

Printing cut, students concerned

By MARGARET RAUSCH
STAFF WRITER

The first semester of a new printing policy has come to a close and the summary is in.

"All I intend to do with [it] is share it," said Todd Friesner, vice president for finance and administration.

With \$0.06 as the set price for a sheet of paper, the total amount of money saved is \$10,311.12. This does not include leftovers of the each student's allotted \$25.00.

Although the numbers point to a significant decrease in student printing, new ideas on how to alter the policy were discussed. **Tyler Goerge ('17)** mentioned the idea of giving each student a set budget for the entire year rather than the semester. He thought this would benefit those who expect increases in printing at a specific time of year, such as Model U.N. season or senior thesis time. Students would then be responsible for limiting how much they print during the less paper-demanding semester.

"If the numbers show a change, we will have to look at that," said Friesner.

Any remaining money on student accounts did not roll over into this semester, but if

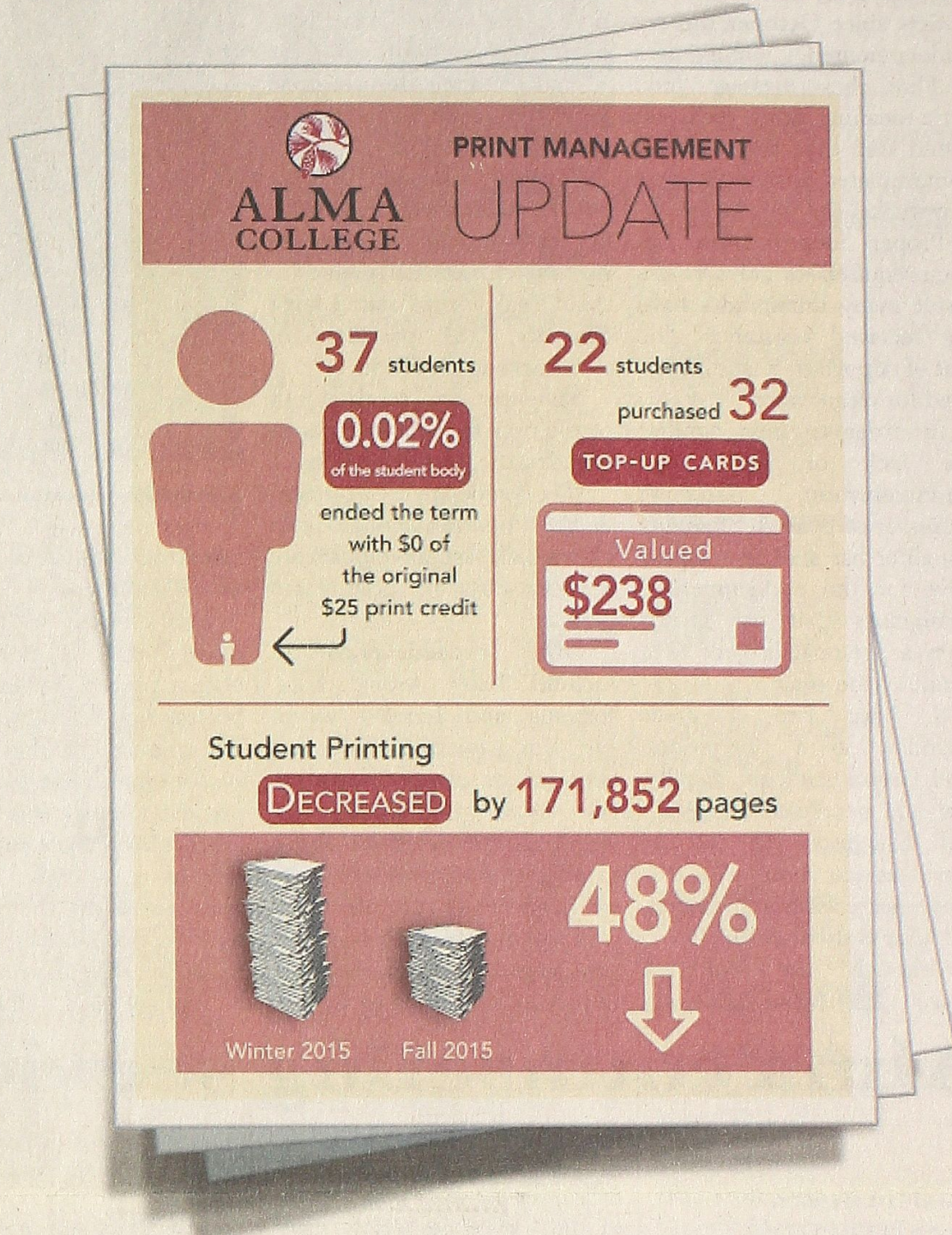
anyone bought extra credits, they were able to retain them. The unused funds will be used to help re-establish the recycling program on campus or kick off other future projects.

Concerns for this semester still loom. With Model U.N. in full swing and seniors needing to print a thesis, there is unease that more students will need to purchase extra credits. However, until the results prove this idea, the system will remain the same.

Friesner explained that before the policy was put in place, a graph of how much students print looked like a bell curve. The goal of the \$25 cap was to eliminate the outliers. This was accomplished, he said.

An infographic on printing highlights the changes that came with the printing policy that Todd Friesner, vice president for finance and administration, put into action this past fall. A minority of students went over their printing budget. Most of those students had to buy more printing credit. Overall, the student body's printing amount was cut by almost half of what it was in the winter of 2015.

Cassidy Shankelton: Illustrator



AlmaCon supports theater, Relay for Life, cosplayers

By HALEY PARKER
STAFF WRITER

The time has come to extend an annual invitation to a community of fans to let their hair down and attend AlmaCon, run by the Otaku and Gamer club, Friday.

Every February, ACOG brings 1,000 to 2,000 fans to campus to enjoy the fruits of pop-culture and provide a socially acceptable place to fan-girl, and to freak out with joy over characters, plots and theories about their favorite shows.

"AlmaCon is a nerd convention that brings people together as a part of the anime (Japanese

animation), comic book and video-gaming community," said **Amanda Welter ('18)**, con-chair.

"I attend conventions," said Welter. "I love conventions and I decided to put the two together and run a convention."

The event started over six years ago when a group of band members decided to hold a con.

"The story is that ACOG used to provide tickets to YoumaCon [an anime convention] in Detroit," said **Abby Delaney ('16)**.

"But it's generally held on Oct. 30 and the ACOG members in the band were busy that weekend, so they just said, 'you know what, why don't we hold our own?' So six years later, we have AlmaCon."

The stories that brought them to organizing the convention sound similar as most involved

grew up in convention circles.

"I joined AlmaCon because it just seemed like fun and I'd been a part of a con before," said **Kai Harrison ('19)**.

"I wanted to be a part of a better con, and it's completely student staffed, so that's cool."

The con boasts a diverse set of events ranging from panels discussing erotic fanfiction to the charity auction and rave (whose proceeds go to the American Cancer Society).

There will be a performance of MacSith, a version of Macbeth except with lightsabers, whose appearance comes with the help of the theater department. The annual Cosplay contest will return as well.

"A cosplayer is someone who dresses up as a character from an anime, videogame or book," said Delaney. "[The word] is

a combination of costume and playing, which allows the cosplayer to act as or have fun as a character."

