

Voting is the 'gift of humanity'

MICHAELA HOYLE
STAFF WRITER

Given the upcoming elections, a particularly relevant topic of interest is the question being asked by students and community members alike: "Why vote?"

According to The Center for Information and Research on Civic Learning and Engagement, almost 20% of 18 to 29-year-olds casted ballots in the 2014 election—the lowest youth turnout rate ever recorded in a federal election.

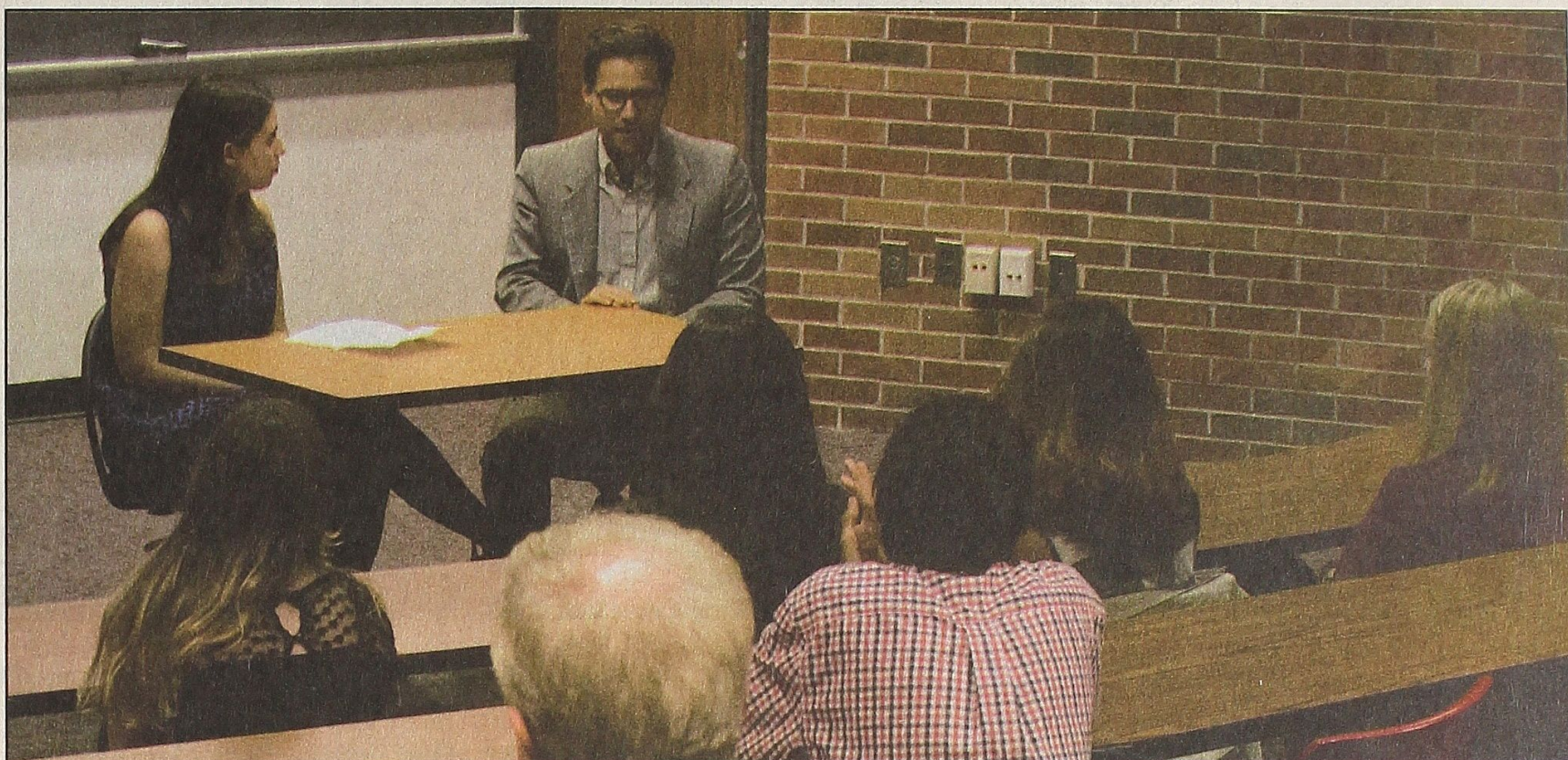
Why has the younger generation's desire to vote gone down so tremendously?

"I think a lot of it comes down to oppression," said

{ "[voting] is
how you get
your voice
heard." }

Sabrina Gambill ('17). "For so long, parties have tried to oppress different groups because they're out of control. I think disenfranchisement is a huge issue that we've got to grapple with in the next couple of years and I don't think that it's going to be an easy process by any means."

"Because they're lazy," said **Madison Kraning ('18).** "Because people think that going to the polls is a waste of time, or they don't feel like educating themselves on the candidates. But voting is more than that; it's more than being lazy—this is how you



Sabrina Gambill ('17) and Nathan Schneider lead a discussion on social issues affecting young adults.

Bri Yaroch: Photographer

get your voice heard."

Nathan Schneider, a scholar in residence in media at the University of Colorado Boulder and a columnist for a number of periodicals, led a discussion to address topics such as this last Thursday, titled "Young People, Spirituality and Social Justice."

"We have two of the most unpopular public figures in our panoply of celebrities running for president," said Schneider. "At the same time, we feel so unrepresented; a healthy democracy is one in which there are many options, on all levels."

"There are options right now, but they aren't being talked about because this media spectacle between two incredibly unpopular

{ "It's not just
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humanity." }

people has dominated our sense of what our political possibilities are."

According to Schneider, there are smaller things that people will get interested in, but we aren't informed—given that the

media is largely only covering the presidential election—and we're too lazy to look for it.

Schneider said that voting is just one small part of democracy and that our political lives are something that we should live every day. He said there are democratic options we aren't even thinking of due to a lack of perspective and willingness to learn.

At the same time, Schneider also said that because of the way voting is currently being suppressed, it has become a proportionately powerful act—the context has lent it significance. He encouraged attendees to vote, but also said that a fuller participation, beyond

just voting, was what was truly important.

"The word participation is a precious word—an expression of our basic human dignity, the ability to co-create the world with God," said Schneider. "It's not just about following your civic duty. It's about living up to the gift of our own humanity by participating in as many ways as we can, as creatively as we can."

If you want to be in the position to participate in your country's government, register to vote. You have until Oct. 11 to turn in your registration form, and until Nov. 5 to put in an absentee request form. AC Rock the Vote is accepting applications for voter registration until Oct. 6.

Career week enables student exploration

NAJELLE GILMORE
STAFF WRITER

Career EXPLO is set for Friday from 3 to 5 p.m. in the Stone Center for Recreation. Directors of the CSO reflect, from their own lives, why this week is important.

"I didn't have a chance to go to college out of high school," said Karen Klumpp, director of the CSO. Klumpp started working at Alma in 1978.

"Along the way I was able to take classes and I got a major here," said Klumpp. "I finished my Ph.D. in 2003 and shortly after that I was asked to move over to vice president for student enrollment."

"I loved working with people, but when the plans for the CSO were being determined I applied for this position in 2012 to work with the students. I'm so excited about the difference we can make for students."

