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Alma College welcomes largest freshmen class for the third year

BY CELESTE MORRISON
GUEST WRITER

The class of 2013 marked the third year for the largest freshmen class in Alma's history. The admissions goal for new students this year was 400, and officials expressed satisfaction when they exceeded that amount.

There are 411 incoming freshman students, 439 including international and transfer students. When looking over the demographics, 57 percent of the students are women and 43 percent are men.

Women said they selected Alma based on its size, friendly environment, how they strive to help you succeed and for other personal reasons.

Hannah Chlystek ('13) said she chose Alma College because of everyone's friendliness and the small campus. Men said they made their selection for many reasons, varying from previous generations coming to just wanting to try the school out.

"I chose this school because they had a liberal arts program and this is where my mom and grandma attended," said **Kenny Sparks ('13)**.

Daniel May ('13) also said he chose Alma College because two generations of his family went here. When asked about retention,



Photo by Skip Traynor

The Orientation Committee and Class of 2013 pose for a picture during preterm week.

the admissions vice president for enrollment, Karen Klumpp, said there will be good retention due to what the teachers and the hall directors said and the minimal departures before college started.

Many professors, staff, and upperclassmen are excited to see the fresh batch of new college students start to grow before their eyes.

As the freshmen started applying for schedules, the classes were quickly filling up. When the battle for first year seminars had begun this year, the numbers were overwhelming.

It became obvious which classes were preferred at first, but eventually the numbers leveled out.

"I was surprised, but not too surprised, at the amount of

students who wanted to take my class," said Mary T. Bonhage-Freud, associate professor of sociology and anthropology and professor of the first year seminar, Food, Culture, and Identity.

There have been additions of time slots for certain classes as well as lab dates. Timothy Sipka, associate professor of mathematics and computer

science, said that the estimate for the number available of certain of classes was fairly close, that math had the right amount of students enrolled, and more classes were added when it was necessary due to classes being overbooked.

Alma College, now with three-year's worth of largest freshmen classes, could experience some growing pains.

Large freshmen class calls for changes in campus housing

SARAH HERPST
GUEST WRITER

The start of the new school year brought with it changes for student housing. With an incoming freshman class of 411 students, it should be no surprise that some adjustments were necessary.

One such change came in the form of Newberry, previously the only all-girl's dormitory on campus, becoming co-ed by floor.

"I wasn't the one who made that decision, but the reason behind it was to give students more options," said David Blandford, interim director of campus life and orientation committee advisor. "I was surprised by how many males wanted to live in Newberry. The male housing filled up quickly."

Becoming co-ed is not the only change Newberry has undergone. In an effort

to accommodate both male and female residents, steps have been taken to redecorate the dormitory.

According to Janelle Phillips, Hall Director for Newberry, the quilts and teacups have been taken down in an attempt to make Newberry more gender-friendly. There are also plans to renovate Newberry's lobby sometime in September by installing new carpet and getting new furniture.

Apart from male interest in living in Newberry, there were a number of upperclassmen who wanted to remain there as well, which was good news to Phillips.

"I've been told that no one wanted to stay in Newberry and that everyone wanted to leave, but to know that there was an increased interest was great," Phillips said.

As a whole, Phillips said that Newberry's transition to

becoming a co-ed dormitory has been a smooth one.

While Newberry's transition into a co-ed dormitory has been a positive one, some may wonder whether or not increasing enrollment numbers may cause issues for housing in the future.

"It's really a good problem to have. We're pretty much at capacity right now. The real challenge is helping students get their preference and being able to accommodate everyone, and we'll be able to meet that demand," said Blandford.

One advantage housing will have in the future will be the addition of Datatel, a new administration data system, which Blandford says will give them more access to needed information.

"Housing people and making them happy will always be a challenge, but this [Datatel] will help," Blandford said.



Photo by Skip Traynor

President Sandra Tracy heads toward Newberry as she helps the freshmen carry their things.

Organization Fair on Tuesday, September 15

Hamilton Lower Level 4:30 p.m. to 6:30 p.m.

Community agencies, local businesses, and student organizations recruiting and promoting services.

FREE STUCCHI'S ICE CREAM!

Changes in campus dining prove positive

By ELISABETH BLETSCH
STAFF WRITER

As campus begins to respond to the changes of fall, students will also note many new twists in campus dining.

Significant improvements have been made to all three of the main food venues on campus: Van Dusen, Joe's Place, and Hamilton Commons.

Lunch will be available in Van Dusen for two hours this year, instead of the previous one hour last year, from 11 a.m. to 1 p.m.

Steve Watkins, general manager of campus dining, says, "I changed the hours because I see it as a very viable, popular place to go."

This is the second time Watkins has extended the lunch hours in Van Dusen since he has been on board with Sodexo last year.

Watkins says one of the biggest changes to Joe's Place this fall is that there are "no guard rails on the Meal Advantage hours. Whenever you go to Joe's, meal advantage is there."

Meal Advantage also has

a new and improved menu. "Healthy options have been made available, but we are working on adding even more," Watkins said.

Furthermore, recycle mugs are available in Joe's Place for \$2.99. When purchased, students can fill the mug with their choice of fountain beverage and then refill the mugs all year for \$.79.

Copies of *USA Today* are also available in Joe's Place for \$1.00 and can be purchased with Munch Money. A multitude of changes have been put in place in Hamilton Commons.

The Red Hot Chef Station has been moved to a different part of the cafeteria with better equipment. The new space will allow the chef to enhance his menu.

"I want that to be something different than anything else we're serving. I want that to be 'the special,'" said Watkins.

The Hamilton Commons Grill and Deli are now serving a daily specialty sandwich.

"There are endless sandwich recipes to try out," said Watkins.

Watkins also made mention

that the Hamilton Commons salad bar will soon be expanded to include more organic vegetables and locally grown produce.

Also, visiting parents can now eat free in Hamilton Commons on "non-special event" days.

"We all like parents. You have to be with them and on a meal plan, but they're on the house; they eat free," said Watkins.

All three of the campus dining locations are now entirely tray-less every day of the week.

"We're trying to embrace sustainability as much as we can, as rapidly as we can," says Watkins.

Watkins said he hopes the changes will continue to generate student feedback.

"I don't want Sodexo to be viewed as an obstacle; I want to be seen as a resource. I'm open to all suggestions," said Watkins. "I can't make everything happen, but I'll do my best."

Watkins also says that because all changes cannot be implemented at once and that students should expect to see more changes take place as the year goes by.

