

The Almanian

Volume CI

Issue 3

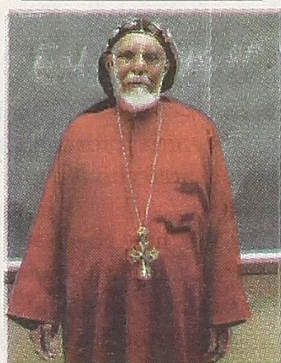
Friday, September 28, 2007

"Serving Alma College Since 1907"

UNDER THE COVER

Heritage Center receives a donation from the Charles J. Strosacker Foundation to make improvements

SEE NEWS PG. 2



Bishop Makarios shares his wisdom with the Alma Community

SEE FEATURE PG. 3

Does individuality exist in the classroom?

SEE OPINION PG. 5

Tomorrow's Athletic Hall of Fame induction marks the first in the last 36 years.

SEE SPORTS PG. 8

BY THE NUMBERS

\$2.95

The average price for gas this week in Michigan according to michiganprices.com.

4

The number of states with a higher average price for gas than Michigan according to michiganprices.com.

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Community Appreciation Day a success



Photo by Anthony Rosenblum

President Sandra Tracy presents the first ever Community Service Award to Kim Newson.

THOMAS McGUIRE
STAFF WRITER

Clear and sunny skies welcomed droves of community members to campus last Saturday as Alma College hosted its annual Community Appreciation Day.

The event, which takes place each fall, is a special time for the college to thank the Alma community for its continued support of the institution. Sandra Tracy, President of the college, stresses the importance of maintaining a quality relationship with the surrounding community, as it plays a crucial role in providing a healthy and welcoming

environment for students, staff, and faculty.

"Alma College has always seen the community as integral to the college's success," Tracy said. "We want the community to feel at home on the campus so, on this day, we issue a special invitation to be a part of Alma College."

The morning session kicked off with beautiful weather complete with a free public luncheon and fun-packed activities for children, such as face painting, tattooing, and games. After the morning activities, many participants ended their day at Bahlke Field, watching the college's football squad and its "Scot-gun" offense take on the

Wittenberg University Tigers in its home opener. The game was held in conjunction with the NCAA's "take a kid to the game" initiative, allowing children under age 12 free game admittance.

After a hard-hitting first half of football, the college began a new tradition, awarding its first ever Community Service Award to Kim Newson, co-owner of the Alma True Value Hardware. Designed by the Alumni Board to recognize a non-Alma College alumnus who has greatly contributed to the advancement of both the college and community, Newson

SEE DAY PG. 2

New party rules aim to increase safety

ERIN McGUIRE
STAFF WRITER

While the new campus party policies have been met with a degree of criticism by students, the college maintains that they are a minor imposition and responsibly sound.

Alma College defines a party as a time when there are 15 or more non-Greek brothers or sisters present at a house, and must grant permission before such an event can be held.

Certain requirements must be met in order for a house to receive permission, the bulk of which were established prior to the current academic year.

First, and most importantly, the house must have liability to cover anything that might happen at their party. Liability seems to be the major force driving party policy and the new regulations.

As another rule, no alcoholic beverages may be sold, and minors may not possess or consume alcoholic beverages.

Houses must turn in requests for permission at least seven days

prior to a party where alcoholic beverages will be consumed. Houses must also offer non-alcoholic refreshments to all students who attend.

The party must end by 1 a.m. and the house must mandate security members—

identifiable by brightly colored security shirts—to be sober and responsible at all times.

"The only real change is the wristbands. Everything else [the houses] already had

SEE RULES PG. 2

Alternative Breaks offer worthwhile opportunities

ANNA ZICHI
NEWS EDITOR

Nearly every American college student has heard stories about the stereotypical break from school. However, it does not have to be what one expects anymore, as Alma College offers many opportunities to go on what it has tagged "Alternative Breaks."

Several different service trips are set up for a unique experience that can be either faith based or simply done for the good of the community. "We feel these programs give the students an opportunity to be really involved in a service outside of the Alma community," said Sallie Scheide, Assistant Director for the Center for Responsible Leadership (CRL).

Originally the grant that provided founding was the Discovering Vocation Project. However, the grant was closed but CRL decided to continue funding the trips because of the experiences provided for students.

Alma is somewhat unique in the fact that Scheide's is a full time faculty member that works with different agencies to set up the trips for students. Scheide's said, "Most other institutions have students that work on setting up these breaks for their students."

Each trip takes between eight to 12 students, a faculty member and a student leader. Over the summer CRL sent two students and one staff member to a conference on alternative leadership. They learned about having a strong direct service, orientation, education, training, reflection, reorientation, diversity and how to ensure their trip to be alcohol and other drugs free.

Samantha Lazarowicz (09) was one of the students that attended the conference. "Going to the conference I learned so much more about what alternative breaks are and what they provide to the community and the participants and it made me excited to come back to Alma and work on our own program."

All of the trips are based on different social issues within this country. For example for the 2007-2008 academic year the issues that will be focused on are: disaster recovery, AIDS/education for children, building

SEE BREAKS PG. 2

Strosacker Foundation donates \$313,000 for Heritage Center renovations



Photo by Anthony Rosenblum

The Heritage Center will be receiving a make-over on the inside that is sure to please everyone.

LAUREN SYPNIEWSKI STAFF WRITER

On May 22 The Charles J. Strosacker Foundation donated \$313,000 to Alma College for renovations in the Heritage Center. The funding will be used to make upgrades to Presbyterian Hall, a 500 seat concert hall, and the theatre, a smaller, 170 seat playhouse.

The Heritage Center, which was built in 1993, is now in need of vast improvements to bring the facility up-to-date. These renovations are needed due to wear sustained from great use over the past 14 years, as well as several technological advancements in that field.

"About one third of students, during any given year, participate in a form of performing arts," said Sally Bowen, a campaign coordinator at Alma College. "[T]he facility gets used a lot, and not only by performing arts, but also by speakers, meetings, events, fundraisers, and festivals."

The improvements that are being made to the Presbyterian Hall in the Heritage Center include new lights, a new acoustic shell, a new hardwood stage floor, new speaker clusters, new carpet, a new curtain, seat

repairs, and repairs on the lights in the aisles.

Upgrades involving the smaller theatre, which is being renamed The Charles J. Strosacker Foundation Theatre in appreciation for the contribution, are new lights, speaker clusters, carpet, seat repairs, and aisle lights.

"We are very impressed with Alma's performing arts center, and the educational opportunities that Alma College offers,"

**Bobbi Arnold
Foundation President**

The improvements to the Heritage Center "will make it easier for performances in the hall," continued Bowen, "so that our students going into these careers [can] be trained on the state-of-art equipment."

As the Heritage Center is used by more than just the Alma College, the renovations will draw more people using the stage and its facilities. "Because

the facility will be brought up-to-date, it will attract performing art groups and will satisfy their needs for a performing venue," said Bowen.

All of the improvements to the Heritage Center are a vast task. While some of these projects are occurring presently, others will not be able to be accomplished during the academic year while the students are making use of the Center. "Upgrades are probably expected to be completed in the 2009 academic year," said Bowen.

The Charles J. Strosacker Foundation in Midland has been a benefactor of Alma College for over 30 years. Their contributions in the past have assisted the college in the original construction of the Heritage center, by giving out scholarships, in library expansion, and design of Alma's web portal.

"We are very impressed with Alma's performing arts center, and the educational opportunities that Alma College offers to its students," said Bobby Arnold, President of The Charles J. Strosacker Foundation. "It's a wonderful facility. We are pleased to be among the College's current supporters."

to store ownership in 1973, five years after his graduation from Ferris State College.