Assistant Director of the Center for Student Opportunity Rhonda Linn was a 2006 Alma graduate. "I just came back to work in the CSO last January," said Linn.

"I majored in English and religion, was a teacher in public schools, managed before and after school programs and summer camps and worked in academic support," said Linn. "I wanted to come back to Alma because of the Venture program and the initiative approach."

"The concept of a liberal



CSO Assistant Director Rhonda Linn poses for a shot in her workplace.

Domenica Dalla-Vecchia: Photographer

arts education is breadth of knowledge," said Klumpp. "That prepares students to take on their career path. If you can combine this education and this experience and recognize it early enough, students can be in a pretty nice position once they are ready to leave Alma."

"As people, we really learn by doing things and we really clarify our directive when we try things hands on," said Linn. "Sometimes people might have an idea of a job in a field but when they talk to people in that field they really learn about what goes on." This is one of the reasons the CSO puts

on Career Week.

In the event, "a variety of work sessions are provided for resume polishing," said Linn. "We ran eight different resume work sessions last year."

"There are sessions that help students learn how to make the most of the alumni as well as how to look for jobs or internships," said Linn. "Alumni come back to talk about how students can apply to be a part of [the Chicago In-City Program] and we help to develop professional skills and resumes. [This] culminates with a trip to Chicago."

"There are programs for

students working with Venture to get support in the process or to learn how to start the process. One of our bigger events is where we bring in a variety of athletic alumni to talk about how athletics helped them."

"It's almost like a fair experience," said Klumpp. "It is set up to promote networking. Alumni and employers are there to help students learn about career paths. [It is a] supportive environment where some organizations will be recruiting."

"We have over 65 different organizations that will be represented," said Linn. "We just

really want to convey all of these."

Students are already looking forward to how the week of events could benefit them. "I am curious to see if the Career EXPLO will bring out-of-state representatives to talk about career opportunities that aren't in Michigan," said **Karen Flesh ('18).**

"We know that people change jobs a lot of times during their careers," said Klumpp. "This kind of education at Alma is really good at dealing with the changes that inevitably happen."

Both Linn and Klumpp stress that students don't have to know what they want to do as a career.

"We want freshmen who are trying to figure out what they want to major in, as well as upperclassmen who are looking to develop connections and work toward internships," said Linn.

"We plan to run this kind of programming a couple times a year," said Klumpp. "If anyone is interested in partnering to host different kinds of events we are really open to working with them."

Career Week Events



Suicide survivor turns into advocate

By **ROSE CYBURT**
STAFF WRITER

Jordan Burnham talked about his personal experience dealing with depression last Tuesday at an event sponsored by Active Minds.

Everyone experiences depressive emotions due to everyday experiences: parental divorce, end of a relationship, poor grade on a test, or an argument with a friend, but a mental health disorder is more extreme than just a bad day, according to Burnham.

People become worried when they hear the word bipolar, depression or other mental health disorders. They fear being looked down upon and therefore rarely speak up about it or seek help. Burnham said he was one of the people when he first started experiencing depression.

Burnham is a suicide survivor who travels around the country to different schools in order to promote awareness toward depression, anxiety, substance abuse and suicide. He has been featured in the Washington Post, CNN, Good Morning America and Sports Illustrated.

When Burnham was young, he and his sister had to switch from private to public school. The transition was difficult. The other students would make fun of him and say he would “act white” so one day he responded with, “Oh yeah, you act stupid.”

His sister was experiencing the same thing even though she was five years older. They were each other’s best friends and therapists. Burnham said he also found other outlets to release his anxiety: sports like football, basketball and golf, being class clown and making friends. He especially had a love for golf and dreamed of being like Tiger Woods.

In 7th grade, Burnham had to make another difficult transition. His sister left for college and he had to decide whether to move with his dad or his mom. He decided to go with his dad, but

this time he didn’t have his sister to help him.

Burnham said he began to have depressing and lonely thoughts. He didn’t know at the time that he could casually talk to the school therapist and therefore sought other outlets to cope with his mental struggles.

In high school, people wouldn’t have expected him to have depression. He was voted class president, played sports, and was generally a popular student. Unfortunately he did not feel as good as he seemed; he felt like he was wearing a mask.

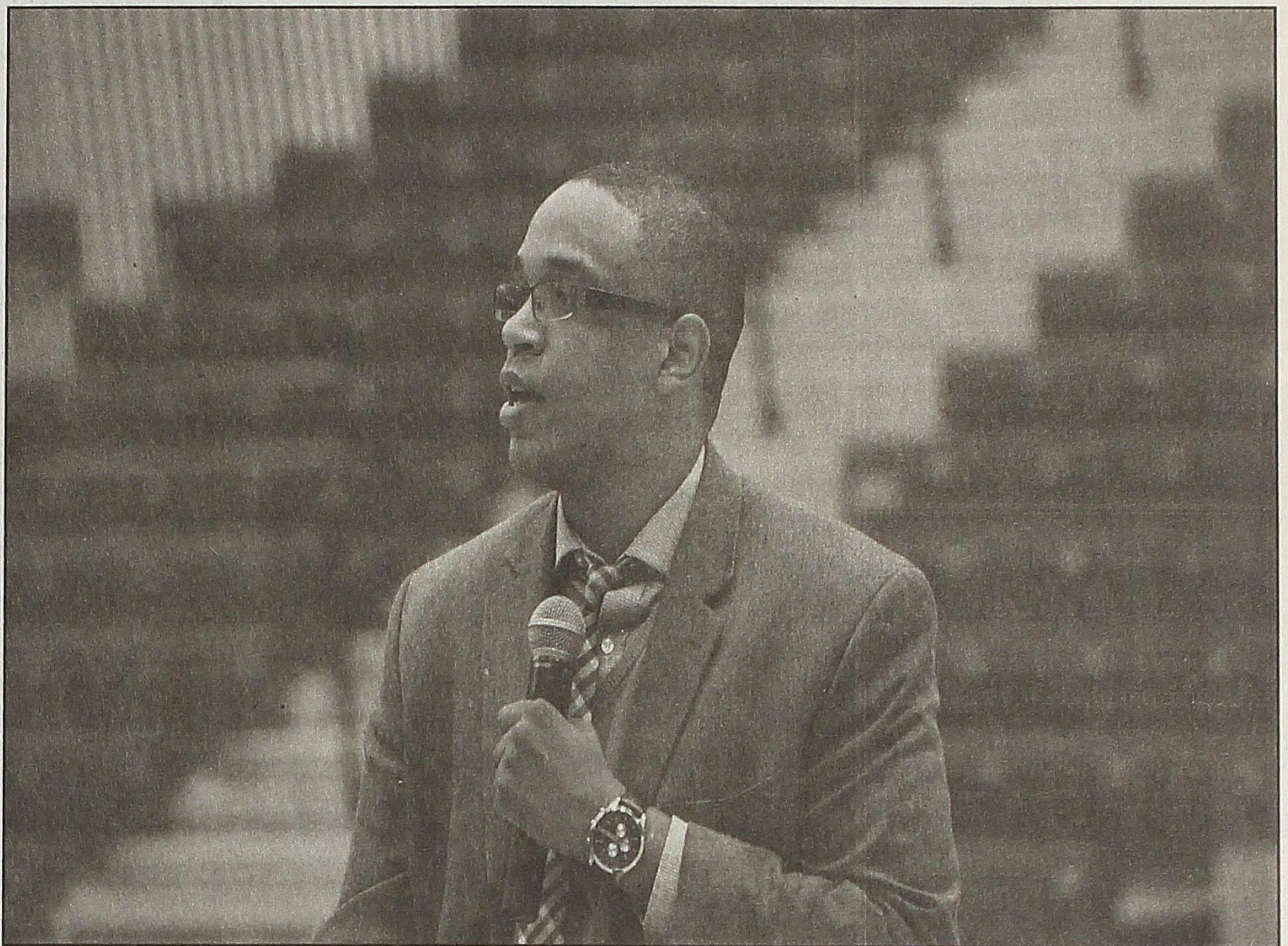
Burnham said he repressed to please others. In order to be his true self, Burnham began to drink. He learned people could talk real with each other when drunk. Once he caught his friend Tom drunk, dancing and singing along to Hannah Montana; people didn’t care when there was alcohol involved.

