

# Students respond to election with action

**ABIGAIL FERGUS**  
 EDITOR-IN-CHIEF

Something's stirring in Alma: a fight against complacency and hate. Students are responding to Trump's election.

MacCurdy opened its doors for people to relax safely last Wednesday. Gender, Sexuality and Diversity educated on sex in a positive light last Thursday. Students and faculty gathered to rally for Love and Solidarity last Friday followed by the revitalization of the club Voices Enabling Equality (VEE club).

Activism and support are deeply intertwined, according to **Audrey Karr ('18)**, founder of VEE club. While the group didn't get off the ground last year, the election has sparked its rebirth.

"There's a need right now to address the feelings, thoughts and actions of students on campus using an intersectional feminist framework," said Karr.

"The term was coined and theorized by Kimberle Crenshaw, look her up, and it's meant to analyze people's existences based on the intersection of their lives-people of different races, classes, genders or sexual identities, abilities or disabilities coming together as one"

Most everyone is welcome to attend VEE Club meetings on Fridays at 3 p.m. in the Smith room of the library.

"Everyone except bigots," said Karr. "You know if you're a bigot."

The meeting may have been initiated by Karr, but the room of about 25 offered many routes of discussion and ideas from deciding on a piece of clothing to wear to organizing more QPR, Title IX, bystander and Safe Zone trainings on campus.



Zachary Baker: Photographer

**Student leader Domenica DallaVecchia ('20) speaks to a group of concerned students about showing kindness and support in a time of political division after the recent presidential election.**

"Prepare to see various pro-feminist and pro-equality and pro-solidarity campaigns on this campus to get everyone educated," said Karr.

Many of the attendees for last Friday's meeting filed into the library together, following a gathering for love and solidarity in MacIntyre Mall. Chalk, poetry, music and safety pins were used to relay the message that some members of Alma College will be fighting fear felt by minorities toward the upcoming presidential administration with love.

"I wasn't sure what we would do at the rally," said **Domenica DallaVecchia ('20)**.

Jonathan Arlt, visiting instructor of sociology and anthropology, asked DallaVecchia

if she'd be interested in holding the event.

"I agreed because of how personal this election has been for so many people, myself included," said DallaVecchia. "Many people are afraid after this election. Rightly so, based on the very hateful rhetoric we have heard throughout this election process.

"The rally was, first and foremost, a place for people to come and feel safe, loved, and supported. It was a place for our campus and community to become unified. Very importantly, it was a way to let anyone who is afraid or struggling with the results of the election know that they are not alone and that we will stand with them, no matter what."

## How can you join in the support?

### Join on Facebook:

Alma Safe Space Support Group

VEE Club and "IV" Zine

The MacCurdy House

Alma College GSD

Alma College Action

### Join on Campus:

### Gender Sexuality and Diversity:

Thursay 9 p.m. in SAC 110

### VEE Club:

Friday 3 p.m. in Smith Room of library

## Why are people wearing safety pins?

Following the Brexit vote, as a quiet symbol of solidarity, people began wearing safety pins. Some are carrying over the trend in response to Trump's election. If you see someone wearing a safety pin, it may mean they wish to send a subtle signal that they are a safe person to come to.

# Opera House restoration leads to lawsuit

**ROSE CYBURT**  
 STAFF WRITER

The Ammi Wright Opera House, located on State and Superior streets, was considered one of the best-preserved buildings in the state until the interior was damaged by a fire in 2010. The structure of the building, however, was sturdy enough to stay standing strong.

Kurt Wassenaar, an Alma native who moved to Virginia, came back to Alma with hopes of initiating restorations. He bought the Opera House with the intention of renovating it using his experience with the architecture of older buildings.

The main floor of the building was previously retail space. The plan after the renovations was to continue to use the space for stores and convert the second and third floors into apartments.

In the early spring of 2013, Alma College teamed up with Wassenaar, investing \$1 million from an endowment. The hope was to use the apartments as housing for upperclassmen so the college could really have a presence in the town.

Sophomores and juniors were able to apply that spring to either

Wright Hall or the Opera House for the upcoming fall.

"If I remember correctly, we got no updates on progress on the Opera House over the summer," said **Ray Visser ('15)** an alumnus of Alma College who was supposed to live in the Opera House apartments.

A few weeks before the fall semester started, the students were informed that the apartments would not be completed in time. They were moved to an empty wing in Gelston Hall that was supposed to be renovated. "I was upset but not really surprised by the news," said Visser.

After the first delay, there was a continuation of them. The completion date was pushed back further and further until plans for students moving in ceased.

"At the end of my junior year, I could see the writing on the wall," said **Ben King ('14)** another former Alma College student who was not surprised by the cancellation of the new housing. "No progress had been done."

Problems included multiple documents needing to be filled out in order to have the building listed on the National Historic Trust, but the government shutdown in October of 2013 caused



Bri Yaroch: Photographer

**The proposed Wright Opera House apartments are located on State and Superior and haven't yet been restored 3 years after efforts began.**

another delay. Other problems ranged from environmental and constructional issues to financial struggles.

Being interviewed in the past few years, Wassenaar repeatedly insisted that the project was going to continue. To quote him from a Morning Sun News article published on Nov. 17, 2014: "There's no way I would have exposed myself, the town, the college and my family to this if I had an inkling this would happen." Wassenaar has never publically

given up on the restoration and neither did Alma College until recent events.

The Develop Michigan Real Estate Fund invested \$1.85 million into the Opera House, but the loan matured in September of 2015. The administrative agent, Cinnare Development Finance Management, is worried about the collateral damages of the real estate and therefore initiated a lawsuit for foreclosure.

Since Alma College also has money at stake, it has

now pursued a lawsuit against Wassenaar to receive the money back. "We are looking forward to resolving the situation," said Jeff Abernathy, president of Alma College, who still plans on using the Opera House as future housing especially with the growing student population.

Abernathy explained that the college did not take prior action because progress was being made. The college still plans to move forward with the partnership of helping downtown Alma thrive.