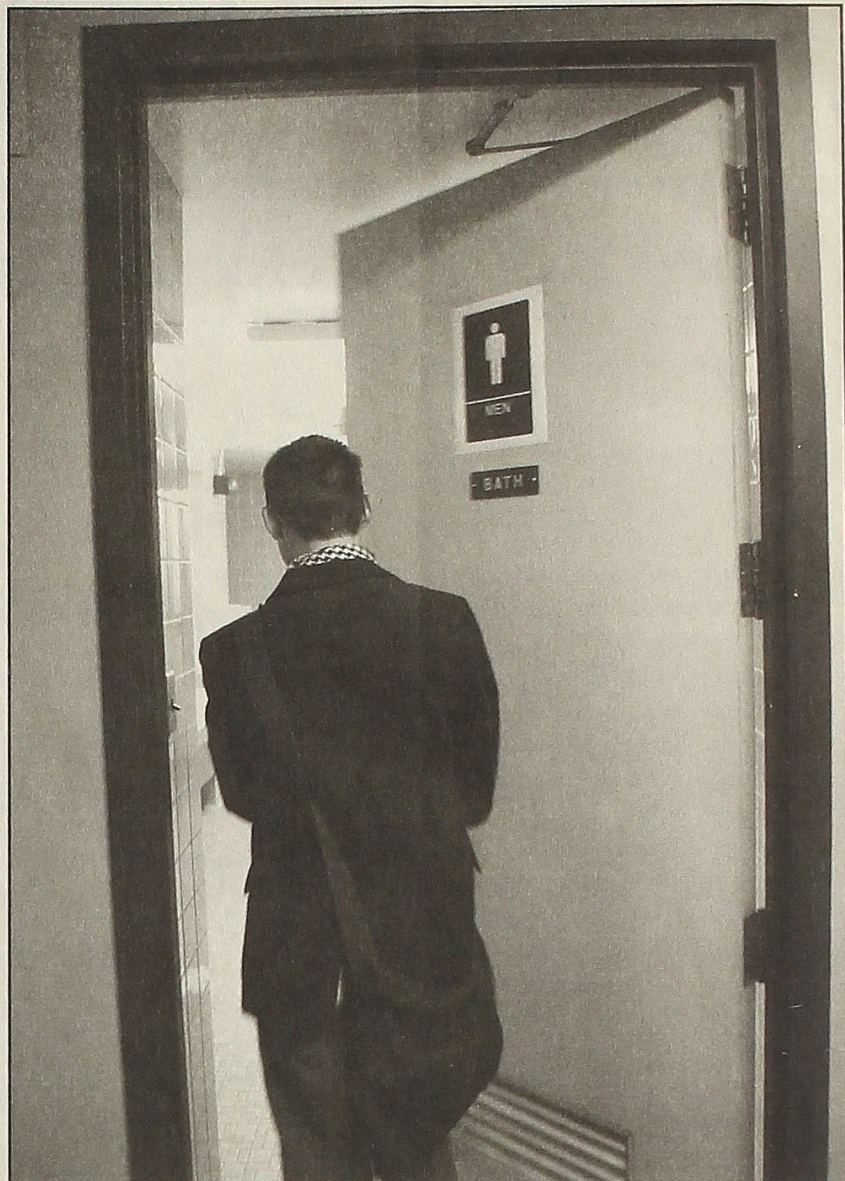


Photo by Lauren Kimpel

Formerly all female, Newberry now houses males on the third floor and in the basement. Makeshift men's bathroom signs let this Newberry guy know it's OK to enter.

Researching turtles offers unique experience for professors and students

By ELISABETH BLETSCH
STAFF WRITER

Turtles living in a black marsh or dark area will adopt a dark color pattern after a time, and similarly, those living in Lake Michigan bays and sandy areas will turn a lighter color after residing in the habitat long enough.

This is supported by the research of John Rowe, professor of biology, and David Clark, chair and professor of biology.

Rowe initiated the research project in the summer of 1994 when he became interested in the different color patterns that show up on turtles on Beaver Island and other locations.

Clark said his expertise is in looking at color variations on different animals and quantifying the different patterns.

For the last four to five years the two have teamed together to explore "shell color variation under natural conditions," said Clark.

The question is whether the color variation is environmentally induced or genetic and the goal of the research is to look at all the different factors that could determine color patterns.

In the past, Rowe and Clark have collected turtle samples from Beaver Island and spots along Lake Michigan. They then hatched a new generation of turtles, which were raised in the lab under a controlled lighting background. The turtles hatched a neutral color.

Clark said, "The newly hatched turtles generally change color within two to three weeks based on the background they're raised in. This is amazing for a turtle."

As a follow-up experiment, Rowe and Clark began to raise hatchlings in dark and light backgrounds, and then half way through the three-week period,

the professors switched the turtles to the opposite background.

When switched the turtles began to change color again, according to the background color of their new habitat.

According to Clark, this shows that the turtles are most likely responding to environmental cues when they change color.

"There may be some underlying genes at work, but the ability to adjust definitely has an environmental component," he said.

"It's the age-old camouflage question. Turtles, just like anything, can be eaten by predators, and if they can conceal themselves by looking more like the background, they may go undetected. Then the ability to change color would be an adaptive function," said Rowe.

Rowe and Clark's research often takes them to Beaver Island in the summer when they bring students there to collect data in the field.

"We have to get out in the field to really understand what's going on with them," said Clark.

At this point, Rowe and Clark have focused their research on Red Ear Sliders and Painted turtles.

However, Clark made mention that they will be working with Snapping turtles, Box turtles, and Soft Shelled turtles in the near future.

Testing new species of turtles will help prove if this is a general occurrence in aquatic turtles.

"We believe it is, but we're not sure yet. We wouldn't expect them to do it because they don't live in extreme environments, but we still want to see if terrestrial turtles do the same thing," said Rowe.

Rowe said it's not hard to pinpoint why someone is interested in this type of research.

"You get to work with neat

animals, you get to visit cool places, you get to ask questions that nobody else has ever asked before. Like anything in life, you want to leave some sort of legacy that changes the world even in the most miniscule way. Leaving behind a body of education is one way to do that."

To tie up the loose ends of research started by Rowe and Clark, Larry Wittle, Ph.D., professor of biology, and a few students jumped in to focus on the skin pigment of the turtles over the summer.

Clark then found a way to take a picture of the turtles and convert the picture to a binary code so the number of pixels could be counted and recorded.

This was a way to finally quantify the research.

"What we found was that with the dark skinned turtles, there were a bunch of dark pixels, and with light turtles there were very few dark pixels."

While staying in Alma this summer for the research opportunity, junior **Darren Shaw ('11)** worked on counting the pixels.

"I kind of just stumbled into this research. I needed to get into a research opportunity anyway because the hope is to go to med school someday. It just seemed like a really unique experience that would hopefully help me out with doing experiments in the future," he said.

The importance of this research has scientific value and personal value for the students.

"It's not going to save the world. It's just one of those things of curiosity. You never know what you're going to run into. One of the best things I've seen in the research is the experience for the student," said Wittle.

Alma receives grant to study influenza virus

By CAITLIN MARSH
GUEST WRITER

Between the recent outbreaks of swine flu and earlier concerns about its avian cousin, influenza has received a lot of coverage. Now, thanks to a grant from the National Science Foundation (NSF), it will be getting a little more attention here at Alma College.

The grant, equaling \$150,000 over the next three years, will help fund research to inhibit certain strains of the influenza virus, namely those with an "N1" designation. This category includes both avian flu (H5N1) and swine flu (H1N1).

Under the guidance of Jeff Turk, assistant professor of chemistry, Alma students plan to engineer molecules that will inhibit the subclass of neuraminidase enzymes unique to these strains of influenza. This will slow the proliferation of the virus within the body.

In the second phase of research, students will also work with Joe Beckmann, professor of biochemistry, to test their compounds using both live influenza viruses and other means.

The additional money the grant provides will bring a welcome boost to the project as it enters its third year.

"External funding for undergraduate institutions is seen as being somewhat elusive... although the likelihood of finding a cure for cancer, HIV or even avian flu at an undergraduate institution may not be high, these kinds of grants are significant because of the contributions to science that we can make... It

brings their attention to the fact that these things can be done at liberal arts colleges," said Turk.

Students, too, are excited to have a chance to participate in graduate level research while still at Alma. "I've learned a lot more in research lab than in regular lab for class," says **Chris Duymich ('10)**.

A biochemistry major, Duymich has been with the project almost from its start. Last year, he and his lab partner, **Joye Kallgren ('09)**, won the Kapp Honors Day Prize in the natural sciences division for their work on the subject.

Other students are only beginning to explore the opportunities this area of research has to offer.

