

# Quarter of Alma registered, ready to vote

**HANNAH KING**  
 CAMPUS EDITOR

Due to the work of Alma College's political activists, the polls will be flooded with maroon and white. Students and faculty from various parties, organizations and classes came together for the upcoming election. Through their efforts, an estimated 23.6 percent of Alma College students registered to vote.

The leader of Alma's Rock the Vote movement, **Madison Kraning ('18)** turned in 216 registration forms. Every Thursday evening, Kraning was in the Hamilton Commons lobby with registration forms and information about voting.

"My goal was to get 100 students registered, so I am very impressed and proud," said Kraning. "Yes, some people did not support Rock the Vote. One person told me that the whole project is stupid and that I was wasting my time. But I am extremely happy with the work that my friends and supporters and I did."

Kraning was not alone in the movement of student empowerment. Anyone in a sociology class taught by Jonathan Arlt this semester was likely to learn much more about voting than expected. Arlt made any form of political activism (including registering to vote) extra credit in his classes and in a few of them, he trained students on how to register others.

Altogether, Arlt turned in 115 forms for Alma College students in a two week time period. He trained his task force—four classes worth of students—on talking to others about registering to vote in the most politically correct and effective way.

His classes broke into groups and dispersed throughout campus; Joe's, Starbucks, Hamilton Commons and Mac Mall constantly hosted these canvassers for 14 days before the end of registration.

"That close to the final

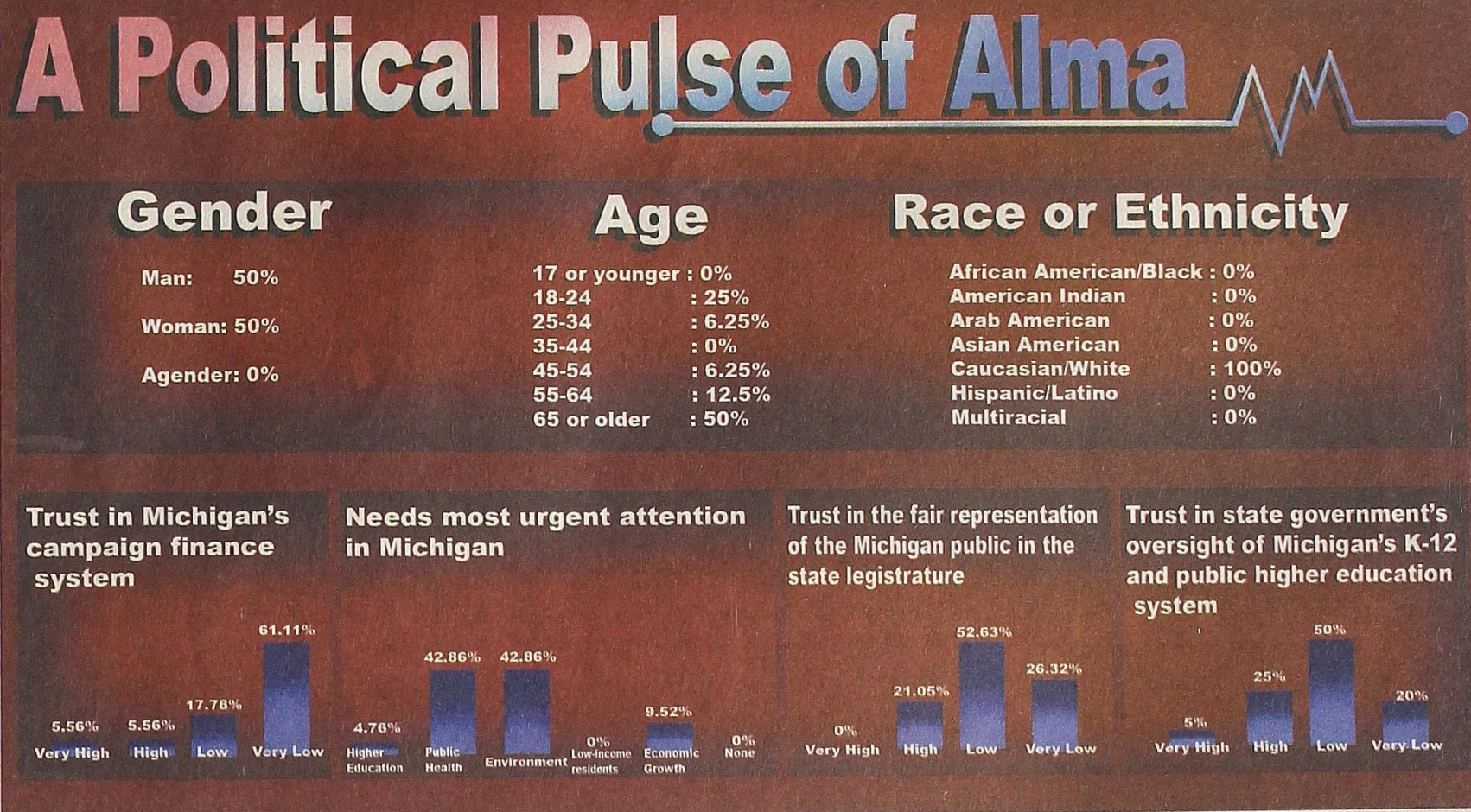
## Exchange students: how they found Alma

**NAJELLE GILMORE**  
 FEATURES EDITOR

Here in the U.S. you can meet people from at least three different continents: Asia, Europe, and South America, according to Chih-Ping Chen, professor of English and advisor of Alma's international club.

Diversity on campus "can help dispel a lot of stereotypes and increase understandings of actual culture," said Chen. "International and American students can learn from each other."

There are two major types of international students on campus. There are those in a two-year program and others who come for all four years. Both of these groups are represented at Alma.



Zachary Meyer: Illustrator

Above: Two weeks ago citizens of Alma were surveyed on their trust in government by the Center for Michigan's Community Conversation campaign. The 21 participant pool surveyed was small and consisted of only two Alma College students. Still, these results seem to accurately capture the values held by residents outside of the college and their concern over Pine River pollution issues.

Right: Quick tips on voting.

registration day is an extremely hard time to get students to fill out the forms," said Arlt. "Most are either already registered or have made up their minds about not voting. But there is another group of students who just need a little encouragement."

Arlt also teaches at Central Michigan University and he registered 1,100 people to vote with the help of his students in Mt. Pleasant. While this number seems unbeatable, Arlt remains loyal to and impressed by Alma students.

"This year, I have unexpectedly invested much more time in my Alma students than my students at CMU," said Arlt.

"Alma students care. I held a Get Out the Vote event in Mt. Pleasant and invited all of my students in Mt. Pleasant and Alma to come volunteer to register people. Two people from Central came and 11 students from Alma drove 20 minutes to help their

neighboring college."

Arlt believes voting to be one of the most important rights that we have as Americans. He even told of a time when he pointed a Ted Cruz supporter in the direction of his polling location just so that a voter could exercise these rights, despite the fact that Arlt was against Cruz.