## Conquest masculinity, perpetuation of war Veterans Day speaker addresses gender and war

By **MICHAELA HOYLE**  
STAFF WRITER

When mention of the military comes on the news or a new movie about soldiers comes out, it's not likely that the first thing to come to mind is feminism. Yet matters of gender and equality are perhaps more deeply linked with war than one might think, said a recent campus speaker.

Last Monday, anti-war activist and veteran Stan Goff came to Alma to give a Veterans Day speech. One of the main things he spoke about was how war was inextricably linked with boundaries – inside the perimeter is power, the “us” mentality; outside the perimeter is “them,” with little to no power to speak of. Transgression of the perimeter is a privilege only afforded to those within it, he said.

From Goff's perspective, war is built on the existence of these borders – in particular, between “civilized” and “barbaric” – and on the rhetoric of arming these borders in order to reduce vulnerability. Goff disagrees entirely with this aim.

“Life's meaning is not survival,” said Goff. “Because no one does.”

Instead, Goff adheres to a mindset of pacifism, or to put it another way, a mindset of love –

love, which according to him, is the antithesis of war, as it cannot exist without vulnerability.

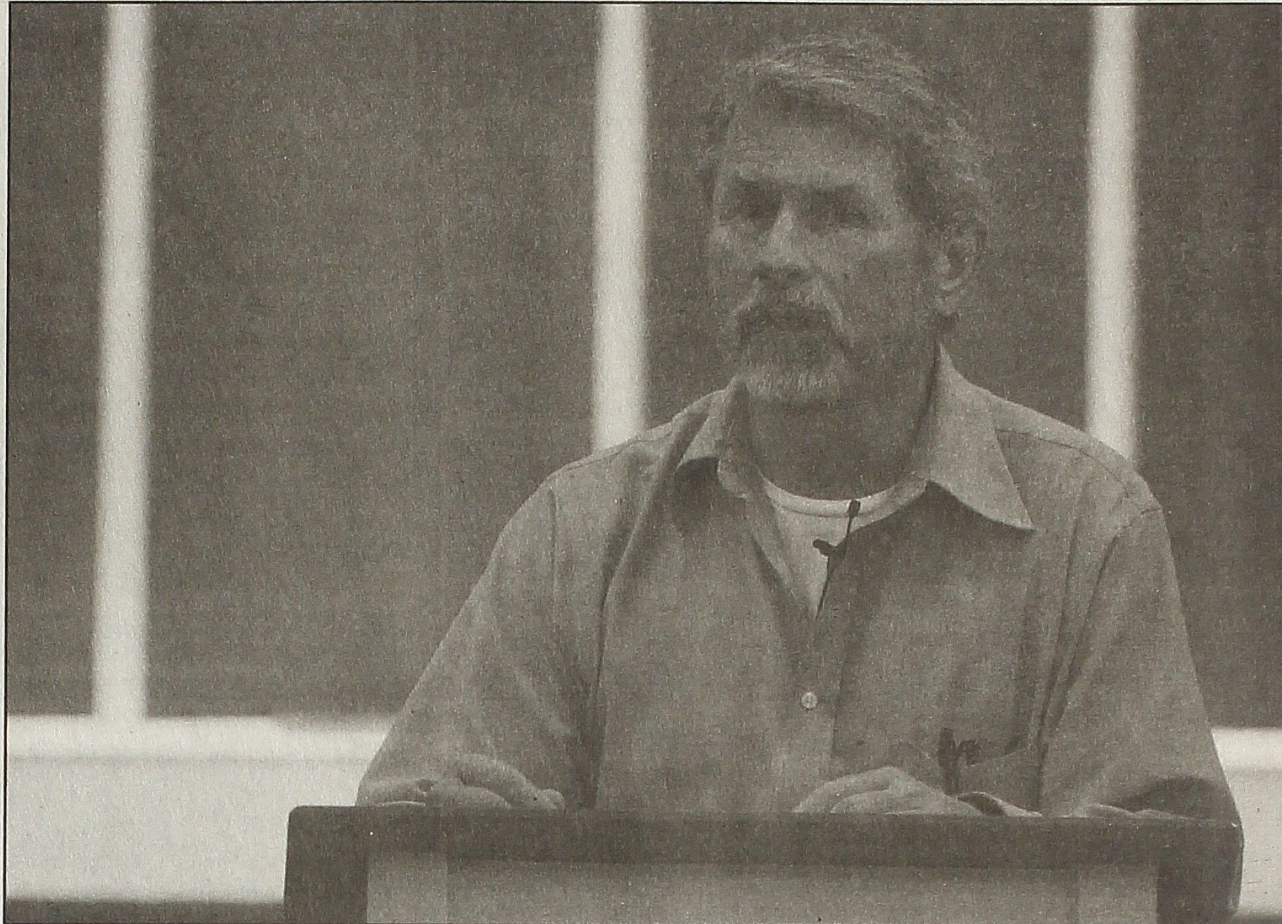
Perhaps it is becoming clearer how this perspective links war so heavily with gender issues. According to Goff, in our society today, militarism constructs masculinity in a particular and harmful way.

“It links masculinity with characteristics of imperial empires,” said Goff. “Qualities like exploitation, domination, vengeance and a willingness to use violence.”

Consequently, femininity is linked with opposing qualities, and ultimately, vulnerability – thus, femininity is positioned as a “danger to masculinity.” As a result, Goff said, the “disposable woman” convention is so often seen in movies and other media. That is, once the hero's mother or lover is killed, said hero is free to go off on a revenge quest; this fulfills a narrative of redemptive violence that is all too flawed, morally speaking, and unfortunately all too common, he maintains.

In a society that glorifies war and thus a particular type of masculinity, traits that are seen as feminine – such as compassion and negotiation – are inherently devalued, he said.

“The way that you humiliate a



Bri Yaro: Photographer

Veteran Stan Goff spoke this Veterans Day about war, love, feminism, and peace.

male in the military is to compare him to a woman,” said Goff.

