

# Veteran’s Day guest speaks of service

By LILLIAN MALONEY  
STAFF WRITER

Former Marine Rye Barcott encouraged students to “take risks in the service of others.”

He spoke to the campus last Tuesday in honor of Veteran’s Day. Barcott originates from Rhode Island. He attended the University of North Carolina on a Reserve Officers Training Corp scholarship. Barcott is noted, however, for creating Carolina for Kibera, a non-governmental organization that helps Kenyan youth to develop leadership.

“There are two types of service,” said Barcott. “They tend to be seen as contradictory, but there are times when they overlap.”

He continued to explain that one type of service involves using violence; fighting for a national objective. He said the other type is service that fights with peace. In his experiences, he has done both.

During his speech, Barcott told stories that showed how those worlds overlap. He added that his military service assisted his humanitarian work. He learned success towards communal pursuit and to take risks in service to others.

When Barcott started ROTC training, it was exactly where he



Kayla Roy, Photo Editor

Rye Barcott helped found Carolina for Kibera with Kenyan natives on the principle of participatory development.

wanted to be, he said. He joined the military in order to find adventure and a challenge.

“I wanted to make a difference,” said Barcott. “My greatest fear was having an ordinary life.”

It was in the Marines that Barcott found his challenge. He said, the military gave him a path, but he made use of the resources at the university. It was through his studies that he became interested in the dynamics between ethnic groups. He felt that this knowledge would better prepare him for the missions he would face in the future.

He was encouraged by one of his instructors to visit an area and do research on ethnic violence. Through this, he traveled to Nairobi, Kenya and visited Kibera, the largest slum there. According to him, he stayed there for a short time but managed to interview a variety of people there about how they lived. This experience inspired him to create an organization that would not only help the community, but involve it as well. He worked with a local leader who used sports as a tool to invest directly in the community and find leaders in it.

After raising the funds for it, Barcott created Carolina for Kibera and divided his time between the Marines and that organization.

“I was the same guy in two different contexts,” said Barcott. “They were two worlds of service with profound overlap.”

He said it was his service in the military that taught him important things that were his biggest sources of benefit. One was taking risks in service to others. The second was discipline, which he cited as important to getting anything done. The third was the

framework for the Marines; the idea of “observe, orient, decide, attack,” which deals with decision-making. According to Barcott, these benefits can be applied to any path in life and are useful in completing tasks.

Barcott’s advice to students was to have goals. He added it’s important to clarify them sooner rather than later.

“There is no shortage of things to care about,” said Barcott. “Find one, two, three, and go deep. Don’t get paralyzed by it; start before you’re ready. Don’t stop. Pivot, but don’t stop.”

# Greek and Student Congress relationship redefined

By ELLEN MARTIN  
STAFF WRITER

The executive council of Student Congress announced that Greek Life organizations must attend on a regular basis or be cut off from their escrow funds. The decision was made out of a recent voicing from the Greek community that their organizations shouldn’t have to attend because of the fact they don’t receive any funding from Student Congress.

“Student Congress is a place for the voice of the students to be heard,” said Christopher Bilski (‘13), president of the group. “It is about more than just providing funding to organizations on campus, it is a place to discuss and form solutions to issues on campus as well as share information.”

The disagreement was brought to discussion at last week’s Student Congress meeting for clarification.

Greek organizations must take part in Student Congress because they are recognized student organizations.

If an organization wants to be active on campus, the only group that recognizes you is Student

Congress, said Dave Buhl, vice president of business affairs.

Any organization which misses four consecutive meetings will be expelled from Congress, according to the Constitution.

“As the attendance policy currently stands, I take attendance

*“I feel like there are many issues on campus that are solvable and that Student Congress has an important role to play in solving these issues.”*

*-Christopher Bilski (‘13)  
Student Congress President*

at the end of each meeting,” said Secretary Cody Wedel (‘14). “If an organization is not in attendance at the end, it is marked absent. If an organization misses two meetings, it receives a warning. After three consecutive, I contact the treasurer and have its budget cut (along with contacting them). After four consecutive

missed meetings, I contact the organization as well as Student Life and the Executive Committee in order to make everyone aware that I have removed them from Congress.”

“The loss of official recognition means that the organization must suspend its activities and it can no longer access its other accounts, nor will it receive support from the college (e.g., access to p-cards, etc.),” said Nick Piccolo, vice president of Student Life.

If an organization is removed from Congress and applies for readmission, that process is not outlined in the Constitution, said Bilski.

“It is something that would have to be discussed if the situation were to arise,” he noted. But don’t think that Greek

organizations have bad attendance records, Bilski said.

“We have only had attendance issues with a few of the Greek organizations on campus,” he said. “Most have been very good about attending meetings.”

However, college officials are looking to increase student interest—even beyond that of Greek organizations—in participating in Student Congress meetings.

“Attendance is a symptom to me,” said Buhl. “The real problem is why people don’t want to go....I’m not sure if the group collectively feels there are enough interesting topics for people to want to come.”

Buhl also wondered if the time element has a great impact on attendance.

“When I come to those meetings, I see a group of students who have a lot to do,” he said. “Come 7 p.m., they’re looking at their watches.”

Buhl wants students to understand that officials take student feedback seriously, but students have to take the initiative and work with Student Congress.

“I feel like there are many issues on campus that are solvable and that Student Congress has an important role to play in solving these issues,” Bilski concluded. “I think it is important for students and organizations on campus to understand that we are here to help and, by encouraging students to participate in events such as the town hall that was held, we can recognize and begin to work on these issues.”

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Partly sunny	Cloudy with showers	Mostly sunny	Mostly sunny	Chance of showers	Chance of snow showers	Partly cloudy
52°	54°	53°	56°	48°	41°	40°



## Symposium explores sudden death in athletes

By LILLIAN MALONEY  
STAFF WRITER



Kayla Roy, Photo Editor

A symposium on sudden death in young athletes was held in Dow last Saturday by the new Integrated Health Studies Institute.

Alma College's Integrated Health Studies Institute hosted its first annual health symposium in Dow L-1 last Saturday. The program, relatively new to campus, is designed to expand and enrich the educational experiences of students interested in health.

This year the topic of focus was "sudden death in young athletes." The objective was to address the goals of "Sudden Cardiac Death in the Young (SCDY) Surveillance and Prevention Project" set in place by the Michigan Department of Community Health (MDCH).

The efforts of this project aim at prevention, pre-participation screening, and provider education. It also examines the importance of public awareness, CPR/AED training, and emergency response and medical examiner protocols.

"It was our intent to convene the country's leading experts in hypertonic cardiomyopathy to discuss critical issues of relevance to the group's efforts in SCDY surveillance and prevention," said Professor Karen Ball, a coordinator of the institute.

Keynote speakers of the event included Dr. John Solaro, Dr. Barry Maron, Dr. Sharlene Day, and Dr. Monica Goble.

Solaro, who works at the University of Illinois at Chicago, touched on research about hypertonic cardiomyopathy.

Maron is a specialist about clinical and legal issues with the pre-participation screening. He has published nearly 700 papers regarding sudden cardiac death in the young.

Day spoke about risk stratification, clinical management,

and exercise guidelines. She currently is the director of the hypertrophic cardiomyopathy program at the University of Michigan.

Goble discussed the emergency response protocols. She currently works with her University of Michigan colleagues to promote awareness in schools of sudden cardiac arrest.

"I do believe it is a very impressive undertaking for us to be able to host such high quality speakers - some of the best in the country as it relates to this topic,"

said Ball.

