

# The Almanian

Friday, September 29, 2006

Volume C

Issue 2

*Serving Alma College Since 1907*

## Changes may come to dining options

**ANNA ZICHI**  
**STAFF WRITER**

By now everyone has seen the signs informing the students that Van Dusen may be closing. **Christina Brown (09)** on first seeing the sign said, "What? Are you kidding me?" Now that the rumors have been spread the students need answers.

Currently, the College's dining services has started exploring the option of changing the dining venue around for the 2007/2008 school year. The hours that Hamilton Commons would be open Monday thru Thursday from 7:30am to 7:30pm, Friday from 7:30am to 6:30 pm and on the weekends from 11:30 am to 6:00 pm. With this schedule students would have more flexibility

**"We all want more flexibility but we are not willing to give up the comfort of Van Dusen."**

in their eating times. "Our surveys and trends state students want more flexibility with their schedules and do not like the constraints of certain eating times," said Mark Starkweather, general manager of dining services.

What this means is that students would be able to walk into Hamilton anytime and grab a bite to eat. The grill would always be open, the deli would open after breakfast, and the main serving areas would be open at designated times. Because of this change in format, there would be no Meal Advantage at Joe's "because a student could get a burger and salad at Hamilton," said Starkweather.

So what does this mean for Van Dusen? Starkweather realizes that the main draw to Van Dusen is the Sauté station, and is currently trying to figure out how to incorporate that into Hamilton's dining options. Starkweather said, "We know the Van Dusen sauté station is popular, [and] we want to figure out a way to accommodate the theme in Hamilton." With this change

SEE DUSEN PG. 2

## Police crack down on underage drinking

*"Over 40 breathalizers and twenty six MIP's were issued last Thursday."*



Photo by Nick Green

**Alma Police were called to this home at 709 Wright Ave. at around 12:30am last Thursday, September 21, after a neighbor filed a noise complaint. Upon arrival police noticed many people drinking underage and were forced to give out breathalizers. According to Alma Deputy Police Chief Schooley, there were roughly 40 tests given out, which resulted in 26 MIP's. No custodial arrests were made that evening. This house is home to many players on Alma College's men's soccer team.**

## Alma against eating disorders

**AMANDA METZLER**  
**STAFF WRITER**

Drs. Roberta Trattner Sherman and Ron Thompson addressed student-athletes on Monday evening regarding eating disorders and general health in their presentation, "Disordered Eating Among College Students."

The Bloomington Center for Counseling and Human Development, Sherman and Thompson's private practice in Bloomington, Indiana specializes in treatment of eating disorders and disordered eating among athletes and non-athletes.

While most seeking help are females, males suffer from similar afflictions normally associated with females. However, eating-related behaviors in males are typically due to overeating, when he can no longer control the amount of food intake. "Other problems stem from overexertion when a male athlete trains in excess; either too hard, too long, or too frequently," said Thompson.

What causes problems with food varies from one individual to another, but many patients in treatments cite negative body images or desire for control as their main incentives. It is unclear whether athletes are more

susceptible to developing a disorder, but "they could be more at risk," said Sherman.

Along with normal risk factors threatening everyone, an athlete's vulnerability increases when he or she participates in a "thinness demand" sport, such as diving, gymnastics, and track, which tend to promote a certain image of body size and shape.

While most athletes do not deal with any of these problems, there is a significant number who do. Experts estimates of college students affected by eating disorders range from 1 in 4 to 1 in 10 in females. "It is hard to really get accurate data," said Sherman; "particularly among men." "Many people with these problems are able to hide them; they go to incredible lengths to protect their secrets."

Athletes' disorders are often harder to diagnose because they are most prevalent in thinness demand sports. Certain expectations and perceptions allow a very thin runner to mask a problem because runners are identified as athletes who already have a lean image.

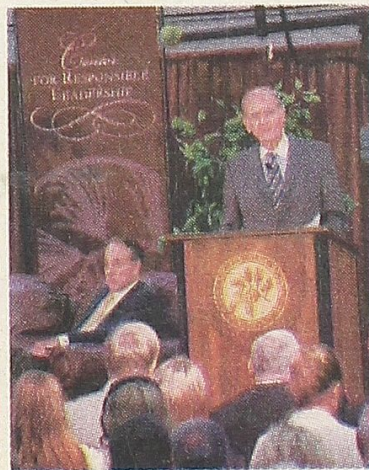
This is by no means an invitation to assume all thin runners

## Center for Responsible Leadership Inauguration a huge success



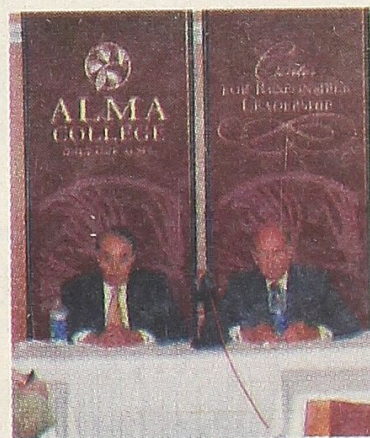
Photos courtesy of Skip Traynor

Above: CRL Fellows **Ben Place (08)** and **Hadley Boehm (08)** discuss issues of leadership and civility with Senator Bob Dole who was on campus with Senator George McGovern as part of the inauguration of the Center for Responsible Leadership.



Left: Senator George McGovern addressed the crowd of 1500 in the Cappaert Gymnasium. McGovern talked about his efforts to end hunger through programs he helped create.

Right: Prior to their speaking engagement, Dole and McGovern addressed local reporters in Fireside, through a press conference. The *Almanian* had the honor of asking the first question.



**Congratulations to the *Almanian* on 100 years of service to the Alma College communitiy!**



## College Dems attend meeting in Lansing



Submitted by **Christopher Adamec (07)**

College Democrats Samantha Pavolko, Margaret Hewitt, and Christopher Adamec attended the Students for Granholm meeting in Lansing on Saturday the 16th with more than 70 other Students for Granholm leaders from colleges and universities all across Michigan. Governor Jennifer Granholm met with students to stress their importance in reaching out to college students and their communities to stir up voter participation. Student representatives discussed the critical role of college students in statewide political efforts and planned greater coordination between motivated college students in all of Michigan's colleges. With the help of campaign staffers, student participants brainstormed ideas for events and voter outreach that can be implemented on campuses statewide in the coming weeks. We know that college students are a force in electoral politics and by working together our efforts will matter even more. In the coming weeks College Democrats will be registering voters, hosting a mock debate, and educating college students about the importance of voting in their personal lives.