But, one might say, there are a few women who are accepted into traditionally male roles, and are thus in the position to uplift these so-called “feminine” qualities.

Unfortunately, Goff says that in our society, these women can only achieve said positions by upholding the same values of

masculinity that have always been expected of the role. As a result, they become “honorary males” who do not subvert power but perpetuate it. This, he said, is even true of many empowered female characters in fiction – they are required to give up their femininity before they are acknowledged as powerful.

This “conquest masculinity” is

in a vicious cycle with war, wherein one leads to and strengthens the other. Simply put, the flawed gender roles ascribed in our culture erect the boundaries inherent to war within our own society, he said. This mindset of division not only harms those who are affected by it, but also perpetuates the tendency toward “us vs. them” in other scenarios.



Christine Calleja ('19) and Elizabeth Taylor ('17) promote sex positivity on behalf of MacCurdy at last week's GSD event.

Dustin George: Photographer

## Sex Positive Party leads to safe exploration

MONICA KUNOVSKY  
WEB EDITOR

Last Thursday, the Gender, Sexuality and Diversity (GSD) club held an event to teach about safe sex, consent, BDSM, sadism and masochism (S&M), and common sex myths.

**Simone Jones ('18)**, president of GSD, described the event as an effort to “provide a safe space for people to ask questions on sexuality, how to have safe sex and women's health.”

“This event lets people know how to stay safe no matter what,” said **Simerra Jones ('18)**

## Better than really good mac and cheese: dogs

NAJELLE GIMORE  
FEATURES EDITOR

The campus library and the Health and Wellness Center work together to bring trained therapy dogs to the students.

Various students and staff members said that the therapy dog event was a stress release. Several described it as pure happiness, and one student said it was better than the feeling she gets when she eats really good mac and cheese.

Jake, a Golden Retriever, has been a therapy dog for two years, according to his owner Amanda.

This included learning about preventing sexually transmitted infections and tips on how to have safe, kinky sex.

“This event makes it okay to talk about sex and okay to have certain sexual preferences,” said **Amanda Welter ('18)**, GSD member.

“[This event] is fun, safe, and informative.”

In addition to safe sex and different sexualities, attendees learned about MacCurdy House (the women's resource center) and the Wilcox Medical Center.

The Sex Positivity Party seemed to have cinched its

purpose of educating. “I didn't know a lot of this before the event,” said **Emilee Kaminski ('20)**. Those that missed out should not fret.

“If you're ever curious, you can always turn to the Internet, but talking to friends and partners works as well,” said Welter.

“There are lots of resources on campus too.”

Jones reminded all that, “if you have any problems, Pride House is open and there to help We're located at 214 Cedar Ave.”

GSD meetings are open to everyone Thursdays at 9 p.m. in SAC 110.

“We've always been interested in having Maddie work as a therapy dog,” said owner Shirley Ann. “She was two when she started.”

“Maddie is a Newfoundland, and she has the personality for this,” said Shirley Ann. “We go to Central Michigan University, the Prestige Center and we volunteer at the Special Olympics.”

If you are interested in hanging out with the therapy dogs, the event is hosted in the library on Thursdays. Dates are available online on the college calendar, and emails are sent out prior to the event.

## Women in politics

By **HARMANDEEP KAUR**  
STAFF WRITER

Jeanette Rankin, the first woman to be elected to the House of Representatives in 1916, is an example of how women can succeed in politics, but her lack of popularity says a lot about the American mindset, according to last week's event in honor of 100 years of women in congress.

Rankin was a woman who confronted societal issues in America with her stubborn personality, according to Ed Lorenz, professor of political science and history. Lorenz and Kristin Olbertson, associate professor of History, described America's need for stubborn women in government and all leadership positions.

“Women leave politics to raise a family,” said Olbertson. “By the time they are 45, the males have gained political success, whereas women are just starting out.”

Although Rankin was able to achieve success, many others have failed. Olbertson and Lorenz shared advice in response to Trump's election.

Olbertson said the majority of the population endorsed the female candidate and want a woman to lead the country. She encouraged the public to “promote and encourage voices of women in leadership.” If anyone, regardless of gender, is not happy, then they are obligated to voice their opinion, said Olbertson.

“There was success in the recent election,” said Lorenz. “The first Hispanic woman was elected senator, along with other women of color in congress. Look at Nevada, which had a woman vs. woman election.”

Lorenz pointed out one of the dilemmas that women in

politics face. They are expected to act manly, to be strong and stubborn, yet people dislike manly women.

“Every woman is trapped; a Jeanette Rankin reincarnation is what the American population needs.”

Lorenz also confronted the lack of women in leadership when compared internationally.

“It's odd that women haven't become president when other countries, even those whose culture is seen as heathens, have elected women,” said Lorenz. “When compared to these cultures, is the U. S. really that different?”

