

Cheer team wins GLCC national competition



Photo Courtesy of Alma College Cheer Facebook.

The cheer team celebrates after winning the GLCC Rock n' Roll in Ohio during winter term recess.

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One student receives honor while another is a finalist in national scholarship

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Writer discusses Central African Republic conflict

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Will compete at STUNT, NCA Nationals later this month

BY JUSTIN KETTERER
STAFF WRITER

Coach Michelle Sabourin hopes that the success her team had two Saturdays ago in Sandusky, Ohio at the GLCC Rock n' Roll meet will carry over into the STUNT national tournament in Oklahoma City on Friday.

"Competing outside of Michigan was nice because we were able to perform in front of new judges," **Tia Wilson ('16)** said. "It also helps us get ready to compete in Daytona for NCA (National Cheerleaders Association) nationals because the environment is unpredictable."

The NCA national tournament is set for April 9-13. Alma cheerleading will hold a home invitational tournament at 2 p.m. on Saturday.

"STUNT is a different type of format;

the rules are a bit different from the traditional format," Sabourin said. "The top four teams qualify for the STUNT nationals and we placed fourth. We're excited about qualifying."

Sabourin said the STUNT nationals tournament is bracketed and run double-elimination style.

The Alma invitational to be held in Art Smith Arena will host seven other colleges, including Grand Valley State University and Wayne State University.

We definitely made

NEXT MATCH:

Alma Invitational

2 p.m.

Saturday

Art Smith Arena

improvements with our routine for the Ohio meet," Sabourin said. "In the weeks leading up to the Alma invite, we will be on the mats as much as possible."

Sabourin said the Lady Scots have faced tough competition this year. Alma has matched up against nationally prominent programs like Davenport University and Michigan State University.

Although Alma dropped both of those games, Sabourin said the team has improved by facing the stronger competition. The Lady Scots dropped a STUNT meet at home against Davenport, losing match one 24-17 and match two 25-20.

"We've definitely raised our game from last year," Sabourin said. "These top teams have us competing stronger whether we win or lose against them."

"Practices have felt different lately," **Sammy Campbell ('16)** said. "We know what success feels like and we want to

"We've definitely raised our game from last year. These top teams have us competing stronger whether we win or lose against them."

-Coach Michelle Sabourin

continue those victories, so we're pushing harder than ever before.

"I can tell the team has a different mindset now because NCA nationals are coming up," Campbell said. "We also want to show our talent at our home competition on Friday. We also have had an amazing STUNT season, and we're working hard to represent Alma College at STUNT nationals later this month."

Barlow finalists note successes, benefits of Alma

BY HANNAH KING
STAFF WRITER

The Barlow Award is given to students who are in the top 10 percent of the senior class and who have proven themselves successful at Alma College. Today, the faculty and Student Congress members will vote to decide its recipient.

"Early in the winter, the Registrar's Office compiles a list of the students in the top 10 percent of the class, and I sign a letter that is sent to

these students, informing them of their eligibility," said Michael Selmon, Alma College provost.

Faculty can also nominate eligible students to consider applying for the award.

After the students are informed they have met the criteria for the award, they complete an application if they are interested.

"Our applicants not only have a list of their activities but also write an essay on three organizations they are in that helped them in making a true difference in the campus community," said

Selmon. "This award is not just a long list. It is about dedication."

The completed applications are then sent to the Academic Standards Committee. The committee consists of faculty members, administration, and occasionally students who are also members of Student Congress.

"The Academic Standards Committee chooses three finalists for the award, and I then send out congratulatory e-mails to the three recipients," said Selmon.

The final vote is done by faculty and Student Congress, and the results are announced at the Senior Dinner.

The three finalists for this year's Barlow Award are **Michael Reeves ('14)**, **Chelsea Deisler ('14)**, and **Michelle Jerezano ('14)**.

Reeves is an elementary education major with a minor in math and language arts. He plans on teaching middle school in Ft. Lauderdale, Fla.

"I never thought I would be a finalist when I applied for the Barlow Award," said Reeves. "Being a finalist for this award reflects

my hard work being paid off."

Deisler is also going into education with an elementary education major and a minor in early childhood development. She hopes to find a teaching position after graduation.

"Being a finalist is an indescribable honor," she said. "Over the past four years, I feel as if my life has been shaped by some truly incredible people. Receiving this award would not only be a reflection on me, but rather on every person who played a role in shaping who I am."

Jerezano is currently majoring in international business administration, with a minor in French. She hopes to continue her education at Ball State University.

"Being a finalist for this award has a special meaning for me," she said. "It reinforces the value of my efforts and it shows my commitment to help others by the contributions I have made to others."

The three finalists shared the techniques they used to be so academically successful and advice they have for students looking to

"Over the past four years, I feel as if my life has been shaped by some truly incredible people. Receiving this award would not only be a reflection on me, but rather on every person who played a role in shaping who I am."

- Chelsea Deisler ('14)

This Week at Alma College March 10 - 16

Monday

"Intern in Washington, D.C., this Summer!"
3 p.m. Tyler-Van Dusen
"Molière Than Thou" & "Lot O' Shakespeare"
7 p.m. Strosacker Theatre, Heritage Center

Thursday

Trans* 101 Workshop
3 p.m. SAC 209
Athens Boys Choir Performance
4:45 p.m. Tyler-Van Dusen

Friday

Carnival!
7 p.m. Tyler-Van Dusen

Saturday

Softball v. Mount Orion
1 p.m. Scots Park
Women's Tennis v. Cornerstone College
1 p.m. Tennis Courts

Invitation for Submissions

All entries (letters, photos, articles, or story ideas) are welcomed. The Almanian reserves the right to condense items for layout purposes. Deadline for letters, photos, and articles is 5 p.m. the Friday before requested publication; deadline for article ideas is 5 p.m. the Monday before requested publication.

Email submissions to the editor:
editor.almanian@gmail.com

Students honored nationally

By JON CLARK
STAFF WRITER

In the last couple of weeks, two Alma College students received extremely high honors and recognition for their accomplishments.

The first, and one of The Almanian's own, **Lisa Folkmire ('15)**, received third place for her work in the category of original poetry at Sigma Tau Delta's international English convention.

Sigma Tau Delta is an honorary English society, which includes more than 850 chapters across the globe. The group's convention allows students from all over the world to meet professional authors, faculty, and other students. Students like Folkmire are honored for their achievements alongside other seasoned writers.

Folkmire was awarded for a compilation of her poems, entitled "Page Pressed Primroses." A few of her poems included in the collection were "Detroit, 1957," "How to Hum a Silent Hymn," "Frog Catcher," and "Dirt Sole."

Folkmire was the only writer from Alma to win an award at this year's convention, and she has nothing but positive feedback about the experience.

"I cannot stress enough the importance of going to these conventions, no matter if it's the Sigma Tau Delta convention or not, go," she said. "You'll learn so much about what you love and you will

meet so many wonderful people."

