

Four Loko banned in Michigan

By MOLLY HENNING
STAFF WRITER

As studies reveal the dangerous effects of the Four Loko energy drink, it has been banned recently on college campuses and in Michigan. *The Huffington Post* reported that Four Loko was first created in 2005 by three Ohio State University graduates, and has since “been implicated in multiple hospitalizations and at least one heart attack.” This energy drink is equal to approximately six cans of light beer, has the same amount of caffeine as about two cups of coffee, and a single can contains 660 calories, according to *The Huffington Post*. “That much caffeine alone can cause a heart attack, then adding alcohol to the mix... That’s just a dangerous combination that I cannot believe people manufacture,” said Amber Herman, registered nurse at Alma College. Maggie Ross, physician’s assistant at Alma College, added that caffeine in the drink prevents people from feeling the effects of the alcohol, and so they will get more drunk than they realize. “People will drink more because they don’t feel the effects, making it more likely to



Photo by Anna Dysinger

The recently banned alcoholic beverage Four Loko is equal to about six cans of beer and two cups of coffee. To cover the strong alcohol taste, manufacturer’s produce Four Loko in a variety of different flavors.

get alcohol poisoning,” said Ross. *The Huffington Post* reported that, despite such harmful effects of the drink, it comes in many different flavors to mask the alcohol content, including grape, fruit punch, and watermelon. The ban came on Central Washington’s campus after nine students were hospitalized, some with potentially fatal blood alcohol levels, after an off-campus party. Anne Lambrecht, director of Counseling & Wellness at Alma College, said that the counseling staff was concerned here at Alma when they learned about students being hospitalized because of the drink.

“We planned to educate students about the drink... we wanted them to be aware about it and its risks,” said Lambrecht. “We were just really beginning to look at it as a potential issue.” Lambrecht explained that part of the problem, and concern, arose because students might not realize how much alcohol was contained in a single can of Four Loko and the effect of the combination of caffeine and alcohol. There may be no need for concern here at the college, however, because the State of Michigan Department of Energy, Labor, & Economic Growth Liquor Control Commission released an Administrative Order banning the sale of all alcoholic energy drinks “in order to protect the public

What exactly is in a Four Loko?

- The alcohol equivalent of six light beers
- The same amount of caffeine as two cups of coffee
- The same amount of calories as a McDonald’s cheeseburger Happy Meal and a Coke
- An alcohol content of 12 percent

health, safety, and welfare of the citizens of the State of Michigan.” Michigan Liquor Control Commission said that the drink manufacturers have 30 days, as of Thursday, to remove the products from Michigan markets. The products requiring removal include, according to Nida R. Samona, Chairperson of Michigan Liquor Control Commission, “flavored malt beverages infused with significant amounts of Caffeine, Taurine, Guarana, and other natural stimulants.” “Now that it’s been banned in Michigan, I’m thrilled,” said Lambrecht. “It’s important to ban the drinks until the FDA looks at them, and the ban seems to be taking care of the problem by pulling the drinks off the shelves.”

Students in Wright petition meal plan

By LAUREN ANDALORA
STAFF WRITER

Here at Alma, various meal plans are available to students that offer an assortment of meal and munch money combinations for students with different schedules and appetites. In Wright Hall, many students are on the 160 block plan. This is a special plan only available to students in Wright Hall, which offers them 160 meals per semester and an allotted amount of munch money. However, meals cannot be converted into munch money. “I was surprised when I went down to the Sodexo offices under Hamilton and was told I couldn’t convert my extra meals into munch money,” said **Cassandra Snyder (’11)**. “Living in Wright Hall we have a full kitchen and so I prepare a lot of my meals there.” Since the meal plan is a block plan, the students in Wright Hall associated it with the 210 block plan many of them were familiar with. “We thought since you could convert meals with the 210 plan we would be able to with the 160 plan,” said **Carrie Commissaris (’11)**. “All the literature on our plan related it to the 210 plan and never stated we couldn’t convert meals.” The students were also concerned by the fact that Wright Hall students are placed on the 160 meal plan without their notification or consent and must specifically request a different

meal plan if they want one. “We never gave informed consent to the stipulations of the plan and had I have known I wouldn’t be able to convert meals, I would have gotten a different plan,” said Synder. Students from Wright Hall went to the Sodexo offices during conversion week and left confused and considering changing to a different plan for an additional fee, said Snyder. “Wright Hall is a little more expensive than others, and board got reduced so meal has to compensate,” said Commissaris. “This is fine with me, but I have only 70 cents in munch money and over a hundred meals left.”

“I was surprised when I went down to the Sodexo offices under Hamilton and was told I couldn’t convert my extra meals into munch money.”
-Cassandra Snyder (’11)

Wright Hall is composed of mostly seniors who do not always have time to go to Hamilton Commons, she said. “I’m very busy and I can barely make five meals a week on campus,” said Snyder. “I pack lunches and eat many meals in my living room.”

Over 40 students signed the petition, which is more than two-thirds of those in Wright Hall. “Some aren’t on the 160 block plan and some we didn’t have a chance to contact,” said Commissaris. “However, the majority of us would like our concerns considered.” Then Snyder and Commissaris went to the Student Life Office with their petition to see what could be done. “My goal is to get the petition heard and discuss our options,” said Dave Blandford, director of campus life. “Wednesday I will meet with Dr. Piccolo and Dave Buhl, and we will discuss the petition and the possible options.” Nick Piccolo, vice president for student life, and Buhl, vice president of business affairs, will work with Sodexo, and someone higher in the chain of command if necessary, to resolve the concerns of those in Wright Hall, Blandford said. “There doesn’t have to be a permanent change but we would appreciate at least an exception to the rule once,” said Synder. “This meal plan is new for us and with the lack of literature and communication, we feel that a negotiation can be reached.”



Photo by Catherine Finley

Jacqueline Harrison (’11) prepares food in her room in Wright Hall.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sunny 60°	Sunny 63°	Mostly Sunny 62°	Partly Cloudy 59°	Few Showers 48°	Few Showers 50°	Showers 49°

Urinary tract infections lead to more serious health issues

By ELEANOR KING
COPY EDITOR

Urinary tract infections, or UTIs, are the second leading cause of hospital visits due to infection in the United States, according to the National Institute of Health. Though they may be simply irritating or painful, UTIs that are not properly treated can lead to much more serious problems.

A UTI can occur in the urethra and bladder of both men and women, though they are more common in women. Common symptoms include a constant need to urinate, itching and burning sensations, foul-smelling urine and body pains and aches.

Left untreated a UTI can continue to spread upwards in the body and into the kidney. Unlike UTIs kidney infections (or pyelonephritis) are more difficult to treat, more painful and more risky. It is crucial for someone with a UTI to prevent it from spreading to the kidneys.

The causes of UTIs can vary from person to person. However, all UTIs are the ultimate result of some strain of bacteria entering the urethra and wreaking havoc in the system. The most common culprit is *E. coli* which is a more welcome resident of the lower intestine. However, when this bacteria makes its way out of the intestine through bowel movement and into the urethra disaster strikes.