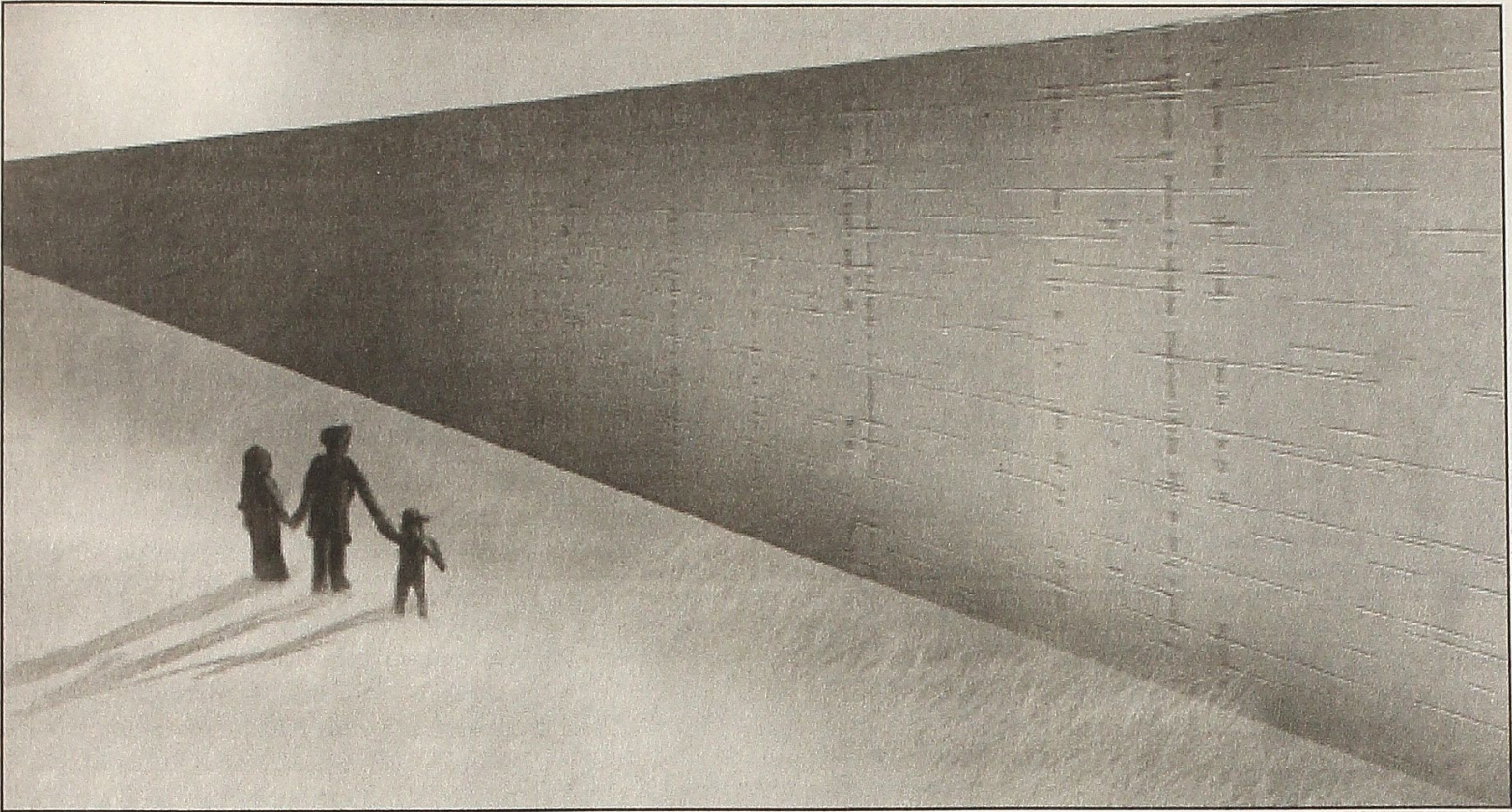
This question may be hard to answer, but Olbertson has hope that “most of the people who voted for Trump, do not share his beliefs. [I] expect them to stand up for women's rights and LGBT+ rights when the time comes.”

In the meantime, both Olbertson and Lorenz ask people not to buy into female negativity. They ask individuals to call out those who degrade women, in power or not, and confront these issues. Differences of opinion are important, but should never escalate to the point of harassment, they said.

Both professors remind students that Alma College is committed to the safety of every student, but Lorenz asks for more.

“[We] have to be prepared to stand up for [our] rights and each other,” said Lorenz. “[We] don't tolerate discrimination or bullying. Alma College has to make this a clear statement and get word of this outside of Alma. Start a state civil rights movement, the time to take action is now.”

My American story and the election



No matter how you feel about the outcome of the election, you can still be involved beyond the voting process.

Zachary Meyer: Illustrator

By Hannah King  
Campus Editor

In 1965, at the age of 6, my mother moved to America with her parents and four siblings from Rawalpindi, Pakistan. My grandfather was a very successful scholar who was offered a professorial position at Iowa Wesleyan University. Moving to the United States meant a less lavish lifestyle than the one they had lived overseas, but it also meant more opportunities for their children, something that set America apart from the rest of the world. It was by no means an easy life, but my mother, the youngest of them all, studied and worked her way to her dream profession: teaching. My mom taught fourth grade for 25 years and her less-than-traditional upbringing set her apart from the average teacher. America has shown my mom the blessing of education that we are all given and a right to learn that should never go unexercised. This is a right she has always made sure her own children are more than aware of. While the expectation to get straight As at any cost may have seemed excessive at times, I now understand why never letting a lesson go unlearned is so important. My mom has always been a very active member in the teacher's union, an organization

that defends fair pay and treatment of teachers, despite the pressures exerted by state governments. Due to my mother's strength and leadership—something so obvious to everyone around her—she was offered a position as a Uniserv Director for the Michigan's Northern Zone. Her job, in a nutshell, is to work with teachers and administration when they do not feel they are being treated fairly; during election seasons, her job includes campaigning for politicians who support teachers. Upon my mother's arrival in America, had the president not been the oh-so-badass Lyndon B. Johnson, but rather a racist orange peel, I do not believe that my grandparents would have made the same decision to move to the United States. Today, they would not see the beauty of equal opportunity that they saw 51 years ago. They would see a nation divided by the most extreme emotions: love and hate. A nation where people who are not American may no longer be welcome with open arms and accepted and valued for what they have to offer. They would see a nation for white American men, not a nation for people of color—certainly not one for their children. A family that once felt excitement for America would today feel fear. This is one of the many reasons that the results of this election have been wearing down my mind these past five days. Many people here at Alma are feeling the same stress

and concern for our country. It is a feeling of confusion, of wondering what the future holds for each of us. While this feeling will by no means go away any time soon, there are ways for each of us to speed up the process. Getting lost in the news and Facebook might not be the most contributory part of this healing process. If you, too, do not quite know what to do with yourself, below are some suggestions that might push you in the right direction. **What to do with yourself right now:**

- Remind people that you care about them, that they are loved, accepted and most importantly, that despite what the future holds, you have their backs.
- Remind yourself why you are at Alma: to learn. Don't skip class—it can be a very rewarding escape from the chaos.
- Don't hate. Whether we want to believe it or not, the election is over. Yes, always express your opinion, but always consider the feelings of others and that we are all equal and have a right to our own beliefs.
- Find your cause. Do some research about the issues and find one that you really care about. After that, find out how you can help.
- Practice Self-Care. Do not forget to take care of yourselves, to talk to each other about how you are feeling and

always take time to relax and do the things you love.

