

The

# ALMANIAN

Scots' sports roundup  
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## Speaker: Manned trips to Mars in future?

By LILLIAN MALONEY  
STAFF WRITER



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**“What Price a Martian? Human Limits to Exploring the Red Planet” will discuss the physiological implications of manned missions to Mars and the difficulties space agencies will need to overcome to make them a reality. Low levels of gravity pose some health concerns for prospective astronauts, including muscular atrophy, a result of the relative ease of movement in space leading to loss of muscle tone.**

Renowned astronaut and physiologist, Dr. Jim Pawelczyk plans to speak this week on campus about the possibility of sending humans to Mars.

“Dr. Pawelczyk is an internationally recognized physiologist who is best known for his work with neural control of circulation during spaceflight,” said John Davis, a professor in the integrated Physiology and Health Sciences department.

Pawelczyk will present “What Price a Martian? Human Limits to Exploring the Red Planet” in the Dow Science Center Room L-1 at 7 p.m. on Thursday Sept. 27.

The presentation is free and open to the public.

Pawelczyk has logged 16 days and 6.4 million miles in space conducting neuroscience experiments that study how the human body adapts to space travel, according to a college press release. He was selected in 1995 as a payload specialist for the Neurolab space shuttle mission and in April and May of 1998, was aboard STS-90 on the space shuttle Columbia.

According to the press release, Pawelczyk performed experiments on those missions that addressed changes in the nervous system, regulation of blood pressure, sleep, balance, and movement control during spaceflight.

His research has an emphasis on the dynamic regulation of blood pressure and how disuse atrophy affects blood pressure regulation, according to a press release.

“Jim is interested in looking at blood pressure regulation and the effects of microgravity,” said Davis. “He wants to determine the human limitations to exploring the red planet.

It would take roughly six months to get there and six months to get back. That’s at least a year of microgravity, which has serious physiological effects

on the human body.”

Davis, who assisted in orchestrating the event, worked with Pawelczyk when the former was a graduate student at Penn State. Pawelczyk has been a member of the medicine, physiology, and kinesiology departments at Pennsylvania State University since 1995.

“One of the primary goals is to attract students to this physiology program,” said Davis. “Even though he works with physiology, his speech would be of interest to Alma students with varying

interest in the science field.”

According to Davis, Pawelczyk is interested in bringing more students from Alma into the graduate program at Penn State. A few students who graduated from Alma College have pursued that route, such as Nate Garvin. He currently works as a PhD student alongside Pawelczyk. Rebecca Bruning is another student, who graduated in 2010, who is a graduate student in the same department.

According to Penn State’s Web page, Pawelczyk currently works

as the associate professor of physiology and kinesiology.

Even though he is still teaching at Penn State, Pawelczyk still assists with building the U.S. space life sciences strategy. For the past six years, he has worked on and studied the physiological effects of spaceflight as a NASA-funded investigator.

“It is an interesting scientific problem, getting humans to space” said Davis. “Concerning the timeframe, I believe we could put a human on Mars within 10 years.”

## Thursday dinner specials return, feedback requested

By ELLEN MARTIN  
STAFF WRITER

If you didn’t come to Hamilton Commons for dinner the past two Thursday nights, you missed out on carved turkey and stuffed chicken breast dinner specials.

But don’t worry—there are more meals like these to come.

The Student Board of Directors has once again arranged for the Thursday night dinner specials to be offered at Hamilton this year.

These unique meals have been held for the past two years on Thursday nights to increase interest in dining at Hamilton.

“In [the College’s] new contract with Sodexo, we jointly agreed to make one night a week a special meal night to encourage all students to hit the cafeteria on a given night,” explained Dave Buhl, vice president of finance at Alma College. “Thursday was

chosen because it traditionally has the highest attendance of all meals, and this was also thought to help student groups when they want to organize things, because they could count on Thursday being the best night to be present with a table for sign ups.”

These dinner specials have been a success among students, said **Marcella Hawk (’15)**, concierge. She said it seems like more people come to eat at SAGA because they know something a little bit fancier will be served on those nights.

The schedule for the remaining dinner specials is as follows: honey glazed pork chops on Thursday, fried shrimp on Oct. 4, a smoothie bar on Oct 11, chicken wings on Oct. 25, carved top round on Nov. 1, crab cakes Nov. 8, a Thanksgiving dinner with trimmings on Nov. 15, sushi night on Nov. 29, and Highland chicken on Dec. 6.

Hawk thinks these meals are a good way to “switch it up a little bit,” and said that even when it

seems like the same food has been served time and again throughout the week, one can always look forward to Thursday nights for a treat.

Hawk is especially excited for the night when Highland chicken will be served.

“It’s fabulous!” she exclaimed.

The Student Board of Directors is looking for more student input on ideas for new meals, especially as they are planning the schedule for next semester. They’d like to know how the quality of the food has been and are actively seeking more student participation and creativity.

“My door is always open,” said chef Cindy Walz, encouraging students to share their thoughts with her, a concierge, or even on a comment card.

As executive chef at Hamilton Commons, Walz is also adding a little more flair to the Thursday night dinner specials by putting together an occasional drawing for a prize package.

On Oct. 4 there will be a chance to enter for a tailgate prize package. It will include assorted two liter sodas, chips and dips, soft pretzels with cheese sauce, mini corn dogs and mustard, taquitos with salsa, and some sweet treats

to finish, feeding 10-14 people.

Other prizes to come include a Halloween party package, a pizza party, and an exam study break package.

Walz hopes that offering the chance to win these treats will further promote the Thursday night dinners as well as a more open atmosphere in which students are encouraged to provide more input and suggestions.

“I get the most satisfaction when the students dig on what we are doing. It is always our goal to have happy healthy students who know they have a voice about their food service.”

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Partly sunny, breezy 64°	Partly sunny, warming 73°	Partly sunny 62°	Mostly sunny 65°	Sunny to partly cloudy 63°	Clearing 67°	Mostly cloudy 67°

## Homecoming rules changed

By RACHEL LANE  
STAFF WRITER

The homecoming party policy is different this year. **Will Johnson ('13)**, a member of Sigma Alpha Epsilon, is the president of the Inter-Fraternity Council and has the details on the new regulations.