These cosplayers are judged by the quality of their work based on experience: novice, journeyman, and expert level and by the categories: single handmade, single modelled or commissioned and group.

ACOG will set up two small indoor markets called Artist's Alley and Dealer's Room that allow artists to sell their works as well as dealers to sell their show associated merchandise. Several rooms will be devoted to tabletop games, Anime-watching and videogames.

"It's just a general comic con," said Harrison, "except that it is held here at Alma, and so is more constrained than other conventions."

There are special guests as well.

These include David Vincent, an American voice actor who worked on animes such as "Kill la' Kill," "Fates Stay Night" and "Fate/Zero"; Stephanie Young, voice actress and songwriter, whose voice appears in "Full Metal Alchemist: Brotherhood," "Oran High School Host Club" and "Psycho-Pass"; Samantha Inoue-Hart, voice actress, producer, and animator who worked on "Lilo and Stitch"; Kieran Strange, performer, LGBTQ+ activist and singer; and Brad Hale, professional cosplayer.

"We've tried to focus more on getting guests who are relevant to different genres than on how many people we can bring in," said Welter.

"We also try to get people who are up and coming, rather than incredibly famous already."

CCAN spreads environmentalism, education

By HALEY PARKER
STAFF WRITER

The Climate Change Action Network (CCAN) collected recycling last Thursday from at least 26 different locations focusing on the dorms, Dow and the library.

"We [took] recycling to facilities—they have receptacles for it," said **Annika Gurrola ('18)**.

Recycling will continue to be gathered three times a week by volunteers, but it is not their only goal.

"The Climate Change Action Network is dedicated to making our campus a more environmentally sustainable

place," said Gurrola.

"We have had a couple of outreach events to promote organic food and are currently working on volunteer-based recycling until a permanent system is in place."

CCAN has been cooperating with both the staff and fragmented efforts to help with the school's sustainability.

"[The group] was an idea between a couple of people during the summer," said **Ryan Weaver ('16)**. "We kept noticing things that we could change to make the school more sustainable."

"We've been talking with the Food Recovery network and taking the leftover food to the local food pantry, and trying to get involved with the Entrepreneurs in Action's efforts

for composting and ideas for using the greenhouse more."

Faculty has also expressed an interest in trying to help.

"Dustin Bissel (visiting instructor for English) has started advocating for a paperless [English] department which is connected to the amount of paper associated with the grammar tests the 101 students have to take," said **Amanda Nouhan ('18)**. "Those are eight pages multiplied by every student. It's a lot of paper."

The group has also made an effort to try to increase the awareness of environmental issues in the public eye.

"We want to establish a long-standing climate change club," said Nouhan.

There have been plans to

continue the education of the public as well as that of younger people.

"Next month, we're talking to elementary schools about the environment," said Nouhan.

"We've also been doing a penny war funding [Edward] Lorenz's (professor of history and political science) panel of scientists to understand the state of Michigan's water. While we use the Pure Michigan slogan, there is a problem with [pollution] in the water."

Lorenz hopes to raise over \$3,000 to pay for plane tickets to allow these scientists to discuss water contamination and to enable community members and students admission for little to no cost, according to the club's minutes. CCAN is also in the

process of organizing an event to write letters to the Michigan government about water quality.

Closer to home, they have been trying to keep interest in the club and expand their influence through reaching out to the Alma College community.

"It's a little chaotic trying to get our footing and what we want to be doing," said Weaver. "So if we want to do this then we should try to keep reaching out and working on our networking skills."

"This is the first year that it's been going and we have about 20 members and growing," said Nouhan. "But we are still advertising because it's a new club and we plan to have a panel every two weeks or so as well as a blog."

Students, faculty extend arms to Flint crisis

By MARGARET RAUSCH
STAFF WRITER

Updates on Flint’s water crisis have been flooding news outlets since October, but for undocumented immigrants in Flint, these messages hold little meaning. Some have just found out that the water is contaminated within the past two weeks.

Proper identification has been required for aid, and as a result many immigrants have not received assistance. The fear of deportation trumps the need for clean water.

In order to help combat the lack of relief and communication, Associate Professor of Spanish Stephany Slaughter has started a supply drive for the undocumented immigrants that has grown from a personal project to a campus-wide affair.

“I have had a great response on a one-on-one level [from] students, faculty, staff and people off campus,” said Slaughter. “A lot of conversations about why this is necessary, what is the need, and what is the situation.”

Although the National Guard has been delivering

water to individual homes and some organizations have stopped asking for identification, immigrants are still afraid to open their doors, she said. There have been cases of children bathing in and drinking the poisoned tap water out of fear or lack of awareness.

“Anyone who needs help, whether it be medical, housing or safe food and water, should not be turned away due to their legal status,” said **Laura Slavsky (’18)**, president of the Hispanic Coalition.

Slaughter has reached out to the organization in order to broaden the project’s reach.

“We decided to use a portion of the donation money from Fiesta Baile last fall to purchase a water filter for lead,” said Slavsky.

Other needed donations include baby wipes, baby formula and bottled water, but the project is not just centered on physical supplies. As more individuals get involved, conversations about immigration laws arise.

“Even if we do not have a windfall of donations, we can have these conversations that help folks start to see the



Sigma Chi sponsored a trip to Flint to serve at a food pantry last Saturday.

Abigail Fergus: Campus Editor

intersectionality of issues,” said Slaughter.

The amount of time and money that is required to obtain proper documentation becomes a relevant topic as the solution to this problem is discussed. Not only is the process lengthy, but in many cases, the danger immigrants face in their home countries does not allow them to wait nine to 10 months for legal entry that they may not receive.

“Immigration issues in

the U.S. should first and foremost be looked at from a humanitarian perspective before a legal or political one,” said Slavsky.

Donation stations on campus have been set up in the Student Life office, the library, the chapel, the faculty lounge on first floor S.A.C. and Dow 136. Off campus sites include the Alma Public Library, ABC Music and St. Mary School.

Slaughter will take the supplies to Flint on Friday.

If there is enough student interest, a group will help distribute the products.

“The [Flint] water issue is connected to so many other issues,” said Slaughter. “If we can see things from different perspectives and have some of these liberal arts moments, which for me is about questioning from different angles and appreciating different points of view, then starting these conversations has been totally worth it.”

Alma counseling services surpass most

By ABIGAIL FERGUS
CAMPUS EDITOR

More than half of the student population will be serviced by the Counseling and Wellness Center in a given four-year span, according to Anne Lambrecht, director of counseling, health and wellness services and licensed professional counselor. How does the school’s facilities handle these needs?

“We don’t have a waiting list,” said Lambrecht. “We’re the only center in Michigan I know of that doesn’t.”

Counselors Anna Grajek, Andy Slater and Jennifer Showers as well as Lambrecht usually meet with 20 to 25 students a week, slightly more than a

typical practice, according to Lambrecht. She said her colleagues are even a bit jealous of Alma’s resources and the trust and comfort students feel in making appointments.

Lambrecht served with the Women’s Aid Shelter previously, but always had a passion for working with college students. “I love the college environment,” said Lambrecht. “I remember those struggles and insights into becoming who you are. It’s very exciting and challenging.”

Unusual circumstances aren’t the only pull to the center.