Because the urethra is usually a biologically sterile environment, any small amount of bacteria can develop into a UTI. The introduction of this bacteria can be the result of many factors. For example, sexual activity can increase the probability that one may develop a UTI.

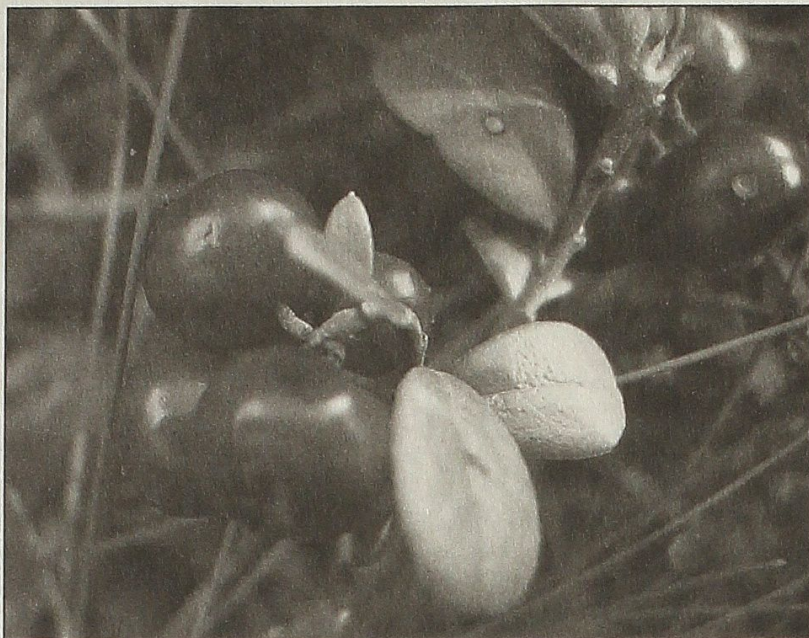


Photo courtesy of wikimediacommons.org

Cranberries are a natural preventative of UTIs, but because of their bitter taste, people turn to cranberry juice or pills.

By simply having those areas exposed to one another the spread of bacteria can occur.

Fortunately this risk can be decreased by urinating before and after sex. By adopting this simple habit you can substantially lower your risk of a painful infection.

Outside of sexual activity, other factors can contribute to your risk of a UTI. People who regularly refrain from urinating when they need to, can also develop UTIs more often. By not allowing yourself to urinate your bladder is more likely to retain stagnant urine. This gives the bacteria more time to spread before your urination can flush it out.

Other less preventable factors that contribute to UTIs include chronic diarrhea and kidney stones.

If you do feel like you may be developing a UTI it is important to visit your doctor immediately to prevent the bacteria from spreading. This

type of infection is usually treated with a few days of an antibiotic.

The most commonly prescribed antibiotic (and the first line of defense used at the Wilcox Medical Center) is Bactrim.

Bactrim works in most cases but sometimes an antibiotic called Macrobid is prescribed instead.

While painful, irritating and for some debilitating, a UTI is a partially preventable infection. Aside from urinating before and after sex and not resisting a need to pee, other healthy habits can help you safeguard yourself from a lot of pain.

For example, due to its high acidity, cranberry juice helps keep your urinary tract healthy. Drinking a lot of water to flush out potential bacteria can also help. By increasing your awareness of the factors associated with this common infection you can increase your chances of having a healthy urinary tract.

This week at Alma College

Tuesday, November 9:

Dress for Success Fashion Show at 6 p.m. in Jones Auditorium

ACUB Movie Night at 7 p.m. in Jones Auditorium

Wednesday, November 10:

Lecture: It Takes Children to Raise a Village from 12:30 p.m. at 1:20 p.m. in SAC 113

Thursday, November 11:

Oktoberfest at 6:30 p.m. in SAC 109

Etiquette Dinner at 5:30 p.m. in the Rotunda and 6:30 p.m. in the North and South Commons

Alma College Dance Company Fall Concert at 8 p.m. in the Heritage Center

Friday, November 12:

Alma College Dance Company Fall Concert at 8 p.m. in the Heritage Center

Saturday, November 13:

Parent Day at 8 a.m. in the DOW Lobby

Alma College Dance Company Fall Concert at 8 p.m. in the Heritage Center

Sunday, November 14:

Alma College Dance Company Fall Concert at 3 p.m. in the Heritage Center

El Paso alternative break is an educational week of service for Alma students

By LAUREN ANDALORA
STAF WRITER

Alma College offers many alternative breaks to students looking to engage, educate, and volunteer during their time away from school and, for some, that time will be spent in Texas, on the U.S. and Mexican border.

"This is my third time going to El Paso and my second year as site leader," said **Kyla Wojtas ('11)**. "Unlike other alternative breaks, it's not an entire week of service, but primarily educational. We learn about border issues, immigration, and issues facing Mexico through speakers and touring the border."

Students on this trip will spend a week in El Paso during spring break with West Cosgrove, the executive director of Project Puente.

"Project Puente is a non-profit organization located along the U.S.-Mexican border," said Wojtas. "The organization offers border immersion trips and Spanish language programs to educate the public as well as Alma College students."

Over the summer Wojtas worked at the annunciation house which helps people who cross the border but don't have documents, providing them with a kind of shelter.

"They work with law firms such as Las Americas to help them learn their rights and obtain citizenship," said Wojtas. "There

is also a women's empowerment program for single mothers and those who ran from abuse."

This alternative break is not just for those en route to a degree in political science or law, but for anyone who is interested in learning more about immigration issues and lending a helping hand, said Wojtas.

"I'm very passionate about and interested in issues such as immigration," said **Michelle Jerezano ('14)**. "Coming from a Latin American background I feel it directly effects the population where I come from and I can identify with migrants even though I'm not an immigrant."

For some students, the issue of immigration is close to their hearts.

"I've heard migration stories and they make me want to aid in the process," said Jerezano.

Several students were selected to accompany the site leaders to El Paso through an application process which included a statement of interest.

"I heard West Cosgrove speak about immigration relations with Mexico and decided to apply," said **Tiana Azevedo ('14)**.

"I was always interested in immigration issues but didn't know much about them when I first went to El Paso," said Wojtas. "Now I want to dedicate my life to immigration law after spending time in the Peace Corps and going to law school," she said.

Derby Days 2010 November 7-13

Come join the brothers of Sigma Chi for a week of fun activities! Along with the sororities on campus, we'll be hosting a different event each evening to raise money for local and national charities.

Schedule

Monday –	Scavenger Hunt – Meet @ Sigma Chi Coin Wars begin @ SAGA Shirt: Old Derby Days Shirts	7 pm
Tuesday –	Derby Rock @ Chapel Shirt: Greek Letters	8 pm
Wednesday –	Pie a Chi @ SAGA Bowl for Kids Sake @ Bowling Alley Shirt: Sign-a-Sig	5-7 pm 9:30 pm
Thursday –	Hat Hunt @ Sigma Chi Coin Wars Ends Shirt: New Derby Days Shirts	7 pm 7 pm
Friday –	Brotherhood Auction @ Dusen	8 pm
Saturday –	Vegas Decathlon @ McIntyre Mall	12 pm



ΣΧ

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Sunday 12:00 noon - 4:00 p.m.

