

Joe's responds to requests for sustainability

BY NAJELLE GILMORE
STAFF WRITER

Environmental and health concerns are being raised in discussion and action on Alma's campus. Sodexo has been responding to students' ideas for creating a sustainable environment at Joe's Place.

"In general terms sustainability is endurance of systems and processes" said **Nathaniel Fryer ('19)**, member of the Climate Change Action Network (CCAN).

Amanda Nouhan ('18) from CCAN has been working with Joe's management to solve some issues regarding sustainability. "Joe's has recently been working very hard to go green," said Nouhan.

Last year, Joe's implemented a program that allowed for the use of reusable containers that Nouhan said was "a wonderful step in the right direction."

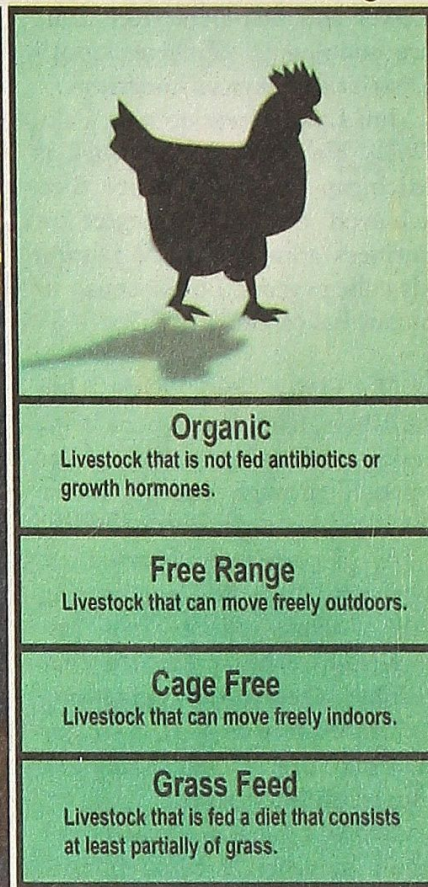
CCAN has been discussing ways to increase the sustainability of Joe's. "We were thinking that a lot of receipts just get thrown away and maybe we could recycle them instead," said **Taylor Cole ('18)**.

Director of Operations Gary Brown explained that they "use the receipts as a confirmation of employee and customer purchases in the event of theft." Because of this, it would be difficult to eliminate receipts.

The receipt tape currently used is non-recyclable due to the chemicals coating it and helping the ink to adhere to it. Sodexo said



Top: **Jamie Lalonde, Sodexo employee, hands Eric Thompson ('18) his receipt.**
Right: **A guide on what food labels actually mean.**



Marcella Flury: Photo Editor

Zachary Meyer: Illustrator

they'd make a switch to recyclable alternatives if CCAN could help find an economic option.

Nouhan said that CCAN is now "working with Joe's further to see what [their] options are for reducing waxed paper cup usage," and that "Entrepreneurs in Action was working on developing a proper self-sustaining composting area on campus."

The wax that helps cups hold together also renders them non-recyclable. Look out for a survey CCAN will be organizing with Sodexo to take a campus pulse on implementing reusable cups in

Joe's.

Brown explained that there could be a system for implementing the compost site but "Joe's produces little to no food waste." Nouhan does not know what the current status of the composting area is.

Although Joe's cannot currently recycle receipts, they are participating in other forms of recycling. "We recycle all cardboard and plastic used when we receive our deliveries" said Brown. He added that Joe's recycles [used cooking oil] with a company called Darling Grease

Company.

Nouhan said that "questions about sustainability matter to everyone, especially college kids, because we are finally old enough to make a difference." She adds that if more people got involved, the work load would be lighter for all.

Brown said that other changes to Joe's include "a new Island Oasis Smoothie Station, expanded menu offerings, new grocery items and school supplies, modernized paint and [we] are currently waiting for an updated Pepsi fountain machine."

If you would like to submit ideas regarding Joe's, such as what you'd like to see stocked on shelves, you can do so in several ways. There is an online forum on the Alma Sodexo website as well as a survey that will be sent out several times this year. You can also email Brown with questions or concerns.

In response to student requests, Joe's has already introduced pasta, tomato sauce and eggs among other groceries that will allow students to prepare their own meals on occasion.

Recreation center's secret revealed

BY MONICA KUNOVSKY
WEB EDITOR

Stone Recreation Center has introduced a new, little-understood program to top its 53,000 square foot facility that offers an abundance of areas to play basketball, tennis and indoor soccer, climb a rock wall and lift weights.

Garrett Thelen, the previous assistant director, founded the concept of the Adventure Rec program in 2014.

"The inspiration behind Adventure Rec is that students needed more to do during their down time on campus," said Thelen. "With this program students are being offered options pretty much any time the Rec is open."

This program gives students a chance to check out items to use including bikes, snow shoes, hammocks and lawn games. They are all accessible and free to students.

Adventure Rec also offers trips to less flat and "corny" lands than Alma. "The trips are a product of helping students learn how to take advantage of outdoor recreation on their own" said Thelen.

"Additionally, the program wanted to provide experiences to students that they might not have the means to take advantage of at this time in their life but would still really enjoy, such as white water rafting in West Virginia."

Although he has left the college and the program, Thelen still has high hopes for its future. "I hope the interest continues to grow and students continue to actively seek

out their own adventures with the tools we have provided for them.

"This program is beneficial to the students in so many ways, but one of my favorite byproducts of the program is the social aspect. Students take part in the excursions and are able to get to know other students at Alma who may not have the same classes or participate in the same activities."

Tammy Rees, director of campus recreation and conferences, defines the Adventure Rec program as a way to, "provide students opportunities to get out, and out of their comfort zone as well, and allow students to get to know each other in a different environment."

Rees is now in charge of the program, but says that they're hoping to hire someone to replace Thelen by mid-October.

Rees explained that with the start of school and students coming in that things have been busy, so there have been some challenges in maintaining the program, but overall "we're just doing more things and learning new things, but we're doing well."

Trips this year are similar to those of last year thanks to their popularity.

"We filled up all the spots for last year's events. We try to make them affordable, and organizations like Student Congress and other campus funding has helped pick up the costs," said Rees.

This upcoming weekend's trip is only \$15 dollars and is going to Mackinac Island from Sept. 24-25. The cost covers not only reserving your spot but also transportation, lodging and a ferry ticket.

The Rec Center will also be hosting a mini camping session this month to educate on how to use the center's equipment, how to set up a tent and how to enjoy kayaks.