To submit contributions to the *Almanian* please contact Derek Harrison, o7dtharr@alma.edu.

## An HPV vaccine you should know about

**ANNA ZICHI**  
STAFF WRITER

It is an issue that many of us will have to or have dealt with before. The subject: cancer. More specifically, the Human Papillomavirus (HPV), which can develop into cervical cancer. Many have not heard about it, or the vaccination that has recently hit the news. The scary truth is that HPV is out there and women of all ages are susceptible.

Many women contract HPV, but most show no symptoms before the virus clears. However, some strains of HPV predispose a woman to cervical cancer, making it the only cancer considered to be sexually transmitted. The new vaccine designed to protect women from HPV is an important step in cancer prevention. Since its recent release, many have only become aware of it due to the television advertisements that have just begun to air.

The problem is that these ads are projecting that the vaccine will cure everything when in reality it only reaches the tip of the iceberg. **Joseph Gelina**, the Physicians Assistant for the Wilcox Medical Center said, "The problem arose when the T.V. and Newspaper ads came out and started insinuating that all will be taken care of by this vaccine." He explained that there are 80 known types of HPV, four of which we know cause cancer. However, only two of these viruses will be targeted by the vaccine.

Currently, Michigan is trying to mandate that all nine year-old girls be vaccinated. If this is instated, not only will the nine year-old girls be required to get it, but also everyone older would be too. This would likely cause a great shortage, and those girls that would benefit from it, would not be able to receive it.

Many feel that this is too young an age to require it. There is no proof as of now that in ten years it will still be effective; and that is a

great risk. In that time many more girls will be sexually active and actually have the potential to need to fight the virus. "When getting a vaccine the practice is: the younger the better. However, because we don't know what will happen in ten years, and we don't know the cost, I think it is a little rash."

The vaccination is a series of three shots that each cost about \$185.00. Cost is clearly a significant factor in being vaccinated. The other problem is that no medical insurance is covering it. "I would probably put off getting it because of the cost," said **Simone Mishler (10)**. "But if it was covered by health insurance then I think it would be a great idea for 18-year-old girls," she said.

"Yes, there is a lot of cervical cancer that is out there, especially at campuses. But if a female follows up on her yearly examines it can be detected yearly which can be easily cleared," said Gelina. The main way to keep yourself safe is to abstain from sex, but also by following up with your doctor. **Angelica Luttrell (09)** said, "The only way you are going to know that you have contracted the virus is to get tested."

However, Gelina is still on the fence about the whole issue. "Having a vaccine that could cure cancer is a very good thing, but it is still very new, and many issues still need to be discussed," he said. Currently the Medical Center does not stock the vaccination, but if you wish to have it, you can see Gelina and he will write a prescription. Once it is filled he will then administer the shots for you. Once he sees the benefits, and/or the cost becomes more reasonable, it will be stocked in the Medical Center.

There are still many questions that must be answered before any decision is made. Luttrell and many others have brought up the issue as to where boys fit into the picture. "They are just as much a carrier as girls are, so what are we doing to prevent them spreading the virus?" said Luttrell.

While the new vaccine potentially offers some protection against some forms of cervical cancer it is not a substitute for the practice of safe sex. The vaccine will not protect women from the many other STDs prevalent in our society nor will it reverse the effects of previously contracted HPV.

## Eating disorder from pg. 1...

have an eating disorder, said the doctors.

An athlete may not confront his or her disorder or find help for fear of disappointing others, because he or she believes loss of playing time is inevitable, but also because the individual fails to recognize the eating or exercise habits as symptoms.

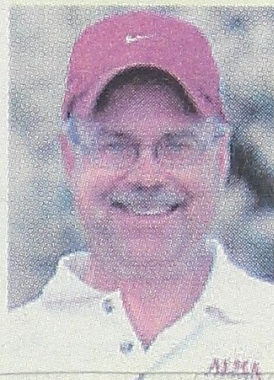
Treatment involves working in conjunction with a physician, a counselor, and often a dietician to establish healthy eating and exercise practices. Athletes who are not treated are not likely to recover on their own. Their disorder affects their performance negatively, which then increases pressure to do well and the stress leads to a "need" for the disorder.

The doctors believe the most important step to take against a disorder is the preventative one. By eating well, sleeping enough, limiting alcohol and drug use, and competing for one's own benefit, athletes reduce their risks of developing a disorder considerably. They truly emphasized the need to care for our bodies. "It is the only one you will ever have," they said.

## Facebook survey reveals student feelings

### Alma Flyer

**We Love Van Dusen!**



Sodexo Management have been talking about closing the Van Dusen option sometime in the future.

What Do you think?

**Which dining location did you frequent most in the last two weeks?**

Hamilton	22
Van Dusen	47
Joe's Place	7

**How satisfied were you with the offerings at Hamilton?**

Extremely Satisfied	4
Very Satisfied	2
Satisfied	18
Somewhat satisfied	38
Not at all satisfied	14

**How satisfied were you with the offerings at Van Dusen?**

Extremely Satisfied	37
Very Satisfied	29
Satisfied	6
Somewhat satisfied	1
Not at all satisfied	2

A flyer posted by a student on facebook.com solicited student opinions about campus dining services. Sodexo has since been asking for students input through its Food Committee.

*This survey is unscientific in nature and captures 76 respondents to the survey posted on Facebook. It does not reflect the views of the Almanian or its staff.*

## Dusen continued from pg. 1...

there would no longer be a separate building with more room to sit, but the different dining options would still be available.

When asked about this change in venue **David Lewis (09)** said, "I think that it would be more inefficient to keep Hamilton open all the time." While Brown added "I feel it would be really crowded during 'normal' eating times." Currently between 175 and 225 students eat at Van Dusen, and 500 to 600 students eat at Hamilton for lunch. Adding another station in the current facilities would mean that there would be less table room. However, with the flexibility in eating times that may not even be an issue.

"Having Hamilton open all day would be nice but I probably wouldn't go besides the normal meal times," said Lewis. And that seems to be the general consensus around campus. We all want more flexibility but we are not willing to give up the comfort of Van Dusen. The important thing to remember is that nothing has been set in stone. There are still many questions that must be answered first. Starweather said, "Just remember we have not come to a conclusion at this time."