"It was really intimidating at first," recalls **Ryan Spitler ('11)**, who joined the research team last fall. "With organic chem, you know your experiment is going to work. Here, you have to do tons and tons of trials for each experiment."

Duymich agrees. "I've probably done the same reaction a hundred times," he said. "And maybe 50% of the time it works."

Despite the occasional frustration, students find the work to be extremely rewarding.

"There isn't a day that goes by that I don't think about that research," said Duymich. "I see it as very relevant and intriguing."

Intriguing though it may be, Turk takes care not to let students lose sight of the true value of their work.

"Our primary focus is educating students," Turk said. "Independent research is a great way to augment their classroom experience. Although I love cranking out research data, their class work is still priority number one."

Alternative Break Meeting

Tuesday, September 15, at 7 p.m. in Dow LI

Interested in a service learning trip? Discover service and travel experiences during fall, winter and spring breaks.

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Kicking off the season on the right note

By KATIE GORDON
GUEST WRITER

One of prime time television's most popular bands, The Blanks, are coming to the Heritage Center. Who are The Blanks, you ask? Well, you may know them better as "Ted's Band" on T.V.'s prized comedy series - Scrubs. Known for singing television theme show songs and commercial jingles on the show, they took their a cappella music off the set and into the studio to record their debut album, *Riding the Wave* in 2004. Hitting the road for the first time together, they began touring in 2008.

The band is composed of four friends: Sam Lloyd, Paul F. Perry, George Miserlis, and Phil McNiven. All four have been in numerous television shows, and Perry was even nominated for an Emmy Award for Outstanding Original Music and Lyrics for the song featured in Scrubs' musical episode, "Guy Love."

These talented singers will be accompanied by Alma College's own talented singers: Scots on the Rocks. Alma's all-male a cappella group, including members **Anthony Elenbaas ('10), Jim DeZeeuw ('10), James Hawkins ('11), Aaron Walters ('10),**

Dave Wagner ('11), Donald Best ('11), Justin Sluiter ('11), and Nolan Lienhart ('11), will be opening for The Blanks. When asked about opening, Hawkins speaks for the group saying this will be a "special experience to sing with another outstanding group, and get to meet and learn from them." Preparing for the big concert September 18th, the Scots on the Rocks are planning fun tunes and fun times for a great performance.

Excitement seems to be everywhere on campus, from those sharing the stage with the Los Angeles band, to students who are fans of the show. Give thanks to the student organization Alma College Union Board and the Remick Heritage Staff for having this prime entertainment kick off the 2009-2010 Remick Heritage Center for the Performing Arts season.

Alma graduate Jacob Hanley, last year's president of the ACUBoard, heard about The Blanks from Director of the Heritage Center Michael Sheldon. After seeing the band on Scrubs, they both knew that they were the perfect act to open the season with because it was sure to be an "awesome show that is funny, family oriented, and friendly to both students and

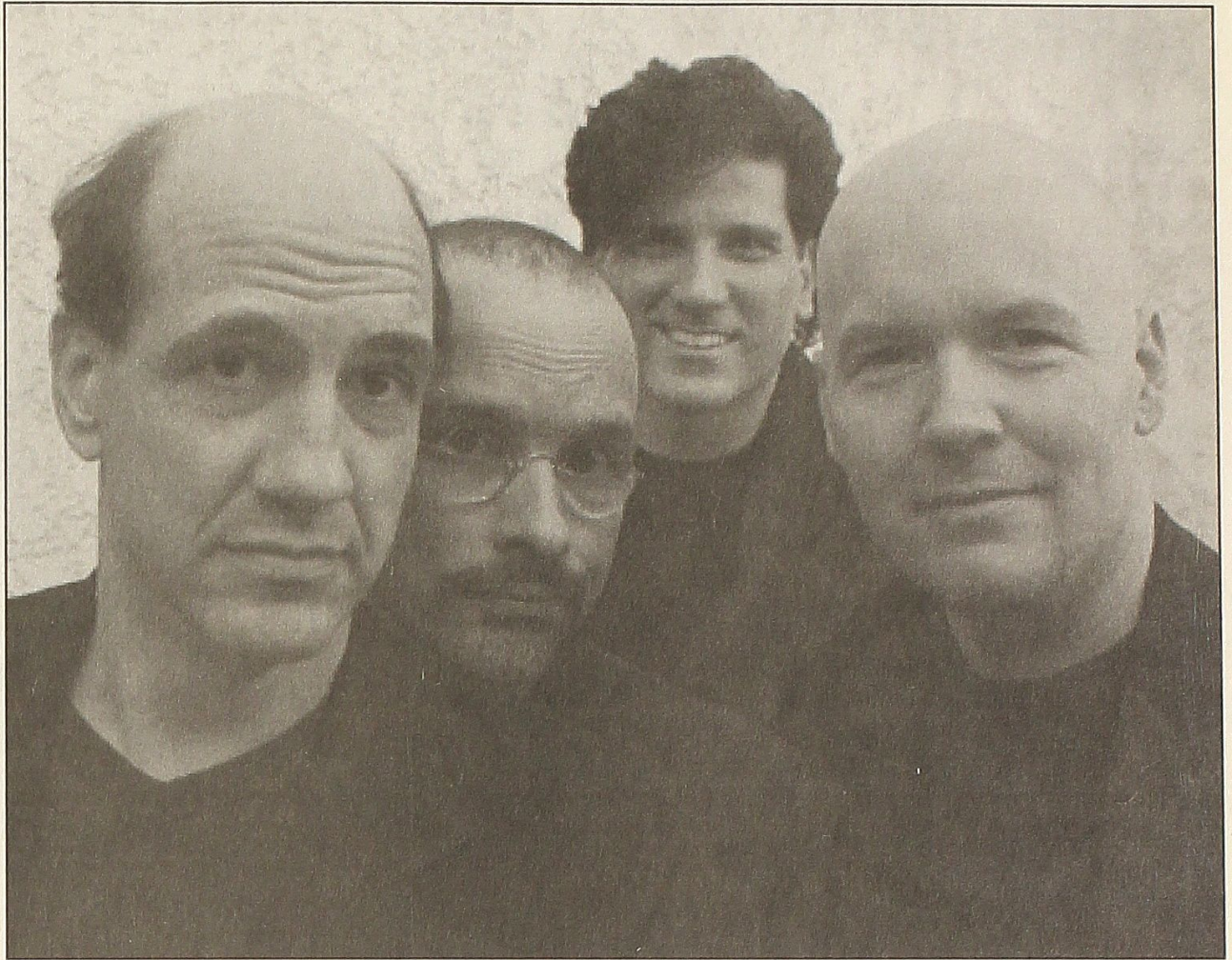


Photo courtesy of The Blanks

community members," said Hanley.

Critics believe this will be a night to remember; The Blanks are promised to not only be extremely talented, but also have plenty of comedy for all audi-

ences. Make sure to order tickets quickly to reserve your spot in the audience. The concert begins at 8 p.m. on Friday, September 18. Tickets for adults are \$10, tickets for seniors 62 and up are \$5, and tickets are free for Alma College

staff, students, and youth 18 and under. Stop by the Remick Heritage Center Box Office between 1 p.m. and 5 p.m. Monday through Friday. For more ticket information, call the box office at (989) 463-7304.