Just two years later, with the college looking for some one to coordinate its community fund raising program, Newson took on the challenge and has been enjoying it ever since, freely giving up his time to improve the college's presence in the area. "I'd be here forever trying to explain [Newson's contributions]. Whatever you need, he bends over backward for the college and community to do it," said Brent Neubecker, Alumni Director for the college.

During his 32 years of service to the college, Newson especially values the relationships he has been able to build with faculty, staff, and students, who have come to work for him. "I've benefited from it for many, many years, and I hope that I've, in some capacity, returned those

kinds of favors and benefits to the college," said Newson.

Despite dedicating a majority of his life to being an important local business leader and community asset, Newson was humbled by the recognition. "[I am] extremely honored. Very, very honored, I was surprised I would even be in the running," said Newson.

All in all, despite the football team's hard-fought loss on the gridiron, Community Appreciation Day 2007 was a great success, which the college hopes will lead to special connections within the community that will continue to grow and develop in the future. "We were pleased to welcome members of the community of all ages to the campus. [Many] people came [and] enjoyed the campus and our several events that day. We hope they will come back throughout the year," said Tracy.

Rules from pg. 1...

to do ... now we are holding them accountable," said Grant Woodman, director of Campus Life.

This is where new protocol comes into play: everyone is now required to wear a wristband at parties. A red wristband indicates someone under 21 and blue represents 21 and over. Security has to check the identification of all guests.

Woodman finds that the past week of parties has gone smoothly, and that things will get easier as time goes by. He does not think the increased protocol will send individuals off campus to drink or into the residence halls, as some have speculated. Even if it does, he believes that it is each person's own responsibility. The residence halls have staff trained to take care of such situations.

Sarah Grether (11) sees things differently. "They say safety is their primary motivation for the new party rules, but I fear this won't stop behavior, but will force students into less safe drinking situations," she said.

Several situations could shut

down a party, including drinking games, unsafe behavior, the failure to supply a sign-in list, or someone found without a wristband.

Because the houses are owned by the college, Woodman says that the party rules have been made to help fraternities be more responsible, more safe, and more compliant with national Greek guidelines.

Clark Geerlings (09), a member of the Zeta Sigma fraternity, said, "I personally think that if we are truly supposed to 'think critically, lead wisely, serve generously, and live faithfully,' as the college supports, then the way in which the college went about mandating rules for Greek life, without a consultation with the community as a whole, was wrong."

Geerlings says that the college made the new wristband rules without the opinions of the fraternities and sororities. He doesn't like the idea that the fraternities are being treated like dorms, yet not reaping the benefits of dorm improvements.

Breaks from pg. 1...



Photo by Anthony Rosenblum

wheelchair ramps, building affordable housing with Habitat for Humanity, health care/counseling, the environment and more.

One difference from last year is that there will be two faith-based trips. The agency that the college works with will be church related, not necessarily Presbyterian, and all of their readings and reflections will be based on scripture. Because it was such a popular trip last year Scheide's decided to add another one this year.

"We love to have as many people as possible for each trip," said Scheide's. "However, I did have to turn people away last year for the Habitat for Humanity trips, so this year we added another one as well as another faith-based one."

For the week long trip over winter break, most groups will leave on Saturday morning, sight see on Sunday, work Monday through Friday and then return back to Alma on the following Saturday. Along with working, each trip has a cultural experience that is usually included in the cost.

The cost for each trip ranges between \$100.00 and \$200.00 depending on the trip itself. "We try to keep the cost down as much as possible," said Scheide's. "That is why we do not offer any international trips."

There are two trips that occur over fall break (October 18 - 19). Both are day trips to areas of need around the state. While technically the applications were due on Monday, they will be continued to be accepted until all spots are filled. Typically there have been more women than men that attend each trip, but men are encouraged to apply to help with whatever they can.

Once each trip is back on campus they reconnect to talk about and share their experiences with themselves and with other students.

To find out more about the specific trips offered contact Scheide's at scheide@alma.edu.

There are a lot of different opportunities provided to Alma College students to participate in over their breaks. Scheide's said, "We hope that each student continues to serve on campus, in this community, and wherever they call home, once they return from an Alternative Break trip."

Day from pg. 1...

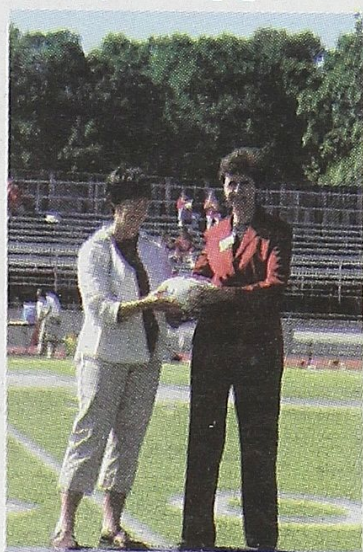


Photo by Anthony Rosenblum

was an easy choice for the award committee.

A lifetime area resident, Newson began working at the hardware store as a stock-boy while in high school, eventually working his way up the ladder

Living the call of God: reflections of Bishop Thomas Makarios

AARON POOLEY
STAFF WRITER

Since 1985, Bishop Thomas Makarios has served as professor, spiritual advisor, and member of the Alma College family. Bishop Makarios was the first Eastern Orthodox Bishop in the United States and Canada, which has grown to nearly 100 congregations. Other congregations under his charge are numerous, including 15 within England and Ireland, four in Germany, one in Vienna, and one in Switzerland.

When Bishop Makarios is not in the classroom or meeting with students, he is traveling to his congregations all over the world. He said, "I fly [out] on Fridays, and fly back on Mondays. I then teach on Tuesday, Wednesday, and Thursday, then take off on Friday. That is the normal schedule, but in the summer and during Christmas vacation, I travel to England, Germany, and Switzerland. That is how I spend my vacations. It is a nonstop flight, in a way, and I would say that, at least once a year, I would like to go to India to keep in touch with my mother Church."

The Bishop did not know how Eastern Orthodox Churches would be received and grow when he began building congregations in the 1970s. Makarios said, "There were people in most American cities from India, but we did not know if they would come, or how many would

come. [P]eople were married, children were born, and these congregations have become mega-congregations for the Church. One additional thing I am doing on the weekends is conducting wedding services. Most of the weddings I do [involve] the people who, as babies, I baptized. Twenty, twenty-five years ago I baptized them. It is a very satisfying calling I would say; I would not call it a job.

When traveling before and after services, the Bishop takes time to meet with the youth of his congregations. The Bishop said, "Many of the children were born and brought up in the United States, while their parents were born and raised in India. There is a generation gap much larger than normal, as well as a language gap and a cultural gap. I am called to get involved. It is one of the fascinating things that I do."

Bishop Makarios has been teaching at high schools and colleges in New York and abroad since 1943. But of all the colleges and universities in this country, and the many others where the Bishop serves, why Alma College? Bishop Makarios said, "The first and foremost thing about being here at Alma College: I very strongly felt that this was a call which came to me, rather than me applying for a job and getting a job. I never applied here. I applied at 26 colleges—and all 26 rejected me."

Makarios said, "Most of the reasons I heard from the 26 colleges that rejected me were financial, they didn't want to add anyone. I thought that was it. One day I was sitting at home in Buffalo when the phone rang, I picked it up and voice introduced itself as the Chaplain of Alma College. He said they wanted me to give a talk in the chapel on a Sunday. I asked them where Alma was, and what the College was all about. So I came on a Sunday and preached in the chapel. The chapel was full, and they asked me to stay overnight and go to classes on Monday morning, just to get a feel of the college—which I did, then left. I thought that it was a one-time affair. But, two months later, the Chaplain called again and asked if I could give one, seven-week course for a year. We organized the course and I came."