While Folkmire may be an award-winning poet now, she did not always have such a passion for the art.

"I kind of loathed poetry before I came to campus, I won't lie about that. It made absolutely no sense to me," she said. "I think it really stands for the type of English department that we have at Alma, one that is capable of allowing students to recognize their natural talents and potential."

Evidently, Folkmire's opinion on poetry has since changed. She credits the English department for her success and is passionate about the promotion of all of the writers at Alma College.

"It's important to note that we have a wonderful group of creative beings on this campus," she said. "Don't hold back from attending on-campus readings, art shows, or concerts. They never fail to surprise."

The second student who recently received recognition for her efforts is Truman Scholarship finalist **Emily Johnson ('15)**. The Truman Scholarship is one of the most highly coveted and prestigious scholarships attainable in the United States. Named in memory of President Harry S. Truman, the honor is designed for college juniors planning on pursuing a career in public service.

Johnson is one of only 204 student finalists this year and had an interview last Friday in Chicago for a chance at

becoming a Truman scholar.

Johnson's major is integrated physiology and health sciences, and she plans to obtain both a medical degree and a master's in public health.

"The field I want to enter isn't necessarily as lucrative as most careers in medicine, and medical school can be quite expensive," said Johnson. "This scholarship ensures I can get to the work I want to be doing more quickly."

While the reward is great, the application process for this scholarship is quite extensive and challenging.

"[The application process] was extremely time-consuming, since many of the essays for the application required both self-reflection and research," said **Caroline Asiala ('15)**, an environmental health major and another applicant for the Truman Scholarship.

"I'm not going to lie, the process was long and treacherous," said Johnson.

Last year, 62 students were selected as Truman Scholars, and Johnson could soon join them.

"I feel pretty content about entering the interview," said Johnson before her interview.

"All I can do now is present myself, as genuinely as I can, to the Truman judges," she said. "Mostly, I'm looking forward to meeting the other candidates and learning about their accomplishments and what they hope to do to improve this world in the future."

Model U.N. continues excellence at St. Louis regional; prepares for international conference in New York

By SAMANTHA COYKENDALL
STAFF WRITER

Once again, the Alma College Model United Nations team was able to lay claim to the distinction of outstanding delegation.

The squad now has 21 consecutive awards as outstanding delegation at the St. Louis regional conference. At the international conference in New York, Alma College has also been recognized 17 years in a row as outstanding delegation, with an overall 32 awards in 19 years.

These impressive statistics only showcase a small amount of the hard work and dedication that goes into the conferences and the ability to boast winning more outstanding delegation awards than any other college in the history of Model U.N.

This year's team is comprised of 35 students; 19 are returning members and 16 are new, with

over three-quarters of the new members first-year students.

"First-time participants work for the first seven weeks towards the St. Louis conference," said Sandy Hulme, professor of political science and Model U.N. advisor. "The veterans [returners] prepare for the New York conference from the beginning of the semester. It is very much a team effort. The veterans are very good at mentoring the new members to help them compete effectively."

The outstanding delegation award at the St. Louis conference went to the delegation from Indonesia, which was comprised of six Alma College students.

"It was a great way to end my first conference," stated **Marianna Smith ('17)**, a new member. "The entire team did extremely well, and I am confident that we will have many more successes together."

Other new members representing different countries shared quite similar feelings.

"Overall, my first conference was a good experience," said **Megan Isom ('17)**. "There was definitely a learning curve at first,



Photo Courtesy of Jessica Drife ('17)
Jessica Drife ('17), Lindsay Giannotta ('17), and Morgan Beeler ('14) of the Alma College Sierra Leone delegation in St. Louis.

and the long hours definitely took getting used to, but in the end, it was worth it and I was pretty happy with how I did. When you woke up at six that morning and had to be in the conference room until 11 that night, you really had to make sure that you're keeping

focused throughout the entire day."

"Students work incredibly hard," said Hulme. "They prepare two topics that they receive ahead of time, work for seven weeks and try to prepare on these topics as extensively as possible."

Model U.N. is now preparing for the international conference held in New York City March 30 through April 3. The competition hosts 5,500 students from 50 countries and five continents, with over 2,500 international students.

"The German schools are incredibly well prepared and tough, as are many schools from California," said Hulme. "The schools who are the best prepared are prepared to do the best work."

From the resolutions drafted at the New York conference, the real U.N. ends up adopting one or two specific recommendations from the students nearly every year.

"Model U.N. is not just a simulation: it has real world applications towards issues that matter," stated Hulme.

Along with fierce competition, Model U.N. provides more experience for students involved.

"Model U.N. has definitely helped with my public speaking skills and my ability to work quickly and efficiently," said Smith. "Having a strong grasp on what is going on in the world also helps my all-around educational experience."

"Model U.N. is the single most transformative learning experience that I have been associated with in 25 years of teaching," said Hulme. "Model U.N. is an opportunity that gives students the chance to discover what they really care about, to discover their passion, and then to begin to pursue it with a vengeance."

Seven journalists, two experiences

By Anna Weber, Copy Editor

Clinging tightly to each other, two Almanian editors took deep breaths and plunged into the powerful, frothing waves of the Pacific Ocean. Their screams rose from the icy water, and the wind quickly whipped the sound away. . . .

[T]he two journalists in question had attended . . . the Associated Collegiate Press's 30th National College Journalism Convention . . .

By Samantha Coykendall, Staff Writer

Two weeks ago, I embarked upon what seemed like just another week of service on an alternative spring break.

However, what I was to find and learn on this alternative break was so much more than I could have ever expected or even hoped for.

I was placed on a trip down to Selma, Ala., to work closely with the Freedom Foundation. . . .

To read the rest of these stories, check out www.almanian.org

Women's Month celebration in full swing; professor's reading jumpstarts festivities

By EMILY ZADNY
STAFF WRITER

The celebration of Women's Month is under way with a lineup of events designed to promote and explore women's struggles and successes.

Students, staff, and faculty from the MacCurdy House and the Women's Advisory Board planned a month's worth of activities to entertain, educate, and involve members of the college and community.

MacCurdy House Event Coordinator **Chloe Secor ('14)** was one of the many students who worked hard to help make

the many issues women face both on campus and around the world."

Students, staff, and faculty can enjoy a variety of events during this month. Events include student presentations, performances, and guest speakers.

Jessica Karbowskiak, Alma's visiting instructor of English and writing center director, helped kick off the festivities with her reading of "Boxes," a short story from her book, "These Things I Know," last Tuesday.

"I was honored to be included as one of the events planned for this month as celebration of Women's Month because it is important that women in all disciplines, particularly in the creative arts, support and honor one another's work," said Karbowskiak.

"Too often there is an air of competition or bouts of ego in the creative fields, rather than a celebratory air for one another's hard work and dedication to craft," she said. "I hope that I honor the spirit of the month and showcase some of the qualities important for women in academe."

Katia Hamamouche ('17) attended and said she thoroughly enjoyed Karbowskiak's reading. "It was interesting to see my professor out of her role as an educator," she said.