*We make your ideas work for you!*



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## PRIDE seeks to expand tolerance

*Alma's gay-straight alliance values new members, ideas*

**FAINA POLT**  
**STAFF WRITER**

The matter of basic, human equality is one of the most important issues that today's students face.

While we live in a time of relative freedom and equality, there are still people that are discriminated against simply for being who they are. Because of this, the spread of acceptance is vital to the improvement of society.

The Alma campus is lucky to be home to an organization that does its best to make sure that a message of tolerance gets sent out into the college community.

Alma Pride, the Gay-Straight Alliance, has been a colorful history behind it. In past years, it has existed in two factions, one for support and one for political activism. Unfortunately, both had become defunct several years ago. It wasn't until four years ago that Pride became an organization again, resurrected by **Elizabeth Wieland (07)**, the current president.

Just the existence of Pride provides an invaluable service to the college community. It allows for a safe place where

gay students and their straight allies can meet and talk about their lives, or plan events for the whole campus. Wieland said "I think the main reason that it's important to have the GSA is that its actual existence helps those who are too afraid to come out, and those barely able to be out." For those struggling with issues of sexuality, a quality support network can be crucial.

Straight allies play a very important role in the GSA, helping to bridge the gap and doing their best to prevent homophobia in their respective worlds. When asked why she joined, brand new member **Taylor Gibson (10)** said, "I thought it would be a great opportunity, and I wanted to help people." Several other new members expressed similar reasons and all are very eager to improve the levels of acceptance for homosexual and bisexual students on campus.

It's shaping up to be an extremely busy and interesting year for Pride as well. The next month is full of activities that everyone on campus can get involved in. Coming up first is the AIDS Walk in Lansing on Sunday, October 1<sup>st</sup>. Everyone is welcome, and Pride will be

providing transportation to and from the event. After that is National Coming Out Day on October 11<sup>th</sup> and an Ally Day to show appreciation for the people who fight a struggle they're not obligated to fight. Pride is also planning to bring a speaker or two to campus, as well as other fun activities that are still in the planning stages.

In the past, along with organizing National Coming Out Day activities and an Alma College team for the AIDS Walk, Pride has sponsored some intriguing speakers and panels on a variety of subjects affecting the LGBT community. Last year, Pride combined with Kappa Iota to host a successful drag ball right here on campus. Also, in what has become a yearly ritual, Pride commemorated the death of Matthew Shepard—a gay college student murdered in Laramie, Wyoming in 1998—with a showing of *The Laramie Project* followed by a panel discussion.

This year is full of exciting new possibilities and opportunities for the growing Alma Pride. It's the best time to promote acceptance and tolerance, all the while creating fun events for the campus to enjoy.

## Greek recruitment awaits Sunday kickoff

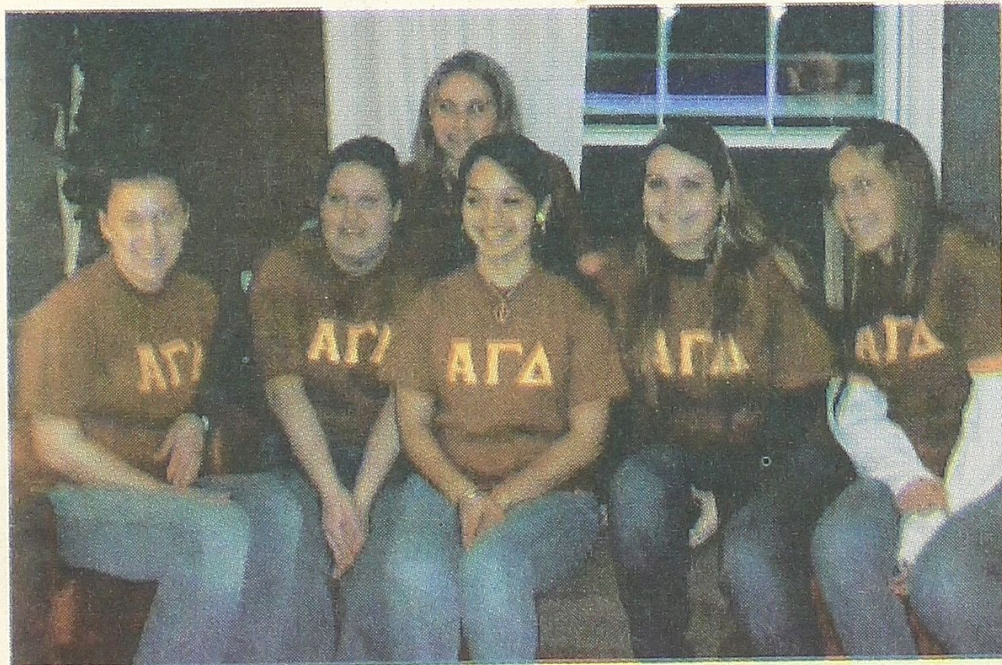
**KRISTA PENNINGTON**  
**STAFF WRITER**

The Panhellenic Council is excited for this fall's sorority recruitment, which will be taking place October 1 and 2.

all five of the sorority houses for 30 minutes each. Lunch will be provided from 12 p.m. to 1 p.m., and then the woman will be allowed to return to any houses of their choosing until 4 p.m..

will announce it at Bids Bash on Monday, October 2 at 9 p.m.

"All are welcome to come watch [Bids Bash]," said **Christy Penka (08)**, Panhellenic Recruitment Chair.



Sunday marks the opening of this fall's sorority recruitment. Seen here are six members of the Zeta Nu chapter of Alpha Gamma Delta's winter recruitment class.

*Photo courtesy of the Alpha Gamma Delta website.*

All sophomore, junior and senior non-Greek women were invited to sign the recruitment lists this week in Hamilton Commons, with the final opportunity to sign up being last night in DOW.

On October 1 at 9:30 a.m., the woman wishing to join the Greek system will be divided into groups, and then will tour

"The afternoon open house will be a relaxed event, and we are very excited to get to know some potential new sisters and for them to get to know us," said **Elsa Starmann (07)**.

The individual chapters will then vote and hand out bids. If the woman chooses to accept the bid, she will sign it and

"Most open houses consist of food, a chance for the girls to see all of the houses and get to know the members of that chapter."