The Bishop was now a temporary professor at Alma, but his home was still in Buffalo, New York. Bishop Makarios said, "I was driving from Buffalo every week. Driving on Monday to Alma, driving back on Friday, flying from Buffalo to wherever I needed to go. After that, I was asked if I could come for a second year, same thing. I did it. This went on for four years. Then the College asked if I could take on more courses, which I accepted.

It was nearly 20 years ago that the Bishop was asked to live in Alma. He can still

remember driving across black ice on Michigan and New York freeways. He said, "Buffalo has winters much like here. I remember driving in winter spending 13, 14 hours to get here. But then the College said they would give me a house, an office, and a secretary. And this is how I ended up here. ... From Alma College, the application came to me. It is a call—that is why the other applications were rejected. I took this as a call, and I try to be as faithful as I can to that call."

Bishop Makarios wears a red robe, symbolizing blood, for in

the Eastern Orthodox Church. They commission their bishops to be ready at all times to die for their people, following the example of Jesus Christ. The headscarf the Bishop wears represents the crown of thorns put on Christ's head during his crucifixion. The Bishop said, "The College wanted to expose students to a different culture, so they are happy with me wandering around in my red robes, rather than a coat and tie or anything like that—to expose students to a different lifestyle, a different type of Christianity." Alma College also recognized

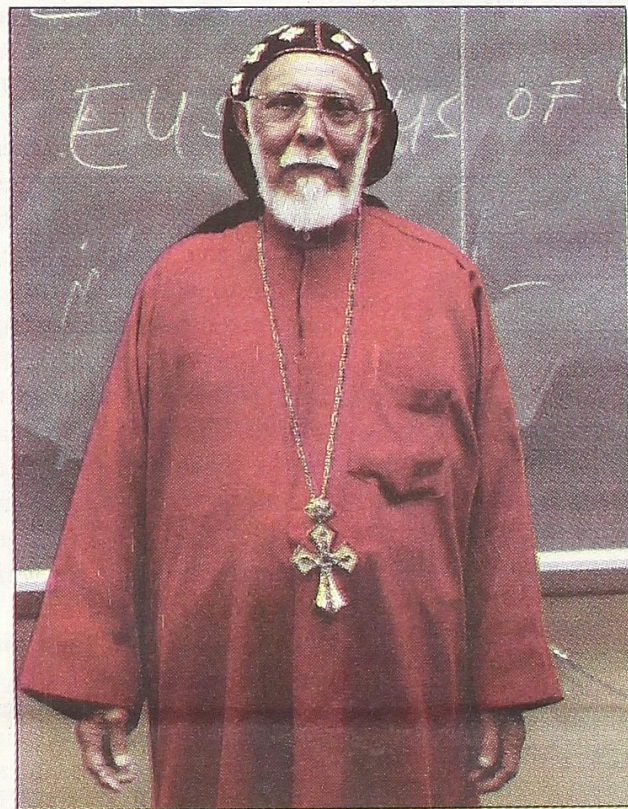


Photo by Tony Rosenblum

Tips, tricks of effective studying

MIRIAM JOHNSON
FEATURE EDITOR

It's 3 a.m. and there you are, struggling to keep your eyes open as you read chapter four of *A Guide to Biological Functions* or [insert own book title here]. "Only seven more chapters to go, then I can finish my 17 page communications paper, and then go to bed!" Does this sound familiar? Well, unless you are taking a pretty light course load, you should have experienced a similar situation at least once thus far in the school year. If you haven't, you probably will... and won't enjoy it. Sorry. But the point is, that with a bit of practice, some understanding, and of course, advice from elder students, you can learn the ways of the studying world.

The biggest problem that most students face is that of time: there isn't enough. At first (for freshmen), it seems like there is all kinds of free time. So, many students waste it at Hamilton Commons (Saga), on Facebook, watching poker on free cable, playing ping-pong, or, in some (realistic) cases, randomly running around yelling at people in their halls. Although this is obviously stupid and frivolous, it is part of life. However, if students plan on being effective in college, they have to battle these various temptations, and

accept that they are here to learn, not to goof around. It is interesting to observe the different ways that the students of Alma approach day-to-day life. Some have obviously matured and progressed in the ways of proper study while others need assistance, to say the least. So, here are some wise words provided by upperclassmen. Hopefully this will help some readers out a little.

Ben Place (08) is an RA and a chemistry and political science major...and basically just has a lot on his plate. He first says that managing time is a hard thing to do because realistically, so much that happens is spontaneous. On procrastination, he says, "Procrastination is bad, but knowing that some things can be put off until the last minute is good when you have projects that need immediate attention. The only way that I stay 'successful' at all is by staying super flexible at all times, knowing that dates and times can be changed." And finally, late nights: how does he avoid them? "I make sure that I am never up past 1 a.m. no matter how much work I have, so that I can get up early and get anything done before classes start."

Hadley Boehm (08) is also an RA with a double major in Biology and Chemistry, and a minor in French with other

Professor Profile of the Week

Dr. Edward C. Lorenz, Ph.D

Who: Edward C. Lorenz, Ph.D, Chair and Reid Knox Professor of History; Professor of Political Science; Public Affairs Director

Here Since: 1989—18 years

Favorite Color: Blue

Favorite Food: "Real Spanish food—it's phenomenal in a normal way"

Favorite Music: His children sparked his interest in country, and he also enjoys Mexican music.

Favorite Movie: "Waking Ned Divine - its funny!"

Favorite toy as a child: "A metal tractor. My first words after receiving the gift, 'I didn't ask for this!'"

Religious Affiliation: Attends St. Mary's Catholic Church.

Origins: Grew up in Baltimore, Maryland, and moved to Michigan in 1989.

How did you get into teaching? "I always wanted to be a teacher, and when in

college I studied to be a K-12 teacher. After graduation I studied at Georgetown University. Then I got drafted for the Vietnam War, served for two years as a medic, received my PhD at the University of Chicago, and then ended up working for the government for 14 years. After a while, that got frustrating so I decided to teach and ended up here."

Why political science? "History and political science have always been what I love, as well as the government—I find it fascinating. Funny thing, I started out as a Renaissance History major, but after being in the war it made me wonder, why? Why are we really here? That is when I fully delved into political science and became interested in what currently was happening in America, not what happened years and years ago in Europe."

Involvements around Campus: Director of the Public Affairs Colloquium, a mentor for the Center for Responsible Leadership, and involved in the Pine River project. "I try to encourage students to involve themselves in real issues, such as environmental projects, health

projects, policy projects, and the Pine River."

Interests: "Politics, traveling—particularly to Spain—spoiling all 5 grandchildren, and, if there is time, camping

One funny story a student has told you: "A student of mine had been away from home a long time, and during her visit back, her father told her that her uncle had decided to become a deacon for the church and wanted to come over and talk to her about it. Well, she thought her dad had said vegan, and was confused because it was a joke in her family that her uncle always ate. Anyway, her uncle came over, and the two of them had a 15 minute long, misunderstood conversation —him talking about being a deacon and her about being a vegan."

Favorites parts of the job: I like a lot of things. I would have to say, probably the people. It is great to see them change, watching them grow the three to four years they are here and sometimes more after that.

Compiled by Pauline Hagedorn, staff writer

Bishop continued from page 3...

that students sought out the Bishop when they needed direction, encouragement, or if they felt lost. Bishop Makarios said, "The College recognized that students were coming to me almost every day, at all times. This is my most rewarding experience—to have students share with me what they [are] going through—about class, about home, relationships with a boyfriend

To share with the students, like a father, is my most rewarding experience here—more than the teaching, more than the grades."

or girlfriend, relationships with a roommate—all kinds of things. And to share with them, like a father, I would have to say, is my most rewarding experience here—more than the teaching, more than the grades."

