirmation, and be there for them when necessary.

CAPRICORN (Dec. 22- Jan. 19)



Make a point to look at things through a silver lining lens. It’s hard to be positive, but small changes can make a difference.

AQUARIUS (Jan. 20- Feb. 18)



People read you as cold and detached, and while you don’t owe anyone an explanation, challenge yourself to branch out more. Learn to be compassionate in all avenues of life, learn how to actively listen and be selfless.

PISCES (February 19- March 20)



You have a heart of gold and intuition that makes you remarkably sensitive to those around you. Learn to guard yourself, and show the world how kind you are but not at the price of your sanity and feelings.

LIBRA (Sept. 23- October 22)



Become comfortable with imbalance. Life can’t always be even, and fair. It isn’t ideal, but being comfortable with imbalance will take stress off of your life. You don’t have to save everyone and constantly monitor other’s emotions.

TAURUS (April 20- May 20)



Take time to learn how to be vulnerable. It’s okay to cry, feel sad and be emotional. You don’t always have to pretend you have everything figured out.

GEMINI (May 21- June 20)



Pick a side and stick to it. It’s fun to be a mediator for things and very unbiased, but sometimes that turns into compliance and your action of indifference is worse than picking a side.

SCORPIO (Oct. 23- Nov. 21)



Become a better planner. Don’t leave things until the last moment and practice being proactive with life. Don’t just roll with the punches constantly, but instead prepare for things so the worst case scenario doesn’t happen.

LEO (July 23- August 22)



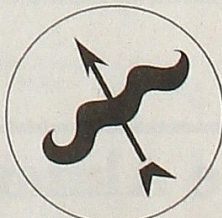
This year try to work solely on yourself and resist the urge to talk of others. It may start innocent, but can turn quickly into gossip.

VIRGO (Aug. 23- Sept. 22)



Set goals for yourself and reach them. Don’t pick things that you won’t be able to accomplish and therefore will feel down about yourself. Pick attainable but slightly challenging things to better your life.

SAGITTARIUS (Nov. 22- Dec. 21)



Learn patience. It’s okay to have an afternoon of calmness filled with not doing anything, and it’s okay to not be CONSTANTLY drowning in work. Take a breath and go on more outdoor nature walks.

Students tackle exams, related stress

By Cassie Florian
Staff Writer

As the fall semester draws to a close and with finals coming up next week, Alma students shared their tips and tricks for successful studying and managing stress during this nerve-racking week before break.

When asked where they prefer to study **Emma Davis ('20)** said, "I normally just study in my room, [because] it's a good balance between being not too quiet and not too loud."

Another student, **Laney Alvarado ('20)** stated that she prefers to study at her "carrel [in the library] because I can't be in my room for that long. There's a sense of accountability at the library too."

Alvarado continued on saying that with the accountability, it motivates her to stay and get work done. Though both utilize very different locations on campus for studying, each explained how these places benefit their success during finals.

"For big exams, I like to start early," said Davis about how she studies for finals.

"First, I go over all of my notes and power points. While I'm doing that I like to write down what I think is most important in each section. This gives me a good place to go back and study harder on a specific topic. After going through all of my notes, if I still have questions I like to go and talk to the professor."

Alvarado agreed and emphasized that time is of the essence.

"Don't wait until the



Zachary Kribbet: Photographer

Emma Davis ('20) offered her finals week advice to succeed in classes while taking care of yourself.

last minute [to study]," said Alvarado about finals.

"I use Quizlet. That sounds really dorky but it helps me study."

She went on to explain how Quizlet, which is more than just flashcards, also provides matching games, tests and other study tools that can add variation to the way that you practice the material.

"During exam week I study around seven or eight hours a day," said Davis.

Alvarado said that she likes to "study about two hours, two days before a test" and

estimated that she probably studies about 16 hours total during the week of exams.

As finals draw closer and the semester comes to a close, exam week proves to be one of the most stressful times of the semester.

When she gets overwhelmed and worried about exams, Davis said "I like to manage my stress by making sure I still give myself enough time to relax and take a nap. I also like to make sure I find time to do something that I like. I like to read books because they give me a break from studying and transport me

to another world."

Similarly, Alvarado said, "getting sleep helps" and "taking lots of naps" helps combat the stress of finals week. "Every 50 or so minutes I take a break [from studying] and meticulously plan out my day during finals week."

She mentioned this only tends to happen during the week of finals as a way of making sure she stays on track and remembers what she needs to study.