Ortisi recognized for more than just outstanding pizza



Photo by Catherine Finley

A smiling President Tracy applauds award-holding Ortisi, who waves his gratitude to the audience

By MEGAN GASVODA
GUEST WRITER

Many things in Alma are synonymous with college life. Some people remember their classes, some remember the sporting events, but all students have a special list of things they will remember about this school when

they leave. For many, Pizza Sam's is at the top of the list. Whether they are freshmen, seniors, or alumni, all Alma residents share a universal memory of eating pizza at Pizza Sam's. "Pizza Sam" Ortisi has been serving the Alma College community for nearly fifty years. Not only is he well known

to students at Alma College, but to other members of the community as well. For all of his service to Alma, Ortisi was honored with the Alma Community Service Award on September 12, 2009.

'Pizza' continues on pg 3

Wisdom for underclassmen

By JENNIFER NIGRO
GUEST WRITER

Coming to Alma for the first time can be a little intimidating. You're not in high school anymore, you're not with your old friends, you're not living at home and you're mom is not there to take care of you. Here are some tips to make the transition easier.

"Get involved. Don't go home every weekend," said **Kyla Wojtas ('11)**. It is important to spend time on campus for the first few weeks. This is the perfect time to make new friends and join some clubs. Alma has over a hundred different organizations that you can join, from Greek groups to service organizations. Don't be afraid to try something new.

"Don't wait for people to come up to you, go up to them," said **Kimberly Dosson ('11)**. There are lots of people on campus. Don't be afraid to go up and talk to them. Go out and make new friends, it will be worth your while. Remember that all of the other freshmen are new to Alma and are feeling just like you are.

"Find something active that you like to do and do it," said **Daniel Krauss ('11)**. Stay active. Play a sport, work out, or go rock climbing. All of these things will keep you healthy and active, and you will never have to worry about the freshmen 15. The Stone Recreation Center is open daily and offers a variety of different ways to get moving.

"It's very important to spend time each day studying. Get to know the people in your classes and study together," said **Brianna Huyck ('11)**. Remember you are at college to go to school and learn something. It is important

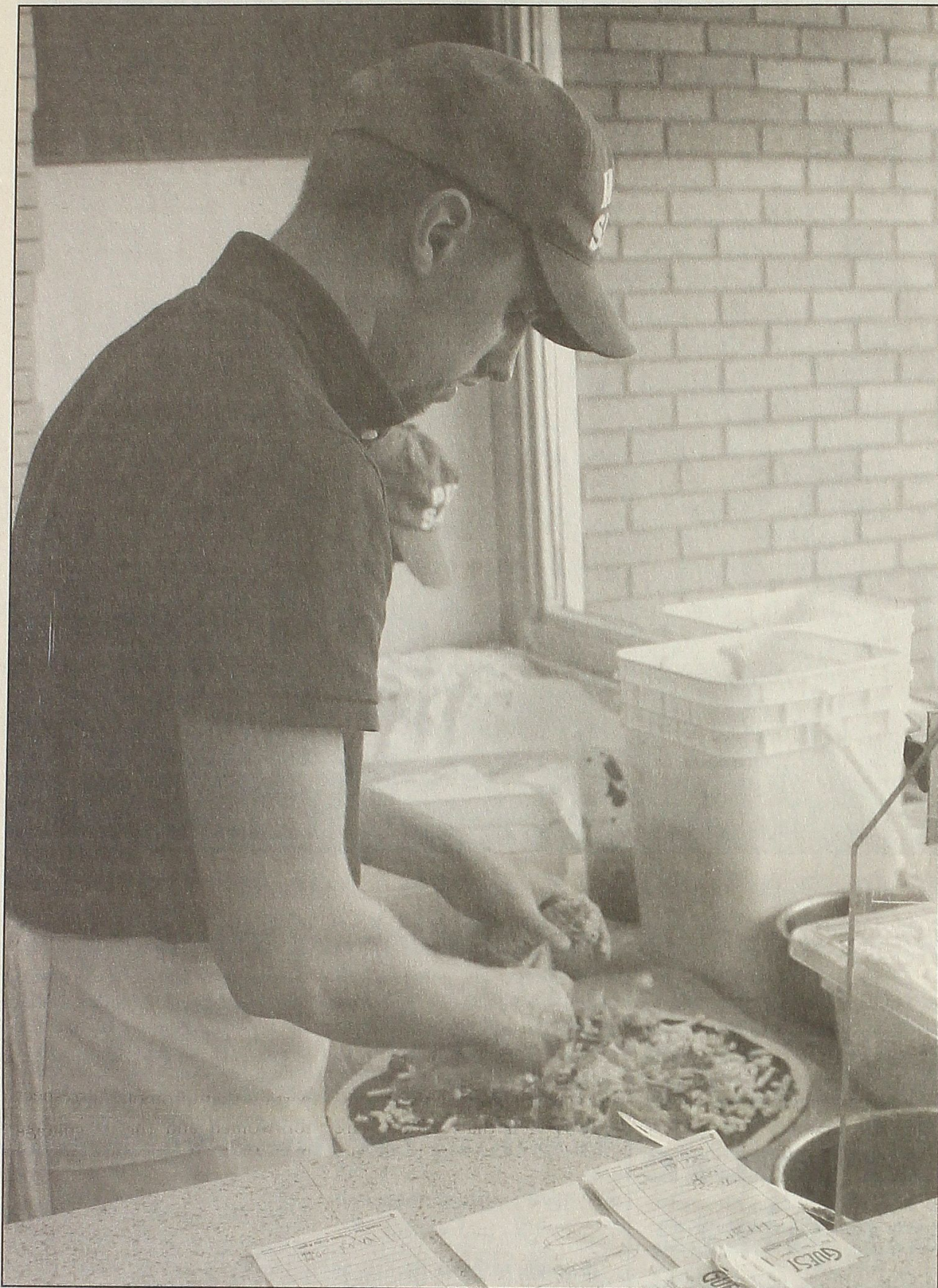
that you actually study and do well in your classes. Make studying fun by joining friends in the library or just getting together to do homework. Keep up by doing a little bit everyday so that big assignments don't get ahead of you. Learn when to close your door and dig in and when to work with a group.

"Pick up a new activity while you are here," said **Hunter Hill ('12)**. College is about new experiences. Join a new club or pick up an instrument. There are lots of fun things to do; you just need to go find them. Don't limit yourself; try something new. Even if you are not great at it you will make new friends in the process and broaden your horizons.

"Pick a major that you are passionate about," said **Matthew Davis ('11)**. There is plenty of time for you to pick a major, so don't spend time worrying about it right now. Take classes that you enjoy, and use that experience to help determine what you like and let that guide you. There is plenty of room in almost any degree program to experiment a little.

"Get to know your professors," said **Brandt Ayoub ('11)**. This is invaluable. Your professors are here to help you, and they want to get involved. Go to office hours and ask questions. That's what they are there for. Don't be afraid to develop relationships with them; after all, they are just people.

All of these tips are important to college success and can make your time at Alma more productive. One last piece of advice, "Balance your life with exercise, eating, sleeping, studying and socializing," said Huyck.



Pizza Sam's employee prepares a delicious meal just the way Ortisi defines it: with the "best flour, cheese, pepperoni, and anchovies"

Photo by Bobby Kaczanowski

'Pizza' from pg 3

The award was given to Ortisi during halftime of Alma's football game against Illinois Wesleyan as part of the Alma Community Appreciation Day. Festivities on September 12 included a guided tour of the Alma College campus, a family picnic, and inflatable games. The Community Appreciation Day also coincides with the city of Alma's annual Lucky Mac-Duck Community Day. "The idea [of the award] was to recognize a non-alum who lives or works in Gratiot County and through their actions makes a significant contribution to both the college and larger community," said Brandon Snook, Community Relations Director of Alma College. Ortisi is the third person to receive the Community Service Award. Previous recipients are Kim Newson, owner of Alma's True Value Hardware in 2007; and Greg Siefker, AM 1520 WMLM's long time "voice of the Scots" in 2008.

