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Students' in-flight 'Harlem Shake' prompts federal investigation



Above: A YouTube screenshot of CC Ultimate's "Harlem Shake" on a plane on Feb. 15. Right from top: Gavin Nachbar, Matt Zelin and Conor Crowley, three of the masterminds behind the video. Photo by Veronica Spann.

WASABI FRISBEE

Jesse Paul Editor-in-Chief

Something odd aboard a Frontier Airlines flight across the Rocky Mountain West caught the attention of federal investigators last week. Perhaps it was the passengers banging on the ceiling, walls and floor of the cabin, or maybe how most of the passengers were out of their seats, jumping up and down.

The Federal Aviation Administration is investigating a group of Colorado College students and a Frontier flight crew for a video that was shot in the air during Flight 157 of an Airbus A320 on Feb. 15, an airline spokesperson and federal officials confirmed this week.

The students, were traveling Colorado Springs to San Diego on the way to an ultimate frisbee tournament, filmed a version of the "Harlem Shake," a YouTube meme that has gone viral in the past few months. While no charges or sanctions have been filed against the airline or the students, the FAA is continuing their investigation into the flight and





The full controversial video can be viewed at www.catalystnewspaper.com

CC readies for tuition increase

CC LIFE

Jack Sweeney Staff Writer This past Monday, you may have received an email informing you of the roughly six percent

increase in tuition for returning students—raising the comprehensive fee to \$54,534 up from this year's \$51,470.

Though it seems steep, CC administrators find the tuition hike both appropriate and competitive with peer institutions.

The Board of Trustees voted overwhelmingly in favor of the tuition hike.

"Our applications are up again this year, after a significant increase in applications last year," President Jill Tiefenthaler said. "Students and families who are interested in CC are attracted to quality and value, not just price."

For students who will be seniors next year, tuition will have risen nearly 15 percent during their career at CC.

"My take is that it's outrageous that these are the prices," said Ofer Ben-Amots, a music professor. "It's just outrageous that you have to pay so much. I do know they think very carefully before they raise it though."

Among its peer schools, such as Colgate, Oberlin, and Occidental, CC is actually far below the trend of tuition spikes. CC's cumulative tuition increase for the past five years is at 21.2 percent as compared to the peer school median of 24 percent.

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CITY'S MOST DANGEROUS SPOT

LOCAL CRIME

Eliza Carter Guest Writer The Catalyst was denied access with a swift "no" this week to one of the most noto-

Springs.

The converted garage at 628 Vermijo
St. is a scary place, the clubhouse of Col-

rious and dangerous clubs in Colorado

orado Springs' Sin City Disciples Club. The club has received much more attention than it is generally receptive to in recent months.

The Sin City Disciples' are an outpost of an international motorcycle gang, which

an international motorcycle gang, which has recently caused alarm in Colorado Springs. The most recent incident was a Feb. 17 shooting outside the club, which rounded out a series of violent episodes linked to the Disciples over the course of 2012.

"Motorcycle clubs like the Sin City Disciples, it's more of a game . . . drugs and guns and breaking the rules just for the fun of it kinda thing obnoxious," said Levi Jones, who works at Apex Sports in Colorado Springs, which deals motorcycles among other vehicles. "My kinda club would be a bunch of guys who want to go learn how to ride better."

On March 3, the fatal shooting of a man named Virgil Means gained the most notoriety. It involved six individuals who shot at Means while he was a passenger in a Cadillac. Christopher Mountjoy, a Fort Carson soldier alleged to have initiated the shooting, faced first-degree murder charges.

Mountjoy, or "Stone Cold" as he is

known in the Disciples' club, allegedly shot at Means while others flanked him with slow-moving vehicles. Mountjoy held a position known as the "sergeant-at-arms" within the Disciples, meaning that he protected the club and its mem-

Mountjoy's first-degree murder charges were eventually acquitted, but he was convicted of manslaughter on February

His attorneys argued that he was acting in self-defense. Means had been beaten at the club a short while before the shooting, and Mountjoy was ostensibly under the impression that Means had returned for retribution.

Three of the six accused individuals are Fort Carson soldiers: Sgt. Christopher Mountjoy is a former Fort Carson staff sergeant, and defendants Sgt. John Severe and Eric Bartholemew were activeduty soldiers at the time of the shooting.

Severe agreed to testify in court and give insider information on the Disciples in return for a plea deal, as did Andrew Brewerton, who had been a member of the gang at its lowest, grunt level.

They gave the court valuable and rare insight into the inner workings of the club; its hierarchical structure, its misogynistic treatment of women, and its code of brotherhood and silence.

Another man implicated in the March 3 shooting, DeAngelo Michael Wells, has pleaded guilty to charges of tampering with evidence.

Subsequent shootings have included a New Year's Day shooting of a man who



The Sin City Disciples Club on Vermijo St., just a short drive from campus, is one of the city's most dangerous spots. Photo by Sam Zarky.

refused to cooperate with police in trying to locate a suspect, and a Feb. 17 shooting of a man who was hospitalized and whose attacker has yet to be identified.

Detailed information for both cases has been hard to come by; the Disciples are notoriously tight-lipped.

Jones is vaguely familiar with the group through his job. He said, however, that their presence is less palpable than that of other groups.

"I don't see them very often," Jones said. "Sons of Silence is a lot more prevalent around here. They're everywhere." The Sons of Silence is a similar outlaw

Continued: News page 4

FROM THE EDITOR

Investigating grading trends

COMMENTARY Jesse Paul Editor-In-Chief



One of my favorite English professors at Colorado College likes to begin each block with a story about how he and his students view grading. Sitting in his office one day many years ago, he overheard two students talking about their grades in one of his recent classes. "I got an A," one said

"He gave me a C," said the other.

Imagine if you knew exactly which departments are failing the most students at CC. Would you avoid those departments at all costs? Maybe you'd begin to question the grading and teaching techniques of the professors. Would you protest? Would you even want to know?

At the start of fourth block, The Catalyst began an investigation into that very information, inquiring with the registrar $% \left(1\right) =\left(1\right) \left(1$ for grading data in recent years in an effort to better inform the community of how grading standards work at CC.

The project began as mere curiosity: Is there truth to the stereotypes about grades and disciplines, such as the belief that science courses trump others in difficulty? Are there even trends at all?

It turned out to be a much more sensitive and complicated subject.

That initial request morphed over weeks, leading to discussions with the dean's office and the possible involvement of higher-level administrators. More than three months later, we still don't have the answers. The administrative offices want to first explore what the possible benefit or harm of releasing such information would be. This week, Staff Writer Ansel Carpenter will submit a detailed request to the dean's office outlining the basis of our probe.

The questions surrounding this article, and the real and legitimate hesitations of the college, raise some very interesting points regarding CC's grading process as a whole and how academic merit and failure are regarded at this school.

In this arguably competitive environment where intellect, effort, and achievement are all highly regarded, grade point average and consummation are integral. The difference in one letter grade can mean receiving a coveted award at Honors Convocation or even a boost in your image to future employers.

That being said, the classes at CC in which I have done most poorly turned out to be the ones where I worked the hardest and learned the most. And, more often than not, I thoroughly enjoyed

As Mark Twain said, "Never let formal education get in the way of your learn-

Perhaps we need to first judge the true value of our long-standing grading system itself and decide whether it perpetuates healthy learning or staves the brave exploration of difficult subject matter. We've all heard the stories about the student who graduated only after taking all pass-fail tracked classes at CC. Some of us have even been lucky enough to experience the lack of pressure that such a route accords.

Contact Jesse Paul at 302-528-7118 or follow him on Twitter @JesseAPaul.

Fracking panel reveals lack of data

LOCAL POLITICS

Ansel Carpenter Staff Writer

played host to a panel discussing one of the most pertinent

evocative issues today: hydraulic fracturing, or "fracking," as it is known in popular discourse. Fracking is of particular concern in a state like Colorado. which has vast reserves of natural gas the substance that fracking draws out.

The panel consisted of six members meant to represent various viewpoints on the issue, including two state government officials, an officer of an oil and gas drilling corporation, a member of an environmental interest group, a member of an anti-fracking movement, and a homeowner who claims to be impacted by fracking activities.

The discussion was hosted by CC's Environment, Energy, and Security Project (EESP), a group aimed at education, discussion, and research about it eponymous energy and environmental security issues; it was attended by a little over 100 people, almost an equal mix of CC students and interested community members.

Before the panel had begun, a small group of student protesters stood outside the doors of Palmer Hall, with signs centered on the general theme of "stop the fracking." Once inside, members of the EESP made sure that all signs were either left outside or placed on the ground, to remain there for the duration of the talk.

The event's organizers and officiates,

This week, CC including CC's Academic Communications Specialist, Diane Alters, stressed that the panel was supposed to facilitate polite, "civil" discourse.

> While all panel members were given roughly equal time, support in the room was mostly geared towards antifracking. The biggest applause break of the night came when Lisa Bracken, the impacted landowner and an outspoken opponent of fracking, talked about how standing with one another was the only way to win.

> Two state officials, Ken Coster, the Department of Public Health and Environment's oil and gas liaison, and Stuart Ellsworth, an employee of the Colorado Oil and Gas Conservation Commission, got as little praise from the audience as industry representatives did.

> At one point, Ellsworth said, "Colorado has the toughest oil and gas regulations in the world...in the universe," for which he was derided.

> The arguments on both sides were those frequently employed by supporters and detractors of fracking. Supporters' arguments included an increase in jobs, increased revenue for the state, transition from coal, and the belief that fracking does not pose the health or environmental risks that many claim. Detractors claimed that any economic benefits are offset by health risks, including leaking of harmful chemicals into groundwater, and environmental destruction.

> Despite their seeming support for at least some form of fracking, the state of

ficials showed concern about the lack of data on the subject. Multiple times over the course of the several hour talk, each signaled that more study in the area was welcome, and probably needed. However, they noted that the types of studies that needed to be done could only be achieved with the resources and support of the federal government.

Despite the possible lack of data that the government officials pointed out, they were not concerned about one of the more emotive issues in fracking: the chemical composition of the water used in it. Bracken, and Phillip Doe, a representative of the interest group "Be The Change," which opposes fracking in its entirety, both brought out one the their causes' keystone arguments: if the oil and gas companies have nothing to hide, why not reveal the chemicals used in their process?

Supporters of fracking responded that there was a great deal of disclosure because of federal law already and that the mixture of chemicals was a trade secret that had to be kept from competitors.

The discussion, as its organizers had hoped, was predominantly civil with the only real disturbance coming at the last question when a citizen of Colorado Springs went well over his time limit, did not stop at Alters' request and insistence, and demanded his question about whether corporations could use as much water as they wished will agriculture and consumers' water was rationed—be answered after the panel ended.

Springs crime, in brief Colorado

THIEF SEEKS TOBACCO

Two men were arrested for breaking into and robbing a Shell Gas Station early Friday morning.

Just after 1:30 a.m., an officer observed two men run behind a shopping center on the southwest corner of E. Platte Ave. and N. Murray Blvd. and then run westbound. Several more officers responded to the area and found the two men hiding in a fenced-in office complex on E. Bijou

One minute after the first officer observed the men running, CSPD received a call indicating that the burglar alarm at the Shell Gas Station was sounding, police said.

Officers responded to the gas station burglar alarm and found the front glass door broken and the business burglarized.

Officers located two bags that the suspects had been carrying and found numerous packages of cigarettes and other tobacco items.

The two suspect brothers, Charles Ney and Anthony Ney, were arrested and charged with Second Degree Burglary, Felony Criminal mischief, and Felony Theft.

KING SOOPER'S ASSAULT

A security guard was assaulted during a shoplifting in a King Sooper's on Saturday afternoon.

Officers were dispatched to the store, on Stetson Hills Blvd., just after 12:30 pm in response to a shoplifting. Investigation revealed that the suspect, Gregory Miller, had assaulted a store security guard while shoplifting.

The security guard sustained minor injuries and Miller was taken into custody at his residence.

MOM ASSAULTED AT GUNPOINT

Officers arrested a man for assaulting his mother and her friend on Saturday evening.

Just after 6 p.m., CSPD received a call reporting a disturbance involving a gun. An investigation revealed that the suspect, Sanza Thompson, was still on scene. Thompson assaulted his mother and her friend while threatening them with a gun, police said. During the assault, Thompson accidently dropped the gun and fled.

Officers checked the surrounding area for the suspect, but were not able to locate him. The suspect was arrested at his residence just before 11:20 p.m.

MAN PUNCHES GIRLFRIEND

Jeramine Simpson was arrested on Saturday morning for punching his girlfriend.

Officers responded to the 4200 block of Forrest Hill Rd in response to a domestic disturbance at about 10:30 a.m. A female caller indicated that her boyfriend had punched her in the face and she was bleeding.

Upon arrival, the responding officer heard loud shouting in the home and observed blood outside the home and requested additional units to re-

Officers announced several times that the occupants were to exit the home, but received no response. An emergency entry plan was being made when the the victim suddenly opened the door. The victim had visible injuries consistent with an assault. Two small children were inside the home as well, police said.

Jeramine Simpson, 28, was arrested for Third Degree Assault and Child Abuse.

UNDERAGE DRINKING BUST

A disruptive group of teenagers were busted for underage drinking early Sunday morning.

Officers were dispatched to a residence on E. Dale St. based on reported active disturbance involving male and female teenagers. The reporting party said that one person had been lying on the ground, but had been taken into an apartment.

Once on scene, officers located an apartment from which they could hear loud yelling, muffled voices, and thud noises, police said.

Officers made contact with people in the apartment and found an underage drinking party.

Ten individuals were served summonses for underage drinking and one female was transported to a local hospital for evaluation.