When asked what politically interested students can do to stay involved and engaged after the election, Kraning and Arlt both had similar advice.

"First of all, keep up to date," said Kraning. "Watch and read the news. Find a problem that you care about and take action. Work on campaigns, make plans, and you can make a difference."

"The real work starts on November 9," said Arlt. "There are so many projects that should be expanded, and everyone cares about something. Find that thing, learn about it, put your knowledge to work and get sh\*t done."

**KNOW WHEN TO VOTE**

- TUESDAY, NOVEMBER 8
- 7AM - 8PM
- "DON'T BE LATE." - PRESIDENT OBAMA

**KNOW WHERE TO VOTE**

- IF YOU ARE REGISTERED IN ALMA:
  - THE FIRST PRESBYTERIAN CHURCH 495 CHARLES AVE (SEE MAP BELOW)
  - IT IS A 10 MINUTE WALK AND WE COULD ALL USE THE EXERCISE
- IF YOU ARE REGISTERED ELSEWHERE:
  - GO TO [mi.gov/vote](http://mi.gov/vote) TO GET YOUR POLLING LOCATION

**KNOW YOUR RIGHTS**

- IF YOU DO NOT HAVE A STATE ID/DRIVERS LICENSE:
  - DON'T WORRY, YOU DO NOT NEED ONE
  - ASK FOR AN AFFIDAVIT

**KNOW THE RULES:**

- DO NOT TAKE A PICTURE OF YOUR BALLOT, A PICTURE OF YOUR POLLING LOCATION, OR A SELFIE WITH THE GUY BEHIND YOU IN LINE. NO PICTURES AT THE POLLS.
- DON'T WEAR A DONALD TRUMP HAT. DON'T WEAR A HILLARY PIN. NO PARTISAN LABELING AT THE POLLS. YOU CAN WEAR A PANT SUIT THOUGH.

### How they found Alma

"My English professor in Japan graduated from Alma," said **Tiago DeMesquita ('18)**, an international student from Brazil. "I was living in Japan with my family and I met this professor."

DeMesquita says he was thinking about applying in Australia to study but then his professor encouraged him to apply to Alma first. "I felt like this would be a good opportunity and I've always wanted to come here" said DeMesquita.

"At the Tigang Foreign Studies University (China) there is an agent who created a program between my university and Alma that connected us" said **Maggie Zou ('17)**.

Zou says she is the first student from her university to take part in the program. She took two years of university in China and then came here to finish the other two

years.

"I was first introduced to Alma College during my exchange year here in Michigan back in 2012" said **Fernanda Melo ('18)**. "My host sister was a student here and I came to watch her Highland dance!"

### How Alma found them

Jim Crawley, director of global recruitment and partnerships, is a recent addition to administration and helps to bring international students to Alma.

"I go overseas and visit high schools and do college fairs," said Crawley.

Typically the foreign schools that students are recruited from are English speaking and pretty rigorous, according to Crawley. Despite the cultural difference, the process is basically the same as recruitment in America.

"Our objective is to bring

those who want a good, quality education and who seem to be a good fit at Alma," said Crawley. "I think that students should get to know the international students and check out all of the study abroad options."

### What they hope to gain

DeMesquita said he feels like he made good connections and friends here.

"New Media Studies is something that is not available at home," said Zou. "This program allows students to major in communications or new media studies, which I cannot do at home."

"Unfortunately, Brazil is a country that lacks a good educational system and school infrastructure" said Melo. "For that reason, I chose to seek a bachelor's degree abroad."

Melo says she understands that there are flaws in educational

systems all over the world, but the one in Brazil definitely needs immediate improvements.

"A good educational background and lots of hands-on experience is what I expect to get here" said Melo. "I plan on staying in the U.S.A. after school as well."

### What they miss most

"I miss Brazilian barbeque" said DeMesquita. "There is not a day I go to SAGA without thinking about Brazilian food. I would literally pay \$100 for it right now."

DeMesquita said he misses his family and having lunch and dinner with them because it is something they have always done.

**Join Multicultural Student Union**  
**SAC 104**  
**Thursdays 8 p.m.**



## Facilities responds to parking complaints

By ROSE CYBURT  
STAFF WRITER

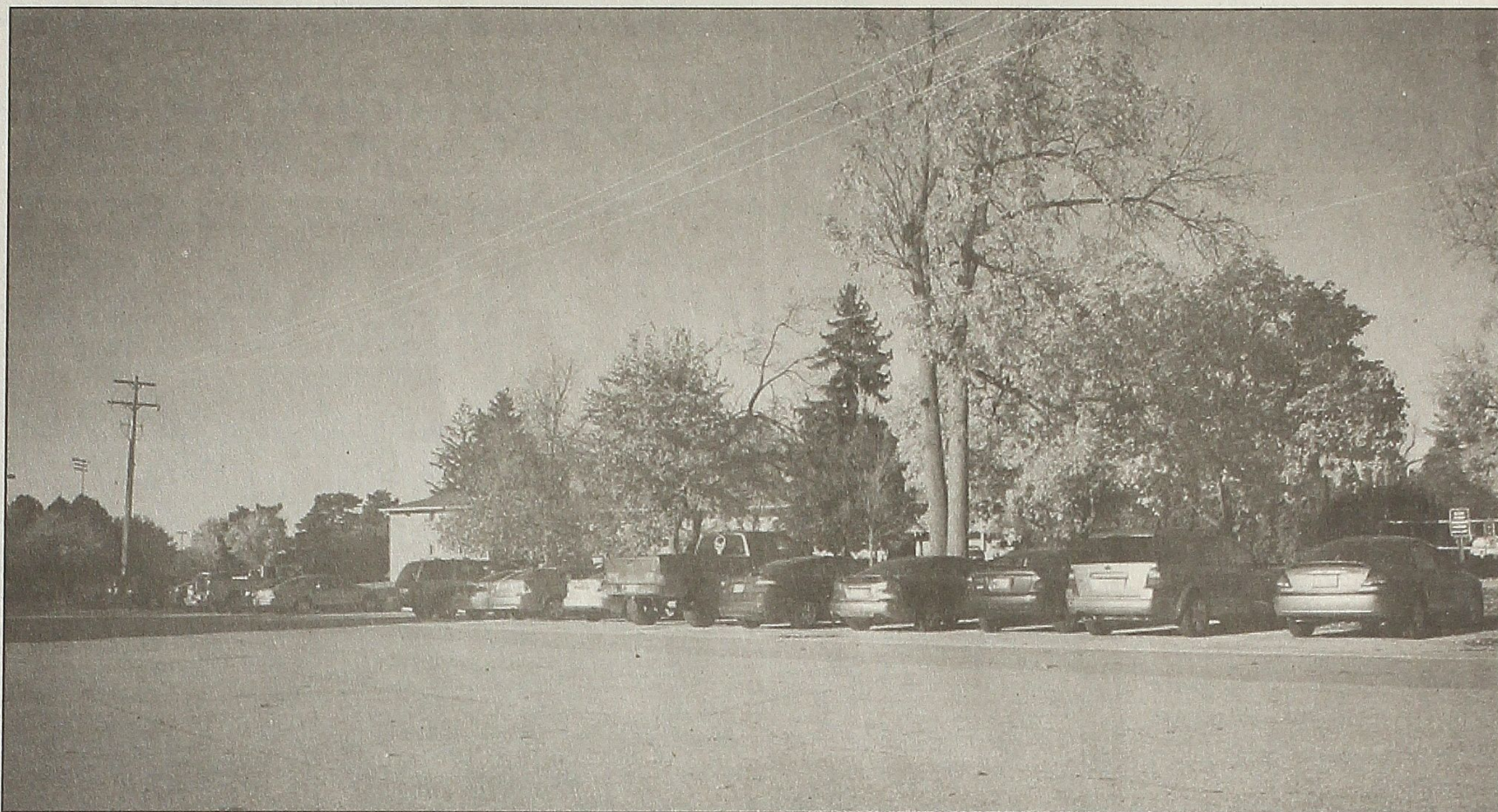
Starting in April, students are able to start applying for parking permits for the following school year. Based on previous years, it is common for about half of the students to bring their cars to campus. There are 738 available parking spots on campus and another 59 at the Presbyterian Church.

