

# THE CATALYST

THE  
INDEPENDENT STUDENT NEWSPAPER OF  
COLORADO COLLEGE

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WEEK 3  
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NO. 6

CATALYSTNEWSPAPER.COM

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## FULL HOUSE

**Homecoming dance boasts packed attendance; Campus Safety and event managers shut down dance prematurely.**

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Photo courtesy of CC Communications Office.

## 10 QUESTIONS

*Jack Burger sits down with volleyball coach Rick Swan, who sheds light on recent successes, career highlights, and future goals for the team.*

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*Professor Nate Bower to receive Chemical Society Section Award for his work as an analytical chemist. His contributions have been applied in fields ranging from art conservation to environmental chemistry.*

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### MUSIC:

*Remember what it was like to be a ten-year-old American Idiot? Nick Dye, music editor, reflects on the album that gave angst a voice.*

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## Half Block to introduce mental health first aid course

**ELLY BLUM**  
Staff Writer

With the substantial increase in the number of students signing up for the Wilderness First Responder (WFR) class in the past two years, Colorado College students have expressed great interest in improving their ability to respond to and handle medical emergencies.

Now, Colorado College will also use Half Block and second block break to train students in a new type of emer-

gency response: mental health first aid.

Colorado College has worked hard for the past couple of years to try and reduce the stigma attached to mental illnesses. Director of Wellness Heather Horton will be offering the class, hoping to help students learn how to assist others with mental illnesses.

"It's really akin to physical first aid," Horton said. "The class is about learning to identify when someone

might be in need. Just like if I were walking across the quad and saw someone with a big gash on their leg, I'm going to know what to do [...] It's really the same sort of thing."

The course is an eight-hour certificate course with materials provided by Mental Health First Aid. CC started the course about five years ago and has since been trying to spread it to other colleges.

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## ITS launches new CC Mobile App featuring event calendars and on-campus menus

**SAM TEZAK**  
Life Editor

At 8 a.m. yesterday morning, student and faculty e-mails beeped to life. Colorado College Communications contacted the student body, informing everyone that Colorado College had released its own campus mobile map.

As high school and college campuses across the country begin releasing smart phone applications that offer students mobile access to campus

maps, contacts, and news, Colorado College has decided to join the ranks.

Jim Schultz, Colorado College's Application Programmer Analyst, was hired by the college to develop CC's website, Banner page, and now this mobile application.

CC Mobile was developed in collaboration with the ITS Team and CC Communications staff, including Karen To, Felix Sanchez, and Mark Lee. Students and faculty also con-

tributed to its development: "We had a lot of input in what we think will best benefit the students," Schultz said. Ellucian, the software company that sponsors Colorado College software such as Banner, is the parent company for CC Mobile.

The beta application includes various features such as a newsroom component, an events section, a page devoted to CC Tiger sports,

CC MOBILE: Page 4



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## Professor Nate Bower to receive Chemical Society section award

**CONNOR SAMPLE**  
Staff Writer

Nate Bower, chemistry professor at Colorado College, has been awarded the prestigious American Chemical Society Section award for his lifetime achievements in the field of chemistry. The American Chemical Society is divided into over 150 sections, and each section selects a single recipient of the section award annually.

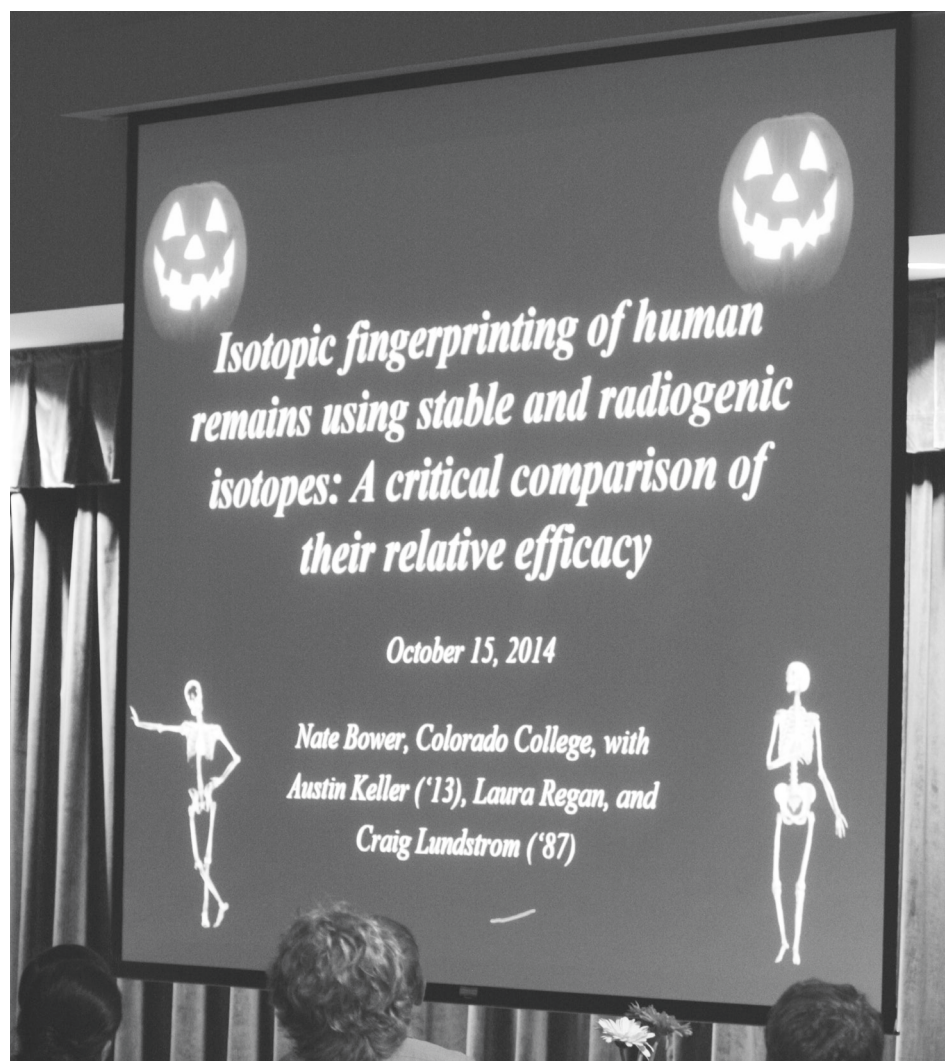
This award honors Bowers' work throughout his career and recognizes a variety of his achievements. Bower is well known for his work as an analytic chemist, with contributions in the development of analytical methods that have been used in fields ranging from art conservation to environmental chemistry.

The award ceremony included a presentation by Bower entitled "Isotopic Fingerprinting of Human Remains Using Stable and Radiogenic Isotopes: A Critical Comparison of Their Relative Efficacy" in order to showcase one of his latest projects. This presentation outlined the work that Bower and his team have been conducting on the human remains from the Colorado Mental Health Institute cemetery, explaining the use of the analysis of isotopes in order to study the history of the human remains and attempting to reconstruct the past.

Bower and his team have created "isoscapes"—maps that compare the

radioactive decay of lead to carbon and other elements—in order to recreate the history and determine the birthplaces of many individuals buried in the cemetery. This provides researchers with the hope of matching the human remains from the cemetery with patient records and thus identifying the remains.