STORAGE UNITS ROBBED

Two suspects were caught breaking into and stealing from two storage units at a self-storage complex late Monday morning.

At about 11:45 a.m., officers were dispatched to the Rite Place Self Storage on Mallard Drive in response to a possible burglary of a storage unit. They found a female and a male inside the storage lot.

Police contacted the owner of the business and discovered the male and female did have their own storage unit, but they had also gained access to two unsecured units that had property in them.

The owners of the two units identified several times belonging to them, which were recovered from inside the suspects' vehicle. Both the female and male were arrested for burglary and

Mathias dorm welcomes new RLC

DORM LIFE
Megan Masuret
Guest Writer

The Residential Life and Housing community at CC welcomed LaToya D. Jones as

the new Residential Life Coordinator in Mathias this semester, just months after the former RLC resigned under undisclosed circumstances.

The primary task of the RLC is to ensure that all CC students experience a safe and comfortable living environment on campus. They oversee the work of the student Residential Advisors, respond to any incident reports, and address any issues that arise in the residential world. Jones monitors the activities of not only Mathias, but also Arthur House and Jackson House.

Jones was born right outside of Fort Bragg, N.C. in the area that was once the Pope Air Force Base. After earning her undergraduate degree from East Carolina University, she continued her studies at North Carolina State University, where she graduated with a Master's Degree of Education in College Counseling. Now at Colorado College, she couldn't be happier.

"It felt really good being here, and since I've been here as the new Residential Life Coordinator for Mathias Hall, Arthur House, and Jackson House, this feeling has not changed," Jones said.

Jones started working in Mathias on Feb. 18, but has quickly adjusted and is already turning her sights to the future.

"My short-term goals are to make sure that Mathias Hall, Arthur House, and Jackson House run as smoothly as they ever have. And my long term goal is to be able to work with various entities across campus, such as OMIS and the Wellness Resource Center, to benefit the students who reside in our residential buildings," she said

After a period of confusion following the resignation of two RLCs in December, the Mathias RAs are glad things have settled down again.

"Nikki's [previous RLC] sudden departure and the subsequent period without an RLC were challenging for us, on the Mathias staff, and for the Residential Life department as a whole. We are relieved that the position has been filled and are excited to work with LaToya. She is a qualified candidate with a wealth of relevant experience and we are confident that she will have a positive impact on the experience of Mathias residents," said a group of Mathias RAs, who wished to remain anonymous, in an email to The Catalyst

But Jones is so much more than just the Mathias RLC. She enjoys sitting down with a good historical romance or thriller novel, or watching movies. She likes to go bowling, play air hockey, tennis, and she likes to swim.

"I am not spectacular at any of these things, but I like to have fun doing them, and that is what counts," Jones said.

Furthermore, Jones has been cultivating her crocheting skills since elementary school. What initially began as a mindless art quickly morphed into a more advanced form while she was in

graduate school. She taught herself how to read crochet patterns and now can produce scarves, baby blankets, and granny square afghans.

Other interests include trying new food, visiting museums, and stepping outside of her everyday routine to see things that are not part of her daily adventure.

One reason Jones is so thankful to be working at CC is because of her understanding of how influential the college lifestyle can be.

"If I could choose one population of people to work with, it would be college students. College students are so much fun, they keep me young. And they are very important when we consider that they will soon be entering the workforce, if they have not already, and they will be running the world," Jones said.

Similarly, she recognizes the importance of her role in students' lives.

"I want to be someone that makes an everlasting positive impact on this group and I have found that I'm able to do this through Residential Life & Housing because you really get to see students at their best and worst," she said.

If there is one attribute that students can learn from Jones, it is her self-assurance and confidence.

"Overall, I am just excited to be here and I'm not nervous about a thing. I am just going to be the self that I have always been, and it will continue to see me through," Jones said. "I am confident that I make people feel comfortable by just being myself."

Possible decommissioning of power plant

LOCAL POLITICS
Tim Bruns

Guest Writer

As you approach Colorado Springs on I-25, a number of things stand out. Among them

are Pikes Peak, Garden of the Gods, and the incessant steam cloud emerging from the power plant in central down-

The Martin Drake Power Plant has been producing energy for Colorado Springs since it was built in 1925. It currently supplies roughly one-third of the electricity used by the Colorado Springs community and produces energy 365 days a year unless under construction. The plant is comprised of three units that are capable of burning either coal or natural gas.

The units operating at the Martin Drake Plant meet or exceed federal regulations for emissions. Baghouses collect more than 99.8 percent of fly ash, a harmful residue generated in combustion. Additionally, most of the water used at the plant is recycled from the Las Vegas Street Wastewater Treatment Plant.

Recently, the Colorado Springs City Council commissioned a study to explore the possibility of removing the Drake Plant within the next 15 years. The study is to be conducted by a ninemember citizen task force headed by city councilors Brandy Williams and Lisa Czelatdko.

Nearly 100 Colorado Springs citizens applied to be on the task force. The full City Council was responsible for nominating the nine members that were selected. Of the nine members (seven men and two women) most are prominent members of the Colorado Springs business community.

The goal of the study, to be completed by 2013, is to investigate economic, social, environmental, and health considerations associated with the removal of the Drake Power Plant.

"The reason this study needs to be done and should have been done prior to spending \$150 million on the Drake power plant is because these are rate-payer dollars," Williams said, referring to city-owned Colorado Springs Utilities, which owns the power plant.

"Is it more cost effective to decommission Drake and then build a new power source or is it more cost effective to pay whatever it costs to keep Drake open? We need answers to these questions so that we as ratepayers and as the board know the cost that we could potentially incur depending upon the path that we take with this power plant," Williams said.

Some of the key responsibilities of the Drake Task Force members are to participate in Task Force meetings, contribute to the development of the study, and to agree to a communication process to en-

sure that individual citizen-participants are not speaking on behalf of the Task Force.

One of the first steps taken by the Drake Task Force was to select Navigant Consulting firm, which specializes in highly regulated industries like energy, to help advise the Task Force in the upcoming months. The group will investigate potential sources of energy to replace the Martin Drake Plant.

Laurie Oppel, managing director at Navigant, discussed the experience that the company has with meeting goals that go beyond minimizing costs.

"Many utilities and many load serving entities want to go beyond least-cost planning, so are we looking at reduction in toxic air emissions? Are we looking perhaps at job creation, economic development, etcetera? So we help utilities look at how they want to optimize their portfolio, which truly is beyond least-cost planning any more," she said.

Colorado Springs residents' reactions to the potential decommissioning of the Martin Drake Power Plant vary.

"The public has mixed emotions. Almost everyone wants the least expensive, most reliable energy, but there are those that want to see what the economic impact of removal could be and there are those that want the removal of the Power Plant for health and environmental reasons," Williams said.

NEWS E

>>> Machiavelli will be re-examined by the Political Science Department this March and next fall with presentations by five nationally renowned scholars in an effort to bring the 15th-century philosopher, historian and politician into our modern studies at CC.

The series, starting on March 7, will first feature Dr. Arlene Saxonhouse, of the University of Michigan, who will speak on "Machiavelli's Women and the Imagination: A Legacy of Shattered Forms" at 7:30 p.m. in the Gates Commons Room in Palmer Hall.

"Conservatives and progressives alike now recognize [Machiavelli's work] as a brilliantly realistic analysis of human nature and the paradoxes and limits of political power," Professors Thomas Cronin and Timothy Fuller said in a press release.

>>> **Dylan Redwine**, the son of a CC administrator, is still missing as of roughly three months ago.

Redwine, who disappeared from his father's home in Vallecito near Durango, has not been seen or heard from since December. His mother, Elaine Redwine, works in the Financial Aid office at CC.

Most recently, the Redwine family appeared on Dr. Phil this week in hopes that someone might recognize their son or provide a tip to authorities who are continuing to search for the 14-year-old boy, according to Fox News in Denver.

>>> A **heavy snowstorm** Tuesday night blanketed towns east of Colorado Springs, stranding motorists and schoolchildren in at least one community.

In the Miami-Yoder school district, about 60 children were forced to spend the night in school after buses that were taking them home had to turn around when faced with "white out" conditions, The Gazette said in an article.

El Paso County Search and Rescue dispatched a Snowcat to rescue those in one stranded vehicle, according to various local news outlets.

>>> Frontier Airlines announced recently that it will be discontinuing all flights to and from Colorado Springs.

Frontier announced last year that they were naming the local airport a "minihub" with destinations throughout the West. The news comes just weeks after Frontier announced it was ending service to multiple cities, including Denver, Phoenix, and San Diego.

The Catalyst reported last month that officials say they are talking with other airlines to build new partnerships and bring other carriers to the small airport west of downtown Some community members have voiced a hope that Southwest might take Frontier's former spot, but spokespeople for the city say that is unlikely.

>>> CC's "Harlem Shake" video went national this week as CNN took a clip of the college's rendition of the viral meme and used it in a short segment.

CC students have now posted at least four versions of the "shake" on YouTube, racking up views in the hundreds of thousands.

THE CATALYST

The Catalyst is a weekly newspaper produced and managed exclusively by students of The Colorado College. Published for the benefit of the college community and the surrounding local area, the Catalyst aims to bring general interest and academic-oriented news, ideas, and opinions into greater collective view—to act as a catalyst for informed debate. The newspaper is published under the auspices of Cutler Publications, a 501(c)(3) not-for-profit independent of The Colorado College.

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4

State of the Rockies continues to expand in its tenth year

ENVIRONMENT
Audrey Wheeler

Staff Writer

Since 2004, the Colorado College State of the Rockies project has

provided comprehensive, unbiased research on environmental issues facing the Rockies region. Under the banner of "Research, Report, Engage," student-faculty collaboration led by professor Walt Hecox allows students to delve into regional issues and publish their research in the State of the Rockies Report Card, which is released every April. This release occurs during the State of the Rockies Conference, which brings together regional experts on pertinent issues to discuss and engage with the issues brought up in the Report Card.

The Rockies project continues to expand based on its successes. Recent additions to the project include expedition-based research and the Conservation in the West Poll, which surveys bi-partisan opinions in six Western states.

"I view the Rockies Project as one of the college's signature programs and an important community, regional, even national resource," President Jill Tiefenthaler said.

As one of the focuses of Tiefenthaler's strategic plan is strengthening community and regional connections to CC, the State of the Rockies project shows how this is already happening. The project's \$100,000+ annual budget is mostly provided by the college, with various grants and donations to supplement.

The research done by students has made visible contributions to the region.

"This year, CC seniors were able to brief the governor of Colorado and the Secretary of the Interior about what they believed would be action items to save the Colorado River Basin," Hecox said.

Regional impacts are also visible through the Conservation in the West survey. This survey, which was just released for its third year in a row, gathers opinions on conservation, land use, energy, and other environmental issues from diverse demographic groups in six western states.

"This is the first time someone's spent money to have nationally renowned surveying firms find out what people think," Hecox said. "Newspapers and politicians are often wrong, so we're trying to get below those and ask the people who live here about their values."

The poll has sparked national interest with its bipartisan, cross-cultural examination of actual public opinions. The results have highlighted the lack of communication between government and people from both sides. Many people are unaware of how their elected officials are voting, and politicians have often incorrectly assumed the desires of their constituents.

"Despite the fact that more than 39 million acres of public lands – including land in six national parks – are currently leased by oil and gas companies, only 34 percent of those interviewed for the 2013 survey knew with certainty that oil

and gas drilling occurs on public lands!" Hecox said in an article for Mountain West Perspectives.

Another statistic that was surprising to many was that 91 percent of people agreed public lands are an essential part of their state's economy. Most of the findings from the poll indicate that people are generally concerned with conservation across political parties and regional boundaries. In this way, the Rockies project has been able to provide data for regional organizations, politicians, and whoever else is interested.

"We want to create unbiased, visible data so the residents of the region can form their own opinions," said program coordinator Brendan Boepple.

To expand the audience for these statistics and the student research, Boepple explained that one of the next steps of the project is to improve the website and make the information more accessible.

So far, one of the most effective ways the Rockies project has drawn in interest is though the new branch of expedition-based research.

CC alums Will Stauffer-Norris '11, and Zak Podmore '11, have pioneered this expedition aspect with their Source-to-Sea kayak trip on the Colorado River last year and their more recent excursion "Down the Colorado." Videos and pictures from these expeditions have brought more awareness to the Rockies project.

"We're working on the nexus between outdoor recreation and scientific research," Boepple said. "Even the most conservative elk hunter is still an outdoor recreationalist; that's a connection that really should be bridged and utilized more often."

This connection will be explored further at this year's conference, where representatives from Adventurers and Scientists for Conservation will lead the discussion on citizen science. The second day of the conference will be dedicated to the environmental and economic consequences of large sporting events, including the World Alpine Skiing Championships that will be hosted at Vail and Beaver Creek in 2015.

The State of the Rockies project continues to develop its model by adding more branches to its design.

It is particularly unique to CC not only with the opportunity for undergraduate students to be published, but because of our location in the Rockies area and the neutral stance behind the research being done.

"There's power in this. People read about it all over the nation and know about it more than people at Colorado College," Hecox said.

This summer's researchers will focus on large landscape conservation and new conservation techniques arising in today's patchwork of land ownership. The project will remain a unique aspect of CC, and will continue to have great effects on the students involved and to provide unbiased research on regional environmental issues.

City's most dangerous spot

Continued from page 1.

...motorcycle club that was founded in Colorado. It has a history analogous to that of the Sin City Disciples, involving drug and violence-related incidents.

According to John Turner, an employee at Front Range Cycle Shop in Colorado Springs, the Sin City Disciples constitute a niche of bike culture that does not represent the greater whole.

"I'm not really into the club life," Turner said. "I'm, you know, I'm there to ride a bike, I'm not there to hang out with my buddies and act tough and cool, which is all I kinda see the clubs as, really."