Each of the sororities has a rich history. Alpha Gamma Delta (Zeta Nu Chapter), an international fraternity for women, was founded at Syracuse University in

## Food Fancy

### *Eat an apple a day to keep the blues away*

**JENNIFER ANDERSON**  
**STAFF WRITER**



Our parents don't teach us funny sayings when we're little for nothing. Little did they probably know, future research would contend that apples contain preventative substances that can immensely increase our overall long-term health, keeping us happy and healthy for short-term benefits.

The average U.S. consumer eats about one apple per week, six apples shy of the recommended intake for optimum health. If you're concerned about the caloric risks of the fruit, apples are moderately low in calories and are a great source of dietary fiber, which aids digestion and promotes weight loss. An averaged-size apple contains more fiber (5g) than most cereals.

Benefits that have been linked to apples include: healthy lungs; reduced risk of stroke, prostate cancer, type II diabetes, and asthma; age-related memory improvement; and overall physical and mental health.

Fall is just around the corner; and with the change of seasons also comes susceptibility of physical sickness and increased blues. The good news is, this time of year is also a time for apples. If you don't think you are an "apple person," make a trip to Uncle John's Cider Mill on 127 South and take advantage of their free apple sampling. You will learn that there are many varieties, offering several tastes and textures. If you cannot seem to make it out of the dorms, stock up during mealtime at any of the Alma College dining services.

There are several ways you can eat apples: sliced, diced, whole, or prepared in a variety of recipes. Enjoy the recipe for this week. To make this column effective, please email Jennifer at [07jsandre@alma.edu](mailto:07jsandre@alma.edu). Your feedback as well as specific nutritional topics is much appreciated.

#### Easy Apple Crisp in the Microwave

4 medium tart apples, peeled, sliced (4 cups)  
2/3 cup packed brown sugar  
2/3 cup quick-cooking or old-fashioned oats  
1/2 cup Original Bisquick® mix  
3 tablespoons butter or margarine, softened  
3/4 teaspoon ground cinnamon  
3/4 teaspoon ground nutmeg

1. In an ungreased 2-quart microwavable casserole or 8-inch square microwavable dish, arrange apple slices. In a small bowl, stir remaining ingredients until crumbly. Sprinkle over apples.
2. Microwave uncovered on High 7 to 10 minutes, rotating dish 1/2 turn after 5 minutes, until apples are tender. Serve warm.

Adapted from [bettycrocker.com](http://bettycrocker.com)

Need a Saga-friendly recipe? Try sliced apples with granola cereal, brown sugar, cinnamon sugar, and a little butter. Microwave to perfection.

1904, and their mascot is the squirrel.

Alpha Xi Delta (Zeta Upsilon Chapter) began in 1893 at Lombard College, and their colors are double blue and gold.

Gamma Phi Beta (Epsilon Beta Chapter) was founded in 1874, also at Syracuse University, and their flower is a pink carnation.

Phi Sigma Sigma, the first non-sectarian sorority, began in 1913 at Hunter College and their official jewel is the sapphire.

Kappa Iota is a local sorority founded here at Alma, and their philanthropy is the Gratiot County Woman's Aid Shelter.

Any questions may be directed to Penka via e-mail at [08cmpenk@alma.edu](mailto:08cmpenk@alma.edu)



# Center aids students affected by depression, anxiety

## Quick Facts

•85% of college counseling centers report an increase in students with severe psychological problems.

•10% of students have been diagnosed with depression.

•30% of college freshmen report receiving a diagnosis of depression in their lifetime.

•20.2% of female students report receiving a diagnosis of depression in their lifetime.

•9.9% of male student report receiving a diagnosis of depression in their lifetime.

•10-15% of students are currently taking medication for depression.

•10-15% of students are currently seeing a mental health counselor or therapist.

*Information from the 2001 National Survey of College Counseling Center Directors*

### KAITLIN LOGAN FEATURE EDITOR

It's no wonder that the number of college students affected by depression is on the rise these days with all of the classes, athletics and extracurricular activities, we are all involved in. There are even some things that can make us depressed that we wouldn't even think of; things like our sleep patterns, our diet and even our change in environment. Yet all college students should be aware that there are things that they can do to keep feeling like themselves or start feeling better, if they think they may be feeling depressed. Dr. Patricia Chase from the Center for Student Development says that things as simple as "getting at least 15 minutes of sunshine a day or exercising more often to release endorphins and boost your mood can make a difference.

"Acknowledging that you are feeling depressed is the first step to getting better," says Chase. Yet when looking at the symptoms most of them are things that college students experience normally from the stress of our everyday life. Like changes in sleep, poor concentration, or diminished attention span, especially loss

of energy. Although there are some things to look out for that would be a result of more than just stress. Things like feeling guilt, hopelessness, or worthlessness that are inappropriate; inability to experience pleasure or feel interest in daily activities; and most significantly, suicidal thoughts, feelings, or behavior.

*"Getting at least 15 minutes of sunshine a day or exercising more often...can make a difference."*

**-Dr. Patricia Chase,  
Center for Student  
Development**

In the last 5 years there has been a nation-wide increase of more than 30% of college students becoming depressed. The reason for this increase is not necessarily because more and more college students are becoming depressed every year, but because we as a society have acknowledged it and found new ways to cope with it so more people are coming forward; there is no longer a stigma.

Because of this rising

awareness Alma College has made it very easy for students to get help if they are depressed or even just having extreme anxiety, such as test anxiety, or public speaking anxiety. The College offers a light box, which can be extremely helpful when going through Michigan winters with no sun. By getting a certain amount of sunshine each day, it can boost your mood. This is not to be confused with sunless tanning, which is not the same light, and has none of the same effects. The lights can also be purchased for in-home use, such as desk lamps.

Another thing students can take advantage of is the biofeedback machine. It is a machine that shows you your levels of feelings, and in result, you can work on breathing exercises or other exercises and see what works to help you calm your anxieties. After practicing they can be used in everyday life.

Of course the Center also has counselors to talk to. Chase said, "sometimes having someone impartial just there to listen can help you sort out some things you may not have thought of before."

There are also some changes that college students can make in their everyday life that will help make a difference.

"Following a diet low in refined sugars and carbohydrates, and high in fresh vegetables and protein can help. Sugars, starches and caffeine may make you feel good initially but will only make you feel worse when the rebound crash sets in," said Chase. One of the easiest things to do is to seek emotional support from friends and family, even if you want to hide in your "cave." Although Chase said, "if you feel like someone you are going to for help may be frustrated with the situation because they don't know how to help you, it is best to find an impartial party and find therapeutic support."