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Alma College Dance Company prepares for fall performance

By JOSHUA ZEITLER
STAFF WRITER

The Alma College Dance Company has one more week to prepare for its annual fall concert. The show opens Friday and features five diverse pieces.

"It's a gorgeous concert," said Carol Fike, professor of dance and the concert's artistic director. "There's something in it for everybody."

The concert will open with a ballet performance of "Two Seasons" from Vivaldi's "Four Seasons," with choreography

by Samantha Shelton. Shelton is a visiting instructor who has previously worked for the American Ballet Theatre, Wayne State University, the Interlochen Arts Academy, the Detroit Opera House, and Grand Valley State University.

"I love that the Alma students are ballet trained," said Shelton. "Many colleges and universities with strong dance programs only study modern; here they study both. It's quite unique and I have enjoyed working with the students."

The ballet students expressed equal satisfaction with Shelton and the lessons she has offered to them.



Photo by Sarah Henning

Amanda Jackson ('13), Marissa Sheffield ('14), Carolina Cortes ('13) and Jacquelynn Olson ('11) rehearse for one of the five dances that will be a part of Friday's fall concert.

"This will be our first show with a new ballet teacher, so we're very excited to have her and be performing for her," said **Jacquelynn Olson ('11)**.

Following Shelton's ballet piece is modern piece entitled "Purge." The choreography for "Purge" was created through collaboration of Fike and the student dancers.

"[Fike] gives you the movement, but you can make it your own and really embrace it," said **Marissa Sheffield ('14)**. "It's a very intense piece and I think it will capture the audience's attention."

After a brief intermission, the second act of the concert will begin with "Fingal's Cave," another ballet that expresses Shelton's choreographic vision. This piece uses the music of German composer Felix Mendelssohn and features a very different style than that of "Two Seasons."

"The Vivaldi piece is vigorous, fast-moving and technical whereas Mendelssohn's is more lush and plush," Fike said. The show continues with

"Acceptance of Actuality" featuring choreography by Adjunct Instructor of Dance Kristen Bennett. "Acceptance of Actuality" is meant to depict the stages of life through three separate songs: the "Sesame Street Theme," Adele's cover of Bob Dylan's "To Make You Feel My Love," and "Sixty Years On" by Elton John.

"It's a very meaningful piece, especially for me, since I'm a senior this year," Olson said.

Finally, the concert will close with "Moving Still," choreographed by Rachael Leonard and **Kristin Bender Polizzi ('95)**, who graduated as a dance and English major.

Since her graduation, Polizzi has had a successful career currently serving as Artistic Director of Surfscapes Contemporary Dance Theatre. Like the full-time instructors, Polizzi has been working with a particularly large group of dancers this year.

"Sometimes we do solos, duets, or trios, but this time every piece has a larger cast, which makes for

a full-bodied stage," said Fike.

On the whole, the Alma College Dance Company is growing, with 11 of the 27 total dancers new to the group.

"The love of dance is so clear from these 27 ACDC members," said Fike. "We rehearse every night from five to midnight - they put their hearts and souls into it, and you can really tell."

"I've never done a fifteen minute piece before," said Sheffield. "It's a big change, and requires a lot of stamina, but I like it."

"The kids are doing a great job and it's going to be a great show," Shelton said. "They've grown so much just in the last couple of months and I think we are all looking forward to the outcome."

The times for the show are Friday and Saturday at 8pm, and on Sunday at 4pm. All performances will take place in the Remick Heritage Center.

Tickets will be \$10 for adults and \$5 for seniors over 62. Admission is free for Alma College staff, students and all children under 18.



Photo by Simone Boos

Sarah Henning ('12) practices one of the contemporary dance pieces envisioned by Carol Fike for the performance.

Interfaith Relations Committee brings Hindu Diwali celebration to campus

By JOSHUA ZEITLER
STAFF WRITER

Last week the Interfaith Relations Committee brought a major Hindu festival to the Fireside Lounge.

Guest speakers Shashi Karve and Shri Surenda Bhardwaj from the Bharatiya Temple of Lansing taught the attending students and faculty about the basic concepts of Hindu beliefs.

The main event, however, was a demonstration of a traditional celebration called Diwali, the Hindu Festival of Lights.

Karve began by correcting several philosophical and theological misconceptions that many people have regarding the Hindu faith.

"What many non-Hindus find most surprising is that we do not actually believe in many gods," said Karve. "Hinduism encompasses a whole set of traditions, but one common understanding

among all Hindus is that there is only one supreme God."

Hindus do believe, however, that this God can manifest itself in many different ways. For this reason, it may be called by many different names and portrayed with many different images and attributes.

This idea also reflects the Hindu concept of Brahman, which views every animate and inanimate object as a physical manifestation of God; that is, everyone and everything in the universe forms a singular and united entity.

Diwali, which comes from the Sanskrit word "deepavali," means "row of lights." This is a reference to the inner "light," symbolic of the pure, permanent, and divine manifestation of God. This manifestation is believed to be within every individual.

The festival, which takes place near the time of harvest, is a way to show appreciation for the wealth God has

bestowed upon the individual.

The main focus of the ceremony seemed to be oriented towards material wealth. For this celebration, a scholarly, priest-like figure blesses water, rice and other decorations

"These kinds of experiences can help encourage tolerance by making us less ignorant of other cultures when we go out into the real world."

-Rachel Burckhardt ('13)

to be offered to a Laxmi, the Hindu goddess of wealth.

Wealth, however, may be interpreted in many different ways, and Diwali can be more accurately described as a time

to celebrate joy, hope, and gratitude, and to cherish familial relationships. In addition, it represents an acknowledgment of each person's spiritual wealth, as signified by lamps within the ceremony and supported in the name of the festival.

During the ceremony the audience was invited to join the presenters in the chanting of the sacred syllable OM, which is written in Sanskrit with three characters: one which represents God in its role as the creator, one which represents God in its role as the maintainer of balance, and one which represents God as the destroyer.

The expression "OM shanti shanti shanti," which calls for peace (shanti meaning peace) ended most of the prayers and blessings recited in the ceremonies.

This philosophy exemplifies the mission of the Interfaith Relations Committee.

"World religion classes should be required to attend these types of events, in my opinion, but not everybody has enough time in their academic schedule," said **Rachel Burckhardt ('13)**. "These kinds of experiences can help encourage tolerance by making us less ignorant of other cultures when we go out into the real world."

"We want to provide opportunities for students to explore traditions they haven't been exposed to before, and to create constructive events for individuals to personally develop their own opinions and beliefs," said **Meredith Brown ('12)**.

Even as a supplement to religious studies, the experience of the ceremony certainly offers unique merits.

"There's a qualitative difference between learning about Hinduism and attending a service," said Kathryn Blanchard, assistant professor of religious studies.