There are more activities to take part in as the month goes on. Harvey Katz, the Athens Boys Choir founder, will give his Trans* 101 Workshop at 3 p.m.



Patrick Mallett: Staff Photographer

English instructor **Jessica Karbowskiak** read her short story "Boxes" in celebration of Women's Month.

Thursday in SAC 209, prior to the choir's performance.

Secor said the Athens Boys Choir performance at 8 p.m. Thursday in Tyler-Van Dusen Campus Commons, will be one to remember and a definite highlight of the month. The performance showcases storytelling and spoken word poetry that demonstrates the hardships of transgender identity.

The college also welcomes Diane Nash, a pioneer of the Civil Rights Movement, as she gives her presentation of "Women in the Civil Rights Movement,"

at 6:30 p.m. next Tuesday in the Dunning Memorial Chapel.

The Women's Month's activities also hit close to campus. Students from Instructor of English Maya Dora-Laskey's women's and gender studies class will present their research on "Local and Transnational Feminisms" at 11:30 a.m. next Thursday in the Thistle Room in Hamilton Commons.

To close out the month, Katie Cheely Wasserman, an actress from Chicago, presents the one-act play "Amidst Darkness" at 7 p.m. Thursday, March 27, in the

Tyler-Van Dusen Campus Center.

The play, inspired by the writings of Mother Teresa of Calcutta, explores the spiritual darkness of one young woman and her struggle to maintain hope.

"These activities are crucial for [allowing] Alma College to remain a progressive, open, and welcoming place," Secor said.

"Women's issues are important to address year-round—not just during Women's Month—but the month [of March] is a perfect opportunity to bring them forward," she said.

Women's Month possible.

"This year's theme is Celebrating Women of Character, Courage and Commitment," said Secor. "We made sure that all of our events fit in with that wide-reaching theme. We also aimed to have a variety of events to cover

Anthropology Club holds drive to benefit migrants in need

By JESSICA SUTHERLAND
STAFF WRITER

Are you or your family members plagued with the problem of having too many toiletries? The Anthropology Club is there to help you: members are hosting a soap drive.

Toiletry collection boxes are spread throughout campus to make sure the students can easily find them. There are boxes in SAC, Dow, the library, SAGA, and Joe's. Students do not even have to brave the cold to donate items, since there are already boxes in the dorms.

The drive is in March so the Anthropology Club could spread the word while students were on break. An email was sent out to the students right before winter recess, so they could bring back surplus supplies. It also gave the club a long time to collect the toiletries and continue spreading word about the event to all the students.

There is also a Facebook event for those who prefer to get information online. The Anthropology Club is making sure to cover every advertising venue possible for this event.

"We will collect all the boxes on March 31 and send them to Arizona," said **Leslie Warren ('14)**.

This soap drive benefits the Kino Border Initiative, a non-profit organization that aids undocumented migrants in Nogales, Ariz.

"The KBI relies on the generosity of our benefactors in order to provide direct humanitarian relief services to deported migrants, to offer educational

programs and talks to visiting delegations, and to sponsor innovative research and advocacy efforts," the Facebook soap drive event proclaimed.

The idea for the soap drive came from **Shalyn Stack ('14)**, president and founder of the Anthropology Club. She and a few other seniors dreamed up this group in their sophomore year. The organization is now thriving, working hard to help others.

"I volunteered at the Kino Border Initiative Organization in Nogales last February on an alternative break," said Stack.

While there, she and her classmates volunteered in many ways, from the soup kitchen to the health and the women's centers. Even though Stack is back in the far-off land of Michigan, she still wanted to help.

"I feel very passionate about border issues and saw this as an opportunity to give back," said Stack. She is not the only one who thinks so.

"I think it's a great idea," said **Kasia Majkowski ('17)**. "Personally, I have lots of stuff I don't use, such as unopened toiletries."

They are looking for a variety of items, from soap and Band-Aids to lotion, shampoo, and Q-tips. These all benefit the organization, allowing members to help those in need.

There are no set goals for the soap drive. The club will even donate some of its own money, some of which will purchase toiletries to give to this cause.

The Anthropology Club's efforts are visible all over the campus.

"We all worked together to hang up posters, place boxes out, and we will gather boxes together too," said Warren. Members are excited to see their teamwork and the support from campus help those in need.

Student reflects on her time spent in Africa during Posey Global trip



By JACQUELYNN VOISIN
GUEST WRITER

These days, I stop myself when I'm speaking really fast.

It doesn't matter now, but it was important nine months ago when I was in Ghana. Even in normal conversations, I hear the speed of my mid-Michigan English, and the only reason I realize I'm talking so quickly is because Mel pointed it out to me.

Mel was my roommate at the Global Crossroads house I stayed at during my Posey Global trip to Ghana. She was older than I was and had already finished college, but we got along quite well.

Mel is a much slower talker than I; her English was much easier for someone whose first language was twi, a tribal, widespread Ghanaian language. They loved her blond hair and "yellow" skin. My pasty white skin and brown hair just confused everyone!

Neither one of us was tall by our standards, but in Ghana, we towered over the women and were eye level with

the men. Mel and I were definitely a sight in the streets of Kasowa — two young obrunis from worlds thousands of miles apart, yet were inseparable.

The other volunteers at our house noticed our bond and claimed we were sisters, a responsibility we didn't take lightly. We tried to learn from each other and share experiences from Ghana and from home.

Mel wasn't ever mean or rude. She would insult me and I would retaliate with another insult. The only time she was ever outwardly rude was when we were at the market place buying soap to do laundry. I went to the woman in charge of the stand and asked her how much the soap would cost. She gave me a blank expression and shook her head.

Mel steps up and asks the same thing and the woman gives her the price. I paid her and asked Mel as we were walking away why she understood her. She yelled at me, "Your Yankee English is cool but no one can understand you!"

This Yankee English wasn't conducive for telling stories. I lost track of how many I retold; I also lost track of the misconceptions of Americans I had to clear up. My favorites were Americans all love Justin Bieber, live in igloos and have lots of money. They would listen intently as I tried to clear up their ideas of the United States and tell them new stories about the part of the country I lived in.

I would have to repeat whole stories day after day because they didn't understand the first time. They were so curious about my home but they couldn't understand the accent I have been bred to speak in.

I had no idea I had an accent. I had no idea I was anything but a normal girl going to a small college in her home state. Ghana taught me a lot — the main thing being I'm a damn Yank with more money than I know what to do with.