For Alma College students, it is obvious why Ortisi was chosen to receive this award. "My mom went to Alma, and even in the 1970's Pizza Sam's was the place where everyone wanted to be," said **Roxanne Sheldon ('13)**. "Her generation ate there, and people still love it today." It's clearly a very

important part of the community, and it's been that way for so long. Pizza Sam's and Ortisi himself have been intertwined with the college since the doors of that fateful pizza restaurant opened. It would be hard to find an Alma College alumnus who couldn't immediately share some way that Pizza Sam's was a part of their experience. "Whether it was a late night adventure on the way to or from Sam's, or a memorable conversation with the man himself, everyone seems to have a Pizza Sam story" says Snook. "A Homecoming favorite is a 'Pizza Sam Night' the Friday before when we serve Pizza Sam's on campus at a reception for Alumni." It is clear that Ortisi's impact on student life at Alma is what made him the obvious choice for the award.

Ortisi knows why students keep coming back to his restaurant. "When it comes to food, I want the best," said Ortisi. "I buy the best flour, cheese, pepperoni, and anchovies. I don't buy junk. The food has to be right." Students certainly agree with that, as Ortisi's pizza has been a favorite in Alma for nearly half a century. "It is one of the common experiences that Alma students through the years all share and it keeps many of them coming back," said Snook.

The "Freshman 15" Demystified

BY ELEANOR KING
GUEST WRITER

As fall heads towards Alma's campus and the first-year class adjusts to college life, discussion of the notorious Freshman 15 begins. Traditionally speaking, it has been commonly accepted that many first-year students gain around 15 pounds at the start of their college career. However, with a few facts and life-style changes the Freshman 15 can be prevented.

The term "Freshman 15" is very misleading. While gaining weight during one's first year in college is a real issue, gaining a total of 15 pounds is not a reality. The most recent studies conducted on a variety of college and university campuses indicate that 15 pounds is a far cry from the actual average weight gain a first-year might experience. A large study carried out at universities in Ontario found that the average weight gain is closer to 6 pounds rather than 15. In this particular study Dr. Janis Simpson followed a group of students from their senior year in High School to their freshman year at college. They measured body mass index, percent body fat, weight and waist circumference. While the researchers did discover increases in all of these measurements, the magnitude of

the increase was much less than expected. In fact, it was a rarity that a subject gained the infamous 15 pounds.

A similar study conducted at Auburn University in Alabama discovered nearly the same thing. It is important to note that Alabama has one of highest rates of obesity, second only to Mississippi. Nonetheless, this study of nearly 250 incoming freshman reported an average weight gain of closer to only 5 pounds. Additionally, not one single student actually gained 15 pounds or more. The same was to be said for several universities in Georgia which is another "obese state."

So, why isn't it called "The Freshman 5?" When looking back at studies conducted as little as 4 years earlier the average weight gain was closer to 10 pounds if not more. The reason for the apparent decrease in average weight gain is still unclear. One theory suggests that the recent change in the economic client is causing less and less middle- and low-income students to even go to college. Typically, people who come from low-income households are at higher risk for weight gain.

Another interesting point brought to light by the study conducted at Auburn is that women actually gain more than men dur-

ing the first year. So it is especially important for first-year females to be health conscious. However, this study did not take into account the amount of freshman females who begin birth control (a contributor to weight gain) when they transition to college. In more conservative states such as Alabama, it is more common for girls to wait until they leave home to start birth control.

The main culprits for the Freshman 6 or 10 are the same old enemies: an increase in sedentary life-styles, more high fat foods available regularly, irregular sleep patterns, increase in alcohol consumption and a serious lack in exercise. So while the incoming Alma freshman may not need to be fretting over 15 pounds there should still be a little concern about a general change to an unhealthier life-style. To avoid such a thing it is important to utilize resources at Alma such as the Hogan Recreational Center, the salad-bar in Hamilton Commons, and the numerous physical activities offered including intramural sports and recreational sports teams. Additionally, making small life-style changes like walking to Stucchi's instead of driving, and hitting the gym instead of hitting the bottle on the weekends can make a world of difference.

10 Ways to Stay Healthy

1. Don't skip meals
2. Drink lots of water
3. Include at least three food groups in every meal
4. Control your portions
5. Avoid a fourth meal
6. Treat yourself
7. Stock healthy snacks
8. Pick your liquor carefully
9. Shop smart
10. Exercise

Graphic by Bobby Kaczanowski

In fact one survey distributed to schools in Canada found that just doing 20 minutes of moderate exercise could offset the predicted weight gain.

Keeping your body fit while it is still in its prime is a smart choice for anyone. With the obesity

epidemic causing conditions like high-cholesterol, diabetes, and heart disease to be on the rampage, it is important to be aware of the choices you make everyday. It is the small choices that can make a have the biggest impact in the long run.

AWKWARD MISCONCEPTIONS
By Chris Schneider



Sudoku of the week

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

Answers to this week's puzzle will be in the next issue!

Examining sex and spirituality on campus

BY NOELLE EVANS
GUEST WRITER

As a student of Kathryn Blanchard's "Religion and Sexuality" class last semester, I realize that there are many issues on campus regarding religion and sexuality of which we seldom speak. With a newfound sense of freedom, college students possess many questions as they shape their religious views, make decisions about having sex, and form their sexual identities and their perceptions of homosexuality. Discussing these issues is fundamental to carrying out Alma College's mission and to creating an environment in which students are encouraged to think critically and live responsibly. Pressure to be a part of the "hookup culture" is prevalent on Alma College's campus. With each passing weekend, students boast about the drunken scene at fraternity parties and the random hookups that occurred. Students are perceived as believing this is an expected norm on college

campuses. In our class discussions, however, I heard from many students who were opposed to the casual sex lifestyle. Those who had participated in it admitted to not finding it fulfilling. The "hookup culture" is problematic because it allows fraternities to throw themed parties with titles like "Sec.'s and Exec.'s" (secretaries and executives) and "Pimps and Ho's" where women must wear as little as possible and fulfill degrading roles to please men. It is also problematic because it reinforces the misconception that sex and religion are completely separate entities. Pressure to abstain from sex until marriage at all costs for religious reasons (which to my knowledge is not as popular a notion on this campus) has its own problems. The idea that a woman's sexuality must be controlled entirely by men—first by their fathers, and then by their husbands—only reinforces men's control over women in society. I am certain that both of these extreme views exist on Alma

College's campus. Most students engage in either the "hookup culture" or the "purity culture" but rarely find a middle ground that connects religion to sexuality in a healthy way. Students are offered very few outlets to discuss issues of religion and sexuality on this campus. A middle ground on the topic of religion and sexuality can only be attained through open dialogue, and many feel very alone when they personally disagree with the "hookup culture" or other issues of sexuality. Religion plays an important role in making decisions about sex. It provides an important function in controlling human sexuality. Christianity, for example, can discourage promiscuity, can place value on love and marriage, can teach people to forgive themselves of their sexual mistakes, and can promote an acceptance of all people regardless of their sexual orientation. Because many people view religion as only promoting the "purity culture," many fail to see the positive relationship religion has with sexuality.