"All fraternity houses will be closed except for brothers and their alumni. In place of fraternity houses, the rest of campus will be at the Pine River Country Club, three blocks down the street," Johnson said.

"Upper management handed this down. Me, **Caitlin Closs ('13)** who is head of Panhellenic [Council], and Danielle Brandreth, the new Greek advisor, are implementing the policy," Johnson said.

"My opinion is that this is going to be a test run for every other party on campus. It is very important for it to succeed because the policy is not going anywhere."

Johnson thinks the homecoming party rules will succeed despite much recent

controversy.

"This is Greek Life making sure the rest of campus has somewhere to go. And we're going to make sure it succeeds. There will be transportation to and from the party, free appetizers, a cash bar, and a DJ," Johnson said. He added the policy was created because of the nature of homecoming and the alumni.

"There will be security monitoring each house and multiple security guards monitoring South Campus, making sure brothers and alumni are the only people in the houses,"

*"My opinion is that this is going to be a test run for every other party on campus. It is very important for it to succeed because the policy is not going anywhere."*

*-Will Johnson  
President, Inter-Fraternity Council*

Johnson says.

On Friday, Vice President for Student Life Nick Piccolo and Vice President for Advancement Carol Hyble released a statement on the Alma College Alumni Facebook page updating the policy and clarifying the new rules for alumni. Here are some updates from the Facebook post.

"The Greek housing units are open to visitors - including alumni and guests - during the day as usual. The only time period that is currently limited to current members and registered alumni members/guests is 9 p.m. to one a.m. on Saturday, during which those groups have chosen to have official events including alcohol," the statement reads.

"The fraternities have chosen to host parties at their houses, which means a limit of 40 invited participants. Alumni members and their spouses and significant others are welcome at these parties, but need to register in advance."

There will be transportation to and from the country club every 15 minutes at Reid-Knox parking lot. The all-campus party is from 8 p.m. to 1 a.m. on Saturday, Oct. 6 at Pine River Country Club.

## This week at Alma College

**Monday, September 17:**  
Step-up: Be a True Scot in Dow L1, 9 p.m.

**Tuesday, September 18:**  
Student Show in Beck Art Gallery, 9 a.m.  
Networking Workshop, ACP Office, 6 p.m.

**Wednesday, September 19:**  
Blood Drive in Stone Rec Center, 11 a.m.  
Step-up: Be a True Scot in Dow L4, 7 p.m.

**Thursday, September 20:**  
World Kitchen by International Club in Van Dusen Commons, 4 p.m.  
NASA: Mission to Mars in Dow L1, 7 p.m.

**Friday, September 21:**  
Fall Greek Recruitment informational meeting, in Dow L1, 6:30 p.m.

**Saturday, September 22:**  
The City Harmonic, Presbyterian Hall, 8 p.m.  
See Spot Run Open Mic and Spoken Word in Tyler Van Dusen Rotunda, 8 p.m.

## Alternative breaks celebrate 10th anniversary on campus

By ELLEN MARTIN  
STAFF WRITER

This year, the Alternative Breaks program will celebrate its 10-year anniversary at Alma.

According to Sallie Scheide, assistant director of the Center for Responsible Leadership, the goal of the Alternative Breaks is "to build active citizenship, so students get involved through service and become active members of their community."

In the last 10 years, 940 students have volunteered their time for more than 31 organizations.

In earlier years, mission trips were planned and led by former Chaplain Rev. Jesse Perry, said Scheide.

However, when Scheide came to Alma in 2003 through the Discovering Vocation Project, she had the responsibility of planning new mission trips through that grant.

That summer she attended a workshop hosted by Break Away, an organization whose mission is "to train, assist, and connect campuses and communities in promoting quality alternative break programs that inspire lifelong active citizenship."

When Scheide saw how widespread the Alternative Break program was in campuses across

the nation, she realized it could help Alma's service projects grow. The result: replacing the single mission trip with multiple opportunities for students to work with different organizations and provide services for those in need.

Scheide was, at first, the one who planned the outreach trips; now, however, there is a student advisory board.

**Morgan Bauman ('13)**, co-chair of that student board, has participated in five breaks.

"You become more than friends on the trips...you become a family," she said. "You cook together, clean together, cry together sometimes, laugh together a lot. You deal with some tough stuff and your teammates support you through it all."

In addition, the trips no longer take place once a year: they occur during fall, winter, and spring breaks.

"Going on Alternative Breaks has been one of the greatest things about my Alma experience," said **Teresa Larson ('13)**, "and I firmly believe every student should go on at least one before they graduate."

Larson has participated in three Alternative Breaks—one for each year that she has been at Alma—and she plans on attending breaks this winter and spring.

**Jenny Campfield ('13)** has



Courtesy of Sallie Scheide

**Students like Teresa Larson ('13) embark on alternative breaks to help people in need, and do so by constructing housing, among other activities, in the communities hosting them.**

also participated in three breaks and was a site leader for last year's trip to Pine Ridge, South Dakota. In addition, she was able to participate in Break Away's ABC conference over the past summer.

"One of the biggest pieces of advice I would give to someone who is passionate about service and Alternative Breaks would be to apply to be a site leader,"

Campfield said. "It is such a rewarding experience to help foster that same passion in other students and to watch them grow during their trip."

This year's Alternative Fall Breaks will take place over Oct. 18 and 19, and applications were due Sept. 21.

The details are not yet finalized for the winter and

spring Alternative Breaks, but the winter trips take place from December 15-22. Applications will be available October 8 and are due Oct. 22. Alternative Spring Break takes place from Feb. 23-March 2, 2013. Applications will come out Nov. 30 and are due Jan. 11.

## Homecoming parade floats compete for cash prizes

By RACHEL LANE  
STAFF WRITER

A float contest is planned for the homecoming parade this year at Alma College. The Alumni Board is constantly working to improve homecoming events. This year's focus is on the parade. In the past years, there has been minimal involvement by student organizations and it has been hard for alumni to know what student groups were representing themselves at the parade.