[illegible]

New game gives players all control

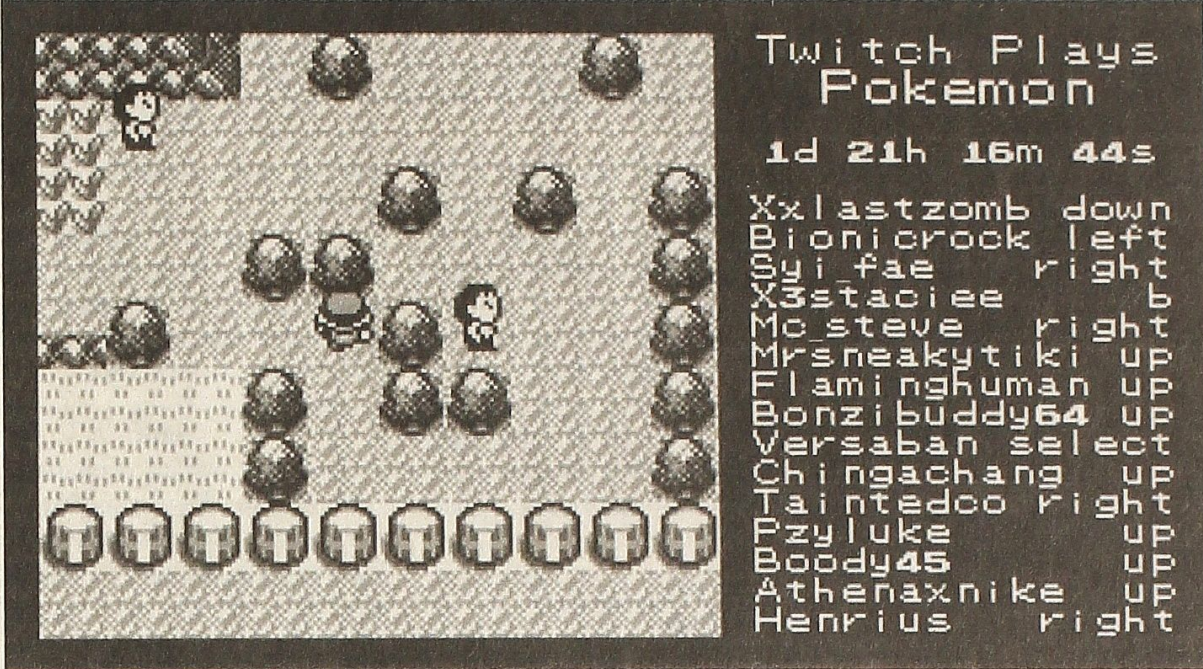
By RAY VISSER
STAFF WRITER

We all know that person who yells at movies, giving the characters directions that, in my experience, always fall on deaf ears. It seems that no matter what moviegoers yell at Luke Skywalker or that girl in that horror movie, they will always follow their predetermined destinies. But one of the most significant cultural events in recent memory took this idea and made it a reality. An anonymous Australian programmer wanted to know what would happen if the hapless hero of a video game bent to the will of the entire audience, yelling in a constant roar of contradictory commands.

And thus was born Twitch Plays Pokémon, a Frankensteinian conglomeration of a beloved classic video game, live online streaming, and the Internet hive mind. The results were spectacular, and one of the most interesting sociological experiments ever conducted. The aforementioned Aussie coder/mad scientist linked Pokémon, a game in which a

character named Red moves one grid space at a time through a world of battles between wild and tamed creatures, with Twitch TV, a website allowing users to stream video of the games they're playing with an accompanying live text chat. Any message a user sent through that chat with the text "up," "down," "left," "right," "A," "B," or "start" would signal to the game that that particular "button" on the virtual Game Boy was being "pressed," and that Red should perform the action associated with the command. And so Red set out on his quest with the virtual voices of thousands of viewers ordering him to take a step to the left, then to the right, then to spin around, then to talk to the person standing there, then to go back again. Hundreds of button inputs came in every second, and Red had no way to decipher them other than to follow every one he could.

The Twitch Plays Pokémon stream had a magnetic sort of appeal, like watching a bug try to escape from the jar in which it's trapped. Most of the inputs were nonsense; the delay between someone sending a command and Red registering



Twitch Plays Pokémon is a game played online with spectators who give commands to the character in the game. Entertaining for spectators and likely quite frustrating for the real player, an experience such as this manages to help restore your faith in humanity through quite chaotic "teamwork."

Photo Courtesy of nerdist.com

it meant that, in essence, every movement was random. What makes this case special is the community that rose around the experiment. Being nearly two decades old, Pokémon is a game that the Internet knows well how to play. The community shared current objectives—make our way through a dark cave; defeat this skilled Pokémon trainer in battle—and, through the overwhelming noise of random commands, a pattern emerged, a momentum. There's the classic saying about an infinite number of monkeys given infinite typewriters writing the works of Shakespeare given enough time. But this is 21st-century proof: the collective hive mind of the internet, 658,000

unique users issuing orders over the course of the experiment, beat the game in just 16 days. That's right. A little over a half million "monkeys" pounding on the controls of a virtual Game Boy, one button press at a time, combined their efforts to play through an entire game in just over two weeks. At first glance it seems impossible. And it was a joy to experience, an example of how the most mundane, seemingly pointless activity can restore some faith in humanity. On the way to their victory, an entire lore, a spoof religion, and a fictional meta-story sprang fully formed from the project. Memes and in-jokes (the "Holy Helix Fossil," "Bloody Sunday"), democracy and anarchy, failures

and successes (the Rocket Hideout, the Safari Zone) all followed the hero's journey with the entire world at the wheel. You don't have to know anything about video games to be absolutely dumbfounded by the success and popularity of Twitch Plays Pokémon. In its simplest form, it is a sociological experiment, an exercise in collective power, and proof that the Internet can band together to accomplish a common goal. It doesn't matter that the goal this time was to complete a black-and-white Game Boy game from the late 1990s. What matters is that we are capable of doing it again, if the need arises. Next up: Twitch Plays Cancer Research. We can do it.

"An anonymous Australian programmer wanted to know what would happen if the hapless hero of a video game bent to the will of an entire audience, yelling in a constant roar of contradictory commands."

-On the creation of Twitch Plays Pokémon

'House of Cards' season 2 teases with cliffhangers

By DANIEL MURAWSKE
STAFF WRITER

I have a love-hate relationship with cliffhangers. Part of me enjoys the excitement that goes along with the cinematic situations in which one arises. However, it can be hard for me to wait a week (or in some cases, several months) to see what happens next. In the case of waiting for season two of "House of Cards," I had to wait nine months. Towards the end, it got to be almost unbearable, as I could hardly contain the anticipation to see what would happen next in the life of politician Frank Underwood (Kevin Spacey). We left off the season with Underwood committing some dastardly deeds, while several reporters were closing in on him.