To find out more information, such as dates for trips and activities to join, you can check out the Stone Recreation Center's page on the Alma website.



Domenica DallaVecchia: Photographer
Two of Adventure Rec's four kayaks.



Interfaith winged to Alma

BY MARGARET RAUSCH
COPY EDITOR

Influential world figures are gathering in Assisi, Italy, a city renowned for its religious tolerance, to speak on faiths and their role in the world. Public Affairs (PAF) is bringing the experience to campus through a showing of "Thirst for Peace."

"We are trying to sponsor a more diverse campus that is more aware of interfaith issues that can be directly related to diversity and promoting religious equality," said **Sabrina Gambill ('17)**.

This project is part of a series of interfaith dialogues that PAF started three years ago when the organization invited Izzeldin Abuelaish, a Palestinian doctor who worked in the Gaza Strip and lost three daughters and one niece to an Israeli bombing, to speak on his book "I Shall Not Hate."

"We wanted to follow up, because bringing a speaker [to campus] wasn't enough," said Edward Lorenz, professor of history and director of public affairs.

The effort continued when PAF put together an Islam versus ISIS panel last year, and to continue spreading awareness, they will bring "Thirst for Peace" to students' fingertips.

"We need to talk about how the religions work for peace, not

for conflict," said Lorenz.

Public Affairs will not broadcast the entire event, but some examples of possible panels include: "Save Aleppo," "Religions and the Poor," "Terrorism Denies God," and "Iraq: Ending the Crisis."

"There is a strong link between religion and division," said Lorenz. "The main goal is to understand each other better."

The event not only brings awareness to religious topics, but it also reaches out to related issues such as immigration.

"A subpart of this is immigration because a lot of our attitudes about each other immigrating is that we are not the right religion to be here," said Lorenz.

This is not a partisan event. Political discussions will focus on how the United Nations handles conflict and discussing how everyone can come together to reach a solution, explained Gambill. The viewing will be followed by an open dialogue.

"We want people to engage in what they've just watched and share how they feel about it," said Gambill.

"Thirst for Peace: An Interreligious Discussion" will take place at 8 p.m. Tuesday, Sept. 19, in Dow L1 with free refreshments.

Q&A: Politics beyond the presidential race

By ROSE CYBURT
STAFF WRITER

This fall, students will vote for a new president, but also for state representatives. Republican Jim Lower and Democrat Ken Hart are running in Michigan's 70th District and gave us interviews.

Jim Lower grew up near Palo, Mich. He studied economics at Michigan State University then achieved a master's degree in business administration. During his college years, Lower began to pursue his career in politics.

Q. Did your early life hardships, like your father's work closing and having to work to put yourself through college, foster the idea of going into economics?

A. I originally started at Michigan Tech for engineering and while there took an economics class. I decided that I didn't want to do engineering and transferred to MSU to major in economics instead. I enjoyed understanding how the economy worked so I guess in a way it does relate to when I was younger and wanting to know why the economy can work against people.

Q. Why are you running for State Representative and how do you plan to improve Michigan?

A. I have an understanding of the government levels. I have had experiences in private companies, local government, county board and the State House already which gives me a good perspective on how each level fits together. I want to help people by informing them on how the government should function; I want to start a conversation and ask the people if this is the way we want to handle the government. The answer is no, which is why I want to step in and fix it.

Q. How did you decide to run for House Representative?

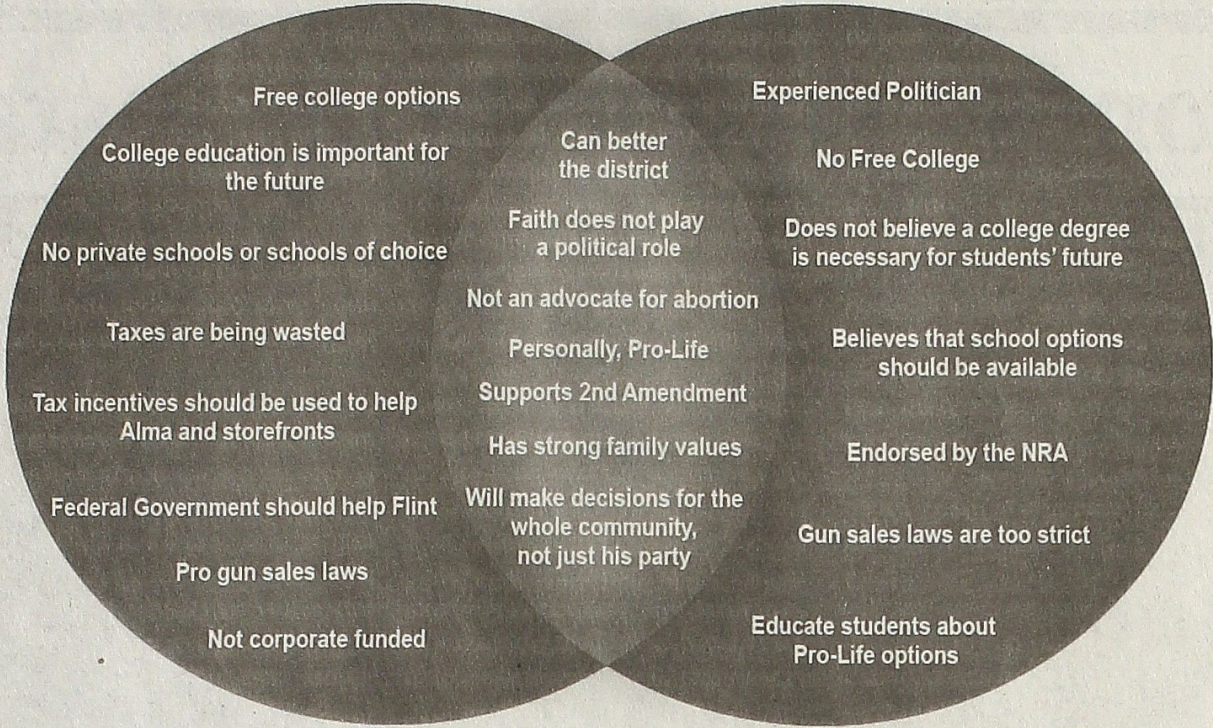
A. Running for House Rep. wasn't even an idea originally. When I did decide to run, I worked on a very solid campaign and knocked on many doors. If I can accomplish my goals in the potential six-year time frame I have, I will be happy with my career in the House.