"The Alumni Board wants to

see more enthusiasm around the parade from students. One of the alumni is sponsoring the award," said Lou Ecken, director of alumni engagement. She said any student organization can compete in the parade float contest to win \$500 dollars for first place, \$300 dollars for second place, and \$200 dollars for third place.

"During the parade, members of the 50-year class will be judging the contest in front of Reid-Knox. The winners will be announced at the football game at some point," Ecken said.

The rules for the contest are that there must be a sign about three to four feet high and six to seven feet wide identifying the group. Groups should dress uniformly, so that it looks like a group. Creativity is encouraged. Spirit and enthusiasm are welcome. And lastly, the float and props should follow the homecoming theme, Back to the Future.

"The SPARK student-alumni group is working to put in some fun programming and would love to see the students out there

interacting with the people who came before them, the alumni," said Ecken.

**David Maniez ('14)** is the president of the SPARK (Students Promoting Alumni Relations and Konnections) group on campus, and he is also in charge of Tau Kappa Epsilon's float for the parade.

"We are going to try to mimic a scene from Back to the Future on a trailer, incorporating the '80s theme," said Maniez.

"TKE is excited about it because it is a big time for our

new house getting finalized and groundbreaking and we are tentatively doing a ceremony at homecoming. The whole chapter is helping to work on the float for a couple of days this week," Maniez said.

"Alpha Phi Omega is making a float, too. SPARK wants to give money back to groups on campus and motivate them to participate in the contest and the parade."

The alumni groups hope to get many student organizations involved in the contest and more involved in the parade.

## Stone Recreation Center offers free Zumba, yoga fitness programs

By CRYSTAL SNOW  
STAFF WRITER

Stone Recreation Center may be under a new director, Erin Regenfuss, but its purpose continues to be the same and new goals are constantly set.

What is one of the new goals? To get students to realize there's more to the rec center than weights and a track.

With free classes available, Regenfuss wants to expand exercise options for students.

"[Classes like Zumba and yoga are free] because we want students to have a variety of opportunities on campus and to make them as accessible as possible," said Regenfuss.

Zumba is instructed by Tincy Goggin, who has led classes in Colorado and even on a cruise ship in the Galapagos Islands and who also works in the Alma math department. Zumba, a Latin dance-fitness activity, makes its presence known at Alma with an academic participation-based class as well as a twice-a-week evening recreational one.

"I absolutely love teaching Zumba classes at the college," said Goggin. "The students are great. We all laugh, holler, swivel, and sweat together."

Zumba is quite a popular event offered at Stone Recreation Center. The evening recreational

classes had over 80 students crammed in the rec center's all-purpose room. Class size is now limited to the first 48 individuals who pick up passes from the rec's front desk. The class meets Mondays and Thursdays at 5:15.

"What I love about Zumba is just how lively and energetic the whole atmosphere is," said **Matt Wimpler ('16)**. "I love the Latin-inspired dance and music,

**"If you want to look and feel better, it is a class for you. If you need balance in your life, come join us."**

-Patty Herblet

and it's a great way to meet a lot of new people, usually girls. It's just such a great release after a long stressful week to get silly." Wimpler is planning on going to classes all year long and considers himself as the most consistent male who shows up.

**Taylor Payne ('15)** has been going to Zumba since her first year. "I like how it's a hard workout, but you don't notice that. You just have fun," she said.

Community member **Patty Herblet** instructs the yoga classes on Tuesday and Thursday mornings at 8. The hour-long

session has an improving turn out with around 20 regulars each week.

"If you want to look and feel better, it is a class for you," said Herblet. "If you need balance in your life, come join us. All levels are taught so [that] if you have never taken a class this would be a great one to try."

"It's a really good way to start out the day," said **Ashton VanKoevering ('16)**. "It relieves stress and allows you to relax before you start out for classes." VanKoevering has been a dedicated yoga enthusiast this fall, not missing a class yet.

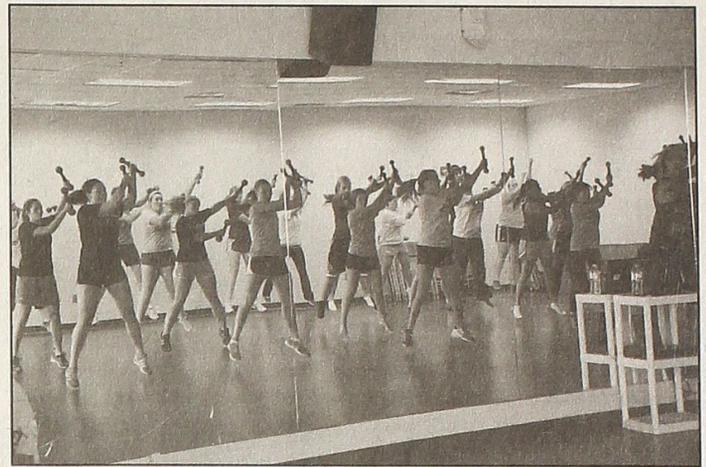
"It's really nice that they supply the mats and weights needed for class. It makes it more accessible for everyone," she said.

Yoga and Zumba may be the only fitness programs offered at this time, but expanding the variety and bringing in new programs isn't out of the question.

"We want to expand the recreation opportunities here [and] make it possible to have student instructors," said Regenfuss.

Suggestions that have already been mentioned are kickboxing, P90X, and a boot camp-like class. The idea to bring in more outdoor recreation like canoeing and kayaking for warmer months has also been brought up.