College hosts “Highland Experience”

BY MOLLY HENNING
STAFF WRITER

The campus hosted the annual Highland Experience last weekend, featuring a Highland dance competition, a piping and dance performance, and a workshop. The Highland dance competition took place on Saturday in Van Dusen Commons. It was judged by Ann Milne a four-time Highland dance World Champion from Owen Sound, Ontario. The competition hosted dancers from all over the Midwest and from parts of Ontario. Later that evening a full performance was staged featuring 21 total sections of both dancing and piping. “The performances included

traditional cultural piping songs, as well as newer, nontraditional piping performances,” said Alma Highland dancer **Ashley Davidson ('12)**. “There are also Highland dances and choreographies, which take traditional steps and add them to steps from more modern dances. There are a lot of different styles.” Davidson said that the performance is only a small sample of talent used to show Alma students a piece of what the Highland dancers and pipers do. The performance also included a special presentation for Christie Freestone, the college’s Highland dance instructor, who was inducted into the Highland Dancing Hall of Fame. Her induction took place over the summer at the Highland Dancing National Championships.

One of her students, **Alexa Gilbert ('12)**, said that Freestone is one of only a few teachers who have ever been inducted to the Highland Dancing Hall of Fame. Freestone will also serve as the only Alma College teacher to ever have been inducted. The workshop series began on Sunday morning and continued throughout the day. The dance workshop was taught by both Milne and **Kate DeGood ('07)**. DeGood is the current national adult champion in Highland dance. The piping workshop was taught by Alma College bagpipe instructor Andrew Duncan and pipers Barry Conway and Ken Eller. Davidson said that the workshop was open for the public to come and watch, but only the dancers and pipers could actually participate in the events.



Shanden Delamater ('14) and Alexa Gilbert ('12) perform during a section of Saturday evening's performance. The event featured a total of 21 sections that included arrangements of both piping and dancing.

Photo by Simone Boos



Photo by Simone Boos

Dancers compete in the Highland dance competition that was a part of last weekend's annual “Highland Experience” event.

Gilbert explained that the purpose of The Highland Experience was to encourage visitors to see the high quality in all of the dancers and pipers on campus. “There are some of the best dancers in the nation here at Alma College,” said Gilbert. “We wanted to show everyone here what it means to be a Highland dancer or Highland piper.” Davidson explained that the performance is, in part, a way for Alma to further promote the Scottish arts.

“Alma is a Scottish school, and the Highland pipers and dancers are trying to raise awareness about how we personally value our Scottish heritage. We want people to know how we carry on the traditional Scottish culture, through the arts of bag piping and Highland dancing, while also doing what we love academically,” said Davidson. Gilbert said that she hopes the Highland Experience will bring more opportunities for the Highland arts at Alma.

Library contains mysterious “closed collection”

BY DEVIN BRINES
NEW MEDIA EDITOR

The Alma College Library contains a room of hundreds of rare, valuable, fragile and controversial books. It is called the “closed collection” and the majority of students and faculty know nothing of it. “I didn’t even know that it existed,” said **Marcy Gilstad ('11)**. Even to those who know the collection well (such as the four librarians who maintain it), the contents and history of the room remain shrouded in mystery. Such is the case of Access Services Librarian and Assistant Professor Angie Kelleher. “Some of it...even I don’t know why it’s down here,” she said. The contents of the small, dimly lit room include old PIGbooks, Almanian issues, faculty publications, student theses, twelve-inch records, Super-8 and 16mm films and two shelves of books. Kelleher estimates that 70% of the room’s contents are in the catalog. Many of the books are old and fragile, dating back to the 1700’s. In order for people to access the materials in this room, they must request what it is they are looking for. This collection is not meant to be browsed. Books are placed in the “closed collection” on a case-by-case basis. The reasons are often unclear,

as none of the materials found within are attached with any indication of why they are there. “[Today’s Alma College librarians] aren’t as protective as the librarians were twenty years ago, when most of this stuff was put down here,” said Kelleher. Books in the collection range from the arguably grotesque, such as the photography of Robert Mapplethorpe, to the hateful, such as The Turner Diaries by William Pierce. The latter of

“In reality, the nature of the books is such that they might be vandalized, damaged, or stolen if they were on the shelf in the regular collection.”

-Angie Kelleher

which is said to have inspired Timothy McVeigh to conduct the Oklahoma City bombing in 1995. While it may seem counterintuitive, books are not placed in the “closed collection” because people are discouraged from seeing them. “In reality, the nature of the books is such that they might they might be vandalized, damaged, or stolen if they were on the shelf in the regular collection,” said Kelleher. She recounted the story of one of the most valuable

books in the collection. “Somebody who I had never seen before came down—and I didn’t know we even had it—but he requested a first edition of a very famous book, and it’s been signed by the author. I found it for him, and he said, ‘Can I check it out?’ I said, ‘Well, I don’t know. I need to look at it.’ At that point he just left and never came back.” Kelleher neglected to publicly identify the book, but estimates its worth at \$10,000. Before the man came, she did not know that it was signed, or valuable—as is the case with many of the collection’s books. If a student happens upon a “closed collection” title while searching the library’s catalog, he or she may request permission to check it out from the library, but the terms of permission vary from case to case. In regards to the maintenance of such a collection, Kelleher said, “Proper care of the collection could involve researching the value of each book, reconsideration of it’s suitability for the collection, as well as preservation work for the rare, valuable and old books.” Students are encouraged to meet with or email Provost Michael Selmon to support the expansion of the library’s budget to support such a part-time position. “He’s very open to students’ suggestions,” said Library Director Carol Zeile.