Roughly 50 percent of those who registered to attend the event, which included lunch, were Alma College students. However, it was a diverse group with physicians, physician assistants, nurse practitioners, registered nurses, physical therapists and athletic trainers. Four continuing education credits were offered for those physician and nurse attendees who chose to use the symposium as part of their required continuation of medical education as required by the

states.

"Our target audience included current and future healthcare providers, academic administrators, coach and athletes," said Ball.

"Those who are interested in health are encouraged to look into the Integrated Health Studies Institute, as well as United Health Professionals at Alma College (UHPAC) because of the prospects available within them to interact and network with a variety of health professionals and seek opportunities to volunteer

within the field.

"Dr. Karen Ball and Christy Calhoun coordinate the institute and spent countless hours planning the symposium," said Taylor Boehler ('13), president of the college's health professional organization.

Informational sessions for students who are interested in applying will happen before the end of the semester. Students should look for announcements and contact Calhoun to get on the email list to receive relevant information.

## This week at Alma College

**Monday, November 19:**  
Student Congress meeting in SAC  
113, 6:30 p.m.

**Tuesday, November 20:**  
NANOWRIMO write-in in Van  
Dusen Rotunda, 8 p.m.

**Wednesday, November 21:**  
Break begins, 5 p.m.

**Thursday, November 22:**  
No classes

The Almanian wishes you a  
Happy Thanksgiving!

**Friday, November 23:**  
No classes

## IT department improves campus Wi-Fi coverage

By RAY VISSER  
STAFF WRITER

The long-awaited network upgrade, bringing Wi-Fi access to every building on campus, is finally under way.

Alma's Information Technology (IT) department has been working since summer to install new fiber-optic cables, servers, and wireless routers to set up a campus-wide wireless network.

The original goal was for the work to be completed by December. However, a majority of the upgrade is tentatively expected to be finished around the time students return from Thanksgiving break.

Kyle Warner, director of systems and networking for IT, has been leading the overhaul.

"We have several different [network] systems on campus right now which don't talk to each other," said Warner. "It's really a mess."

As far as the new network, "the difficult part is done: putting in the core infrastructure that supports all these access points," said Warner. "[There are] no new technical hurdles to get over."

IT completed installation of a small portion of the new network in Bonbright, Brazell, and Carey halls before the beginning of the

school year. Students there have been using the network with few problems.

"The [only] issue we've had on South Campus is with students playing with the antennas [on the access points]," said Warner. He said that antenna position is very important to ensure an access point transmits its signal properly.

According to IT Assistant and Bruske Resident Computer Consultant Kyle Barlas ('15), the new setup uses industrial-quality routers and equipment, making the network faster, in general, than both the current Wi-Fi network and the wired Ethernet connections found in dorm rooms.

In fact, according to Barlas, "[IT] is basically going to tell people to not use the Ethernet and use the Wi-Fi instead. It's that much faster and that much better."

Warner said there are "two big takeaways" from what IT would like all students to know about the new system.

The new network will have two methods of access. One, labeled "acguest," is an unsecured, slower connection that doesn't require users to log in with an Alma College username and password. This connection is intended,

as the name implies, for guests on campus to easily access the Internet.

The second connection, labeled "acwlan," is the secure, private side of the network for Alma College students and faculty. Warner stressed that students should connect to "acwlan" whenever possible for security purposes and to enjoy up to five times better performance than the guest connection.

"For most folks," said Warner, "the wireless experience will be very similar to a wired [Internet connection] experience." He said that the speed of the new network will vary based on the user's device and location.

IT also would like students to be patient and flexible with any exact dates they may hear for the completion of the network. However, Warner is pleased with the work done so far and is looking forward to having a unified wireless experience throughout the Alma campus.

If students encounter problems connecting with the network, "they can get instructions and help through the [IT] helpdesk," said Warner. "The system is really built to be much more robust and hopefully much more reliable."

In the words of Barlas, "It's going to be absolutely amazing."



## Active Minds advisor wins national recognition for her extra efforts

By LILLIAN MALONEY  
STAFF WRITER

Jennifer Showers is described as a great mentor, friend, and counselor by the students she guides in Active Minds. This year, her efforts were rewarded by the group's Advisor of the Year Award.

She has been the advisor for the Alma College since it started in 2009. She is now in her fourth year in that role. Showers said she received the honor during an awards dinner on Nov. 9, which was hosted by the national Active Minds organization staff. She said that there were hundreds of potential nominations and at least 382 chapters with whom she vied for the award.

Showers said that the role she has played in the organization is a quiet one. She said that she tried to stay in the background and help direct the students, but not run the organization.

"After reading the nomination, I realized how much I downplayed how much I impacted the lives of the students in the organization," said Showers.

According to Active Minds President **Kayla Roy ('14)**, who helped to write the nomination,

Showers goes above and beyond her duties as the advisor. The nomination also states that she lives the position within her heart and puts all of her heart in the organization. Roy says Showers loves what she does and is very passionate about it.

"She helps us to grow off the

***"She helps us to grow off the successes from the prior years and learn from the failures that we have suffered. Each year she encourages our organization to push past our prior limits and grow outside of campus."***

**-Kayla Roy ('14)**

successes from the prior years and learn from the failures that we have suffered," said Roy. "Each year she encourages our organization to push past our prior limits and grow outside of campus."

Showers said her main goal with Active Minds involves educating the campus and community on mental health issues and well-

being. She talked about putting up posters in her daughter's school last year. This year, she said, Active Minds went into two area high schools to promote its goals.

"We want to incorporate what we're doing here more into the community," said Showers.

According to Roy, Showers wholly supports discovering and utilizing new and creative ways to reach people. She has been instrumental in overseeing various events and activities on campus, such as the presentation of the Synaptic Gap and bringing in speakers.

Roy said that Active Minds is such a strong student-led organization because of Showers. Students lead and plan the events, while Showers helps with anything that needs to be done. She does not give the answer to the students, but rather guides them to it, said Roy.

The other award a chapter of Active Minds can win from the national organization is the Chapter of the Year Award. Showers said it's about how a chapter can make itself stand out.

She said that Alma has a higher percentage of involvement with Active Minds than most chapters because of the small community. Even though Alma is one of the smallest campuses involved in the organization, it has the same amount of people in the chapter