Bower has been a professor of chemistry at Colorado College since 1977. His work has led to a variety of advancements in many different fields, and this award showcases some of his many achievements.



Left: Chemistry Professor Nate Bower. Top: Professor Bower presented his current research at the award ceremony. Photographs by Morgan Bak.

## Sigma Chi sets out to vastly expand brotherhood at Colorado College

**CANDELARIA ALCAT**  
Staff Writer

Although Greek life has, for the most part, played a minor role at Colorado College, fraternities and sororities on campus are looking to make a bigger impact.

"We've established more camaraderie within the brothers, which has become extremely contagious to our pledges as well," said Charley Bemis, President of Colorado College's chapter of Sigma Chi. "We're keeping this momentum forward, and we're trying to be 30-40 members strong by the end of this year."

With new resources and a 100 percent increase in pledges, Sigma Chi has been absolutely revamping the way the chapter is run at Colorado College.

One of the biggest changes that have come about for the brotherhood is that they now have their fraternity house back. Throughout previous years, there were issues with people living there.

With a new communal space to gather and host events, the brothers are planning to host blockly mixers with all fraternities and sororities on campus, all-Greek formals, and the campus-wide Psychedelic Bowling event, occurring once again this December.

"We're having a great

time, we're starting new traditions, and externally, we're trying to make more of an entire Greek community," said Brooks Pinnick, Vice President of the Colorado College Chapter of Sigma Chi.

In order to also internally enhance the system of the chapter, Bryce Miller and Brooks Pinnick have been attending weekly meetings for the Internal Fraternity Council with the help of faculty Beth-

any Grubbs and Jason Weis.

"It's definitely a different environment than you'd get at a larger school, but we're adapting it to a small, liberal arts environments," said Pinnick.

With its first rush of the 2014-2015 school year finally underway, the Sigma Chi chapter at Colorado College extends their arms of brotherhood to the new pledges, both sophomores and freshmen

alike, who will help to double their chapter's size.

"I know one very motivated pledge, William Pak, who was really excited about making an impact on the campus. He's on the honor roll, he's doing rugby, and he's doing all of these things extracurricular things. It's just awesome," said Bryce Miller, Sigma Chi's Pledge Educator.

Pak is among other pledges and brothers who are acclaimed to be the most social and involved pledge classes in several years.

"Another good one is Cole Thompson. He's a freshman on the track and cross-country teams. His brother is pledging Sigma Chi at Purdue, and his father was also a Sigma Chi," said Bemis.

Despite the fact that a majority of this fraternity's pledges were first- or second-year students, a junior also stood out to the three leaders.

"Kyle Sansom is one of our juniors, and he's really gone out of his way to meet new people. On the side, he's starting a student EMT squad that's being initiated third and fourth block," said Pinnick. "They're going to go in and check on parties, and see if anyone is too drunk instead of having to immediately send them to the hospital or the drunk tank."



Left to right: Brooks Pinnick, Charley Bemis, and Bryce Miller. Photograph by Ben Dohrmann.



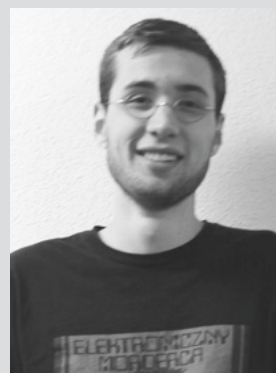
CCSGA FIRST YEAR REPRESENTATIVE FULL COUNCIL ELECTION RESULTS



MADS ENGEL  
130



HAMIYYET BILGI  
154



STEVEN ORTEGA  
131

Additional candidates:

- Isaac Rubinstein - 88
- Mariana (Mari) Young - 68
- Leo Turpan - 60

Only one candidate was disqualified. CCSGA cited "directly soliciting votes with a personal device" and "directly soliciting votes from non-freshmen" as the reasons behind the decision, both of which are violations of the election rules.

*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. Photos courtesy of Mads Engel, Hamiyyet Bilgi, and Steven Ortega.*

NEWS BRIEFS

► ► Pikes Peak educator named Colorado named Colorado Teacher of the Year.

Kathy Thirkell, a math teacher at Lewis-Palmer High School in Monument, Colo., has taught for over 33 years. On Monday, students, teachers, and faculty celebrated the award at a school-wide assembly, wearing t-shirts decorated with math equations and "Team Thirkell."

The Colorado Department of Education reported that Thirkell has an "outstanding rapport with students, colleagues, parents, and administrators." The Department's Commissioner Robert Hammond continued to say that Thirkell was a "life-changer" and "difference-maker."

Thirkell competed against 27 other applicants across the state.

► ► Item missing from Fort Carson confirmed to not be a nuclear weapon despite Internet rumors.

After the lockdown at Fort Carson rolled into its fifth day, conspiracy website whatdoesitmean.com published that a nuclear artillery shell was missing. Authorities at Fort Carson denied this claim, as the item in question has not been part of the Army inventory for 22 years.

According to the Gazette, the lockdown now involves 100 soldiers, a reduction from the original 800. Soldiers involved are from the 1st Battalion of the 66th Armor Regiment, and the missing item is a 9mm pistol.

The Army has yet to make an official report on what prompted the lockdown.

► ► 100-bed winter homeless shelter set to open on Nov. 1 on the southeast edge of downtown Colorado Springs despite initial setbacks.

The city and non-profit officials, including the Salvation Army's local chapter, involved in the construction of the shelter were able to secure a critical permit and another \$25,000. The facility's initial budget was \$150,000. The city, El Paso County, and Pikes Peak United Way have committed, but not yet signed off on, a donation of \$125,000.

The project still has to attend a Downtown Review Board meeting to get a conditional-use permit, which would allow people to stay at the shelter every night no matter the temperature from Nov. 1 to April 15.

► ► The Humane Society of the Pikes Peak region saves 40 cats from a home in Security.

According to Director of Animal Law Enforcement at the Humane Society Officer Joe Stafford, the amount of feces and urine had to have built up over a number of months. Law enforcement officers could barely remain in the home for more than 10 minutes due to excessive ammonium levels.

The cats' owner's name has yet to be released, but his neighbor, Doug Johnson, said that about six years ago, there were only 13 cats. Johnson said that the neighbor had given him a Siamese cat for Christmas several years ago, and that he had adopted another one of the cats who was sitting on his windowsill with an infected eye.

# Colorado Springs crime, in brief

## MAN DIED IN TRAFFIC CRASH

On Monday night, the Colorado Springs Police Department responded to an accident involving a motorcycle and a passenger van downtown.

The van was making a left turn coming from eastbound Colorado Avenue to northbound Tejon Street when a Harley-Davidson entered the intersection westbound and struck the passenger side of the van.

The two occupants of the van were not harmed, but the motorcyclist, identified as Dustin Downs, 27, died at the scene.

## MAN ARRESTED FOR ASSAULT

Late Saturday night, police officers witnessed a disturbance between a male subject and uniformed security guards near Blondie's Nightclub in downtown Colorado Springs.

At 12:56 a.m., when the disturbance at 24 N. Tejon St. began to escalate, the officers intervened and detained the subject after a brief struggle. As the subject was being escorted to a police cruiser, he spit

into one of the officer's eyes. A mixture of saliva and blood was seen on the officer's face and in his left eye.

The suspect, Luis Hernandez, was arrested for Assault in the Second Degree.