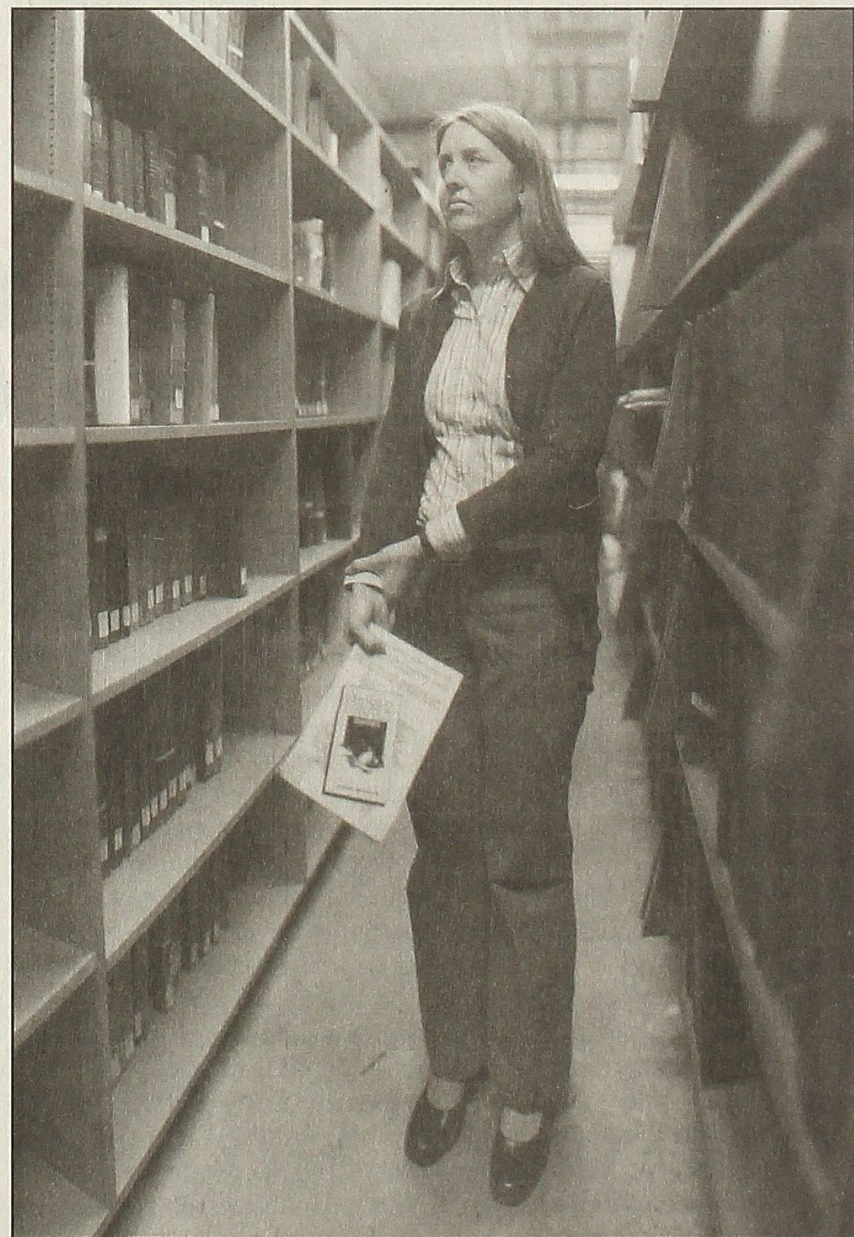


Photo by Devin Brines

Librarian Angie Kelleher says that the “closed collection” of books could profit from analysis and preservation work. Students are encouraged to contact Provost Michael Selmon to express their support of this project.

National decision 2010: Just as expected

By MASON WARLING
STAFF WRITER

America voted last week, and it was what many were expecting: a good day to be a Republican. Voter turnout also, as expected, low; just 43 percent of registered voters cast a ballot last Tuesday. Republicans gained six Senate seats, leaving the Democrats with a majority of 53 to 47. In the House of Representatives, the Republicans gained a whopping 60 seats, giving them the much-sought-after House majority, 239 to 196. All the way across the nation from Washington, the people of California decided, after all the hype, not to pass Proposition 19, which would legalize and tax marijuana possession and use for people age 21 and up,

to the dismay of some hippies, and the relief of others. I'll let you figure out which of them grow and sell pot. But what does this all mean? Will the reclamation of the House by the Republicans signal a wave of change across the nation, by repealing the healthcare bill or lowering taxes? Will Democrats be shot dead in the streets by elephant-riding militias? I really, really hope not. It's unlikely, though, because the House can't really stand alone. If you paid attention in Civics, you'd know a bill needs to be approved by the Senate, the House, and the President to become law. Obama would summarily veto any bill that came to him that repealed the healthcare

regulations or anything of the sort. Republican congressmen can't really do anything to effect change right now. Except for one, tiny little problem. Nobody will be able to do much of anything on Capitol Hill. Republicans will be able to get a lot of practice at "The No Game," just like the Democrats will. The House can be counted on to fail to pass every important Democrat-favored initiative, including unemployment benefits, clean energy initiatives, immigration reform, and a myriad of other things. But, then, is that really any different than the majority of Congresses in my lifetime? It seems like non-productivity and partisan filibustering have been staples of every Congress in

recent memory, and the 111th (the one that's going on right now) hasn't been an exception, though they did manage that healthcare thing. Only took, what, seven or eight months? Bottom line? Don't expect change; just stagnation, really. Is that bad? Not really. The status quo isn't that bad, and the vast majority of current initiatives will go on. The economy will (hopefully) not suddenly keel over and die, and American life will go on. Republican governance isn't always disastrous.

It's not like it's another Bush presidency. Thanks to the devil-magic of the United States Federal Government, a slight popular shift down the political scale won't change our nation dramatically. I guess we have our founding fathers to thank for checks and balances, right? Maybe in a couple years we can vote those out, along with the Supreme Court, and the separation of church and state! I don't hate Republicans, by the way. I'm just a silly, idealistic libertarian.

Meet the new Michigan elected officials from the midterm voting

By ELIZABETH CORBIN
STAFF WRITER

Having gained 58 percent of the total votes, Republican Rick Snyder is Michigan's new governor-elect. However, he will not be moving into the governor's mansion in Lansing once he begins office in January. Instead, he will remain in his 10,600-square-foot suburban Ann Arbor home in Superior Township as his daughter—who is currently a freshman—finishes high school. Those who voted for Snyder felt he would be a good choice because of his political inexperience. People have grown weary of business as usual in Michigan and are willing to try a new approach, arguing that career politicians continually fail to serve the public. They hope that Snyder's business experience, including having been the former president of Gateway, will help him to bring Michigan out of financial crisis, an estimated \$1.5 billion deficit, according to Citizens Research Council. Snyder stated that once

he is in office his first goal will be to unite the state around a vision of restoration for Michigan's economy. He also hopes to "drop the labels" causing rifts. "There is only one label that matters, and that label is Michigander," said Snyder. Only five counties had a majority vote for Democrat Virg Bernero. These counties included Genesee, Gogebic, Washtenaw, Wayne, and Ingham. Almost one third of Bernero's votes came from the city of Flint.

"[People] hope that Snyder's business experience, including having been a former president of Gateway, will help him to bring Michigan out of financial crisis, an estimated \$1.5 billion deficit, according to Citizens Research Council."

-Elizabeth Corbin

As for the local elections, Gratiot County consistently voted Republican in all areas. Republican Ruth Johnson was elected as the Secretary of State. Johnson has a long record of politics and has investigated and exposed misuse of taxpayer dollars. She is avid in fighting identity theft, having established an Identity Protection Task Force and succeeding in removing Social Security numbers on certain copies of documents requested by the public. Republican Bill Schuette was appointed as attorney general. Schuette states that he will work to ensure safety. "This is my message: I will be a voice for the victims of crime and an ally for law enforcement," said Schuette. "Our new Michigan needs to be a safer Michigan." Republican Dave Camp has been chosen as representative in congress for the 4th District, which spans from Owosso to Greenville and up to Traverse City and the Leelanau peninsula. Camp serves as the top Republican on the Ways and Means Committee and is instrumental in setting the United State's economic, health

PUZZLE CORNER

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Puzzle courtesy of dailysudoku.com

Have you been a part of something fun this week? Take a picture and share it with the rest of campus! Send wild art pictures and a brief description of the picture and event to ramlabbb@alma.edu

care, and social welfare policies. Republican Roger Kahn has been named state senator of the 32nd District. Kahn has recently been working to distribute 36,000 free canes to veterans across the country. He served as the state senator of the 32nd District, representing Gratiot and Saginaw counties, since November 2006. Republican Paul E. Opsommer has been elected as state representative of the 93rd District over Clinton and Gratiot counties. Opsommer is the former mayor of DeWitt and graduated from Michigan State University with a bachelor's degree in secondary education. In last Tuesday's gubernatorial election, only 40 percent of registered county voters were present at the polls.

the Almanian.