“I first used the Counseling and Wellness Center my sophomore year because I was having a lot of communication issues with a friend,” said **Jaclyn Shetterly (’16)**. “I use it now to overcome various obstacles in my life like gaining confidence to do something, working through

coping strategies or just learning more about the profession I want to go into.”

Crisis situations are typically addressed within the hour, as opposed to one to two week periods between regularly scheduled appointments. Lambrecht gave advice for students feeling overwhelmed, yet not to the breaking point.

“Look at the crisis walk in sheet (provided by Terri Freeland at the check-in desk).”

Suicide is not the only situation that requires a crisis walk-in.

“I’m just not functioning right today,” Lambrecht gave as an example. “I lost someone important to me.”

Each counselor has his or her own style, though all are general therapists, because “students bring different [needs],” said Lambrecht. “Jennifer [Showers] is very passionate about journal

therapy, for example.”

Students may not find the right match their first time around.

Counselors are like trying on a pair of shoes,” said Lambrecht. She encourages a “closing” session, like a healthy breakup, in these situations. This helps you learn to end a relationship without ending up in an awkward, non-speaking situation, according to the counselor.

Between 2012 and 2013 the college saw an unusual 40 percent increase in students making appointments, according to Lambrecht. In response to this, the college approved the hiring of Slater. Student appointments have remained consistent at a little under 2,000 a year, and Lambrecht said the four counselors and other resources are meeting campus needs.

Lambrecht is confident in the support the campus

provides for those struggling with mental health. She praised faculty and students alike for the “outstanding, unique” support network they form.

For those who don’t meet regularly with a counselor, or can’t get in during unusual flood periods such as exam weeks, the center provides alternate services such as stress less events. Recently kittens were added into the mix, much like the monthly therapy dog visits to the library.

The Counseling and Wellness Center provides free support that would cost \$50 to \$100 per hour elsewhere, according to Lambrecht.

Shetterly emphasized the value of the therapy options. “Our mission statement says we should serve generously, but we can’t fully serve others until we serve ourselves by going to the Counseling and Wellness Center.”

New VEE club has big plans in feminism

By MARGARET RAUSCH
STAFF WRITER

Fourth-wave feminism is the heart of Voices Enabling Equality, a new student group on campus that works to make a change in issues regarding handicap accessibility and sexual assault on campus.

“Fourth-wave feminism [deals with] looking at the past and seeing what we can do to really add on to what previous feminists have done,” said **Audrey Karr (’18)**, a founder of the club. “The goal of it is intersectionality.”

The relationship between gender, race, class, sexuality and disability all come together when

discussing this concept. The MacCurdy House hosts events that deal with similar issues, but a desire for more frequent meetings lead to the creation of VEE.

Handicap accessibility in dorms and academic buildings was a recent topic for deliberation.

“All areas are accessible,” said Karr, “but they are not easily accessible. I have had people from the community and students complain [about the library]. It’s a problem.”

Another matter that sparked discussion involved the reported assaults that have occurred in Newberry this past year and the

increased male security.

“[There] is a male security guard on all female floors,” said **Victoria Sheffer (’17)**. “We are thinking about having a meeting to talk to [security] about having a female guard on female floors.”

The assaults in Newberry have opened the door for a discussion on Title IX and what it entails. Students cannot be told in detail about any reported sexual crime, but better communication between administration and the rest of campus is desired by group members.

“At our next meeting we plan to go over Title IX,” said Karr. “Dealing with Title IX, assault

and safety comes with talking about rape culture, drinking culture and issues in Greek Life, small housing and dorms.”

Striving for equality is not the only goal of VEE club. A shift in the perception of feminism from being strictly gender based is another aspiration.

“I wanted to increase education and awareness,” said Karr. “Not everyone is going to take a sociology class or a women and gender studies class.”

VEE club is also extending its influence online. IV Zine, a small feminist magazine, is currently under construction. Students will be able to submit questions,

poems, artwork and writing of any kind dealing with feminist ideas. It will be published once a month, and, if funding is obtained, a print edition will be circulated as well.

An official time and place for club meetings has yet to be determined, but posters will be placed throughout campus soon along with a banner over the library walkway. Until then, the Facebook page “VEE Club and ‘IV’ Zine” will have future times and places for each meeting.

“There are a lot of misconceptions about feminism,” said Karr. “It isn’t about female superiority. It’s about equality.”

M	T	W	TH	F
Personal Branding Workshop 7 p.m. CSO	Colleges Against Cancer Kick Off 8 p.m. Dow L1	Lunch With Christopher O'Shaughnessy 10 a.m. Thistle Room	Lunch With Christopher O'Shaughnessy 10 a.m. Thistle Room	Christopher O'Shaughnessy on Diversity 6:30 p.m. Chapel

Father John Misty pokes fun at culture

By PAIGE DANIEL
STAFF WRITER

For those who are not familiar with bearded “folk” singer Father John Misty, there is much to discover. He is, in my opinion, a satirical figure designed to make us uncomfortable about many things through his self-awareness. Sounds fun, right? Misty would probably hate me for this article too, because I am only contributing to the vast wasteland of music criticism (he would put air quotes around “tastemaker,” I can see him doing it now). Nonetheless, I truck on. I like Father John Misty, I do, but I need to air some grievances that have to do with what he is doing and how it makes me feel. Father John Misty thinks he’s very clever. Maybe he doesn’t. Maybe I’m wrong. His “folk” songs (I use quotes because they are more of a light parody of “folk” songs) showcase different scenarios in which he is compromised. Whether it’s being stuck in a conversation with a person he doesn’t particularly favor, upholding the institution of marriage while simultaneously deconstructing it, pontificating about a laundry list of existential quandaries, expressing fear about, well, everything, loving his “honeybear” (is honeybear a place? a feeling? we just don’t know — hint: it’s his wife), or writing a novel because no one has ever done it before, the list goes on.

Mind clouds from environmental anxieties

By ABIGAIL FERGUS
CAMPUS EDITOR

Saturday, January 23
I feel a tight squeeze on my chest that burns at a tormenting pace. I looked at rolling country landscapes and yellow-green pines today, but only saw the future. It was dark; it was hard; it was not only stressful to those who have the foresight to be environmentally minded, but stressful to everyone, because they couldn’t deny the wasting away of the earth below their feet. This image looms over the people who shout at you when you pitch a plastic bottle or those who spend a part of their day digging out recyclables from trash. Those who take water samples as CAFO owners shout threats. Those who question why the EPA, MDEQ and government esteem money over human health. Those who petition the nation’s eye focus in on the breakout of water issues. I can’t tear my mind from a world I don’t want to bring a child into. The sixth great extinction will continue to roar. Clean water will be suffocated by lead, mutated genes, E. coli and pesticides. Humans will choke out every corner of the earth. I couldn’t even smile back at the blue sky. These issues bombard at the glass of my mental health along with a small army of buzzing-fly-shaped anxieties. But I draw refreshment from my experiences.