Over the past couple of years Alma College has been able to add more parking lots and spaces. The Facilities and Service Management department expanded parking where the Tau Kappa Epsilon house burned down and where the old facility building used to be.

The college is continually adding parking to accommodate the students. "Who knew we were going to have this size incoming class," said Nancy Harger, office supervisor of Facilities and Service Management. "We of course didn't."

There has been talk around the campus about complaints with parking. Most don't seem to be filed formally or go to campus security. In fact, Doug Dice, the director of facilities and service management, said he receives very few complaints and hasn't even heard most of them from this year.

One problem students have mentioned is the price of the



Doug Dice, director of facilities and service management, shared during a Student Congress meeting that the school is considering converting a grassy lot behind the MacCurdy House into additional parking for next year.

permits being expensive. They are typically small comments or side remarks about having to pay over two hundred dollars to park on the other side of campus or not being able to find a spot in the parking lot they paid for.

"The parking situation is a mess," said Hailey Vollmer ('20), a freshman who is continually searching for a space in the silver lot. "It seems as if they have sold more parking permits than there are spaces."

Harger said the college hasn't oversold permits. When issuing permits, there were only five students who were unable to receive a spot due to lack of space. Harger was able to give them spots by the soccer field though.

So how did the rumors start that the school has oversold parking permits? "We hear it every year, but we never oversell," said Dice. Once the spots sell out, there is a wait list in case students leave to study abroad, graduate

early or other circumstances where spots free up.

Harger explains that students come in and say that they haven't bought a permit, but they brought a car to campus. At that point, Harger said she can't do anything. "The biggest problem is they wait too long," said Harger.

The idea that there aren't enough spots isn't completely false. Starting last summer, the city blocked off Superior Street with road construction, but also

eliminated significant amounts of parking.

Going into the school year, part of silver parking was still blocked off. Harger made a point of saying that silver parking students were able to park in part of the staff lot until the other spots were available. No complaints were brought to Harger, she said, about there being issues when students were no longer able to park in what they thought was all silver parking.

## Starbucks proves financial success

MICHAELA HOYLE  
STAFF WRITER

For anyone who is not a first-year student, the transition from Stucchi's to Starbucks may have been a big change – especially given that it was from a local shop to a big name chain. Stucchi's was shut down for financial reasons.

Walking into Starbucks, one can immediately tell the difference between it and what Stucchi's had been. Sodexo had the place remodeled – now, there are wood-paneled counters and crisp, modern edges to the décor. Additionally, the seating area has acquired some cushier seating and low-hanging lights, as opposed to Stucchi's diner feel.

"At first, there were some skeptics about Stucchi's leaving, but it was very short lived," said Gary Brown, the operations manager for Sodexo here on campus. "Starbucks has proven to be more successful than what anyone had anticipated."

While the freezers of ice-cream are no more, they have been replaced with things like dessert loaves, cake pops, sandwiches, imported citrus drinks from Italy—and, of course, bags upon bags of coffee beans, along with a menu full of specialized drinks, hot and cold. Brown said that customer traffic and sales have been exponentially growing each week.

This corroborates with talk on campus; several students said they have appreciated having a nearby place to get their caffeine fix—particularly since they take Munch Money. Consumers at the Alma Starbucks are not limited to students.