Q. Do you believe your faith plays a role in your political platforms, especially being Pro-Life?

A. I don't believe my faith plays too big of a part considering I am recently converted Catholic. I was raised Lutheran, but about a year and a half ago I converted to Catholicism since my wife is Catholic. We had decided we wanted to raise our children under one faith and I had always been interested in the Catholic

Ken Hart

Jim Lower



Zachary Meyer: Illustrator

There's another candidate. Follow The Almanian as we pursue an interview with Green Party candidate Michael Anderson.

religion. I am now a heavy advocate for the Catholic Church and am part of the Knights of Columbus. As for being Pro-Life though, I have always been, even before I considered converting.

Q. What do you plan to do to promote Pro-Life?

A. The change we can make is very limited. We are prevented from completely stopping abortion, but we have already been successful by banning coerced abortion (being force into an abortion). Since we will never be able to stop it, my goal is to educate the people. There are other options aside from abortion like adoption.

Q. You are pro Second Amendment. Do you think being endorsed by the NRA will harm your campaign more than help?

A. I don't believe it will affect my campaign too much. Most people around here are pro Second Amendment; I grew up with these people and have gone door to door.

Q. What regulations do you think should be placed on gun control, if there should be any at all?

A. What I know is that gun owners are some of the most law abiding citizens. With the executive order, it is just making it more difficult for the good people to own guns. People are afraid because they confuse assault rifles with hunting rifles.

Q. How do you intend to incorporate family values into the government?

A. It is important to promote family policies over common core policies especially in schools. Families and students need more options to make earlier decisions. For example, my wife was very artistic, but wasn't able to focus on it because

schools treat everyone the same where they all have to learn the same things. People's talents and abilities should be recognized and given the option to pursue what they want earlier, like sophomore year or even freshman year.

Q. What is your opinion on private schooling or homeschooling over public schooling?

A. I don't believe one form of schooling is better than the other. I believe that families should have options though.

Q. What is your plan for dealing with views that conflict with your own?

A. I am more concerned with making decisions that are best for the district and Michigan. There will always be people with different opinions, but that is why campaigning is so important to share candidate's platforms. Campaigns are meant to teach the citizens and gain their trust.

Q. Is there anything else you'd like to say that you didn't have the opportunity to?

A. Going back to the idea of families making decisions on schooling, I wrote a paper for the Ionia newspaper on my views of college education. Even colleges, like K-12 schooling, force students to take certain classes that don't help. It's not worth all the money people spend when most classes aren't even related to the degree and leads to more student loans.

Q. Do you agree with free college then?

A. No, I believe people should pay for their own college. The government paying for everyone's college is actually a downside, because students won't have the motivation to work as hard if they don't have anything to lose. I actually believe college isn't for everyone; there are other

should be put back into the budget for real schools.

Q. Do you therefore disagree with schools of choice?

A. Multiple families in Alma send their children to Ithaca schools because they have a better sports program. This is wrong; tax dollars should go where the community is to hold the communities together.

Q. Why did you decide to run?

A. This state is screwed up. Taxes are being wasted and someone needs to stand up. If I don't, then who will?

Q. In the general election to be the Democratic candidate, you ran unopposed. Do you believe you will be able to now face two opponents?

A. Unlike my opponents, I haven't taken any money from corporations because I represent the people. I will not be bought by lobbyists, so when I am in office I won't have anything to pay back from my campaign. I will be the voice for the people. I have also used the media like Facebook and go on every day to preach, hoping people will see and spread it. Things need to be turned around, but right now, our hands are tied by the Republicans.

Q. You are originally from Flint. What are your opinions on the Flint water crisis and how do you plan to fix the problem?

A. Here is the problem with Flint: people are too busy making money off of the crisis rather than trying to solve it. The [previous] mayor should have fixed this, but since he didn't do anything, the federal government should step in. Everyone is too busy using taxpayers' money for the governor's attorneys. The money is there for fresh water, but it is being wasted and thrown away. I have donated and hand delivered water to help the situation, but people no longer care about Flint. This problem is similar on a larger scale to the water here in Alma. The Pine River is completely polluted with manure from farmers. I have spent a lot of time helping to clean up the Pine River.

Q. You say you are Pro-Life, but then promote abortion, so what are you?

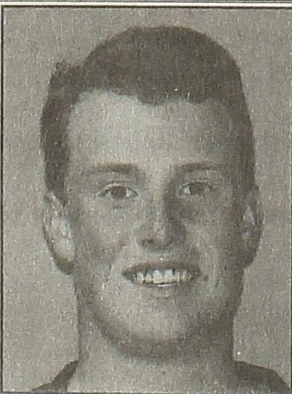
A. I am not an advocate of abortion, but women who have been raped or became pregnant from incest do not deserve to be put through carrying a child that only causes them pain for nine months. I have always held women in the highest regard; my father was a drunk and would regularly beat my mother until I was old enough to stop him. I guess you could call me a feminist.

Campus
Comment

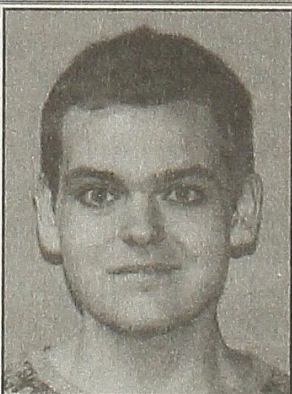
By MANDY MENOSKY
STAFF WRITER



Ally LaDuke ('17), psychology major: "It's important for us to be informed voters to know where we stand on political issues. Following the upcoming debates and learning about the candidates [will help]. This November will affect us as we are starting to get out into the workforce. I encourage everyone to go and get an absentee ballot or to register in Alma to vote."



Bennett Schmitt ('19), education major: "It's tough to get behind either one of the candidates. Both are extremely polarizing. While the election is entertaining, it is concerning to imagine one of them as Commander-in-Chief."



Calum Clow ('20), art major: "I feel like Americans are deciding between the lesser of two evils this November. I'm curious how future generations will look back at this election years from now because it's kind of interesting how the candidates rose to the top despite not being very popular in the polls."



Madison Kraning ('18), political science major: "I'm really excited to watch the debate! I watched all of the debates during the last presidential election and I think this time around will be just as interesting. I think there will be some friction between Clinton and Trump but that's what these debates are all about, trying to see who does best under pressure."