Monday, January 18
Being an environmentalist, eyebrow high in issues of polluted water, disorganized recycling and animal conservation, I attended the campus water forum. I didn’t

And I think all of these songs nicely express the conditions of his character — ennui, disconnection and conversely, connection to modern conceits, boredom, cynicism, fear of death, another laundry list of things and things referencing things. It’s tiring. I don’t mean that his songs are bad or dumb. In fact, they’re good. This is funny because I don’t think Misty himself had any intention to make me feel this bothered. Let me illuminate this further. Many of his songs are not directly related to the internet. It’s his online persona that really gets to the crux of my bothered-ness. On his Instagram, he posts stock photos. Stock photos of office workers smiling happily together in block color clothing. Stock photos of hipsters in flower crowns at a fake music festival. Screenshots of memes. Screenshots of online role-player games. More stock photos of fake happy people that know they’re posing for a stock photo. Misty’s new type of Instagram post is him in various places just staring at his phone. I think this says something very cynical, yet accurate about our internet culture. I don’t think he’s actually looking at anything important on his phone, he’s trying to make a statement. This stuff would be deeply hilarious if it was divorced from the Father John Misty character, but somehow it is fraught with unease. That “folk” artists should be a paragon of truth and authenticity is an accepted notion. Misty flips this on its head with his strange posts online, a mixture of actuality

expect a large crowd; water doesn’t seem to get many other people up in arms. But Dow LI was brimming with students and community members to learn and to teach each others on water dangers from Flint to St. Louis. I learned that maybe I shouldn’t be so dismissive. Perhaps my peers aren’t so apathetic.

Tuesday, January 19
Jane Keon, a founder of the Pine River Superfund Citizens Task Force, gave a talk on her new book. She also revealed she is the daughter of former Alma biology professor Les Eyer. This past summer I was given a key to the renowned taxidermy room. Renowned to me at least. I befriended Mrark Bunce, a science lab coordinator, and he told me terrific stories about the science department’s history. When I investigated the taxidermied bird displays in the basement of Dow for the first time, he listed names of a couple old professors who may have curated them. One of the names was Les Eyer. Come this year, I got to arrange Eyer’s work into educational displays in Dow. I felt the stuffed birds connect me to Les Eyer. Les Eyer connected me to my school’s quirky scientific past and ongoing environmental future. I learned that I can be part of legacies in discovering more in the field of natural sciences and in conserving the planet.

Wednesday, January 20
Tom Corbett, anesthesiologist turned environmental activist, attended the monthly meeting in St. Louis on matters Velsicol contamination related. Corbett was a whistleblower when the

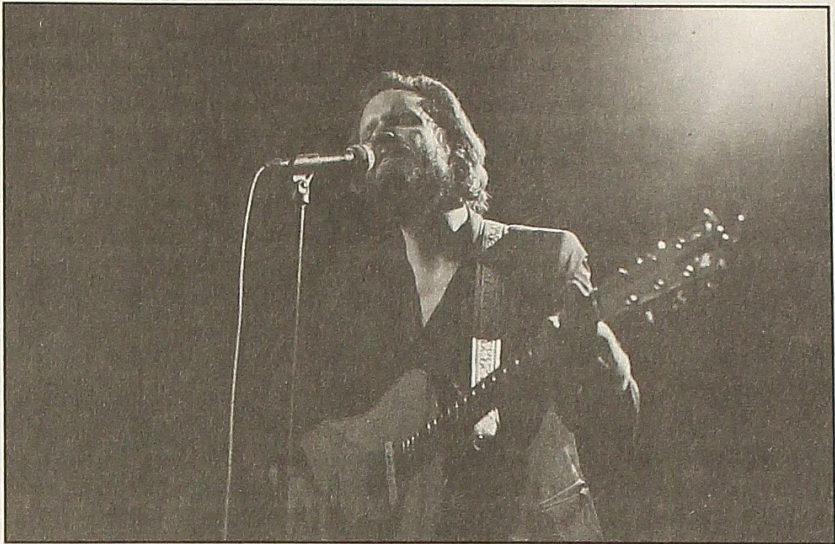
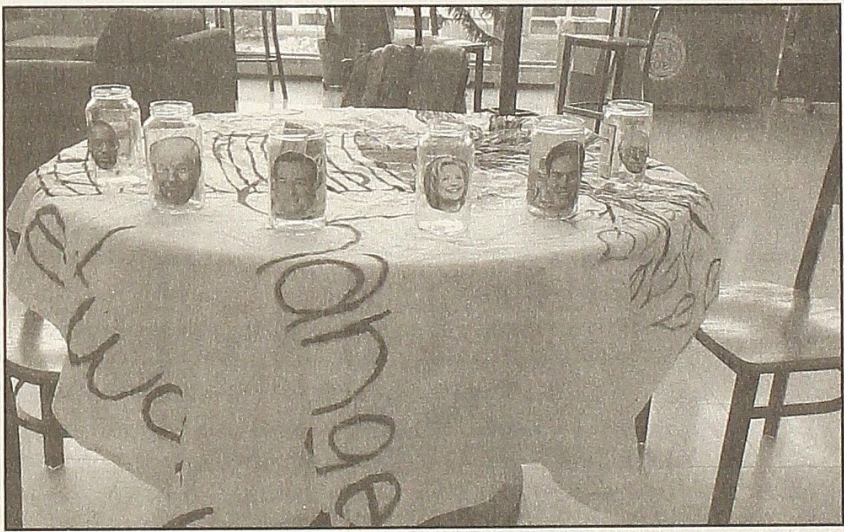


Photo courtesy of: bouselist.bowerypresents.com
Joshua Tillerman, stage name Father John Misty, serenades his audience.

and forced mirth. In a way, he is espousing the truth, but in an in-your-face way. His persona has gone so far that it creates headlines on music sites. This is where the cycle eats itself. He’s trying to tell us something, and when he gets up to his crazy antics then headlines are created, invariably proving his point. His point being that we are all plugged in — and maybe this is what creates falsities or misunderstandings or existential crises or the tangle of anxiety or sadness or all of the above. And maybe that’s ok still. He recently released a song about one of his nightmares that rhymes one word with the same word. Clickbait articles were posted the minute after he released it. I see this happen over and over again and here I am writing about it in another article. It’s not only a cycle, it’s a vicious one. And maybe that’s okay still. Last year, he covered songs

from Taylor Swift’s 1989 and clickbait brought more attention to him than he had planned, so he deleted the songs from the internet. In one of his recent Instagram posts he is at a Taylor Swift concert looking at his phone. Caption: “This place has the best late night ramen if you’re out and about and need something cheap and good.” Funny? Funny. After he posted the stock photo of flower-crown clad hipsters, it was announced that he would be working with Lana Del Rey for her music video. Arguably, she is a carefully constructed satirical character as well. Her flower-crown clad fans crystallize the layers of irony even more. I believe that Father John Misty is a very sad character, poking fun at internet culture but getting eaten by it time and time again. He revels in feeling too much and feeling nothing at the same time — it’s like when your eyes can’t take any more of the screen and they burn even after you shut them.



Abigail Fergus: Campus Editor

Climate Change Action Network raised money for a health conference for the people of St. Louis. Edward Lorenz, professor of political science and history, plans to bring in renowned toxicologists.
government and Michigan Department of Environmental Quality failed to address the fact that carcinogenic fire retardant was mixed into cattle feed and was infiltrating the bodies of Michiganders. The man’s rallying drew attention to the situation so that residents could take precautionary actions in regards to their already polluted bodies. After the talk, Corbett’s wife paid special attention to a fellow student and I, emphasizing our role in utilizing social media for environmental activism and human health rights. I learned that government and lobbyists have won battles, but not wars and that I can help ensure they continue to lose.