"We do get slightly more business from the Alma

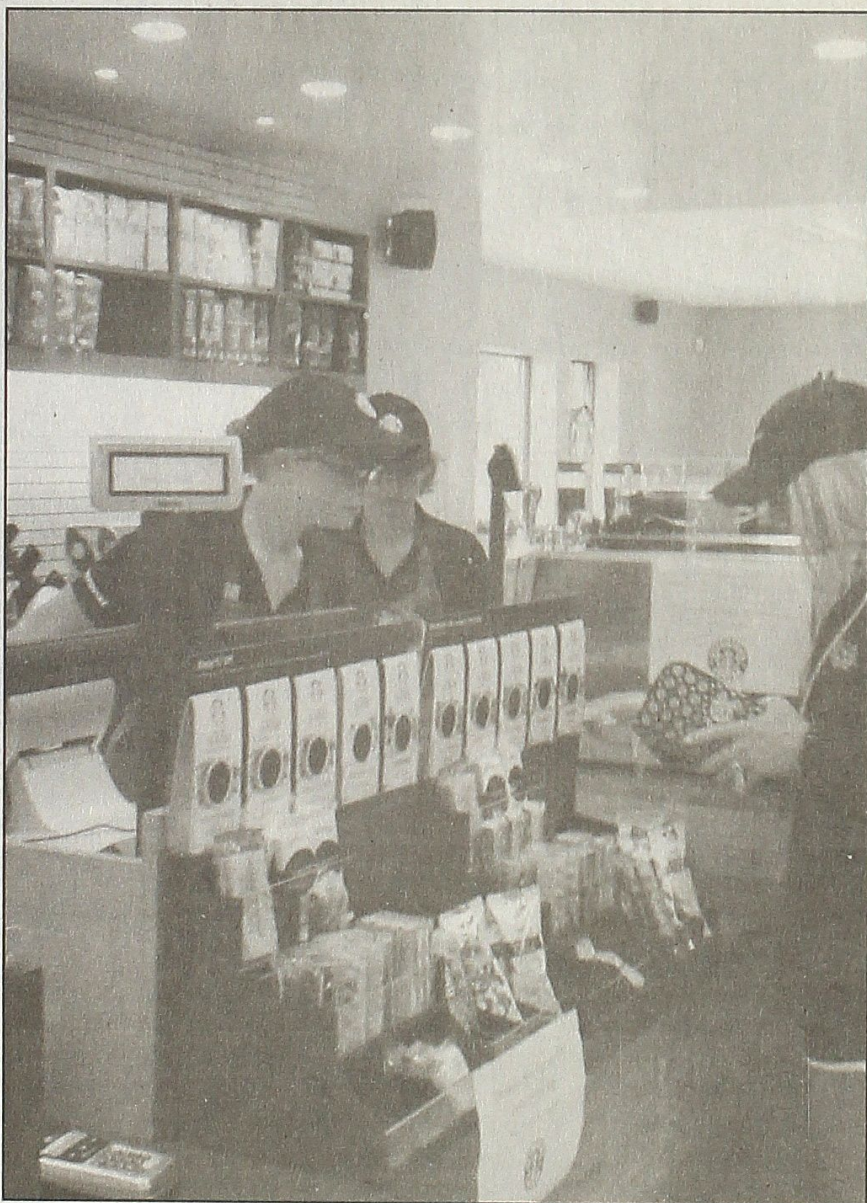


Photo Courtesy of Alma College Bookstore

**Beginning Nov. 14 Starbucks' hours will change to 6:30 a.m. to 8 p.m. on weekdays and 8 a.m. to 5 p.m. on the weekends.**

community, which is great," said Brown. "That means that we are building up the relationship between Alma College and the Alma Community."

Starbucks is famed for its seasonal drinks.

Autumn, of course, brings with it pumpkin spice—a ubiquitous flavor, and a best seller at Starbucks. But perhaps more important, as far as sales go, is what is coming soon.

"Right now, we are gearing up for the holiday season," said Brown. "It's Starbucks' busiest

time of the year."

Taking into account the customer feedback officials have received, Starbucks' hours will change on Nov. 14. Doors will be open from 6:30 a.m. to 8 p.m. during the week, and 8 a.m. to 5 p.m. on the weekend.

If you are curious about visiting to see things for yourself, Starbucks' current hours are 7 a.m. to 9 p.m. and the walk from campus isn't far at all. If you aren't immediately sure what to get, Brown personally recommends the Chile Mocha.

Green Party 4th congressional candidate Jordan Salvi believes the country is too focused on money as motivation. He was born and raised in Saginaw, which he says gives him firsthand experience with the corruption of multinational corporations. Salvi promotes education as path to reach a better economic future.

**Q.** How do you think the youth would respond to being automatically registered to vote?

**A.** It wouldn't be a big controversy; it would actually be easier. Most people worry about the hassle of registering by the deadline so they end up not registering at all. Being forced to register yourself is an unnecessary barrier for an important right as a citizen. If people don't like it and don't want to be registered, they can be unregistered.

**Q.** How would you respond to the issues of open healthcare? For example, the long waits in Canada.

**A.** If you talk to the Canadians, a vast majority of them love the health care system. They would prefer to wait hours than to never receive the care they need at all.

**Q.** Do you agree with Obamacare?

**A.** Not necessarily, because there are problems with Obamacare. Health insurances are focused on making a profit when the focus should be on a healthy nation. The Affordable Care Act tries to force insurance companies to go along with free healthcare instead of adapting them to nonprofits that aren't corporations.

**Q.** If you can't legalize marijuana, how would you plan on reforming the criminalization of it?

**A.** I would try to decriminalize it. East Lansing

## One last Q&A

By ROSE CYBURT  
STAFF WRITER

is headed in the right direction because the laws against marijuana are unnecessary.

**Q.** How would you handle the people who have already been convicted of marijuana use?

**A.** I would implement retroactive reverse conviction. There shouldn't be a prison sentence for something so minor, especially since there isn't for alcohol or tobacco products. Even moreso it doesn't harm anyone. Marijuana legalization in Colorado has led to nothing but good things: the state receives taxes on it and people are generally happier.

**Q.** How would you respond to people who say voting third party is a wasted vote?

**A.** With the current voting system, that statement is true. The way the system works now is that the majority wins the entire thing, but this needs to change because the results are usually someone that no one likes. Third parties typically do better in local elections because they are able to go out and interact with the citizens, but in the larger elections it is almost impossible for third parties. We need to change the voting system to rank choice voting. This will give people a real voice instead of choosing someone who almost kind of resembles their views.

**Q.** Do you believe in free college education?

**A.** The government should offer free college, but it would be a lot different. Colleges would need to become more focused on education instead of sports or outside organizations. It is possible and necessary to change the system which will also help prevent the abuse of free college. Jobs today require more skills and knowledge making it almost impossible to get a job with only a high school degree.



# Mni Wiconi: water is life

By ABIGAIL FERGUS  
EDITOR-IN-CHIEF

President Obama said he and the military are looking into whether Enbridge’s Dakota Access Pipeline could be rerouted. In the meantime, the Standing Rock Sioux are protesting as their ancestors’ graves are being hauled away and as their bodies are being covered in rubber bullets and pepper spray.

I was among a dozen Alma College students who traveled to Lansing last Saturday to stand with Standing Rock. We learned, danced and sang in solidarity and we were encouraged to spread what was experienced on that day. Here is what I have to share:

### Water is Life

Mni Wiconi means “water is life” in Anishinaabemowin. It’s obvious that we can’t drink oil. It’s obvious that both water infrastructure (Flint) and oil infrastructure (Enbridge in Kalamazoo) are failing. It’s obvious that we’ve allowed ourselves to rely on oil. But it’s also obvious that we need water, not oil.

It may not be apparent that minorities such as American Indians suffer the most from pollution, but they do. It may not be obvious, even if you’re alright with minorities suffering the most, that pollution is coming for you too, but it is. You’re just as vulnerable to that death.

Water is a cycle and its contaminants will come full circle. We, like the earth, are



Domenica  
DallaVecchia:  
Photographer

Thousands of people gathered in Lansing last Saturday to protest the Dakota Access Pipeline and the oppression of native peoples.

primarily water. Whether out of ethical or capitalist logic, water should be prioritized over oil. Human lives should matter more than pipes that flow with liquid money.

### Stand together

Individual instances of human rights violations and environmental threats may be forgotten or outright ignored. Coverage of Flint has waned. Few outside of the town speak of Velsicol’s continued damage to St. Louis. Enbridge’s Line 5’s existence is permitted despite the largest inland oil spill occurring, thanks to Enbridge, in Kalamazoo.

Together, though, we can advocate, raise h\*ll, educate and fight for our shared interests: health, rights, environment, water. We can’t rely on big media or the government. Both those entities need to be torn away from their loyalty to money.

Alone, communities being choked and drowned in pollution can’t force media and government to serve people. Together, these communities have great power. As we joined in Lansing, groups in Standing Rock raised prayers in solidarity with us.