## TWO ARRESTED FOR INTENT TO DISTRIBUTE

On Sunday night, officers were patrolling in Southwest Colorado Springs when they observed a suspicious vehicle.

The officers ran the license plate of the vehicle at 7:45 p.m. as it passed through the intersection of East Saint Vrain Street and North Union Boulevard and discovered the registered owner had a revoked license. The officers were able to identify the driver as the registered owner and conducted a traffic stop at North Cedar Street and East Platte Avenue.

During the investigation, two males approached the vehicle appearing to know the driver. Officers witnessed one of the males taking a backpack out of the stopped vehicle and made contact with the two individuals. Police found 7.7 grams of heroin, 8.6 grams of cocaine,

three syringes loaded with suspected narcotics, and \$1,024 in the backpack.

The driver, identified as Theresa Ackerman, 44, was arrested for Possession with the Intent to Distribute. Officers also arrested one of the males, Richard Maestas, 28, for Possession with the Intent to Distribute. Investigations are ongoing.

## MAN WANTED FOR WARRANT FOUND

An officer working east of Colorado Springs on Sunday afternoon observed a vehicle with expired tags.

The officer conducted a traffic stop and made contact with the male driver. The driver admitted that he did not have a valid driver's license, current registration, or car insurance. Further investigation revealed that the driver was in possession of methamphetamine, had two felony warrants for his arrest, and was considered an escapee from Community Corrections.

The male, identified as Randy Miracle, was arrested on several traffic and criminal charges.

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# 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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## HEALTH: Course will help students identify mental illnesses

CONTINUED FROM FRONT PAGE

In the course, students learn how to identify when someone might be in need and how to properly intervene. Some of the mental illnesses covered include depression, anxiety, psychotic disorders, and substance abuse disorders.

The course is offered a couple of times each year other than during Half Block. This year, it will also be offered over second block break. The course is also offered for inter-

ested student organizations.

"There are folks on campus who can teach the course, so we can be more flexible," Horton said.

Before, certified teachers in Denver had to come lead the course, but, by having instructors at CC, the number of times the course is offered can change depending on the demand.

There has been a lot of interest in the mental health course since Colorado College started offering it in the

curriculum. Within the past two years, over 100 people on campus have been trained. Right now, about half of the 30 spots for the class being offered over second block break are full.

At CC, learning about mental health issues doesn't stop with this program. Many student organizations, such as GROW and Active Minds, focus their work on mental illnesses. The college is also expecting to have a speaker in November talk about Mental Health aware-

ness.

"Ultimately, we really want everyone on campus to have a basic understanding of what mental health issues might look like," Horton said. "One of the things that we've always been proud of is the psychological services offered through the mental health center. Recently, it has become a priority to engage the community, and get everyone talking about these issues."

## CC MOBILE: New application informs students to happenings on campus

CONTINUED FROM FRONT PAGE

and dining options and their respective menus.

Schultz says the app will prove to be very useful for both new and returning students: "The campus map I think is really cool. If you are a new student just arriving here who doesn't know the actual geography—we have 93 acres here—it helps them out to see where the buildings are in relation to each other and what's in them."

In addition, the campus map also shows app user's position on campus in relation to the surrounding buildings.

Now students can browse the menu options for Rastall, Benji's, and the Preserve on those restless nights when one isn't sure if it is Meatless Mondays, Steak Night, or Pasta Bar.

Essentially, the application operates as a more accessible version of the Colorado College website.

The CC Mobile newsfeed is synchronized with the newsfeed on the website, and under sections such as "Contacts," app users are faced with a website-style format including general CC contact information. The application is not only useful, but it is inevitable as smart phones continue to gain popularity and

students become more and more mobile. As the application launched yesterday, Schultz looks forward to how the application can further become more integrated and useful in CC student life.

"Eventually, we would like to have student log-ins so they can check their grades and eventually even register for courses. But that's down the road a ways," Schultz said.

In addition, he is eager to investigate the possibility of developing a component that would inform students of 'traffic jam' lines in dining halls.

All of this and much more lies in the future, and CC Communications

encourages students to download the app, try it out, and suggest feedback and ideas for development.

So far, the application has received positive feedback. "I've only gotten personal e-mails—four or five e-mails saying how much they like it—I haven't gotten any negative feedback yet," said Schultz.

Ultimately, the application's popularity will be determined democratically, as students download and consider its overall usefulness and place in their lives. "Keep your eyes open—there's more coming. This is just the beginning," Schultz said.

"Chas" says...

Make an appointment with your personal librarian for help with your research projects!



**Tutt Library Tips**



**CC Mobile**

**HAS ARRIVED!**



Now you have convenient access to important CC info wherever you are, whenever you need it. Search for and download the "Colorado College" app for free on iOS App and Google Play stores. **Scan the QR code for more information about CC Mobile.**

Is there something you'd like to see on your CC app? Send requests and ideas to: [ccmobileapp@coloradocollege.edu](mailto:ccmobileapp@coloradocollege.edu).

# Women's Volleyball Head Coach Rick Swan reflects on his memories coaching volleyball and talks about season goals.

**10**  
**QUESTIONS**  
 ...with **Jack Burger**  
 STAFF  
 WRITER

**Your team finished the season ranked twelfth last year. How did you achieve this success?**

We were very happy with the season last year. We would have liked to finish a little bit higher, but I think in retrospect the season as a whole was very successful.

**How does this season compare to last year's so far?**

As of today, we are ranked ninth. We are doing a lot of great things. This year we have faced a lot more adversity, and this is something we didn't have to face as much last year, so it has actually made us stronger.

**How have injuries influenced the season thus far?**

We have had four major injuries with significant players. Three of them were starters for sure, and one of them was a freshman who had the potential to get a lot of playing time but was injured during preseason. We have battled a lot of adversity this year. A number of kids have stepped up and filled their roles on the team and are doing some great things for us.

**What were your goals going into this season?**

We want a conference championship, regional championship, and a national championship. Those are our three major goals. Off the court, we want to take steps everyday to make ourselves better so that we can reach the goals we set.

**What is your background in the sport of volleyball?**

I have been here at Colorado College for 17 years. Before that, I coached locally at a high school, a couple years at a Division III school in St. Louis, and I played in college at the club level. I played a lot of outdoor doubles tournament through my younger days.

**What do you enjoy most about coaching?**

I love working with the student athletes. They challenge you everyday to be the best that you can be. There are such great students at this school. It's just fun to be around them.

**What is your favorite memory of your coaching career so far?**

Probably winning the Division III West Region Championships in 2009. It was the first time we accomplished that as a school, and that was the biggest win we have had. The kids just worked so hard that year to accomplish that goal. It was pretty amazing.

**Who is your favorite professional athlete?**

I would say Karch Kiraly. He is currently the coach of the USA Women's Team. He was the Player of the Decade in volleyball, so he has had a lot of influence on me as a coach and player.

**What do you enjoy doing outside of coaching? Do you have any favorite hobbies?**

I love spending time with my family, watching my daughters play, and going to Jimmy Buffett concerts.

**What are your goals for the future of CC volleyball?**

I want to provide a great experience for the student athletes that come to play volleyball here, and I also want to take the program to the point where we can consistently be a Top 10 program and play for a national championship.

Photograph by Melissa Kolano.