And that is why Bishop Makarios is with us. He said, "These were the moments when I knew it was a calling, my ministry for which I was called by God. That sense of calling was, and is, very strong in my relation to Alma College and what I do at this college. Personally, the benefit I receive is more than my position—part time doesn't bring much money—that's not the thing. I have learned so much from my students and the faculty. I have learned so much about what the younger generation thinks—how they perceive life, religion, church, and other cultures. I would even say that the love I receive here, both from the students and the faculty, was, and is, much deeper than I receive from my church. I am committed to do anything that can promote the ideals of this college."

An example of his commitment is the Alma India Program. Bishop Makarios explained, "I still remember when Dr. Allen Stone was the President and Leslie Brown was the Provost [at Alma]. They were facing a big problem because, when we met one evening for dinner at the president's house with ten other faculty members, they shared to us was that they had two students going to Nigeria through a study abroad program. Nigeria, politically, was becoming unsafe for our students. They had already made all the arrangements for those students to be there, and the students were packed and ready to go. The political situation worsened and they could not get

into the country. The President asked me what they could do for the students. I said, send them to India. The Provost asked me how long it would take to arrange this—the communication and correspondence. I said, 'give me five minutes and a telephone'. So I came to my room and I called India. There was a school, run by family, and I [told] them that I was sending two students in another month—take care of them. They had said yes." The Bishop returned and said, "It's all set. Get ready to send them." Makarios still remembers the provost asking how he could do this in a matter of ten minutes. The Bishop replied, "I want to do this for Alma, and my school is in India. I want to make that school available for you to do whatever you need to do there."

This was thirteen years ago. The Alma India Program selects five or six students to go to school in the fall and three over the summer. Students who participate have three main tasks at the school. The first is to teach at the local high school, the second is to serve at an area hospital, and third, attend a university in India, for which they receive Alma credit.

Another activity the Bishop has been involved with is a day trip to Chicago for students attending his classes. "I used to take my students to Chicago to attend one of my churches there, talk to the youngsters, eat Indian food, and watch an Indian worship service." Currently there is a shortage of funds in the department and, as of this semester, the Bishop has had to cancel this trip.

The Bishop has a new class this semester entitled The Children of Abraham. The course examines the people of the book—Jews, Christians, and Muslims—and their roots in a post 9/11 world. The Bishop said, "This course is designed to see the similarities in these religions, their claim on the same land, and their connection to Abraham by which each refer to him as the 'father of their faith'."

Bishop Makarios has begun a bible study that meets every Tuesday night at 7p.m. in the basement of the chapel. The first session discussed the role of Abraham. Bishop Makarios said, "We tried to meet on a regular basis last year, but this year it seems to be in better shape. We had planned to hold the study every other Tuesday, but those that attended the first session asked that it be held every week. It may be a weekly event for a long time to come."

At 81 years young, Bishop Thomas Makarios serves the Alma campus community and world-wide body of believers by sharing his wisdom and his faith—shaping and encouraging the lives of students and faculty alike, with messages of ministry, hope, and love.

Study from page 3...

various activities as well. She thinks that time management is about balance and comes

with sacrifices. Over the years she has gotten better about using a planner, calendar, and

post-its as reminders. On procrastination, she says that it is always best to get things done early. She keeps up with multiple activities by keeping organized. Her advice to less experienced students is, "In the long run it's better to put in quality work the first time through. Get up early in the morning. It helps to alternate subjects so you don't spend four hours straight doing chemistry. Start studying way before the test happens—so what if you don't know everything that's going to be on the test, keep up anyway. Don't let yourself get behind. Plan by week instead of by day."

WQAC: Alma music lovers unite

PAULINE HAGEDORN
STAFF WRITER

WQAC 90.9 FM is the student run radio station here on campus. The 25-30 students who signed up to be volunteer DJs play a motley collection of music all day and requests that are called in.

"I joined the radio station because I love music and introducing new music to other people. It was the perfect opportunity for me to accomplish exactly what I wanted to do," said **Devon Anthony (09)**, who has been with the radio station since her freshman year. "It is also a great way to relax and get your mind off of work."

Anthony is the Programming Director and Assistant General Manager of WQAC. Other student positions include Colin Wasiloff as the General Manager; Brad Potts and Brian Deakin as Music Directors; Deakin as the Web Master; Katie Matonich as Business Director; Gabby Abrego as Traffic and Clerical Director; Emily Bartelt in Promotions; Tyler Thomas as Technical Director; and James Kruse as Student Congress



Photo by Brent Riley

Representative.

Trevor Martin (10), joined the DJ staff because radio has always been an interest of his.

"I love being a DJ. I love knowing that people could listen to me on the radio. I also like the fact that I get exposed to so much new music," said Martin. "When I heard that Alma had a radio station, I was pretty excited. Then I met all the radio people at my preterm concert and wanted to do it even more." Martin also holds the position of DJ representative for the radio.

The radio station hosts two concerts a year, generally one in preterm and the other during

winter term.

"We love to bring in bands and are always taking recommendations," said Anthony. "We just need people to remember that our funds are limited. We usually have lesser known bands come in and play for us."

Also in the works for WQAC is online streaming. According to Anthony, there have been bumps in the road that has slowed the process, but the station is still working diligently to make the switch. She also mentioned that student body responses would be great because the potential success is difficult to gauge with the limited number of responses.

TOP 10 ALBUMS

- 1 CARTEL/Cartel
- 2 RILO KILEY/Under The Blacklight
- 3 JIMMY EAT WORLD/"Big Casino" [Single]
- 4 HOT HOT HEAT/Happiness LTD
- 5 WEAKER THANS/Reunion Tour
- 6 VERONA GROVE/The Story Thought Over
- 7 THANK GOD FOR ASTRO-NAUTS/Bring Us Meat
- 8 SECTION QUARTET/Fuzzbox
- 9 ANIMAL COLLECTIVE/Strawberry Jam
- 10 LES SAVY FAV/Let's Stay Friends



Photo by Brent Riley

DJ Annie Jennings (10) announces the WQAC call letters during her radio show Tuesday night.

Liberal arts college disciplines the mind, leaves student without original thoughts

MIRIAM JOHNSON
FEATURE EDITOR

"Be insightful and original!" Do these instructions sound familiar? They are associated with something we all know: discussion classes.

You either love them or hate them. Everyone knows the feeling of either having nothing to say or of having so much to say that the other people hate you. It's all a matter of your preferred learning style which person you are. But the question that I have been asking myself lately is, "where exactly do students get the authority to be insightful about lofty concepts, and where do the arguments actually come from?" Is one college student just as opinionated as the next? I feel like we are all in way over our heads.

The reason I say this is because I am currently in one of my first (college level) non-discussion classes. It is actually real learning. The teacher tells me what to think and I write it down. At first, I was very closed to this idea. Why do I care about science anyhow? It isn't making me smarter, it's just putting select facts in my head.

No one even asks me what I think about the facts. But then I realized that the only reason

that I have opinions is because some other various teacher or book has put them into my head.

So, the premise is: college imposes a lot of ideas that are already researched and everything, on us. Then, in discussion classes, college asks us what we think about things and we generally regurgitate what we inputted beforehand. It's kind of like a cycle.

Science and math majors know this already. They study objective truths and facts. They

apply pre-made formulas to given problems and come to an exact and unanimous consensus. Question? Answer. They know the routine.