Season two was released at 3 a.m. on Feb. 14. I could not wait any longer to start season two. I woke up at 2:30 a.m., which gave me just enough time to go to the local party store to get a coffee so I could stay awake. Soon after I started watching the first episode of season two, I realized I did not need my coffee. The episode was so exciting that I was wide awake with my eyes glued to the screen. Going into season two, I thought that Underwood would continue his political business while the reporters kept working to expose him for his

wrongdoings. I also believed that a showdown between Underwood and the reporters would occur in one of the final episodes. I found out very soon that I was wrong. I cannot go into any further details because to do so would require that I give away spoilers. What I can say is that the writing is superb. It takes a remarkable talent to get the viewer to think one thing will happen and have something completely different occur. The result is that you are thrown completely off-balance and left guessing what will happen next. It is an effective tool for a writer to have. However, I was displeased with some of the writing. As the season progressed, I felt that there were too many side stories involving romantic relationships and sexual encounters. Everything plotline in a television show has to contribute something to the story. If it fails to do so, there is no point in having it. Most of the love stories did contribute something to the story. But there were a few that did not serve a purpose. There were some moments when I thought to myself, *what was that all about?* As a result, I was frustrated.

My time was being wasted when I watched those parts of the episodes. If I want to see a pointless love story, I will watch a soap opera. Thankfully, the majority of each episode was pertinent to the story. Those few purposeless romantic elements are just a small complaint in the realm of an otherwise gripping and intelligent political thriller. When you combine that with the brilliant acting from the entire cast, especially Spacey as Underwood and Robin Wright as his equally conniving wife, Claire, the result is a television show that will go down as one of the decade's greatest shows. Now that "Breaking Bad" is over, I expect "House of Cards" to win several more awards in addition to the 2013 Emmy Award win for "Outstanding Cinematography," "Outstanding Directing for a Drama Series" — David Fincher for Episode "Chapter 1" and "Outstanding Casting," and the 2014 Golden Globe for "Best Performance by an Actress in a Television Series — Drama (Robin Wright)." Warning for viewers: this program is intended for mature audiences only. I give "House of Cards" season two a "B."

"I woke up at 2:30 a.m. [just before the season was released], which gave me just enough time . . . to get a coffee so I could stay awake. Soon after I started watching the first episode, . . . I realized I did not need my coffee."

PROCRASTINATION

W U Y O S W D C T B Y N G B I	DOITLATER
W O R R O M O T I Z P O I M T	
K N D Q S R Z M A S J I F Y C	ITWILLBEEASY
C E J O Z O P L W M G T S N A	
X I E W I J N G T D A A Y D N	NOTTHATHARD
C K T W E T A U O J E N B F W	
P Z I C T E L N T E U I Y G A	WAIT
Y L N C V X T A B P T T N M I	TOMORROW
D U P X D D E L T H Z S L Q T	
V K J U O W L N D E W A D N I	NEXTWEEK
C F A I W I R J E Y R R F V A	
V E T B W C U G H I G C L L A	DONTDOIT
F X C T D C V V Q O M O W S V	
Q Y I D Y H E E S K Q R P N G	LAZY
N O T T H A T H A R D P T U N	ITCANWAIT

5	3			7			
6			1	9	5		
	9	8				6	
8				6			3
4			8		3		1
7				2			6
	6					2	8
			4	1	9		5
				8			7
						7	9

Winter blues? Biddy has the solution

By BIDDY

STAFF COLUMNIST

Ask Biddy: From relationships to study tips, I'm your go-to columnist! Don't forget, anyone can e-mail me their questions at askbiddy@gmail.com.

This week, Biddy is going to turn any negative feelings you might have into positive ones.

After getting several questions about dealing with anger, depression, and stress, I decided to do a special on specific everyday techniques you can use to limit these feelings. Let's get happy!

Anger:

Do you find yourself on the lookout for arguments or having a short fuse? This is normal and anger is healthy to an extent, but when it becomes constant struggle in your life, consequences can and will arise. The first thing to do when you find yourself in a fit is to redirect your thoughts, if you can.

Rather than focusing solely on what is making you mad, think about anything else that may cause better feelings to arise. Whether it is your schedule for the day or

what you ate for dinner yesterday, think about something else so you can relieve anger properly in the next steps.

Next, breathe deep. And weird as it may feel, studies done by Harvard Medical School concluded that taking deeper breaths allows more oxygen into your brain, and allows you to feel more relaxed and less anxious.

Finally, direct your thoughts back to the root of your anger and evaluate what the issue is and how you can resolve it without violence.

Stressed:

If your mind is constantly running and going through your seemingly endless schedule, the first thing you should do is make a list.

When we just "think" about what we have to do, we tend to convince ourselves that it is much more than it actually is because our brain has trouble putting events in order without visual assistance.

When you physically write down a "to-do" list, it automatically relieves stress. In addition, handwriting has shown to be an effective stress reliever as well as crossing things off.

Next, do something. Many

people convince themselves that when they are stressed, they can sit back and relax for a while to help relieve stress. This is false. Stalling only increases anxiety levels.

As you begin tackling your "list," your stress levels will begin dropping because you are proving to yourself that you have less and less to be stressed about.

Sad:

Do the constant overcast and cold weather have you down in the dumps? Experts believe that light plays a key role in seasonal affective disorder, so exposing yourself to more light can instantly improve the mood of most people.

Do your studying in a room with moderately bright lights and large windows.

Second, watch what you eat. When sad, we often convince ourselves that we deserve a lot more calories. However, eating healthy and exercising are the two most effective endorphin relievers that can improve your mood.

Third, don't be afraid to ask a friend for a hug.

Overworked:

With a sudden build up of tests, projects, and essays due during

the second half of the semester, as well as making summer plans and trying to maintain relationships, nerves can get the best of you.

Talk to people about it. Talk to your friends, your mother, your grandpa, a dog walker, anybody. They've all had that experience of not feeling like they can handle one more responsibility.

Tell yourself that in a week, it will all be over.

Give yourself a list of small tasks to accomplish daily. And when you get the chance to take a breath, do a five-minute task that you've been forgetting about for days. Those little stresses add to a lot of the main stress.

Tired:

We've almost finished out the year. Seniors are getting ready to graduate, that dreaded class that always asks you to write three essays, read two novels, and take a test each week is practically over. But once those feelings of being "done" hit, how do you keep going?

Figure out what you enjoy most in that class. Save that for last every time.

Talk to the professor and try to see if there's something you could add to the project to better your future self.

TEARS & CHEERS

By LISA FOLKMIRE
OPINION EDITOR

CRY

-Spring is in the air--kind of. All of that ice and snow is melting into slush and puddles. Campus is becoming a swamp, and there is a severe limit of boats around town.

-We've now reached the second seven weeks of the term. It's time to put your mind to the actual matter, and use all that you learned for the first half of term for those giant projects that will be due within the next seven weeks. Slackers, beware.

-As the weather changes, the Alma Plague strikes again. This past week, my house experienced three ear infections, a case of bronchitis, and pink eye.

-We have a seven week stretch between home and school. For those who are stuck wherever they are placed, such as myself, this can be an intense stretch of time.

-We lost an hour on Sunday. Although I give credit to Ben Franklin for planning to make harvest times longer for farmers, the college student in me cannot understand why we continue to use daylight savings time when all I ask for is 24 hours in each day.

-Just when we think spring is around the corner, when we get used to the puddles and slush (as mentioned above), it snows again. And again. And again. This winter really outdid itself.