Thursday, January 28
I set out with Climate Change Action Network members to put recyclables in their rightful place. Tyler Goerge and I drive from dorm to dorm to whisk away bags joyfully set out by fellow members. When we reach the giant bins by the facilities building, we ignore the cold in

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Campus Comment

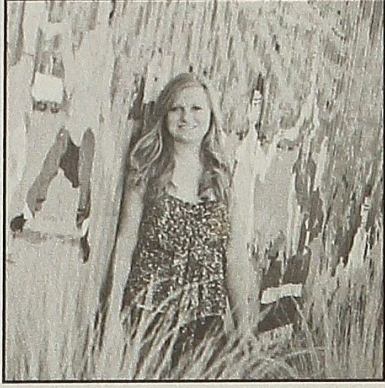
We asked you, "Why did you decide to go Greek?"

By MANDY MENOVSKY
STAFF WRITER



Lauren Phillips '17 accounting major said:

"I decided to go Greek because I thought it would be an amazing opportunity to get to know well-rounded, successful women on campus. Not only have I met some of my closest friends, but being in a sorority has really gotten me to come out of my shell and become the best possible version of myself."



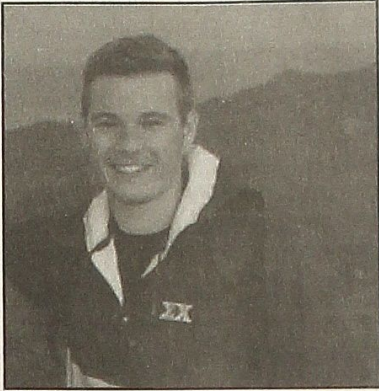
Emalee Ousley, '18 biochemistry major said:

"I decided to go Greek because I wanted to be involved on campus. I was not very involved in high school and because of this I made a goal to be as involved as possible in college."



Heidi Michael, '17 biochemistry major said:

"I decided to go Greek because I wanted to have a support system at school and truly make Alma a home away from home."



Logan Sweet, '16 IHPS major said:

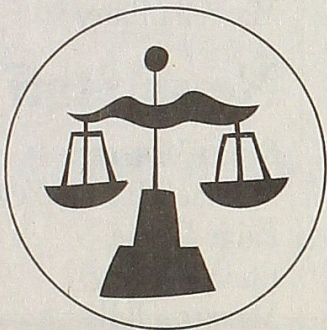
"I decided to go Greek because my dad was also in a fraternity. One of his fraternity brothers from college is still a close friend of his and I grew up seeing their friendship they gained from their fraternity. So I had a lot of encouragement from them and thought it would be a good way to get involved on campus and be a part of something bigger than myself."

HOROSCOPES

By MONICA KUNOVZSKY
WEB EDITOR

Disclaimer: Horoscopes are meant to be fun and enjoyable. We take no responsibility if any of these do or do not come true. We wish no one bad weeks. Remember: life is what you make it.

LIBRA (Sept. 23- October 22)



Appearance isn't always everything, so it's ok to slack every once in a while with your makeup, outfits and overall look. If anyone judges you or gives you a hard time, they aren't worth your energy of acknowledgment anyway. Also, remember to eat bananas this week because they are high in potassium and that's good for the soul.

CAPRICORN (Dec. 22- Jan. 19)



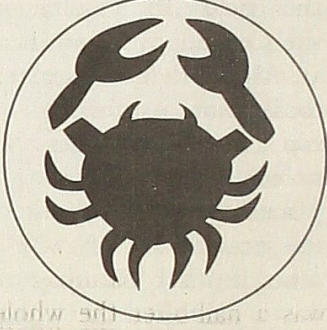
Your tolerance for crap is low, low, low. So keep to the sidelines and to yourself as to not cause a ruckus of sorts. You don't need any drama or unnecessary baggage in your week. Also remember to take deep breaths and buy some bubble gum because the flavor of that is incredible and everyone loves gum!

ARIES (March 21- April 19)



Eat lots of ice cream this week because you deserve it (and just because it's cold outside, why does that mean you can't enjoy a cold, delicious treat?!). This week will be a challenge, so prepare for what's to come. This includes eating gobs of fattening foods, because you'll need all the warmth from the calories.

CANCER (June 21- July 22)



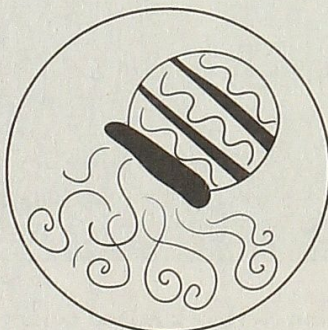
Squats are good for your legs, but remember not to put too much pressure on your back because then you'll hurt yourself. This week will be thrilling for you—whether in a good or bad way, well that's up to you and your attitude that you carry. So remember to aim high, keep looking ahead and the rest of the week will follow in that trend.

SCORPIO (Oct. 23- Nov. 21)



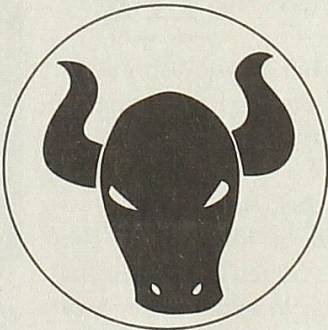
Charge your computer battery before class, because knowing your luck, it'll die on you before class is even halfway done. Jeans also should be optional this week (aka wear the crap out of your sweats and leggings). Remember to buy some more peanut butter, too, because you're going to run out of that soon and THAT would be a tragedy.

AQUARIUS (Jan. 20- Feb. 18)



It's your season officially! Remember not to ruin other people's lives by CONSTANTLY REMINDING THEM OF YOUR BIRTHDAY. They'll remember, how could they ever forget? Also remember to buy the Cinnamon Bun flavored Oreos as soon as they hit shelves.

TAURUS (April 20- May 20)



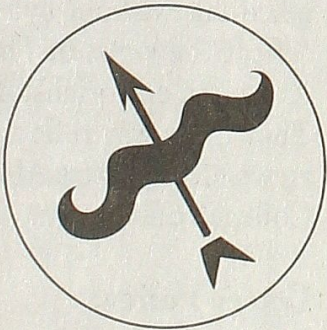
When you put your mind to it, you can climb mountains, swim across the ocean, or conquer nations. But this week might not be like that for you. Seems like the world is against you and whatever you try fails. So rather than be heartbroken by nothing working out, beat the curve by just laying low. Also carry around forks with you all week because you never know when you might need one.

LEO (July 23- August 22)



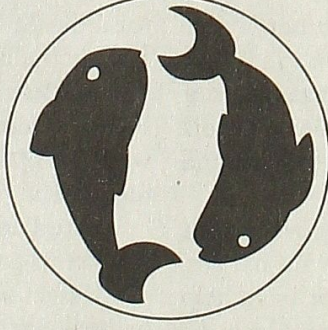
BRUSH YOUR HAIR. THE KNOTS WILL MAKE YOUR LIFE HELL! Also stock up on your supply of coffee and tea because that'll be essential this week in attempts to fend off any sickness that may strike (if it hasn't already). Also, keep your head to the sky, looking for stars. If there are any, they'll look freaking sweet.