What happens when you put these students in a philosophical discussion course? They are probably not at the top of their game. Because their minds are so used to a certain form of thinking, they tend to either get frustrated or to apply the objective approach to abstraction. Liberal arts colleges may be either challenging us, or

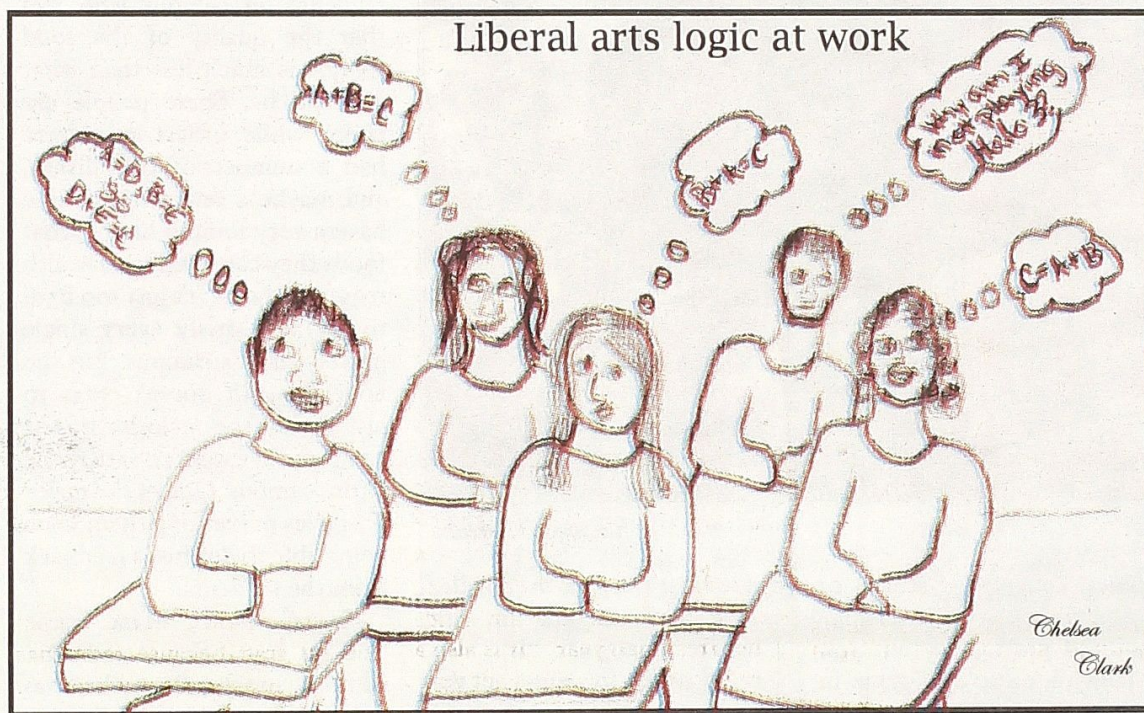
setting us up for failure. They want to cram our minds with things to memorize, and then they ask us to be insightful. This is paradoxical because what we know and what our opinions are only have a certain breadth that comes from the way we spend our time and what we think about.

Humanities majors are used to being opinionated. Many political science majors hope to be opinionated for a living by acting as lawyers, politicians, or diplomats. But where do these

opinions come from? They can either come from experiences or, more likely, they can come from information that professors or teachers give us.

In the philosophy course that I am currently taking, this comes out a lot. The people who discuss make their backgrounds and even their majors completely obvious because of their comments and the sides that they take. They apply knowledge from past classes to the current situation and come up with a combination response. Depending on your perspective, this could or could not be considered original.

In a hypothetical discussion about some sort of political situation, participants always make their majors and backgrounds obvious. The biology major will look at the facts of the situation and weigh the various pros and cons, sometimes making a scientific analogy. The religion major will apply a certain moral viewpoint. The English major will analyze the concepts and search for a universal meaning. I guess this makes discussion classes at a liberal arts college kind of spicy and different, but it also reminds us just how mentally conditioned we actually are by college. Go figure.



College dispels illusions, brings freedom to freshmen

ERIN MCGUIRE
STAFF WRITER

Being at college is surprising. Freedom grabs you and pulls you into a big bear hug once you are away from home. All of the old rules you had to live by are a thing of the past.

If I want to walk to 7-Eleven at one in the morning to buy a pack of gum, I'm going to do it. No one is there to say that it's much too late and I should go back to bed.

Curfew? The meaning of that word is lost from my memory.

When I came to college I think I expected it to be a lot like high school. I had nothing else to base my expectation off of, so assuming it would be

"The good thing is no one is telling me to change. If it is my choice, I am much more likely to do something."

like high school made the most sense.

I was soon to find out that college is not like high school at all.

Those four years I spent at Union County High School in Indiana seem so far away now. Nothing mattered; if I didn't understand a concept, I didn't worry about it, unlike now where what I'm learning will be important in the coming years.

I think the only thing I haven't really changed about my everyday life is my room. It is still as messy as it always was.

I just can't seem to motivate myself into cleaning.

It took some getting used to, but after about a week I was in a routine of class, eating, fun, and, last of all, homework. I may discover that my routine needs changing, and after I walked to Biology class today, begging the gods to have granted me a passing grade on a test we were getting back, I think I am discovering that a change is necessary.

The good thing is no one is telling me to change. If it is my choice, I am much more likely

to do something.

All of my professors keep stressing that they are trying to teach us to "think" about what we are learning, not just follow rules. I like this. It challenges me to think about what I am doing, not just mechanically memorize a set of procedures or phrase of words.

College wasn't what I was expecting it to be. It's not all about being crazy, and it's not all about studying. Finding a balance between activities and studies is what I am trying to accomplish.

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.

Publication

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

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 Tuesday before requested publication. E-mail letters to the editors at ogkdbilb@alma.edu or address letters to *The Almanian*, Newberry Hall, 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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Random Thoughts

Halo 3 brings joy, new purpose to existence of Alma students

At last, after waiting for so long, it is finally possible to give up our lives and dedicate our every waking hour to something far greater than ourselves. No more class, no more homework, no more time spent doing anything other than worshipping the glory that is *Halo 3*.

Now, for those of you that have seen or played the game already, you know the greatness of which I speak. For those of you who have not, what is wrong with you? Seriously, you have to go find a friend that has a X Box 360 and force them to let you play, and if none of your friends have a 360, go find someone who does have one and become their friend. You have to have access to this game.

I am sure that there are many of you out there who think that everything I'm saying is completely pointless and that I should never take the time to talk about *Halo 3* when there are so many other important issues that we need to address—like world hunger, the AIDS problem, or even the war in Iraq—but the simple fact of the matter is that with the emergence of *Halo 3*, our world is now complete. Nothing else matters.

After all, where else is it possible to play baseball with a rocket launcher and a gravity hammer (yes, I said gravity hammer, as in a hammer that shoots out waves that affect the gravity surrounding a person and blasting them off into parts unknown)? Also, where else is it possible to go into map mode and just take the time to enjoy the simple pleasure of dropping a tank onto your unsuspecting friend's head? No where. That is what makes it so beautiful.

All of this is without even mentioning the amazing



Graphic by Brent Riley

graphics, engaging story, or the ability of players to change speed and gravity so that you can play a multi-player game in which you're all zipping around the map like anti-gravity rabbits on speed. It's simply marvelous. What makes it even better is that it won't end here.

Oh no, we still have all of the ripples that *Halo 3* will make in the rest of pop culture to look forward to. I, for one, can't wait

to see what the guys over at *Red vs. Blue* are going to do with this palette to work with. It is sure to make for some of the most entertaining video game parody moments in history, and who knows where things will go from there.

Anyway, I have to get back to having my shiny metal Master Chief blasted apart by my friends. Man, this game is awesome.

Kevin Billbrex,
Opinion
Editor



Sodexo aims to satisfy, needs student feedback

WILL LAMBERT
GUESTWRITER

Everyone working for Sodexo at Alma College works hard every day to feed us and do so with the best quality and service they can. The menu offers items that change every day, food that will always be there and the same way each time, and food that's made to order just the way you want. You would think that everyone would be happy with the service. But unfortunately not everyone feels that way.