"ALMA COLLEGE'S STUDENT-RUN NEWSPAPER SERVING THE CAMPUS COMMUNITY SINCE 1907."

STATEMENT OF PURPOSE:

The Almanian is a newspaper published not only for the students at this institution, not just for the faculty on campus, and not solely for the administrators who work for Alma, but for all people interested in Alma College and the lives it touches. The writers, editors, publishers, and distributors of this newspaper are dedicated to producing an interesting, accurate, timely, fun, and error free newspaper on a weekly basis in order to inform and educate the people for whom it is intended about the culture and nature of Alma College.

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Facebook has many issues, but are many of the users concerned?

By ELIZABETH CORBIN
STAFF WRITER

There are many downfalls to Facebook but are the vast majority of users willing to blindly overlook the issues?

First of all, Facebook serves as the ultimate vacuum of college students' time.

This is a good enough reason to eliminate or at least limit your time on the social networking site.

It's time to work on a paper and you go online to do research but instead magically end up on Facebook.

Does this sound familiar? To virtually everyone, I'm sure it does.

Although it is uncommon for a college student to never have had a Facebook account, **Bianca Jones ('12)** is such a student.

"When Facebook first became

popular I never got one and I don't feel like it's necessary now. I mainly use email as a way to communicate with people or I just talk with them in person," said Jones.

However, she does feel that Facebook might be a convenient source for college students. "It might make it easier to see what events are happening on campus and to be in Facebook groups for organizations I'm in," said Jones.

Others, like alum Vaughn Brines have chosen to delete their accounts after having been on Facebook for a while.

Brines said that he feels Facebook is a superficial virtual life and an ultimate waste of time.

Although he is no longer connected to the Facebook community he feels that true friends will still find a way to keep in touch with him

in a more genuine manner.

"[My friend] asked the other day... 'Did you commit Facebook suicide?'" said Brines. "I said, 'Quite the contrary—I killed my Facebook and now I can live again.' I think that's the gist of it; the people who I really care about will always be in my life regardless of what continent they are on and certainly regardless of whether or not I have Facebook."

The social networking site has continually been under fire for its acclaimed breach of privacy, yet Facebook founder Mark Zuckerberg attempts to whitewash the issue by stating that Facebook is committed to upholding the privacy of users.

"As the site grew and as we rolled out new features, Facebook became less about colleges and more about sharing lots of

content with different groups of people," said Zuckerberg. "We added privacy settings so you could control who could see each individual status update, photo album, video and everything else you share into the stream."

Despite claims that Facebook supports users' rights to privacy, the Facebook Team has been greatly criticized for the recent creation of the "See Friendship" button which replaces the "See wall-to-wall" function.

"See Friendship" is much more advanced in that it not only shows posts between two people's walls but allows anyone to view information between two users such as shared pictures, "Likes," wall posts, and attended events.

The only stipulation is that you must be friends with at least one of these users.

Beyond that you are free to stalk as you please, but please don't.

However, Facebook is positive in that it can allow quality communication between those who would have otherwise lost contact.

The women in my family have created an on-going message which serves as a forum where we can talk about little tidbits in life and upcoming family events.

In this way we actually talk almost every single day and I now feel very connected to my extended family although we are realistically only able to meet about ten times per year.

Although Facebook may often be a drain of my time and my privacy may be put into jeopardy, I'm honestly not going to delete my account.

At least not anytime soon.

SAGA: My rants, my raves and my craves

By MASON WARLING
STAFF WRITER

Something near and dear to all our hearts, (or at least most of ours), is the state of SAGA.

As I write this, I'm sitting down with some tasty pepperoni pizza and a glass of grape juice (the antioxidants help counterbalance the grease on the pizza. It's delicious, trust me.)

But some people still have complaints to level.

The sentiment of 100 percent of polled upperclassmen holds that our dear SAGA has made great strides over the last few years, most dramatically improving this year.

There's always something to eat somewhere in there, but there are often very few choices

for one specific subset of people: the vegetarians, not to mention vegans.

An anonymous vegetarian colleague of mine felt betrayed recently upon discovering that certain gelatin products (which are comprised of, among other things, powdered bone) were being marked as vegetarian.

Plus, the veggie burgers and how the buns are buttered on a big butter machine. (That's why they're hard when you get them.)

And last Friday, if you went by the salad bar at lunch, did you see the "vegan" pudding?

It looked like pureed brains. On a lighter note, last week was delicious.

The fried chicken legs on Monday were so good.

SAGA cookies are as good as ever! (They have a Facebook page. Go like them.)

And, if you count yourself among the ranks of the gluten-challenged, you might have noticed that the sandwich and saute bars have gluten free bread.

Perhaps best of all, though, is that the waffle iron now operates all day!

Never be upset that you missed breakfast again!

Speaking of breakfast, know what's delicious? Biscuits and sausage gravy.

If you weren't raised

"There's always something to eat in [SAGA], but there are often very few choices for one specific subset of people: the vegetarians, not to mention vegans."

-Mason Warling

Southern, this might seem gross to you, but it's really good.

You cut a biscuit in half so you have two flat circles, and cover them in delicious sausage gravy. I encourage you to try it.

On the other hand, cheese soup is a different story. It looks more like some kind of nacho cheese.

It was so thick, you could have stood a spoon up in it, which may be slight hyperbole, but it you get the idea.

Know what I wish they'd serve some night? Barbecued ribs.

Ribs are probably the best thing in the world, and they need to be represented in SAGA.

I encourage every one of you to fill out a comment form and request delicious ribs soon.

Even if you don't find yourself satisfied with all of this new, delicious food,

there's an ancient, secret toast recipe that may do the trick.

First, toast a piece of bread on the darkest toaster setting.

Next, add peanut butter all over one side of the bread and hold it inside the toaster so it gets a little bit melty.

Then, go over to the cinnamon sugar to the right of the bread basket and dust the peanut butter with cinnamon sugar (or regular sugar if you don't like cinnamon. Still delicious.)

Drink with milk for maximum deliciousness.

If you have another gripe with SAGA, or just want them to serve something, fill out one of those comment cards on the wall near the dish return; the managers actually read them!

You never know, we all might end up eating something just because you wanted it!

Following the Beat with Ben King: Connecting with nature on the Fred Meijer Heartland Trail

By BEN KING
GUEST WRITER

Many times a human finds him or herself burdened with the urge to explore and wander the wilderness; it is in man's nature to dissect and understand his surroundings.

Jack London, Herman Melville and numerous others described this beckoning of the wilds.