SAGITTARIUS (Nov. 22- Dec. 21)



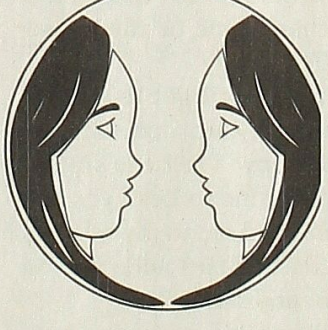
You need to get rid of the bad people in your life, cutting off loose and unnecessary ties can be a brilliant thing. Don't involve yourself with people who are scum just because you want to try and be a nice person. You don't deserve to do that to yourself. Also remember to buy yourself a Lush Bath Bomb because you need that type of pampering in your life.

PISCES (February 19- March 20)



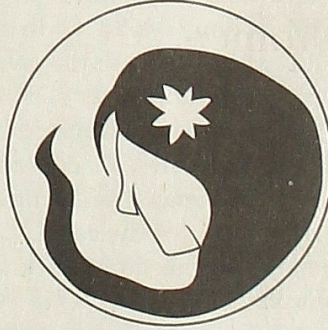
Grass always seems greener on the other side, but for once in the long history of earth, it might be. Take a chance on taking a new perspective and updating the scheme of which you do things. Don't stray too far though, just enough to get a mild taste of what it's like across the pond. Don't procrastinate too much either this week, take that ambition you have deep within you, and kick ass this school week!

GEMINI (May 21- June 20)



Friendship is a two-way street, so if people seem as if they aren't putting in the effort to be a good friend to you, you need to drop them real fast. There is no need to have your time wasted or your efforts go unnoticed. If you seem to be losing friends, perhaps reconsider the value you put on some friendships and aim to work harder and keeping connections strong. Also remember Tuesday is meatball sub day, so give 'Fat Tuesday' a whole new meaning.

VIRGO (Aug. 23- Sept. 22)



Patience is your virtue, so keep tight to that this week as you deal with incompetent fools and overzealous professors getting excited about their class and assigning too much work for your poor schedule to handle. Also, chocolate covered pretzels with sprinkles are a gift from above, so make sure to get your hands on some of those this week for a delicious and satisfying snack!

Scots defeat Olivet, Kalamazoo to extend winning streak

By MAXXTON JOLLS
STAFF WRITER

After defeating the Comets of Olivet in a dominating fashion, 93-55, the mens' basketball team ended its first half schedule of the Michigan Intercollegiate Athletic Association undefeated.

Alma improved to 14-4 on the season and 7-0 in the conference. This was the 13th consecutive victory at Art Smith Arena, and the team's ninth consecutive win this season, which is their longest streak since the 1941-42 season.

The Scots start the second half of the season at home against Adrian College this Wednesday.

Five players each were in double figures, **Doug Bradfield ('18)** and **Scott Nikodemski ('16)** led the team with 14 points. Two-time MIAA Player of the Week **Trevor Gernaat ('17)** and **DJ Beckman ('16)** had 11, and **Jason Beckman ('16)** ended the night with 10.

The second half is where the Scots really pulled away from the Comets, building a 40 point lead at the midpoint of the half. Alma's bench came in with about seven minutes left to finish the game off.

The Scots shot 51 percent from the field and out-rebounded the Comets by a margin of 44-31. Alma's defense was also the focal point, as it held one of the top scorers in Division III to six points.

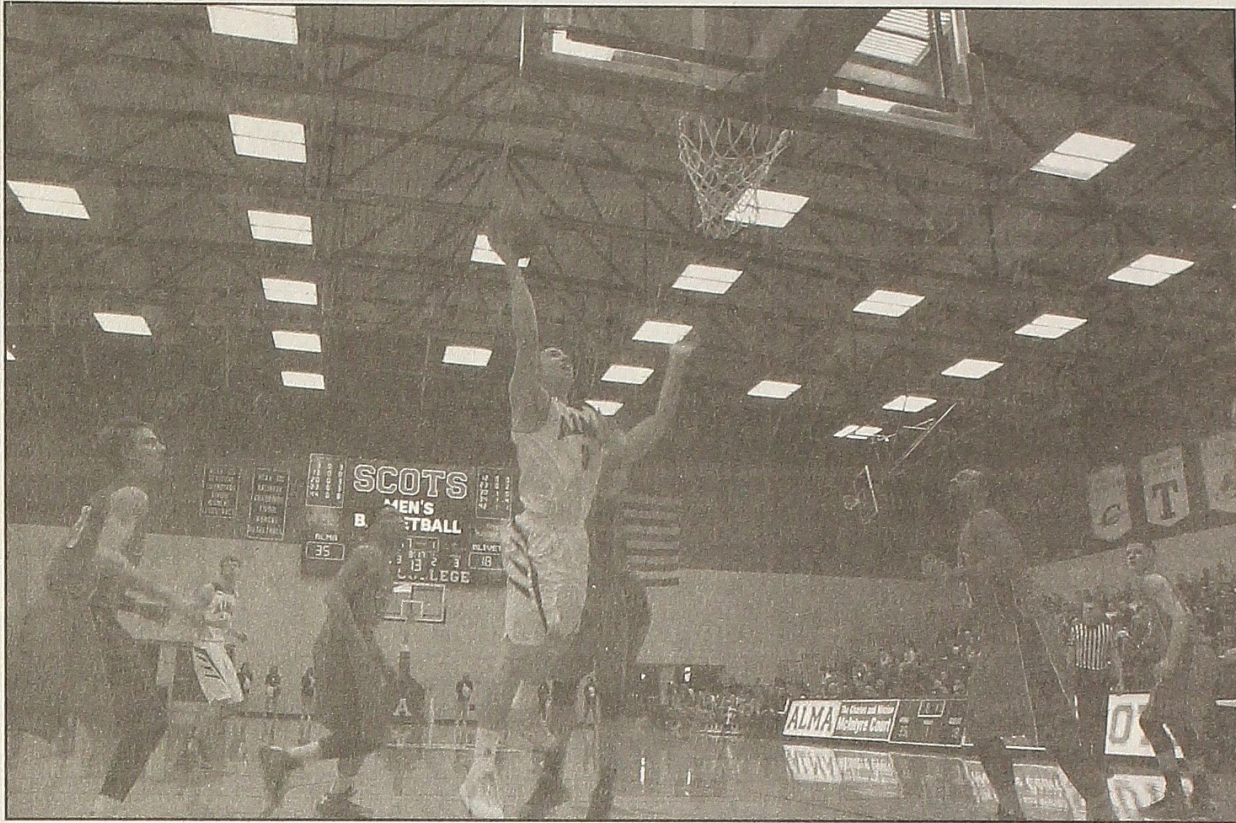
Kalamazoo was next to start off the second half of the conference schedule, last Saturday, and it was a nail-biter the whole way, but it was Alma that came away with the victory 85-80. This win marked the 14th consecutive triumph at Art Smith Arena and the squad's 10th straight on the season. The Scots move up to 15-4 and 8-0 in the MIAA.

"We just knew that we needed to pick up our energy in the second half," Nikodemski added to what propelled them in the later stages of the game. "Our energy was down, they were dictating, and we knew that we had to dictate in the second half in order to stick with them."