The Sin City Disciples' club is a "one-percenter" (meaning outlaw) motor-cycle club that was founded in Gary, Ind.

in 1966. One of the oldest motorcycle clubs in the country, the club has been mostly African-American and had a high percentage of military veterans for most of its existence.

The Sin City Disciples involve a community-oriented philosophy incorporating the phrase "When I get a dollar, my brother now has 50 cents." Their motto is "I Am My Brother's Keeper."

While the shootings do seem like a disconcerting chain of events, Turner does not think there is any cause for alarm for anyone not affiliated with the club.

"If you're not involved and crossing their path, they don't bug you for any reason," Turner said. "For the most part, you know, they're not bad people, necessarily, they just do bad stuff sometimes."

CCSGA HAPPENINGS General News:

 The Student Trustee election was held Feb. 25, and the following three finalists were selected. Each of the three finalists will interview with the Board of Trustees for the Student Trustee position. They are listed in alphabetical order:

Chris Ox Edmonds

Garrett Benisch

Joel Begay

Voter turnout was 38.25 percent.

- CCSGA disbanded all its task forces, effective immediately, per the recommendation
 of its recent retreat. All work within CCSGA will now operate on an individualized,
 project-based basis. CCSGA is developing protocols to access the efficacy of each of
 its elected members to provide accountability within the project-based model.
- CCSGA is considering a proposal to bring all three District 3 political candidates for a town hall debate on campus, and Pat Knect is currently discussing with Dean Edmonds about hosting them in late March.
- VP Charis Whitnah is currently working with Lauren Schneider to host another wellness week that will occur in the upcoming weeks.
- CCSGA is exploring the possibility of a collaborative project with the Colorado Springs City Council.
- CCSGA is working on creating an OMIS Hot-Topic Coffee event to discuss difficult issues on campus.
 CCGSA will now be holding Full Council meetings the first three weeks of every
- block.
- A Full Council Meeting will be held on Feb. 28 in the Carriage House at 7 p.m.
 CCSGA Full Council will be soliciting a presentation and may entertain a resolution concerning the Divestment initiative on campus in the coming weeks.
- The weekly Executive Council meeting will be held on Feb. 26.

The Finance Committee approved the following budget allocations (known as of 2/25):

Club	Event	Amoun
Student	Ryan Haas's Play	\$649
Llamapalooza Committee	Llamapalooza	\$3,700
Llamapalooza Committee	Battle of the Bands	\$783
FemCo	OrgasmiCC Liberation Front	\$1,68
Spill	Wellness Week	\$830
Energy Environment		
Security Project	Fracking Panel	\$554
Student	Quony Cup	\$950

Editor's Note: CCSGA Happenings provides our readers with access to information they need to become involved in campus issues. Events and news here are provided by CCSGA and compiled/edited by our staff.



My coffee cart is open in the evenings from 7:00 to 11:00 p.m.



Tutt Library Tips

Beth Kancilia, LGBTQ Student Specialist, on changing campus queer life, student activists, Colorado Springs' unofficial lesbian bar, and Gaypril.

What interested you in coming back to CC to work after you graduated?

This position was brand new, so I was really excited. When I was a student I advocated for an LGBT full time staff position. It was my dream job to come back, [having been] gone for over a year, and work on things with more resources and more structure to do the things, especially after a year of reflection, that I think was most important and what was missing for queer life when I was a student. I wanted to make the queer life experience better for students now than it was for me... not that it was bad, but I think there were some challenges definitely.

How has CC changed since you graduated?

Andrew Wallace '12, with [Professor of History] Tip Ragan, started the Oral History Project that captures the oral histories of CC faculty, staff, alumni, students and people associated in the community with the college - LGBT-identified folks but also people who had things to do with the LGBT community. My position was created; an LGBT specific internship was created; we now "gap up" for LGBT faculty and staff; we have a president who has publically said many times that she supports LGBT issues; QueerCC has happened and has been nominated for the LGBT Education Champion Award; we got a cultural attractions fund to bring Dan Savage; we now have an LGBTQ affinity group for alumni, faculty, and staff; the LGBTQ homecoming dinner is now hosted on campus so it's institutionalized in that way; we're looking into gender inclusive housing and bathrooms on campus; we are now part of Out for Work in the career center; and CC had a booth at Colorado Springs PrideFest. It's completely different from when I was here.

What's the best block you took here?

My first class with professor Eileen Bresnahan, who is no longer here, but she's such a gem. In our upper-level Feminist and Gender studies theory class I think I was born as a feminist at CC. own. Eileen was a second-wave, amazing, raging feminist, and when you first stepped into her classes you were like "Oh God, I'm so scared," but over time taking classes with her, by the time we got to the theory class I felt she had equipped me with the ability to debate her in a meaningful way, and I think that is brilliant teaching.

How do you feel about the petition to keep you from moving back to the Butler Center?

I was taken aback. I was surprised. On one hand I was really thrilled that students organized in a grassroots way, and I'm always saying "What do you have to rally for at CC, what's making you upset? Be activists!" You have a lot of power as students, so in that way it was really touching to see students being so engaged and so passionate about something. On the other hand, I think it's difficult to be at the center of something that you didn't necessarily know about, that could have an impact on your work relationships as a full-time staff person, and that office space is super important, but I really think it the message was much larger. It was about visibility. It was about queer life, space and how these things translate into priorities and visibility and all the things tied up in that. I think that message was promoted, but I think that by putting me in the center the larger, more important message was lost. It's not about me, it's about queer life and how LGBTQ issues

Where are the best spots in Colorado Springs for LGBTO students to hang out?

Inside Out Youth is a great place. The people who volunteer and work there are hip and in tune, and they have a pulse on what's going on. I think Tony's seems to be the unofficial queer bar. Some of the folks who used to go to the Bijou Bar, which was the lesbian bar, now go to Tony's, so I've heard that's a place. The Underground downtown is sort of like a staple of gay life in Colorado Springs. Otherwise I think if you hang out downtown, Manitou, and Old Colorado City you see people who are queer-ish and who seem a little more open.

How can straight-identifying people be good allies to the LGBTQ community at CC?

I think the sometimes people say, "CC is so open, we love gay people," which is fine, but they aren't assuming homophobia and heterosexism are everywhere. They're in a position of privilege where they don't have to see it. I think to be a good ally you have to question your own privilege and your own power, which is a lot of hard work and tough self-reflection . . . not to feel guilty about it, but to leverage that privilege and power for the benefit of others. You can also ask your queer friends what you should be doing. It's really important to lead as a follower.

You are the advisor for the Glass House. Why should people apply to live there? (Applications due April 12.)

I think the Glass House is a wonderful place to live. It has a great history of community engagement. It was started through grassroots efforts; students wanted to start it back in 1995, and it was called the Glass House because they felt like they were living in a fishbowl being watched to see how all these cultures and people could live together in the same place and whether or not it will work. In some ways that seems like a silly question now. I think the fact that it came from student-led grassroots efforts shows how important to the community it is and how much it's part of the student life and climate at CC.

Why doesn't Colorado College have gender-inclusive housing?

CC has, from what I understand, a loose policy around gender-inclusive housing. If there are six or more people and/or on a caseby-case basis, residential life will find accommodations for students. I think we don't have a more comprehensive policy at the time because there hasn't been a big push for it. There hasn't been urgency or immediacy for it, so I think that's why it hasn't happened. We don't have a lot of students asking for it, but it doesn't mean it's not something we should work on because of our institutional core values and our anti-discrimination policy and things like that.

What do you think about the idea that some people have that "gay is the new black?"

I think "gay is the new black" as an idea has in some ways good intentions, but it ends up playing oppression Olympics, where people say, "This is the civil rights movement now, you had yours!" I think that's one of the problems with looking at things as sort of compartmentalized. "Here are race and ethnic issues, here are gay issues, here are women's issue." Ability, class, age, all of these differences and all of these systems of privilege and oppression . . . we need to be looking at them as overlapping. I think there are really important differences between race and ethnicity and LGBTQ issues, so I don't think it's good to just interchange things. There are differences. One is a visible diversity often, though not always, and one is often not a visible diversity, though sometimes it is, especially around gender. How they're read in society is different, the time we're in is very different.

How excited are you for Gaypril?

I'm very excited! I know students are working on a variety of things, and I think that's great. I'm trying to put together an LGBTQ alumni panel at the end of April to get some alumni back to campus talking to students on campus and what they're doing now. I think they're doing the Drag Performance again in Armstrong this year. It's student-run and has a fun name

@danieljchacon I love #Colorado-College even more today. RT @catalystnews FAA investigating student's 'Harlem Shake' on a plane: http://bit. ly/144jwdS -- Yesterday

Story compiled by Brooks Fleet

Photo courtesy of Communications

@rafafoso Don't forget to smile today, wash your hands, and back up your thesis #ColoradoCollege -- 2 days ago

@aliciajaneterry Incredibly excited to hear @RichardDawkins speak tonight. #ColoradoCollege #dreamcometrue #atheistsunite -- Yesterday

@Reidsox24 We had some great sticks and come from behind. They got punished. Oh Scott Owens #cctigers -- 6 days ago

@bigDmulc009 How long has it been since we've gone without a random snowstorm here at CC???? -- 3 days ago

@e_harty I came I conquered and then, I fell. #laxhousetable #cclifestyle -- 5

@iSPYCINCY Props to the ultimate frisbee players from #ColoradoCollege (my alma mater). #HarlemShake on a plane: http://bit.ly/YnVlau -- Yester-

@brooksbooks45 @catalystnews @ JesseAPaul is any 1 going 2 write a commentary piece about lol cc confessions or am i going2 have 2 do this myself #cctoptweet -- Yesterday

CAMPUS SAFETY BLOTTER

SATURDAY 2/16

9:19 p.m. at the Honnen Ice Arena. It was reported that one person punched another. The case is closed, and no charges are being pressed.

MONDAY 2/18

A bike was reported stolen at the CC Inn in the evening. Campus Safety recovered the bike and CSPD is investigating. The case remains open.

WEDNESDAY 2/20

A bike was reported stolen at A case of assault was reported at 3:15 p.m. from the Slocum bike shed. The case remains open.

SATURDAY 2/23

At 6:45 a.m., Campus Safety responded to a report of an intoxicated student under the age of 21 at Boettcher. The case was closed and referred.

WEDNESDAY 2/27

A toilet was damaged in a case of vandalism reported at the Arthur House. The case remains open.

R

March 1, 2015

Tuition increase: 'I don't agree with the redistrubution of weath'

Continued from page 1.

The spike won't be hitting everyone equally, however.

The majority of the tuition spike, which will be paid for by full-paying students, will go to increasing financial aid to those who need it and, in turn, diversity on campus.

"I see it in the sense of corrective socialism," Ben-Amots said. "They take more from some so that they can give to others."

While Student Body President Nathan Lee isn't too excited about the increase, he still approves of the administration

"Though our individual viewpoints on the matter do not match up perfectly, we all have been pleased with the leadership that President Tiefenthaler has shown thus far at Colorado College," Lee said.

"...The biggest chunks of the increase will go to financial aid (a seven percent increase in the budget), faculty and staff compensation (a three percent increase), and enhancements to the student experience including money for career services and internships, increases in student research fellowships and support for field and international trips," President Tiefenthaler said.

Vice President for Enrollment Mark Hatch also sees the price flux as an opportunity to increase prospective student interes

"All of the conversations I have been a part of the last few months, student access and retention have received appropriate attention," Hatch said. "Many of these conversations have been led by President Tiefenthaler and she has an extraordinary commitment to student financial aid."

"The net price calculator on our website is a great way for potential applicants to get an idea of what their net price would be if they attended CC," President Tiefenthaler said.

Some students don't agree with the reasoning of the increase.

"I don't agree with the redistribution of wealth if all this money is going to financial aid," said CC freshman Alan Hurbi. "It just doesn't make sense."

In addition to primarily funding financial aid, the money will go to paying staff competitive salaries.

"The very first sentence of our mission statement is 'to provide the finest liberal arts education in the country,' and the board takes that seriously," said Student Trustee Samantha Barlow, who voted in favor of the tuition raise.

Part of providing the "finest liberal arts education" is hiring the best teachers. Recently, teachers have been underpaid as compared to salaries of peer schools.

In addition, Barlow defines diversity as another facet of the liberal arts education.

Students like Barlow represented the student body in the decision, and students Stanley Sigalov and Matt Nadel, both members of the Budget Committee, worked early in the process in creating a proposal for the tuition increase.

CC remains committed to increasing diversity and during the economic recession several years back, CC experimented with increasing its student body to make up the revenue difference.

"One of the easiest solutions is to bring in another ten students, but they [the administration] don't do that because they want to keep small classes. We are short on classrooms. We need more classrooms," Professor Ben-Amots said.

"From a trustee's perspective, it's really about trying to balance what the college wants to do: where to invest, where to spend, and where to cut back," said Amy Louis, Chair of the Budget, Buildings, and Grounds Committee. "You make trade-offs just as you would in any organization."

Though the six percent spike may come as a shock to some, it has been relatively overdue.

"I think one of things we did as a Board when the economic downturn hit is we hit the budget pretty hard, and we have been very slow to put anything back," Louis said. "There are some things we had to invest in this year—some infrastructure things and the new fitness center. I'm the parent of a student at CC

so I take the budget doubly seriously."

Some see the focus on the enhancing of the sports facilities, such as the El Pomar Center, as a possible inclination to mismatched emphasis.

"We never know what's the priority," Professor Ben-Amots said. "The class-rooms are filled. Education in many ways is like an industry in this country; the prices just go up and up."