### It doesn’t end at the voting booth

So many people pin all of their hopes or fears on one presidential candidate. The candidates for the two unfortunately major parties both have gruesome track records and combined drag a body bag of war, deaths, sexual assault and corruption.

This isn’t meant to dissuade you from voting tomorrow. It’s meant to hold you accountable. First, go vote for whomever you believe will be more malleable to citizen input. Not interest

groups, not money—people.

Second, do something.

So much energy is spent on yelling and fear and hate over two people in this 318.9 million person country. There’s far more you should be doing before and after exercising your right to vote. Petitioning and protesting for issues such as Standing Rock is only part of an innumerable list that also includes: calling your senators and representatives, raising funding for a cause, demanding attention for an issue, following the news on political, national and global issues, educating others, educating yourself.

More specifically you can:

- 1) Attend Pine River Superfund Citizen Task Force meetings.
- 2) Take a political science class.
- 3) Go to Student Congress.
- 4) Find a cause you care about and petition or protest for it.
- 5) Learn about a Ojibwe culture by visiting the Ziibiwing Center.

# Conor Oberst goes quiet and reflective on “Ruminations”

By ZAC CAHILL  
THOUGHTS EDITOR

I never really cared much for Bright Eyes. Sure, “I’m Wide Awake, It’s Morning” is a solid album, but despite this I never really jumped on board with their particular brand of indie-rock-pop-emo-whatever.

One thing that always intrigued me about Bright Eyes, however, was the songwriting ability of Conor Oberst. Anchoring many of the better Bright Eyes songs were his nasally emotional vocal delivery and unique song topics.



Zachary Meyer: Illustrator

Conor Oberst’s “Ruminations” is a quiet, deeply felt folk album. Use this QR code to listen for yourself.

lines on the entire record. Oberst describes being plagued with nightmares, as well as vaguely alluding to themes of anxiety, drug use and alcoholism.

From here, the album is almost entirely downcast. Songs like “Gossamer Thin” and “Counting Sheep” are prime examples of Oberst’s knack for writing deep characters that also look deeper into his own psyche. “Gossamer Thin” does this especially well, as Oberst describes a character—very obviously based at least somewhat on himself—dealing with drug addiction and an entourage of bohemians that surround him, enabling him in his depression. His descriptions feel intensely poetic, combining the personal with broader themes.

The only song that feels even remotely upbeat is “A Little Uncanny,” a track that combines fast guitar chords with staccato bursts of harmonica to create a

much-appreciated exciting bit of music at that point in the album. The lyrics are also top notch, featuring some of the most nostalgic lines of the album, as Oberst looks back on prominent figures who he saw during his younger years (the two main ones being Jane Fonda and Ronald Reagan). A personal favorite section is a couple verses expressing disdain for Ronald Reagan, ending with “but it’s a little uncanny/what he managed to do/got me to read those Russian authors through and through.”

“Ruminations” is not without its issues, however. Despite being relatively short (clocking in at just under forty minutes), the album’s simple premise may turn off some listeners. It also makes certain parts fail to stick out after only a couple listens.

Songs like “Mamah Borthwick (A Sketch)” and “The

Rain Follows the Plow” sit in the middle of the record, and certainly feel like a slumping point.

Despite this, the last four tracks do not disappoint in the slightest bit, bringing the album to a satisfying (albeit depressing) close. “Next of Kin” and “You All Loved Him Once” are crushingly sad, and contain some of the most compelling characters of the album.

“Next of Kin” has Oberst reflecting on death, moving to different topics surrounding death with each verse. One finds him imagining calling someone to notify him that his wife has been killed in a car accident.

In another verse he looks on his own life and fame, singing “you get too drunk and you can’t perform/ something dies when a star is born/I spread my anger like Agent Orange/I was indiscriminate.”

The record closes with my personal favorite song: “Till St. Dymphna Kicks Us Out,” an almost optimistic sounding piano ballad in which Oberst sings about being in a bar with another individual or small group, drinking until the titular St. Dymphna kicks them out (it is worth noting that St. Dymphna is the patron saint of those suffering from nervous and mental afflictions). It is a beautiful song, one which closes the album on a perfect note of cautious optimism.

With “Ruminations,” Oberst has certainly achieved something noteworthy. He has crafted a quiet, introspective album that channels Elliot Smith (one of my personal favorite songwriters of all time) and Bob Dylan (who I also hear is quite talented) even if it feels a little one-note. If you like folk, or being depressed, give it a listen.

VOLUME CXI ISSUE VIII  
THE ALMANIAN

“ALMA COLLEGE’S STUDENT-RUN NEWSPAPER, SERVING THE COMMUNITY SINCE 1907.”

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



Map of Alma area showing streets and numbered locations 1-8 for Dial-A-Ride service.

1. Hospital  
2. Meijer  
3. Walmart  
4. Alma  
5. 7-11 / Starbucks  
6. Alma Library  
7. Riverside Park  
8. Farmer's Market

Ask about other pick up and drop off options to get to alternate destinations such as the dentist office: 463-6016

**DIAL-A-RIDE**

Students can now use their IDs to get free rides to various locations around Alma. Call (989)463-6016 with any questions about the new service, which picks up at both the Newberry parking lot and Starbucks.

<b>1. Hospital</b> 1. 10:30 am 2. 11:23 am 3. 12:13 pm 4. 1:03 pm 5. 1:53 pm 6. 2:43 pm 7. 3:33 pm 8. 4:23 pm 9. 5:13 pm 10. 6:03 pm 11. 6:50 pm	<b>3. Walmart</b> 1. 10:42 am* 2. 11:32 am 3. 12:22 pm 4. 1:12 pm 5. 2:02 pm 6. 2:52 pm 7. 3:42 pm 8. 4:32 pm 9. 5:22 pm 10. 6:12 pm 11. 7:02	<b>5. 7-11 / Starbucks</b> 1. 10:57 am 2. 11:44 am 3. 12:37 pm 4. 1:27 pm 5. 2:17 pm 6. 3:07 pm 7. 3:57 pm 8. 4:47 pm 9. 5:42 pm 10. 6:27 pm 11. 7:17 pm	<b>7. Riverside Park</b> 1. 11:02 am 2. 11:52 am 3. 12:42 pm 4. 1:32 pm 5. 2:22 pm 6. 3:12 pm 7. 4:02 pm 8. 4:52 pm 9. 5:42 pm 10. 6:32 pm 11. 7:22 pm
<b>2. Meijer</b> 1. 10:39 am 2. 11:29 am 3. 12:19 pm 4. 1:09 pm 5. 1:59 pm 6. 2:49 pm 7. 3:39 pm 8. 4:29 pm 9. 5:19 pm 10. 6:09 pm 11. 6:59 pm	<b>4. Alma</b> 1. 10:54 am 2. 11:44 am 3. 12:34 pm 4. 1:24 pm 5. 2:14 pm 6. 3:04 pm 7. 3:54 pm 8. 4:44 pm 9. 5:34 pm 10. 6:24 pm 11. 7:14 pm	<b>6. Alma Library</b> 1. 11:05 am 2. 11:55 am 3. 12:45 pm 4. 1:35 pm 5. 2:25 pm 6. 3:15 pm 7. 4:05 pm 8. 4:55 pm 9. 5:45 pm 10. 6:35 pm 11. 7:25 pm	<b>8. Farmer's Market</b> 1. 11:08 am 2. 11:58 am 3. 12:48 pm 4. 1:38 pm 5. 2:28 pm 6. 3:18 pm 7. 4:08 pm 8. 4:58 pm 9. 5:48 pm 10. 6:38 pm 11. 7:28 pm

\*10:39 am on Tuesdays

HOROSCOPES

By MONICA KUNOVSKY  
WEB EDITOR

General advice for the signs

LIBRA (Sept. 23- October 22)



**LEARN HOW TO SAY NO.**  
People will be asking too much from you and it's OK to say no. Not everything has to be in perfect balance and not everyone has to be happy if you're not.