REJOICE

-Shamrock shakes are back. Enjoy their minty goodness while it lasts--they'll be gone before spring is out.

-Posey Global applications were reviewed this week, new world travelers were selected, and some people are about to have amazing summers.

-The Pope told the Catholic Church that it needs to examine why states are choosing to legalize gay marriage to fully understand why people support it, rather than instantly condemn the decision.

-It's International Women's Week. Although society might not completely have the "gender equality" deal down, weeks like this prove that the times are changing.

-The sun seems to have come back for the rest of the year. Knowing this, moods should be going up, hope in the world should be restored, and sunglasses should be getting reasonably cheaper.

-The man who delivered pizza to the Oscars received a \$1,000 tip.

-Paczki Day passed again. Since it didn't get a spot in the non-existent issue for the past week, it deserves one here. No matter how many calories, these little pastries are one of the best things to happen to this planet.

Believe it or not, spring's joys quickly approach

By MECHON CAREW

STAFF WRITER

Are you sick of winter? Are you sick of the blistering wind that seems to find every little crack in your coat? Are you sick of slipping on your way to SAC in the strangest of places?

Are you just plain sick of the color white?

I know I am, which is saying something considering that spring is my least favorite season.

Let me explain. Not only is there a bunch of pollen everywhere making me wheeze

whenever I step outside, but my mother insists on "spring cleaning," which causes her to dredge up sneeze-inducing dust inside as well.

Don't even get me started on all the slush and mud that will be upon us soon.

I hate that slushy stuff, and by hate I mean really, really, really hate. It's just plain icky.

However, as much as I dislike the dirty parts of spring that are needed to start that cycle of life up again, there are a few things I do in fact enjoy. Luckily for me, most of them happen whether or not it's still snowing outside.

Reason #1: Shamrock Shakes at McDonald's

Although I have to concede that the Arby's mint chocolate shake is better simply because there's chocolate involved, they simply don't hold the novelty that shamrock shakes do. Making these little green cups of love a "limited time only" deal has to be one of McDonald's smartest ideas, considering that I feel the need to buy as many as I can before they're gone once again.

Reason #2: Mardi Gras

If there were a reward for Most Honest Holiday, Fat Tuesday would take the paczki. After all, those fat little doughnuts are one of the main reasons I love Mardi Gras. Paczkis come in plenty of flavors, and each year I challenge myself to try them all (fortunately for my waistline, I don't usually succeed). The merry mask making and parades involved with Mardi Gras are pretty cool, too.

Reason #3: Longer Days

Even though this does mean earlier mornings, longer days to me mean more sunlight, which is always a good thing. Not only does that extra vitamin D make me happier, but eventually those rays of sunshine will melt that blanket of snow. In fact, the weather this last week was pretty bright, even if it wasn't particularly warm. That sunlight brightened moods across campus, which was excellent.

Reason #4: Flowers

I know I said I hate pollen, but even the most hyper-allergenic person has to admit that flowers are at least pretty.

Daffodils are one of the first flowers to bloom, since they're a little tougher than the regular flora. Magnolia trees blossom early as well, but they also wilt earlier, creating an awe-inspiring display for about a week followed by a particularly colorful mess to rake up for the rest of the season.

Reason #5: Birds

While I'm not much of a plant person, I love animals quite a bit, and spring means the end of hibernation and most importantly, the return of the southern-bound birds. The sound of little songbirds twittering away soon makes waking up earlier almost worth it. Almost.

Reason #6: Easter

Although it's a while away, I'd definitely have to say that Easter is my favorite thing about spring. And I'm not just saying that because I get to play Easter bunny and hide all the eggs for my little brother.

You know what's the best part of not being particularly religious? I get to celebrate Easter without having to pose for a thousand pictures in my Sunday best or be in church half the day.

Instead, I get to make squealing noises as I bite the heads off of Peeps and little chocolate rabbits, gorge myself on jelly beans and kisses, and spend hours arguing with my mother about the proper way to color an Easter egg.

Spring has its ups and downs, and yes, the slush can be a pain in the butt and I plan on enjoying my last free breaths for the duration of this winter, but honestly, I, for one, am ready to see a break up of this white with the burst of flora and the chatter of animals that spring brings.

A celebration for procrastinators! ...Tomorrow. And the day after



Courtesy of Molly Sell

Admit it: we're all pretty guilty of procrastinating on some portion of homework or responsibility every day. We feel a little guilty as we sit staring into the void of the blank essay page at 1 a.m. the night before the assignment is due. It's not all laziness--it's hard to remember that the life of an undergrad student is not completely comparable to that of a normal, functioning adult. The responsibilities involved with homework, multiple jobs, and maintaining social relations can become extremely strenuous, which is why procrastination happens.

And now, for this entire week, our guilt can be set aside. This week, National Procrastination Week, is our opportunity to pick up new novels and find new websites to explore while our homework waits at the side of the desk. Just don't take it too seriously--chances are, this is your first time hearing about this week, and the same can probably be said for most of your professors.

Lacrosse squads capture home openers at snowy Bahlke Field

By BRENT LUPLOW
STAFF WRITER

After two long spring break trips out of state, the women's and men's lacrosse teams returned to Alma for their home openers last Thursday against Wilmington College.

For the second consecutive year both squads secured victories to open their seasons at home.

Both jumped out to early leads and never looked back.

After a 2-2 record during its trip in the Pacific Northwest, the women's lacrosse squad faced the Wilmington College Fightin' Quakers on a cold afternoon.

The Scots jumped ahead early and dominated the stat sheet to win the game 21-3.

Tracy Gallihugh ('15) opened the scoring just 45 seconds into the game. The Scots would score five more goals in the next five minutes and start the game with a commanding 6-0 lead.

Ashton Street ('16) and Gallihugh both netted four goals each in the first half as Alma took a 12-2 lead into halftime.

Street was happy with her team's performance, saying it was a fun game to get the season started.

"We made connections on the field that had not clicked over spring break, which will be useful for our big game Saturday against Robert Morris," Street said.

The Scots travel to Chicago to face Robert Morris at 1 p.m. on Saturday.

The Scots started the second half on a roll scoring seven unanswered goals, led by **Stephanie Chou ('17)** with three in the second half. The Scots' defense continued to hold strong and allowed only three goals on the day.

Both **Stephanie Herman ('14)** and **Miranda Kruse ('17)** split time in the net, recording four and two saves respectively.

Chou, Street, and Gallihugh all shone for the Scots as they scored four goals each.

The Scots improved their record to 3-2 and return to Alma for their next home game at 3 p.m. on Saturday, March 22 against Defiance College.

Following the women's game, the men's squad looked to improve its 1-3 record after the squad's trip to the South over spring break.

The men also faced off

against Wilmington College and continued their momentum from their last win, winning a physical 12-4 contest.

Marshall Argenta ('16) opened the scoring for Alma just 1:07 into the first quarter on an assist from **Kyle Schnitzer ('16)**.