Alma College students and administrators must play an active role in preventing the "hookup culture" from permeating the entire campus community. It is vital that students are given the opportunity to discuss issues of sexuality and religion in a safe environment. This can be achieved through student-led dialogues, possibly through a collaboration of PRIDE, New Life, and MacCurdy. This would allow students to collectively discuss problems on this campus and brainstorm ways in which to create positive change. Alma College must reach out to students who aren't conscious or interested in these issues. To reach a wider audience, Alma administrators can promote participation in student-led dialogues by offering them to all incoming freshmen during preterm seminar. As a preterm activity, freshmen can learn to address all problems of the hookup culture, including excessive alcohol consumption, sexual harassment and casual sex. It is time that the administration

stop turning a blind eye to the themed parties like "Pimps and Ho's." Administrators must take action and prohibit such themed parties that promote disrespect for women and that encourage men to treat women as sexual objects. Alma College administrators can encourage discussion on religion and sexuality by reversing their recent legislation on not requiring students to take a religion course, back to making it a requirement for graduation. In addition, within every religion class, students must be given the opportunity to discuss sexuality and how it relates to religion. They must also be able to relate their discussion of the two topics to their own experiences. Such participation by Alma students and administrators is crucial to educating students about the intimate relationship between religion and sexuality. Ultimately it will create positive change and, in the words of Alma's mission statement, encourage students to "live responsibly as stewards of the world."

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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Opinions expressed in editorials without bylines reflect the views of The Almanian editorial staff. They in no way reflect the views of the entire Alma College community.

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Prayers for peace serve a purpose Reflections on the 9/11 interfaith service

By LAUREN SHAW
STAFF WRITER

Last Friday, a group of students gathered in the chapel in honor of the recently established Day of Service and Remembrance: September 11.

Alma College's Service Week falls in the first full week of classes, providing students a means of joining tens of thousands of Americans across the country in honoring the memory of the victims and heroes of the tragedy through service projects.

For students wishing to remember the tragedy and pray for peace, the interfaith service provided an outlet. Students read peace prayers from many world religions and sang together of hope, faith, love, and peace.

Although it is past the time for Americans to move beyond the attacks, it is not time to forget.

It will not be time to forget until the wars begun as a result of the attacks have ended, until millions of people no longer live

in constant fear. It will never be time to forget for those who lost friends and family eight years ago, or for any friends and family of the servicemen and women who lost their lives in the Middle East.

With everything else that preoccupies the mind of the average college student—classes, clubs, friends—it's easy to forget to pay attention to what is going on in the world.

And with everything else that gets news coverage—healthcare reform, swine flu, and mindless pop culture—it's easy to forget that people still die in the wars caused by the Sept. 11 attacks: our American soldiers, our NATO allies, and the civilians who live every day in the midst of a battleground.

The organizer of the chapel service received some negative comments from students for a variety of reasons, including the belief in the conspiracy theory that the attacks were planned by the American government and the view that religion does not exist, and thus the peace service served no purpose.

I respect the right of those people to their beliefs, but I disagree with their opinions and I believe that any prayers for peace will always serve a purpose.

Regardless of who was behind the attacks, thousands of people died that day, and thousands have died since. There is nothing wrong with honoring their memory and hoping beyond hope that no one else will be subjected to their fate.

Regardless of what religion someone does or does not belong to, the service was not a promotion of a particular belief. It was a compilation of ancient prayers of a common dream. The Muslim peace prayer was read specifically as a reminder that Americans are not the only people praying for peace.

Peace is not simply the goal; peace must be the means of pursuing the goal. Peace in our daily lives, peace toward our actions toward others, peace in our foreign policy, and peace within ourselves.

It is time for the fighting to stop.

Peace be with you.

Sotomayor: Poor choice for high court

By MEGAN GASVODA
GUEST WRITER

As John Adams said, "facts are stubborn things." Whether they work in your favor or against it, we cannot ignore, change, or manipulate facts for a long periods of time without getting caught.

But we can conceal facts. And when certain people bring an air of pageantry to politics, facts can go unnoticed for a very long time. Long enough, in fact, for a person to bypass every important detail and still wind up on the US Supreme Court bench.

On Sept. 8, Sonia Sotomayor spent her first official day on the Supreme Court. Of course, this will go down as a very important day historically and racially, and leaders of feminist and racial justice movements certainly have something to celebrate.

No one can argue with the fact that Sotomayor has lead an incredible life, and that her experiences give her unique views that should be revered. There is no doubt that she is an incredible woman.

But does that mean that she should sit on the Supreme Court? Absolutely not.

We all remember Sotomayor's now infamous claim that "a wise Latina woman, with the richness of her experiences would, more often than not, reach a better conclusion than a white male."

After examining her appeals court rulings, it is clear that these racial convictions affected who she was on the bench.

A suit was brought before Sotomayor's court when a New Haven, Conn., fire department threw out exam scores, which were to be used for a basis of granting promotions, because minorities did not score as well as whites.

The white firefighters filed the lawsuit, citing that they deserved their promotions since they scored highest on the test.

Surely, the men had a case, except that Sotomayor dismissed it with no more than one paragraph.

Although it is only one case, it speaks volumes. While I certainly do not believe Sotomayor to be a racist, I do believe that her minority status influences her on the bench.

Remember that Lady Justice is blindfolded, oblivious to the race, sex, religion, or social status of the people of her court. The

justices inside the court should be blindfolded as well, although I do not think this is possible for Sotomayor.

However, this ruling and others of similar controversy seemed like moot points during Sotomayor's confirmation hearings last month.

Was it because the Democratic supermajority cancelled out any decent Republicans, so the Republicans decided to stay quiet? Maybe.

Or perhaps the pageantry of Sotomayor's story cancelled out details that should have been reviewed.

Indeed, facts are stubborn things. But "stubborn" and "impossible" are not synonymous. Sotomayor cleverly and gracefully bypassed every piece of evidence during her confirmation hearing, otherwise she would not have been confirmed.

She has only been officially on the bench for a week, so only time will tell what type of justice Sotomayor will be.

For the sake of the country, I hope she will be rule fairly, and that controversial rulings from the past will not hinder fair decisions in the future.

The health care solution: two views

By MEGAN GASVODA
GUEST WRITER

The health care system in the United States needs to undergo serious change. But the solution is not more government intervention: it's less.

Americans have problems with health coverage because our government has state regulation for health insurance companies. This forces us to pick from the companies that the government allows to operate, which means our coverage and care doesn't always line up with what we need.

Since the government regulation causes the problems with our health care system, more government intervention can only mean more problems.

Simply put, it is impossible for the government to give health care to every single American, reduce costs, and expect the quality of care to be up to par with the latest technology.

Need proof? Ask a Canadian.

Canada uses a government-run health care system that provides its citizens with health coverage, regardless of pre-existing conditions, funded in most provinces by tax dollars.

Many claim that Canada's system would be an ideal model for the American system, since the United States and Canada have many economic similarities and Canada's government run health care is said to be relatively successful. Yet in the past year alone, nearly 18,000

Canadians have come to the United States for health care.

We have twice as many open-heart surgery centers, twice as many CT scanners, and three times as many installed MRI units. Our breast cancer survival rate is 10 percent higher and prostate cancer survival rate is 20 percent higher than Canada's.

In the United States, the average five-year survival rate for cancer in males for all malignancies is 88 percent. Of the 45 countries in Europe, only three have survival rates at or above 60 percent.

When the debate over nationalized health care turns to the monetary aspects, the biggest arguments for and against the health care bill are raised.

The entire point of government-run health care is to help the 47 million uninsured Americans. But in terms of finance, this is easier said than done. Whether the system is single payer or public option, the plan will be funded by taxpayer dollars.

This does not help the problem, as those taxed would be the wealthy job creators who, with less money, would not be able to hire more employees. To fully solve the problem, tax cuts are needed so employers can employ and workers can have a place to do their job.