There are a number of students on campus who feel that the quality of the food service is much less than what it could be. Some people are picky, while others may have had a number of bad dishes, and maybe a few other people have a very limited list of what foods they can eat due to health reasons. Maybe it's just too hard to try and satisfy every single person on this campus. But the Sodexo staff doesn't want to just satisfy the majority of the campus; they want to satisfy the entire campus. One of the major obstacles preventing them from being able to do this is feedback from the students.

Every month, Mark Starkweather has a food committee meeting in Hamilton that has the sole purpose of allowing students to sit down with him and talk about what problems they have with the food service. But these aren't always very resourceful because only about 4-5 students show up. An additional resource for student input is the Alma College website. In the campus dining section of the website there is a link for comments and suggestions so that students can submit their opinions at their convenience. Right now Mr. Starkweather gets about one, maybe two, comments per week.

Another method that's available for customer feedback is the comment box that's sitting between the dining room and tray return area. A number

of people use the comment box, but usually only to comment on individual items that they either liked or disliked. Unfortunately, this kind of feedback is only beneficial if there are a large number of the same responses. If one person enjoyed a particular course does that mean that everyone enjoyed it? Very rarely will someone have a comment that regards the quality of the service as a whole or will there be a number of similar comments that send up a red flag to the staff.

So for all those people who say that unsatisfactory service is the fault of the Sodexo staff, stop to think if we have made a strong enough effort to do our part in helping them do a better job. If you have problems with the food, then by all means let the management know about it. When enough responses come in about a particular issue, Sodexo will work to fix it. But in order for that to happen, they need to know that there are a number of people who have the same problems with the service. They cannot change anything if only one person out of the whole student body had a complaint. If everyone that had a problem spoke up about it, then key issues could be identified and fixed quickly so that everybody could be happy.

There is nothing more satisfying to the Sodexo staff than to see that their food is enjoyed and work appreciated. Every day they work hard to make the food we want in enough varieties to satisfy everyone's appetites and do so with the best quality they possibly can. But not all of the students can say that the food service is satisfactory. Some students are convinced that Sodexo does not do a decent job providing the students with a decent dining experience. Maybe it's impossible to satisfy everyone's tastes. Actually, this may be a good thing; it will keep the Sodexo staff working harder and harder to make the food service even better for everyone else.

Student Judicial Board takes strides toward better, brighter future

BILL McHENRY
STAFF WRITER

Recent changes in the Student Judicial Board application process allows for a judicial board filled with a more diverse selection of students.

The board application states that an "integral part of the college community is the duty to serve others in order to make the campus and community a better place." The previous selection method for the board prevented full student participation in the judicial system.

Last year, four Resident

Assistants, four representatives from Student Congress, and one representative each from the Panhellenic Council and the Interfraternity Council filled the seats on the board.

Amy Simonson, the Student Judicial Coordinator, said these members "were elected [showing] their peers had trust in them." Simonson said this was a "positive" trait of this particular method.

Still, there were flaws in the old system. For example, Simonson said the old Board "was this mysterious group of people and it was not widely known how those people got on the board, particularly for

first year students." Therefore, how could a student know how committed the Board desired for an objective, fair hearing? And how do they know the qualifications of the individual members?

The latter question in particular needs attention. Sure the members might be qualified for their roles in Student Congress, Panhellenic, etc; but how does that make them qualified for the judicial process?

Simonson believes the new process will correct those concerns. The new process, she said, will make the Board "less mysterious and less

intimidating."

"Open dialogue of who these people are and why they are here," will help student's understand the Board's qualifications and aims. Also, Simonson said, the new Board will get "people involved who may not already have some attachment to an organization."

Increasing dialogue about the Board and participation in the judicial process will allow for better knowledge about the Board. This in turn will make the Board's influence and objectivity increase.

A Board filled with members from four particular organizations does not always

provide the most objective judicial process. There is the possibility each group shares a certain bias. With membership open to all sophomores, juniors, and seniors with a GPA of 2.5 or higher and the willingness to put forth time on the Board, a more objective judicial process will evolve.

The new judicial process should be a turn for the better. The old system in no way impaired the process, but the new system should increase judicial influence and objectivity.

This year should see the Student Judicial Board reaching its full potential.

Fans disheartened by Tigers slump

SEAN WEBBER
STAFF WRITER

It's no secret that the last few weeks have been a disappointment to Tigers fans. A friend of mine even opted to wear his favorite Tigers shirt inside-out last week. When asked why, he simply shook his head and mumbled: "They're terrible."

Sure, I guess you could say that the Tigers have been less than optimal lately, but terrible? My mind jumped back a few seasons, thinking about what 'terrible' really was. Getting swept by Cleveland in the most crucial part of the season, now that is terrible.

I guess the most disappointing aspect isn't really the fact that the "best team in baseball" got swept by the team that has been nipping at our heels all season. Even worse, the Tigers led every game. Put in perspective, I watch my hopes of a clean sweep dissolve. I guess Wednesday was an improvement... they only blew a two-run lead.

There is one crucial statistic which explains why the Tigers are going downhill. The Tigers have been 16 and 16 since August 17. You say that's not so bad, but look at the other two teams in the American League Central. You'll see Cleveland going 28 and 7, and New York 20 and 10.

Another reason for the recent slump is undoubtedly the growing disabled list. Kenny Rogers missed August with his sore elbow, Andrew Miller suffered from a hamstring injury which cost him his accuracy and confidence, and Justin Verlander had a few month decline. Because of these, the Tigers' pitching has been stagnant. Gary Sheffield has been playing through a shoulder injury and has bat a mere .185 and has hit only two home runs since August 1.

As a diehard Tigers fan, I can make the argument that these things are all circumstantial. Had all these things not happened in August, this late in the season, we'd have the Central Division crowd already clenched between our fingers. Still, the Tigers have let their postseason hopes slip away. Unless some miracle happens, the Tigers win out the season, or the Yankees fall into a slump reminiscent of their season start, all we can do is hope.

Until then, I'm turning my Tigers shirt inside out.

Errors cause volleyball to fall at home

SEAN WEBBER
STAFF WRITER

Our Scots' volleyball team fell to 1-5 in the MIAA and 5-13 overall last weekend with a tough loss to conference foes Adrian College at Cappaert Gymnasium, bowing to the Bulldogs 22-30, 28-30, and 22-30.

The Scots may attribute the loss to errors, which have plagued the squad for most of the season. While the Scots tallied up 22 on Saturday, they have averaged 15.2 throughout the season, while opponents have only averaged 4.55.

Being Cheyenne Luzynski's, first season behind the reins at Alma, and having just one senior on the squad, the Scots are trying to up for errors with young talent.

During Saturday's loss to Adrian, **Kim Gillhespy (10)** came out with 10 kills, while teammates **Molly Steere (10)** and **Kelsey Thompson (10)** both added six. Steere also added seven assists, along with **Jenn Bassette-Payne (09)**. **Amanda Risch (08)** played excellent defense, coming out with 30 digs. Bassette-Payne tallied 10 digs, while **Hannah Hewitt (11)**, **Rebecca Bruning (09)** and **Amy Seidl (09)** chipped in another five.

Jenny Carlson led the Bulldogs with 15 kills and six digs. Lindsey Eshelman and Sara Morningstar added six kills. Eshelman also had 13 digs.

Teammate Samantha Mercy led in the Bulldogs defense with

24 digs of her own, while Laura Scherer and Stephanie Asmus added 12 and 11, respectively.

Coach Luzynski's Scots are now two-thirds into the season. Despite recent struggles, the team has several standout players looking to make a difference. Hannah Hewitt, a freshman out of Harbor Light Christian Academy and all-state performer in high school, has averaged 7.69 assists and 2.11 digs per game as setter for Alma.