CAPRICORN (Dec. 22- Jan. 19)



Let some things go. Let the past stay in the past, and move on to the future. Let go of all the grudges, grievances and hardships. You've got to let positivity into your life.

ARIES (March 21- April 19)



Let go of dead weight. Do some soul searching as well. That's what cool kids are into these days. And you're cool, right?

CANCER (June 21- July 22)



Think about other people—it's not all about you. You may act like you care only so others think that you do, but now it's time to put your money where your mouth is and actually care.

SCORPIO (Oct. 23- Nov. 21)



It's birthday season, so it's your time to shine. Make sure to see who is remembering and showing they care. For those who don't, you can toss them to the side.

AQUARIUS (Jan. 20- Feb. 18)



Learn to re-evaluate your friendship choices and who you let in close to your life. Learn to be more direct and blunt with those people irritating you and put the good friends high on your priority list. You'll need to lean on them during these upcoming weeks.

TAURUS (April 20- May 20)



Don't step on other people's toes. It may seem like a better way to get things done when you're doing it, but be considerate of the way other people think and do things. If you do too much, you will surely burn out.

LEO (July 23- August 22)



Stay in your lane. You need to learn not to dip your fingers into situations that don't involve you. You need to take a step back and look at reality rather than creating a dramatic explosion.

SAGITTARIUS (Nov. 22- Dec. 21)



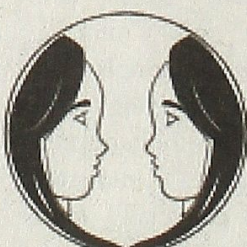
Sleep, relax and learn how to calm down and breathe because you haven't been doing that lately. But with that also comes responsibility, so don't slack off and let everything pile up until you can't move and freak out from all the things you've got to do.

PISCES (February 19- March 20)



Do things that make you happy. It's OK to be sad, but you've got to also do some self-care to at least perk up—even if it's only for a moment. It's easier said than done, but you have the willpower and strength to help yourself out.

GEMINI (May 21- June 20)



Try new experiences: it's time to change things in your life. If you stay in one phase or place for too long, your aura will suffer.

VIRGO (Aug. 23- Sept. 22)



Learn to leave your head space. It is hard; you're such a thoughtful and thorough person, but if you stay inside too long—it'll be toxic. Not only to you, but those around you as well.



# Reading by Vermont poet shows versatility

By ZAC CAHILL  
THOUGHTS EDITOR

Poet Richard Jackson did an intimate reading last Thursday for students and professors. He showed his wide range, reciting works from different books written over the course of his long career.

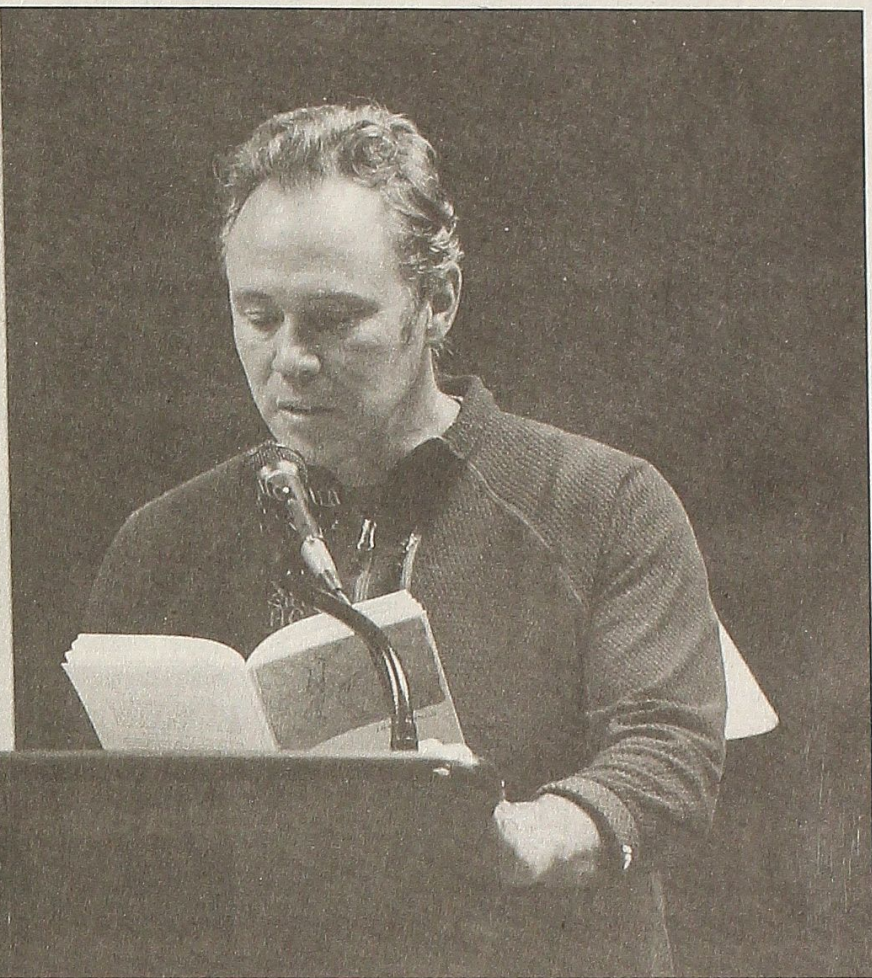
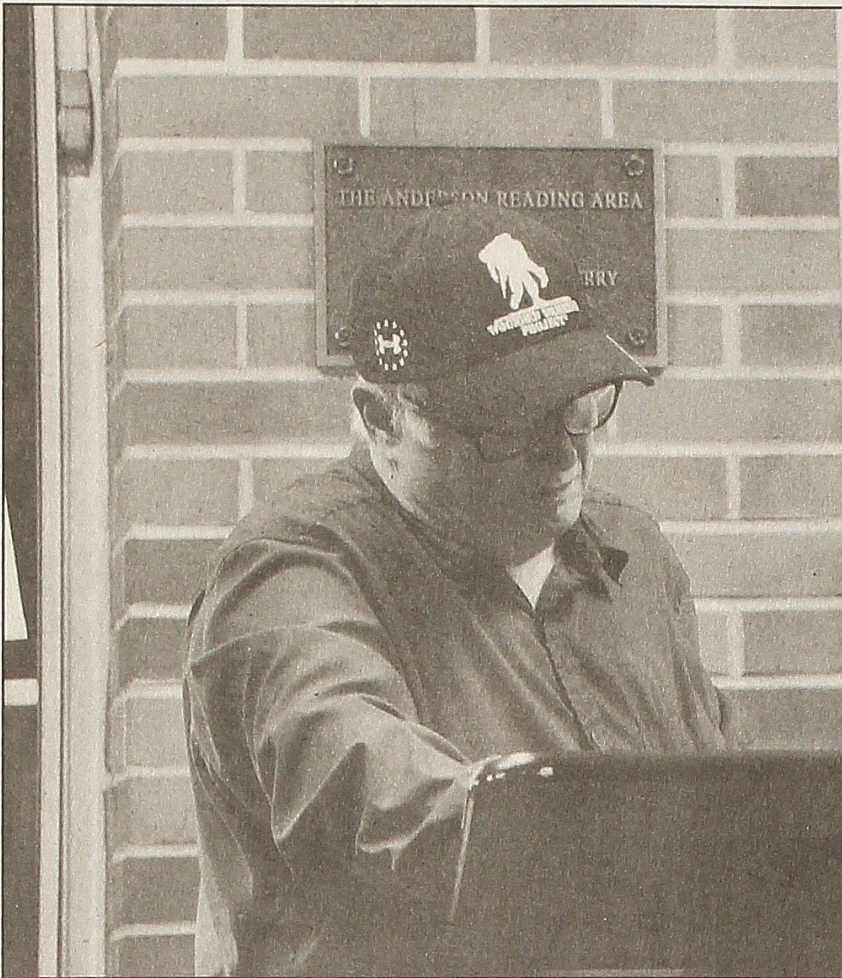
Jackson was brought to the college by the English department, organized by department chair Robert Vivian, who is a good friend of Jackson's.