"I also have peppermint sticks from the counseling center," said Alvarado. She

said they're very helpful for concentration on studying, which helps to relieve some of the stress from exams.

Although it is important to study hard so that you can do well on your exams, it is also important to make sure that you are also keeping your stress under control.

As a final tip on how to manage stress and make it through the final week of the fall semester, Davis stated, "just make sure that you find time for yourself, because if you don't you'll be too stressed out."

Freshmen reflect on first semester

By Brittany Pierce
Copy Editor

Alma freshmen report that adjusting to the academic demands of college means realizing the top grades they received in high school are difficult to come by.

In addition, more freedom means more responsibility.

"I think it went OK; my grades aren't as good as they were in high school, but I'm not failing either," said **Kailen Roop ('21)**.

"I didn't do as well as I did in high school, it was a lot harder than I expected. Especially when I have several papers due as well as several exams to study for, all over the course of a few days."

Some freshmen had the unique experience of

participating in a living-learning community, such as the First Year Seminar Stuffed and Starved. This group shared not only an FYS, but also the same dorm.

Marisa Mead ('21) was one of the students who participated in this new curricular structure.

"It [the semester] wasn't that great," said Mead.

"Everything met my expectations for the most part. It was hard to prepare for the tests. It was hard to follow along at times when class got off topic, which is often. The best parts were the field trips and the inspiration to change [the food in] SAGA."

Through the ups and downs, Mead ended with a positive aspect of her experience thus far.

"The best part of this [semester] was learning what

was actually going on in food across the globe," said Mead.

"I enjoyed the professors very much."

For out-of-state students, the experience can be even harder.

"Overall, my first semester here has been eventful to say the least," said **Brooke Fornetti ('21)**.

"Making new friends, adjusting to basically being on my own for the first time, and being about seven hours from home were definitely some big changes that occurred."

Fornetti switched gears to talk about the good experiences she's had.

"A couple high points for the semester include meeting my friends and going on numerous midnight adventures to Mount Pleasant for IHOP with them," said Fornetti.

"Cramming into a small

car and driving about 10 minutes just to order breakfast at midnight or sometimes even 2 a.m. with your close friends are just some experiences you'll have in life that you wouldn't trade for the world."

The ability to go to IHOP at odd hours may relate to freedom some students find through college.

"Honestly, the independence [is the best part]," said Roop.

"I'm living on my own for the first time and get a taste of life as an adult. There is plenty of help available, both from the college and my parents, if I need it."

Usually, the first semester of college gives students plenty of real world learning experiences.

"There are a few things that I would do differently

if I could go back," said Fornetti.

"I would make sure I was more assertive with people in the beginning, think through my choices more, and participate more in some of my classes than I did."

"This probably would have prevented quite a few problems I faced later on down the road. Overall though, things didn't turn out too bad in the end either way."

Roop learned a lesson in class attendance and what is often called the Alma plague.

"I would definitely study more for tests and talk to more people in class so I wouldn't have missed as much when I was sick," said Roop.

"That's another thing, I would try harder not to get sick, it's a lot easier to get sick here at college."

Athletes balance work, rest in off-season

By JOELLE FISHER
STAFF WRITER

It's a common misconception among athletes that the off-season is solely for rest and relaxation. Though this has some truth, it is still vitally important for athletes to be practicing their skill and working on their conditioning and strength programs.

"Some of the greatest benefits we see on training hard in the off-season are a greater confidence in student-athletes abilities and their overall strength and effectiveness in physical movements," said Ryan Clark, assistant men's basketball coach and assistant strength and conditioning coach.

"I love the off-season because I can slow down and take my own time to stay in shape and work on things I struggled with during season," said **Joey Moran ('19)**.

The strain of continuous, intense practices for months on end is hard not only on a player's body, but also on their life. It is important for athletes

to find the proper balance between work and play. Coaches emphasize that they want their players to enjoy their time off, but to never lose sight of their goals for the next season.