We asked you,
“How do you
feel about the
u p c o m i n g
presidential
election?”

Don't spend your vote on Gary Johnson

By HANNAH KING
CAMPUS EDITOR

Gary Johnson, the Libertarian party nominee for President of the United States, seems to be a surprisingly popular option among college students who remain unconvinced by the Democratic and Republican nominees.

As we learned last week, Donald Trump seems to still be figuring things out, so it's hard to be sure of what might actually happen, should he become president (based solely on what he says).

While Johnson stands a bit more firmly on his beliefs and promises, these beliefs and promises should make us all a little nervous.

First, in only five simple words, Johnson made it clear that should he become president, our \$47,548 tuition will never go down, let alone be free.

"College tuitions shouldn't be free," said Johnson a number of times when asked about the subject.

If this is not enough to put down your third-party vote, let us look at something Johnson seems to be more passionate about.

There are 712 students here at Alma who work a minimum wage job. Whether or not you believe minimum wage is a fair amount of money is your opinion. For some students, minimum wage is enough. For others, it is just enough to let them continue to go here.

Outside of Alma, there are young adults unable to survive on minimum wage. There are parents who work a number of these jobs in order to provide for their children.

There are 3 million workers in the United States who work a minimum wage job, or lower. Apparently, Johnson failed to make the time to Google this number (I made no such mistake).

"Minimum wage is much to do about nothing," said Johnson in an interview with Huffington PostLive. "I mean, nobody works for minimum wage... [Just] showing up on time and wearing clean clothes gets you way above the minimum wage." If only that were true.

On a more complex topic, the Trans-Pacific Partnership (TPP), Johnson seems to be confused. The TPP is a 12-country (America and 11 Asia-Pacific countries) trade agreement that was signed in 2016. It has been extremely controversial because although it has the potential to greatly strengthen our economy and international relationships, it also has the power to move 25 percent of American jobs overseas.

While this agreement may have only recently become "official" it has been in the works for seven years. If I generally understand the TPP from a single political science class and a year or so of watching the news, then someone who is running for president should know the agreement inside and out. Johnson, however, really doesn't get it.

"My understanding is that it



Zachary Meyer: Illustrator

Gary Johnson, despite recent popularity, is a deeply unqualified candidate.

is more free trade than not," said Johnson in an interview with CNN. "Is it a perfect document? Based upon what I understand it is not, but I could not tell you what the specifics are for why that's not the case other than that it's better than nothing given the current state of trade. So I would be in support of TPP."

If that sentence doesn't utterly confuse you then fine, go ahead and vote for Johnson.

I remember learning about fracking in high school and while it pains me to admit this, it terrified me—and still does.

Fracking involves drilling into subterranean rock, and injecting the rock with a chemical mixture (fun fact: this mixture is protected from disclosure by federal law). This reaction releases gasses and oils from the earth that we then use to pollute the atmosphere.

It's kind of like giving Mother

Nature liposuction that she doesn't want or need. But I digress; Johnson is mostly concerned, however, with the amount of oil and gas we get out of fracking.

In an interview with ProCon.org Johnson explained that "Fracking is only 10 percent effective, [so] number one, it could become much more effective, meaning it could have a much higher yield. So it sounds very pragmatic to me, but that would be where I'm at."

What the Frack.

At the end of the day, and the election, Johnson will likely be forgotten by the majority of us. But for those of you looking for a promising alternative to Mr. Trump or Secretary Clinton—there isn't one.

Do not waste the power of your vote. And if you are seeking a guide in this political jungle, allow me to assist you next week in a proud and honest profile of Democratic candidate Hillary Clinton.

Lessons trifled through: things I've learned

By MONICA KUNOVSKY
WEB EDITOR

Although I may only be halfway through my college career and still have an intimidating two years ahead of me on this journey, it's hard not to constantly realize the speed at which things have whizzed by and how much has actually occurred within that time.

I'll admit that I do fit every cliché trope of a kid in their late teens/early 20s, and that's being disgustingly nostalgic with such a small fraction of life actually exposed and lived through.

It wasn't even late at night or in the midst of an existential crisis that I thought and reflected upon the things I've learned in my time here.

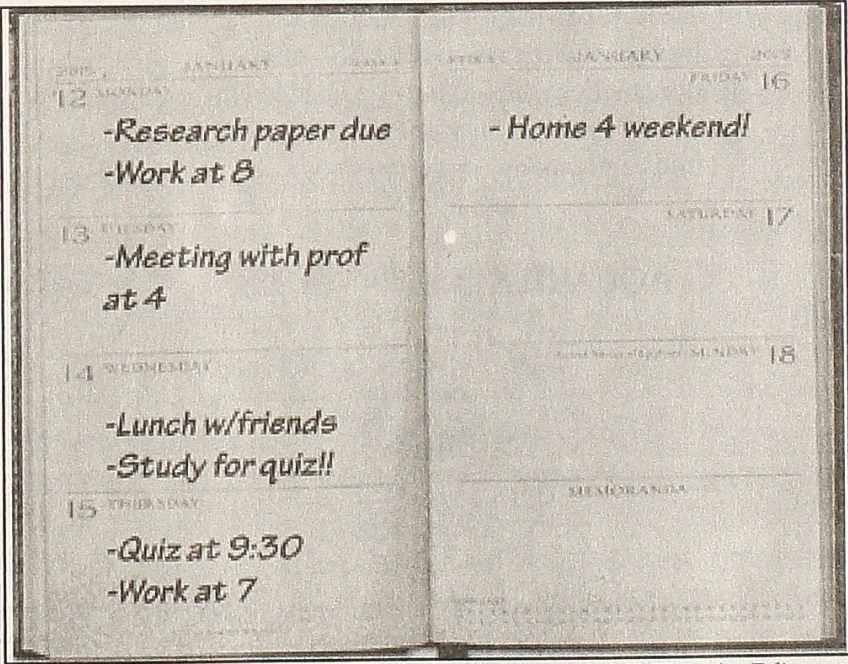
It was a Monday, in the dead afternoon. I was in a hot, sweaty, muggy gym. Feeling quite soggy, iron itching at my skin from the weights and noticing a bead of sweat surrounding my aura made things a little sticky and a little strangely satisfying.

Looking around at what and who surrounded me and noticing what I and all these soggy people had in common, I was somehow hit with a theory of college, one that may adversely be the biggest lesson I have learned in

my 20 years. And that is this—you don't have to be everyone's friend.