The money from the increased tuition, aside from operating costs, actually has nearly nothing to do with El Pomar. Instead, the money will increase "financial aid, salary for faculty and staff, and \$500,000 will be set aside to a 'student experience' fund," VP for Finance Robert Moore said.

The "student experience" fund consists of money to help with fees associated with studying abroad or special programs. In addition, the fund will go to research opportunities and help with internships.

There is also \$250,000 set aside for sustainability investments.

What if you can't make the payments for the new tuition?

"We have a process in place for students to have their financial aid packages reevaluated. Students who have questions should contact the Financial Aid Office," President Tiefenthaler said.

"Is the value received worth the increase in cost? We determined the answer was 'Yes'," Moore said.

Colorado College frisbee shakes on a plane

Continued from page 1.

...the FAA is continuing their investigation into the flight and working to uncover if any regulations were violated.

"They are still looking into it, it's still open," Tony Molinero, a spokesman for the FAA said this week. "...I don't know where the [investigators] were told about it, but when they saw the video they just decided to look into it because it is better to be safe than sorry."

In the video, as is typical with the Harlem Shake, one student starts dancing in the center aisle near the front of the aircraft. After about 15 seconds of music, everyone on board starts dancing in what one passenger called "a riot on a plane"

They hoped to put a novel twist on a fading fad and ended up striking gold and creating an apparent stir in the process. The video now has nearly a half-million views on YouTube, and at least one television station from the Denver area and the Associated Press have contacted the team for comment.

"Obviously I hope that this whole situation is solved with the FAA...," said Matt Zelin, the sophomore who filmed the dance and who is a member of CC's frisbee team. "I don't see there being any reason why this should cause any trouble. We asked the staff and they said it was safe."

Aviation experts agree.

Nothing that happened on Flight 157 could have jeopardized the aircraft or the crew, according to a aviation expert Steve Cowell, a consultant with SRC Aviation, a University of California Flight Safety Program graduate, and former pilot with 28 years experience from Denver, said.

"The FAA is charged with the serious matter of overseeing inflight safety," Cowell said. "Although [the FAA] believe they have an obligation to investigate this inflight and somewhat spontaneous fun event, there is nothing from my

observations and knowledge that would suggest a violation of an FAA regulation or that safety of the aircraft, crew or passengers were in jeopardy, as long as a member of the crew made the appropriate announcements after turning off the seatbelt sign."

Al Yurman, a former investigator with the National Transportation Safety Board and now a consultant with AYA Aviation, also doesn't see anything wrong with what went on.

"As long as the seatbelt sign wasn't on they are free to move around," Yurman said from his home in New Jersey. "It's just like a boat – if you walk to one side it will tip a bit."

In the video, the entire fuselage does appear to be moving. But despite claims by aviation experts that erratic movement in flight cannot disrupt controls or stability, investigators saw something in that short video that was suspicious.

Molinaro couldn't say specifically what investigators saw in the video that made them want to look into the flight, only that they would be doing so.

"We will talk to the crew and things like that," Molinaro said. "The key issue was whether or not the seatbelt sign was on."

Frontier Airlines declined to comment in-depth as it their policy to "not comment on things that are under FAA investigation."

"All safety measures were followed and the seat belt sign was off," said Kate O'Malley, a spokeswoman for Frontier.

The students had decided long before getting to the airport that they wanted to try and make one of the best Harlem Shake videos ever.

"We had come up with the idea, just a few of us just talking, a couple days before we got on the plane," Zelin said. "When we got to the airport we were kind of ready and had brought costumes

Zelin and his teammates wondered whether the crew would allow them to

complete and film the dance on-board. Having written a mini speech on a notepad, Zelin spoke to one of the flight attendants and briefed her on the topic.

"I told her how there was this popular YouTube thing called the Harlem Shake," he said, "and her face kind of lit up. She said Frontier Airlines had already done one like that and that flight attendants had as well. She liked the idea of us doing it on the plane and that it was a real possibility. She just told me 'to wait until the seatbelt sign was off and then go for it."

So, somewhere over the Grand Canyon in Arizona, he went for it.

The flight attendant handed over the public address system, showed Zelin how to use it and told him that the "floor is yours."

"The music didn't work and nobody had the song downloaded and it was actually just people dancing around on an airplane with no music playing whatsoever," Zelin said. "I was concerned that it would actually create turbulence and a problem for the pilots. I was initially saying we should do it on the ground and the crew were the ones that said it should be done in the air."

Junior Conor Crowley, who uploaded the video to his YouTube account, was also worried about how all the commotion would affect the structure of the aircraft.

"I think one of the things that went through my head when we were on the plane was, 'I can't believe they are going to let us do this,'" Crowley said.

He was one of the passengers that later received a phone call and subsequent voicemail from an FAA investigator. The two traded calls for a day before the agent stopped contacting him.

Voicemails and calls to that investigator, who works for the Flight Standards officer in the Great Lakes District, were not returned.

"I'm not going to say that I wasn't stunned because I got a call from a feder-

al agent, which doesn't happen on a general basis," Crowley said. "But I would be lying if I said it wasn't something that had crossed my mind."

Aviation expert Steve Cowell, who also works with unmanned aerial drones, says that no sanctions should be taken against Frontier Airlines or the passengers because they didn't do anything wrong.

"Once the pilots have determined that flight conditions warrant, the seatbelt sign can be turned off," Cowell said. "After doing so, it's an FAA requirement that passengers are cautioned that seat belts should be worn in case of unexpected turbulence. That said, there are no existing FAA regulations that prohibit a flight attendant crew member passenger from allowing the use of the public address system. One air carrier has allowed the use of the public address system for positive, fun messages such as marriage proposals."

Al Yurman agrees, except for he sees the use of the public address system as possibly problematic.

"It is supposed to be strictly for crew use or emergency use," he said.

Some passengers said they noticed the movement on the plane did cause what felt like "light turbulence."

"I was in the moment so I didn't notice any turbulence or anything of the sort," Zelin said. "I offered to talk to the pilots when I talked to the flight attendants, so I am assuming that the flight attendants had briefed them. I never talked to them."

The FAA says the investigation "may take another week or so," but until then Frontier and the CC students on the plane that day must wait for the findings.

"We always knew it was a novel idea and that we were going to be some of the first people to do the Harlem Shake on a plane," Crowley said. "But when we actually made the video we realized how crazy it looked that everyone was doing it. That's a lot of people."

"I may be opposed to abortion for religious reasons, but if I seek to pass a law banning the practice, I cannot simply point to the teachings of my church or evoke God's will." -President Barack Obama

COMMENT & DEBATE

Reproductive rights need national defense

ABORTION RIGHTS

Sam Smith Guest Writer according to polls from ABC

Gallup, abortion remained the number one issue among female voters. The right to choose abortion, according to a significant majority of Americans in these polls, should remain a right protected by the federal government.

Thankfully, the procedure is provided safely and legally in all 50 states. As one of the most common medical procedures in America, according to the National Abortion Federation, abortion is far more accessible in the U.S. and Canada than the rest of the Americas, where it is commonly illegal.

However, the assault on abortion rights in America has moved out of Washington D.C. and into state legislatures across the

In 2011, 24 states set new limits on abortion, and in 2012, another 19 states followed suit. Abortion clinics around the country are closing down as states cut funding for reproductive rights groups like Planned Parenthood.

In South Dakota, lawmakers recently extended the required waiting period for women seeking to end a pregnancy from two days to three.

South Dakota is the third state, after North Dakota and Mississippi, to have only one abortion clinic.

Twenty-seven states require waiting periods after counseling.

In several states, doctors now must warn women about purported risks from abortion that most scientists reject. In fact, controversial pre-abortion counseling is required in 36 states.

In 14 states, the counselors must warn

women about alleged risks from abortion, risks that major organizations like the American Psychiatric Association and American Medical Association de-

In Texas, laws require abortion providers to warn women that abortion can cause breast cancer, despite the fact that the National Cancer Institute has confirmed that this assertion is false.

Texas and Oklahoma require women get ultrasounds. According to the CDC, abortions in these states and others have dropped every year since 2008.

According to the ACLU, these disturbing laws infringe not only on women's reproductive health care, but on their civil rights.

We desperately need action at the federal level to legislate against these measures. Under no circumstances should states be allowed to pass laws denying women their basic human rights and depleting the quality of women's health

The laws represent assaults on science, morality and freedom, ideals that should be upheld and guaranteed by Congress, the Supreme Court, and perhaps most importantly, the White House.

America has not gone far, even with a pro-choice president in the oval office, as abortion access has been granted to state legislatures and access to abortion has been depleted.

For the sake of women's rights, this trend must be reversed with federal ac-

President Obama must lead as a prochoice president, pressuring Congress to pass bills that ban unnecessary ultrasounds, mandatory waiting periods, and unscientific abortion lectures.

Forty years ago, the Supreme Court

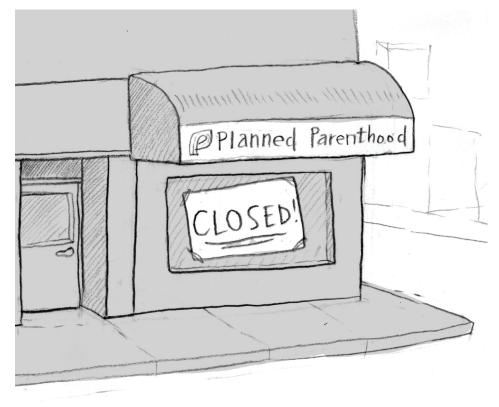


Illustration by Kelsey Skordal

passed Roe v. Wade.

Women's rights advocates at the time could never have envisioned how poorly states would treat abortion. It's time these pro-choice groups face the reality that without federal action, we are doomed.

Pressure on Obama can be effective. Obama's pro-choice record is far from squeaky clean. He is the first president ever to overturn an FDA decision, preventing teens from accessing safe birth control.

Still, he has made some praiseworthy marks as a pro-choice president.

One of President Obama's first acts in office was to provide federal funding for

international aid groups that perform abortion and provide other healthcare services. Moreover, Obama has appointed pro-choice New Yorkers Elena Kagen and Sonya Sotomayor to the Supreme Court.

President Bush proudly legislated anti-choice abortion regulations in his second term. At the federal level, he endorsed the 2005 Partial Birth Abortion Ban. Now, Obama must proudly legislate pro-choice abortion regulations at the federal level.

As it stands, the pro-lifers are winning this war. If Obama doesn't act, the human rights of American women and American families are doomed.

The ethics of good journalism in a changing society

Colleen Leong

Staff Writer

If you are reading sentence right

are the consumer of print or, perhaps, electronic media. That's easy enough.

As humans living in a media-rich environment, we are consistently and constantly bombarded with updates on current events, opinionated commentary, and even the tabloid trash that an old teacher of mine called "brain candy."

This media is filtered into our minds, we deem it relevant or irrelevant, and somehow, this process assists us in formulating our own viewpoints and opinions on matters.

Knowing this, we can choose to be passive, or active, consumers.

This is where the role of the journalist comes into play. Journalism is the art by which writers put pen to paper to write factual accounts for distribution via some medium to a greater population.

A mouthful, sure, but remember that journalists are the individuals whose writings helpconsumersto become cultured and learned human beings.

Put simply, news cannot be propagated without the role of journalists.

But who is a journalist? Is the title limited to those who speak only the most honest and neutral words? Should biased news outlets like Fox and MSNBC call their "news" segments commentaries rather than reports?

And that catapults me into my titular question: What is good journalism?

In my opinion, Sean Hannitys and Ra-

chel Maddows, of FOX and MSNBC, respectively, give their own commentary on current events.

However, they are not my journalistic role models, nor do I personally think news reporters should strive to mimic their styles.

ased and partial to two opposite ends of the political spectrum and thus give two completely different views on topics. There is nothing wrong with that, but

Hannity and Maddow are clearly bi-

it is not a journalist's role to sway public

opinions because of the incredible impact their compositions make on society.

follow a code of ethics that includes im-

Journalists must be held accountable

for their own writings and their own

partiality, objectivity, and accuracy.

Fairness to all facets of the story is key. This brings me to my next point: every journalist is entitled to some degree of

journalistic freedom. It's difficult to discern where to draw the line.

Improper evidences or flawed factchecking is deceiving to readers and destroys one's credibility.

This is where the importance of being an active consumer comes into play; having the ability to distinguish between a news report and opinionated commentary is a skill absolutely necessary in being able to dynamically study and interpret media.

As a first year writer for The Catalyst, I recognize that I still have a considerable amount to learn in the field of journal-

Each story I write presents me with the dilemma of separating myself from the story and reporting only what I have unearthed from my sources.

I look forward to the coming years under the mentorship of some amazing writers at The Catalyst and at CC as a whole.

Illustration by Kelsey Skordal opinion. Rather, they should provide the truth and nothing but the truth. However, in today's polarized society,

it is increasingly hard to do so. Readers hold journalists to the highest standards of integrity. Journalists are entrusted to wield the pens of truth and



The difficulty with divestment

DIVESTMENT

Alex Harleen Guest Writer

It should be easy. We see a situation that we students

disagree with. We advocate to the school, to the Board of Trustees, that CC should not be invested in fossil fuels, and that it clearly goes against our values. The administration responds that the issue is not that simple; it is not as easy as we think it is to divest.

I was one of many students who found fault in CC's investments in fossil fuel companies. So, I thought I would factcheck the administrations claims and see if it really is that difficult to divest from fossil fuels. The unfortunate truth is that they're right. The self-perpetuating system that leads to CC's investment in fossil fuels extends beyond the choices CC is making, ultimately saying more about Wall Street than it does about our college. Almost every college suffers from the same problem because almost every college invests their endowment with investment managers on Wall Street. The dynamics of Wall Street are at the root of the administration's claim that divestment is trickier than we think.