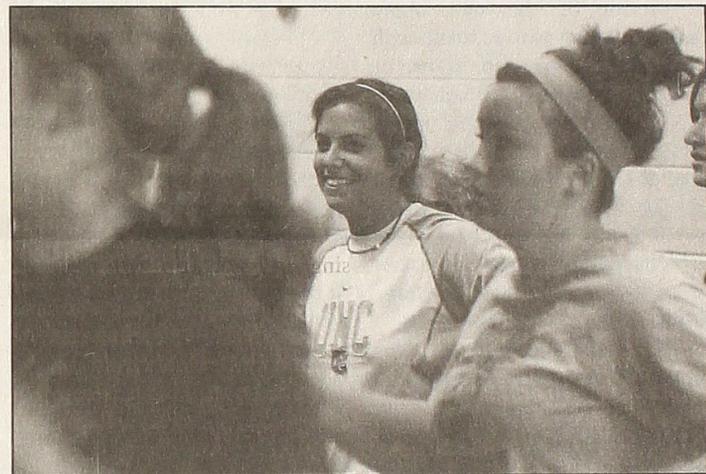
Regenfuss is asking for student input. Feel free to email her any ideas you may have or suggestions of programs to add or to stop by the front desk at the Center.



Katlyn Chitwood: Staff Photographer

**Above: The Stone Recreation Center offers free Zumba classes twice a week; Zumba exercises revolve around Latin-inspired dances.**

**Below: Zumba has become very popular, with over 80 students attending the first classes of the year.**



Katlyn Chitwood: Staff Photographer

## Students miss Pacu, friendly Dow fish

By BEN KING  
STAFF WRITER

Faithful friend and popular pal, Pacu the red-bellied pacu that once resided in the Dow Science Center passed away earlier this fall.

For several years Pacu swam and lived happily, being watched and enjoyed by Alma College students. Students waiting for classes to begin would often sit by

**"I've never met a fish that had a personality... the Dow lobby feels very empty without him."**

-Marie Bielman ('14)

Pacu and enjoy his company.

"He was a very friendly fish that loved attention and was renowned for splashing people when he was feeding," said **Marie Bielman ('14)**. "I've never met a fish that had a personality, but you could tell he definitely had one. He passed away this past month and the Dow lobby feels very empty without him. He will be missed."

Without Pacu, Dow will not be the same as it once was. However, the memory of Pacu and his playfulness will never be forgotten by those who loved him most.

## ACP office helps students find internships, build resumes

By LILLIAN MALONEY  
STAFF WRITER

According to recent statistics on the Website CollegePlus, obtaining an internship is a smart way for students to prepare for future careers. However, the path to finding and becoming involved with one is not always as easy as it could be.

One avenue to finding how to become involved with internships is to visit the Academic and Career Planning Office, located in the basement of Alma College's library.

The intent of the office is to provide students with opportunities, one of those being access to internships, according to the Alma College Webpage. The Website lists different services that the ACP offers, such as tutoring, individual appointments, workshops, and online resources.

One of the other assistances it gives is preparing students for finding internships.

"A good first step is to visit the Academic and Career Planning

**"It's important for students to know that we don't match them with internships. They have to make a plan to search, apply, and interview for them."**

-Anneliese Fox

Office to plan out a strategy for obtaining an internship," said Anneliese Fox, career planning coordinator. Her job is to assist students in building a résumé and helping them to craft a strategic

plan to find an internship and, eventually, a career.

"It's important for students to know that we don't match them with internships," said Fox. "They have to make a plan to search, apply, and interview for them."

According to Fox, creating a résumé is important to showcase what students have achieved and what they can present to potential internship candidates.

"Students can make an appointment or come during open office hours to talk with career consultants on what internships to look for," said Fox.

Through the ACP, students are encouraged to search for internships and realize that they aren't just going to get them out of thin air. Students have to be willing to work for and towards them. Although ACP is a great starting point for a search, a good deal of effort is required to land an internship.

"We have a variety of contacts we keep that offer internships to students," said Fox.

She listed off Chicago Mercantile, McDonald's Corporate Office, America's

Most Wanted, the Detroit Institute of Art, the Make-A-Wish Foundation, the Mexican Consulate, Proctor & Gamble, and Dow Corning, to name a few.

There are several workshops throughout the semester that provide these services to a wider group of the student population than just individuals.

According to Fox, there is a workshop specifically dealing with internships and résumés on Nov. 6. However, she said that students should attend the Career EXPLOR on Friday, Oct. 5 to meet some alumni and recruiters who could potentially offer students internship opportunities.

Currently, the ACP office is in a mode of transition, as the entire office is planning to move to the future Center for Student Opportunity within the next few months after construction has completed.

According to Fox, the Center for Student Opportunity will be used as a central location for students to find help with career-related questions as well as applications for service opportunities and academic planning.

## Radio station WQAC 90.9 FM expands variety with new shows

By RACHEL LANE  
STAFF WRITER

There are several changes coming to Alma College's radio station, WQAC 90.9 FM, this year. Besides the forthcoming ability to stream online, the station's variety has expanded.

"We have a few talk shows," said Executive Committee General Manager **Katie Gordon ('13)**. "One is a history talk show and their first show will focus on overrated presidents.

There is a hip hop and rap show called "The Joint" by **Tyler Jenkins ('13)**. He worked with inmates on creative writing and poetry. It is called The Joint because he wants to link in his experience with the prison; [there is] no drug reference.

"A lot of the new shows are music shows, though. Thundurdrop is also known as **Jimmy Scollin ('16)** and mixes his own house electronic music. He did an open mic night at Theta Chi during Orientation Week. He deejays from 10 p.m. to midnight every Friday and Saturday night, which is really exciting because we haven't had a night show before," Gordon said.

"We have a couple of sports shows, too. Remote broadcasting from sports events and other events will happen on those shows.



Kayla Keenan, Staff Photographer

**Elizabeth Heller ('14) (left) and Miranda Anderson ('13) both work for 90.9 WQAC, Alma's radio station, which plays everything from hip hop and rap to history talk shows.**

Those are the most notable," Gordon said.

"[My] show is mostly electronic music, which is a very broad category, but it is mostly electro-house music to get people familiarized with electronic music as a whole," Scollin said. Since his dad is in radio as well, he said broadcasting runs in the family.

"I have loved electronic music ever since I first heard Daft Punk. I want to eventually be a live performer deejaying," Scollin said.

His advice for listeners is that "it's music you probably won't like unless you listen to it for more than five seconds, so give it a fair shot. I will play remixes of popular music and other electronic music in general."