- Schedule an appointment with Counseling and Wellness by calling (989) 463-7225.

**Ways to contribute to the community:**

- o Join Big Brothers Big Sisters



- o Serve dinner at the First Presbyterian Church



- o Join one of America's many crisis hotlines, including Crisis Text Line



An election message from President Abernathy

Campus Community,

I know that the results of the presidential elections have left our community divided, just as the nation is divided. Some are pleased that their candidate won while others are distraught. Because of the rancor of the campaign, I think it might be helpful to remind everyone that at Alma College, providing a safe and positive environment for students, faculty and staff is our highest priority. I hope that as a caring community, we will be guided by the values of inclusion and civility that have always been a core part of our identity. Every student, faculty and staff person at Alma is a valued member of this community.

All of us can hope that, with the election behind us, our national leaders will abandon the harsh and divisive rhetoric of this election and work to restore faith in government and in our common purpose as a nation. Since the beginnings of our democracy, presidential transitions have been a time for healing and for the renewal of our commitments to one another. I know that together we hope the next months will be such a time and I encourage everyone in our community to be sensitive to the feelings of others.

Jeff Abernathy

Last Friday, President Abernathy addressed how individuals on campus may have been feeling after the election. This response was sent as a campus wide email and was posted on President Abernathy's Facebook page.

Have feedback for administration on what you want to see from them in response to the election? Do you support Trump and want to voice why? Contact us through email at editor.almanian@gmail.com or message us on Facebook

Almanian Facebook page:

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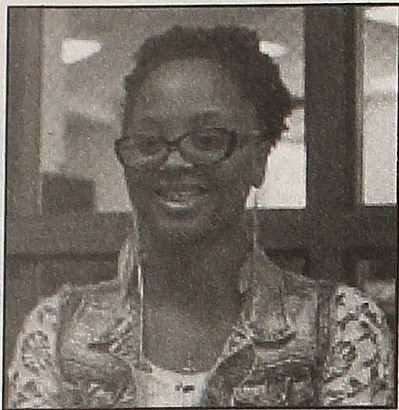
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Campus comment

By ZACK BAKER  
PHOTOGRAPHER

Was this your first time voting in an election? What was your experience like? What do you wish you knew before you voted?



Asiel Clark ('20) Undeclared

"If I understand correctly, you have to vote in person for your first time in this state, so I wish I had known whether that was true. Also, I wish I could have gotten a more reliable ride system to my voting district, because I couldn't afford any of the public transit that was available. So I didn't get a chance to vote this time around, and I feel really guilty because I am scared for the outcome."



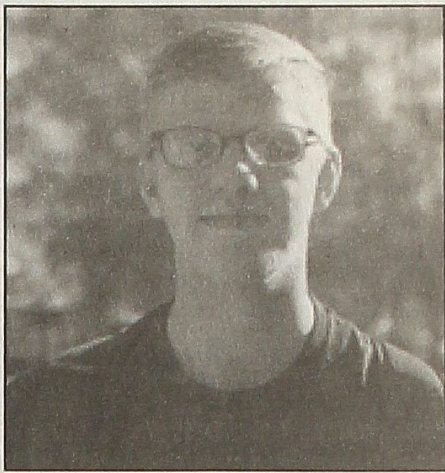
Max Flagler ('18) English

"This was my first election that I voted in, and I voted absentee through the mail, and it felt really good to have my voice heard. I was really happy to be able to take part in this really historic election, even though I'm really unhappy with the outcome. I know that a lot of the issues aren't going to affect me personally as a straight, white male, but I'm scared for all the people who are going to be hurt by the new policies."



Josie Sabo ('17) New Media Studies/ Art

"This was not my first time voting, but I voted absentee. I wish I had told other people that I knew voting absentee to go and get them in person. I know a few people who requested theirs in the mail and their ballots never came, so I just wish I had been more vocal on the problems that I was aware of in the system. I'm horrified of the outcome and the people our new president surrounds himself with. Every vote counted, and it sucks some people couldn't do it."



Dylan Scott ('18) Accounting

"This was not my first time voting, but it was the first presidential election I took part in. As an anti-Trump Republican I'm really not happy with the outcome. I had helped other candidates for smaller offices in and around Michigan, and I guess I just wish I had done more. Even though I helped get Marco Rubio on the ballot in Indiana, and that felt good, he dropped out before the election, and it didn't really do anything. My parents are both democrats who felt left behind by the Democratic Party and ended up voting for Trump, so I wish I could have done more to reach them and other voters like them."

HOROSCOPES

By MONICA KUNOVSKY  
WEB EDITOR

Not so good advice for the signs

LIBRA (Sept. 23- October 22)



Play a giant game of hide-and-go-seek in the library. Bonus points for balancing on carrels.

CAPRICORN (Dec. 22- Jan. 19)



You should try and see how many Awkward Turtles you can drink in one sitting — the current record is 28.

ARIES (March 21- April 19)



Have you ever ridden the whole Fred Meijer Heartland Trail? 45.8 miles. Better get on it.

CANCER (June 21- July 22)



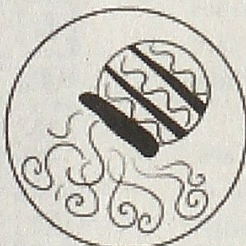
Listen to as many people as you can in this next week; listening is a valuable lesson.

SCORPIO (Oct. 23- Nov. 21)



Prep up for Thanksgiving; you'll wanna make sure you can stuff enough food in your body to last you through finals week in mid-December.