Over the past few months of dialogue between CC and its students, the administration has clearly laid out the importance of maintaining the endowment through a minimum rate of return. Without a certain rate of return, the endowment shrinks, and either tuition goes up or CC starts cutting events and offering less to the students.

The college invests in certain money managers because they have demonstrated a history of strong returns. The college defers to their expertise because they trust that the investment managers will make informed investments. The first issue the college runs into with divestment, is that it is unwilling to divest without the guarantee of a similar or better rate of return on their investments. I believe the college is right to emphasize the growth of the endowment, and I think that most students would agree if the consequences of a shrinking endowment were another \$5,000 added to tuition or the cancellation of Llamapalooza.

So, can we students find a way to guarantee a strong return on the endowment while also divesting from fossil fuel companies? David Cully made a great point in his article last week that CC's fossil fuel holdings have performed worse than the market average. So it would then logically follow that CC should dump the polluters and the endowment would do even better. Again, unfortunately, it's not that simple. The investment manager who Cully focuses on in his article manages over \$6.6 billion for over 91 clients. Although the \$142.6 million that CC invests with that manager seems like a lot of money, it is only a small part of their portfolio. For the typical investment manager, CC's limited amount of money is not enough to influence their decision-making.

Also, Colorado College doesn't get to choose which parts of the portfolio they want to invest in; it's either all or nothing. So divestment doesn't just mean tossing out the bad stocks and keeping the good. The process involves finding a new money manager who doesn't invest in fossil fuels.

I thought that would be simple enough, but remembering that the endowment

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demands an investor with a proven track record, and including the additional parameter of "responsible" investing, significantly narrows the options. Adding to the trouble is the need for diversity in assets so that a downturn in a sector of the economy would not devastate the endowment. So, suddenly, instead of thousands of managers to choose from, CC has limited itself to a select few.

There are successful, socially responsible investment managers, and concerned students should continue to research and present to the school viable alternatives to the current investment strategy. Furthermore, a quick Google search shows that there are students at hundreds of kindred schools who are also concerned about endowment investments.

Although CC's endowment alone garners no cash on Wall Street, the combined influence of hundreds of institutions can emphasize the need for additional socially responsible investors. On Wall Street, where the money goes the talent follows.

However, even if divestment is successfully implemented, the impact on the fossil fuel industry is most likely limited. The investing process is analogous to a bet placed on a football team - the team's success or failure impacts the bettor's return on their bet, but the bet has no effect on the team.

Illustration by Kelsey Skordal In the same way, when CC's investment manager buys stock in BP, none of the invested money goes directly to BP. The our nation's constant use of petroleum gives money to oil companies, not investments made on the stock market.

If all the universities in the United States removed all their money invested in fossil fuels, the oil companies' stock price could initially be negatively impacted.

But oil companies would still be highly profitable, and Wall Street investors would leap at the chance to invest in a profitable and now undervalued industry. The stock price would rebound.

Unfortunately, I believe that divestment, even if carried out at a national level, would have little impact on either the use of fossil fuels in this country or the economic health of the fossil fuel companies.

Ironically, by selling our stocks in fossil fuel companies, CC has less potential to influence the fossil fuels industry as a stockholder, CC could advocate for change from within corporations. I don't, however, believe that divestment is worthless.

Symbolic acts have value. If our campus doesn't believe in investing in fossil fuels, then we should look to invest elsewhere. But if the impact of divestment is limited, perhaps our time and passions are better spent on other causes.

The effectiveness of our strategic plan

STRATEGIC PLAN

Nathan Lee Guest Writer

ownership of Colorado College's develop-

ing strategic plan is important, so I feel compelled to respond to the article titled "Reinvesting in the life of the mind" that appeared in last week's Comment and Debate section of The Catalyst. In the article, author Joe Jammal raises some very legitimate concerns about the goals of the strategic planning process. However, he also makes a couple of points

First, I construed his arguments as suggesting that a re-imagination or innovation of the Block Plan is not currently being considered by the year of planning sub-committees. He is incorrect. Year of Planning Goals #2, #3, and #8 (all conveniently found on President Tiefenthaler's website under "The Year of Planning" tab) all seek to do exactly what Mr. Jammal said should be the primary goal of the strategic plan: innovate the Block Plan. Goal #2 asks us to "create new avenues of inventiveness, flexibility and connection by re-envisioning the Block Plan," while Goal #3 suggests we "provide and support the framework to cultivate and build a bustling center of interdisciplinarity, critical inquiry, and innovative teaching and learning methods."

These two goals are focused on improving upon some of the "traditional and rigid" classroom experiences that

Student Mr. Jammal references in his article. Further, Goal #3 seeks to give our professors, not to mention staff and administrators, the means to help our students realize their own unique intellectual adventures. Innovating the Block Plan is a goal of the strategic plan, but there are important reasons why it isn't the only

The 13 goals of the strategic plan are designed to be broad and seek to address a wide array of topics that affect this campus. There is considerable overlap amongst several of the goals, but the majority of them do not, as Mr. Jammal purports, focus exclusively on recruiting new students and faculty. The goals seek to leverage a number of our core strengths, which include our unique academic schedule and our location at the intersection of the Rocky Mountain region and the American Southwest.

The broadness of our goals is useful because it provides some guidance about where to house certain initiatives without imposing rigid limits on the creativity of those contributing ideas. In sum, I disagree that the goals of the strategic plan are wrong. Are they perfect? Absolutely not. While it is fair to call for prioritization of goals, to dismiss the work of 70 campus community members who've received input from thousands of their peers as "wrong" is misinformed.

Further, I do not see the renovation of campus infrastructure and a reinvestment in the life of the mind as mutually exclusive. Personally, some of my have occurred outside of the classroom. Beside the fact that the renovations to Mathias Hall, the El Pomar Sports Center, and Slocum Hall were scheduled without the influence of the strategic plan, these improvements are meant, aside from functionality, to be conducive to substantive student interaction.

Also, Mr. Jammal implies that the block plan is broken. I disagree. Certainly, there are ways in which we can rejuvenate our classroom experiences. There are also suggestions we can make to improve our livable spaces to enhance our residential educational experience.

Mr. Jammal is right in saying that we, as students, need to be more involved in the educational process. His ideas for increasing student research opportunities and supplementing class work with internship opportunities and other experiential learning are the sort of useful suggestions that the members of the Strategic Planning Committees want to

Members of many committees (the Engaged Teaching and Learning, A Distinctive Place of Learning, Extending Our Reach, and Institutional Effectiveness) have held scores of outreach meetings this academic year to make sure that the voices of CC's community are heard as we work together to develop a shared vision of what we'd like to see our institution become in the next 7-10 years and beyond.

Additionally, the Student Government

most powerful educational experiences Association and President's Council have worked to organize town hall meetings each semester to try to engage students. While students have had ample opportunity to add our contributions to the strategic plan, I encourage the student body to make a final push to come up with initiatives before the four committees submit their recommendations to the Steering Committee on March 15.

> Our college years are some of the most inherently selfish years of our lives. Everything about this experience is about us, from the hundreds of staff members who hold our hands when the printer is broken and clean up after us to the numerous phenomenal faculty members who want to teach us because they believe in the educational mission of the College.

> Strategic planning offers you an opportunity to reflect on your time here and offer suggestions for how Colorado College can be improved for current and future community members. I'm sorry if you've felt kept in the dark about pathways for student input in the strategic plan, but there is still time to lend your advice.

If you don't like to submit information electronically on the President's website and prefer human interaction, please feel free to contact any and all student members of the Committees, including myself, Jessica Meyer '13, Charlotte Kaye '13, James Silvester '13, Charis Whitnah '13, David Wright '14, Garrett Benisch '14, and Elliot Mamet '15.



If you're interested in competing in a test of orienteering, WFRing and backcountry knowledge, contact Chris Dickson at Chris.Dickson@ColoradoCollege. edu. It will be held on Friday, March 8th, from 1 p.m. to 5 p.m.

Upcoming weekend games:

- Fri.: Men's hockey (home) 7:37 p.m. - Sat.: Women's tennis (home) 12 p.m. Men's hockey (home) 7:07 p.m.

March 1, 2013

catalystnewspaper.com

Where are they now: Division I hockey

HOCKEY

SPORTS

Marika Viragh Guest Writer

Gabe Guentzel was attracted to playing hockey

the college level because of the inherent tight-knit community and his love for the sport. While his initial dream was just to play college hockey, moments during Guentzel's career opened his eyes to opportunities beyond CC.

For many past and current CC Tigers, a career beyond college hockey is feasible, as there are a number of professional major and minor leagues where players can play and work towards a career in the NHL.

After four impactful years at Colorado College, Guentzel has taken advantage of an opportunity to play in the American Hockey League, only a tier below the

Guentzel was a team leader and a defensive anchor for the Tigers. As a versatile player who skated in every game of his junior season, he made his presence

known during his time at Colorado Col-

Upon reflection, Guentzel stated that some of the most memorable moments were the games against Denver and winning the gold pan, as well as playing in the NCAA tournament at the end of the 2010-2011 season. Some of the most positive aspects of Guentzel's career were owed to his teammates and the community at Colorado College.

"Playing at the college level presents the challenge that the roster is changing every year, but the program at CC constantly brought in good guys and teammates," he said.

Guentzel first realized that there was an opportunity to play hockey beyond the collegiate level after he was the recipient of Colorado College's annual Bob Johnson Award as Freshman of the Year.

"After my freshman season, I was contacted by a few scouts and invited to a summer camp with the Chicago Black-Hawks." Guentzel said. "The camp was very beneficial. Having eye time from



Spotlight on: Gabe Guentzel '12

Gabe Guentzel now plays professionally in the AHL. Photo courtesy of Gabe Guentzel

various NHL coaches, competing, and training against high-draft picks and quality players was very helpful to me."

The following seasons proved to be equally as successful for Guentzel.

"Organizations and people would contact me to see what my plans were and if I was planning on staying in school or not," he said.

It was during these years that he felt as though something might happen, but his dedication to his education and the collegiate team led Guentzel to stay in school and graduate with his class.

"Going into my senior year, I knew it was a possibility, but I couldn't think about it during the season, but I had it in my mind that there was a definite possibility."

Within a week of his senior season ending, Guentzel had signed with the American Hockey League's Syracuse Crunch, which has now moved to Norfolk, Va., as the Norfolk Admirals.

"I ended up getting an agent right after my season," Guentzel said. "He made a number of phone calls and spoke with the people who were interested in me joining their programs. I had three or four teams that made offers, my agent helped me figure out my best options, and ultimately the decision was on me."

Guentzel chose to sign with Syracuse/ Norfolk because he felt it was the place where he would best excel and develop as a player.

"Playing with the Admirals is very different, the age level ranges from 18-30, everyone lives in different areas of the city, and the lifestyle is a change from college, with the primary commitment as practice in the morning," he said.

The style of play is different from the college game. The rink is smaller, and the pace of the game is much quicker. Guentzel's goal now is to continue to get stronger, adjust to the program, and be able to handle the bigger players on the ice.

Despite these differences, he has found his niche and is enjoying developing as a player.

Looking to the future, Guentzel hopes to get picked up by an NHL team, but knows that he has work to do in order to make that happen.

"This is the second-best league in the world, and the NHL put their draft picks in this league." Guentzel said. "It is used as a stepping stone towards the NHL and I hope that it will be the case for me."

While working towards his future goals, Guentzel is currently enjoying a quality level of hockey and the fact that he is still able to play the game he loves.

Guentzel playing during his collegiate years. Photo by Casey B. Gibson

Colorado Springs students have a HoWLing good time

OUTDOOR ED

Emma Longcope Staff Writer

dedicated and inspired

CC students are helping

Homer Wilderness Leaders, or HoWL, to expand and flourish. An environmental education program based out of Homer, Ala., HoWL is directed by CC Alum Libby

Veasey, a Homer native, graduated in 2007 and began the program in 2009. HoWL's mission is to provide outdoor experiential education to young people, and the organization emphasizes the values of fun, accessibility, conservation, education, and safety. HoWL runs both day trips and overnight trips, mainly via water taxi to Kachemak State Park, across the bay from Homer.

Trip participants range in age from fiveor six-year-old children experiencing the wilderness for the first time, to 21-yearolds learning technical glacier travel skills. The commitment to giving every child the chance to participate is a unique aspect of HoWL.

"It has been a difficult process, but so totally worth it... I created a job for myself where I get to play outside every day."

A group of Veasey said.

"Libby has orchestrated this so that any kid, regardless of their finances, can learn outdoor skills," junior Kiko Sweeney said. "The kids can create their own structure, becoming more responsible for themselves."

Veasey calls upon CC students to help her write grants and to act as media interns, educational liaison interns, and to assist with the program in a variety of other ways.

Sophomore Lucy Gamble worked as an education liaison intern last year, performing tasks such as calling and emailing sponsors and compiling a database of Alaskan high schools, many of which are tiny rural schools, in order to expand HoWL's student base.

"HoWL is a great and affordable way for Alaskan kids to get out and see their own backyard," Gamble said, "and [it has provided me with] such a cool experience and connection."

Junior Fiona Haslett, a current education intern, agrees.

"I contacted over 50 schools in Alaska and worked to spread the word. It was awesome to see how many kids signed up because of that work," Haslett said.

"The CC interns have helped in huge ways by expanding the organizational aspect of HoWL and networking for me." Veasey said. "They're sharing our mission with potential students, sponsors and partners, and HoWL is filling out, and becom[ing] a stable, permanent, top-ofthe-line outdoor education program."

Sweeney, a new media studies major, acted as a film intern last year, making promotional videos for the program and helping out in numerous other ways. This year she is the film intern coordinator and has a larger role in HoWL's promotional process.