"He's like a brother to me," said Vivian. "We wrote a book called 'Traversings' together – and we're working on another one now. And he just might be one of the most influential teachers of poetry in the last 20 years."

Jackson's ties to Alma do not end at Vivian, however. Working as a professor at Vermont College of Fine Arts, he has advised Alma alums Lisa Folkmire and Jacob Hammer, helping them with the goal of achieving an MFA in poetry.

The reading itself was a success. Jackson's voice was quiet yet confident, moving from poem to poem like an old pro. He would often give small anecdotes before a poem, talking of his long and storied life.

The subjects of his poems



Poet Richard Jackson and Robert Vivian, department chair and associate professor of English, read from their co-written book.

Domenica DallaVecchia: Photographer

are broad and touching. Moving from large concerns (foreign wars, poverty) to personal ones (making Sarsaparilla with his father as a child, the death of a dear friend), Jackson's works seemed to embody the full range of what a poet can do.

Though broad in their topics, there were a few things tying them together. "Every poem

had a bird in it somewhere," said Head Reference Librarian Steven Vest after the reading. "I love it."

Jackson himself was also pleased with his visit.

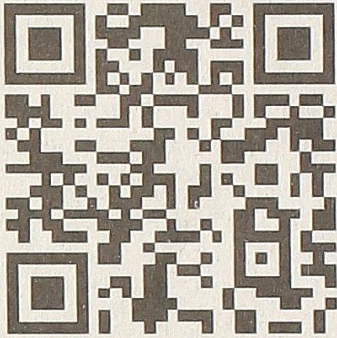
When asked how he thought the evening went, he simply smiled: "Yeah, you know, I guess it must have gone alright, eh?" after which he simply winked

and turned the conversation to his fondness for bad monster movies. "Sharktopus" is a masterpiece.

Vivian was less casual in his assessment of the event.

"I think the night went beautifully – intimate setting, attentive listeners and lovers of poetry. A hushed awareness of what is sacred in this world."

## Richard Jackson's Work



# Cleaner coins witty signs



Alida Stone, owner of City Cleaners, doesn't foresee running out of the puns or sass that go into her signs.

Monica Kunovszky: Web Editor

By MONICA KUNOVSZKY  
WEB EDITOR

Alma's City Cleaners, past Starbucks and next to the Mail Room, is home to an ever-changing and always clever sign. Often heralding bits or wisdom or sass, the sign is an Alma original.

"I go with what's seasonal, and what strikes me," said Alida Stone, owner.

"We come up with stuff or

sometimes we Google search things and I'll search and find unique items," said Stone.

"Customers make suggestions a lot of times too and sometimes it just really depends on my mood.

"Often times the witty signs do great. And also weather is a big determining factor of what goes up—if it's cold you may see that sign out for longer."

Stone joked with staff members while recalling her favorite signs.

"This election is a good

one regarding material for the sign," said Stone. "There have been quite a few through the years though, my son has done a good job whenever he helps out making them."

Alma students and citizens don't have to worry about the sign running out of tongue-in-cheek expressions anytime soon.

"Well I really have so many options. So, so many, and people get a kick out of it. They're thought provoking and a nice pick me up."

## Remember, remember the 7th of November

Don't forget, registration for Winter and Spring Term starts today.

- \* Students with 90 or more earned/completed credits - Begin at 8 a.m. Monday, November 7th
- \* Students with 56 or more earned/completed credits - Begin at 8 a.m. Wednesday, Nov. 9th
- \* Students with 25 or more earned/completed credits - Begin at 8 a.m. Monday, November 14th
- \* Students with fewer than 25 earned/completed credits - Begin at 8 a.m. Wednesday, November 16th

## This week on campus...

**100 Years of Women in Congress**  
Join History Club and Public Affairs as they look back on 100 years of women representing America Monday, November 7, at 7:30 p.m. in the Chapel.

**Election Day**  
Tuesday, November 8 from 7 a.m. to 8 p.m.  
Find your polling place at [vote411.org](http://vote411.org)

**Veterans Day speaker Stan Goff**  
Tuesday, November 8 at 7 p.m. in the Chapel

**Sex Positivity**  
Information on all things sex and gender brought to you by GSD and enter raffles for prizes\*  
Thursday, November 10 at 7 p.m. in the rotunda

\*Some prizes require you to be 18 so bring state ID





## You are what you eat; max your meals

By PAIGE HUEBEL  
SPORTS WRITER

A collegiate athlete can't always control their physical capabilities, their size or their talent level.

But there is one thing athletes can oversee to help their performance: their diet.

What they put into their body can play a crucial factor in how they will perform. It's an essential part of being successful.