Things continued to go downhill. His grades began to slip and he lacked motivation in school. All the emotions Burnham kept inside eventually built up and became a rubber band that snapped after being pulled too far.

After failing his driver training test for the third time, Burnham cursed and yelled at the driving instructor and his dad. His dad was confused and took Burnham’s attitude as disrespect. While this seemed like a bad situation, it led to him talking about how he was feeling with his mom and later a therapist.

Burnham added that he didn’t understand how a white, female therapist could possibly understand what he was going through. He learned that therapy is like dating; just because you have one bad experience doesn’t mean there isn’t someone out there who can help.

Burnham was diagnosed with depression, but did not take the disorder seriously. He continued to drink, didn’t take his pills, cheated on his girlfriend and lied to his therapist. His stress increased when junior year of high school came which everyone told him was the most important year. He said he began thinking



Domenica Dalla-Vecchia: Photographer

Jordan Burnham addressed the Alma community on mental health issues.

suicidal thoughts at this time and had a pessimistic view of the world.

One night, Burnham had a bottle of pills next to him. He didn’t take them and instead called his girlfriend who called his parents, who called the police. The police suggested going to the mental hospital.

Burnham pictured padded walls, but in reality it ended up being a successful week. He felt out of place in the group sessions; everyone had tragic stories to tell, but Burnham had only cheated on his girlfriend. He even apologized when he was done with his story for his story not living up to the others. The therapist pulled Burnham aside and explained that it isn’t about the situation, but how people feel during them.

When he returned to junior year, Burnham went back to living a fake life and having depressing thoughts. He was busted by the police for a party which made him feel guilty for potentially ruining his friends’ lives and his dad’s career. He began listening to what he referred to as his depression playlist. His mom and dad seemed

sad, but blew it off saying they were just tired.

Burnham believed his parents no longer wanted him as a son. He made another suicide attempt by jumping out of his nine story bedroom window.

He was in a coma for five days and ICU for two weeks. When he woke up he was wrapped up and didn’t remember anything. The doctor wouldn’t let friends or family help Burnham remember what happened. When his sister came to visit, she finally told him that he had tried to commit suicide. Burnham couldn’t believe it and never thought he would ever follow through with a suicide attempt.

A reporter emailed Burnham’s dad asking for an interview. He had heard the story and wondered if there had been any warning signs. The reporter knew this was a difficult situation, but wanted to spread the word.

Burnham’s mom and therapist said no believing it was too soon. His dad and sister were on the fence, but ultimately knew it was Burnham’s decision. He said he decided to say yes because he

wanted people on the outside to be able to touch his words.

Jan. 2008 Burnham’s story was front page news around the country. People responded thanking him for making them feel like they weren’t alone.

Sept. 28, 2016, was Burnham’s nine year anniversary of his suicide attempt.

Today Burnham is better, he said; he loves his job and helping people and his life is balanced out between family, friends, sports and work. He still suffers from depression, but continues to take his pills, talk to his therapist and go for checkups.

On warm days, Burnham goes on drives with the windows rolled down playing “ratchet” music. One day, he pulled up next to an old white man and played the most ratchet song turned up all the way. Why? Because it made him laugh and happy.

The reason Burnham goes around to tell his story is to start a conversation about not just his disorder but other mental disorders as well. He said it needs to be a relevant subject to teach ways for coping with them.

Safe Zones support LGBTQ community

HANNAH KING
CAMPUS EDITOR

This year, 129 students went through Safe Zone training, a program created to expand and improve environments that are culturally supportive of members of the LGBTQ (lesbian, gay, bisexual, transgender, questioning) community.

Having this certification means that one is “comfortable talking about the LGBTQ subject matter and knows the resources to direct people to if they need professional guidance,” said **Samantha Anteau (’18)**.

Anteau is a R.A. in Carey Hall and helped lead the Safe Zone discussion this fall during the RA and First Year Guide (FYG) training week.

“Safe Zone normalizes the concept of everyone being a part of the LGBTQ community,” said Anteau.

In the past, there has been Safe Zone training for students who are not taught as a requirement for their job, hosted by the Gender and Sexual Diversity (GSD) group.

A key aspect of having a Safe Zone is knowing all of the terms and definitions associated with LGBTQ.

“Once people have the basics

down, they begin to understand the culture of the community and that brings them one step closer to greater acceptance and less hate,” said **Kai Harrison (’19)**, the PR manager of GSD.

“While not all members of GSD have Safe Zone certification, GSD is a safe place for people of any gender, sexuality, etc. to talk and socialize without having a fear of being accepted. We are a support group [for everyone].”

There are about 20 members of GSD, and all persons of the executive committee are Safe Zone certified. Members of the group stress the importance of having allies of the LGBTQ community.

“Allies are important assets to the LGBTQ community because they can use their privilege to amplify the voices that aren’t always heard or respected,” said **Ishijah Johnson (’17)**, member of GSD.

Abigail Porter (’17) spoke as a representative and ally of LGBTQ members at R.A. and FYG Safe Zone training.

“The LGBTQ community doesn’t always get the support that it needs, so it is important to remind students that anyone can help [make] campus a more understanding and accepting environment,” said Porter.

Alma’s Safe Zone coordinator is Willard Korson, South Campus hall director. Korson administrates Safe Zone training for R.A.s, KCP mentors, First Year Guides and other groups on campus and is passionate about creating as many safe places in our community as possible.

“While Safe Zone training began with R.A.s, it quickly became clear that other groups and student leaders wanted to become Safe Zone members,” said Korson. “We made the trainings available to anyone who signs up, to increase knowledge and support.

“Navigating the challenges of gender identity, sexual orientation and gender expression is not easy.”

Among these campus allies and LGBTQ members, a common theme of learning, understanding and educating seemed to be predominate as an essential aspect of the LGBTQ rights movement.

Dale Sanders, director of health care administration, is an advocate for many minority movement groups at Alma. Sanders has a standing open-door policy and encourages all of his students to think of his office as a Safe Zone where they can talk and learn about all social issues.

“I believe that the entire campus should be a safe place for all. The key to making this happen is to have constant open dialogue between students and staff and for both to be able to ask questions and teach each other about these societal concerns,” said Sanders.

There are many ways for students to join the LGBTQ community as members, allies-Safe Zone certified or not. GSD is hosting a sheet decorating event at their house on Oct. 11th, National Coming-Out Day. The group also hosts a “Silence Shoot,” which is a photography event with a discussion on individuality, unity and overcoming being a victim of bullying.