Last summer, she had the opportunity to travel to Alaska and work as a HoWL instructor. She lived in a tent on the beach and led day trips and overnight trips with a group of 10-16 kids, doing everything from stand-up paddle-boarding to hiking, camping, and climbing.

"Libby wants to give us as many opportunities as she can," Sweeney said.

Veasey herself got her start in outdoor education while studying at CC.

"I learned everything about how to run a wilderness-based education program from my work at CC with the ORC back in '03-'07," Veasey explained. "Through the

unique structure of CC's ORC program, wherein students are given almost complete control of the organization, I was able to learn through experience... In a lot of ways, my extra-curricular education at CC was more important than my major."

"It's my hope that the internships HoWL offers to current CC students help provide that same kind of experiential job-training. And that CC students who participate are gaining the kind of skills that will make it easy for them to transition into jobs in the non-profit, outdoor, or entrepreneurial fields," Veasey added.

Her interns testified that this approach is working.

"I learned so much from the experience, from whittling to bear safety... the CC community has given a lot back to HoWL, but it has given me so much more," Sweeney said.

She plans to return to Homer as a field instructor this coming summer as well.

It is clear that the partnership between CC and HoWL is an overwhelmingly positive one; anyone who talks about HoWL does so with passion. CC students will undoubtedly become further involved and learn even more as HoWL expands, develops, and prospers.

Ice of the Tiger

CC HOCKEY **Alex Woolford** Staff Writer

Friday night was an upset special in the World



Arena, and once again, it came in dramatic fashion. The Tigers first line scored three third-period goals, two of which came from the blade of Charlie Taft's stick. Meanwhile, Howe stood on his

head in the third period, stopping 18 of the 19 shots he faced. Just to make things exciting, however, Howe allowed St. Cloud to light the lamp with just over one minute remaining, making it a one-goal game. Howe played one of his best games of the season - bailing out the CC defense - making 40 saves to improve to 4-1-3 in his last eight starts.

Our Colorado College Tigers are hot right now, and maybe, just maybe, with two weeks left in the regular season, it's time to start actually believing in this hockey team.

As we have recently witnessed in just about every single professional sport, the team that is streaking towards the end of the regular season often goes on to have remarkable postseason success. Think about the #4 seed Baltimore Ravens, the #8 seed Los Angeles Kings, and the #3 seed San Francisco Giants - the last three real champions in their respective sports (the Miami Heat don't count).

If you had claimed that any of these teams were going to win the championship three-quarters of the way through the regular season, people would have laughed at you. Any college hockey analyst would give you the same response if you were to claim that the Colorado College Tigers are going to win the National Championship.

Fortunately, our Tigers have something in common with past champions - they're on a streak. Before Saturday night's loss to the best team in the WCHA, Colorado College was on a six-game unbeaten streak.

If the Tigers can continue winning in the four remaining regular season contests, I wouldn't count them out of going on a run in the WCHA playoffs. This weekend, the Tigers face off in a huge series against Minnesota State. It is imperative that our Tigers skate off with two wins.

Currently in the WCHA, the Tigers sit only one measly point ahead of Minnesota-Duluth. If the Tigers fall behind Duluth in the standings they will most likely play North Dakota in the opening round of the WCHA playoffs. If the standings remain, however, we could be witnessing a preview of the first round - Colorado College vs. Minnesota State.

SNOW REPORT (72 HR):

Arapahoe Basin: 1 inch Beaver Creek: 3 inches Breckenridge: 4 inches Copper: 2 inches Keystone: 3 inches Vail: 7 inches

Winter Park: 7 inches

Valentine's Day backcountry skiing

Davis Shamburger Staff Writer

snowy predawn light of Valentine's Day

2013, six other CC students and I hoisted loaded packs onto our shoulders, clicked into our touring bindings, and set off into the Aspen backcountry. Nothing could have been more romantic. We were off to the Tagert Hut, one hut of many in Colorado's 10th Mountain Hut Division, for three days of epic backcountry skiing.

Our crew consisted of junior Addis Goldman, seniors Teddy Collins, Halsey Landon, Eric Syrjala, and myself, as well as two Colorado College alumni who had decided to come along: Ian Coughlan ('12) and Ben "The Rhino" Gardner ('11). Collins and Gardner rocked split boards (snowboards that split lengthwise into two planks, enabling their users to tour alongside skiers), while the rest of us toured on our powder skis.

From the Ashcroft trailhead just outside of Aspen, we toured south into a large alpine valley along a forest service road known for its extensive network of Nordic ski trails. When the road forked, we veered west and began climbing into the beautiful Pearl Basin. We passed the bottom of several large avalanche chutes, careful to cross one at a time, to negate the risk of being swept away by a rogue

One of the fundamental rules of backcountry travel is to retain avalanche awareness, regardless of the group's excitement. Too often, skiers and snowboarders do not take the time to assess the snowpack and suffer consequences. Excited as we were to make some turns, we dug a pit in a deep, windblown, north-facing aspect, and, as a group,



The trip participants give a thumbs up to their day. Photo courtesy of Davis Shamburger carefully analyzed the accumulated layers of snow. We decided they were safe enough to ski, so ski we did, hooting and hollering all the way down.

The next morning, we hiked all the wav to the top of Pearl Pass, only to be thwarted by high winds and poor visibility. Instead of skiing chutes in whiteout conditions, we decided to explore the 2,000-vertical-foot tree zones just below

It was a glorious decision; we found that the forested area retained snow much better than the windswept highalpine zones. The woods below the hut became our playground, a kingdom of protected pillow lines and thigh deep snow. Pillow lines are cliffs that collect huge tufts of snow on rock outcrops. Skiing one is like leaping from one giant marshmallow to the next.

On our second lap in the woods, we encountered another A-frame hut, prayer flags fluttering in the wind. More interesting, however, was the old man chilling on the front porch. He introduced himself as Doug, growling almost unintelligibly through a mangy, grey beard. It was like

something out of a John Muir memoir.

We found out that Doug has owned the little cabin in the woods for 30 years and that he spends each winter up there in solitude—a true aesthetic wanderer. We drank our fill of his wisdom, and then continued to lap our pillow wonderland until dark

The sun rose into a bluebird sky the next morning. Since poor visibility was no longer an issue, we ventured back up into the basin and onto a large, openfaced knob we had been scoping since we first hiked into the high alpine. Because of its rolling, convex qualities and questionable snowpack, the knob had a significant likelihood of sliding. However, we established a plan of attack, including a designated safe zone, constant radio communication, and an extensive protocol for companion rescue if something were to go wrong. But it was worth it; I have never skied such flawless turns in my life.

That night, in an Aspen bar, we raised our glasses and toasted to Doug, Tagert, and the wonders of skiing in the backcountry.





The skiers skin in to Tagert Hut, a backcountry A-frame in the Aspen wilderness. Photos courtesy of Davis Shamburger

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Loss of top players doesn't set tennis back

CC TENNIS

Iris Rayburn Guest Writer

the fact that both the men's and women's

tennis team lost their number one players to graduation last year, CC tennis expects a successful season.

Led by captains Madeline Bush and Will Lindsay, the Tigers are looking to continue the strides they made last sea-

Among the top match winners on the women's side are junior Caila Criss, junior Katie Patterson, and junior Bush. Standouts on the men's team include senior Lindsay, junior Oliver Gunter, and sophomore Jack Burger. All six will compete in singles and doubles throughout the season.

The women's team is looking to build on a 2012 campaign that ended with an 13-9 overall record and 2-2 conference record. The men's team has already opened the season at 1-0 and finished 2012 with a 10-11 overall record and 3-1 in conference.

Even though both teams started the season with two losses in the fall, players are still optimistic.

"We used those first two matches as a learning experience and we're already seeing improvements in spring prac-

Despite tice," Bush said.

The Tigers took their offseason seriously to prepare for the successes they hope to achieve.

"I think our coaches as well as [strength and conditioning coaches] Kevin [Cronin] and Tiana [Perry] have really pushed us to get stronger and more fit," Burger said. "Hopefully it pays off during the season."

"We've been practicing six days a week, running three days a week, and in the weight room three mornings a week." head coach Todd Doebler said. "As a team, we've been working really hard in the off-season and I'm excited to see it pay off this season," Bush added.

Even though the conference is changing, Doebler is confident that the team should be playing their best by the end of the season, especially considering the strength of their schedule.

With no home games last season, the Tigers will have six home games this year. The home schedule includes a match against Southwestern University. a strong competitor.

As mentioned, the men's team has already opened its season and have a 1-0 record. The women's team opens its season on March 2 at home with a match against the Thunder Wolves of Colorado State University - Pueblo.





East Coast soul skiers and the transition west

Thomas Crandall Guest Writer

While the West is a different environment for many skiers

accoustomed to the East Coast, the hardy, have-fun mentality of skiing ice and rocks endures.

As a Connecticut native, I wanted to explore the East Coast skier mentality. I wanted to see if their ski culture had shifted because of the changes in resorts. Most importantly, I wanted to explore an East Coast skier's journey west.

The way many skied growing up influenced their current style. Senior Thayer Maclay's racing background in Vermont helped him gain a foundation in variable conditions.

"Because there's ice, you've got to be more on top of your s***. Being able to hold an edge on really bad conditions is nice when it does actually get to be bad conditions out here," Maclay said.

Freshman David Mulcahy raced at Nashoba Valley, a Massachussetts mountain boasting 240 vertical feet.

"I think to my slalom training when I'm dropping into a bowl or something that's really steep. I can make really quick turns, do hop turns, and I'm good on my feet because of that," Mulcahy

The East Coast isn't blessed with powder dumps as often as Colorado. Many times, early season skiing out here is the eastern norm, leaving patches of ice, rock, or dirt. Despite better snow, larger terrain here can still be scary.

"East Coast skiing [has] all the same aspects of it: cliffs, steeps, trees, glades, moguls, bumps, just in small proportions. [Here] it's scaled up," Maclay said.

"It is insanely steep. Going up the lift I'll be like, 'Ah this is so steep, how will I ever ski it,' [but] then I go to it and it's not that bad," freshman Emilia Whitmer

Many transitioned to West Coast skiing during family ski trips or even working at a Western resort after high school, like Maclay and sophomore Nielsen Da-

Senior Tyler Snover grew up skiing terrain parks with his friends, but channeled his park style into shredding more natural features.

"Before skiing out west I'd never skied cliffs or anything. I'd only skied powder when we had the occasional powder day at home. I definitely ski less park out here because there is so much good snow," Snover said.

For most East Coast skiers, the draw to the West Coast is, of course, the snow. According to Mulcahy, fat powder skis back east even have a surreal nature, like a thing of ski movies.

"I'd been racing [in Vermont] for so long that was all I knew in terms of skiing," Freshman Josephine Brownell said. "I really wanted a change, where I could

go out west and have some awesome powder days, but also race a couple weekends. I was just tired of skiing on ice during overcast days,"

The harsh East Coast conditions encourage a hardier skier, and coming out west with the mentality that any snow is good snow, the differences are monumental.

"I was at A-Basin in October and people were like, 'That's not worth it,' and I'm like, 'I'm skiing before December. This is October, I don't think you understand; I have to wait months from now until I can ski back home," Mulcahy said.

Many famous skiers, such as Bode Miller and recent slalom champion Mikaela Shiffrin, come from the East Coast. The number of Mountain Academies in the East help to produce great skiers.

"You're going to have really good kids just because they have to go hard; either they're skiing straight ice or they're skiing dirt ruts," Mulcahy said.

On the contrary, western skiers emerge more comfortable with backcountry and big mountain terrain.

"You probably have more extreme people in the West just because they want to go bigger, harder, higher, whereas the East you're more of a soul skier, like I just want to go out and get some good days in," Maclay said.

Skiing consistent powder in the West may have some side effects, such as "snow snobs," referring to skiers who go out only in optimal conditions. Growing up in the East nullifies that complacency for many.

"It's definitely a change from being on the East Coast where you were psyched about having six inches and thought that was a powder day. I'm more of a ski snob now than I was in high school, but at the same time it's still fun even if there's no snow," Snover said.

Most hope to keep the sport fun and spontaneous at CC.

"After hitting the same features over and over again you try and come up with new ways to hit them, keep it fresh. We'd try and build wooden jibs and whatever, little jumps, just do new

things," Davis said.

"There was supposed to be a huge storm, like a blizzard, but it was a small storm, like 3-5 inches, and I still drove out to the local hill. [We] made a jump off a catwalk lip. It's that excitement about the East Coast," Mulcahy said.

Companies like Line and Ski The East promote the goofiness in East Coast skiing, generating pride by coming from these smaller mountains. The energy, quirkiness, and tight community keep East Coasters coming back.

"Mad River Glen boasts the slogan 'Ski It If You Can.' In the spring, they ask for people to volunteer and shovel snow from the woods onto the trails. The old lodge holds people's individual mugs and grandmothers come plug their crockpots in, and the single chair is a historical monument in itself," freshman Gabriella Palko said.

For many East Coast skiers, the challenge remains keeping up excitement during "bad" Colorado days. According to Whitmer, sometimes just imagining oneself skiing back in the East Coast is enough of a reality check. Checking snow reports isn't always a factor in deciding whether to go skiing.

"You're in the trees, you're in the woods, you see the animals. I'm not really a religious man in the sense that I don't go to church, but I do go skiing. The West, it's a new chapel, a new shrine, a bigger thing, it's a new area to do it, but skiing is still skiing, regardless of where it is," Maclay said.