AQUARIUS (Jan. 20- Feb. 18)



Check out the pool and do some water aerobics with the locals; it'll definitely be a learning experience.

TAURUS (April 20- May 20)



Go up to the main line, cut in front of everyone and take the whole tray of your favorite item up there. It's all yours now. Finish it off. Take the tray with you as you leave too; it's an excellent trophy for afterward.

LEO (July 23- August 22)



See how many hours you can stay up straight this weekend. You can DO ALL YOUR HOMEWORK.

SAGITTARIUS (Nov. 22- Dec. 21)



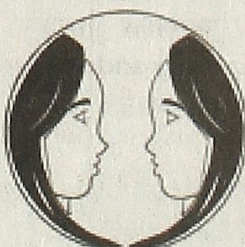
While there still isn't snow on the ground, have one more picnic this week. If you don't see your breath, it's still not too cold to do so.

PISCES (February 19- March 20)



Try SAGA sitting for as long as you can. Start by showing up right when they open and don't leave until after 7 p.m. People watching to THE MAX.

GEMINI (May 21- June 20)



Try to see where every single bathroom is on campus — north AND south side. You'll be the most helpful student there ever was.

VIRGO (Aug. 23- Sept. 22)



Practice resistance. Don't be afraid to be LOUD. Like in the library. Or during exams.

# Greeks tap into ancestors' olympic history

By JOELLE FISHER  
SPORTS WRITER

Alma offers many activities and clubs on campus that students may get involved with. Some choose multiple commitments. There seems to be a growing population of student athletes who are immersing themselves into Greek Life.

First year students are often hesitant to integrat themselves into extracurricular activities that could take away from their academics; however, developing strong social support systems within these groups can actually benefit studying habits and overall grade performance.

The athletic teams as well as the fraternities and sororities on campus require a favorable academic standing and some enforce mandatory study hours throughout the year. Annual campus evaluations have shown that the average Greek Life GPA is higher than the average overall campus GPA. **Elizabeth Putti ('18)** is the academic achievement chair for Alpha Xi Delta. She oversees all GPAs of the women and provides scholarship information to her sisters.

"Both volleyball and Alpha Xi Delta have challenged me to do the best I can in school and my position in the sorority



Greek Life member cross country athlete Karen Flesh ('18) in front of the Kappa Iota house. Last winter the all Greek GPA was 3.17 compared to the all undergraduate average of 3.07.

Marcella Flury: Photo Editor

allows me to help others do the same," said Putti.

**Cameron Lee ('18)** is a member of the football team, wrestling team, and Tau Kappa Epsilon.

"I would recommend this experience to everyone because of the support system you receive," said Lee. "Your teammates are there to help you get better [athletically], while your brothers are there

to support you and cheer you on."

"This support can be beneficial in maintaining one's happiness through the stressful environment that college can create," said Putti.

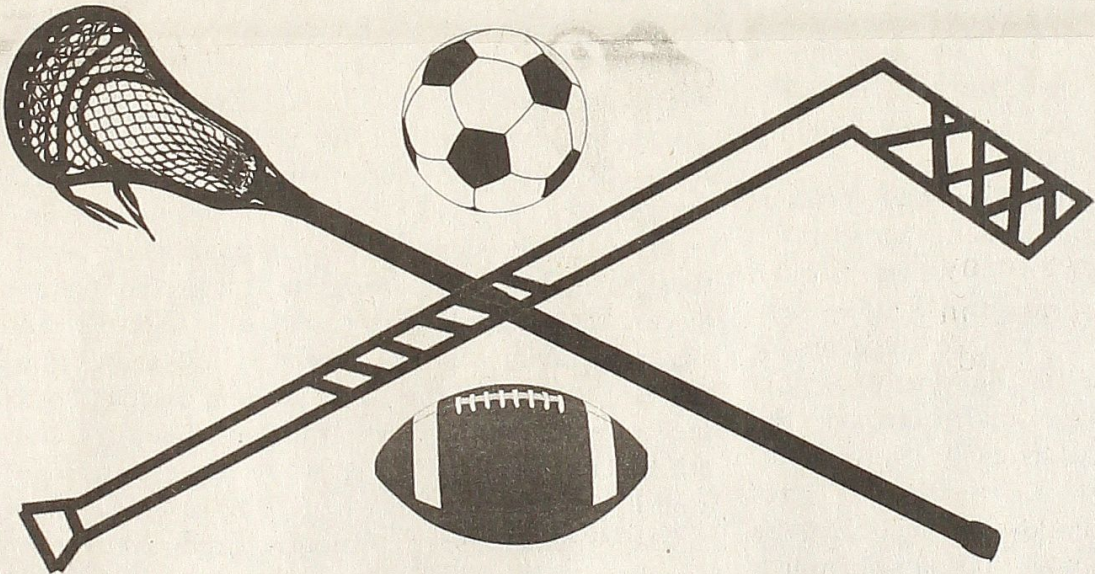
"In my opinion, the best way to get the most out of your college experience is to be involved as much as possible," said Putti. "Being on the volleyball team and a sister of

Alpha Xi Delta has allowed me to make more friends around campus than I could have ever imagined. They are all extremely supportive and I couldn't be happier with my decision to do both."

Time management is crucial to balancing involvement within clubs and other activities. **Lauren Kucharczyk ('19)** is a student athlete that is a member of the

women's cross country team and is also a sister of Gamma Phi Beta.

"Most people think that it is not really possible to balance both a sport and Greek Life—a lot of people even say that I should choose one or the other," says Kucharczyk. "I really love them both for their individuality and would never want to have to chose between the two."



## Balance with dual, tri athletes

By PAIGE HUEBEL  
SPORTS WRITER

Unlike many academic institutions, it is very feasible to participate in multiple sports as a student. There are many dual and even tri sport athletes here at Alma. Although participants may be pushed on time, stressed out and exhausted, all continue doing it because of the love and passion they have for the sports they play.