The most important thing to know about depression is that it will not go away on its own; that's why Alma College has provides resources to help you feel like yourself again.

## Fitness classes give new light to old workout routine

### LAUREN RUSSELL STAFF WRITER

Students searching for different ways to get their heart pumping can look to the Rec Center for help.

The Rec Center offers seven different fitness classes including: Cardio Boot Camp, Pilates, Tai Chi, Afro-Culture, AB/Core Toning, Core/Swiss Ball Class and Vaulting.

"[The classes] give students the opportunity to meet new people and get a good workout at the same time," said Kelle Sajdak (07), instructor for the AB/Core Toning class.

Each class is offered at a different time and introduces new, creative ways to work out the body. From African Dance to gymnastic and dance routine on horseback, there is a class for everyone.

Because they are offered in the morning and night, fitness classes can fit any busy student's schedule. "They get [students] out of the dorms and into a different environment. They're a stress relief and helpful for mental health. And, I highly recommend them for

self discovery," said Cheyenne Luzynski, director of the Stone Recreation Center.

come; the instructor takes care of the rest. It's more of a social atmosphere where you

and the student won't have to play "catch up."

"Anytime you want to come

*"You don't have to think, just follow. You only have to be motivated enough to come; the instructor takes care of the rest."*

**Cheyenne Luzynski,  
Director of the Stone Recreation Center**



Instead of the same old workout, students can do Tae Bo, dance, kick box, and gain balance, strength and flexibility.

"You don't have to think, just follow. You only have to be motivated enough to

aren't just sitting in silence lifting weights or running on a treadmill," said Luzynski.

Classes may have started September 11, but that doesn't mean students cannot join now. The instructors are more than welcoming to newcomers

in, you can. [In] a lot of classes, you do the same stuff every time," said Sajdak.

"Students can come one week and take a couple of weeks off, and come back again. It is an accepting, positive energy environment," said Luzynski.

The Cardio Boot Camp and Tai Chi classes were postponed due to injury of the instructors, but will be starting back up in October with the Tai Chi coming back Monday Oct. 9 and the Cardio Boot Camp beginning the same week, according to Luzynski.

The classes run until December 11 and are no cost to the student.

For more information, stop by the Rec Center and pick up a brochure on the classes. If interested, the Rec Center is always looking for more students to join the classes or start one of his or her own.

"Anybody who has a passion or is interested in starting up a class, I encourage it" said Luzynski. "One of the best things I've enjoyed at Alma [is] students being able to take flight with what they enjoy doing."

Whether it is to lose weight, tone up, have fun or meet new people, the Rec Center gives students that opportunity to do so through teaching or learning in the fitness classes provided.

The only thing students have to do is get motivated and have an open mind.



# Highland Java should offer jobs, income for individual students

LAUREN RUSSELL  
STAFF WRITER

It is widely accepted that college students are broke. And Alma College students are no exception as on-campus jobs are in high demand here at Alma.

Instead of serving a burger or two at Joe's or washing the desks at SAC, wouldn't you love to have a job where you meet tons of students and make coffee creations in a relaxing atmosphere? Now, with the library's new café, Highland Java, opening students will get that chance, right?

Wrong.

I was given the news the other day that only students who are in organizations will be working at Highland Java. Worse than that, these students will be working to earn money for their organization, not even for themselves. Students will not have individual opportunities to earn money unless their organization decides that the money can be divided amongst their own members.

I am a student involved in an organization on campus, but I disagree with the idea of offering job opportunities only to students who are in organizations when their groups earn money other ways.

Organizations can earn money by asking for donations, putting on events

like concerts or fairs and having dues for its members. A student cannot earn money in any of these ways. A person can only legally earn money by doing work in exchange for cash, unless they ask for donations due to sickness or something along those lines.

College students have a hard time finding jobs in town and elsewhere due to their class schedule and

**"Does an organization really need 40% of the earnings from a café?"**

other commitments to the college. On-campus jobs are more accommodating to the student.

There are only so many jobs available on campus and those jobs are first offered to students on work study, students who know their employer or only to students who have a certain skill needed for that job.

So, if money isn't going to student workers, where else does it go besides to organizations? In Highland Java's case, it will have its earnings split among the various groups involved.

The earnings are broken down starting with Sodexho's cut first. Sodexho gets 20% of the earnings from Highland

Java directly off the top. The remaining revenue yields the organization's cut for working the café as they will receive 50%.

All the while, the school and SIFE both earn 25%. With 20% off the top, that gives you 80% to split up between SIFE, the organization, and the college, so ultimately, the participant organization gets 40% while SIFE and Alma College get 20% each.

Does an organization really need 40% of the earnings from a café?

If an organization needs to work at Highland Java for money, then can't there be a happy medium? If the school and SIFE can split the earnings equally, why can't an organization and a student, or group of students, split the earnings equally as well?

College is tight on a student's wallet. We have to buy books, pay for food outside of our meal plan, and all extra living expenses as well. Without a source of money, students have a hard time getting through the school year. This means, these students can't afford to spend money on coffee and scones.

So to the organizations taking the jobs from unemployed students, don't expect much when these broke students come to the café.

Because you took their job, they may not be able to afford a cup of coffee.

DEREK HARRISON  
**Zero-sum**  
OPINION EDITOR



**Do you have something you'd like to sound off about?**

**Write The Almanian and submit your letters to the editor. Email Derek Harrison at o7dtharr@alma.edu or send your letter through campus mail to the newspaper office in the Newberry Hall basement.**

## The Almanian

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**"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.

### Publication

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### Letter Policy

Letters are published as layout space allows. Submission of a letter does not guarantee publication. The Almanian reserves the right to condense letters for layout purposes. Deadline for publication is 5 p.m. the Monday before requested publication. E-mail letters to the editors at o7sdweir@alma.edu or address letters to The Almanian, Newberry Hall, Alma College.

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## A Radioflyer Soapbox

### Minimum wage oversights



**DEREK HARRISON**  
OPINION EDITOR

There are two types of individuals who celebrated the minimum wage increase that starts in Michigan this fall; those whose educated opinions surmised about the needy beneficiaries of low income and those who had very naive impressions of their own cash guarantees.