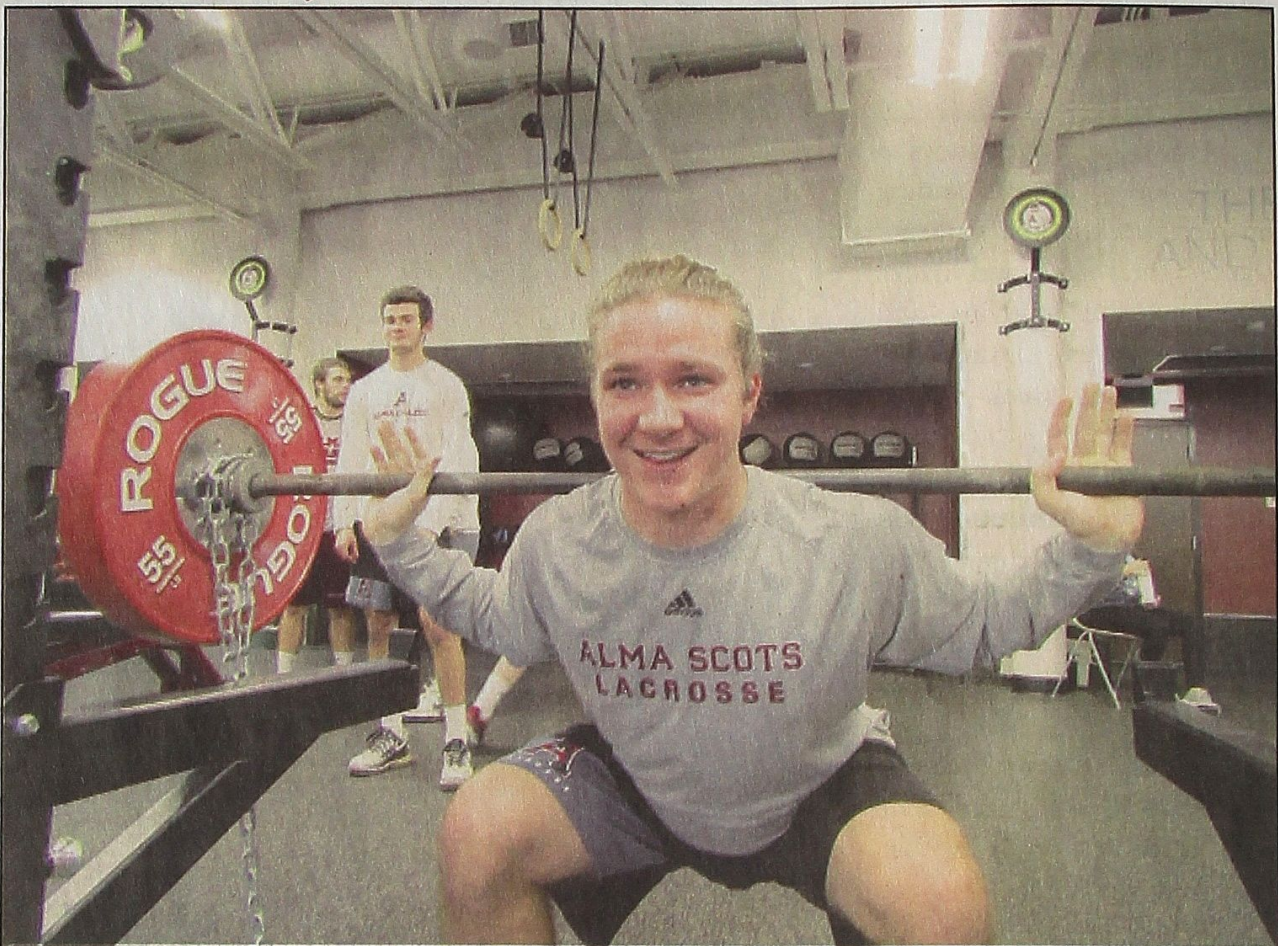
"The off-season is the time where I really refocus my goals," said **Cam Lee ('18)**.

"Putting in the hard work in the off-season is what will help you win games and gain recognition and success in the long run, but it also is a time for you to take a breath and remember all of the things you love about your sport."

Off-season training varies among every athlete. Many athletes will be assigned a workout program by their coach that they can follow throughout their off-season months. Other athletes will find other ways to stay active and in shape when not in their respective sporting season. Some ways to do this are through recreational sporting leagues, yoga and spin classes.

"During the off-season, my favorite activity to make time for is yoga," said **Morgan Thompson ('18)**.

"I feel like yoga really clears my mind and helps me remember what I want to achieve with my team. I



Maggie Zou: Photographer

Sophomore Hank Wickley ('20) from men's lacrosse does back squats in the Sherman strength and conditioning center.

have also really noticed its benefits with my flexibility and core strength as well," said Thompson.

Not putting in work during the off-season is what often leads to players' injury in season. When athletes are not strengthening their muscles and practicing proper form, overuse injuries can ensue during their prospective season and shorten their playing

experience.