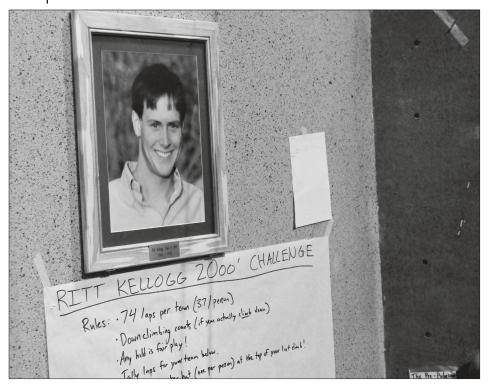
Many think they couldn't have appreciated East Coast skiing without growing up there, and still enjoy visiting their home mountains.

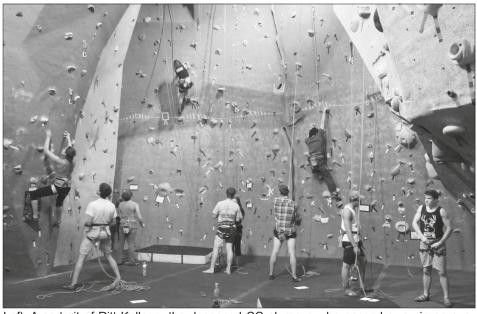
"Out East, we endure the damp cold, howling winds, grey skies, sheer icy slopes, and the occasional exposed rocks. Here it's like people expect every day to be bluebird, warm and sunny with fresh powder," Palko said.

Next time you go skiing in less-thanideal conditions, find yourself with an East Coast skier, and you just might have a fun day when you thought it impos-



David Mulcahy soars off cliff. Photo courtesy of Thomas Crandall





Left: A portrait of Ritt Kellogg, the deceased CC alumnus who passed away in an avalanche accident, overlooks the climbing gym which was named after him. Right: Students actively participate and struggle to climb 37 laps to achieve 2,000 feet, which was Kellogg's average climb length. Photos by Brendan Young

2,000 feet to commemorate Ritt Kellogg

RITT KELLOGG

Kate Leaf Active Life Editor

RITT KELLOGG

Kayla Fratt Staff Writer

Kellogg's name is one that nearly everv student Colora-College knows. The climbing

is named after him. Many students apply for "Ritt Grants," which help fund wilderness-based trips spanning more than 12 days in the field. On Thursday, Feb. 21, a reception in El Pomar's Great Hall celebrated the 20th anniversary of the Ritt Kellogg Memorial Fund.

The anniversary reception was a fancy affair, complete with platters of quinoastuffed cremini mushrooms, elk meat, polenta, and two fondue fountains all cooking upon MSR WhispreLites - spindly stoves popular with backpackers. In a corner of the Great Hall rested a blowup raft filled with ice cubes keeping a variety of local brews chilled.

Elegant yet full of distinctly backcountry-esque touches, Thursday's reception was attended by both current students and alumni who have received Ritt Grants, several members of the Ritt Kellogg Memorial Fund board, and a few of memory. Kellogg's college friends.

The fund aims to honor Kellogg's spirit and love of the outdoors by providing grants for wilderness-based expeditions and wilderness safety courses as well as funding the climbing gym, environmental service and obtaining books for Tutt Library.

As senior Chris Dickson, a familiar face in the climbing gym, explained, "Out of the tragedy [of Ritt's death] we were given this amazing funding opportunity."

Honored alum Colby Coombs, who was part of the three-member climbing crew on Alaska's Mount Foraker where the avalanche that caused Kellogg's death occurred, shared anecdotes at the reception about Kellogg, and explained how the fund came to be through the generosity of the Kellogg family.

President Jill Tiefenthaler and Ritt Grant recipient, Dickson, also addressed the reception.

The event allowed grant recipients and the board members who choose the expeditions to meet each other and talk about their shared love for the backcountry. In the final moment of the reception, alumni and students alike stood in a circle and toasted to Kellogg's

Kellogg was an avid outdoorsman, who loved lengthy traditional climbs, averaging around 2,000 feet in length. To commemorate him, it seemed fitting to host a challenge to CC climbers: climb 2,000 feet in the gym. With a bit of math, it was calculated that the 27-foot high wall must be climbed 37 times to reach the coveted 2,000-foot mark.

In teams of two, CC climbers used any hold they could to scale the wall. Some raced, finishing the required height in under 40 minutes. Others climbed for the free hats: red and white trucker hats emblazoned with the Ritt Kellogg Climbing Gym logo on the front in gold. It seemed that everyone leaving the gym had snagged one of the hats, which had been hung on ropes at the top of the climbing walls.

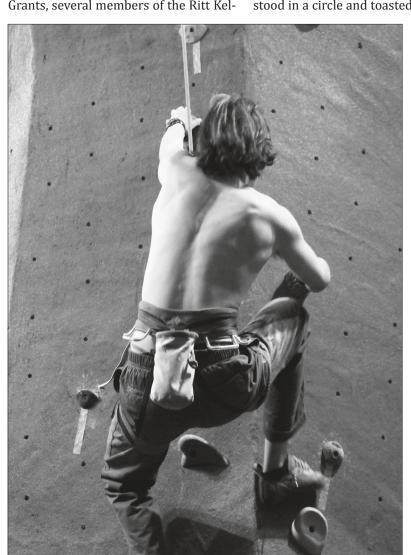
The CC gym is usually filled with shirtless boulderers, heel-hooking as they cling upside down from a cave. On the night of the 2,000-foot challenge, however, the gym was filled with (shirtless) climbers using any hold they could to reach the top, time and time again.

Smiling tiredly and rubbing their forearms together, climbers continually added tally marks to their sheets before having another go at the wall.

Sophomore Betsie Hopper grinned as she finished one of her last climbs on an overhanging route, proud that she still had the strength for it after over 1,700 vertical feet of climbing. She and her sophomore climbing partner, Jessica Badgeley, were both tired and covered in a mix of chalk and sweat, but the girls captured the festive spirit of the event in a short dance break before nearly every

In preparation for the event, often-neglected top-roping routes were changed and more holds peppered the entire wall so the gym had a nearly-new feel. Energy was high at the event as Outdoor Education directors, Ryan Hammes and Neal Smeltzer, led mini tours of the gym for guests, picking through chalk bags and talking over "I Wanna Hold Your Hand" by The Beatles.

A large framed photo of Ritt Kellogg reminded climbers that the challenge of climbing 2,000 feet was to remember an alum who has made an impact on countless CC students. Since Thursday, the red and white trucker hats that sport Ritt Kellogg's name have become a frequent sighting on campus—testament to the prevalence of CC climbers.



Left: A current student attempts to complete the challenge, with a free hat as the main prize. Right: Colby Coombs, a CC alumnus who was present during the avalanche that claimed Kellogg's life, addresses the audience of the 20th anniversary reception with anecdotes of his time with Kellogg, the accident, and the legacy Kellogg left behind. Photos by Brendan Young









Off-campus brunch spots to make your morning

LOCAL FOOD
Shealagh Coughlin
Guest Writer

For many CC students, Saturday and Sunday mornings

hinge on getting a good brunch.

After slowly opening your eyes at the crack of noon and attempting to make movements out of bed, you realize that eggs and pancakes are going to be essential to starting the day.

You will send out a few text messages, checking which friends are awake, and begin the process of choosing where you will go to brunch. Thinking back on your questionable decisions from the night before, you realize that you cannot face the classic CC options of Rastall or Smiley's.

The process of choosing another place to eat should not be taken lightly; this decision could very well be the most important one you make all day.

If you aren't fortunate enough to have a friend with a car, then you will need to narrow your focus to the downtown area. Thankfully, two of the easiest and cheapest options, Bruegger's and Einstein's Bagels, are both conveniently located on Tejon St.

Most bagel fans are split between which location they prefer, so there is no clear winner in this contest. "I would say Einstein's just does everything better," said junior Rebecca Lehman. Others are firmly in camp Bruegger's, like junior Sarah Freeman, who raved, "their Leonardo da Veggie is literally unbeatable."

Worried about having to choose which establishment will nurse your hangover? Junior Betsy Stratton has a solution for those of us who are decision averse. "Sometimes, one bagel is just not enough. I'll stop in Bruegger's and grab myself a toasted sesame bagel with garden veggie cream cheese, then walk down Tejon to Einstein's and get the everything bagel with butter. But that's only if you're feeling ambitious."

Another downtown choice, ideal for students over 21, is Jose Muldoon's, located at 222 N Tejon. Their "margarita brunch" is served on Sundays until 2 p.m. All you really need to know is that the popular dinner restaurant offers a complementary margarita, mimosa, or sangria with their brunch options. The eggs, cheese and salsa found in many of the Mexican dishes are a surefire way to

satiate even the most ravenous of appetites.

"My Sunday mornings are instantly better when I can get huevos rancheros and a mimosa," said junior Emma Volk. When it finally warms up this spring, make sure to get a table in the sun out back where they have outdoor seating.

For those students with dietary restrictions, Paris Crepe Euro Café, located at 218 N. Tejon, is always an ideal choice. They offer a wide array of crepe options, from traditional dessert to breakfast varieties, and the crepe itself can always be gluten free.

"I love when people offer a gluten-free option at all! So I think it's pretty awe-some, especially the dessert ones," said senior Sarah Hart. If you have a sweet tooth, the Caribbean crepe with chocolate, coconut and whipped cream is perfect to fulfill a sugar craving.

"I like to go there because it's pretty inexpensive, convenient, and the staff is extremely accommodating to requests," Volk said.

If you decide that you really cannot handle seeing anyone that you know and want to get further from school, both Monica's Taco Shop (30 E. Fillmore St.) and Peak Grill (4423 Centennial Blvd.) are excellent choices.

Monica's appeal lies in the fact that it's a drive-thru and the breakfast burritos are inexpensive. "It is literally three dollars for a huge burrito and it's delicious," said senior Annabel Starratt.

At Peak Grill, the median age is around seventy and the wallpaper may have been inspired by a nursing home, but what the restaurant lacks in atmosphere, it makes up for in great breakfast specials and an extensive menu. The pancake breakfast includes two eggs, potatoes and your choice of two slices of bacon or sausage for \$7.69. Even better, your pancakes can be customized with over 15 toppings, from zucchini to peanut butter chips.

"Peak Grill is great if you love pancakes because you can add as many extras to them as you'd like. My favorite combination is chocolate chips and bananas," said senior Annie Ireland.

So, next weekend when your late-night escapades mean you cannot be seen by a large group of your fellow students, try out any of these great options.



Jose Muldoon's and Bruegger's Bagels are two of the many brunch spots on downtown's Tejon Street. These places are highly accessible to students on foot, bike, or in a car. Above-headline photos by Esther Chan and below-text photo by Veronica Spann



Lift a finger to ignite the Tinder: Dating app goes viral

NEW MEDIA

Elle Beckett

Guest Writer

Do you have a secret crush on Jesse Paul but are too afraid to post it on C.C.

Compliments or tell him in person when you see him studying in Tutt? Looking to branch out from your campus options to meet some locals or Air Force cadets? Just when it seemed the iPhone could do everything for us, an app was born that lets us like or deny people based only on arbitrary attributes—and gives hardworking students validation without leaving the library.

Described on Tinder.com as a "fun way to break the ice," Tinder is a "dating" app that is low-key enough to appeal to the college crowd. Its design is simple: the app draws basic information from Facebook, such as first name, age, mutual friends and interests, and a handful of profile pictures to create the Tinder profile. You're then shown pictures of potential candidates and after a quick once over, you can either "like" or "reject" potential mates. If you are lucky enough to be "liked" back, Tinder will notify both parties that a match has been made; you are then given the opportunity to chat with your newfound prospect.

While some Tinder users are on a legitimate prowl to find a mate, more often than not hilarity ensues. A chat may begin with a dirty message, a question about your profile picture, or even a proposal to meet up, date, or get married. Pick up lines once more have a role in first impressions and can reveal a lot about a person's intentions. For example, I was matched with Jamison, 26, who took a forward strategy, leading with "What's going on tonight?" at 5 p.m. on a Friday. Needless to say, it was easy to discern that he was not looking for love.

Once you have browsed for long enough, you begin to decide which qualities get the "like" and which get the axe. For myself, anyone who is under 20, over 26, or who has guns or significant others in his picture is out of the question. Conversely, having a picture that includes skiing, dogs, or grandparents will almost always get you a "like" in my book. Some people (myself included) feel that liking someone with whom you share too many mutual friends defeats the purpose. Others choose to only like people who share common friends and interests.

Although many familiar faces can be seen on Tinder, it has not yet attained Instagram or even Snapchat status. When asked if she used Tinder, junior Dominque Saks replied "Tinder? Like the wood?" Others have found the app an appealing accessory in their romantic pursuits. A 2012 CC graduate, who wished to remain anonymous, found that Tinder is helpful in making the shift between the CC hookup scene and the real world.

"Random hookups go away after college, so we need to revert back to traditional dating, but we don't know what that looks like," she said. She has been matched with mostly young professionals and recent grads, which has proven to be a success so far. "No one has been overtly douchey," she said.

After meeting matches on organized dates and even in chance encounters, she maintains a positive view of the app. "It breaks down barriers, in a good way," she said.

Still others use the app for its entertainment factor. Junior Krysti Kiesel has been using Tinder for the past few weeks, and while she isn't interested in any official

meet ups, Kiesel finds it entertaining. "It's complementary when people like you back," she said. Senior Sam Brody added, "It's the creepiest, weirdest, most hilarious fad of this month."

Singles aren't the only Tinder users, however. "Tinder lets you fantasize about leaving the CC bubble, about what your real-life dating options might be under different conditions without having to face the reality of what those options might actually look like," said a junior girl, who also wished to remain anonymous. "It's so low-risk that I can be on Tinder out of curiosity, or to have a shared experience with my friends, and not take it seriously. I mean, I currently have a boyfriend and I have no intention of cheating, and I still find Tinder mesmerizing. It's almost a way to show myself that I have chosen the best possible partner."