## Campus Safety clears up murky waters regarding Homecoming Dance shutdown

**SAM TEZAK**  
 Life Editor

Just before midnight this past Saturday night, students and alumni trickled through campus decked out in dress attire and voicing complaints about the much-anticipated Homecoming Dance's early closure. The dance, held in the tents constructed on Armstrong Quad, ended 20 minutes before its expected dismissal at midnight Sunday.

Following the dance, rumors surfaced at house parties, on sidewalks, and on social media platforms such as Yik Yak and CC Confessions.

Students and alumni, confused and upset by the dance's premature ending voiced their concerns about what they perceive as an ever-growing distance between the student body, campus safety,

and the administration.

That being said, Director of Campus Safety Roy Garcia hopes to elucidate the details of what happened on Saturday night.

Garcia cited the amount of people in the tent as the direct reason for closing the dance early: The tent's maximum capacity is 600 people, and Garcia estimates he saw close to 1,000 people in the tent by the time of the closure.

Garcia, along with Officer Jason Newton and Kristi Damgaard, the Event Managers, met for "10 to 15 minutes" before deciding that the best course of action was to shut down the dance, Garcia said.

"Kristi, accompanied by Jason, walked up to the DJ. We had cooked up this ahead of time: 'If this place gets over-packed, okay, we are going to have to shut the venue down early,'" Garcia said.

The DJ complied with Newton and

Damgaard and informed the attendees, "We got to shut it down. The cops are telling us to shut it down."

Garcia claims the DJ's announcement to the guests proved to be detrimental toward the image of the Campus Safety and the Colorado Springs Police Department.

"We were all disappointed [with how the DJ phrased the closure]. We anticipated that there would be some blowback as a result of that, and we discussed that. In light of some of the things that have taken place at off-campus party events, we were looking to building better relationships and understanding," Garcia said.

He clarifies that it was not in fact the Colorado Springs Police Department that opted to shut the dance down; instead, he, Newton, and Damgaard made the executive decision.

The Director of Campus Safety laments that Newton's presence around the stage

did not help the situation: "When you have close to a thousand people and Jason Newton, an officer, standing there, what does that look like? That's not the case—it was not the police."

The decision to shut down the Homecoming Dance was made due to the fact that the amount of people in the venue far exceeded the amount that would ensure the guests' safety if there were an emergency situation.

With that in mind, Garcia points out that the event "wasn't overly loud. It was well organized. The difficult part was trying to maintain the amount of people coming in versus the amount of people leaving."

This Homecoming Dance was Garcia's first, and he believes that the Alumni Weekend as a whole went along well. "There was a lot of good activity, a lot of good events going on, a lot of interacting with one another," Garcia said.

# No, Emma Watson did not redefine feminism

ROSIE CURTS  
Guest Writer

I don't think Emma Watson said anything wrong in her speech, per se. She spoke eloquently and she is clearly budding into an excellent young feminist. However, it is frustrating to watch the Internet explode over the viral video of the beautiful actress being a “game-changer” by saying what feminists around the world have been saying for years previous to the UN speech.

I think writer Kate McGinn had good intentions with her article two weeks ago, but I find the idea that Watson “redefined” feminism, frankly, a little offensive. Crediting Emma Watson with redefining feminism as being open to all genders means disregarding all the work feminists have done over decades in emphasizing that—yes!—men can be feminists!

No one can deny that there still exist men who do not feel welcome in feminism. But there is so much work out there exposing the negative effects that patriarchy has on men that I can't help but feel that any person who doesn't realize feminism is fighting those battles simply doesn't want to know. They want to be able to blame someone else—feminists, usually—and not consider their own role in constructing gender stereotypes.

Nevertheless, the work is there. Next year, the director of “Miss Representation,” a film about the portrayal of women in the media, will release “The Mask You Live In.” Years in the making, the film is about masculinity and male gender

stereotypes. For a few years, a “Contested Masculinities” class was offered here at CC by the Feminist and Gender Studies department. A quick Google search of “college courses on masculinity” reveal that our gender studies department isn't the only one to supply these kinds of classes. FemCo has done events around masculinity and male stereotypes; this is not a revelation.

In her speech, Watson asked: “If not me, who? If not now, when?”

The answer is: “Feminists, years ago and ever since.”

The other issue with Watson's speech is that it is a very shallow interpretation of feminism. Again, she didn't say anything explicitly wrong and she couldn't possibly have explained all the in-and-outs and intricacies of feminism in a thirteen-minute speech, but nevertheless, anyone who decides to take her speech as the new feminist gospel will not be able to delve very deeply into the vast complications of capitalist, white-supremacist, homophobic, patriarchy based on those thirteen minutes.

In my initial viewing of the speech, I felt pleased when Watson declared herself privileged. However, she defined her privileges more as relating to her experiences with feminist role models in her life than her privileges of class, race, and sexuality. No doubt certain experiences are privileges to have, but I was disappointed in the lack of intersectionality in Watson's speech.

I don't believe that every single thing someone says about one marginalized group must focus on the individuals who are marginalized in every other way as well. But when you are giving a broad

speech on feminism and declaring that HeForShe is a “uniting movement,” it is dangerous to not acknowledge that the only “union” you've formed is between wealthy, white, heterosexual men and wealthy, white, heterosexual women.

So, it wasn't a problem with what Watson said; it was a problem with what she didn't say. She spoke as if getting men more involved in feminism would end the controversy around the movement. But it wouldn't end the problems faced by women of color, by queer women, by poor women, and by trans women, that are frequently ignored by what has come to be called “white feminism.”

I am concerned about areas of feminist study that have been neglected by wealthy, straight, white feminists in the past and present. I am less concerned about feminists coddling men and spending more time and effort letting them know that they should be comfortable with us when, in reality, facing systems of oppression is not supposed to be comfortable. I am especially less concerned with this when we've already been trying to do it for years. There were already thousands of self-identified male feminists before Watson's speech, and the ones that refuse the title simply don't want to listen.

After Watson's speech, the anti-feminist basement dwellers of the Internet threatened to release nude photos of her in retaliation. In retaliation for what? Obviously these men are at the other end of the extreme, but it just goes to show that you can declare your point in the nicest, most welcoming way you can think of, but if those you're trying to reach aren't

ready to accept your challenge yet, they won't hear you. I'd rather spend my time correcting the way feminism has wronged others than trying to get forgiveness from the privileged.

Part of Alice Walker's definition of womanism, a theory rooted in a combination of racial justice and feminism, states: “Womanist is to feminist as purple is to lavender.” In accordance with the rest of Walker's definition, I, as a white woman, cannot declare myself a womanist. Nevertheless, I hope that my own feminism will continue to strive to be of that deeper, richer, more inclusive brand, as purple is to lavender.

I do not want Watson to have redefined feminism, because her definition, at the moment, is simply lacking. I do think that Watson is young, and like many of us young feminists, she is coming into her own feminism and her ideas are still evolving; I know mine are. I have hope that Watson will continue in her learning process and, perhaps in another decade, we will hear a much different, even more inspiring and inclusive speech from her.

## Yes, Emma Watson did redefine feminism

KATE MCGINN  
Staff Writer

I'll stick to what I said before; Emma Watson did redefine feminism. She redefined feminism in the sense that she clarified what it means to be a feminist. In light of the negative connotation surrounding the word “feminist,” Watson did an excellent job showing that a woman feminist can not only be feminine, she can be reasonable and tolerant of the opposite sex as well.