"When I am aware of what I eat, it stops me from eating junk and helps me to know that I am doing everything I can to be a better athlete," said wrestler **Jared Fleming ('19)**. "I want every possible advantage when I go out there against my opponent and what I put in my body is under my control."

According to Livestrong.com, an athlete's caloric intake is probably the most important. Calories are what give the body energy to fuel all of its functions and activities. The more rigorous of activities an athlete does, the more calories that athlete needs.

If an athlete does not have a sufficient amount of calories, this will negatively impact performance. Not having enough calories causes an athlete to feel sluggish, decreases their coordination,



Athletes **Madison Amolette ('20)** and **Sydney Louis-Ferdinando ('20)** enjoy healthy snacks.

HarmanDeep Kaur: Photographer

takes a toll on their concentration and has other negative effects.

Protein is another vital part of an athlete's diet. Protein is needed to help build and repair muscles that get worn down during training. When looking for protein to eat, it is important to look for food items that are healthy and lean, which include fish, chicken-breast, lean beef, eggs and low-fat dairy.

"During the off-season we do a lot of lifting and weight training focused on muscle gain, so eating a lot of proteins to help that is important,"

said softball player **Kayla Holz ('17)**. "While in season, it's more about staying hydrated and eating carbs so that performance can be maintained each day."

Holz sums it up about perfectly. She eats protein during weight-lifting to help build and repair muscles and she eats carbohydrates that contain calories to keep her energy high during season.

Maintaining a healthy diet in college can be difficult with limited meal options and budgets, but Clarke University has some tips to help make it easier. Eating breakfast is

very important not only for an athlete, but for a student as well. Breakfast foods are easy and students can even make them in their room, such as cereal, oatmeal or bagels.

When you feel the need to eat fast food, at least choose wisely. Instead of getting the six tacos from Taco Bell, maybe get one or two instead. Everyone has those late night snack needs, so have some healthy snacks around. By doing this, you can go for some fruit or raw vegetables instead of grabbing the bag of potato chips or candy.

When going to the dining hall, try making a salad or a wrap, but

be careful. If you load your salad with creamy dressing, croutons and bacon-bits, you might as well be eating a greasy cheeseburger.

Limit your alcohol intake. A light beer, a glass of wine or an ounce of liquor has approximately 100 calories. Not only is it not healthy for you, but it can lead to other issues as well.

Finally, drink lots of water. Drinking water makes your body feel less hungry; you won't have the desire to snack as much, and it keeps the body hydrated and energized.

## Cheer & stunt pyramid to success

By JOELLE FISHER  
SPORTS WRITER

This marks the fifth year since the birth of the cheer & stunt program at Alma College. The past four years have been filled with successes for the team. The first year of the program was a building process, but ever since, the squad has placed second at NCAA Nationals.

This season is expected to be the best one yet, marked by many positive changes. The most important is the addition of the new cheer facility that

was donated by Michael Sherman, chairman of the Board of Trustees. The team is excited and grateful for the opportunity to practice and perform in the new facility.

"This new addition has everything that we could ever need to be able to strive and reach our full potential as a program," said **Morgan Thompson ('18)**. "This season we will be able to come in and work on stuff outside of practice times. This is an incredible gift that we plan on taking full advantage of."

In addition to the new floor

space and private practice area, the team was also given a brand new locker room.

"It feels amazing to have something that is 100 percent ours," said coach Michelle Sabourin. "For the last five years, we've been sharing space with other teams, and never really had anything to call our own."

"The support of Alma College has been a huge part of the success of this program and I can't wait to see what we can accomplish in our new space."

This season the women will focus on increasing the

executions of their skills and raising expectations of themselves.

"We have an amazing pool of talent this year, and many girls have already made massive improvements," said Sabourin. "Their motto for the upcoming season is RISE, and it encompasses the overall goal to raise their skills, performances, and overall placement in competitions throughout the season."

"To reach their full potential, the girls lift 2-3 days a week and practice 4 days a week. Their hope is to put in the work so

that once they get to the big competitions, they will be able to perform with complete confidence and leave no doubt in their performances."

The stunt season is approaching and the Scots recently earned a prestigious invite to compete at NCAA Nationals. The first stunt competition will be at Davenport University on January 29. In the meantime, you can find the girls cheering and performing routines during basketball halftimes.

## Fellowship of Christian Athletes unite through faith

By EMILY KROLEWICZ  
SPORTS WRITER

The Fellowship of Christian Athletes (FCA) is an inclusive, student run group that invites all members of the college to come share struggles, triumphs or just listen to talks about faith in the life of other college students.

"The purpose of FCA is to bringtogether student-athletes, as well as non-athletes, who want to grow in their faith and have a support group of other college-age Christians," said **Lars Murray ('18)**, a member of the football team.

Although the group is predominately made up of members from different sports teams around campus, not all of them are current athletes. Among the six leaders, only three are still actively involved

in an athletic team.

**Emma Towers ('18)**, one of the six leaders, is a former member of the women's basketball team.

"We're all united by the fact that we play sports, used to play sports or have interest in sports," said Towers. "We use a lot of sports examples, but we talk about every day life too."

Icebreaker activities and student led prayer typically start the meeting and are followed by large or small group discussions depending on the topic covered that week.

"If someone is just asking questions about their faith or is going through a rough time this group will provide the support they need," said **Erica Kuiper ('18)**, a member of the cheer and stunt team. "There is no pressure to go out

of your comfort zone. FCA is the perfect place for those who are just starting to develop their faith."

"[We] have a lot of group discussions and it makes you think about all God has done," said **Janelle Christensen ('18)**, a member of the women's soccer team. "It also allows me to step away for an hour each week and focus on God and all that He has done."

FCA is involved in numerous community service projects, and is hoping to increase its community involvement in the coming years. The group is taking part in Operation Christmas Child this month where it will pack shoeboxes with Christmas presents for underprivileged children.

For the past three summers, FCA has organized a mission trip for their members. The past

two years, the group traveled to Lakeland, Florida and helped out in the community by cleaning up and interacting with the children who lived there.

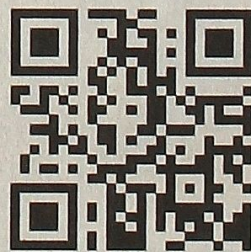
**Jared Flemming ('19)**, a wrestler, is one of the group leaders and he took part in the Fellowship of Christian Athletes summer camp as a counselor. Other members are involved in Youth for Christ, an organization that reaches out to community youths to talk with them about faith.

"Philippians 2:1-4 says, 'We believe in the spiritual unity of believers in our Lord Jesus Christ,' and that is a great reason to come to FCA," said Murray. "It's an opportunity to experience unity with other believers that can impact the Alma College community and beyond."

Alma FCA meetings are every

Tuesday night at 9 p.m. in Hogan. For weekly updates about FCA times, gatherings and encouragement, you can follow @AlmaCollegeFCA on Twitter.

FCA



Operation Chistmas Child