"I was injured during my season this year with stress fractures in my shins and it was really discouraging," said **Katie Bush ('19)**.

"This off-season I am working hard on finding the right mixture of properly training and resting my muscles so that I can fully recover and find success in my senior season next fall."

When athletes are contemplating their level of dedication to training outside of their sport season, they should take into consideration all of these factors.

"The off-season training can make or break a student-athlete's progress on the field or court," said Clark.

"What are you doing to get an edge or get better when no one is watching?"

Pink game remembers coach Brown

By BRIANNA SORIANO
STAFF WRITER

The women's basketball team hosted its annual pink game as a tribute to Keisha Brown and the Angel Wings Fund last Saturday.

In April of 2014, former Alma College women's basketball coach Brown lost her seven year battle with cancer. In her honor, the Angel Wings Fund was established in order to provide support for

other children and families who are going through the same fight with cancer.

"Having a pink game every year is a big responsibility we take seriously, as we believe in serving others," said Head Women's Basketball Coach Kris Johnson.

"The basketball world has always supported different cancer organizations and we are proud to do so. It is a privilege for us to help fundraise and remember her and her family.

"I knew Coach Brown

during her time as a head coach here at Alma College and met her when coming back for alumni games. It was an honor to know her"

Being the last class to know Keisha Brown, seniors feel a special connection to this particular game.

"This game means so much to me as a player, because my class is the last class to be recruited by coach Brown," said **Abbigale Phillipson ('18)**.

"She was a wonderful woman and I wished I had more time

with her. She cared so much for all of her girls, so I continue to play for her."

The women's basketball team dropped this contest 75-46 to No. 6 Trine University at the Art Smith Arena. Although they lost, the players believe that the pink game carries more meaning than any of their other games.

"Keisha Brown was someone who left a legacy for our team and the community," **Chloe King ('18)**.

"She expressed passion in everything she did and was a

great role model to the people she surrounded herself with. She was the type of person who you felt comfortable around and she always cared about others.

"Having the opportunity to be playing for Keisha and the many others affected by cancer is a special feeling. The pink game is always an honor to play in because we are playing for a great cause. It means a lot to me by being involved in keeping Keisha's legacy alive through the Angel Wings Fund."

Alma athletes receive MIAA honors

By JOHN DURGA
STAFF WRITER

After every sporting season the coaches of the MIAA get together and vote on who they think the best players in their respective sports are. The players who get the most votes are given the honor of becoming an all conference player.

Being an all conference player comes with many different accolades. The first and most public is that the MIAA conference puts out a list of who the all conference players are and that list is

sent to all the schools in the MIAA. This means that every coach, player, professor and student who reads the list at any school in the MIAA will be recognizing the athletes achievement.

Second is a plaque stating the name of the athlete and whether you were placed on the first or second all conference team. This goes along with a posting on the second floor of the Hogan building right outside of the athletic offices. This posting allows all the student athletes and coaches to see the athletes' achievements.

So far fall athletes have earned nine first and second

team all conference players. Alma football held the most all conference honors as **Dustin Tripp ('18)** was named to the All-MIAA First Team and **Nick Cozart ('18)** and **Ian Hickerson ('18)** were named to the All-MIAA Second Team.

Both the Alma College women's soccer and cross country teams also had two players named to All-MIAA teams. **Amanda Mladenovski ('18)** was named to the All-MIAA first team while **Makenzie Rajewski ('21)** was placed on the All-MIAA Second Team. Mladenovski was a first time All-MIAA honoree. As a senior she achieved her goal

of becoming an all conference player.

"For me, Coach Meg (Gorsuch) and Trish (Lamberti) pushed me a lot and saw my potential early on, and my teammates held me accountable and made me better by pushing my passion beyond my own expectations," said Mladenovski.

For Alma's women's cross country, **Chelese Van Sprosen ('18)** and **Hannah Garn ('18)** were both selected for the All-MIAA Second Team. These runners helped their women's squad finish 13th at the all MIAA meet, which is higher than they had finished in the last 10 years.

"It was amazing to be a part of something special," said Van Sprosen. "Coach pushed us to be better and we did really well."

Two Alma athletic teams, men's soccer and women's volleyball, had a single player named to an all conference team. **Sam Falardeau ('18)** was selected for the All-MIAA Second Team as was **Dakota Pelach ('18)**. This was the second consecutive year that Falardeau and Pelach has been named to an All-MIAA team.

"Making an all conference team is a huge honor and really makes me feel like all the hard work that I did was worth a whole lot more," said Pelach.