There is an understandable element of goodwill in the first grouping of those who celebrated, however there were critical oversights that are costing more than anticipated in the economy and we will continue to experience them as we discover the full impact. Thus is the problem with direct government intervention in the economy when citizens expect more from a simple fix than can truly be delivered. Businesses will adjust over time, but in the short run, they have to budget effectively to counteract with the increased payout of wages.

If there were a number of 1890's-style, high profit, grossly negligent companies in Michigan who were paying low wages for skilled labor and hoarding the proceeds, perhaps it would be easier to concede government interference. However, that does not appear to be the case. From the vantage-point of a worker in a small business, as small businesses make up a significant portion of Michigan's economy, this involuntary payout to many *unskilled workers* will do more harm than good. Many institutions that were intended to pay more wages will simply make cut-backs instead.

Alma College will have to deal with this itself. The many departments that hire students have cut back on the number they hire, shift finances around to compensate, and cut the hours each wage-earner receives. It would be extremely surprising to get word from Vice President of Finance, Jerry Scoby, saying that this increase caused no

trauma to the already pinched Alma College budget.

Furthermore, it would also be extremely surprising to find out how many students supported this increase at first glance, filling the second group of celebrants in the minimum wage bungle. More money always sounds good, but in a relatively finite system, it has to come from somewhere and it certainly will not come from where it should when politics are involved. Increased wages mean increased prices of goods and services, or if nothing else, cutbacks on the work force.

Many who study the economy claim that a fair increase to compete with inflation would actually bring the wage to about \$8.50 an hour and that this increase even fell short, but you can simply compute the effects on a small business. If computed for a 40 hour work week, 52 weeks of the year, that full increase would be \$6,552 more a year, per worker! As the increase this fall will move the minimum from \$5.15 to \$7.15, it will have a significant impact.

The other side of the story is the belief that the typical minimum wage earner should receive that \$6,552 invest it in themselves as it adds to their previous yearly income of \$10,712, under the previous work week assumptions. This is blatantly dismissive of irrational behavior and ignores the fact that these minimum wage jobs do not exist for sustenance purposes. Minimum wage jobs are there for extra income at an unskilled level, for those just entering the work force and for those who absolutely must be pushed by necessity to strive for something more. Minimum wage jobs are stepping stones for experience.

It may be cold, it may be calloused, however, it's time for people to actively look for opportunities, instead of demanding government action. If your community lacks the opportunities then learn from the Great Depression and look elsewhere. In the meantime, stop shifting the burden to those of us who have to work to buy the now more expensive products, or those of us who have fewer stepping stones because businesses must now hire fewer workers.

## Swanson advocated academics, opposed dodging responsibilities

**KEVIN BILBREY**  
STAFF WRITER

Hundreds of students and faculty lined both sides of the street as the procession slowly moved past. I walked by, listening to the students talking about how excited they were that their class was cancelled. Like so many others, however, mine was not. It was kind of annoying; and I heard similar reactions

from other students who were upset that class was not cancelled as it traditionally is for the death of important Alma College figures.

I went into SAC and wondered about the man who lay in the coffin not a few hundred yards from me; the man whose name adorned the building I had just walked in; the man who had devoted his life to this college. And I thought about the hundreds

of students missing class to observe a man they had never met, whose entire life was dedicated to seeing the students of this college succeed in class.

I mean, is it just me, or does something about that seem rather strange? Now, don't get me wrong—I am not trying to take anything away from Dr. Swanson. I fully believe that he deserves every accolade we can think of, but I don't believe that we should take away from our class time to do so. I know, I know; I am actually advocating that we go to class and accomplish something, how droll! But seriously, after having spent so much of his time and his energy to make Alma into the institution that it is, I think it's kind of odd that people would be glad to leave class in order to honor him.

Honor him by continuing his legacy. Honor him by being great students. Honor him by going to class. I think that is what he would have wanted.



The funeral procession for Dr. Robert D. Swanson drove by on the afternoon of Wednesday, September 20 delaying or cancelling many classes in honor of the former college president.

Photo by Derek Harrison

## Civility yields to entertainment

### Dole, McGovern fall short of student expectations

**MIRIAM JOHNSON**  
STAFF WRITER

Wednesday's Dole-McGovern presentation was advertised as a "conversation on responsible leadership and civility," however, the speech ended up being more entertaining, than informative.

I think that the title, which labeled this as a "conversation" rather than a more formal speech, turned out to be quite accurate. The entire event was very relaxed. It seemed like Dole and McGovern knew their main audience: college students with rather short attention spans. They kept the conversation from getting too serious with jokes and wisecracks every few minutes. Although the speech was not as "deep" as I would have hoped for, they did produce some good points and show that they had excellent communication skills.

The talk entailed background stories on the two men (and how they

developed their beliefs and leadership skills) followed by a question and answer session. The impressive accomplishments of these men seemed to be numerous. They spoke of World War II, of campaigning, of commercials, and finally, of fighting against world hunger and illness. It is almost hard to believe that these two politicians, former opponents, have gotten together to accomplish so much. It gives me a whole new opinion on politicians in general. This along with Al Gore's fight against global warming shows that even if they cannot run the country, these men are determined to make a positive change.

This speech lacked the wisdom and inspiration that it seems two experienced politicians would share. For instance: Yes, they are making a change through the McGovern and Dole foundations. They are changing lives, but when asked by an audience member, "How can I

get involved with world hunger?" neither had a worthwhile answer. They suggested only, "write to the UN world food program." I had hoped for an answer that would give inspiration. An answer that would tell us how they, two individuals, managed to do what they did do help the problem of hunger.

They stressed the same points over and over and mainly the ones that any person with a moderate sense of values would already know.

McGovern's greatest piece of advice was simply, "make sure that some part of your life is given over to other people." I do not think that I needed to come to a presentation to learn that. I walked away from this presentation without feeling like I gained much. My overall impression was that these men seem like great easygoing people, surprising for such accomplished men, but they had nothing to say in terms of leadership advice that I, and most others, would find noteworthy.



## Spotlight: Kyle Ryan '08



Ryan is this week's MIAA Offensive Player of the Week. This is the third week in a row for an Alma athlete.

Congrats Kyle!

Ryan had over 200 yards in last week's loss to Wittenberg. Kyle rushed for 127 yards and caught for 97 yards. He also ran for a touchdown.