Also keep a look out on Oct. 11 for tables in academic buildings empowering students to “come out” with anything they identify with from first-generation student to specific sexualities.

Safe Zone Training Sign Up



Q&A: Jordan Burnham

Q. How do you respond to someone with suicidal thoughts?

A. My biggest lesson is to just listen. Any advice you give might not be the right advice. Sometimes people just need to vent. Maybe suggest the suicide hotline, but it is good to go through the process with the person. It is important to listen first and then ask how you can help, but I cannot emphasize enough to not give advice.

Q. Did you get your golf swing back?

A. You don’t ever really lose a golf swing. So pretty much yeah (chuckles). I still go out and golf well and it’s better now because I don’t get as angry.

Q. How did you get out of the bad habit of drinking?

A. I struggled a lot. It didn’t affect the work I was doing, but did harm my well being. I am now sober and go to AA meetings regularly. It took a while, but I’m able to live a more fulfilling life now.

Q. How did your friends treat you after your suicide attempt?

A. My friends never judged me negatively, but it was different with mental health. It actually was more positive.

Stories behind the numbers

Philando Castile's last day ended with flashing lights

By HANNAH KING
CAMPUS EDITOR

Police have killed 173 African Americans in the past nine months. The 173rd victim was Keith Lamar Scott, who was killed last week in Charlotte, North Carolina. Justification for this homicide has yet to be fully revealed.

On July 5, 2016, 37-year-old Alton Sterling was tackled and shot by police officers who were responding to a phone-call report of a threatening man carrying a gun. It has been concluded that Sterling was not carrying a weapon. One day after the death of Sterling was the death of the 135th victim, Philando Castile in Falcon Heights, Minnesota.

Castile's story stands out for many reasons. The video taken of the shooting by Castile's girlfriend was so clear that anyone watching can see Castile's vivid innocence. Castile was pulled over for the 52nd time in his 32 years of life on July 6, 2016. It has recently been revealed that all 52 of these traffic stops were for "minor infractions."

A policeman confronted Castile and asked for his license and registration. He informed the officer that he was carrying a concealed weapon that he had a license for. Diamond Reynolds, Castile's girlfriend, later reported that he was always nervous about having his gun on him. After telling the officer of his weapon possession, Castile reached for

his wallet and was then shot three times. That is the story. There are no blurred lines or unanswered questions.

Castile's story is heart breaking, and so are the other 172. But what has not been exposed, shared and respected are the stories of these 173 people, beyond those of their deaths.

Castile was born in St. Louis, Missouri, in 1984. He attended one of the largest high schools in Missouri: St. Paul Central High School. There are currently 3,900 students at St. Paul's. Castile's cousin shared that he was a straight-A student who graduated

with honors.

In 2002 Castile applied for a job in nutrition services at St. Paul's. A few years later, he got promoted to Nutritional Services Supervisor. "He wore a shirt and tie to his supervisor interview and said his goal was to one day 'sit on the other side of this table,'" said a coworker in a statement put out by St. Paul Public Schools.

On the morning of July 5, Castile woke up, ate breakfast and got ready for another

beautiful summer day. He scrolled through his Facebook newsfeed filled with news of the unjustified killing of Sterling, including a post by his sister. Later that day, he picked up his girlfriend and on their drive, red and blue lights flashed in his rear-view mirror. A police officer approached him and informed him of a broken taillight. Philando Castile's taillight was not broken.

This piece is part of a series that will seek to highlight black lives that were ended by police.

Zachary Meyer:
Illustrator

Tea leaves revealed

Starbucks succeeds in multiple ways



Marcella Flury: Photo Editor

Starbucks is open from 7 a.m. to 9 p.m. from Monday to Saturday, but closed on Sunday.

By HANNAH KING
CAMPUS EDITOR

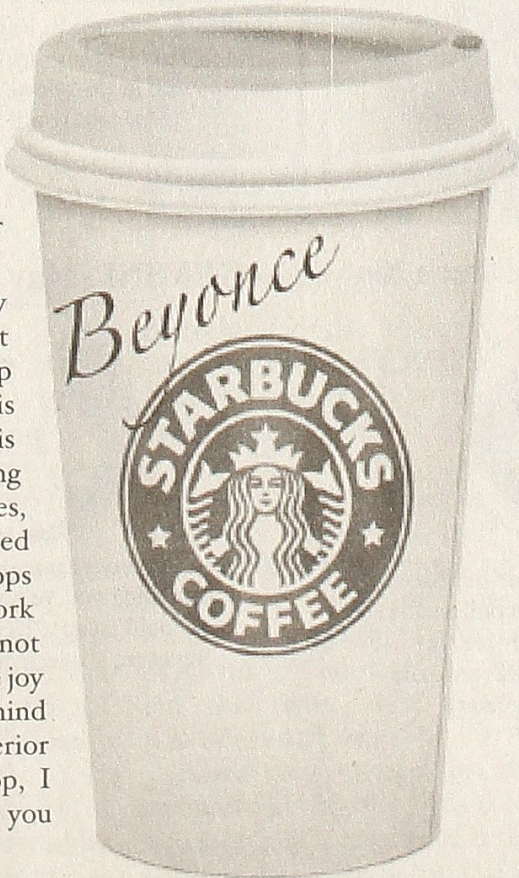
After approximately 15 visits to Alma College's new Starbucks, I have concluded that this café is the perfect venue for everything.

Whether it's catching up with your pals, meeting a professor, going on a Tinder date, contemplating the meaning of life over a lonely cup of joe, or cramming for an exam, there is no place better.

Let it be noted that nothing can properly describe the feeling one gets when warmed from the inside out by a venti Chile Mocha latte. This cozy niche offers savory breakfast sandwiches, commodious

armchairs, convenient and fashionable beverage merchandise and of course an immense selection of coffee drinks.

The staff is very affable and will even put "Beyoncé" on your cup if you tell them that is your name. Starbucks is host to a variety of seating options and large tables, just begging to be covered with books, papers, laptops and other homework essentials. If you have not yet experienced the pure joy that is refueling your mind with caffeine from Superior Street's new coffee shop, I strongly encourage that you do so.



Did You Know?

Alma has some interesting and recent policies in the Student Handbook. Make sure not to accidentally break the rules regarding hoverboards and drones.

Hoverboards

In acknowledgement of safety and fire concerns, hoverboards are not permitted on Alma College's campus, including grounds and buildings. Failure to abide by this policy may subject the individual to disciplinary action. The owner and/or operator of the hoverboard will be responsible for damages and/or injuries to College property or individuals that result from possession or use of a hoverboard on campus.

Drones

"Launching, landing or operating UAS, including drones, is prohibited on and above Alma College's campus without written approval from and supervision by Alma College faculty or staff. UAS use may only be approved for educational or research purposes or for use by a student employee for a specified purpose related to their employment."

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Adventure Time hanging up the hat

Last season announced for post-apocalyptic cartoon

By ZAC CAHILL
THOUGHTS EDITOR

It was recently announced (much to the dismay of fans) that popular animated show Adventure Time is coming to an end in 2018, after the currently-in-production ninth season airs. Since seeing this, I've been reflecting quite a bit on the show, which I have been a fan of for most of its run.