Schnitzer netted another goal late in the quarter to make the score 3-1 after fifteen minutes.

The Scots continued their scoring in the second quarter as Schnitzer scored another two goals to start the game off with a hat trick.

A tough defensive effort led by **Tyler Bennett ('15)**, who collected eight ground balls, kept Wilmington off the board to end the half with a 6-1 score.

"Our team performance was sloppy at times but we really buckled down when we had to in order to pick up a solid win at home," said Bennett.

Alma continued to score at will as **TJ Miller ('17)** continued his impressive start to his freshman campaign by opening the third quarter with a goal, which was quickly followed by two goals by **Alex Novak ('15)**.

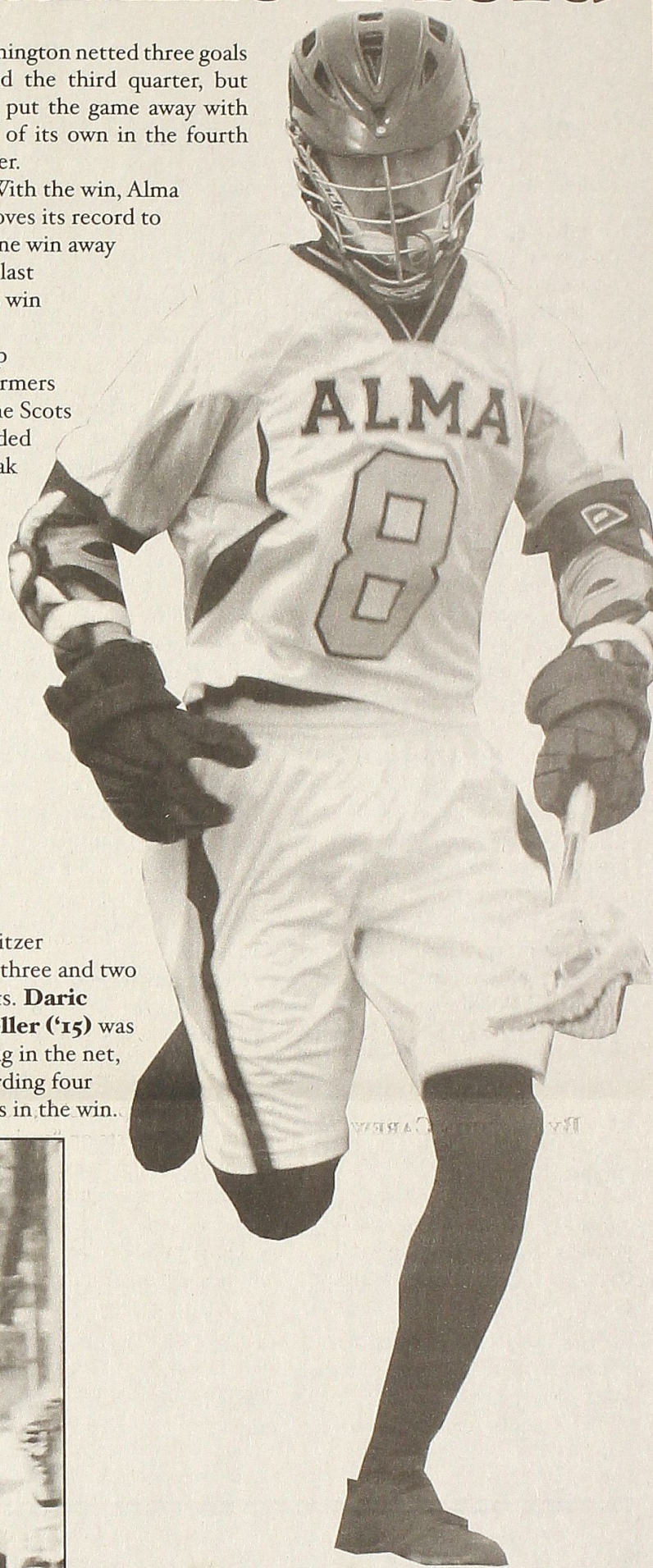
"I thought we played pretty well; we just need to keep up our pace of play for our game against Mount Saint Joseph's because it will be a better team," Miller said.

Wilmington netted three goals to end the third quarter, but Alma put the game away with three of its own in the fourth quarter.

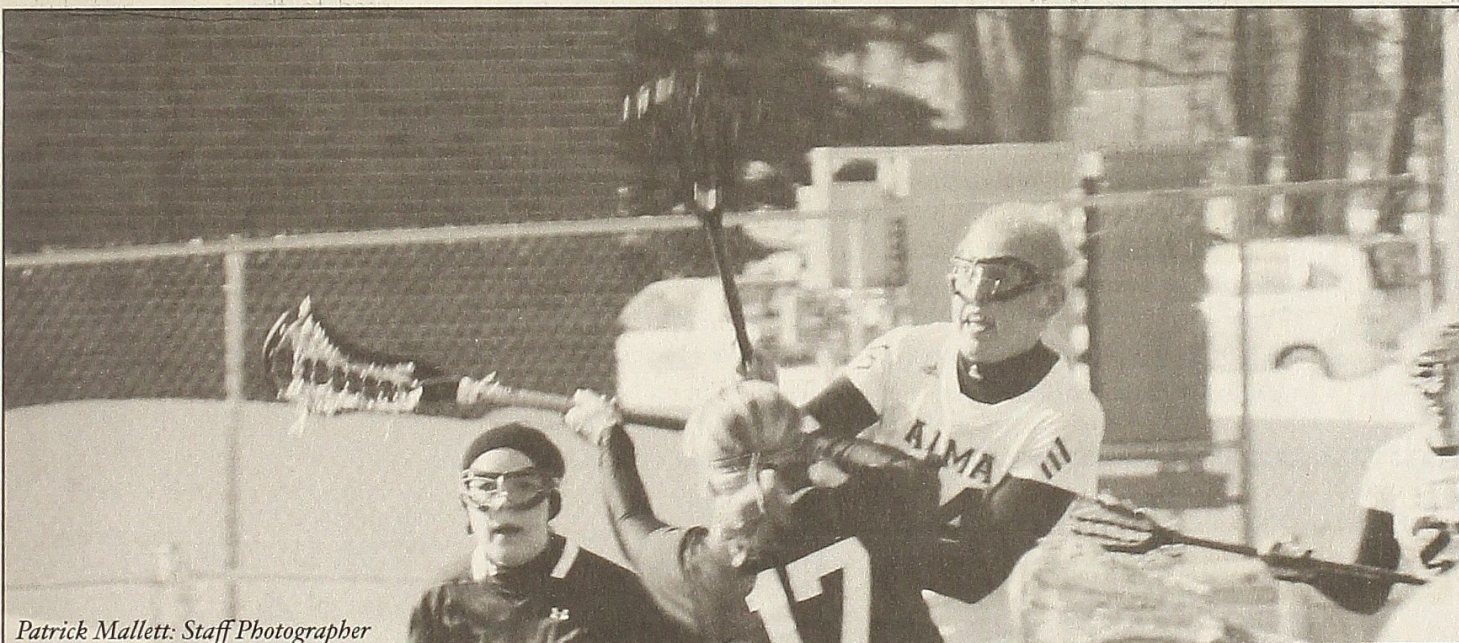
With the win, Alma improves its record to 2-3, one win away from last year's win total.