Kelsey Erwin (11) adds another 4.96 assists per game. Rebecca Bruning, a junior from Rogers City, has recorded 2.75 kills per game. Kim Gillhespy

has averaged 2.43 kills per game, as well as 1.21 blocks. Amanda Risch and **Stephanie Bradshaw (11)** lead the team in digs with 5.12 per game each, followed closely by teammate Jenn Bassette-Payne with 4.14.

The Scots have to shake off last weekend's loss to the Bulldogs if they want to come out on top against MIAA heavyweights Calvin College on Wednesday night and Hope College on Friday. Calvin is undefeated in conference play (5-0, 10-3 overall), while Hope has only accumulated one loss in the MIAA (5-1, 10-4.)

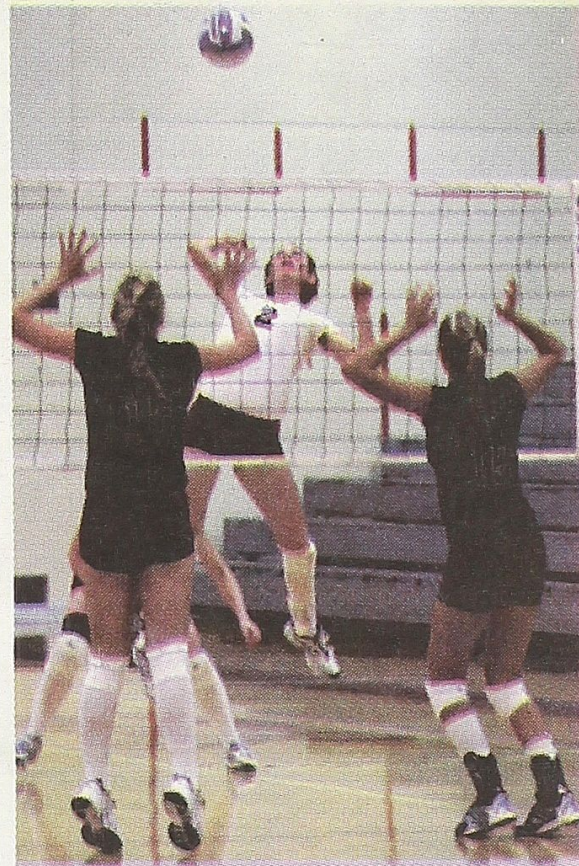


Photo courtesy of Josh Ernst

Hogan building to undergo renovations

BILL MCHENRY
STAFF WRITER

The Hogan building should see some changes in the next few years. On October 5, The Board of Trustees will discuss the financial details of renovating the building.

Current plans call for the renovation of the swimming pool, adding a practice gym, and the setup of a new PA system. None of these plans are set in

stone, but Jerry Scoby, Vice President for Finance, says the Class of 2011 should see the

"Is it worth investing in to upgrade versus tearing it down?"

Saundra Tracy
President

opening of a revitalized Hogan.

Saundra Tracy, President of Alma College, says that the initial campaign "primarily focused on the lower level, redoing all the locker rooms and creating a new athletic training facility. Both because [Alma is] very cramped for space as the number of athletes has grown."

Planned projects would cost between \$900,000 and \$1 million.

Tracy explained that the

project is currently "in the process of testing the feasibility of expanding the fundraising beyond what we had in the campaign." Adding another gymnasium will benefit winter sports in particular, said Nicholas Piccolo, Vice President for Student Life, because so many teams need practice room when the weather becomes cold.

Current projections show a new practice gymnasium between Hogan and the Remick Heritage Center. This practice gym would be the campus's "jewel" and the likely place to host guest speakers, etc.

The Athletic Department already possesses the money Student Congress allotted them for a new PA system. They are waiting for the plan's confirmation before installing a new system.

Tracy said efforts are being made to determine the possibility of "[purchasing] some kind of system that would be transferable to other spots on campus."

Tracy went on to state that it would be impractical to install a system in the current gymnasium when construction of a new one may occur in the near future. She said a decision will be made when the most

practical use of the money is determined.

While major renovation might occur, Hogan will not be demolished. The college "did an assessment of several buildings on campus by bringing in a firm to look at the facility," says

"[Alma is] very cramped for space as the number of athletes has grown"

Saundra Tracy
President

Tracy. "Is it worth investing in to upgrade [the building] versus tearing it down and starting it over? We did a thorough assessment of Hogan." She said the firm found Hogan sound; therefore, demolishing the building would be "wasteful" and not cost efficient.

Renovations on Hogan could begin as early as this spring. The swimming pool and lower levels of Hogan will undergo restoration. A new practice gymnasium and better sound system will also come out of this project.

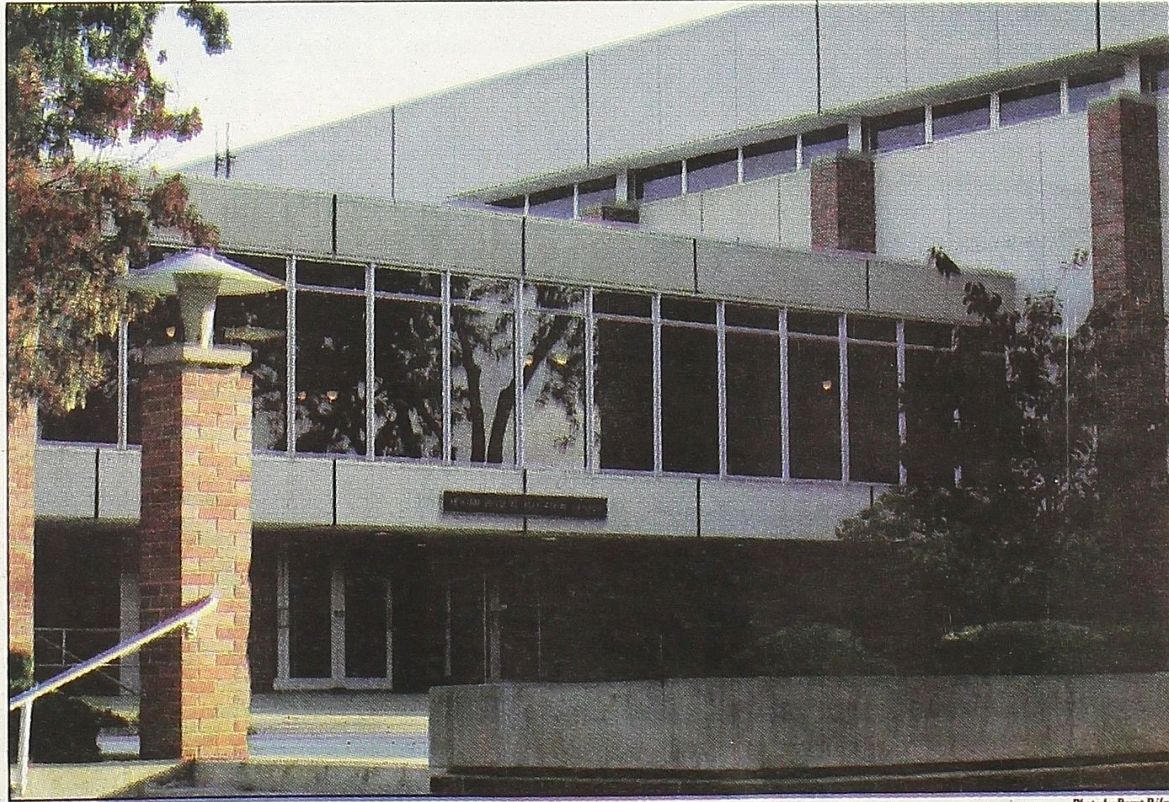


Photo by Brent Riley

Rain dampens spirits of womens golf

CHELSEA CLARK
SPORTS EDITOR

Lightning cracked and thunder boomed, Tuesday, delaying the debut tournament on the Scot's

new home golf course, Buck's Run, in Mount Pleasant. The Team ended up placing fifth in the MIAA Jamboree #3, with 376. Leading the team was **Sarah Caverley (10)** with an 88.