So, without sugar-coating it, this is a totally biased tribute of sorts to one of my favorite TV shows ever, for no other reason than I'm binging it right now instead of doing homework.

Adventure Time, in my opinion, has been one of the most original shows on modern television, one which transcends normal ideas of "target audiences." Adventure Time's absurd, bright take on the fantasy genre has captivated people of just about every demographic.

Shown on Cartoon Network and marketed as a kid's show, Adventure Time quickly found an audience amongst teenagers who appreciated its offbeat and quirky storytelling style. The main success of the show,

however, came in its characters.

There is, of course, Finn and Jake, the human and dog (respectively) heroes who each episode centers around. And then there's the large cast of supporting characters, including princesses, wizards, a handheld gaming device and a flannel-wearing, bass-playing vampire.

Starting as a show that took common fantasy tropes and filtered them through its large cast of characters, Adventure Time quickly evolved into a deep and varied look at many larger themes and concepts.

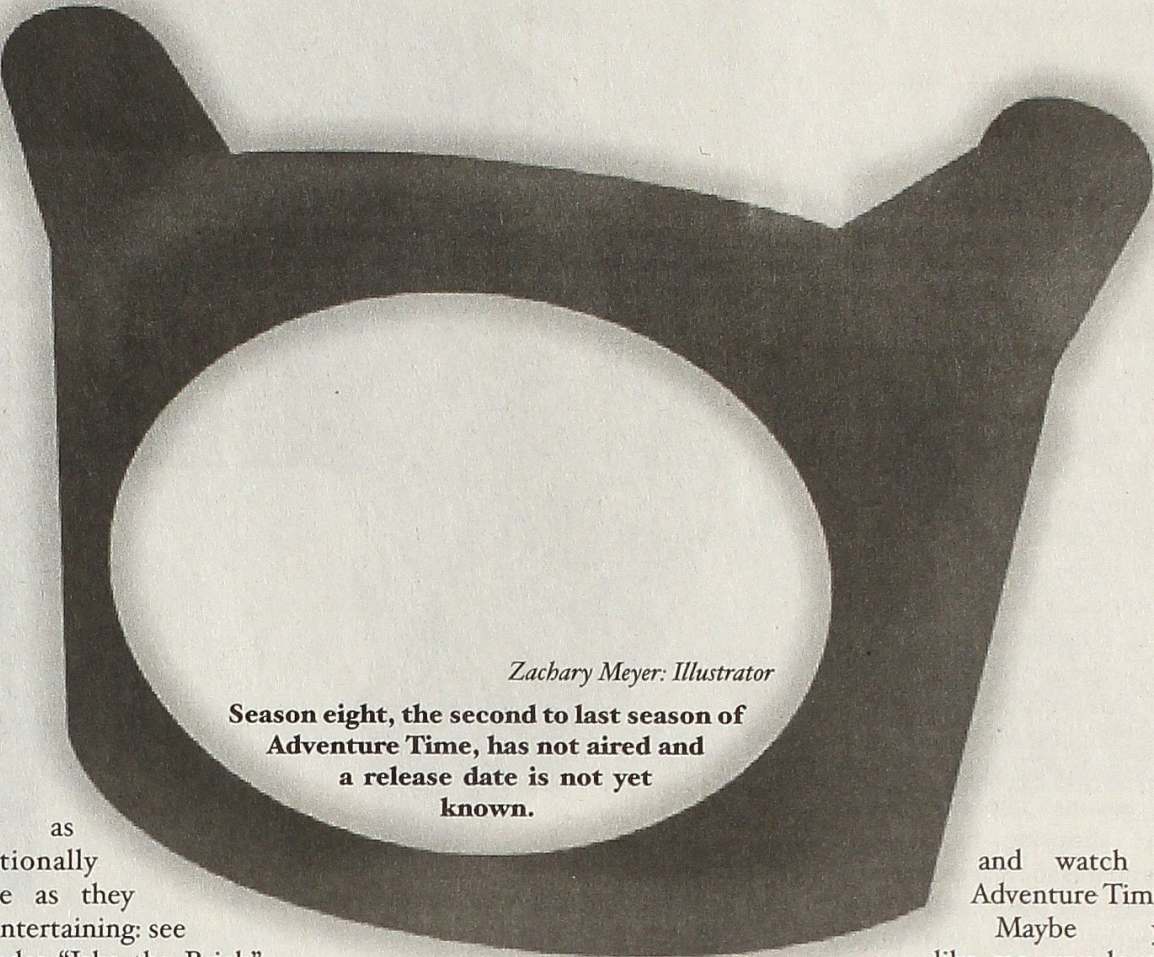
This not only expanded the audience even further, but it also gave the show more freedom to do, well, whatever it wanted, including taking time to build its world (called "The Land of Ooo"), a magical land set after some sort of nuclear apocalypse has taken place.

This world-building, as well as many episodes that primarily center around character development and their backstories, gives the show a more personal feel, despite the setting and characters being so fantastical.

This is Adventure Time's greatest strength, and what makes it more than just another quirky animated show. Many episodes

are as emotionally dense as they are entertaining: see episodes "Jake the Brick" and "I Remember You," among many others.

I obviously love Adventure Time. That much is obvious, and may not be necessary to mention after doing nothing but singing the show's praises. This whole article, in fact, is probably not



Zachary Meyer: Illustrator
Season eight, the second to last season of Adventure Time, has not aired and a release date is not yet known.

and watch some Adventure Time.

Maybe you're like me: you loved the

show but haven't seen it in a while. Maybe you've never seen it before. Either way, put away your homework for a few hours, boot up Hulu or some other method of streaming and binge some Adventure Time.

You're welcome.

HORRORSCOPES

By MONICA KUNOVSKY
WEB EDITOR

What each sign should be for Halloween

LIBRA (Sept. 23- October 22)



Your favorite character from a movie/TV show. Start to deck out in some Star Wars gear, or maybe dawn your best orange suit as a character from "Orange is the New Black." No need to hide your enthusiasm for your favorite show.

CAPRICORN (Dec. 22- Jan. 19)



A practical costume seems to be in order for this sign. You could try something traditional, like a Grecian princess, a cowboy or a bat. Nothing too over the top or frilly, just something simple-- enough to get you to the party you need to be at and stay there.

ARIES (March 21- April 19)



ADVENTURE IS OUT THERE. So why not let your costume reflect that? Be the rage at any Halloween event by showing up as Indiana Jones, a Powerpuff girl or a member of the Goonies squad.

CANCER (June 21- July 22)



Simplicity is key. One item costumes would make any Cancer's heart throb. Wear a leather jacket and be the main dude from "Top Gun," put on a mask to disguise yourself for the night or simply put on a red cape and call it Superman/little red riding hood-- the beauty of costumes is that it's up for interpretation.

SCORPIO (Oct. 23- Nov. 21)



Anything you can wear black for. This could be a witch costume, cat, grim reaper-- whatever you can wear that lets you relish your mysterious ways...

AQUARIUS (Jan. 20- Feb. 18)



A nice colorful costume would be wonderful for you, Aquarius. Anything from a peacock, to a butterfly-- even a spaceman carrying around a little alien. Anything flies for you.

TAURUS (April 20- May 20)



Mother nature herself. That's all your down-to-earth-folk needs. Represent the earth and all she's got by absorbing the nature spirit. Douse yourself in fake flowers, some dirt, a garden hat and you'll be good to go.