Scollin is just one of many new shows this year, according to **Ari Kornelis ('14)**, music director for the station.

"The Joint with Frank the Mechanic a.k.a. Tyler Jenkins is on Tuesdays at 10 p.m.," said

Kornelis. "Lisa and Ray Need Training is Wednesdays at 9 p.m. They play indie pop and banter in between songs. Kicks and Gigs is with Gordon and **Ashley Yuill ('13)** Thursdays at 10 p.m. They play spoken word music and La Dispute among other things."

"Jazz in Your Ear is with **Spencer Hopkins ('16)** on Saturdays at 7 p.m. And there is an international music show every Friday with **Michelle Jerezano ('14)**."

Kornelis said people should listen in to the new offerings because exciting things are happening this year. There are more shows than ever before and the board is more active than ever. Soon, students will be able to listen to WQAC online once they get a working stream.

"We had over 40 people respond to an interest in deejaying. This is without a doubt the most people we've had interested in deejaying and radio show activity," said Gordon.

"We have a lot more interesting material and we are updating our song playlists to be more popular and interesting," Kornelis said. "I'm always glad to hear student requests [about] music they would like to hear. Just email me your requests. It helps to have interest from students."

The radio station is currently working on many projects, including the numerous new shows, getting more students involved, getting more listeners, and bringing concerts to campus.

On Halloween, violinist Kishi Bashi will be playing a concert. He has played in Passion Pit and with Regina Spektor. Mike Savino will also be performing at the Halloween concert. He is the leader of the band Tall Tall Trees.

The station is also hoping to bring the bands the Soil & the Sun and the Crane Wives to campus, possibly in November. Koji will also be coming back this year.

## Spring term courses take students around world to learn through travel

By BEN KING  
STAFF WRITER

Spring term courses this May will take Alma College students far away from campus. In the coming weeks, professors teaching "S" (or travel) courses will be holding informational meetings about their offerings. Students are encouraged to attend these meetings so that they will be able to choose a course that suits their interests.

In order to graduate, students are required to take at least one S course during their time at Alma. This year's S courses will be traveling to southern Spain, Germany, China, New Mexico, Key West, England, the Andes, and many other destinations.

"S" courses often focus on certain subjects related to the area where the students travel.

Dana Aspinall, an associate professor of English, is offering a Spring Term in London, England.

Aspinall has a special interest in theater and Shakespearean plays.

**"I want my students to experience what they are learning about. It is more that just learning about plays; they will see what they have read and they will be where the plays were originally performed. Making these connections will give students an appreciation for what they are learning."**

-Dana Aspinall

However, while his spring term focuses on theatrical experiences, Aspinall hopes his students will

learn more than just about drama while overseas.

"I want my students to experience what they are learning about," said Aspinall. "It is more than just learning about plays: they will see what they have read and they will be where the plays were written and originally performed. Making these connections will give students an appreciation for what they are learning."

Studying outside of Alma provides students with new learning opportunities, and professors are quick to acknowledge their value.

"Traveling overseas is often a new experience for many of my students; learning to navigate and travel in a foreign country is eye-opening for them," said Aspinall.

For many professors, it is this aspect of absorbing new and different cultures that is key for their students.

Carol Bender, professor of English, also wants her students to make these kinds of connections. Bender will be taking her students to Key West.

"The Key West course will allow students to develop an

understanding of differing worldviews and lifestyles by reading the works of many Key West writers on site for a month

**"I like interacting with the students during a travel course. Also, the country we will be visiting [Peru] is amazing! In particular, I hope to learn more about Inca and Wari history. And, as always, I will be working on my Spanish."**

-Robert Molina

in the historic city," said Bender.

To make connections between Key West writers such as Ernest Hemingway, Tennessee Williams,

and Elizabeth Bishop and their works, students will try to experience what these writers experienced.

"Students will keep a daily journal within which to examine personal values in light of the values encountered in the texts; [they will complete] poetry writing to explore their own creative and expressive ideas," said Bender.

An S course is an exciting experience for not only students.

"Personally, I like interacting with the students during a travel course," said Robert Molina, of the mathematics and computer science department. "Also, the country we will be visiting [Peru] is amazing! In particular, I hope to learn more about Inca and Wari history. And, as always, I will be working on my Spanish."

Molina will be taking students on an Andean adventure. On this trip, students will visit the Nazca Lines, Machu Picchu, and Colca Canyon.

There are many spring terms offered this year, both travel and on-campus courses. A complete list of choices will be available in February.

## One man's trash can be reused as treasure

BY BEN KING  
STAFF WRITER

For example, when a piece of clothing like a t-shirt has become ragged or not wearable, it can be turned into many things.

Old clothing, once cut up, can

***“Not only will one look extra chic and hip with their new t-shirt tote, but one will also be reducing the use of disposable plastic grocery bags, which are one of the planet's largest pollutants.”***

*-On reusing t-shirts*

We live in an age of consumption. So many of the things we use are disposable. More often than not, something is used once and then quickly thrown away. These “quick to trash” items may have a second or even third

***“Old clothing, once cut up, can easily be woven into bracelets, rugs, place mats, and even headbands. All one has to do is search the Internet for simple instructions on turning junk into something useful again.”***

*-On finding use for unwanted items*

life.

Not everything that we throw away is actually garbage. Many objects we throw away can be used again.

While reusing items can seem cheap or “trashy” in some cases, the process of turning an item into something new can be quite fun.

easily be woven into bracelets, rugs, place mats, and even headbands. All one has to do is search the Internet for simple instructions on turning junk into something useful again.

Earlier this week, after I tore the hem on one of my t-shirts, I researched projects and ideas to help me reuse it. I discovered a Website that showed a simple tutorial on turning shirts into tote bags.

When making a t-shirt tote bag one must first remove the sleeves from the shirt. After the sleeves have been cut off, position a dinner plate about halfway down the neckline of the shirt. Trace the plate and then cut out the neckline of the shirt following the traced line.