The second half was the deciding factor for Alma as the Scots trailed 44-41 after the first. Their defense was smothering as they clawed back to take a 49-46 lead, but Kalamazoo kept knocking at the door.

Alma's **Tyler Edwards ('17)** was able to attack and get to the line to keep the Hornets at bay, but close calls gave them the opportunity to make it a game. With 1:04 left in the game Alma held a 82-80 lead, and the Scots held down the stretch to take the game.

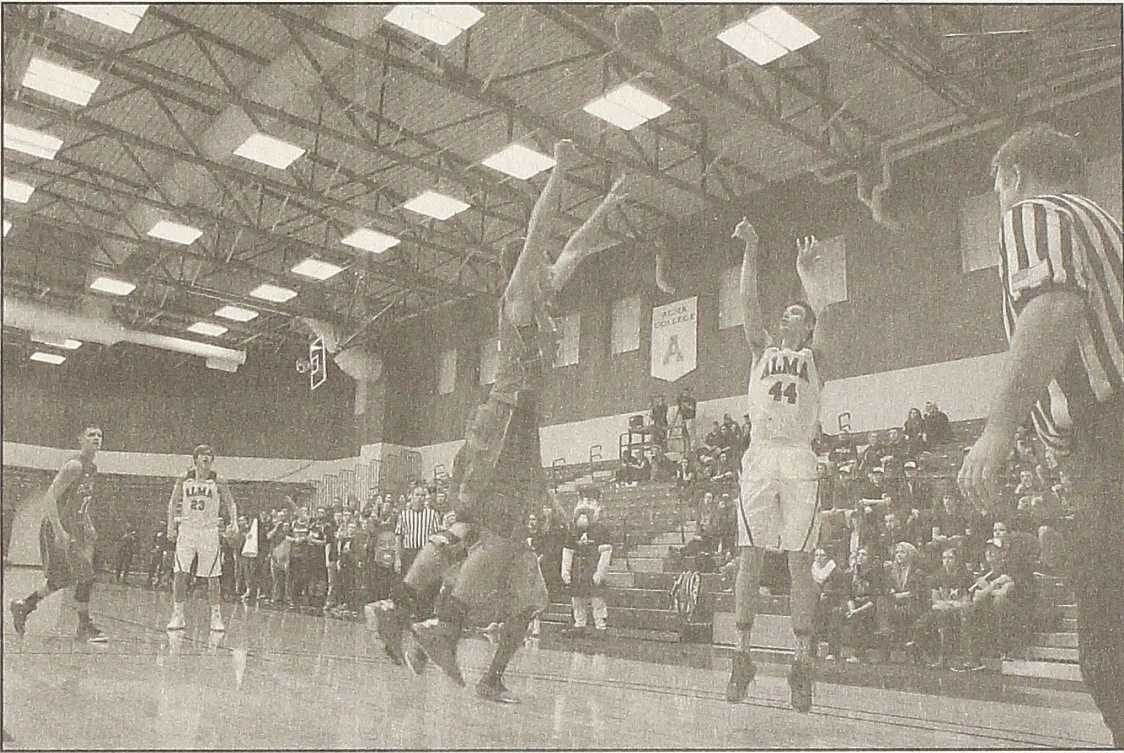
"Just the team," Edwards said about his confidence in the second half. "I know sometimes if Scott has trouble, or if Jason has troubles somebody else has to step it up. I felt like I had the advantage on offense this time, so it was a good thing for me."



Scott Nikodemski ('16) makes a basket during last Saturday's game against Olivet.

Brianna Yaroeh: Staff Photographer

Below: Doug Bradfield ('18) attempts to block a shot during last Saturday's Olivet game. The Scots ultimately won, 93-55.



Brianna Yaroeh: Staff Photographer

Have something you want or feel like you need to say?

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Enjoy sports and talking about them?

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Need a job?

Email us at editor.almanian@gmail.com

Be sure to include a resume and a writing sample.

Sports Bulletin

Wednesday

Women's Basketball @ Hope College at 6 p.m.

Men's Basketball @ Adrian College at 7:30 p.m.

Thursday

Wrestling v. Trine University @ Alma at 7 p.m.

Saturday

Women's Basketball v. Albion College @ Alma at 3 p.m.

Sunday

Cheer & STUNT v. STUNT tournament @ Davenport University at 10 a.m.



Lady Scots win against Saint Mary's

By MAXXTON JOLLS
STAFF WRITER

With a 72-65 win over the Belles of Saint Mary's, the Lady Scots captured their second win in the MIAA. Alma improves to 7-11 overall and 2-8 in the conference, while the Belles fell to 1-19 and 1-10 in MIAA play.

The Scots finished up their home-stand last Saturday and will go off to Hope College to take on

the Flying Dutchmen Wednesday.

Kaitlyn Kendall ('17) led the way with 17 points, **Kassidy Blough ('19)** notched 16, and **Sophie Guzman ('19)** added 11 of her own. **Tara Padgett ('17)** had a season-high five assists, **Kelsey Wolffis ('19)** blocked three shots and now has a block in all but two games.

Through the first two quarters, it was a back and forth battle between the teams. It was a tie

game to end the first half, 32-32. Alma's defense is what gave them the spark to take the lead, outscoring the Belles 26-9 in 10 minutes.

Alma shot 62 percent in just the third quarter, but the Scots did let Saint Mary's come back in the fourth, which helped them get back in the game. The Scots were able to hold them off, however, to get their second conference win.



Courtney of goalmascots.com

Lauren Higgins ('18) looks on as Kassidi Adams ('16) blocks a Saint Mary's shot during last Saturday's win over Saint Mary's, 72-65.

Disease doesn't discourage soccer's Gal

By **BRENT LUPLOW**
SPORTS EDITOR

"I am comfortable with the person I am. I am healthy." That's what **Melissa Gal ('19)**, a freshman women's soccer player, wants everyone to know.

In fact, Gal has always been healthy.

She has an autoimmune disease called alopecia areata; to be more specific she has alopecia areata universalis, which is the most rare form of the disease and presents itself as the loss of hair over the entire scalp and body. The effected hair follicles are mistakenly attacked by a person's own immune system, which causes the hair to fall out.

More than 6.6 million people in the United States have or will be affected by the disease and it most commonly starts during childhood, which is when the first signs started showing for Gal.

It was her sixth grade year, in 2009, and she was casually looking at herself in a tri-fold mirror when she noticed a bald spot near the back of her head.

A doctor's visit followed where she was officially diagnosed. She was told the cause was stress and given a steroid cream to help her hair grow back.

Unfortunately, when one of the bald spots would grow all of its hair back, another would appear on her head. This process lasted for three years and Gal continued to try and mask the hair loss using the steroid cream.

Her sophomore year of high school things started to become worse, the hair loss intensified to the point where she could not hide it anymore without wearing a wig.

With the help and support of a classmate at her high school who had alopecia, she decided to start wearing a wig. She consistently wore one for a year and a half up until her senior year of high school, when she made a decision to open up about the disease.

"I was tired of hiding who I was and being embarrassed," said Gal. During this time she was undergoing treatments that would stimulate the cells being attacked to reactivate. However, the side effects of the drugs were agonizing. She would get bad rashes on her head and also receive painful shots into her head.