As it stands, the only way to make nationalized medicine work is to take out the "nationalized." Government intervention is not the solution, it's the problem.

By MATT SHERRY
GUEST WRITER

As a Democrat and someone who campaigned and voted for Barack Obama, I'm extremely dissatisfied with how the health care bill is proceeding.

Let's face it, America is way behind other developed nations. There should be no disagreement that the current system, which leaves 47 million Americans uninsured, needs reform.

The only logical form of health care is a single-payer program. In this system, citizens go to their doctors, pay a low co-pay, and then the government reimburses the medical facility. This cuts out the middle man—insurance companies.

So why then, if the Democrats have a majority in Congress, will they not implement it? It has little to do with partisanship. The reason is that insurance and pharmaceutical companies have been lining the pockets of Washington officials for years.

Politicians who vote for a single-payer system would have trouble getting re-elected because they would lose so much campaign money. Health insurance companies spend millions of dollars every year lobbying to make sure their flawed system is preserved.

Doctors, nurses, and other health care professionals would also be opposed to a government single-payer program because it would mean a significant pay cut.

The hassle of not having to deal with thousands of different insurance companies and the politics, paperwork, and suffering involved would be worth the transfer to a single-payer system.

According to Matt Taibbi, writer for Rolling Stone, "Nearly a third of all health care costs in America are associated with wasteful

administration. Fully \$350 billion a year could be saved on paperwork alone if the U.S. went to a single-payer system—more than enough to pay for the whole ... thing..."

It's been proven to work in Canada and the United Kingdom. I've heard the opposition calling this socialized medicine, but is that really so bad?

Norway has socialized medicine and so does Sweden, two highly developed western European countries with universal health care. Despite this, both countries have extremely high GDPs, proving that welfare does not break the bank.

Sadly, what's currently on the table is what's known as the public option, which is a poor substitute. Obama's recent speech to Congress continued his endorsement of this plan.

The public option preserves insurance companies in all of their blood-sucking glory, and instead offers a government sponsored non-profit alternative.

In theory, if the public option has a low enough pricing point, it will drive down overpriced insurance company policies. However, the Democrats have made so many concessions to the pharmaceutical and insurance companies that it won't even matter.

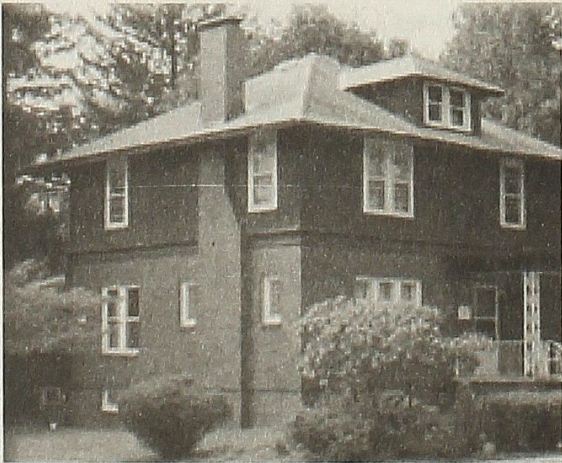
Since the public option is likely to cost about as much as insurance company plans, the current bill in Congress will mean little.

If the public option can be fixed in time, this bill might do something besides cost billions.

However, if a public option bill passes, there's a small chance that it could gradually move toward a single-payer system. Given enough time, Democrats could take the public option and push it further toward a single-payer system.

At this point, it seems like this is our only hope for universal health care.

If you need someone to talk to or feel uncomfortable at a party,
there's a safe place you can go.



MACCURDY HOUSE
(RIGHT BETWEEN TKE AND CREATIVE ARTS ON SOUTH CAMPUS)

TRAINED RESIDENTS ON DUTY FRIDAY AND SATURDAY NIGHTS, 11-2AM

Football suffers first loss of the season

By MARIA CASTANEDA
STAFF WRITER

The Scots kicked off their first home football game on Saturday, September 12, losing to Illinois Wesleyan 43-7. The Scots are now 1-1 for the season.

Tyler Wise ('10) scored the Scots lone touchdown against Illinois Wesleyan with a second left in the first half. The squad failed to see the endzone the rest of the game.

"We never got in our rhythm," **Anthony Sabatella ('10)** said. "We dropped a couple of pivotal passes that could've changed the game for us."

"Our kicking didn't get us the best position possible. We had some bad tackles, dropped passes, and missed assignments," Sabatella said of mistakes made all over the field.

"Coach told us we lost because we didn't do what we can do," **Jon Reed ('11)** said. "A lot of our players didn't come out ready to play."

"He told us they're people just like we are and to believe in ourselves and not to make stupid mistakes," **Conrad Bovee ('12)** said.

As the first home game of the season and Community Appreciation Day, many students sat in the stands of Bahlke Field, representing "The Cole Mine" with white t-shirts.

"Of course, the crowd and its enthusiasm and support from the

community helps," Sabatella said. "It gets us in the right mindset. It's good to see we have people behind us."

Despite the spread of the score, the Scots played hard., Sabatella said.

"We stuck in there and had good heart," he added. "We played hard and had fun despite the score."

A week before this game, on September 5th the men's football team traveled to Bluffton University to beat the Beavers, 28-16.

Quarterback **Mackenzie McGrady ('10)** was named Player of the Week after throwing four touchdowns against Bluffton.

Leading Alma defensively, Bovee had 12 tackles. "I wasn't worried about making all the plays," Bovee said, "I knew that I had 10 people behind me so I was just able to play my game."

Offensively, **Andrew Schaar ('11)** scored two touchdowns, while **Austin Montgomery ('12)** and Wise each scored one.

"As a defense we held them at third downs a lot," Bovee said. "Our confidence really helped. After three weeks of preseason the Scots were ready to compete. "Preseason went pretty well," Reed said. "It was a hard camp. We hit a lot more and conditioned a lot more."

This year the Scots conditioned at least twice a day and ran more full contact drills than previous years. "It will help us be more physical and in better shape than



Photo by Catherine Finley

Senior running back Tyler Periard ('10), was the Scots' leading rusher with seven carries for a total of 18 yards.

a lot of the teams we play," Reed said.

In regards to upcoming games, Bovee says, "We'll be able to play hard in all four quarters and not give up any positions."

Along with new players and

new strategies, the Scots had a new look. "We wanted to look professional and clean shaven," Reed said of the new, clean shave all the members had to have. "We wanted to be a united entity."

"We hope to get some good

experience and stay intense throughout the game," Bovee said of improvements the team hopes to make throughout the year. The Scots play their next game away against at Rockford College on September 19.



Photo by Catherine Finley

Kevin Everhart ('10), founder of the Cole Mine, cheers on the Maroon and Cream with friends during last Saturday's game against Illinois Wesleyan.

Spotlight: Willis team player off the field

By ELEANOR KING
STAFF WRITER

Brent Willis ('10) has been playing football for the past 14 years and while this may seem like a long time for some people, it has gone by all too fast for Willis.

Football is a central part of Willis' life. He says that the "game itself is a huge inspiration." After talking with some of his teammates and coach, it seems that he, too, is a bit of an inspiration.

Willis was born in Midland to parents Bill and Cheryl. "I grew up with three brothers and one sister. I come from a very supportive and a very close family. My parents were very encouraging and helped me to understand the importance of doing well not only in sports, but also in the classroom. I am very fortunate and very blessed to have a wonderful family and great friends," says Willis.

Growing up in a family of seven may have helped to prepare Willis for a life of team sports. He says that his favorite part about playing football is the people he gets to interact with on a daily basis. Consequently, his fellow teammates and football coach

have only good things to say about him.