Next, turn the shirt inside out. Using sewing pins, pin the bottom



Photo courtesy of [arthreads.blogspot.com](http://arthreads.blogspot.com)

**Old t-shirts can be reused as tote bags once you have outgrown them. This is especially applicable to old high school t-shirts or team jerseys.**

of the shirt closed following the bottom hemline. Then sew the bottom shut with a needle and thread or sewing machine (if one is available). Turn the shirt back outside and your recycled t-shirt tote is complete!

Not only will one look extra chic and hip with their new t-shirt tote, but one will also be reducing the use of disposable plastic grocery bags, which are one of the planet's largest pollutants.

Another one of my favorite ways to reuse old clothing items is to turn old socks into new useful items. Too often do I lose a sock

and then throw the mismatched sock out. Old socks are perfect for being used as a duster. All one has to do is slip the sock over his or her hand and then begin dusting.

Don't just throw it away once you are done, either. Toss it into the wash and use it again. Socks can be used to store marbles, change, nails and so much more.

If you are one to get stressed frequently and find that a nice massage is perfect for reducing tension, then turn to your socks for stress relief. To make a simple neck massager out of a sock, all one has to do is fill an old sock

with rice or beans, and tie it off. This massager can be microwaved or refrigerated to make it either a cold or hot pack.

Almost anything can be reused. With so much waste being generated, reusing items seems like the right thing to do. One of the best things about reusing everyday objects is that it is usually enjoyable to do so.

So the next time you find yourself about to throw something away, look and see if it can be used for another purpose. Turning the item into something new and useful is just as fun as using it.

## Risk management meeting focuses on odd topics

BY GARY NEMETH  
STAFF WRITER

“risk management” seminar.

The only slides that taught us about management of a risk were those pertaining to fire safety. This portion basically stated that we should not leave an open flame unattended, matches and lighters are dangerous, and microwaves can blow up.

Also, Brandreth warned us that the college doesn't allow ovens and microwaves in small housing, nor grills unless it's Greek housing. Alma College confuses me.

***“We must stress the importance to these situations because drinking will never disappear.”***

*-On teaching how to take care of intoxicated friends*

I think what administrators meant is no microwaves in private rooms. At least we all came to a common consensus at the meeting that microwaves are allowed since every Greek house has one.

Sometimes fires just happen. They are simple, all you really need is fuel, oxygen and ignition source; all houses have flammable objects, oxygen is free, and there's electricity throughout the house.

Do you want to take away our outlets too? Because those—or something plugged into them—could act as an ignition source.

Most of the PowerPoint contained statistics on rape and how to prevent fires. I do

remember the information on signs of alcoholism and drug addiction, and I found most of it to be not completely true.

Now that I've covered that, I think we should really talk about risk management.

If there's an overly drunk freshman stumbling home, what are the best steps to take in the

situation? I know at my fraternity we stress the importance of risk management, teaching pledges how to take care of people extremely intoxicated, tell-tale signs of a possible OD, and suicide prevention.

Risk management is the handling of any situation that is harmful to an individual or those

around them. I still question why information about how to take care of someone too drunk wasn't presented.

We must stress the importance of how to react to these situations because drinking will never disappear.

Thus, calling that seminar “risk management” is ridiculous.

### Sudoku

Sudoku is a type of number puzzle. If you're not familiar, here are the rules:

-Each 3x3 square can contain each number (1 through 9) no more or less than once.

-Each row and column can contain each number no more or less than once.

-The puzzle is complete when all spaces are filled in.

Sudoku difficulty is determined by how many numbers are initially filled in. This sudoku is considered “medium”

There are many different types of sudoku, so if you like this, try out some more!

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

I don't understand why it was a



## Football drops home opener 70-9, 0-4 Scots open MIAA play with Olivet

By **JASON POPIEL**  
STAFF WRITER

Community Appreciation Day at Bahlke Field was not kind to the home team last Saturday, as Alma fell to its third nationally-ranked opponent.

The Scots were overmatched by the Titans of Wisconsin-Oshkosh in a 70-9 loss that drops Alma to 0-4 on the season heading into league play next week.

The Scots will travel to Olivet Saturday before returning home to face Adrian in this year's homecoming game.

Alma bounced back from two blowouts with a close 24-21 loss at Aurora (IL) two weeks ago. Quarterback **Jarrett Leister ('14)** completed 10 of 34 passes for 124 yards and an interception.

Alma got down 10-0 in the second quarter, but responded with a 12-yard run by wingback **Joey Jerisk ('15)**, capped off with a two-point conversion run by **Austin Smith ('14)**. Alma would take the lead with a one-yard run by Leister, but turnovers in the fourth quarter would lead to two Aurora touchdowns and the defeat. Jerisk led Alma in rushing with 40 yards on seven carries, and wide receiver **Tyler Watters ('15)** had four catches for 69 yards.

In last Saturday's Wisconsin-Oshkosh game, the Scots came out very fast in the first quarter, and even held a brief 9-7 lead before falling.

Alma's defense had its hands full against one of the top-ranked offenses in all of Division III, not allowing any points until the 2-minute mark of the first quarter. The Oshkosh touchdown gave the Titans a 7-0 lead, but it was quickly countered by an Alma score just four minutes later.

Leister's 5-yard pass to tight end **Riley Fisher ('15)** capped an impressive drive that included Leister completing passes into very tight windows. After a penalty on the kickoff, Oshkosh began its drive from its own 10-yard line.

On the first-down snap, the ball got away from the Oshkosh quarterback and went through the back of the endzone, giving Alma a 9-7 lead 2 minutes into the second quarter. However, 28 unanswered points for Oshkosh in the second quarter would begin the rout.

"We didn't do well today," said starting linebacker **Clayton Every ('14)**.

"Our special teams were good and we played well in the first quarter, but after that, the defense and offense didn't play well."

Leister completed 11 of 24 passes for 113 yards on the afternoon, and threw an interception to go with his touchdown pass. Fullback **Aaron Hahn ('13)** led Alma with 17 yards on the ground, and wide receiver **Michael Lennenman ('13)** brought in 4 catches for 52 yards, including a 29-yarder.