If most of us have no intention of actually meeting people on Tinder, then why do we use it? Though it may seem superficial, many feel they need validation from time to time and it's reassuring to know that someone out there will find them attractive based solely on a profile picture. Additionally, the setup of the app eliminates the possibility of facing outright rejection, which allows for low-stress interactions.

Colorado College is known for a student body of generally attractive, intelligent, and interesting people; when you have a lot of similar options, you are less likely to settle. Once we are out of this homogenous environment, finding a person who is attractive and intelligent but also shares your interests may not be as simple, geographically at least.

Though it often evokes a visceral reaction, online dating is gaining greater acceptance. Tinder is one of the first dating services to be effectively marketed to our demographic, and although it seems silly and unnecessary now, apps like Tinder may ultimately play a significant role in our romantic interactions it the future.



Clockwise from top: Senior Stanley Sigalov, CCSGA financial vice president, said, "Tinder is an awesome way to break the ice and boost your self-confidence. You just never know who you'll find on there." Senior Hannah Wellman uses the chat feature on Tinder to discuss a possible future with her match. Editor-in-chief Jesse Paul said he uses Tinder "to have hilarious conversations with random people I will never meet." Photos courtesy of Katy Stetson and Hannah Wellman





Bell's Theorem, Quantum Mechanics, and the Limits of Objectivity

Nick Lammers
Guest Writer

"God does not play dice." These famous words from Albert Einstein encapsulate his lifelong op-

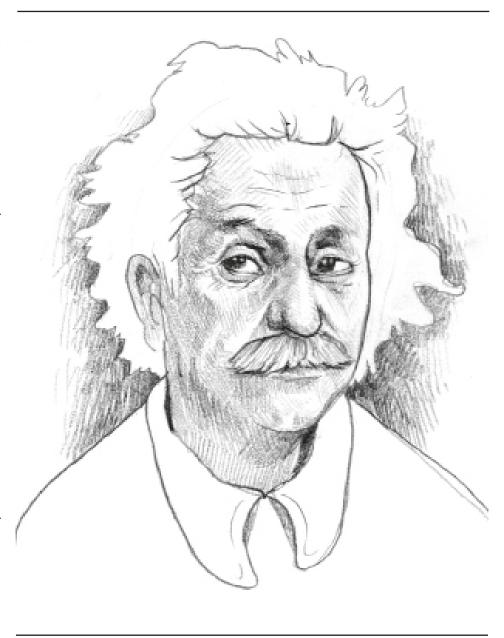
position to the radical indeterminism lying at the heart of the Copenhagen Interpretation of quantum mechanics. Developed in the first quarter of the 20th century by (among others) Niels Bohr, Erwin Schrodinger, Louis de Broglie, and ironically, Einstein himself, quantum mechanics represented nothing less than a radical re-imagining of the character and behavior of the physical world at the atomic and sub-atomic scale.

Light, classically conceived as an electromagnetic wave, was discovered to possess a peculiar combination of wave and particle-like properties. Stranger still, this wave-particle duality appeared to apply not only to light, but to any and all subatomic entities, including the very protons, electrons, and neutrons of which all macro-scale objects humans included are comprised, humans included.

The most interesting and troubling consequence of this wave-particle duality is the existence in quantum mechanics of a series of uncertainty relations between measurable characteristics of the particles. Perhaps most well known of these is the uncertainty relation between position and momentum, which is proportional to velocity. These relations imply that there exists an inexorable limit to the degree of precision with which one can know simultaneously a particle's position and its momentum.

To get a sense for the strangeness of such a limit, imagine that, instead of protons and electrons, you wish to determine the velocity and position of a small metal ball rolling down an inclined plane. You establish a starting point from which the ball will be released, and then, supposing you are very ambitious, proceed to set up a laser system one yard down the length of the ramp designed to make an audible beep at the very instant the ball passes the one-yard mark. You then stand at the finish line, speed gun in hand, ready to measure, immediately after hearing the beep, exactly how fast the ball is going (we will assume you can visually verify the ball's direction and so ascertain its velocity).

You run the test a number of times and, to your dismay, observe that despite the apparent simplicity of the system, your velocity measurements cover an unnervingly wide spread, and, strangely, that a few measurements even indicate the ball was rolling up the ramp as it passed the one yard mark. Shaken, you decide instead to devise a system designed to measure a car's position only after the car has reached a certain ve-



Despite his famous works, "God does not play dive," Albert Einstein developed the theory of Quantum Mechanics, a re-imaging of the character and behavior of the physical world at the atomic and sub-atomic scale. Illustration by Kelsey Skordal.

locity. A position measurement is triggered only after the ball reaches 5 mph. Again you run numerous tests and this time find it is the position measurements that are all over the place.

In both cases, the precise determination of one variable results in an ambiguous spreading of possible values for the other. To clarify, for each particular experiment definite values for each variable are found, but for the second variable in each case, those values vary significantly from one test to the next. You find ultimately that the total uncertainty in the ball's momentum and position stays stubbornly above some minimum uncertainty limit. Disillusioned, you conclude that you are helpless to predict the precise behavior of the system for any given run, resorting rather to a mere specification of the average values that both its position and velocity will gravitate towards over many iterations.

Thankfully such peculiar happenings never occur in the relatively large-scale world of everyday of human experience, yet such uncertainty relations are inherent to the theoretical framework of quantum mechanics. More perplexing still, the theory offers no explanation as to why these uncertainty relations exist.

By the 1930's, the vast majority of physicists accepted the theory as a critical tool for predicting physical phenomena, however the question of what the theory actually meant remained an object of serious contention. One stance, championed by Niels Bohr, maintained that the uncertainty relations in quantum mechanics correspond to a fundamental uncertainty inherent in any attempt to describe atomic and subatomic systems.

This stance, which came to be known as the Copenhagen or Statistical Interpretation, became the dominant view among early and mid-century physicists. However, a substantial number of physicists, including Einstein, regarded the uncertainty relations as an indication that quantum mechanics was somehow incomplete.

The advocates of these 'hidden variables,' maintained that the apparent statistical behavior of subatomic systems was, in reality, the result of hidden variables, subtle mechanisms that remained to be discovered and explicated. And certainly theirs' is a valid objection. This chair I sit in certainly seems solid, so with this floor, these walls, this whole world, all present and determinate before my eyes, to my hands. Why accept these uncertainty relations? They are nothing but inelegant, unintuitive, lazy approximations of an actual system that is out there and in need of explication.

The hidden variables stance rests upon the fundamental belief that the universe unfolds in a manner that is, in its entirety, accessible to the human intellect. This assumption of intelligibility constitutes, in many ways, a kind of faith that undermines scientific inquiry at its inception in the Age of Enlightenment, and which largely continues to guide it to this day.

However, in a rather shocking turn of events, a group of proofs, known collectively as Bell's Theorem, published in 1964 by American Physicist John S. Bell, dealt a serious blow to any and all hidden variables theories, and the belief in the world's fundamental intelligibility that they embodied. Bell managed to demonstrate, by way of rigorous mathematical proof, that as long as no forces are allowed to travel faster than the speed of light, no hidden variables theory could possibly make predictions entirely consistent with those made by quantum mechanics.

Thus, if one wishes to maintain the nature of the universe, and of matter in particular, as fundamentally discrete and intelligible, then one is forced to dismiss quantum mechanics in its entirety. As perhaps should not be surprising, the vast majority of contemporary physicists choose to side with quantum mechanics, embracing its limitations as an inescapable consequence of seeking to describe atomic and subatomic systems.

The sciences, and physics in particular, were founded upon an assumption that the workings of the universe were, in a fundamental way, accessible to he human intellect. With quantum mechanics, and Bell's Theorem in particular, we find a peculiar instance in which the fundamental assumption of intelligibility was pursued to its furthest-reaching implications. There, amidst the irreducible strangeness of the miniscule, the theorem revealed to be fundamentally false.

There is something hauntingly beautiful about a world that always and forever resists the prying of the human mind; and perhaps there is an equal beauty in the individual willing to admit this fact.



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You are what you eat: Food choices for a healthy life

FOOD
Mel Yemma
Staff Writer

For physical health and wellness, your diet greatly influences how you feel. That's

why people often have different moods after eating different foods. Your overall diet is extremely significant when it comes to your mental wellness, whether it is from the specific nutrients you are consuming or your broader relationship with food. In honor of Spill's Wellness Week, which is taking place all of third week, this article demonstrates some interesting ideas about food and wellness, so you can power up with food for thought.

We all know that food is much more than what is on the dinner table. Humans have a relationship with the food that we eat, whether it is knowing what foods please our senses, or the culture and people that surround the food we are eating. Many have found that contributing to the local food movement aids their mental wellness by creating a sense of community around the food that we eat. Gardening and growing food has been known to contribute to happiness. From working in the sun to enjoying the fruits of your labor, eating a tomato fresh off the vine provides a sense of satisfaction.

While gardening is not for everyone, spending a little more time to prepare a meal rather than opening and microwaving a package can offer another sense of fulfillment. Spending time in the kitchen in order to know how a meal was prepared and where it came from can foster a sense of appreciation for the food you are eating. Taking the time to slow down and enjoy the food that you are eating can bestow a sense of joy that is otherwise not found when eating mindlessly. As Wendell Berry graciously said, "A significant part of the pleasure of eating is in one's accurate consciousness of the lives and the world from which food comes." While we are not all farmers or gardeners, spending a little more time to prepare and appreciate what we eat can bring us into this realm.

If these concepts of food appreciation and slow food are too philosophical for you, there are specific foods that can give your brain a boost. Dark leafy greens are not only healthy for your physical wellness, and in season year-round, but they can also affect your brain; because they contains a high amount of folic acid, leaves like spinach have been proven to ease feelings of depression as well as reduce fatigue.

Additionally, spinach is high in potassi-

um, so it's known to boost brain function by producing extremely fast signals between neurons that facilitate us to think and respond more quickly.

Want to learn or discuss more about how you are what you eat? Spill is hosting Wellness Week next week, where the CC Farm and other organizations will promote how food is significant when it comes to your mental health.

On Monday, in Perkins Lounge from 5-7 p.m., there will be a "Mocktail Monday" event where various leaders and members of wellness-oriented groups will discuss all things wellness, food included.

As Wellness Week approaches, remember to slow down and take a step back at your next meal. Remember, you are what you eat.



Spill is a national, anonymous support group for college students coping with various psychological issues. Students can submit a post on the organization's website to receive up to three supportive responses from trained peers. Photo of the organization's logo courtesy of their online social media.

Exclusive preview: Senior art shows open next week

The senior art thesis shows of Sophia Schneider, Tsipora Prochovnick, Emily Franklin, Noah Gallo-Brown will be on display in their respective campus venues from Monday, March 4 - Friday, March 8.



Emily Franklin will be showing her work in the Arts & Crafts hall in Worner. Although Franklin studied in figure drawing, she began printmaking for her thesis third block. Her show, Bruise, employs etching and monotype, a style which incorporates running an object—in Franklin's case, a rag—covered in paint through the roller of the press; the result is an organic form on the paper. When asked about her inspiration, the artist said, "Push and pull, cause and effect, tension of figure drawing." Franklin's show incorporates light, layering, printing, wax and installations to create a dialogue on the human body; her forms are organic and calm. Come see them when you check your mailbox.

-Grace Gahagan



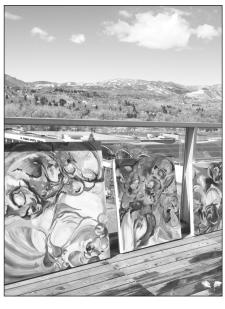
Over a dozen portraits done by Noah Gallo-Brown will be featured in Packard Hall this coming Monday, as well—the show is yet to be titled.

Since high school he has explored portraiture in many different mediums, but finds oil painting the most fun. Gallo-Brown aims to create accessible pieces that produce a visceral reaction amongst his viewers.

Through the energetic strokes of his paintbrush, Gallo-Brown powerfully captures and translates the essence of his family and friends into vivacious portraiture.

Working tirelessly over the past weeks, he's got the results to prove it in a show that is one you won't want to miss.

-Erin O'Neill



Sophia Schneider has been working on five vibrant paintings that will be shown in Cossitt Hall beginning Monday.

Schneider explores contour and is fascinated with natural forms she sees everywhere: in the curvatures of a woman's body, in a mountain, in everyday objects. She reacts to the Dionysian experience of letting go of control and responding to how her arm moves and connects to the brush that drives the paint on the canvas. Schneider tunes in to her emotions and reactions to her art and act of creation: "When something works it feels good," she said. Stunning colors and busy activity will surely captivate your eye.

-Grace Gahagan

Photos of Franklin's, Schneider's, and Prochovnick's work by Grace Gahagan. Photo of of Gallo-Brown's portrait courtesy of the artist.

For coverage of the previous week's shows featuring John Christie, Erin Gould, Robin Gleason, and Camila Galofre visit catalystnewspaper.com/category/life.



Tsipora Prochovnick's thesis will be up next week in the Whitney Electrical building. Prochovnick is the first artist in the past many years to explore the medium of clay, and explore she does. Her work has developed from practical objects that playfully incorporate human forms (coffee mugs with naked bodies to serve as handles) to extremely organic and dynamic structures. Starting with wet clay cylinders, Prochovnick let her pieces then take on natural shapes through the force of gravity and by randomly "wacking" the sides. Instead of using glazes to color her work, Prochovnick took an alterative route; wrapping her pieces in tinfoil stuffed with old banana peels, coffee grounds, and woodchips. That's seriously organic. Collectively, her work reminds one of Ursula's colony of "poor unfortunate souls" from The Little Mermaid. Unable to decipher whether the critters are growing or falling, the forms empathetically engage viewers in a unique and must see show.

ee show. -Erin O'Neill