### MIAA Standings Football

	W	L
Adrian	1	2
Albion	2	1
Alma	1	2
Hope	0	3
Kalamazoo	0	2
Olivet	1	2
Tri-State	0	3
Wisconsin Lutheran	0	3

### Golf

	Total	Avg.
Hope	1468	293.6
Olivet	1491	298.2
Tri-State	1498	299.6
Alma	1537	307.4
Calvin	1571	314.2
Albion	1594	318.8
Kalamazoo	1621	324.2
Adrian	1649	329.8

### Men's Soccer

	MIAA	Overall
Albion	2-0	4-3
Adrian	1-1	1-5
Calvin	1-1	3-4
Hope	1-1	3-4
Kalamazoo	1-1	3-5
Olivet	1-1	1-6
Tri-State	1-1	2-6
Alma	0-2	1-4

### Women's Soccer

	MIAA	Overall
Adrian	1-0	3-5
Albion	1-0	8-2
Calvin	1-0	9-0
Olivet	1-0	3-5
Saint Mary's	0-0	1-5
Alma	0-1	2-6
Hope	0-1	2-5
Kalamazoo	0-1	3-3
Tri-State	0-1	0-7

### Volleyball

	MIAA	Overall
Calvin	6-0	13-1
Hope	4-1	8-5
Adrian	3-2	8-6
Saint Mary's	3-2	10-3
Tri-State	3-3	6-10
Kalamazoo	2-3	6-8
Alma	2-3	5-8
Albion	1-5	6-7
Olivet	0-5	0-13

## Q & A with lacrosse co-captain Aaron "Cheese" Weisberger

Earlier this week, *The Almanian* sat down with Lacrosse team co-captain, Aaron "Cheese" Weisberger. Here's what he had to say:

**RACHEL GERDS  
SPORTS WRITER**

**Q:** How long have you been playing competitive lacrosse?

**A:** I started as a freshman [in college].

**Q:** How did you receive the co-captain position this year, along with **Mikey Miller (07)** and **Ben Workman (07)**?

**A:** My peers voted me in, and next year I'll be one of the only seniors who will know what they're doing.

**Q:** Tell us a little bit about the positions you play, as well as the skills needed to play proficiently.

**A:** I play two positions. I

switch between midfield and attack. For both positions, you need hand-eye coordination, physical presence and speed. And good communication is always necessary to make anything happen.

**Q:** How would you feel if Alma's mascot became the "Fighting Pinecone?"

**A:** I wouldn't like it one damn bit.

**Q:** Do you have any pre-game rituals?

**A:** Usually I just run through the game and different situations in my head. I do a lot of warming up, and sometimes I do headstands.

**Q:** What are your expectations for the season?

**A:** We have a lot of new guys, and we want to get them a lot of playing time because a lot of players—**Erik Ryden (07)**, **Drew Coleman (07)**, **Mikey Miller (07)**, **Chris Liedke (07)**, **Jamie Diener (07)**, **Ben Workman (07)**—will be leaving after this year. We have a good crew of new guys that need to come in and take over for them.

**Q:** Is there anything you'd like the campus to know about the lacrosse team?

**A:** We're recruiting. [We're looking for] any willing and able young men. Or girls. We'd like to have a girls' team, too, so that we can be recognized as a varsity sport.

## Scotty to remain athletic mascot

**MICHAEL MILLER  
SPORTS WRITER**

The Alma College Mascot "Scotty", our beloved true Scots-man, will not be retiring, despite rumors that have been spreading around campus.

Apparently on Facebook.com there have been rumors floating around that we will no longer have a Scots-man as a mascot, but rather a pine cone.

To go along with the tradition of "Scotty" the Alma College Athletic Department is excited to release a new logo that has been designed specifically for Alma College Athletics. This new graphic identity is a step towards a consistent logo. The athletic department recently re-evaluated team gear and uniforms and decided on a change that will make them more distinctive from the other 'A' colleges in Michigan such as our rivals Albion, Adrian and Aquinas.

The new Alma College Athletic logo is set to be revealed to the students and general public on October 21 at Bahlke Field. The release of the new

unique logo debuts one year after Alma College released the new logo and theme "Only one Alma."

October 21 marks not only the release of the new logo, but it is also "Take a Kid to the Game



photo courtesy of alma.edu

Day." Now entering its eleventh year, Take a Kid to the Game Day is a national grassroots program. The program is to encourage adults to take their children to any type of collegiate athletic games. It allows the colleges to introduce the youth of the community to the sports programs of the college and the institution itself, while boosting attendance as well.

The Alma College Athletic Department encourages all sports fans, old and young to come along and cheer on the Scots on this day. Children 14 and under will be admitted to the game free, but are encouraged to bring a consenting adult with them.

Scotty has not yet seen the new logo but is thrilled to see the new logo.

"I have been with Alma College for years and have every intention of staying right here. I'll be on the sidelines throughout the year, cheering on the Scots," Scotty said.

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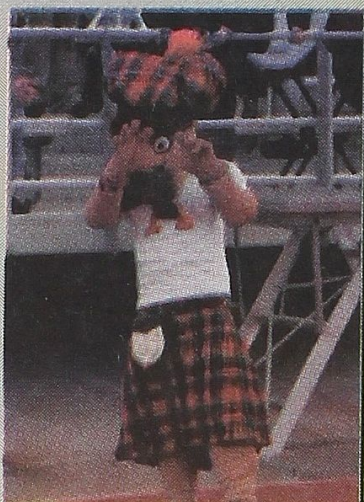
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## The Better Darn Sports Column

## Where's the D?

DREW COLEMAN  
SPORTS EDITOR

## Scots Watch

9/9 <b>Cornell</b>	L, 31-32
9/16 <b>UW-Eau Claire</b>	W, 33-30
9/23 Wittenberg	L, 14-42
9/30 Tri-State	
10/7 <b>Hope*</b>	
10/14 Wisconsin Luth	
10/21 <b>Albion</b>	
10/28 Olivet	
11/4 Kalamazoo	
11/11 <b>Adrian</b>	

\*Homecoming  
Bold indicates home games

## Scot-gun

MICHAEL MILLER  
SPORTS WRITER

Alma College Football has an extensive and impressive history. But a large part of that history goes unnoticed to the new students who come to Alma College. It is mostly because they are new to the campus, yet with more time spent attending the football games, it becomes more noticeable.