Despite the side effects of the drugs, her hair did start to grow back, but after weaning off the

drugs hair growth was still at an inconsistent rate. She would go back and forth wearing a wig and sporting a buzz cut.

While going through this tough time in her life, Gal also had to select a college to attend for the next four years.

She had been playing soccer her entire life and when former head women's soccer coach Jeff Hosler contacted her during her junior year of high school, she decided to take a visit and attend a camp in Alma.

She made the trip from her hometown of Chicago, Illinois, and fell in love with the college.

"I really like Alma and everything about it," said Gal, who scored one goal while playing in eight games this year for the Scots.

However, entering a new environment and not knowing how people would react to her was a scary thought.

"The hardest part was people would judge me at first and I would have to explain, oh, no, it's this (alopecia). I'm perfectly healthy and I can live life normally, that's just what happens to me."

She credits her teammates for helping her through the transition to college as well, and helping her explain her condition. She said they have also been positively affected by her presence and outgoing nature.

"Melissa really inspires me to not worry about what anyone thinks and just be happy with myself," said teammate **Emily Esser ('19)**. "I've never known someone who can make meaningful connections with people so quickly and effortlessly. Her sense of humor can brighten anyone's day."

Lilly Slavin ('18) echoed Esser's statements. "Melissa exudes positivity and I have the utmost respect for her and how she carries herself. Instead of being embarrassed about her alopecia and trying to hide it, she embraces it and shares her story with whoever asks."

Recently, things had been going well for Gal. When she got to college she stopped her treatments.

"I was really confident, and I didn't go to the dermatologist for awhile."

However, while home for Christmas break, she went back because she decided she did not want to be bald anymore.

"Some people would be like



Courtesy of Melissa Gal ('19)

Melissa Gal ('19) poses with an American Girl doll with alopecia that she received for her 19th birthday.

who's that girl with cancer, and I didn't like that," she said.

"I would rather people know about it (alopecia) than make assumptions. I'm really open to talking about it. I really care about other people knowing about it."

Unfortunately, after the trip to the dermatologist she was told there were no more treatment options available to her.

"There's no other options, so basically I have to learn to live with it. I have for a really long time but sometimes I just want to be normal, too. My family is super awesome about it and my friends are too."

She credits her family for being there for her through everything, especially lately, saying they have been the biggest influence on her life.

"My parents always made sure it wasn't about the money, it was about whether I was comfortable or not. That was the most important part about getting me through everything."

Gal's siblings and parents also help raise awareness for the disease, as it is really important to her.

Gal created her own website, www.melissas3bteam.com. There she raises awareness, shares her story, and offers chances for people to donate money to the national alopecia areata foundation.

Gal has had random people comment on her website about their stories and how inspirational she is to those fighting alopecia with her.

Being so courageous and open about this disease has changed the way Gal lives her life, and has helped her become more comfortable with herself.

"I don't care what anyone has to say about me, and I say whatever I want, which is kind of bad sometimes, but I'm free to be me."

Gal's future plans are to eventually attend medical school and become a doctor. Her dream isn't necessarily to find a cure for alopecia, though. Her dreams include continuing to raise awareness and money to help those with alopecia, preferably working alongside the national alopecia arietta foundation, traveling from city to city participating in fundraising events for others.

She also wants to make her website more popular as she grows older helping to raise awareness.

However, Gal still has three and a half years to make a positive difference in the classroom, community, and soccer field as a student at Alma.

Assistant women's soccer coach Meghan Gorsuch said, "Melissa is authentic and courageous, however, this has nothing to do with her lack of hair. She makes a mental choice every morning to exude positive energy and contagious enthusiasm, and this rubs off visibly on her surrounding teammates, friends, family, and even strangers."

"Alma College and the women's soccer team are extremely lucky to have such a special and inspiring young lady as part of our community and family."

Gal is extremely open to talking about the condition. "I just want people to know about it and feel comfortable with asking me about it."

For more information about alopecia areata, go to www.naaf.org.

Mid-season winter sports round-up

By **EMILY JODWAY**
STAFF WRITER

Swim & Dive

The men and women of the Alma swim and dive team hosted their final home dual meet on January 30 vs Hope College. It was Senior Day, and two swam their last races at home; **Hannah Schroeder ('16)** and **Kurtis Smith ('16)**.

Schroeder won the 50 freestyle with a time of 26.35 and the 100 breaststroke with a time of 1:08.05. Smith won the 1000 freestyle in 10:51.37 and the 100 breaststroke in 1:17.06.

"We had some emotion with our senior day festivities," Head Coach Bill Copland said following the contest. "Overall, it was a good meet."

Other highlights include **Brianna Bianconi ('17)** placing first in the 200 individual medley,

and **Eric Ferrara ('19)** and **Kate Lehman ('19)** both placing second in their events. Ferrara swam the 200 and 500 freestyle and Lehman the 500 freestyle as well.

In the end, Hope won both the men's (106-33) and women's (135-57) duals. The Scots will not swim again until the MIAA Championships begin for them, at Calvin College on February 17. The team also held a fundraiser today in which they raised 30 dollars and 449 bottles of water to send to Flint Public Schools.

Cheer & STUNT

The Alma Cheer and STUNT team has been busy this year so far, practicing routines and cheering at the men's and women's basketball games. The STUNT team made its season debut January 30 at the halftime of the men's and women's games.

"I would say that the highlight of the season so far would be

hitting our routine for Throw-Down in A-Town and then performing our STUNT routines for the first item at halftime of the basketball game," **Julia Mocere ('19)** said.

STUNT and National Cheer Association will begin regular season competition on February 7. Alma College hosts the STUNT tournament on February 21, and the Cheer Invite on March 20.

"Our first STUNT game is coming up against Davenport," Mocere said. "Our first NCA competition at Aquinas on February 14 is important too. We will debut our routine there that we will perform for NCA Nationals in April."

Women's Bowling

The Scots women's bowling team resumed its competitive action this month, coming off of a break since November 15. Their most recent competition

was the Buckeye Baker Classic in Columbus, Ohio. The Scots placed fourth.

"This season I feel has been going well. We have made a fight at a couple tournaments to be top 10 and it's been a great experience for all of us," **Heather Lafnear ('19)** said. "This year I think the team has been performing well together," Lafnear added. "We have pulled together at the tournaments and been bowling as a team, that's something that has been improving as we go."

The squad looks ahead to more road events; another tournament in Ohio and the Hoosier Classic in Indiana next month.

"The biggest event that is coming up is sectionals in March. We have a great team to fight to go to Nationals," Leafnear said.

Track & Field

The indoor track season began this month, and the runners have

already been reaching milestones and breaking school records along the way.

Kaitlyn Arnold ('17) took second in the 3000 meter run at the Saginaw Valley State University Invitational. She broke the previous indoor track 3000-meter school record with her time of 10:24.89.

The Defiance College Invitational was another record day for the Scots. The women's distance medley relay, composed of **Chelse Van Spronsen ('18)**, **Shannon Kievit ('18)**, **Mallory Munderloh ('19)**, and Arnold ran a combined time of 13:25.92, the fastest ever for that race at Defiance's George M. Smart Center.

The Scots look ahead to meets at Grand Valley State University, Aquinas College, and the MIAA Indoor Track and Field Championships on February 27 in Indiana.