"The most rewarding aspect of being a runner for cross country and track is seeing the consistent improvement," said **Hannah Garn ('18)**. "To improve doesn't necessarily mean to run every day faster than the one before, or to run every race faster than the one before, it means to see those small gains over time."

Garn said that as much as she loves running, it's not always easy. She mentioned that her best races are not always her fastest ones but instead the ones that she is the toughest and the smartest about. Garn believes that track and cross country combined are what

give her those rewarding gains.

"The most challenging part is not having a lot of free time," said **Josee Hale ('20)**, who plays softball and bowls. She went on to explain that when you are in two sports, you meet a lot of new, fun people but you do not have as much time as you would hanging out with them.

These dual athletes do not always stop at sports. Some athletes are involved in Greek Life, clubs and other extracurricular activities on campus.

"Time management was a weakness for me coming into college," said **Justin Jones ('19)**, cross country and track athlete. "I learned really quickly just how important it was going to become for me. I have to plan my day accordingly. I use a checklist app in my phone to make sure everything gets done in my day before I take time to relax."

According to Big Future, there are ways to improve your time management with ease. The following advice is based on the organization's recommendations and students' advice. First, make a to-do list

every day. As Jones said, you can use an app to keep on track.

Next, you can keep your work with you. When you are on your way to games or waiting between classes, you can get some of that to-do list done. A problem many people have it being afraid to say "no." But when you learn to say "no" to things, it will clear up space in your schedule for the things you need to get done.

It is important to find your most productive time. Whether you're a morning, afternoon or night person, keep a time slot in your best time for getting things done. Finally, make sure not to get side tracked. When it is time to study or do homework, keep your phone or television off and get it done. This will help you achieve everything you need and you will get things done faster, leaving you with more time for things you want to do.

"This lifestyle is not for everybody, but if you like a quick-paced life, then you are qualified and capable to be a dual sport athlete," says **Chelse VanSpronsen ('18)**, cross country and track athlete. VanSpronsen makes a good point that this is not for everyone and that is OK.

## Competitive volunteering

By BRIANNA ZIMMER  
SPORTS WRITER

The athletic department has spent so much of its time getting its athletes involved in volunteering programs.

"It is extremely important for our student-athletes to get out and be involved in our Alma community," said Sarah Dehring, assistant athletic director. "The community does a lot to support Alma College and it's important our student athletes give back."

Teams are involved in many different volunteer organizations on and off campus. Some examples include Friends with an Athlete at the Masonic Home, Community Café, Kids Night Out and Youth for Christ.

One of the most popular outreach programs on campus, however, is Project Everyone, which almost all of the teams on campus are involved in. Project Everyone is a special needs outreach program where students are able to play soccer with youths and adults with disabilities in the Rec Center.

In the first seven weeks, student athletes have accumulated almost 200 community service hours. The team gaining the most volunteer hours is the men's and women's cross country and track team. Members have accounted for 114.5 of the 200 hours. The team has been involved with Youth for Christ, Habitat for Humanity and Big Brothers Big Sisters.

A lot of these volunteer opportunities can be attributed to both Dehring, who is also

a Student Athletic Advisory Committee (SAAC) advisor, and **Madison Smith ('17)**, who is the SAAC E-board volunteer coordinator. Both of these women are always looking for new ways to get athletes involved.

"As the Student Athletic Advisory Committee volunteer rep, it is my job to find, inform and coordinate the volunteer needs with our athletes," said Smith. "There are always new opportunities in our community."

The athletic department encourages athletes' involvement by creating an award that both memorializes a former coach and benefits the community. The Coach (Keisha) Brown memorial award is given to "the team that does the most community service [percentage of hours is figured by roster size] wins the award at the [Scotty Awards]," said Dehring. Brown was the former head coach for women's basketball at Alma who died of breast cancer in 2014.

This honor has been given to the women's volleyball team for the past three years. The squad has been involved in many volunteer activities but is most involved in the Friends with an Athlete program at the Masonic Home.

"This program was initially a trial run last year with the team and was a major success," said Smith. "The girls in the program would visit their friend every week playing games or just talking. It's a great way to build a relationship, and many of the girls continue to build these relationships this year."

Students abroad give election insight

Scotland cynical toward U.S. for Trump

I thought being away from home for the election would be easier, but it's not. At home it seems like most people have an idea about what's going on and a strong opinion at that. They like this person and hate the other or

hate both or don't want to vote. Here in Scotland, kids make fun of America. It's been somewhat interesting to hear other people's opinions on the matter, but the way they joke about racism and bigotry is actually more disgusting to me than it is in the U.S. I know, pretty amazing.

I had a kid the other day tell me all about how Obama didn't do sh\*t for America except "give the (n word) an excuse to bitch about their problems on social media" and another local tell me that I should be put in jail for voting for Hillary, who's a criminal. We hear these things at home, too, unfortunately, but here-- I'm completely stunned.

I live in an area that houses over 2,000 first year students, and many of them like to pitch in their two cents about American politics and the nation in general. I find it entertaining that they have the audacity to do so after taking one politics class in their first semester of college. Books don't teach. Hearing and seeing does.

I have to apologize for the person that other people in my country elected for president and other times I have to defend myself. I had two Afghan men in a history pub quiz group the other night look at me when they heard my accent and say, "Make America great again, huh?"

I'm not over here b\*tching about the Brexit and trying to throw my opinion in at any chance I can get. I avoid whole areas now so I can stop myself from getting into fights. Overall, after sitting in silence with hurt in my heart and a hangover entrenching my soul, I feel empowered.

I now know what I have to do. I know what I want to write and what I want to say. I'm scared for those that I know and love who can't use white privilege to protect them from hate. I'm ready to fight alongside everyone else who feels that this is a humanitarian injustice. Best of luck trying to stop me, and I do bite.

Alma has helped to provide me with classes and professors who are true heroes. I've taken classes that have humbled me and truly changed me as a person. Edward Lorenz for president

Bolivia doesn't care about Trump

When Donald Trump first began campaigning for president, I was

on my study abroad in Chile. That one time and I confidently was able to tell all curious Chileans that Donald Trump wasn't going to make it very far.