Staring at these strangers gave me some giddy pleasure that sparked the following list of inevitable truths that will either lightly float into your mind, drop kick you in the jugular or simply blind you until your last moment at college.

1. You don't have to be everyone's friend.
2. You'll lose passions, forget you once enjoyed a certain hobby or lose interest in something. It's okay because eventually it'll come back or you'll replace it with something new.
3. Showing up to places is almost all of the battle. Getting up and out can be the hardest part.
4. Joining all the clubs can be toxic. You need them to see what you like and don't like, but you need to learn when quantity ruins quality and when to scale back.
5. Leave time to work out/meditate/relax every day.
6. Naps can be deadly. You can lose track of time, become even more tired or heighten that groggy/kind of sick feeling to a full out fever and sick day.
7. Extra work isn't always worth it. You might end up swamping yourself, crying a lot



Zac Cahill: Thoughts Editor

Keeping your time organized is essential to being successful in college.

and ending up hating everything.

8. But it can also be life changing when you push yourself to the limit. You can find out you're a lot stronger than you thought. You can experience incredible things such as P-Globals, trips or meeting mentors who are going to be the most impactful people you've ever seen.
9. Greek Life isn't as cult-like as it seems—at least not at Alma.
10. Leaving campus is good for you. Being stuck in the Alma bubble causes cabin fever.
11. Get a job so you aren't broke all the time. Having a

little extra money is always a good thing.

Independence from your family is fun and having spending money for weekends always leads to a splendid time.

12. Not making the Dean's List doesn't matter. No one will care five years from now if you made it or not. It's okay if you never do. The Dean's List doesn't account for the type of person you are, activities you're in/lead, the amount of side jobs you have to work in order to afford college or your worth.
13. College will not consist of the best years of your life, and that's okay. You have plenty of time to make the best moments happen.

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Frank Ocean’s “Blonde”: deeply affecting masterpiece

By ZAC CAHILL
THOUGHTS EDITOR

Let’s be clear on one thing before I begin: I was never the biggest Frank Ocean fan. I certainly enjoyed his smash debut album, Channel Orange, but it never resonated with me the way that it did with so many of his fans.

I don’t chalk this up to the way the album sounds musically (everything from the production to Frank’s vocal performances are impeccable), but instead to where I was in my life when I first heard it. I was able to respect the album, yet it failed to really strike me on a deeper level.

Due to this, I was not as emotionally drained as many of Ocean’s fans were after four years of waiting for an album that nobody was sure would ever see the light of day.

But still, I could not help but be fascinated by the whole process. The creation of the Boys Don’t Cry website, the

live stream of Ocean building in a workshop. Finally, the sudden release of not one but two albums (one of them a visual album titled “Endless,” which I enjoyed thoroughly).

In an instant, Frank Ocean was once again in the musical spotlight and what a glorious return “Blonde” (styled Blond on the album cover) is.

Blonde is, to put it bluntly, a masterpiece, both musically and thematically. A near radical departure from Ocean’s previous bold R&B style, Blonde turns the volume down, instead offering a much more subdued, spacey sound.

The album opens with what is also its lead single, “Nikes,” a track that sets up a great deal of the themes that will appear throughout the album. His vocals pitched up and distorted slightly, Ocean sings about a myriad of topics, from lamenting the death of Trayvon Martin to still being available to a former lover if they ever want him.

From there, the album develops slowly, building on itself, consistently giving flashes of brilliance here and there. Part of this brilliance is showcased in the incredibly prominent use of guitars across the album, and the often quiet (or nonexistent even) beats.

Many songs center around love, such as “Ivy” and “Self Control,” while others such as “Pink + White” and “Skyline To” deal with themes of innocence and nostalgia for simpler times (interestingly enough both of those songs credit Tyler, The Creator as a co-writer and producer, one of Ocean’s best friends since they were teenagers).

Across the board, the album is uncompromisingly excellent, both musically and thematically. Because, at the end of it all, “Blonde” is certainly a thematic experience of sorts. The album doesn’t contain a specific narrative, but many of its themes and ideas carry over from song to song, greatly enhancing the experience as a whole.



Zac Cahill: Thoughts Editor

Frank Ocean’s “Blonde” is one of the best albums of 2016 thus far.

These main themes are the very same things that absorb our lives today: an acute awareness of all of the turbulent social conditions currently, mixed with a basic yet strong desire for fulfillment in love, friendships and self-acceptance.

This is “Blonde’s” greatest strength and is what makes it such an intriguing and beautiful album. Whether it’s through incredibly melancholy songs

such as “White Ferrari” and “Siegfried” or the many interlude style tracks that scatter the record, “Blonde” never falters.

It appeals to the listener in simultaneously the broadest and most personal sense. He presents music which is nostalgic, yet cutting edge in its production and concept. It is exhilarating yet introspective and nuanced.

Just listen to it. Trust me on this one.

HOROSCOPES

By MONICA KUNOVSKY
WEB EDITOR

What classes the signs should take this semester

LIBRA (Sept. 23- October 22)



Theater, choir or some sort of class offered at the Rec Center would seem like the place for you to be. It allows you to get your creative energy out as well as experience some solid social interaction time, which makes you thrive.

CAPRICORN (Dec. 22- Jan. 19)



A history course is something to delight and excite even the most low-key and monotone folk of this sign. Learning war strategies, campaign motives of the decades and names of famous world leaders and the reasons behind their leading tactics is enough to spark ideas in your own mind on how to effectively lead a future company (or country) of your own.

ARIES (March 21- April 19)



Political sciences classes seem to be a nice place for you to fit into, considering the amount of educated debate opportunities one can polish off in these courses.

CANCER (June 21- July 22)



Any class dealing with world conflict and solutions can be up your alley. Since you’re a caring and receptive person, constantly putting the needs of others before yourself, you’ve got an intrinsic value of helping others. Learning about the world and those in need pulls at your heart strings because you want to fix inequalities in the world.

SCORPIO (Oct. 23- Nov. 21)



Anthropology courses would be grand for the inner detective in you. Exploring what once was and taking a crack at century old mysteries is something right up the alley of an individual of your caliber who might be as big of a mystery as the items and cultures you’re studying.

AQUARIUS (Jan. 20- Feb. 18)



A music class would be nice to exercise a new outlet to get out your creative energy, much like Libra. It’s also a challenge that isn’t easily overcome in one night so having something to fill your mind and plate with for a semester could be intriguing.