College life is filled with a voluminous amount of distractions that deafen us to the this call of the wild.

Classes, clubs and other activities cause us to forget the wild that surrounds us.

Technology is an even greater distraction; cell phones and computers may allow us to communicate with each

other better, but they destroy our connection with nature.

However nature is still calling, and for those of willing to listen The Fred Meijer Trail is an excellent place to answer this call.

The Fred Meijer Trail extends from Alma (behind Bahlke Field) to Riverdale, which is located 10 miles west of campus.

One can see a variety of Michigan on this trail, both forest and farmland.

On my own personal excursions I have seen foxes, coyotes and both numerous deer and bird-life.

On sunny days one can hear the birds sing and the chipmunks and squirrels chatter in the trees.

This trail can be utilized in numerous ways; one can bicycle from Alma to Riverdale or walk.

Those more athletically inclined can run along the

"Technology is an even greater distraction; cell phones and computers may allow us to communicate with each other better, but they destroy our connection with nature."

-Ben King

trail and end enjoy the many beauties nature has to offer.

The Fred Meijer Trail can also be used during the winter months. Those brave enough to bundle up and face the cold can cross country ski.

Some may find that walking the same path again and again monotonous.

For the more adventurous I recommend bicycling to Riverdale

and continuing westward on foot.

The trail continues after Riverdale but it is no longer paved, extending for another ten miles west to Edmore.

The trail past Riverdale is rough and impassable by bike, as it's composed of old railroad grade.

Those looking for a solid hike should continue westward; they will pass several lake and more beautiful forests.

However it is most important to be prepared for any outdoor excursion.

Do not forget to bring water and snacks for these adventures. Dress properly before you decide to embrace nature, as weather and temperature can be unpredictable.

The wilderness is there, one just has to be willing to take it.

The American poet Robert

Service once wrote "...listen to the wilderness—it's calling you."

Take Service's suggestion and remove your ear buds.

Listen to the wilds; it is in our most primal instinct to desire to rove and explore the wilderness.

College life is a most unnatural way of living.

We spend our time studying cooped up in our dorms; we move from one indoor facility to the next.

Take a moment: Step outside, go for a walk or bike ride.

It is these last few weeks of fall that, leaves blow about and the whispering of the wind through the trees, are just the wildernesses way of beckoning us out into the wild.

Remember the word of Service who also once wrote "And the Wild is calling, calling...let us go.

If you see anything in the Opinion section that you want to respond to, please write a letter to the editor!

E-mail 11amlabb@alma.edu with any thoughts/feelings on the articles

Women's soccer loses game to qualify

By ADAM MUNCY
STAFF WRITER

The Alma College women's soccer team hosted its first-ever MIAA Tournament Championship on Saturday afternoon at Scotland Yard. The Lady Scots had aspirations to win the automatic qualifier for the NCAA tournament but suffered a 3-1 defeat at the hands of the Calvin College Knights.

They played the entire game trailing as they fell behind early in the match. The Knights struck hard and fast with their first goal coming in the 27th minute of play. They placed another shot in the goal just three minutes later to take a 2-0 lead. Calvin scored their third and final goal of the game in the 32nd minute of play and carried a three-nil score lead at the end of the first half.

"They came out hard and we allowed it," said **Elaine Cunningham ('13)**.

The Scots played much of the first half in the defensive third fending off the Calvin College attack. The Knights maintained the attack throughout the first half and the time of possession greatly favored their play.

In the first half the Knights accumulated 10 shots, twice that of the Lady Scots.

"At this point you could tell that Calvin came out to win and although they might not have had three amazing goals, they knew where to put them, and they finished them well," said **Hannah Bauhof ('12)**.

The Scots came out in the second half with a sense of urgency and

scored just four minutes into the period. The goal came from a corner kick by **Carly Reising ('12)**, assisted by **Alli Meurer ('12)** and redirected into the goal by **Taryn Handyside ('14)**. The Scots played in the attacking third for much of the second period but were unable to place more marks on the scoreboard.

"In the second half if you were unaware of the score you would have thought it was a different game; we came out a completely different team, we had more heart," said Bauhof. "It's tough to lose two starting seniors that play with that heart and intensity; we had to remember we weren't just playing for ourselves but that we were playing for them too."

Bauhof's teammates agreed. "In the second half, we stepped it up and brought our game, which we should have done from the beginning," said Cunningham.

"After working to get this far this year, it was difficult watching the team struggle in the first half," said **Brooke Bergeron ('11)**. "After half time we began playing with passion and heart leading to our only goal of the game."

Saturday's loss leaves the Scots waiting to see if they will play in the NCAA Tournament for the first time in school history. The NCAA selection committee will make their decision for at-large teams this morning. "The only way we were guaranteed into the tournament was by winning today [Saturday] and we didn't do that," said Cunningham. "So we leave it up to chance. We had a great season this year but didn't finish it how we wanted."



Photo by Catherine Finley

Ann Kennedy ('14) battles off a Calvin College attacker in the game at Scotland Yard. Kennedy started this game as well as 12 others, as a defender. The Scots fell to the Knights 3-1 in the final game.

Scotlight: Miles is both athlete, trainer

By ADAM MUNCY
STAFF WRITER

Kelsee Miles ('13) came to Alma from Hanover where she excelled at volleyball from a young age. As a member of the Comets volleyball team at Hanover Horton High School Miles helped reach the unprecedented mark of 25 straight league championships.

"I began playing volleyball in 5th grade on a club team and I have been playing ever since," said Miles.

"I played all through high school. My friends played so I gave it a shot and came to really like it. Volleyball was huge at my high school, I came from a conference that was known for it.

It was difficult coming into college where you have to earn your reputation and solidify your spot. You work hard to do that all through high school and the process starts over again when you get to college."

Miles came to Alma College with more than just volleyball in mind. Although volleyball played a large factor in the decision, Alma provided her an opportunity in a great athletic training program.

"Beyond academics, I really liked the feel of the campus when I visited—Alma College was very welcoming," said Miles.

"I plan to finish the athletic training program and then

go on to graduate school and study to become a physical therapist. This would be another 3 years of school after Alma.

I'm not sure where it is I want to go yet. I hope to partner with another physical therapist and open a practice or clinic where we would focus on sports specific injuries working with the younger generation." As a student athlete Miles is extremely busy. Athletic training takes up a great deal of her time. During the first semester of freshman year athletic training students are on a 2-week rotating schedule working with each sport.

"We were able to mesh and click as a unit—something that is very important in volleyball,"

-Kelsee Miles ('13)

In the second semester the student is assigned a team. They come to every practice and an hour beforehand they tape ankles and prepare the athletes. Then they watch the practice and get ice for the players.

During the sophomore year the student is once again assigned to

a team. However, at this more advanced level, the student attends all of the games as well.

"I began playing volleyball in fifth grade on a club team and I have been playing ever since."

-Kelsee Miles ('13)

"Right now I don't travel with a team, but I log nine hours per week in the athletic training room," said Miles. "Next semester I will be shadowing a physical therapist in a practice. I'm looking forward to the experience and hope to be able to do a little hands-on work."