LEO (July 23- August 22)



Something big and extravagant would appease any Leo. Make sure it extenuates the strong attributes you love about yourself. You could be a lion, or a model, a football player, Marilyn Monroe or anything just glammed out.

SAGITTARIUS (Nov. 22- Dec. 21)



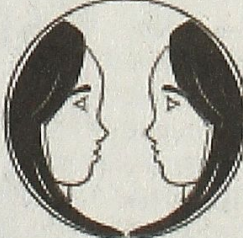
You can't go wrong with a hilarious costume: something to make light of situations or turn into a talking piece as the night goes on. Anything from a punny costume to one that comments on political characters or even a couple costume that just seems too corny and tacky to be true: it's YOURS FOR THE TAKING SAG.

PISCES (February 19- March 20)



Cute costumes are a no brainer for Pisces. Something cute and soft and comfortable, like a ladybug, bunny, princess or lumberback (hey those flannels are extra comfy...you'll thank me later).

GEMINI (May 21- June 20)



Revel in your biggest fantasy Gemini, be something you've always wanted to be; that could mean a Tiger's baseball player, Beyonce, a veterinarian or a flamingo.

VIRGO (Aug. 23- Sept. 22)



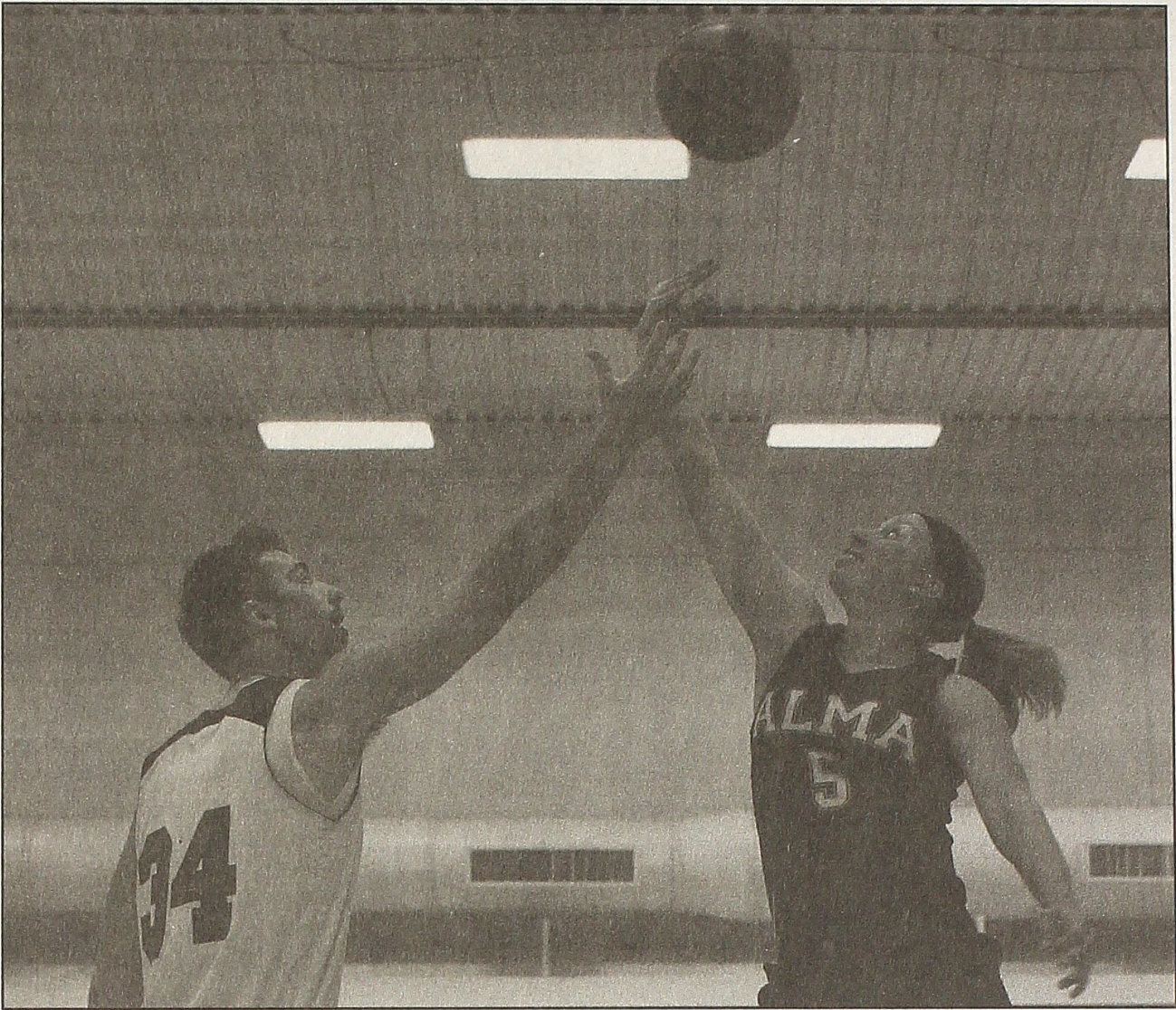
Something homemade so it can be just the way you want it and appease your perfectionist mind. DIY can be quite fulfilling too because people will see how crafty and talented you are.

Toughing the topic of Title IX

By ALINE BATAWI
SPORTS WRITER

According to Alma College's official Website, Title IX is a federal law protecting the rights of all students to equal opportunities in education, regardless of gender. It states that while Title IX is commonly viewed in terms of its relationship to athletics, it also protects students against sexual harassment and violence. NCAA's official Website defines Title IX as a federal law that states the following: "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal financial assistance." Nearly half of Alma's student body participates in athletics on campus. **Jordan Wilson ('17)** believes most athletes are not aware of Title IX and the rights they have as students.

"If something were to happen, I think most athletes wouldn't know what to do about it," said Wilson. Even as a member of Greek Life, which is required to be trained on Title IX policies, she still feels uninformed about the necessary steps it takes to file a Title IX violation report. "I don't trust the process because I know nothing about it," said Wilson. "I'd rather talk to a friend." She said that all athletes and students should be exposed to what student rights Title IX covers. If all students were informed about Title IX, then more people would feel comfortable seeking help if something were to happen, according to Wilson. "The process should be known, and awareness needs to be spread throughout our campus."



Brooks Hyble ('17) and Emma Towers ('19) square off in a tip off.