TAURUS (April 20- May 20)



Direct application classes—anything from doing lab work for bio to making videos for New Media Studies. Getting your hands on direct work sets your heart into a pleasant fury of warmth and enjoyment.

LEO (July 23- August 22)



Education classes can be beneficial to you. A natural people person, these classes can be more aimed towards direct application, and you can take a direct crack at dealing with people. You’re also a natural leader, so these classes definitely aim toward that.

SAGITTARIUS (Nov. 22- Dec. 21)



Communication classes would be beneficial for you; they are a great way to engage in structured conversation, allowing you to get out some of those bottled-in wisdoms that might otherwise make you seem less than your cheery self. In an academic setting it’s all analytical rather than negative.

PISCES (February 19- March 20)



A foreign language class would be beneficial for you, because it holds the ability not only to broaden your horizon with new culture and opportunity to converse, but also sparks imagination with all the places you can go by honing in this new skill of bilingualism.

GEMINI (May 21- June 20)



Taking a philosophy class is a great way to exercise your intelligence and branch out into the realm of really getting knee-deep into a liberal arts education.

VIRGO (Aug. 23- Sept. 22)



Anything with numbers. Including math classes, economics/ accounting, chemistry, biology — the WHOLE SHEBANG. You’re incredible with articulate details and direct facts.

Football heads into bye week with a win

By ALINE BATAWI
SPORTS WRITER

The football team did exactly what it wanted to do on the road last Saturday, winning 31-28 against Concordia University Wisconsin. This is the second straight victory for The Scots, improving their record to (2-1).

Alma opened the game with 17 unanswered points early in the opening half. A 23-yard field goal by **Jacob Plisko ('19)** began the scoring followed by a 3-yard pass from **Dylan Zaborowski ('18)** to **Nick Mozart ('18)**. With 8:38 left in the opening half, **Essa Kellah ('19)** ran for 26 yards to put Alma in field goal range. The drive ended in a field goal by Plisko.

Concordia responded immediately with an 85-yard kickoff return and three more scoring drives.

The Scots found themselves trailing 28-24 and 2:06 left on the clock. Still, the players didn't give up as they scored with 23 seconds left.

A 40-yard reception from Zaborowski to **Daniel Hugan ('18)** initiated the last

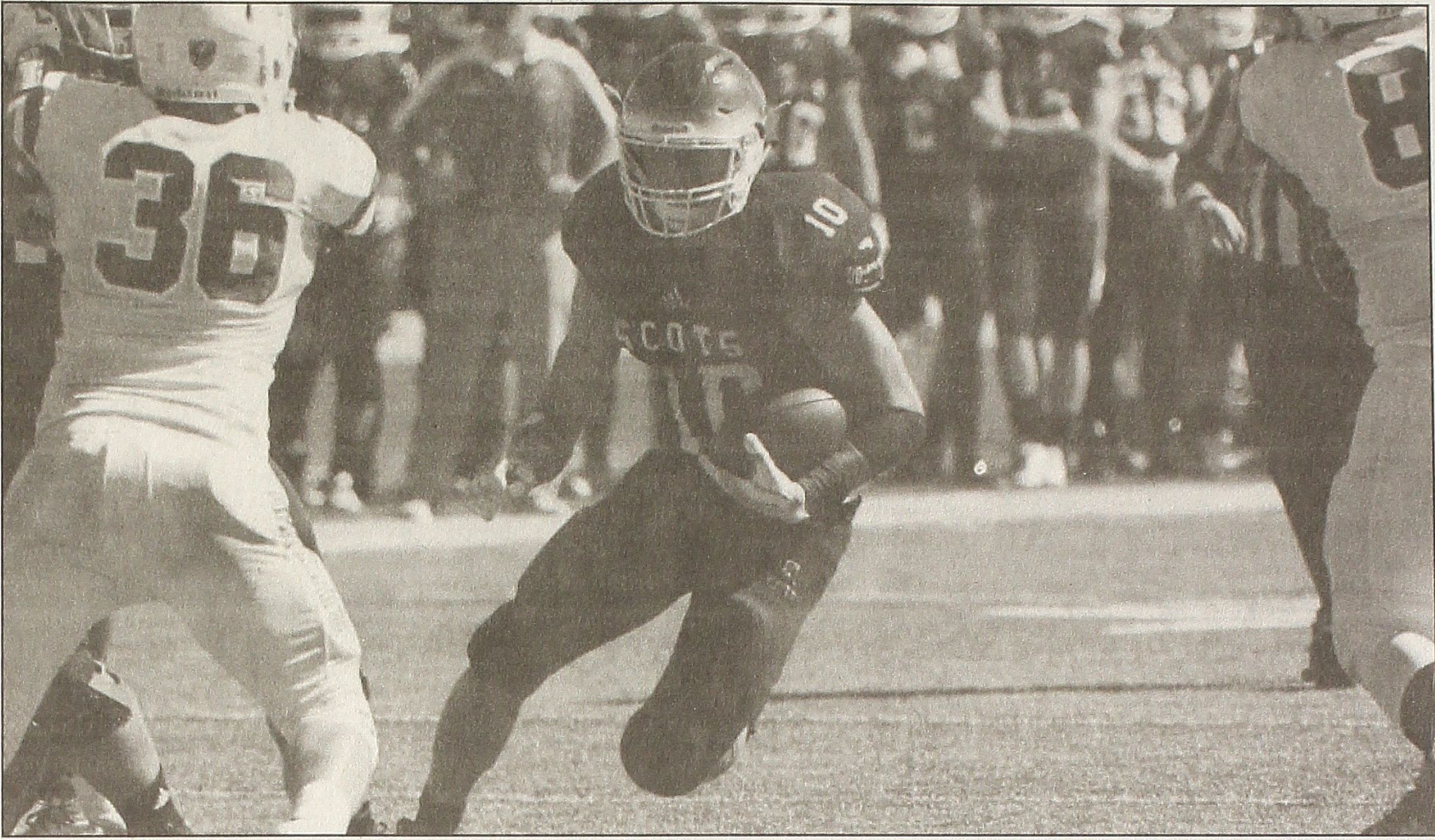


Photo courtesy of goalmascots.com

Nick Sullivan ('17) maneuvers around his defender.

drive. A personal foul penalty against Concordia put Alma on the Falcons' 13-yard line. **Nick Sullivan ('17)** scored the game-winning touchdown and finished with 106 yards in the game.

The Scots knew they were in for a challenge going into the contest.