Photo courtesy of Skip Traynor
Jessica Kennard (09) follows through on her swing during the Calvin Invitational. She came out with an 87 for the day.

The girls were called in shortly after their first nine holes and were forced to wait inside for 45 minutes until the lightning had ended. "I had just started doing well with a string of pars after a bad start when we heard the sirens go off," said **Kailey Ruggirello (09)**.

The lightning was not Alma's only setback of the day, as the team played one person short. Although **Kristin Senter (09)** was not able to participate do to class obligations she came out afterwards to cheer on her four other teammates. "We all individually get along well," said Senter, "everyone has a positive attitude and motivates each other."

The luck was not all bad on Buck's Run opening night. A Tri-State golfer shot a hole in one on the seventeenth hole. This is only the second ever hole in one in the history of the MIAA Conference.

The preceding weekend was also a tough battle for the Scots. They placed seventh in Olivet's two day 36 hole Fall Tournament. The girls finished with 747 just one stroke behind the tie with Hope and Albion. This time the team was led by **Jessica Kennard (09)** with a two day total of 179. "We tend to balance each other out. We all step up and lead at different times," said Senter. Ferris State won the tournament leading the closest team by 48 strokes.

One time that all the girls stepped up at the same time was at the Calvin tournament earlier

"I had just started doing well with a string of pars, after that bad start when we heard the sirens go off"

Kailey Ruggirello (09)

this month where the Scot's brought home first place. Here Caverly, Senter, and Kennard were all able to score in the eighties at the same time.

The womens golf team has two more tournaments left in the season but as the team is made up of four juniors and a sophomore they all have a full year to continue their improvement and get used to the tricks of their new course.



Photo courtesy of Skip Traynor
Beth Hubbard (09) watches her shot during the Calvin Invitational. The team was lost in Grand Rapids on the way to the tournament for nearly 25 minutes while they were within 5 miles of the golf course.

Honoring athletes, celebrating the past

LAUREN SYPNIEWSKI
STAFF WRITER

In 1971, Alma welcomed seven athletes, one coach, one team, and two other outstanding people into the Alma College Athletic Hall of Fame. Now, 36 years later, the college is once again keeping up the tradition of initiating more names to the wall.

Tomorrow, September 29, the Alma College Athletic Hall of Fame will be having their Class of 2007 induction ceremony. From 11:45 a.m. to 12:45 p.m., tickets for the hall of fame ceremony will be available, as well as tickets for the football game, in the lobby of the Hogan Physical Education Center. The game, Scots versus. Tri-State University, is at 1 p.m., cocktail hour is at 5 p.m. in the lobby of Hogan, and dinner is at 6 p.m. in the Cappaert Gymnasium. Immediately following dinner, inductions will begin.

"We [Alma College] are one of the oldest halls of fame in the country," said Josh Ernst, the sports information director at Alma College. "We're the first college/university in the state to have one, and one of the first in the nation."

Since 1971, Alma has been inducting students, faculty,

and teams into their Athletic Hall of Fame. Although the induction ceremonies have not been consistent in the past, the college and athletic department are trying to focus on a more

"Right now we have to play catch up on the women's sports because they have been neglected for awhile"

Josh Ernst
Sports Information
Director

regular schedule.

"We are going to try to [induct] every two years," said Ernst.

Although the hall of fame displays many exceptional students, devoted coaches, outstanding individuals, and superior teams, none of these people can be found on campus. There is a ten year waiting period placed on the Hall of Fame, which begins after graduation, retirement, season, or from the time that the individual leaves Alma.

"Right now we have to play catch up on the women's sports

because they were neglected for awhile," said Ernst, commenting on Saturday's installments. "This year alone, we are inducting three women volleyball teams and two women athletes."

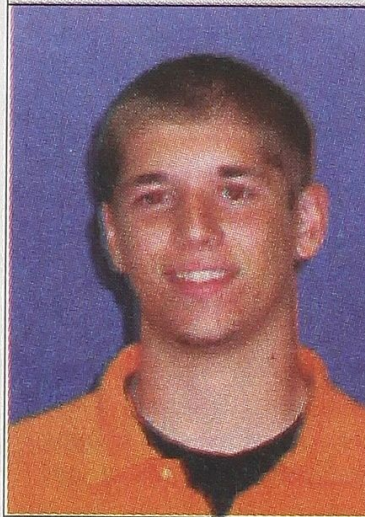
For the class of 2007 inductions there is no team or person from later than 1986 being placed on the wall. 38 years have past since the first induction ceremony. There have been 14 installments since, so there is much to concentrate on.

Lansing was host to the first induction ceremony on May 25, 1971. The purpose was originally stated as:

"It is the intent of the Alma College Hall of Fame to celebrate the past, present, and future of Alma College through the recognition of excellence in those who have made significant contributions to the Scots' athletic tradition."

Tomorrow, the following people and teams will be added to the wall: Larry Andrus '72 and Greg Hatcher '83 under distinguished alumnus; Rose Peck, for meritorious service; Coach John Chiodini; Athletes Bruce Gerish '81, Linda Ban-Sandbloom '82, Denise Schurr Wilder '85, and Mark Baker '86; and 1983 Baseball, 1982 Volleyball, 1983 Volleyball, and 1984 Volleyball, under outstanding teams.

Warrior amongst us



IAN FOWLER
STAFF WRITER

"I really wasn't a bully as a kid," said Josh Sanders, a 20-year-old junior from Warren majoring in graphic design and captain of the tennis team.

There's something quite unique about Josh that sets him apart from the rest of Alma College: he's a fighter.

OK, so maybe that doesn't sound impressive, but Josh is unlike the rest of the "fighters." He competes in the sport of Mixed Martial Arts (MMA).

MMA is the ultimate fighting event. Unlike boxing or wrestling, an MMA fighter has to subject themselves to all different types of fighting styles. Punching, kicking, elbowing, kneeing, choking, and pinning are all types of attacks thrown at an opponent.

MMA incorporates many styles of hand-to-hand combat: boxing, Brazillian Jiu-jitsu, Muay Thai, wrestling, Sambo, and Vale Tudo, to name a few.

An MMA fighter can achieve victory in one of the following ways: a judges' decision after an allotted amount of time has elapsed, a stoppage by the referee (in the event that the competitor is injured or can no longer defend himself intelligently), a submission, by a competitor's corner man throwing in the towel, or by knockout. So, how did Josh get involved in

such a unique sport? "I watched boxing a lot with my dad when I was a kid," said Sanders, "and that's probably what got me interested in fighting."

In 2004, Josh started boxing. "Boxing was fun, but I left me wanting more," explains Josh. "I wanted to be able to use parts of my body other than just my arms. MMA is different from boxing in that you are able to be surprised by what your opponent was doing, rather than knowing that they are always going to try and punch you."

In April, Josh began training as an MMA fighter. He has since competed in two bouts, both of which he was victorious: one by default (opponent forfeit before the fight), and the other by submission (opponent forfeit during a hold or pin).

"Training is a huge part of the sport," says Josh, "You have to be extremely fit, [both] mentally and physically." Josh went on to outline his training routine, which includes running, lifting weights, practicing individual components of the fights,

"You have to be extremely fit, mentally and physically,"
Josh Sanders (09)

and sparring (practice fights).

"The fight is actually surprisingly tough on your mental endurance," says Sanders. "It takes a lot to be able to counter everything your opponent throws at you and still be able to throw attacks of your own at him."

Josh hopes to someday move up to the professional ranks after getting around ten amateur fights under his belt. "I look up to quite a few different fighters in the professional leagues. Randy Couture is one of my favorites because he's over 40 years old, and he still kicks butt!" says Josh. Josh's next fight is in November.