The response to my previous article featured some valid points. Watson's speech was indeed vague and did not delve into the complicated aspects of the fight for women's rights. Frankly, I do not think a 600-page book could fully delve into the “capitalist, white-supremacist, homophobic, patriarchy” in which we currently live. Of course, her 13-minute speech should not be taken as gospel. That, however, does not mean her speech can't spark change.

Rather than oppose the viral attention her speech received, one could view the media attention as beneficial. Watson may have reiterated the words and ideas of other feminists before her, but she also drew a substantial amount of cover-

age to the topic. The video of her speech has been viewed about six million times on YouTube alone. I do not believe this influx of attention towards feminism can be considered negative on any level, especially due to the increasing opposition towards feminists among women themselves. As the face behind the widely held beliefs in her speech, Watson managed to attract a young generation to an old battle. Such a negative stigma surrounding feminists can't stand against the beautiful young actress who seems the exact opposite of the stereotype. With so much attention, negative retaliation is inevitable. However, at least from my personal experiences, noticeable increase in discussion of women's rights has sparked since Watson's speech.

Of course, her small speech on the topic does not come close to encompassing the entirety of the issue. However, she manages to tackle a large obstacle that stands in the way of modern feminism. According to a poll carried out by the Huffington Post in 2013, only 20 percent of Americans (23 percent of women and 16 percent of men) identified as feminists. One of the reasons for this is the growing rejection of the word “feminist.”

This was the whole target of her

speech—she tore down the growing ideas that feminism is a man-hating institution, which it is not. Progress cannot be made unless both women and men want progress. Watson, by “redefining” feminism, showed that most women do want to be feminists because women simply don't like the word. By opening the discussion to men, she showed that feminists aren't aimed at taking rights away from the opposite gender. She did not suggest “coddling” men. She simply invited them to join in feminist efforts, while also clarifying that fighting for women's rights does not mean fighting against men's rights. If 50 percent of the population feels threatened, no actual progress can be made on the political level. To eliminate the stigma is not to end the controversy. It is a step in the right direction, though.

Yes, her speech did not cover the specific issues faced by women of color, homosexual women, lower class women, or women of other minorities. I do wish Watson had discussed the issues faced by those women, but I also do not believe time would allow her to give that discussion justice. Despite this, I don't think her speech was limited to “white feminism.” She spoke about women, and women as a whole. Granted, her personal examples and experiences are those of a privileged, white, straight actress, but she spoke of what she knows.



Illustration by Sam Tezak.

Emma Watson's audience was not the educated feminists or active participants in the fight for women's rights. Her audience was the general public, of which only about a quarter identify as feminist. In putting Emma Watson as the face of this campaign, HeForShe managed to draw an enormous amount of attention to feminism. I refuse to discredit Watson's speech as a meager attempt at becoming a public figure for feminism. Her speech is not the manual for the next generation of activists. She simply took down one of the many obstacles facing the modern feminist, which is the negative ideas about the word. I also look forward to Watson's future speeches—one that is not necessarily different, but is more in-depth.

# Ebola in the U.S. and abroad: Out of sight, out of mind

**REBECCA GLAZER**  
Guest Writer

If you've kept up with the news or even with social media in the past week, it won't surprise you to hear that five Americans have been diagnosed with Ebola at the time of this writing. As soon as the news broke on the first case, I myself received a panicked text from a friend: EBOLA HAS COME TO THE USA / IMMINENT PANDEMIC APOCALYPSE. She was joking, of course, but her awareness of the topic proves an interesting point. There was no mention of Ebola among my friends while it remained safely overseas. I consider myself moderately well informed, with a moderately well informed friend group. We'd heard of the epidemic on the news, but there was no sense of urgency until the virus hit the States. Unfortunately the international community seems to share our attitude, and the epidemic was not declared a Public Health Emergency of International Concern until August 8, a full eight months after the first case was reported in Guinea in December.

According to the World Health Organization (WHO), there have been 7,470

people infected with Ebola in Guinea, Liberia, and Sierra Leone since the initial outbreak, with 3,431 deaths reported. It stands as the worst epidemic of Ebola on record, and in a Sept. 26 statement, the WHO said, "The Ebola epidemic ravaging parts of West Africa is the most severe acute public health emergency seen in modern times."

So why is it that, at least among your average young Americans, Ebola was never mentioned until last week? With my own two ears, I heard my peers say that Ebola "isn't an issue, because it's not in America," as though the death of a Guinean is somehow less devastating than the death of an American. On the day the first Ebola case in the States was confirmed, 50,000 tweets regarding the case were posted in a single hour as the issue suddenly hit home.

Is this what it takes for something to become an issue? For it to threaten our own way of life? A director of the Centers for Disease Control and Prevention (CDC) is quoted as saying, "The best way to protect Americans and the rest of the world is to stop the Ebola outbreak in West Africa"—but where is the concern for protecting West Africans? Do we re-

ally hold ourselves so superior to people of third-world nations that their problems seem like a nonissue? Why does the illness of one American captivate our attentions while the death of 2,100 Liberians barely rattles us?

On Sept. 3, the international president of Doctors Without Borders, the largest NGO currently providing aid, spoke out against the UN member countries for their lack of assistance in West Africa. This statement came on the heels of a declaration by the WHO, which has received heavy criticism for its "slow and insufficient" response to the outbreak, which aimed to halt Ebola transmission within six to nine months. Since then, the UN Security Council declared the outbreak a "threat to international peace and security" and adopted a resolution urging all UN member countries to provide more resources and aid to West Africa.

International aid is coming, but very slow and very late. Obama has promised to deploy 3,000 troops within the month to build seventeen new treatment centers, although the CDC warns that there may not be enough medical personnel to staff the new facilities. The CDC itself

currently has about 90 staff members on the ground in West Africa, the first of which arrived in August. In contrast, 10 CDC specialists were deployed to Dallas within days to deal with a single case on U.S. soil.

While the Ebola outbreak in West Africa has been broadcast and discussed on nearly every national news channel in the past few months, and it is certainly the responsibility of every individual to keep themselves informed, it does strike me as dangerous that the topic did not make its way into casual conversation until it reached American soil. I shudder to think what this attitude bodes for other global issues like famine, clean water, and climate change. If the majority of us remain unperturbed until our own lives are threatened, what will be the fates of those with a far shorter distance to fall? If we want to start addressing these global issues effectively, we need to start seeing ourselves as one common humanity. The death of anybody due to Ebola should merit an equal amount of concern, no matter what country they reside in, and the rush to provide medical aid should be just as swift, no matter the existing conditions on the ground.

## HAVE AN OPINION TO SHARE?

Send your comments to William Kim at [william.kim@coloradocollege.edu](mailto:william.kim@coloradocollege.edu)

# Veganism: Beyond the plate

**JACKSON FOSTER**  
Staff Writer

Most of the fad diets out there—such as the Paleo Diet, The Atkins Diet, South Beach Diet, Mediterranean Diet, and so on—are just that: diets. When you adopt one of the above programs, which I do not recommend, you simply have to change what is allowed to enter your mouth, and that's it. You can still wear the same clothes, go to your favorite restaurants, and wash yourself with the same hygienic products you used pre-diet.

Veganism, in the broad sense, is not just a "diet" because it's a lifestyle that reaches far beyond the plate. While the foundation of adopting a healthy, sustainable, and ethical vegan diet starts with food, it is not just focused on diet, as vegans do not use or support any form of animal product.