For 14 seasons our Alma College Scots have used a unique offensive formation cleverly called "Scot-Gun". What makes this offensive style different is that the Scots choose not to huddle on the field, and they haven't done so in over 10 years. Instead they set the tempo by calling the play from the line of scrimmage. Also, by having four wide receivers and the quarterback in the shotgun position they are able to play off the defenses formation and rush the defense on the line. The Alma College Scots can run a play by doing things that the opponents are not and take advantage of what defensive formation they approach the line with.

## Scots hope to rebound against Tri-state this weekend

DREW COLEMAN  
SPORTS EDITOR

Coming into this weekend's game, the Scots have suffered two losses and only have been victorious in an overtime win over UW-Eau Claire. Granted many of these early season games have been against division II teams where Alma went in as a bit outsized, but this weekend's match-up against the Thunder of Tri-state will mark the beginning of the MIAA competitions.

Under the leadership of a new coach, Matt Land, Tri-state has suffered three losses to start out their 2006 season. If one word could describe this Tri-state team,

Knach. With an offensive motto of "score as fast as you can", the Thunder hope to put some points on the board early, and pull away from the Scots.

Both the Scots and Thunder have a unique pass-based offense, but the Scots seem to favor throwing to there number one and two receivers instead of using the entire spread — which Tri-state hopes to use as an advantage. Some keys for the Scots will be to

it would be: young. Last year's core was made up of mostly freshmen and sophomores. And this year's team, so far, has been lead by a freshman QB, Levi

rely on their secondary to interrupt the passing lanes and hope to snag one or two interceptions. Alma is averaging 1 interception a game thus far through three games.

Senior QB Josh Brehm ('07) has not given up an interception in 90 passing attempts and has a solid 63.3% completion percentage. He is averaging over 300 passing yards per game, as well as another 60 yards rushing per game. Brehm is on pace to throw for well over 3000 yards this season. The Scots come back home next weekend to host MIAA rival Hope College for a homecoming competition on October 7.



## offense makes Scots unique

Recruiting Coordinator, Jim Lewis, stated "There really are no disadvantages to the Scot-Gun. No one has really been able to stop it. If we do lose, it is only because we beat ourselves."

Offensive Coordinator, John Leister, created the Scot-Gun offense

Football team was looking for a new offense and they ran with the idea that Leister came up with, taking new routes and setting new perimeters for the team. Originally as a gimmick it was called "Basketball," the Scot-Gun offense allowed two Alma College Quarterbacks, Bill Nietzsche in 1996 and

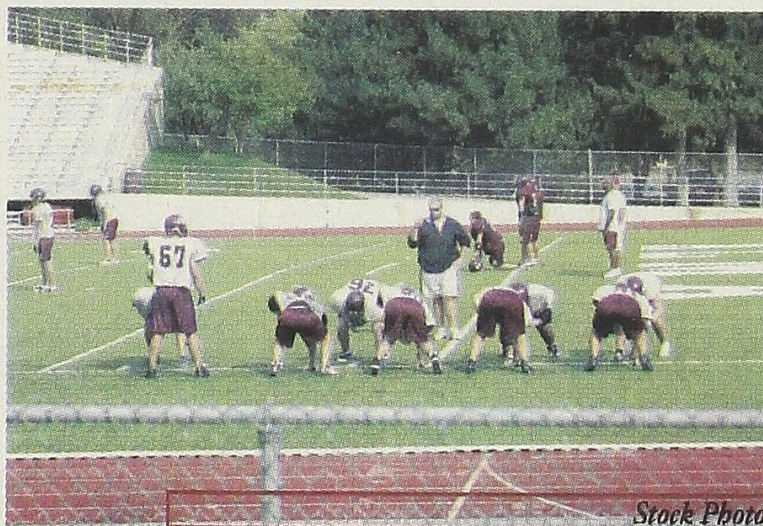
starting to experiment with the offense, but they're still not us."

Senior Offensive Linebacker **Drew Garno ('07)** said, "The Scot-Gun is fast, efficient and effective, allowing use to score quickly."

So there are other teams who have adopted a version of the Scot-Gun formation. The advantages of the plays in this formation have been shrinking over the years because other teams have been able to understand it more each year. There is no other team with as much experience running this formation as our Alma Scots.

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Stock Photo

and continues to pass his knowledge onto his players. He was the first to put this type of offense into motion 14 years ago.

"The Scot-Gun is very effective. Not only that, but it is fun to coach and fun to play. It allows our guys to try a lot of different things," Leister said.

The Alma College

Steve Slowke in 2000 to lead the nation in Total Offense (passing/rushing yards) giving them the NCAA Division Three Statistical Champion title while they were playing quarterback.

Head Coach Jim Cole said, "Our opponents now understand our formation a little better than in the past because more teams are

Oh football gods, why have you forsaken us? After a battling overtime win against UW-Eau Claire, how is it that the Scots can drive for over 500 yards the following week at Wittenberg and lose 42-24? DEFENSE, DEFENSE, DEFENSE! I can't even put into words the importance of defense. A great offense starts with a solid defense I believe is the saying—well, we might want to start taking that more to heart. Last weekend, our Scots nearly doubled Wittenberg in passing yards, and had 5 more first downs, but allowed the Tigers to run the ball just shy of 300 yards.

Now, I understand that it's difficult to, each week, face a new opponent. But somehow I just can't believe that, with over 500 yards of total offense, you can lose a game by 18. Where's the secondary? They showed up big against UW-Eau Claire. Where was the D-line? How can one guy on the Tigers, Tristan Murray, rush for 191 yards without being shut down?

Maybe it's not defense at all. Maybe we just got out-matched after halftime. Maybe something that coach Fincham of Wittenberg told his Tigers at half-time made the difference. Maybe the fact that Alma couldn't make it into the end-zone for the final 32 minutes of the game made a difference.

One thing is obvious—something has to change. Josh Brehm ('07) is set to have another record year, along with Joe Cline ('08) on the receiving end, but without the defensive stops, none of that is going to really matter except maybe in a record book ten or twenty years from now.

This weekend Brehm leads the Scots into Angola, Indiana to take on the Thunder of Tri-state. Once again, a first year coach for the Thunder. In fact, this is the third first year coach that the Scots have faced this year. The Tri-state Thunder is already 0-3. This game is going to be the turning point for one of these teams. One can only hope that it's a turning point for the Scots.