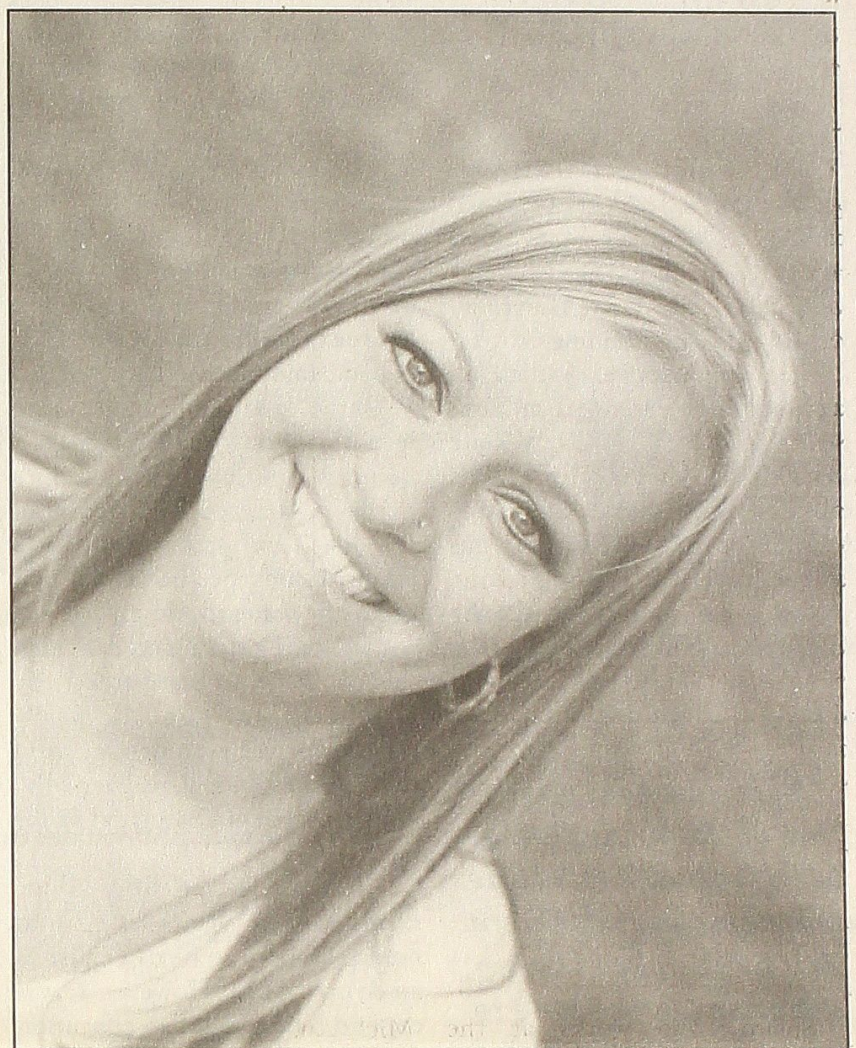


Photo courtesy of Jennifer Showers

**Jennifer Showers has advised the Alma College chapter of Active Minds since 2009 and says that she tries to leave much of the leadership to the students.**

as a large university, according to Showers. She said it's more difficult to make an impact in a setting with larger numbers of people overall and with other

organizations competing for attention.

"Active Minds serves a good purpose," said Showers. "I look forward to many more years."

## Organizations use movie nights to educate, with varying success

By BENJAMIN KING  
STAFF WRITER

Even though November marks the beginning of the end of the semester, there's still time for some enjoyment and relaxation, as student groups well know.

Last week, three student organizations presented films to the campus for both educational and entertainment value.

Last Wednesday evening, the Alma College Anthropology Club showed "The Linguists." The film explores the issue of language extinction and follows the expeditions of two scholars and their goal to record dying languages.

"I wanted people to learn about lost language around the world, because it is expected

that by the end of this century, over 7,000 languages will be lost, which means 7,000 cultures will be lost," said President **Shalyn Stack ('14)**.

The Anthropology Club aims to orient itself on understanding

***"I think the event was very successful, and I think that the Anthropology Club will show this documentary again, maybe in the next few years."***

**-Shalyn Stack ('14)**

concepts related to anthropology within the Alma campus, the community, and the world. A film exploring the concept of losing world languages seemed

appropriate to members and attendees.

However, an event hoping to spread knowledge also aims to have high attendance.

"We had an amazing turnout," said Stack. "About 50 people came to the event, and we had to relocate to Dow L1 instead of Dow L4. We made cupcakes with all of the flags of the different countries that were covered in the movie that are experiencing dying or 'lost' languages. The countries were India, Russia, and Bolivia."

The Anthropology Club's movie night also was attended by faculty members of the foreign language, anthropology, and English departments.

"I think the event was very successful, and I think that Anthropology Club will show this documentary again, maybe in the next few years," said Stack.

The Anthropology Club was not the only organization showing a film last week.

Both the Alma College Union Board and the Alma College

Heretics, an affiliate of the Secular Student Alliance, showed films last Friday night between the hours of seven and nine in the

***"It was still fun just to spend time with those in our group. Once only members remained, we were able to discuss the film and express how we really felt about it."***

**-Tiffany Kilts ('16)**

evening.

The groups presented the film "Jesus Camp" in Dow L4.

"Jesus Camp" is a 2006 documentary film about a charismatic Christian summer camp where children spend their

summers learning and practicing their prophetic gifts and being taught that they can "take back America for Christ."

While attendance to this event was lower than members had hoped, attitudes remained positive.

"I hoped to have about a dozen people come by," said **Tiffany Kilts ('16)**.

At the film's beginning, several students stopped by. As the night continued on, however, a few left.

"It was still fun just to spend time with those in our group," said Kilts. "Once only members remained, we were able to discuss the film and express how we really felt about it."

Across the hall in Dow L1, ACUB showed the movie "The Bourne Legacy."

"Everyone in ACUB has worked very hard this year to promote events," said **Josh Spratt ('14)**.

This year ACUB has added phone notifications to its marketing of events, hoping to increase attendance.



## Alma students can enroll in CMU for its military program

By ELLEN MARTIN  
STAFF WRITER

A group of students from Alma are also guest students at Central Michigan University as members of the ROTC program.

“Central Michigan University Reserve Officers Training Corps is a diverse and adaptive organization focused on developing America’s future leaders,” CMU’s Website said. “Whether your goal is to one day commission as an Army Officer or simply pursue our unique leadership focused minor, you’re going to leave with the values and skills necessary to be a

training officers and for allowing more leadership to the students each year. Completing these courses—as well as electives in topics such as law, foreign policy, and religion—gives students a minor in military science. The classes are taught by Army officers.

After graduation from the program, students can get a contract with the Army and become an officer in the reserves.

Burns said he wants to go into the Army, so he plans on taking all four courses and hopes to be contracted by next year. His decision stems from the opportunities presented to him before he came to Alma.

“When I was a junior in high school I was bombarded by recruiters,” he said. “I finally sat down with someone from the Marines and [I realized] the military seemed like a good fit for me.”

After graduating from Alma, Burns said he wants to go into medical school so he can enlist as an Army doctor. However, it will depend if he can get an education delay. Either way, he will enter the Army as a second lieutenant.

Burns also goes to CMU at 6 a.m. three times per week for physical training, which consists of push-ups, sit-ups, and an Army physical fitness test, including a two-mile run, two minutes of push-ups, and two minutes of sit-ups.

Although he doesn’t regularly attend the physical training, **Trevor Placeway (‘13)** is also involved in the program, taking the first Military Science course.

“I just decided to do it because it sounded fun and we don’t have something like that here, which I wish we did because it’d be really

cool,” he said.

However, he said he also hopes to gain some leadership experience from the class because he plans on enlisting in the Marines after graduating, possibly in January of 2014.

“[The class] is good,” Placeway said. “One of the things we’ve

**“Since I was young, I’ve always wanted to go into the military and I never really knew how to choose one [branch] over the other. I spoke with different recruiters and listened to their stories...and I felt like I wanted to be a Marine.”**

**-Trevor Placeway (‘13)**

been focused on is time and stress management. It’s a big part of being a leader...being able to manage your time and your stress in a positive way that won’t affect those under you.”

Placeway said he isn’t entirely sure why he decided he wanted to go into the Marines.

“Since I was young, I’ve always wanted to go into the military and I never really knew how to choose one [branch] over the other,” he said. “I spoke with different recruiters and listened to their stories . . . and I felt like I wanted to be a Marine.”

Placeway said he is looking into entering an area of aviation specialty.



Kayla Roy: Photo Editor

**Last Wednesday, faculty in Dow Science Center held the fifth annual chili cook-off. Guests paid \$1 to sample 10 different chili recipes submitted by students and faculty, then voted on their favorites: Best Overall, Best Flavor/Spices, and Best Smell.**

**Top: Aly Leright (‘14) stands ready to serve a sample of chili to guests; she entered Dragon’s Breath Chili in the competition.**

**Bottom: Both students and faculty turned out to sample the creations of their colleagues, which included vegetarian, poultry, and red meat dishes of varying spiciness.**

leader wherever your future takes you.”