Zack Baker: Photographer

Brooks Hyble ('17) feels that without his extensive Title IX training as an R.A., he would have no idea how it is implemented. "Athletes are not extensively educated," said Hyble. "I think that's because those issues don't come up as much in sports on our campus." Hyble said that if it's affecting our campus, then we should be educated on it. There might be a general understanding of the policies, but no specifics are taught to athletes, according to Hyble. "There's almost an assumption that athletes don't do any actions that Title IX covers," said Hyble. Title IX violations do occur in athletics, however—sexual misconduct being one of them. Stanford University has been in the headlines recently for a case

of sexual assault involving one of its student-athletes, Brock Turner. Earlier this year, Turner was found guilty and convicted on three accounts of felony for sexual assault. Title IX is implemented into athletics, most commonly to provide men and women equitable opportunities to play sports. Athletic Director Steven Rackley said the main goal of Title IX in athletics is to create the same opportunities for the women as for men. "It goes to every major thing that we do," said Rackley. "Facilities, scheduling, coaching staffs, budget and publicity, all of those things." Rackley said that it should be clear that Title IX isn't just an NCAA policy—it's the law. "If you're in athletics, then you have to understand what

Title IX is and how it applies to your department," said Rackley. He added that athletes are not required to be informed on Title IX, but that is something he wants to change. "We could inform them more," said Rackley. "The challenge is that [there are] so many things we need to inform them on." Rackley and his staff are endeavoring to put together a Title IX plan to follow. For now, he encourages all athletes to visit with him if they want to become more informed. "One of the main aspects of being in compliance with Title IX is that you're expected to be making progress and improvements," said Rackley. "Our challenge is opportunities, and we have to be able to get our opportunity numbers in line, and right now

the numbers are not in line." Rackley added that his statement doesn't mean that progress isn't being made. Equal opportunity is the best thing that could have happened for sports, according to Rackley. According to Alma College's policies, Title IX training is mandatory for Small Housing and Greek Life. **Kilee DeBrabander ('17)** questions why all organizations on campus aren't trained on Title IX policies. "It should be mandatory for all students because a lot of people are not educated on it," said DeBrabander. "I don't think only Greek Life or only athletes should be trained because that makes it seem like we [are the only ones who] need it. Everyone needs it." DeBrabander said that it's not about being an athlete and being uninformed; it's about being a college student and being uninformed about what's happening on campus.

"I deserve to know what happens on this campus," said DeBrabander. "We should know in order to further protect ourselves." She said that specifics can be left out, but students on campus should be informed if a situation that violates Title IX occurs. It's in the interest of everyone's safety, according to DeBrabander. Many Alma College athletes and students believe official Title IX training would benefit their lives as college students as well as improving the lives of everyone on campus.

Title IX Info



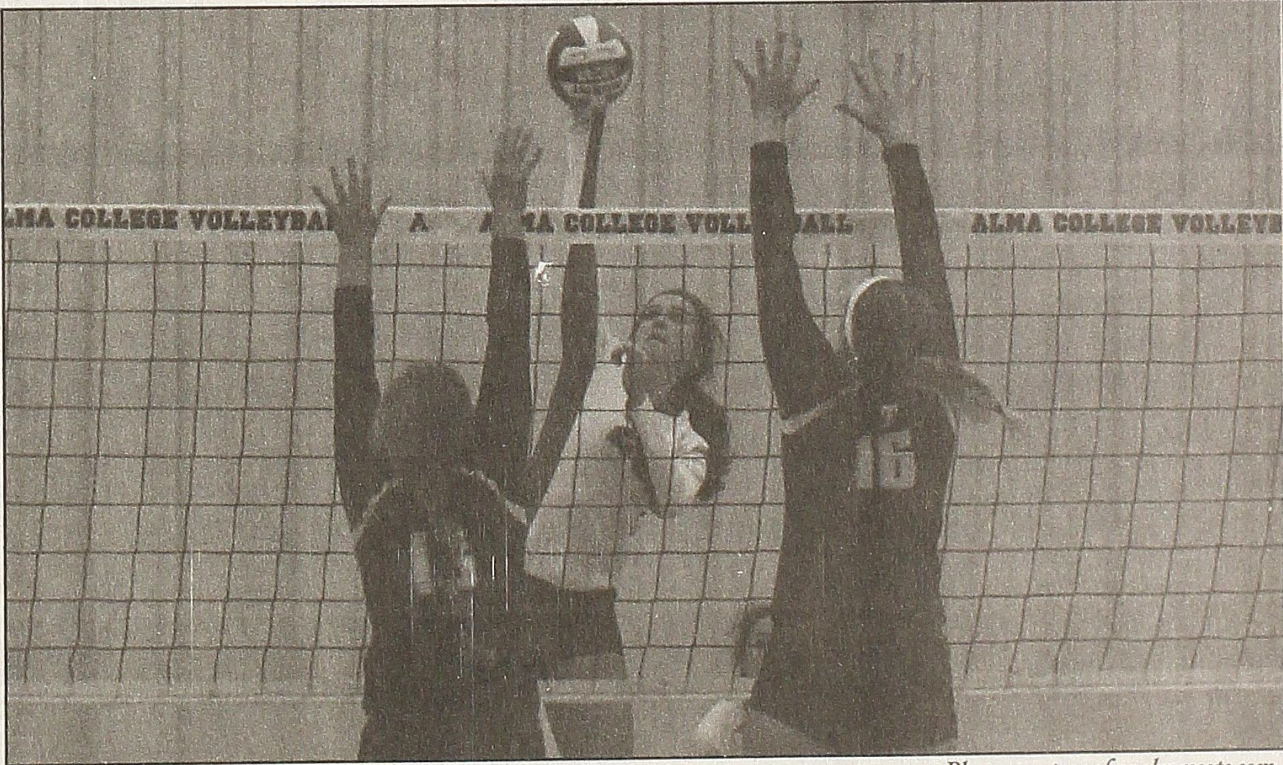
Big win, playing through adversity inspires Lady Scots

By MARY RIEGER
SPORTSWRITER

This past week has been a busy one for the women's volleyball team. The squad played five games over the course of four days; one at home in Art Smith Arena and four on the road at the University of Wisconsin - Oshkosh. After a week full of volleyball and a long trip to Wisconsin, the Scots will have some time off before they begin the second half of conference play at home on Friday, against No. 7 Hope College. At the start of their week, the Scots swept the Kalamazoo Hornets at home on Sept. 28. In set one, the Scots stayed neck and neck with the Hornets until a 16-1 run that included **Maressa Miller ('17)** serving for 11 consecutive points. Going into the second set, the Scots kept the pressure on with five aces by **Dorothy Buening ('18)** and a string of kills from **Sasha Laykova ('17)**, **Dakota Pelach ('18)**, **Anne MacNeil ('17)** and **Kendall Sells ('17)**. The third set was very competitive throughout, with both teams keeping within two to three points of each

other. The Scots gained momentum and jumped on an 8-2 run and finished out set three with a 25-19 win. This win was a pivotal point in the season. The game against the Hornets was the final contest in the first round of conference play for the Scots. "We played as one unit and had fun doing it," said MacNeil. Going into last Wednesday night, the Scots were 2-5. Now 3-5, the Scots are aiming to build on their success. "We see this as a turning point in our season. The second half of conference play is here and the win against Kalamazoo will help the team carry a strong mentality through the rest of the season."

Laykova led the team in kills, tallying 10 to add to the Scots' convincing win. **Katie Bush ('19)** also had a standout game with a hitting percentage of .600, six kills on 10 attempts. Buening led the team with digs with 10 against the Hornets. Miller led the team with paced assists. Last Friday, the Scots made the long bus ride to Oshkosh, Wis. for four games, two of them being against nationally ranked teams. The Scots started out with a match against No. 19 University of Wisconsin-La Crosse.



Anne MacNeil ('17) spikes the ball.