"They are a solid team," said Zaborowski. "But as long as we play our game and stick to the

game plan, we should come back with a win."

This win comes at a great time as the Scots start conference play on Oct. 1. The team feels very optimistic about this season and their chances to compete within their conference.

"I feel very confident because of the senior leadership on the team," said Hugan who led Alma's receivers with 134 yards on seven catches. "We have the

ability to win the conference."

The Scots finished the game with 558 yards on total offense and Concordia finished with 443.

The Scots only have one goal in mind for this season.

"As a team we just want to win," said **Jacob Chittenden ('17)**. "I feel very confident about our team." Chittenden helped the defense with 14 tackles and held the Falcons to

55 yards on the ground.

The team needs to keep the momentum in order to continue winning games.

"We need to work on being efficient," said Hugan. "We need to bring the same intensity to every game and I believe we will."

The Scots have a bye week and will travel to Kalamazoo College for a 1 p.m. game on Saturday Oct. 1.

Replacing players, continuing baseball success

By MARY RIEGER
SPORTSWRITER

After a historic 2016 campaign, head coach Jake Sabol and the men of the Alma baseball team are looking to take the momentum and success into their fall ball season. During 2016 season, the Scots' baseball team had a record 28 win season, as well as having the first winning year since 1981.

This is one of three seasons in school history that the team has posted over 20 wins. However, with the loss of several key players, this will be a critical time to work out who is going to replace these positions.

"The boys gained a great deal of confidence last season between beating Adrian and advancing into the second round of the MIAA tournament," said Sabol. This confidence and fire has transitioned into this fall ball season and is being felt by the players and the coaching staff.

"I am looking forward to playing with energetic and passionate guys who all share a common goal," said **Alex Peczynki ('17)**. The energy and passion during this fall ball season will be coming together during the team's inter-squad Maroon and Cream World Series Oct. 4, 5 and 7.

Sabol and his staff will be tasked with replacing over 200 innings worth of pitching that has been left vacant due to the graduation of four seniors who had been key pitchers for the Scots since their freshman seasons. Four position players were also lost to graduation who not only made a difference on the field, but also made an impact from the batting statistics standpoint.

Looking to add to their skills, several players in the lineup joined summer leagues that had them playing about 40 games each including Peczynski in Livonia and **Adam Thoryk ('17)** in his home state of New York.

Although the team has lost key pitchers on the mound and players in the field, the coaching staff is confident that there are others who possess the confidence and abilities to step up into these roles and make an impact.

"We have a great group of returning guys, including Peczynski, Thoryk, **Greg Goffee ('17)**, **Alex Valasek ('17)** and **Patrick Finn ('17)**," said Sabol.

"The returners have done a great job of taking the younger guys under their wings. The faster we accept them and get them on the same page as us, the greater our team and program can become and fall ball is a great time to get this

fully implemented."

There are different kinds of leaders on a team, each of them fundamental in their own way.

"Peczynski and I are more 'lead by example' type of guys," said Valasek. "Peczynski has been a starter since freshman year. Finn and **Michael Mallory ('17)** are more vocal leaders, but we are all fundamental in the dynamics of the team."

Getting the freshmen adjusted to the pace of the collegiate game is extremely important, especially when so many roles on the team need to be filled.

"Our group of seniors have stepped into our leadership roles well and we care about the direction of the program," said Thoryk.

Added to the coaching staff this year is Doug Walters, who has returned to Alma after graduation to contribute to the successes of the team from the other side of the fence. Walters was a force behind the plate as well as with the bat. Sabol believes that with Walters' experience within the program, there is no doubt that he will be a great addition to the staff.

"The philosophy and culture that Coach Sabol and Coach (Jordan) Dean have brought to the program was one of the main reasons for the turnaround in the program," said Walters,

"Coaching is something that I always felt I may have a future

in and this great opportunity came around and it felt like the right place to start." Walters' focus will be mainly with the catchers and assisting Coach Dean with batting.

"Doug was extremely well respected among his teammates as a player and will continue to be respected and add even more knowledge and depth to this program as he continues throughout this season and beyond," said Sabol.

"Doug knows where we are coming from, has a great knowledge of baseball, can relate to us as players from having been there and will

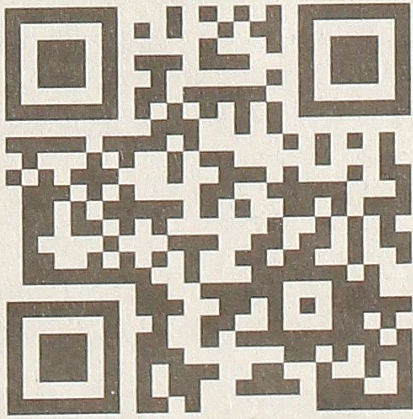
provide a great perspective as a member of the coaching staff," said Thoryk.

"After having proved that we can hang with the best of the teams in the conference, I believe that we have a good chance at being the MIAA champions this year."

After having the philosophies of new coaches in place for a full season, the team has bought into the new vision of the program, and everyone is looking forward to meshing together during the rest of the fall ball season and for the regular season to come in 2017.

Read more stories at
Almanian.org

- Kickin' it with the Scots
- Men's and Women's Lacrosse Work Toward Success
- Scots softball looks to continue winning tradition



Women's golf sets record; men look to improve

By **ALINE BATAWI**
SPORTS WRITER

The men's golf team feels confident about the season despite a disappointing finish in the second MIAA Jamboree of the year. The Scots finished in seventh place with a total score of 328.

Alec Genter ('17) led the team with a score of 73. **Sam Struble ('20)** was close behind with an 82.

"We have the talent," said **Bennett Schmitt ('19)**. "We need more consistency and more scoring."

The Scots hope to improve their scores and feel optimistic that they will. They know that they have the ability to do so.

"The goal is to contend to be top four in our conference and play as an automatic qualifier for the MIAA Championship" said Schmitt.

The men get another chance Wednesday at 1 p.m. when they tee off for the third MIAA Jamboree of the season at Albion College.

College.

Women's golf had an impressive performance last Saturday finishing in second place in the Railside D3 Classic. The team finished the tournament with a team record score of 333.

Kennedy Hilley ('19) had her best performance of the season so far and of the tournament. Hilley won medalist honors with a top score of 74.

Tori Basso ('19) finished with a 83 while **Hannah Joslin ('19)** was right behind her with an 84.