"Willis is one of the greatest guys you will ever meet. I think that is why people call him 'Daddy'. He is there for anyone. He has a personality that lights up the room and always has a good story," says teammate **Bart Blystone ('10)**.

Likewise, Alma College football coach Jim Cole says "he consistently works hard and cares about his teammates. He is especially good at working with and welcoming young players and recruits. His demeanor and smile make those around him instantly comfortable and his positive attitude is contagious. He cares about the needs of others first and worries about himself later."

Willis's selflessness and ability to work with just about anyone really benefit him both on and off the football field, Cole added.

In addition to his personal triumphs, Willis is a solid football player. During his football career at Montabella High School he was an all-league player his junior and senior years. He was also a very talented baseball player during his high school career. At Alma,

he has lettered every year.

While encouraging new students to participate in football as well as playing himself, Willis still finds time to stay involved in campus-life. His close friend and teammate **Mackenzie McGrady ('10)** says that "whenever he makes a big play or has a tackle, it is always a treat to see his celebrations after the play is over. He comes up with some entertaining stuff."

Outside of his social life he also involved in Students In Free Enterprise, the ACCESS Mentor program and still finds time to work for the sports information department. Willis is currently studying business and psychology and hopes to land an internship upon graduation. He is also considering entering into a master's degree program in business.

He does not have any current plans to continue playing football. But, as any of his teammates will tell you, his favorite phrase is "that's life!" Nevertheless, whatever he may or may not choose to do in the future, it seems that Brent's charisma and kindness will undoubtedly take him far.



Photo by Catherine Finley

In last Saturday's victory over Illinois Wesleyan, 43-7, Brent Willis ('10), player 54, finished with six solo tackles and six assists.

Men's golf works to improve MIAA standing



Photo by Lauren Shaw

Bobby Fryling ('11) was an alternate this match, but he ended up shooting an 80, the third lowest score for the Scots. Another alternate, Charlie Vana ('13), broke 80 and had the second lowest score for the team.

BY LAUREN SHAW
STAFF WRITER

The men's golf team experienced a rough start to the 2009 season, but team members believe they can still be competitive and finish strong in the conference.

Last Saturday the Scots hosted the MIAA Jamboree at the Pine River Country Club. They finished in seventh place with a combined score of 322. **Drew Hoffman ('10)** led the Scots with a score of 77.

In the first MIAA Jamboree, hosted at Olivet College on Sept. 8, the Scots finished in seventh place, but shot only three strokes higher than sixth-place Albion.

"I believe scores like these show that we can compete with any team in the tough MIAA," said **Brian Rabedioux ('12)**.

"We have some golfers who could make some things happen if they believe and are confident," said head coach Ryan Duckworth. "After last year, we just need to believe in what we can do."

Although the golfers play individually, it is very much a team sport. "One person can make the outcome extremely close," said Duckworth. "It's pretty rare that

you get a group of individuals who narrow in on their own score."

The golf team is small compared to many of the other squads, and the players rely on each other to perform well in order to keep the combined score low.

"We create an environment where everyone is pulling for each other," said Duckworth. "You have to be more mentally tough when you're struggling because your team is counting on you."

"We have some great people and great golfers playing for the Scots this year," said Rabedioux. That team spirit was evident last Saturday as team members encouraged each other and talked strategy on difficult holes.

Despite playing on their home course, many team members were frustrated by their putting game, made difficult at Pine River by the way the course is kept; the greens are some of the fastest in the MIAA. The team played through the aggravation and still turned in a respectable combined score.

"It's all about getting our game together when it matters," said Rabedioux. "The potential is there and I believe this season we will be able to turn our program

around."

The team is very experienced at the collegiate level, with only one freshman on the team this year. Captain **Bryan McKenney ('10)** believes that the experience will allow the squad to be more competitive in the MIAA.

"With most everyone coming back and using the summer to improve individually, I think we will shoot some lower scores and hopefully find ourselves competing at a higher level," he said.

After last year's frustrating finish, the team is committed to posting better scores and placing higher in the MIAA this year. Collectively, they shot one stroke lower in Saturday's tournament than in their first match last Tuesday.

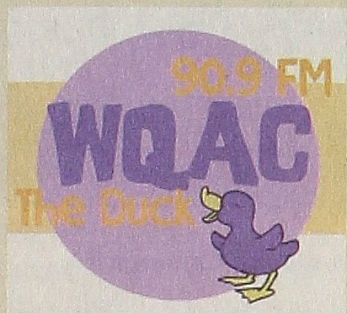
The Scots have seven more tournaments to improve their scores. The team with the lowest cumulative strokes in all conference matches is the league champion and also receives an automatic spot in the NCAA tournament.

The next MIAA Jamboree is hosted by Adrian College on Saturday, Sept. 19.



Photo by Lauren Shaw

David Buggia ('11) carefully contemplates his next stroke.



WANT TO BE A DJ?
COME FIND OUT HOW!

DJ Meeting
Monday, September 14
7 p.m. at the Rotunda

Very flexible schedules
1 hour a week

Alum fills opening at the recreation center

BY MARIA CASTANEDA
STAFF WRITER

This fall the Stone Recreation Center will undergo many changes along with the construction around campus. The most significant adjustment will be a change in management.

Alma graduate Angelica Lutrell, class of 2009, will fill Julian Springer's position as director of campus recreation.

Springer, who had been in charge of Stone Recreation Center activities and was the assistant men's basketball coach for the past two years, recently got a job at Jackson State as assistant basketball coordinator. Filling his position at the Stone Recreation Center, Lutrell plans to make many adjustments to programs at the center.

"This year, community members can take part in intramurals, there will be more fitness classes with more of a variety and different times, and we will actually be using bulletin boards," Lutrell

said, "Everything is planned out for the rest of the year."

There will also be a new staff. "We're trying to have a better, reliable staff. Among the applicants, I looked at their availability hours. Last year I was a student so I saw who was at their job and who did their homework," Lutrell said.

Along with a new staff, workers also have new incentives. The staff is required to attend a first aid and CPR certification course. Also awards such as Employee of the Month and Community Member of the Week will be given out.

"I just see who is around working out a lot or encouraging a fellow participant," Lutrell said.

"We're also working on communication skills that have lacked in the past," Lutrell said. "We're sending out e-mails and newsletters and talking a lot more with community members."

Though Lutrell began working at the center while a student at Alma, she is only temporarily employed until Sept. 30. Alma

College received 30 applications for the position and interviewed eight, including Lutrell. If hired permanently for the position, Lutrell would remain at the position at least until July 1.

Lutrell began working at the Stone Recreation Center because of a lack of funds. "I worked as much as I could," Lutrell said, who held as many as four jobs on campus at once, including the mail room, telethons and dance concerts.

"[This one] was my favorite job," Lutrell said. "I actually get to know people. I get to stop and talk to them and not have to be in a rush all the time."

Although Lutrell graduated as a biology major, this job has changed her choice of career path.

"I like this job so much that I want to be an athletic director or head coach somewhere," Lutrell said. For now, though, Lutrell will continue to work at the Stone Recreation Center and as assistant coach for the Alma cheerleading team.

THIS WEEK IN SPORTS

Wednesday, September 16

Volleyball vs. Albion
@ Alma 6 p.m.

Friday, September 18

Women's soccer vs. Washington
@ Alma 4 p.m.

Saturday, September 18

Women's soccer vs. Whitewater
@ Alma 12 p.m.

Men's soccer vs. Whitewater
@ Alma 2 p.m.