The use of animal parts has made its way into every nook and cranny of consumer culture and industrial production. Here are a few mainstream items that are often times not vegan: clothes (leather, down, wool, silk), hygienic products (shampoos, conditioner, soap), paintbrushes (horse hair), toothpaste

(Crest and Sensodyne), and even mattresses can be made from animal products. Factory farms sell the nonedible remains of slaughtered animals to brands that use products such as leather, hair, wool, blood, and hooves. By wearing leather, for instance, you are contributing to the factory farming industry just as much as eating a burger.

There are also products that don't contain animal parts in the item you purchase, but may have been tested on animals in the making of the item. Most conventional hygienic products and makeup have to go through rigorous legal testing to prove that the product is safe to apply to human skin. While there are many alternatives to testing this without the use of animals, the old school and barbaric system of animal testing is still the cheapest method and still very prevalent. So what does "animal testing" really look like?

I have had the disturbing experience of exposing myself to films such as *Earthlings* and *Speciesism*, which takes the viewer through the life of the over 60 billion confined land animals that are at the mercy of human abuse at any given time. Animals such as dogs, cats,

monkeys, rabbits, mice, and birds are strapped down in a laboratory as scientists expose the animals to the given hygienic product in the eyes, mouth, ears, nose, and even genitalia to watch the reaction. These animals have no escape from this slow torture, and often times die in the process.

Another interesting aspect of veganism off the plate has to do with raising our beloved companion animals. While dogs and cats are natural carnivores out in the wild, we have the choice to raise these animals vegan or not. I would argue that practicing a vegan lifestyle yourself but buying animal products for an animal you own is a violation of your own cruelty-free lifestyle. People have been raising domesticated dogs and cats for over 30 years on an entirely plant-based diet. There are even dog food brands, such as Natural Balance, that offer plant-based dog foods to the mainstream market. There are thousands of testimonials of dogs and cats living full, healthy lives fed on a 100 percent vegan diet.

There are even clothing and hygienic brands, such as New Balance, with vegan lines in addition to their conventional

styles due to the demand for cruelty-free products. Going even further, there are now tons of brands that only offer vegan alternatives. [Vegetarianshoes.com](http://Vegetarianshoes.com), for instance, is an awesome website that has mastered the fake leather look. Vegetarian Shoes sells high-quality designer boots, dress shoes, and sneakers made without any animal products whatsoever. Some more online vegan clothing and designer resources include [MoosShoes](http://MoosShoes.com), [Tom Bihn](http://TomBihn.com), and [Matt & Nat](http://Matt&Nat.com).

It is hard for a lot of people to transition to a vegan diet because food is emotional, and abruptly expelling a comfort food can be difficult. Transitioning to a vegan lifestyle can begin off the plate, as you continue to educate yourself on other reasons to adopt a vegan diet as well.

Diets usually don't work. By their nature, diets are temporary. You lose weight, quit the diet, and go back to eating the same way, returning back to the place you started. What is so great about lifestyle change is that the change happens for good. Veganism is not a phase or a fad; it is a way to achieve your health and fitness goals for the rest of your life, while also reducing your carbon footprint and practicing compassion.

## After weekend sweep, hockey looks forward to tougher opponent this weekend

**CHARLEY BEMIS**

Staff Writer

The Colorado College men's hockey team opened the 2014-2015 campaign with a two-game sweep of the University of Alabama Huntsville (UAH) Chargers last weekend, winning on Friday 3-2 and Saturday 4-3. This is a strong start for what is sure to be an illustrious career for new Head Coach Mike Haviland. In fact, these two wins put this year's team at nearly a third of the total wins from last season.

The Tigers' next test arrives at the Broadmoor Arena this weekend all the way from Grand Forks, N.D. The third-ranked University of North Dakota (UND) Fighting Sioux will likely be a

much more formidable opponent than the Tigers faced last weekend.

Notable losses from last year's UND squad include senior captain Dillon Simpson, a stalwart defenseman, and Rocco Grimaldi who signed an entry-level contract with the Florida Panthers after leading UND in scoring as a sophomore. Diligent hockey fans will recognize No. 31 Zane McIntyre between the pipes for UND.

McIntyre, formerly Gothberg, led the Sioux to the Frozen Four as one of just three goalies in the nation who allowed an average of less than two goals per game while playing more than 1900 minutes.

Players to watch include Michael Parks, Mark Macmillan, Drake Caggiula,

and incoming first-year Nick Schmaltz, a speedy center and first-round draft pick of the Chicago Blackhawks.

The Tigers look to build on their early success with strong defensive play from seniors Peter Stoykewych and Aaron Harstad. While both are imposing players in the defensive end, they have also shown some offensive flair this year. Harstad scored the first goal of the season Friday, while Stoykewych netted the game-winner Saturday night.

Also watch for sophomore D-man Jacob Slavin, who led the team in points last year, to create opportunities on the power play and use his speed to create odd-man rushes. The Tigers will look for more offensive production from sophomores Sam Rothstein and Alex Roos, ju-

niors Cody Bradley and Peter Maric, and seniors Charlie Taft and Scott Wamsanz.

CC will need to capitalize on scoring opportunities and play shutdown defense against a formidable Sioux squad to keep the win streak alive. This year represents a new era for Tiger Hockey.

New head coach Mike Haviland has brought a winning pedigree to a program that won just seven games last year and revitalized enthusiasm for hockey in the Colorado Springs community. This weekend's opening series of the National Collegiate Hockey Conference should provide a strong test for the Tigers who look to continue their early-season success against one of the top teams in the nation.



CC Tigers sweep Huntsville home opener.  
Photo by Casey B. Gibson.  
Other photos courtesy of CC Athletics.

## Tigers sweep Huntsville in home opener: First two-game home sweep since November 2012

**NILA HORNER**

Staff Writer

Two nights in a row, the Colorado College men's hockey team bounced back from a disappointing second period by scoring just one more goal to bring them over the edge to victory.

On Saturday, senior and team captain Peter Stoykewych scored the 4-3 game-winner with 5:26 remaining in the third period to give CC its first two-game home sweep in almost two years.

The night before, junior Cody Bradley scored the game-winning goal with 7:03 remaining in the third period to give the Tigers, along with newly hired coach Mike Haviland, a 3-2 victory.

More than 5,000 fans welcomed the Tigers into their historic 76th season Homecoming opener against the UAH Chargers on Friday night.

With the temperature on the surface of the ice at a chilly 24 degrees by the time the first puck hit the ice, the packed arena came alive when the goalies took to their nets.

Bradley, a junior from Tampa, Fla., scored with a wrist shot from the right side that flew around UAH goalie Carmine Guerriero. Junior Peter Maric earned his second assist of the night on the goal after making a drop-pass to

Bradley.

"That was a pro-play by Cody," said Haviland on the CC Athletics website. "He chipped the puck out of our zone and hustled down the ice to take a nice pass from Peter and he just buried it." With his 11th career goal, Bradley came in at the perfect time to save the Tigers from a pair of goals scored by the Chargers in the second period.

The Tigers started out strong in the first period, with dominating goals by senior Aaron Harstad and first-year Teemu Kivihalme, making the Tigers 2-0 just 20 minutes into the game.

Harstad fired a powerful shot from the right point that blew past Guirriero just 3:45 into the game on a power play, assisted by first-year Garrett Cecere and Maric.

Kivihalme then scored his first career goal halfway through the period with a top-shelf shot from the left side, assisted by senior Scott Wamsanz and freshman Jordan Berger.