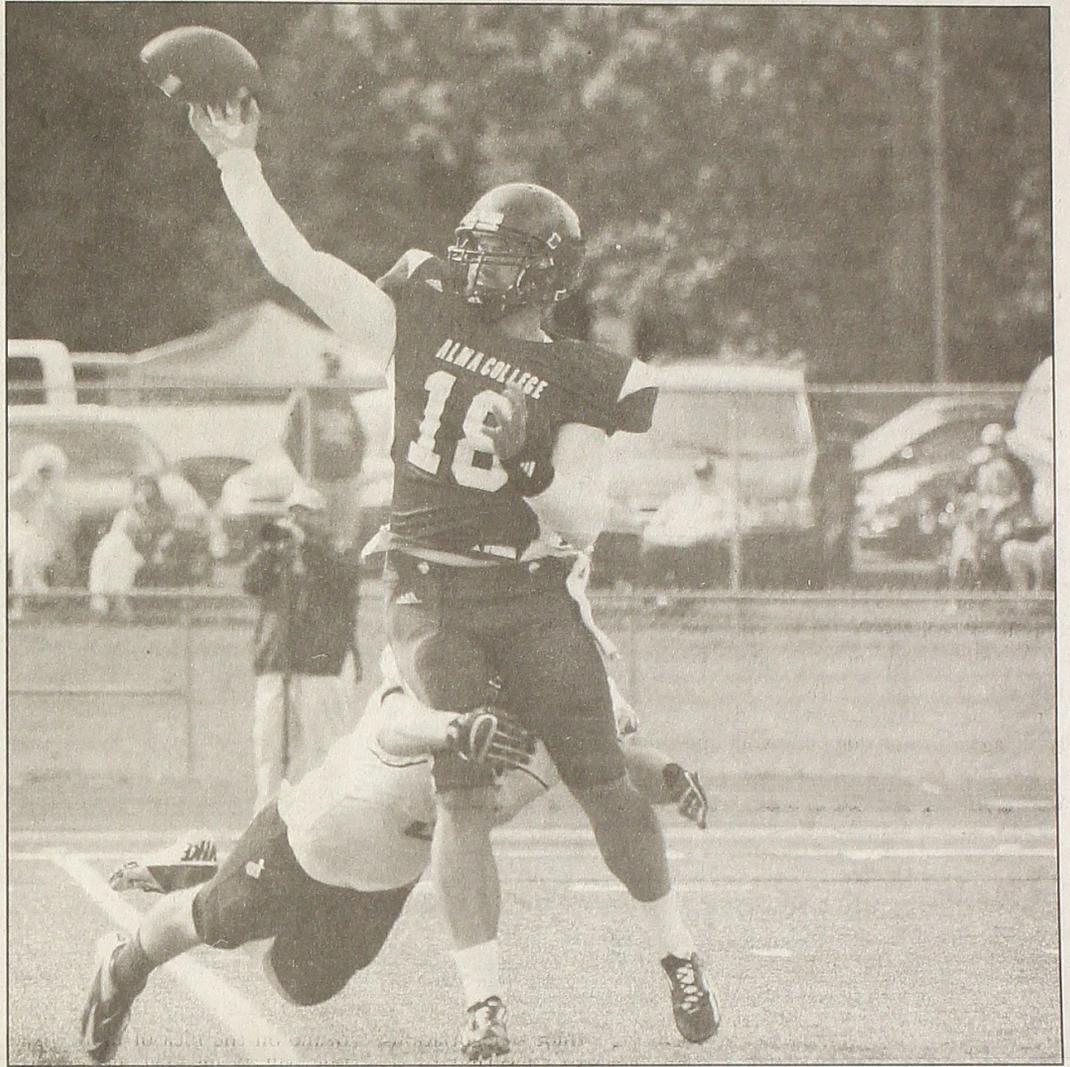
The Scots were outgained 616 to 126 yards on the day. On the defensive side of the ball, cornerback **Andrew Funsch ('13)** had nine tackles, including seven solo.

"They had some big physical guys on defense, and they had great players on offense," said tight end **Nate Hudeck ('14)**.

"We played hard and had the lead in the first quarter, and then it just kind of slowed down for us. We have been improving every week and are excited for league play," he said.

Alma plays at Olivet, which is also 0-4, Saturday at 2 p.m. in the first game of MIAA conference play.

The football team will then host Adrian College on Oct. 6 for homecoming.



*Katlyn Chirwood: Staff Photographer*  
Above: Jarrett Leister ('14) was No. 2 in passing averages per game last year in the MIAA. Below: Michael Lennenman ('13) has nine receptions this season for Alma.



## Scots' volleyball beats Trine 2-2 in league, 9-5 overall

By **ANNA ARMSTRONG**  
STAFF WRITER

overall and 2-2 for conference matches.

This past week, women's volleyball traveled to Hope College on Tuesday for a conference match up.

The Scots lost that match 3-0. With the first game being 8-25, the Scots fought the second game and came closer with a score of 17-25, and lost the third game 13-25.

"Hope played very well and they are deserving of their number four ranking in the country," said Alma's Head Coach Sarah Dehring.

"I would not be surprised if they end up winning it all this season. We played a lineup that has yet to practice together, but

they played with a lot of heart."

The Lady Scots rallied later in the week when they hosted Trine on Friday. The players called for a "black out" to help with team spirit. Support came from all parts of campus that night. Players from a multitude of sports came dressed in black ready to cheer on the women in a big conference game.

With high energy from the crowd, the Scots took the Trine Thunder in only three games to win the match. The first game was a sweep, 25-14. The second game was much closer with a score of 25-23, and the Scots took the last game to win the match with a final score of 25-21.

"I was happy with how we were able to turn this week around," said Dehring. "I hate to see a team go through a slump like we did, but we were able to learn from our losses and come together as a unit."

**Rebecca Trospen ('14)** led the Scots with 10 kills last Friday, while **Katie Bourbonnais ('13)** had eight kills and a team-high seven digs. **Erika VanHavel ('14)** finished with 18 assists and **Tricia Smith ('15)** had 12 assists. **Lea Klooster ('14)** had three blocks on the evening.