**Ken Burns (‘16)** is currently a freshman in the program, taking the first level course in the Military Science and Leadership program.

He said there are four course levels that are specifically built for

## Wellness Center offers phototherapy for Seasonal Affective Disorder

By CRYSTAL SNOW  
STAFF WRITER

It’s that time of year again. Whether it’s welcomed or not, winter is sneaking up on us, often bringing with it the nostalgic wish for the summer months.

What attracts many of us to enjoy summer so much are the light and warmth that the sun gives off, as well as the lack of school and, for some, responsibilities. This logic explains why people spend much more time outside during warmer months in comparison to the frosty times of year.

The gray, duller, more depressing sky and drop in temperature can lead some to

suffer from Seasonal Affective Disorder. SAD is a type of depression most common in the

**“Phototherapy treatment is shown to be effective in 85 percent of cases. In addition, three out of four people who suffer from SAD are women.”**

**-Anne Lambrecht**

winter months, setting in as early as September and lasting until April. Its effects are strongest

during December, January, and February.

According to information available at the Counseling and Wellness Center, SAD can begin at any age but primarily onsets between the ages of 18-30. It is also rare to see cases of SAD in areas living within 30 degrees of the Equator because of the long spans of bright daylight hours.

“Phototherapy treatment is shown to be effective in 85 percent of cases,” said Anne Lambrecht, director and counselor at the Wellness Center. “In addition, three out of four people who suffer from SAD are women.”

Symptoms of SAD can include the desire to oversleep and difficulty staying awake. Cravings for carbohydrates, as well as for sweets, are common and lead to weight gain. Loss of self-esteem, irritability, and the desire to avoid social contact also can be

connected to SAD.

As seasons change, the body’s circadian rhythm or “biological internal clock” is thrown off partially due to alterations in sunlight patterns, which could relate to SAD. Researchers have found that production of the sleep-related hormone melatonin, which is secreted from the pineal gland of the brain, increases in extended periods of darkness. So, in the winter, when days are shorter and darker, the boosts in melatonin levels cause the urge to sleep more.

The Counseling and Wellness Center offers methods of treatment for individuals struggling with SAD. A sun room, which utilizes light therapy, is available for more intense cases. Appointments are not needed at the center: individuals are welcome to stop by and receive direction from office associate

Terri Freeland.

“The [sun] room has a comfortable chair, ottoman, water fountain, relaxation CDs, and a light therapy box,” said Lambrecht.

Treatment is usually effective within three or four weeks. The key is that the retina of the eye receives the light. Those planning to take advantage of the sun room shouldn’t wear sunglasses or other things that would block the light from the eye.

For those with milder symptoms of SAD, sometimes spending time outdoors during the daylight hours helps. In addition, rearranging living or work spaces so that more sunlight is allowed in can be beneficial.

The most effective way to prevent the onset of SAD is to get as much natural daylight exposure as possible.



Winter weather brings creative activities

BY BEN KING  
STAFF WRITER

As much as I like to go outside, even I am not foolish enough to recognize when I have been scorned by Mother Nature.

Try as I might, with the recent weather, I find myself heartbroken by the outdoors. It is just too cold outside.

I find the cold and biting wind embracing and raw. I enjoy the sting as it whips about my face. However, everyone has limits.

It is important for us to recognize there are simply times when we are not meant to be outside. Nature gets sick of us and concocts hurricanes, tornadoes, torrential downpours, and, in my case, sub-zero temperatures.

When winter does come, we must not lock ourselves in our rooms. There are many things to do in downtown Alma that we can do to entertain ourselves.

The Stand Theater downtown hosts many events that students can attend, from musical performers to more theatrical events.

There are many shops that students can check out, like Treasure's Antiques and many others that also have affordable items.

Going downtown will allow for you to not only get your mind off winter, but to get to know more about the downtown. Not only will the warm buildings be ready to greet you, but the warm personalities of the shop-owners will as well.

A melancholy mood must be combated with all resources at

hand. Batten down the hatches and prepare for battle against the wintertime blue.

Reading helps to a degree. If you're suffering from seasonal

***“When winter weather does come, we must not lock ourselves in our rooms. There are many things to do in downtown Alma that we can do to entertain ourselves.”***

***-On entertaining oneself through the weather.***

ffective disorder (SAD), I recommend opening a good book and perusing its pages.

If it is the sun that you miss, then read a book about the tropics.

The same principle can be applied to movies. As nice as it would be to have the ability to instantaneously find yourself on a sun-drenched beach in the Caribbean, for many this is simply out of the question.

The best option is simply to throw a movie on and let the pictures on the screen distract you from the cold outside.

I find it best to keep myself occupied. Try and be productive; bake some warm cookies and enjoy them with hot chocolate. Make it a group activity and try to spread some joy around what appears to be a dreary campus.

After finishing said treats, sit down and play a board game or have



Photo courtesy of pivotcon.com.

**The winter season is coming quickly. Although the snow may appear to be a nuisance, it is important to take advantage of the cold weather. This is attainable through exploring downtown shops, baking, or even training dogs.**

***“Try and be productive; bake some warm cookies and enjoy them with hot chocolate. Make it a group activity and try to spread some joy around what appears to be a dreary campus.”***

***-On keeping occupied***

a relaxing chat with your friends. While what I am suggesting may seem trivial, I feel that it is most important to just keep yourself busy. If you cannot enjoy the winter, it is best not to give up and resign to a blue mood. Do anything but that.

Cabin fever can get just about anyone. Everyone has his own way of dealing with it. My Grandpa recently wrote me telling me that he was suffering from the “doldrums of winter.”

In order to avoid succumbing to this sadness, my Grandpa has

decided to train his Jack Russell Terrier pup to give chase to rabbits. While this is not an option for most college students, you have to recognize that you must do something.

Get out. If you are unable to handle the cold at least get up, move around. Fight and empower yourself.

When it comes down to it, the only enemies we have in this battle against winter time blues are ourselves.

Unplugged, Part 2: writer reflects on online withdrawal

BY RAY VISSER  
STAFF WRITER

Report from the other side: It's over. I survived. I spent 24 hours without accessing the Internet, and I didn't curl up into a miserable sobbing ball of bottomless despair.

From 8 p.m. last Saturday until 8 p.m. Sunday, I forced myself to find things to do other than stare at Facebook, check my email, and listen to music online. Granted, this was for a class assignment.

As I predicted in Part 1, I relapsed very quickly. However, more than an hour had already passed, so I count that as an exceeded expectation.

My excuse is that I was already running behind (read: late) on submitting a newspaper article Saturday night, and I needed to check my student email for a response from my interviewees. So I did.

While checking my email, I had to forcibly stop myself from opening a tab for Facebook. If anything, I could have been compared to a lab rat responding to stimuli: “Oh, my browser is open? I guess I should open Facebook and all my emails.”

I made excuses to myself, of course: “You need to get this article done. You can't do that without checking your email. Check your email. It'll be OK as long as you admit it.”

There, I admitted it. But reading over my words right here makes me feel a little guilty. My argument for a reduced-Internet life loses some of its effect if I say that I did not, in fact, actually go completely without for an entire 24 hours.

So, ignore the last few paragraphs. Go without the Internet for a while. It'll do you good, trust me.

Moving on. In an attempt to kill a few more of the 24 hours, I slept (or attempted to sleep) for about nine hours.

Tip: if you are ever forced to schedule your own Internet outage, plan for an overnight time period.

If you're not awake, you can't have the urge to check Facebook. Unless you check Facebook in your dreams, in which case there are plenty of nice people who have a place for you to sleep, and they'll be checking on you in the morning, and a very special doctor will be seeing you soon. Best of luck with your rehabilitation.