Out of season, Miles enjoys running and working out everyday, as well as drawing when she has free time to relax. She is currently enrolled in a Spanish class and is really enjoying it. Miles knew a bit of Spanish from high school but after the team trip to Nicaragua she could not wait to learn more.

"As we are coming to the end of the season I feel as if we really are beginning to play as a team," said Miles. "We were able to mesh and click as a unit—something that is very important in volleyball."



Photo by Simone Boos

Kelsee Miles ('13) stands in the new Art Smith Arena, the volleyball team's home court. Miles is a setter for the Lady Scots. Outside of volleyball, she is an athletic trainer.

Men's soccer ends season with two wins

By TARYN HANDYSIDE
STAFF WRITER

The men's soccer team started the week with a 3-1 victory against Trine University. The win improved the Scots record to 2-10-1 in the league and 2-13-2 overall, leaving Trine Thunder at 5-7-1 in the MIAA and 9-8-2 overall.

With a scoreless first half, Trine outshot the Scots 7-4. In the second half however, the Scots took a point in the 55:39 mark thanks to **Cameron Alman ('12)**.

"We did well getting forward into the attack today and getting crosses as well as finding opportunities to score," said Alman.

"As for the seniors, the team has become really close with all of them and we are going to miss them more than ever,"
-Cameron Alman ('12)

Trine tied the game with a goal at 65:08, but the Scots came back with a goal from **Steve Lux ('11)** and an assist by **Dirk Roskam ('12)**.

"We communicated well," said Lux. "There was more of a sense of urgency and we didn't let up in the game even when we were winning."

Josh Plaska ('11) scored

the last goal for the Scots at 83:17 on a penalty kick.

"I would like to give Jeff Beck credit for the assist on my goal today," said Plaska.

"Our team has struggled a lot with communication this year. We can always improve on that. This year we have just made little mistakes that have turned out to cost us games that we could have won. We did a good job avoiding that today," he said.

Goal keeper **Jon Nowak ('11)** had six saves throughout the game on Wednesday.

The Scots took on Adrian in their last game of the season on Saturday. This particular Saturday was special—it was Senior night and the players said they were really looking forward to it.

"We need to take the positive energy that we have from the game against Trine and transfer it into our game against Adrian," said Lux before the game.

"If we can pass to each other's feet we should be set for good results on Saturday," said Alman.

The game ended in Alma's favor with a score of 2-0. This win left the Scots with a record of 3-10-1 in the MIAA and 4-13-2 overall and put Adrian at 8-4-2 in the conference and 9-9-2 overall.

Roskam scored the first goal for the Scots at the 4:16 mark, with an assist from Lux.

The second goal of the game came from **Justin Severance ('13)** at the 17:14 mark, with an assist from Plaska. This was the first goal of the season for Severance and Plaska's first assist.

The Scots concluded their last game with a potluck after the match. Family and friends gathered inside the new facilities to join the men in celebration.

Nowak, Lux, **Jeff Beck ('11)**, **Matt Bauhof ('11)**, Severance, Plaska, **Joe Kobayashi ('11)**, **Chad Erickson ('11)**, **Ben Champion ('11)**, **Ian Kurth ('11)**, **Chris Przybylski ('11)**, **Matt Mansell ('11)**, **Andrew Waligorski ('11)**, and **Bert Craig ('11)** were honored as seniors that night.

The Scots ended their season with 191 shots and 15 total goals. Leading the team in goals was Alman with 4, while Roskam had 3 and Lux and Waligorski each had 2. Alman had 62 shot attempts this season. **Matthew Kuberski ('13)** led the team in assists with 3.

Nowak made 69 saves this season with 2 shutouts, while **Graham Wallace ('14)** had 30 saves.

"We played the best that we have ever played on Saturday," said Alman.

"As for the seniors, the team has become really close with all of them and we are going to miss them more than ever," said Alman.



Photo by Catherine Finley

Cameron Alman ('12) takes a shot against Adrian College. The Scots won this game with a final score of 2-0. Alman, a starting center midfielder, is the leading scorer with four goals. He also leads the team in shots with 62, 25 of which were on goal. Alman tallied eight points for the season. Having played in high school for Troy Athens as well as club soccer, Alman has started since his freshman year. He started in 19 out of 19 games that he played.



Photo by Catherine Finley

Josh Plaska ('11), Cameron Alman ('12), Eric Foster ('12), and Justin Severance ('13) celebrate after scoring a goal against Adrian College.

Men's basketball has high hopes for upcoming season

By TARYN HANDYSIDE
STAFF WRITER

With a record of 4-22 overall and 1-13 in the conference, the men's basketball team can only improve. Their season opens on November 15th against Indiana University Northwest at 7:30 pm in the Art Smith Arena, and the players are very excited.

The Scot's main goal for this year is improvement said last year's starting forward **Terry Brown ('12)**. Brown continued by saying that the team will achieve their goals by "playing tough defense and executing offensively."

"We want to show that we are better than last year, and prove anyone wrong that

has any doubts about that."

Brown's teammates agree. "Hopefully, with the team that we have this year, we will win in the double digits," **Brian Sheridan ('13)** said.

In terms of success, teamwork and over-all enjoyment, the team hopes for a year like no other.

"This year there is a new coach, new style, and a new philosophy. Everyone has a refreshed attitude about the direction of the program. Everyone is more hungry for a win," said Brown.

The new coach for the Scot's is Charlie Goffnett, former assistant coach. Goffnett recently retired as the school's head women's basketball coach after 22 years. Currently he also serves

as the head women's golf coach.

Goffnett has coaching experience at the University of Texas, University of St. Thomas, and Central Michigan University. He is recognized as one of the top Division III coaches, with three MIAA titles, five NCAA Tournament titles and one National Championship.

"We want to prove everyone wrong after the preseason polls."
-Terry Brown ('12)

Kevin Ginther ('11) was the leading scorer for the Scot's last year with 240 points in the season. **Tommy Erickson ('12)** was second in scoring with 209 points,

and **Cory Schneider ('12)** was in close third, with 207 points.

Ginther also led the team in assists with 53 while Schneider contributed 35.

Erickson led the team in rebounds last year with 115, while Ginther had 96 and Brown had 84.

Ginther was the lead player in steals as well, with 23 in the season.

Sheridan said that the Scot's biggest strength this year is experience. "We have a lot of returning players and we also have a lot of speed," he said.

Supplementing their returning players, there are six incoming freshmen on the varsity team.

"There is a solid group of incoming players this year and considering how young of a squad

they were last year, this group has potential," Trevor Closs ('14) said.

"As a freshman, I am just looking forward to winning games and competing in the conference," **Sam Larson ('14)** said.

Brown and Sheridan are most excited about playing at Hope this year, but they both agreed that they cannot look past any of their opponents.

"With the new arena, we hope that we will get a lot of support from the fans this year. It's nice to play in front of a big crowd," Sheridan said.

The Men's basketball team was voted last in preseason polls. "We want to prove everyone wrong after the pre-season polls. We just want to win," said Brown.

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