Alma's Volleyball team continued its winning streak by playing against St. Mary's at St. Mary's last Saturday. The Lady

Scots fought for five games before winning the match. Alma lost the first game 22-25, then came back to win the second 25-23, and consecutively won the third game 25-21. Coming to their fourth game, the Scots lost 20-25. With only one game left, as volleyball is played best of five games, the Lady Scots won in a close game of 15-12.

Trospen had 14 kills for the match. Klooster again led the team with five blocks, and Bourbonnais helped the team with 15 digs.

The women's volleyball team will continue its season this Wednesday as it travels to Albion College to face its next opponent.

## Scots' roundup: what you missed last week in Alma College sports

By **JASON POPIEL**  
STAFF WRITER

Women's soccer continued its hot streak this week, improving its record to 6-1-1 with league wins over Saint Mary's and Calvin.

It took overtime for the Scots to dispatch the Knights, winning the game on a goal from forward **Kelly Wilson ('16)** just over eight minutes into the extra session. Forward **Mackenzie Smith ('15)** scored the first goal for Alma, and also assisted on the game-winning tally.

"Victories don't come easy against Calvin and this game was no different," said coach Jeff Hosler.

"We were really exposed in some areas this afternoon and it proves that we have a lot of work to do moving forward."

A 2-1 win over Saint Mary's last Saturday would follow the Calvin win, with goals from **Aggie Weddles ('16)** and **Kelly Wilson ('16)**. Women's soccer will be in action this Tuesday at home against Hope.

Men's golf came in fifth at last Wednesday's MIAA Jamboree match hosted by Olivet. The final team score of 315 was good enough to tie Albion, and the Scots were led by **Marty Predmesky's ('15)** 72.

Predmesky's score was second overall to Ben Kuiper of Calvin who shot an even-par 71 on the day. Last Saturday's MIAA Jamboree at Trine University was postponed due to inclement weather.

The women's golf team could not compete in last Thursday's planned matches at Olivet due to a flu-like sickness that was spreading throughout the team.

The team rebounded to compete in its very own MIAA Jamboree tournament last Saturday at Pine River Country Club, coming in fifth place amongst the teams.

**Chelsea Erb ('14)** led the Scots with a final score of 89, good enough for a tie for 24<sup>th</sup> place overall. The women's team will play next in Notre Dame, Ind. at the Jamboree hosted by Saint Mary's on Wednesday, and the men will be in Holland at Hope's Jamboree on Monday.

The men's and women's cross country teams traveled to Notre Dame, Ind. last Friday to compete in the MIAA Jamboree hosted by Saint Mary's College. The women's team came away with a third place finish behind perennial powers Hope and Calvin, and the men's score was good enough for fifth place.

**Garrett Lacy's ('13)** 25:42 was the best individual time for the Scots, and the fourth-best overall.

On the women's side, **Julie Helms' ('13)** 22:55 was the best for Alma and the 10<sup>th</sup> best overall. Both teams will continue their season on October 5 at the Michigan Intercollegiate meet in Grand Rapids.

The men's soccer team dropped both games last week, beginning with a 1-0 loss to Hope last Tuesday and ending with a 5-1 loss to Kalamazoo last Saturday.

In the Hope game, midfielder **Joonas Kotka ('15)** led the Scots with two shots on goal, but that wasn't enough to get one past the Dutchmen goaltender.

A Hope goal in the 70<sup>th</sup> minute would prove to be the difference. Forward **Zach Vanderveer ('16)** scored the lone Alma goal just 35 seconds into the Kalamazoo game. Alma is now 5-4 on the season and will play at Adrian on Wednesday.



Katlyn Chitwood: Staff Photographer



Kayla Keenan: Staff Photographer

Top: Riley Peters ('15) shot 90 and 91 last Saturday for the Scots. Bottom: Jared Niec ('16) has seen playing time in five games so far for Scots' men's soccer.

## Alma tennis now competing in fall and spring seasons



Kayla Keenan: Staff Photographer

**Katie Meloche ('13)** said the Scots are working to develop team spirit.

By **ANNA ARMSTRONG**  
STAFF WRITER

While the Alma College women's tennis team is traditionally a spring sport, the Lady Scots are fighting hard this fall to start their season right.

The team began its fall season at Spring Arbor University. It lost that match 7-2.

The Lady Scots then came back and hosted Grand Rapids Community College last Wednesday and won the match by a score of 8-1.

"Our goals for the match against GRCC were to take two to three doubles matches to get us a good start overall and then go on to take the singles matches," said **Katie Meloche ('13)**.

"This match helped prepare us for this weekend's flighted tournament and also a chance for us to try different combinations

in the lineup and in doubles as we look ahead to the spring season. We fought out some matches that we were down in and overall played very well as a team."

**Erin Clutter ('15), Megan Solano ('16), Kassie VanAlst ('16), Meloche, Lauren Moreau ('14), and Maleah Benn ('15)** all played singles for Alma. The ladies won five of six singles matches.

**"I want to be able to contribute to team wins and to be successful as a team."**

**-Kassie VanAlst ('16)**

Clutter and Meloche defended Alma against GRCC and won in a doubles match. VanAlst and Solano teamed up to play doubles and also won. Miller and **Tara Patton ('16)** also took their doubles match against Grand Rapids Community College.

After a solid win, the Scots went on to play in the MIAA Flighted Tournament in Kalamazoo last

Friday and Saturday in Kalamazoo, Michigan.

"Our goals for just this short fall season were to get a good start each time in doubles and support our team and become closer as we have a lot of new freshman in the mix," said Meloche.

For their upcoming spring season, their roster is showing a lot of young players. The squad will play with four freshman, three sophomores, one junior, and two seniors.

After completing their first ever fall season, the players will lead off their regular spring season playing against Kalamazoo College March 9.

"My goals for the season would be to be more aggressive with put-away shots and my overall game. I want to be able to contribute to team wins and to be successful as a team," said VanAlst.

Patton also commented on her aspirations.

"My personal goal is to improve on my backhands and second serves and work on my mental game. I think our team will do really well overall."

The next home match-up for Alma is during the spring season on March 26.