Photo courtesy of goalmascots.com

Buening led the team in kills and digs. **Georgia Miller ('20)** posted a .300 hitting percentage against the Eagles. The Scots were swept by LaCrosse for the first game of the invitational. For the second game of the night, the Scots took on the home team, No. 23 University of Wisconsin-Oshkosh. Buening led the team with a hitting percentage of .214. Alma was swept in three straight sets by the Titans. The Scots took on the Carthage College Lady Reds for the first

game on Saturday. The contest was dropped in three despite great looks and adjustments from the Scots. For the second match of the day, the Scots found themselves in a battle with the Edgewood College Eagles. Laykova led the team with 15 kills and 19 digs while Pelach led the team in assists with 25. "This past weekend in Wisconsin was a chance for us to see great competition," said **Molly Lark ('17)**.

"Though the record does not reflect our performance accurately, we played some extremely great volleyball and learned a lot about ourselves as a team to carry over into the second half of conference play." "This weekend, we saw what we are capable of against nationally ranked teams," said **Madison Smith ('17)**. "I'm excited to see how the team will bring the experience of the weekend into the remainder of the season to push towards the conference tournament."

Non-athletes stay active through winter

By **EMILY KROLEWICZ**
SPORTS WRITER

Exercising during the upcoming snowy months is important for mental and physical health and the Stone Center for Recreation and clubs provides students and staff a host of opportunities to do so.

With 18 intramural sports from floor hockey to sand volleyball and dodgeball, students can sign up individually or as a team and play any sport they desire.

"We want to try to help people pursue any recreational interest they may have," said Tammy Rees, director of campus recreation and conferences.

The Rec Center doesn't just offer intramural sports. There is a fitness room and a multipurpose room that students can utilize. There are hosted organizations like Climbing Club and Ultimate Frisbee Club.

The Frisbee Club has seen a lot of new interest this year.

"We typically get 10-14 people, which works out nicely to play games of 5 vs 5 up to 7 vs 7," said Captain **Brian May ('18)**. "At our orientation event this year we had over 70 participants."

The club meets every

Tuesday and Thursday at 6:30 p.m. and Saturdays at 2 p.m. in front of the Rec Center. If it's a particularly beautiful fall day, drop-in game information will be posted on their Facebook page, "Alma College Ultimate Frisbee."

"Try it out once or twice because it is a really good time and a great way to get some exercise," said May. "We are more than happy to teach new

"At our orientation event we had over 70 participants."

players the game."

Yoga and Zumba classes are also offered through the Rec Center.

"We've had more interest in yoga since they've moved the classes to the new wrestling room in Hogan," said Rees.

There are several different yoga sessions to choose from—gentle yoga takes place on Mondays at 12:15 p.m., vinyasa yoga is Tuesdays at 8 a.m. and a split vinyasa/meditative yoga is on Thursdays at 8 a.m.

"Yoga helps teach a person to focus on one thing at a time, as well as get their mind and body to a state of calm," said yoga instructor Stacey Graham. "It is a physical workout and a mental practice



Luke Bent ('17) passes the disc.

Zack Baker: Photographer

combined into one."

In collaboration with the Health and Wellness Center, the Rec Center is able to provide these classes free of charge.

Adventure Rec is another

program offered by the center. Staff and students can rent fat tire bikes, kayaks and hammocks for daily use.

Ski trips and white water rafting are more recreational

activities the Rec Center plans for students. The white water rafting trip will take place over fall break. There are 22 available spots and sign-up starts today.

The rebirth of swimming and diving team

By **PAIGE HUEBEL**
SPORTS WRITER

Training for Alma's swimming and diving team began last week to prepare for its first meet on Oct. 14 at Saginaw Valley State University.

It looks like a totally new team this season for the Scots.

"The teams, both guys and

girls, have a special rebirth this season," said Captain **Emily Price ('17)**.

Price went on to explain that the girls' team has had a jump in numbers going from a squad of six women to one of at least 13 competitors.

The increase in team members has allowed for the team to start a JV squad. This is the first time the swimming and diving program has ever been able to do this.

Eric Ferrara ('18)

explained the growth on the men's side as well.

The squad last year had only two members and has grown to seven this year.

"I believe that having a bigger team will help our season a lot this year," says Ferrara.

He explained that the guys have a blend of both newcomers and experienced swimmers.

He made the remark that there are more veteran swimmers than there are not and that the newer swimmers

are improving very quickly.

Both Price and Ferrara explained what the team has been doing to prepare for its season.

Members have been weight lifting every Monday, Wednesday and Friday. They have also been swimming every afternoon during the week and on Tuesday and Saturday mornings.

They have been focusing a lot on technique and drill work. As they get those

aspects perfected, they are increasing the distance they swim as well.

"The men and women practice and do everything together, and it helps create a better team chemistry," explained Price.

She explained that the mix of men and women create a special bond on the team. The teams really get to know each other well over the course of the season and have a special relationship.

Student athletes create their own voice in NCAA

By **JOELLE FISHER**
SPORTS WRITER

Student athletes of all divisions are given the opportunity to shape the landscape of intercollegiate athletics through the Student-Athlete Advisory Committees (SAAC).

SAAC was formed by the National College Athletic Association (NCAA) in hopes of providing its student athletes with a voice in the NCAA at the campus, conference and

national levels.

The overall mission is to enhance the experience by promoting opportunity, protecting student-athletes' welfare and fostering a positive student-athlete image.

The Alma College SAAC consists of at least two athletes from each sports team and an executive board.

The group is led by President **Miranda Kruse ('17)**, alongside Assistant Athletic Director Sarah Dehring, as well as the Head Cheer and Stunt Coach, Michelle Sabourin.

These student athletes and officials work tirelessly to create the best experience possible for all.

Some of the events put on by SAAC throughout the year include hosting inspirational speakers, Throwdown in A-Town, Jock Rock and the Scotty Awards.

"Nothing in athletics is better than having a support system made up of hard working student athletes who are motivating each other to be the best version of themselves," said Kruse.

"Joining SAAC my sopho-

more year was truly one of my best decisions as a student here at Alma."

Dehring is also very involved and passionate about this organization.

"SAAC gives our student athletes the opportunity to give more to our Alma campus and community," said Dehring. "They play a huge role in the dynamics of our athletic department."

Some of the functions of SAAC that Dehring highlighted include supporting each other as student athletes, encouraging involvement in the

community, assisting the department in reviewing policies and procedures and creating collaboration across the campus.

Throwdown in A-Town will be hosted by SAAC on Oct. 21. Anyone and everyone is welcome to wander to Art Smith Arena to cheer on the program in its home game against Saint Mary's College.

Following this match, Throwdown in A-Town will be in full swing, engaging the community and students in a fun-filled evening.

Homecoming sports bulletin loaded with events

Weds Mens Soccer at Adrian 7p.m.

Fri Women's Golf at Olivet College 1 p.m.
Men's Golf at Battle Creek Country Club 1 p.m.
Women's XC at Lansing Invitational 1:30 p.m.
Men's XC at Lansing Invitational 1:30p .m.
Women's Volleyball at home vs. Hope College 6:30 p.m.

Sat *Homecoming

Men's Golf at Battle Creek Country Club 10 a.m.
Women's XC at Lansing Invitational 10 a.m.
Women's Bowling at Columbia 300 Western Shootout
Women's Volleyball at Olivet College 11 a.m.
Women's Soccer at home vs. Albion College 11 a.m.
Men's Soccer at Hope College 7 p.m.
Football at home vs Hope 1:30p.m.

Sun

Women's Bowling at Columbia 300 Western Shootout