I said in Part 1, I was willing to be surprised by the results of my disconnect. In fact, I was surprised, not so much by my reaction to being disconnecting as by the activities I discovered anew without the Internet. I read an entire 200-plus-page novel (shameless plug: go read “Will Grayson, Will Grayson” by John Green and David Levithan right now) in about three and a half hours.

This was on Sunday night, just after I consumed a traditional Sunday dinner of fresh sushi and

gourmet cheesecake. Apparently strange things can happen without the Internet.

Now I can connect two seemingly unrelated concepts: the first time I willingly gave up my Internet connection for 24 hours was also the first time I ate sushi and read a respectably long book in less than four hours.

So here's another tip, perhaps less useful than the first: if you want to branch your experience into other cultures, unplug your computer and then hope your friend just came back from an expensive Japanese restaurant in Chicago bearing gifts. It works every time.

All in all, my experience was

slightly less eventful and stressful than I imagined. It also involved more novels and sushi than I predicted. But I'm not sure anything within me has changed as a result. In the words of a friend, to whom I responded with a sheepish nod: “Ray, you're only reading because you can't go on the Internet, right?”

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



Quality questions lead to quality friendships

BY LISA FOLKMIRE  
OPINION EDITOR

I used to be really shy. I was one of those youngsters who covered behind her mother in the checkout line just to avoid eye contact with the cashier. Everyone knows that to a child, eye contact leads to instant in-depth conversation, covering all topics from favorite foods to life goals. I had a lot of trouble making my own friends as a kid. When it came to soccer games at recess, while the rest of the class was separated into two teams with complete focus on the ball, I was found picking flowers on the edge of the field. Believe it or not, I was extremely quiet back in the day.

I preferred words on the page to holding conversation, my siblings to my classmates, and family nights to play dates with friends. Even though I had a Beatles-style haircut and wore a jumper every day, I'm willing to bet that it was my lack of interest in conversation that left me without my very own 10-year-old posse. Now, I would hardly call myself part of the "in crowd," but I believe that I have greatly improved my social skills. In fact, I would have to say that one of my favorite hobbies is making new friends. What's the reasoning behind this change in heart you ask? Questions. And I don't mean the basic, "what's your favorite color?" type, either. I'm talking more: "what would be your preferred Scandinavian country of exile?" or "if you could describe yourself through any type of hummus, which one would it be and why?" Seriously, if you want to find out

more about somebody's personality, these questions are gold. And don't worry about people thinking that you're probably the weirdest being on this planet or scanning the room for the nearest exit. Chances are, they'll get over it. These questions actually work quite well. Seriously. People have a real passion for their own oddities. Which is exactly what these questions bring up. Most people don't realize how odd their own thoughts are until they say them out loud. Honestly, the best part of this whole ordeal is watching people realize their own quirks. The key to friendship making lies in giving your own answer to the question after their response. People love to have conversations with people who are just as weird as they are. Which is why, in the world of friend making and conversations between strangers, the ability to ask awkward questions just might

be the most important skill you can build. For example: I ask you which von Trapp child from Rodgers and Hammerstein's critically acclaimed "The Sound of Music" you relate to most. You respond promptly with Kurt, because you feel as though you have the most sass in your family. I wait the appropriate 15 seconds, look up thoughtfully, and explain how I believe that I relate most to

***"Before you know it, we're spirit siblings singing 'The Lonely Goatherd' in perfect harmony."***  
**- On the possible results of asking odd questions**

Brigitta because of my young love of books. Before you know it, we're spirit siblings singing "The Lonely

Goatherd" in perfect harmony. Indeed, newfound friendship is a beautiful thing. There are so many questions one can ask. Can't think of any? Consider these: What's your favorite type of citrus (lime, grapefruit, Ghanaian pineapple)? What was your favorite landform (plateau, isthmus, ravine) when you were 10? Which evil Disney villain would you want to play most on the Broadway stage (Ursula, Jafar, Scar)? And before you know it, your soon-to-be friends are reexamining all their personal interests right before your eyes, with you to thank. Try it out. Block all exits and don't take raised eyebrows for answers. Ask whatever comes to mind. Learn something. Meet people. Who knows, maybe you'll learn something about yourself along the way.

"Tower Heist" fails as comedy, relies on dirty humor

BY DANIEL MURAWSKE  
STAFF WRITER

Do not be fooled when watching the trailer for "Tower Heist." The preview will advertise this movie as a comedy, but it is wrong. When I watched this feature film, starring Ben Stiller, Eddie Murphy, Alan Alda, and others, I found it to be much more serious than hilarious. This seriousness is due to the poor writing that went into the making of the film. The movie focuses on the lives of a group of guys who work at the most expensive apartment complex in North America. Long story short, they become victims of a Ponzi scheme executed by the building's richest and most powerful man (portrayed by Alan Alda), get fired from their

jobs because of what they do in reaction to learning of the Ponzi scheme, and then conspire to get their money back from the man

***"But the writers did a horrible job of making this serious premise into a comedy."***  
**- On the attempt to make "Tower Heist" into a comedy**

who wronged them. Before I get into everything that is wrong with the movie, I feel compelled to say that I enjoyed everyone's performance. Ben Stiller, Eddie Murphy, Alan Alda, Matthew Broderick, and the rest of the cast did fine. My objections to this film have nothing to do with the performers. My biggest problem with

"Tower Heist" is that it is not funny. First of all, I think the premise of the movie is much more fitting to be a drama than a comedy. However, Hollywood comedies usually have somewhat serious plots, so making the story of this feature film into a comedy is very doable. But the writers did a horrible job of making this serious premise into a comedy. I do not recall ever laughing during the movie. I may have chuckled a couple of times, but I never laughed. Another thing that hurt the humor is that it seemed to rely too much on sexual humor. All of the sex jokes in this movie are pointless. Some of those punch lines seemed completely random as well. Sometimes randomness in a comedy can improve the film, but this did not cut it. For the record, I would love to see a comedy that does not

contain impure remarks. I say this because Hollywood movies always overdo it when it comes to the sexual element. Anything can have a claim to be "funny" just because it contains lewd remarks, but it takes a true comedy genius to make a funny feature film without the use of

***"I am tired of hearing them. I challenge movie makers in Hollywood to make a flick that is hysterical without being dirty."***  
**- On the constant use of sexual comedy in movies**

dirty jokes. I am tired of hearing them. I challenge movie makers in Hollywood to make a flick that is hysterical without being dirty.

So, despite the good performances by the actors and actresses, I believe "Tower Heist" fails as a comedy. I blame the writers for this poor quality film. I think they tried too hard to make it funny and relied way too much on sex jokes. I would like to see the same premise of this movie be made into a drama. I like Ben Stiller and Eddie Murphy, but I think their movies are hit and miss: half are funny, half are not. "Tower Heist" is a miss for both actors. Coming into this movie, I was a bit skeptical. I did not really know what to expect because the premise is interesting (though not necessarily the best for a movie that is supposed to be funny) and the cast is good. But I had high hopes for it. Sadly, what I witnessed was 104 minutes of poor writing. In short, "Tower Heist" fails as a comedy.

the Almanian.

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PUBLICATION:  
The Almanian is distributed to Alma College's campus on Monday morning and is sent to subscribers the following day. The paper is published weekly with the exception of academic recesses.

ADVERTISING:  
Ad sales managed by the business manager. Contact Alexander Lundquist at lundquist1as@alma.edu for more information.