The Chargers retaliated in the second period as UAH's Brent Fletcher got past CC's goalie Tyler Marble in a power-play goal at 12:11 mark.

Jeff Vanderlugt excruciatingly evened the score with just 1:59 left in the second. CC outshot Huntsville, 13-8, in the period but couldn't quite get past Car-

mine on goal.

The Tigers got their groove back and fired 14 shots in the third period alone, while CC's Marble made 16 saves altogether in his first career appearance. Strong shooters included sophomore Christian Heil with game-high eight shots and junior Hunter Fejes with six.

The action continued on Saturday in the game-winner as Stoykewych took a pass down the center from Maric and catapulted a shot past Saturday's UAH goaltender Matt Larose as the Tigers took their second win of the weekend. Sophomore Christian Heil was also part of the play with an assist on the four-on-four goal.

Stoykewych and Heil saw a lot of ice earlier in the game as CC thundered out with a 3-0 lead in the early part of the second period. After junior Hunter Fejes scored a great short-handed shot at 8:59 into the first period, Stoykewych assisted on sophomore Alex Roos' goal with an exciting four seconds left in the first. Sophomore Sam Rothstein also earned his first mark of the season with an assist on the goal.

Heil made it 3-0 for CC when he took a drop pass from sophomore Matt Hansen and amazingly beat Larose at an open net 25 seconds into the second period. At that point, CC's struggles in Friday's

second period seemed like a long-forgotten memory.

Unfortunately, by the end of Saturday's second period, UAH had gotten their legs back to tie the game at 3 - thanks to a pair of goals by Brandon Carlson and the other by Frank Misuraca. All three goals came at the expense of CC first-year goalie Chase Perry, who also made nine incredible saves before bowing out of the game to be replaced by sophomore Marble.

Marble made an impressive 14 saves in the third period alone on Saturday, moving the Tigers to 2-0 so far this season. The Tigers hammered Larose with 45 shots over the course of the night! Interestingly, CC did not profit from any of its six power-play opportunities on Saturday, while the Chargers were one-for-three on the power play and had 26 shots overall.

However, coach Haviland ended the great weekend by saying, "this was a great weekend for us. This team really showed what kind of character and perseverance is in that locker room."

Go to the Worner desk with your Gold Card for your free student ticket and come cheer on our CC Tigers at home tonight, Oct. 17, and tomorrow, Oct. 18, as we face second-ranked North Dakota! Go Tigers!



# Women's soccer wins over CSU, loses against Wyoming in overtime

**HANNAH WESTERMAN**  
Staff Writer

This weekend, the women's soccer team played the final two of four consecutive road games. The Tigers traveled to Laramie, Wyo. to play against University

of Wyoming on Friday, Oct. 10.

Senior forward Rachel Herron scored the first goal of the game during the 26th minute.

She collected a punt from freshman goalkeeper Rowan Frederickson and made a shot to the lower right corner, blasting past UW's goalkeeper. It was the only goal of the first half.

In the second half, less than three minutes in, UW player Alison Clarke finally put her team on the board with a free kick. Thirteen minutes later, she scored again on another free kick, putting UW in the lead 2-1.

UW maintained the lead until the 77th minute, when senior midfielder Jessie Ayers scored the tying goal on a penalty kick. With this goal, Ayers moves up to 8th place in Colorado College's women's soccer program's career points list with 64 points.

Ayers' goal sent the game into overtime. Neither team scored, so the teams faced off in a second overtime. The tie was finally broken when UW scored 2:26 into the second overtime. CC lost 2-3. This is the first time UW has defeated CC in eight tries.

The Tigers were back

a bit closer to home on Sunday, Oct. 12. They played against Colorado State University in Fort Collins.

Neither team scored during the first half. CSU finally broke the standstill 3:21 into the second half with a rebound goal. CSU held the lead until senior midfielder Mary Bowman tied the score 1-1 with a header.

"CSU was actually much more aggressive out of the back (the defense) than we had expected them to be. We managed to generate quite a few scoring opportunities during the first half, but we were simply unable to put the ball in the back of the net," said Bowman.

Bowman continued, "I think the difference between the first half and the second was not only that we created far more scoring opportunities, but that those chances were more dangerous. We were really pulling-apart their defense - we had players dribbling along the end line and slotting balls back across the eighteen-yard-box (front of the goal), we had several shots from the top of the box, and a lot of great balls served-in from our wide and defensive players."

Senior midfielder Kaeli Vandersluis put CC in the lead with a goal in the 76th minute.

Vandersluis moved up to tie for ninth place in the program's career points list

with 63 points.

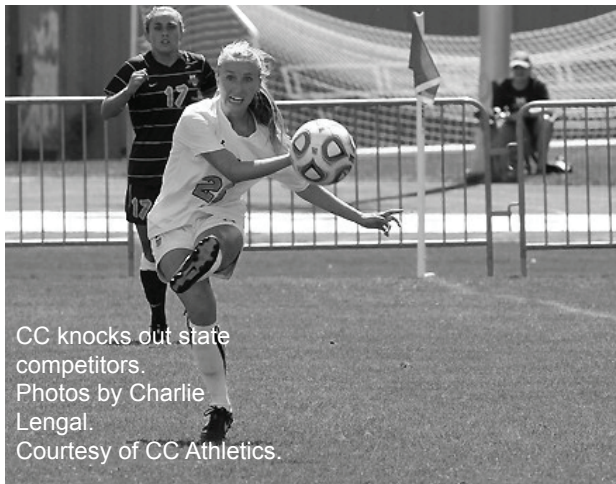
She is now part of only five Tigers who have ever been ranked in the women's program's top 10 in all three statistical categories.

CSU tied up the game again less than three minutes later. It looked like the game might be going into overtime until junior midfielder Sarah Schweiss scored the winning goal with only 57 seconds remaining.

"The team did a great job fighting until the last second of the game, and it paid off for us," said Schweiss. "All I remember after the goal is being at the bottom of a dog pile with my teammates having huge smiles on all of our faces. After going into overtime on Friday, we didn't want to have to again on Sunday. Overtime adds a lot more playing to the game and we were relieved we wouldn't have to do that for a second time."

CC's 3-2 victory against CSU makes Head Coach Geoff Bennett the winningest head coach in program history. Since becoming the head coach in 2004, Bennett has led the Tigers to 120 victories, beating the previous record of 119 set by Dang Pibulvech (1983-1990).

The Tigers finally return to Stewart Field to play a home game on Friday, Oct. 17 at 3 p.m. against the University of Nevada, Las Vegas.



CC knocks out state competitors.  
Photos by Charlie Lengal.  
Courtesy of CC Athletics.

## TIGERS MAKING HEADLINES

**HARRISON ROSENFELD**  
Sports Editor



- After leading the Tigers to their first home sweep since November of 2012, senior captain Peter Stoykewych earned recognition from the NCHC as the Bauer Defenseman of the Week. Stoykewych recorded two points over the weekend from the defensive spot, including Saturday's game winner with only just over five minutes left of play in the third period. The Captain also added three blocked shots, helped CC go 3-5 on the penalty kill, and his impressive +3 rating over the weekend proved to be a major reason the Tigers came out of both games victorious.