The Lady Scots have been improving their team score each week and have high hopes for this season.

"We have a lot of potential this year and have grown a lot since last year," said **Katie Neiswender ('18)**. "I'm excited to see where we can go this season." Neiswender finished with a 92 last Saturday.

"We have the same goals as always and that's to win," said **Kylie Hamilton ('17)**. "Team work is very important."

The weekly improvements



Kennedy Hilley ('20) lines up for a shot.

Photo courtesy of goalmaschots.com

are a signal that they are top contenders in a difficult conference.

"There's a lot of really competitive teams this year and we're right there in the mix," said

Neiswender. "All the practice and hard work we put in the offseason should pay off."

With conference play starting this week, the Lady Scots are prepared for any challenge they

might face. "A good goal for us would be top three in the conference," said Neiswender.

They head to Albion College for the first MIAA Jamboree of the season Monday at 1 p.m.

Volleyball battles Trine until the end, losing in five sets

By **JOELLE FISHER**
SPORTS WRITER

The women's volleyball team fought through a thrilling five-set match against Trine University last Wednesday evening. This was the second home game of the season for the Lady Scots, after they beat Olivet College the week before.

Trine has always been a tough opponent for the women's volleyball team in the past, but the Scots were prepared to utilize all of their hard work on the court.

"This will be a battle between two great teams," said **Kara Muxlow ('18)**. "We work so hard every day in practice to be successful. If we can just play our game and focus on the little things, I have faith that we can come out with the win."

Trine grabbed the first set from Alma, winning 25-22. After a tough first set loss, the Scots came out slow in the next set, but began to work together in order to put

up a hard fight.. The score of the second set was 17-25 with another Alma loss.

The third set was a game changer and thrilling to all who were able to experience it. The Scots came out strong and ready to give it their all, taking the third set 25-21. With the energy still on Alma's side, the girls came out with a 6-1 lead advantage and battled through the points for a victory with the score of 25-17 in the fourth set.

The fifth and final set of the match was a nailbiter: the first team to 15 points would leave the court victorious. Ultimately, the Trine Thunder defeated the Scots 15-12, and won the match 3-2.

"We are a family," said **Elizabeth Putti ('18)**. "We win together and we lose together. I know this is a heartbreaking loss, but we can only learn from this experience and use it as motivation towards future games."

"It was a tough five sets," said **Katie Bush ('19)**.



Dakota Pelach ('18) sets the ball up.

Domenica DallaVecchia: Photographer

"Both teams wanted that win desperately. In the end, we weren't able to pull it out; however, we will use these next few practices to improve our game so that we are ready to come out strong against Saint Mary's next week."

Bush explained that though this particular match ended with a loss, the girls refused to let that define them for the rest of the season and that

they would be sure to add many more victories to their list of achievements.

With dedication and desire, Bush used her energy and technique to lead the Scots offensively, totaling 12 kills and recording a kill percentage of almost 40 percent for the evening. **Maressa Miller ('17)** led the team in assists with 22 and **Molly Lark ('17)** dominated defensively with 18 digs. In other

news, **Dakota Pelach ('18)**, is currently ruling the MIAA with an outstanding 93 kills for nine games, and was recently honored the award of Specialty Player of the week for the MIAA this past week.

The next game is on Tuesday, Sept. 20. The Scots are now 6-3 overall and will be traveling to Saint Mary's College.

What's the hype about Hogan? More space helps athletes

By **MADISON WEBSTER**
SPORTS EDITOR

This fall the Hogan Center opened up its new facilities for student athletes to use. The new space is 12,000 square feet. The weight room area nearly doubled in size from 3,200 to 6,000 square feet, according to Fletcher Roberts, head strength and conditioning coach. It has amplified the area in which students can build strength and condition.

"Now that there's more space and more equipment, the weight room will be less crowded so athletes can focus and get a better and more

efficient lift in" said **Dorothy Buening ('18)**, a volleyball player. Not only did the weight room grow, but they also added a multipurpose space for the wrestling team to practice, directly above the weight room.

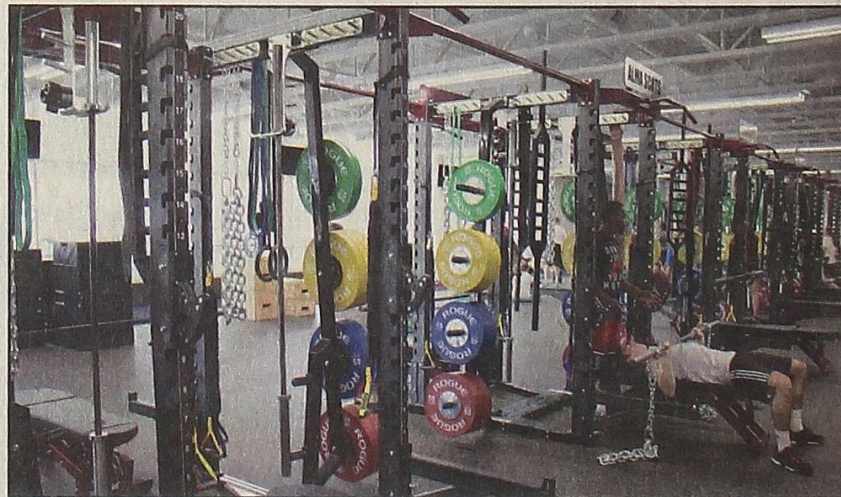
In addition, they added a turf strip in the weight room for wide variety of conditioning. The locker rooms and offices in the space were updated as well.

As of right now, these facilities are only being used by athletes. According to Roberts, officials are working on establishing times for non-athletes and professors to use their facilities as well.

The new space has also

helped improve team chemistry in the weight room. Roberts talked about the fact that there's now natural light, a new sound system, new equipment and all around more space, and that athletes come in with a more positive attitude ready to work out. The space allows for teams to be more connected because they can now fit an entire team in the space at one time without being stacked on top of one another.

"Since the new weight room has opened, more student athletes have been participating in the workouts than before," said Roberts. Not only has the quality of workouts increased, but the quantity of students being active has increased as



Athletes use the new weight room.

Marcella Flury: Photo Editor

well.

About 40-46 percent of Alma's student body participates in a sport on campus, so this new space will be used by many students all year.

"This new weight room allows us to build muscle in places we

do not always get while dancing," **Alia Jones ('17)**, dance team captain.

"Our team has already noticed improvements in the time we've been here and it will really help us become stronger dancers."