LETTER POLICY:  
Letters are published as layout space allows. Submission of a letter does not guarantee publication. The Almanian reserves the right to condense letters for layout purposes. Deadline for publication is 5 p.m. the Friday before requested publication. Email letters to the editor to zeitler1jr@alma.edu or address letters to:  
The Almanian  
Alma College  
614 W. Superior St. Alma, Mi, 48801

STAFF EDITORIAL POLICY:  
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# Cross country season ends with Great Lakes Regional

By ANNA ARMSTRONG  
STAFF WRITER

The Great Lakes Regional saw the end to the cross country season. At the Nov. 9 meet, the women's team finished ninth out of 33 teams, while the men's squad was 21<sup>st</sup> out of 37 teams.

**Julie Helm ('13)** came in 28<sup>th</sup> out of 234 runners and led her team with a 6k time of 22:40.74. Next, **Anna Sall ('14)** earned 35<sup>th</sup> place at 22:53.73.

For the men, **Garrett Lacy ('13)** paced his team with a time of 25:46.47 in the 8k event. He placed 20<sup>th</sup> out of 256 competitors. **Adam Sanchez ('16)** finished second for the Scots at 26:24.60 at 54<sup>th</sup> place.

Since no runner on the Alma teams qualified for the NCAA Division III Nationals, this meet marked the final race of the year.

"This is my first year on the team, so mostly [I wanted] to have a successful training season without getting hurt," said **Rose Deren ('15)**.

"I wanted to reach new goals and just see how fast I could run. I followed the program and [was] listening to my body and pushing it at every race."

**Zach Caverley ('13)** was injured early in the season but remained positive for his team.

"My goal for the season was to break my 27 flat and help my team make it to the top 10," he said. "I had a lot of lower back issues, so I did not achieve my first two goals, but my third and final goal was to have a good influence on my team and I feel that I accomplished that."

"I think in terms of team

morale [the cross country season] was a huge success. We had a really good incoming freshman class with a great attitude," said Caverley.

Three runners on the teams were honored at the end of their season. Sall earned a spot on the All Region team, and both Helm and Lacy earned spots on the Region and MIAA teams.

"My personal goal was pretty lofty—I had wanted to qualify as an individual for nationals," said Sall. "Unfortunately, I got sick early in the year, which hindered my training and racing performances for most of season. But I have high hopes for next year!"

Sall didn't expect to make the All Region team.

"Honestly, I was pretty surprised," she said. "For most of the race I was about 30<sup>th</sup>/32<sup>nd</sup>, then once I hit the three mile mark I hit a wall. I got passed and was passing people—I had no idea if I was 28<sup>th</sup> or 42<sup>nd</sup>. Luckily, I just made the cutoff and was 35<sup>th</sup>."

"This past season has been the best one of my three years. We accomplished all of our goals: being third in the MIAA Conference and placing Top 10 at Regionals. The girls really pulled together and pushed each other. Our cohesiveness was stellar. Every girl was competitive and yet still celebrated her teammates' accomplishments and victories."

"I feel like this year we pushed each other more than before and we always had each other's back," said Helm. "Even our coaches noticed that if there ever was a race where someone wasn't doing as well, someone always stepped up. So in the end we'd still be as good as we were before."

We also had, on the women's side, multiple people step up as leaders, which was a key part we

were missing before."

One of Lacy's major goals was to break the school record time of 25:00 for the 8k event, which he only just missed.

"My best time on the season was a 25:01, missing the school record by one lousy second," he said.

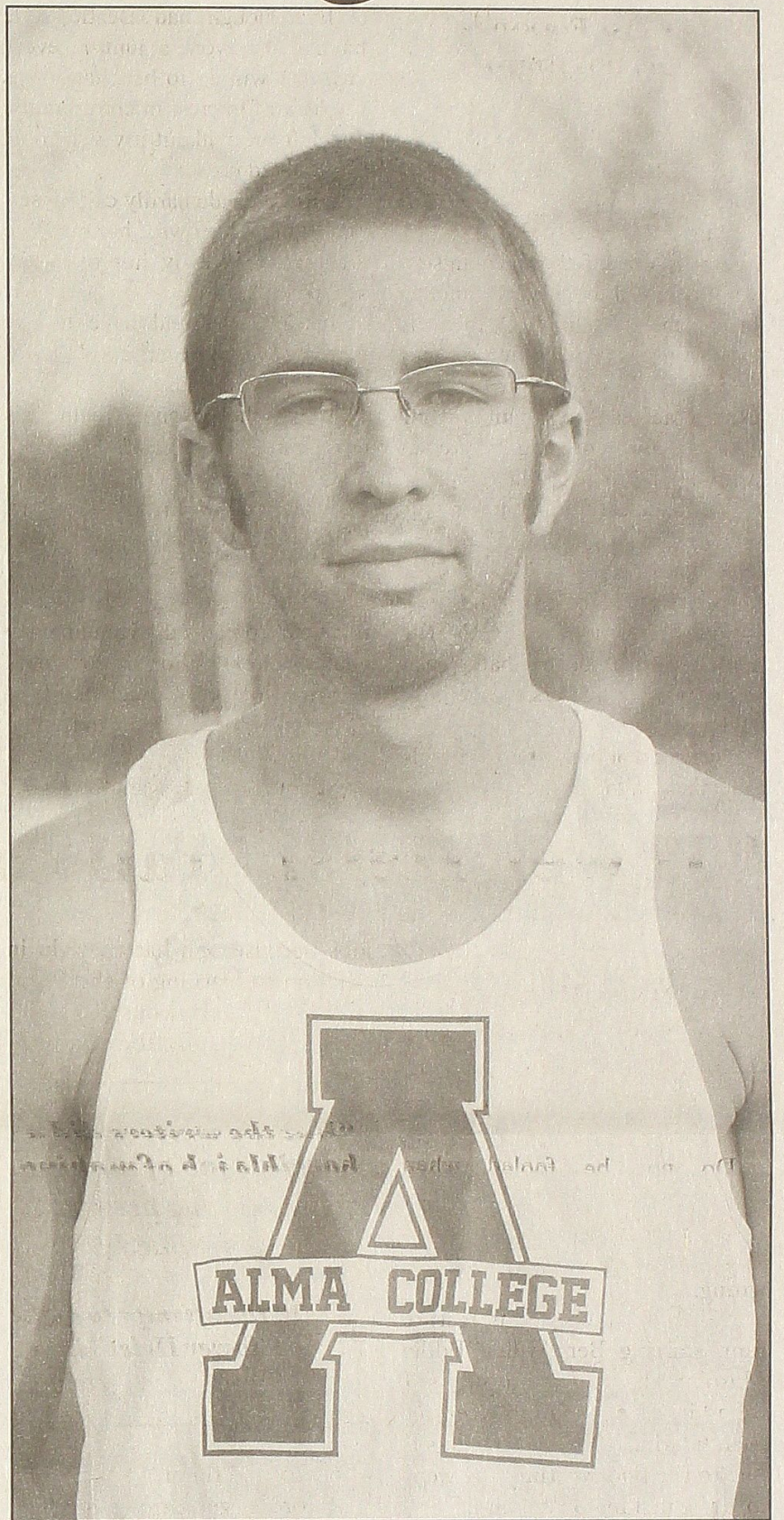
Lacy made the first-team all-conference, finishing fourth overall in the final league standings. This was his fourth year receiving all-conference honors, previously earning a spot on the all-conference second team. Lacy missed a place at this year's nationals by two runners, finishing in ninth place at the regional meet.

Lacy attributes his success this season to "the level of intensity that I took to my training all summer long, and continuing that intensity throughout the season," he said. "I ran every single day of the summer and season, running as many as 100+ miles a week. I was by far the most fit I have ever been in my life."