Top performers for the Scots included Novak with five goals and

Schnitzer with three and two assists. **Daric Mueller ('15)** was strong in the net, recording four saves in the win.



Josh Spratt: Staff Photographer



Patrick Mallett: Staff Photographer

Above: Sydney Bryce ('15) has tallied five goals in six games for the women's team. Right: Marshall Argenta ('16) has put up 10 goals and three assists for the men's team. Argenta had three goals in the Scots' home opener against Wilmington College.

Spotlight: Women's lacrosse goalie Stephanie Herman ('14) named MIAA Defensive Player of the Week

By EMILY ZADNY
STAFF WRITER

After a stellar performance with the women's lacrosse team on its spring break trip, goalkeeper **Stephanie Herman ('14)** earned MIAA honors as Defensive Player of the Week.

Herman and her team finished with two victories and two losses for the trip as they took the Pacific Northwest by storm.

During the weeklong endeavor, Herman finished with 45 saves in four games and a save percentage of 53 percent, meaning that she saved over half of the shots she faced.

Going into the team's first match-up of the season against Puget Sound University marked a milestone in Herman's career.

"It didn't really hit me until we

were in the locker room that it was my last first game of a season," said Herman. "It was kind of depressing, so I pushed it out to the side to get pumped up for the game."

The team had one day to recover before taking part in history at George Fox University. The Scots played in the school's first ever women's lacrosse game.

The game was close throughout and had tension rising in the players both on the field and on the sidelines. But even as the game got intense, Herman never lost her focus, a strength of hers that Head Coach Laurie Jordan prides her athlete for.

"Steph is very level-headed and stays calm in any situation," said Jordan. "She has been on this team from the very beginning

and has seen us at our highs and lows.

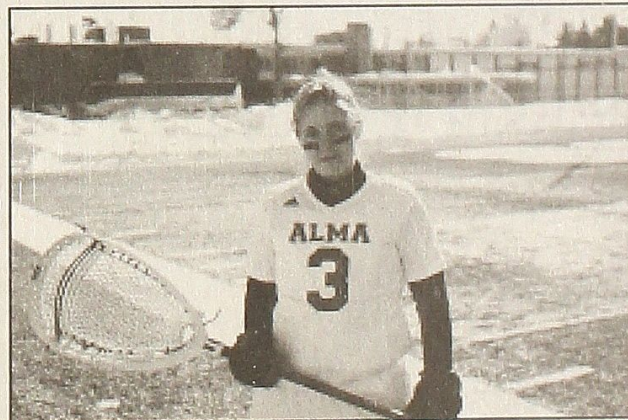
"In order to be a good goalie, you need to be a leader on the field, and that is exactly what Steph is for us in every game," Jordan said.

Herman helped lead her team to a 9-8 victory that evening with 12 saves on 27 shots.

Herman is not new to acquiring staggering statistics. She closed out her 2013 season with 156 total saves and a save percentage of 53 percent.

Teammate and fellow senior **Miranda Anderson ('14)** thinks highly of Herman and the energy she brings to the team.

"I think that Steph's fearlessness in and out of the goal circle makes her a great goalie," said Anderson. "She hustles to get the ball, is not afraid to take a hit from a shot, and she never gets



Patrick Mallett: Staff Photographer

down and helps build everyone up around her."

Many of Herman's teammates and coaches appreciate all of her efforts for them both on and off of the field.

"Being a senior captain, all the girls look up to her not only as a teammate but as friend," said Jordan. "She is an amazing goalie and I am sad this is her

senior year!"

"This team has definitely been a huge part of my college career and I wouldn't have it any other way," said Herman. "I have great coaches and great teammates that make me love the sport more and more everyday."

"I am so thankful to be part of this lacrosse family and am excited to make my last season a good one," she said.

Spring sports travel to warm weather during winter break

By **JUSTIN KETTERER**
STAFF WRITER

The guys of the Alma College lacrosse team could not get away from each other during their spring break trip, which makes for a good bonding experience, according to Coach Jason Levesque.

"Every year this trip is great for us," Levesque said.

"We wanted to make it a hallmark of this program to be a family on and off the field."

The Scots took their trip on the East Coast to start their season. Alma went 1-3 on the trip, with the win coming over Southern Virginia 14-4.

Alma dropped games against Thiel, Bridgewater (Va.), and Randolph.

"Overall I was pleased with how we competed," Levesque said.

"We often found ourselves in positions we wanted to be in a lot of the games over break."

The Lady Scots lacrosse team took its spring break trip to the other side of the country to Oregon and Washington.

"The trip was a lot of fun," Coach Laurie Jordan said.

"It was nice for the girls to get to know each other on another level, experience different things, and just be tourists."

Alma went 2-2 on the trip, defeating George Fox 9-8 and Linfield 18-6. The losses came against Puget Sound and Pacific (Ore.).

"Last year we only traveled to the bordering states," Jordan said.

"The teams out west are better

and playing them will help us grow and work toward the goal of an MIAA title."

The Scots' baseball team had a winning spring break trip down to Florida, as it went 6-2 over the break.

Alma competed against other teams from the northern part of the country at the RusMatt Central Florida Invitational at Chain of Lakes Park.

"It was a really solid level of play," Coach Scott Kingston said.

"A lot of the teams were similar to the middle and upper range of teams in our conference."

"The best teams we played were Hanover and Capital—they receive national top 25 votes each year and play consistent with the top teams in our conference," Kingston said.

The Lady Scots' softball team was down in Clermont, Fla, over spring break. Alma went .500 through the 10 games over break.

"We lived in houses, so each house really bonds together during the week," **Chanler McCaskey ('14)** said.

"This year we did game nights and tried to get the team to know each other better, so we played games like team jeopardy to see how well we knew each other."

The Lady Scots picked up two wins over Hanover College (Ind.) and wins over Schreiner University, Augustana College (Ill.), and Concordia College (Minn.).

"The Florida trip really brings our team together, and afterwards we are more like a family rather than a group of girls playing softball together," McCaskey said.



Alma College Softball Facebook



Alma College Baseball Facebook

Top: The softball team used winter break as a chance to play against six different teams in Florida. The women went 5-5 during their trip. **Bottom:** The baseball team traveled to Florida to play against four different teams and left with a 6-2 record.

Spring Sports Records

BASEBALL	6-2
MEN'S LACROSSE	2-4
MEN'S TENNIS	5-4
SOFTBALL	5-5
WOMEN'S LACROSSE	4-2
WOMEN'S TENNIS	1-5-3