Regardless, most of South America did not feel a Trump presidency would directly impact them. South America and the U.S. have always been friendly, but have had little engagement with each other in comparison to places like the Middle East.

A year later I'm back in South America, now in Bolivia, and I feel the need to explain myself and my country as we await the inauguration of President elect Donald Trump.

Most Bolivians come to understand U.S. politics through social media. Since many users are left-leaning millennials, it seems that Bolivians of all ages have taken on similar sentiments. I frequently heard people talking about the lesser of two evils, a mindset many Bernie Sanders supporters felt strongly about after he lost the primaries.

The initial shock of inaccurate predictions was felt by everyone in Bolivia last Tuesday night, but within 12 hours the election had become a joke. I saw a meme on Facebook common with Bolivian users: Photos of Michael Jackson's complexion change with the caption "Listen, Donald Trump is president now." It was really difficult to see how the U.S. and the election were being represented in such poor taste, but Bolivians feel removed from the effects of the Trump administration. I know the president's role and global influence is strong, but U.S./

Bolivian relations have been less than friendly and extremely distant since 2008. This means President elect Donald Trump will most likely not have major interest in Bolivia. Bolivians have been able to carry on and not stress much about what could

happen. No matter the outcome, not much would change for them. Bolivian President Evo Morales, the man who kicked out the U.S. ambassador and USAID, does not expect relations with the U.S. to improve under new administration and asks that Trump respect Bolivia's sovereignty.

Bolivia's deep interest in this election did not stem from its concern for what will happen to our country. People were intrigued by the elements of reality TV and the two most un-liked candidates to enter the political arena.

My perspective of this election does not represent the views of all Bolivians. I am in a unique position where most of the Bolivians I am in contact with are employees of the U.S. government at the U.S. embassy. This is what I've interpreted through conversations on the streets and over social media. Regardless of direct or indirect impact on our lives, we should all feel invested in the current political state of the U.S.

London sees Brexit echo in Trump

Last Wednesday morning the tube (subway) is dead silent and my eyes are heavy from waking up at 4 a.m. to hear the election news. I've grown to appreciate the silence that accompanies me to class every morning. It's one of respect for other tube riders, one of unspoken tradition. Today, it feels more like a lid closed on something.

People are reading the London Evening Standard. It's hard to miss the headline: TRUMPTRIUMPHSHOCKS WORLD. To the 49 million Americans who voted for him, this may not have come as a shock. It may not have been to many Londoners either.

For a little over two months, I have been living in northwest London while studying with Global Education Oregon in central London. I'm by no

means an expert on British culture or politics. The following observations will be mainly focused on London, not England or the U.K. as a whole, but will take into consideration recent political happenings in the U.K.

Our election of Donald Trump has a twin

rhythm to the Brexit. For Londoners, Brexit is a colossal misstep. I use 'is' instead of 'was' because its effects are still to be seen; conservative Prime Minister Theresa May is currently planning an approach to a full implementation of Brexit, which has left many in the U.K. worried for what is to come. This is what is known as a 'hard' Brexit, as opposed to 'soft' (less extreme).

Britain's decision to leave the European Union brings a disconnect to light. It showcases a growing divide that has served to push each end of the political spectrum further from the other-- coinciding with what we are witnessing in the U.S.

The parallels in voter turnout between our election and the U.K.'s Brexit referendum cannot be overlooked. Trump unexpectedly swept the election with rural Midwestern states leading giving him the win.

Similarly, previous Prime Minister David Cameron (who resigned shortly after the outcome of the referendum) allowed the referendum to take place in the expectation that it wouldn't pass. He didn't take the possibility of a 'Leave' majority seriously and is now largely blamed for its fallout.

The campaign to leave the E.U. by Britain's most prominent nationalist group, the U.K. Independence Party (UKIP), is eerily similar to Trump's ascension, populism and divisive rhetoric. Members spouted barely-concealed xenophobic sentiments among bids for sovereignty, but their grip on the working class and rural areas of the U.K. leave handprints that shouldn't be ignored. Nigel Farage, former leader of UKIP who abandoned the party after the referendum, endorsed Trump.

Multiple police groups across the U.K. noted a nearly 50 percent spike in reported occurrences of hate crimes against Eastern Europeans in the days following the Brexit decision, undoubtedly the target

of UKIP's rhetoric. This influenced and prompted London mayor Sadiq Khan to launch the London is Open campaign to allay fears of growing xenophobia, placing the simple image of a hand-drawn world with the slogan 'Everyone Welcome' throughout public spaces and transport.

I have had many people here reiterate this to me: they never thought Brexit would

happen. It came as a shock and the mournful sense of loss that colored the days following the decision is akin to the feelings of many anti-Trump voters right now. The predominant attitude in London seems to be that our outcome is nothing short of a mistake,

just as Brexit is to them.

In the time leading up to Nov. 8, I was asked almost constantly for my opinion of the election by British adults, journalists and even politicians. I was asked for my predictions and thoughts on Clinton and Trump. These came from a place of engrossed curiosity -- not out of malice or insult.

In other places, however, I have noticed Trump's election met with condemnation. This comes in many forms: way too many satirical clown Trumps to count in the streets of Paris, Edinburgh and Brussels along with Trump-themed restaurant menu items. These demonstrations of foreign disapproval for our chosen candidate are tangible, even edible.

Last Wednesday my professor compared the mood to the day after Brexit. My British program directors buy us cupcakes, which could be taken as comfort food or celebration treats. The ambiguity of the cupcakes is not lost on me, so I take a chocolate one and devour it. Other establishments around London offer free cheeseburgers and bowling games to Americans.

When I get back on the tube after class, the sun goes down at 4 p.m. and I ride home in silence and darkness. Later, I try to get a free cheeseburger but fail because the din of the establishment offering them is too much. I retreat to the tube again, soaking in the silence. I need the silence now more than anything -- for reflection, for hindsight, for whatever is to come the next four years.