"It felt great to finally make first team all-conference after only being second team [for] the first three seasons of cross country. It was also the first time I made the all-regional team, so that was nice as well, although I was very upset that I missed qualifying for nationals, especially after coming so close to it."

"I thought both the men's and women's teams this year were the most cohesive that they have been since I have been here," Lacy said.

"Everyone seemed to get along great this year. Overall, I think the season went well for me—I just didn't quite achieve everything that I wanted to. Hopefully I have left an impression on the program that future runners will strive for."



Katlyn Chitwood: Staff Photographer

**Garret Lacy ('13)** ranked No. 20 in the top MIAA men's runners with a time of 25:46.47, also earning MIAA all-region this season.

## Basketball teams seasons open in Illinois

By ANNA ARMSTRONG  
STAFF WRITER

The men's and women's basketball teams travelled to the season opener last Friday at Wheaton College for the Illinois Tip-Off Classic.

The Scots opened their season against Capital University (Ohio). After a heated four quarters, Alma dropped the 83-73 decision to Capital.

"I'm really happy with our effort tonight as we knew Capital would play much more inspired after their loss to Wheaton on Thursday," said Alma Head Coach Sam Hargraves in a press release.

"They are a veteran team and they played like it tonight. They made a big shot every time they had to and our defense was much better than you would think by looking at their shooting percentage."

"This game is something that we can definitely build on going forward into another very tough game against Wheaton."

The game was tight through much of the first half. The Scots had their last lead of 10-9 after

**Charley Helmer ('16)** made a shot at 15:08. Capital then had the lead for the rest of the game, and held onto it, heading the game 42-31 at the halftime break.

The Scots fought coming into the second half. In the final 20 minutes, the deficit was cut to 45-40, just five minutes into the half. Even though Alma outscored Capital in the second half, 42-41, it came up short in the end.

For the game, **Isiah Law ('14)**, a transfer from Muskegon Community College, led the Scots with 21 points and three steals in his Alma debut. **DJ Beckman ('16)** contributed 11 points and four rebounds, while **Ivy Johnson ('16)** added nine points and a team high of six assists. **Brandon Krause ('14)** scored 10 points for his team, and Helmer tallied five rebounds and four points in the loss.

The Scots played again last Saturday and lost to Wheaton College (Ill.), 76-49.

On the same night, the women's team opened its 2012-2013 season with a loss against St. Mary's College (Minn.) at a tournament at North Central College (Ill.) The Lady Scots had a rough game and lost the opener with a score of 67-36.

"Our first half was not as good as we allowed them to come out on a 7-0 run in the first 90 seconds and we didn't recover confidence-wise," said Alma head coach Keisha Brown in a press release.

"Offensively in the first half we weren't hitting shots and didn't get many second chances and they were transitioning well."

"First game jitters really bit us in the butt to start, but we did much better in the second half. **Danielle Hicks ('13)** really gave us a boost in the second half and the whole team played better. But, we dug ourselves a hole that we could not get out of and that was the difference."

St. Mary's had an early lead and led the game through the first half, entering halftime at 43-14. Alma had a much better second half and was outscored 24-22 only in the final 20 minutes.

Hicks led her team with seven points and seven rebounds, and **Courtney Waara ('16)** was next with six points for the game. **Logan Rowell ('16)** added three blocked shots and three rebounds for the Lady Scots.

The women's basketball team played again last Saturday and dropped the 70-67 decision to North Central College.

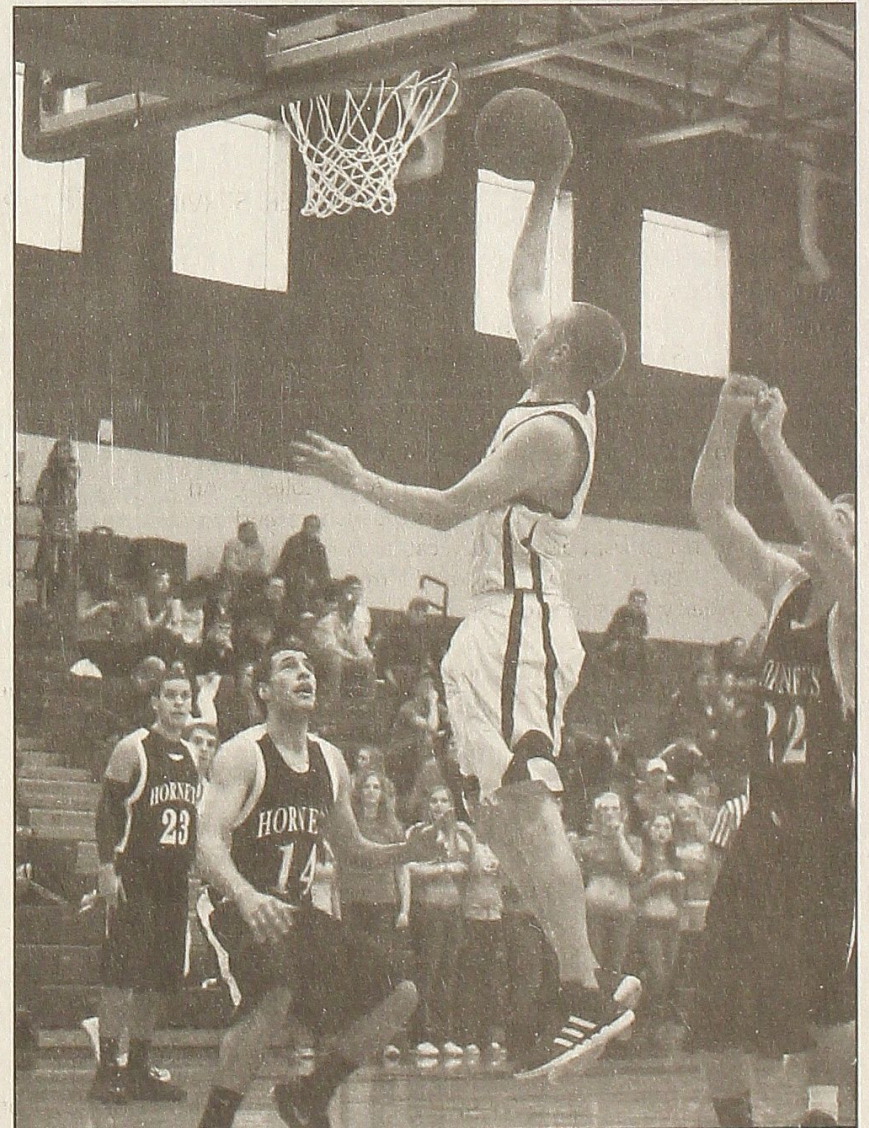


Photo courtesy of Alma Athletics Website

**Greg Silverthorn ('13)** contributed 25 minutes last weekend for the Scots.



# Scotlight: Frank Furnari ('14) earns all-MIAA recognition



Katlyn Chitwood, Staff Photographer

Frank Furnari ('14) had 39 solo tackles, four quarterback sacks, and six tackles for loss this season, earning him second team all-MIAA.

By JASON POPIEL  
STAFF WRITER

Although the Alma football team did not have the season that it hoped for, an individual was lauded for his efforts on the field.

Junior defensive tackle **Frank Furnari ('14)** was the lone Scot chosen to the all-MIAA team by the league coaches. Furnari had 39 solo tackles this season, in addition to four quarterback sacks and six tackles for loss.

Furnari, who is from DeWitt and also had a noteworthy season last year, is not shy about who he would like to acknowledge for his successful season.

"I want to thank and credit my defensive coordinator, Nate Jensen, and defensive line coach, Tim Johns, as they have taught me everything I know about playing my position," said Furnari.

"It means a lot being named all-MIAA second team. There are a lot of great players in the conference and to be named among the top of them is a great

honor."

Furnari had arguably his best statistical game of the season in the 27-13 loss to Adrian on homecoming. In that game, he notched five solo tackles and one assist, and also added one sack and one tackle for loss. He also added one solo tackle, four assists, and 1.5 sacks in a 17-13 home loss to Kalamazoo.

Despite the disappointing 1-9 final record, Furnari is very positive about being a leader in his final season and is optimistic about how his teammates will improve.

"Going 1-9 is definitely a negative, especially when that record does not reflect the talent we have as a team," said Furnari. "With a new coach, everyone became more familiar with the coaching philosophy and style over the year. [That] should lead to a better performance in the upcoming year."

Next year will mark Head Coach Greg Pscodna's second season and the replacement of some valuable seniors that poured four years of effort into the program.

As is true with any team, players on both sides of the ball

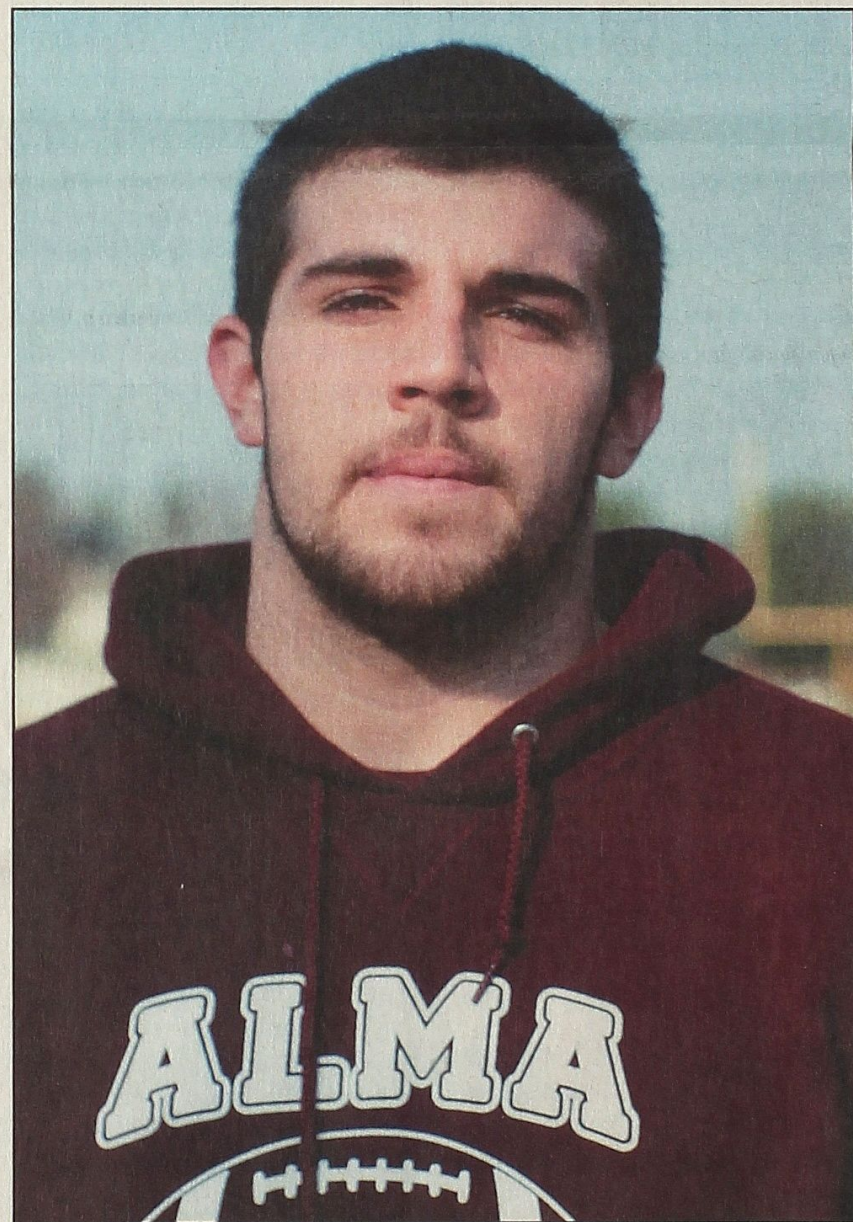
have been learning everything they can, ready to step into the important starting positions. Furnari knows of his importance to the process of getting younger players used to the pressure of entry into the starting lineup.

"We lost some great seniors, but we also have a lot of young talent as well as some solid upperclassmen for the upcoming season, so hopefully the year will go much better," said Furnari.

"In my final year, the goal as always is to win a championship. Personal goals are great and all, but I would give up all recognition to be playing in the playoffs this Saturday."

Furnari, a two-year starter on the line, said he is eager to do his part in order for the team to take off next season. He knows that it starts with off-season conditioning and weight room training.

"The team knows that we have to get bigger, stronger, and faster," said Furnari. "It's always encouraging when you see good numbers in the weight room the day after the season ends. We showed tremendous gains last off-season and would expect nothing less for this off-season from all of the players."



## Scots' roundup: A look back at swimming, wrestling

By JASON POPIEL  
STAFF WRITER

The inaugural battle for the Union Jack Trophy took place two weeks ago at Alma College, and the Scots came away victorious on both the men's and women's sides.

The trophy, which is given to the winner of the annual dual swim meet between Alma and Albion, is then kept by the winning school to honor the Scottish heritage of Alma and the British heritage of Albion. The wins put the women at a record of 2-2, and the men got their first victory of the season to

improve to 1-2.

The men won by a margin of 146-129, and the women clinched victory by a score of 169-131. Top individual performers for the men included **Daniel Biggs ('15)**, who won the 200 yard freestyle, the 200 IM, and 100m butterfly. In addition, **TJ Koehler ('16)** came out on top in the 100 yard and 200 yard backstroke. **Jaclyn Shetterly ('16)** won the 200 IM, the 200 yard backstroke, and 100 yard backstroke for the women, and **Miranda Anderson ('14)** won the 1650 yard freestyle and 200 yard freestyle.

"Today was a good win for both our teams and I thought we did well throughout the meet," said

Alma Head Coach Chris Hamstra in a press release.

"The added excitement came from winning the Union Jack Trophy in the first year of its existence. Both schools believe this will just add to the environment when we compete against each other."

The team will have Thanksgiving weekend off and then return to face Calvin in Grand Rapids on Nov. 29.

The second season of Alma wrestling has gotten off to a very fast start, as the Scots have a 2-0 record through two dual meets and also had a strong showing at an unscored meet.

In the Muskegon Open, an un-

scored team event, **Caleb Huff ('16)** won the championship at 149 pounds, **Jared Groeneveld ('15)** won at 184 pounds, and **Adam Robinson ('16)** took home the heavyweight title.

"I think our first weekend went well," said **Brock Neeson ('15)**. "We definitely showed improvement over last year. We had a mindset that we could push our opponent. That just comes from our work ethic thus far as we continue to improve as a team."

The team will be on action next on Dec. 1, when it will travel out of state to take part in the Ohio Northern Invitational.

"It was a great day for us as we crowned three champions

after coming to this event last year and not having anyone finish first," said Scots head coach Todd Hibbs, in a press release. "All in all, we had a very successful weekend and now we will have a good week of training before taking part in the Olivet duals next week."

The bowling team has been in action for almost two months now and has traveled to Ohio and Indiana to compete in open meets.

The first league dual-meet of the year took place last Saturday, when the Scots went to Adrian to face the Bulldogs. The team will be in action next on Dec. 1, when they will head to Mechanicsburg, Penn.