- Junior libero Sophie Merrifield earned SCAC Defensive Player of the week honors for the fourth time in her career after helping lead the tigers to a 3-0 record during key conference matches this past weekend. Merrifield racked up a team high of 55 digs, adding eight aces as well over the weekend. With her 1,546 career digs, she ranks fifth all time in school history and is only 49 digs away from taking over the fourth spot.

## UPCOMING CC SPORTING EVENTS

### Men's Hockey (Overall: 2-0, Conference 0-0)

Friday

- 7:37 p.m. vs. #3 University of North Dakota
- Game Note: Radio: KRDO 105.5 FM/1240 AM

Saturday

- 7:07 p.m. vs. #3 University of North Dakota
- Game Note: Radio: KRDO 105.5 FM/1240 AM

### Women's Soccer (Overall: 7-4-3, Conference: 3-2-1)

Friday

- 3 p.m. vs. University of Nevada-Las Vegas (UNLV)

Sunday

- 12 p.m. vs. University of Nevada

### Men's Soccer (Overall: 11-3, Conference: 7-2)

Friday

- 7 p.m. at Austin College

Sunday

- 11 a.m. at University of Dallas

### Men's and Women's Swimming and Diving

Friday

- 6 p.m. vs. Western State Colorado University

### Men's and Women's Cross-Country

Saturday

- 9 a.m. at Fort Hays State Tiger Open

With all kinds of home games, matches, and meets to choose from, make sure to get out there this weekend and support our Tigers!



## Volleyball takes care of business, cements identity for late-season push

DAVID ANDREWS

Staff Writer

The Colorado College Tigers are on a roll. The volleyball team sits atop the SCAC with a record of 23-4 overall and 9-1 in conference play.

This past weekend, the Tigers did not a drop set on their way to an undefeated series against Centenary College, University of Dallas, and Austin College.

Unsurprisingly, the team is brimming with confidence following the successful weekend. Senior middle hitter Kristen Liberty said, "It's pretty well understood that offensively we're unstoppable. It doesn't matter who plays; we are offensively unstoppable." The Tigers were relentless, recording 123 kills over the course of three games. Their opponents managed a mere 72.

Head Coach Rick Swan was pleased with the fact that his squad notched three wins. The Tigers also took care of business in an efficient manner. Swan said, "What I was really excited about was that we won all three matches in three sets."

The Tigers beat the Kangaroos of Austin College in commanding fashion by scores of 25-22, 25-22, 25-18 to start the weekend on Friday, Oct. 10. On Saturday, Oct. 11, the Tigers faced a winless Centenary College squad as well as University of Dallas.

The Tigers dismantled Centenary by scores of 25-20, 25-6, 25-13. University of Dallas, which Swan described as the "toughest opponent of the weekend",

provided little resistance for the Tigers, who won the match 25-19, 25-15, 25-16.

Liberty characterized the weekend: "It was less of a 'How are we going to win?' mentality and more of a 'How are we going to challenge ourselves and make our game better without some of our key players?' mentality."

The weekend marked the first time the Tigers were playing without a few of their lineup stalwarts.

The inactive list included outside hitter Emily Phillips (ACL), middle hitter Kelli Sherwood (LCL straining), and right-side hitter Courtney Birkett (high-ankle sprain).

Coach Swan was forced to move around some players and looked especially to some of his younger talent to fill the voids left by Phillips, Sherwood, and Birkett.

Junior Kamaira Herron, as well as first-year Glenna Yancey, stepped in to remedy the absence of Sherwood.

Herron led the team with eight blocks over the course of the team's two games on Saturday. Yancey showed off some her offensive prowess on Friday night against Austin College with four kills.

Junior McQuella Adams, a new addition as a right side hitter, had a team-high of ten kills on Friday versus Austin College.

Liberty, one of the team's floor leaders according to Coach Swan, said, "A few players had to step up very quickly, and they did a great job. We have always had depth and talent, but we didn't quite have the confidence. This weekend helped us gain experience and strengthened us as a team."

Liberty herself had a change to her role on the floor. Coach Swan shifted Liberty, traditionally a middle hitter, to the outside hitter position. Swan said, "She has played extremely well." Liberty recorded eight kills for the Tigers on Friday.

The weekend also revealed to the Tigers some of their potential weaknesses. When asked what he believes his team can improve on, Swan responded without hesitation, "We can certainly improve our blocking and our defense"

Liberty said, "When it comes to defense, we have very strong individual players." This is evidenced by the fact that junior libero Sophie Merrifield was named the SCAC Defensive Player of the Week.

Merrifield was key in the Tigers' three wins, as the Fairfax, Calif. native led the team in both aces and kills over the weekend.

"Obviously we have very strong players," said Liberty, "but we need to get everyone on the same page so that we can be effective in games. It's definitely a systematic process in volleyball and we need to get everything to sync up."

The Tigers are able to look forward now to the rest of their season, which will include one more major road trip to Texas Lutheran for cross-divisional matches, followed by the SCAC tournament. "Trinity and Southwestern will be our main competition," said Swan.

Colorado College currently sits atop the SCAC, but both Trinity (9-1) and Southwestern (8-2) are not far behind. Trinity is the reigning conference champion and ended last season ranked 15th in the national Division III rankings.

The Tigers of Colorado College took down the Trinity Tigers earlier this season on Sept. 27, but will be making a road trip down to Seguin, Tex. to face both Southwestern and Trinity again on Oct. 26.

Liberty said, "It only gets better from here." The Tigers will regain both Emily Phillips and Kelly Sherwood into the lineup for their late-season push and will hope to replicate the dominating performances they have put together thus far this season.

## Cross country has high expectations to finish out the season strong



Senior captain Graham Frank.  
Photo by Charlie Lengal.  
Photo courtesy of CC Athletics.

VIVIAN ENGEN

Staff Writer

As the Colorado College cross-country team heads into the home stretch of its season, runners have a conference title and qualifying for nationals in their sights.

"If everyone on the regional team is able to stay clear of injury, work their butts off for one more month, and have a phenomenal race," says junior Jacob Rothman, then qualifying for nationals "is definitely possible."

The runners travel to Hays, Kan. this weekend, for a final tune-up before the SCAC Conference Meet in San Antonio, Tex. on Nov. 1. The regional meet will take place in Salem, Ore. on Nov. 15.

In Kansas, they are hoping that a fast course and strong competition will push them to personal bests. "I'm looking forward to a real breakthrough race for myself and several of my teammates who've been working really hard and are finally about to start seeing that pay off," said senior captain Graham Frank.

Like any team, the Tigers have faced

injuries and a bad race here and there, but as runners continue to shave seconds off their times and set new personal records, the season is shaping up to be one to remember.

Frank was named SCAC Runner of the Week for two consecutive weeks, most recently on Oct. 5 after posting a season-best 8-kilometer time of 26:07 in the Pomona-Pitzer Invitational in Claremont, Calif. His time helped power the Tiger men to a seventh-place finish in a meet that featured Division II, Division III, and NAIA schools.

On the women's side, sophomore Leah Wessler captured SCAC Runner of the Week honors in late September after capturing fifth-place at the Cowboy Jamboree in Stillwater, Okla., with a season-best time in the 5-kilometer of 19:22. The women took third of 16 teams in the college division that weekend, their best finish ever at the Oklahoma State University meet.

With runners approaching peak condition, the men's team hopes to avenge a tough second-place finish to Trinity University in last year's conference meet.

"Last year, a couple of our top runners got the flu right before conference, and we lost the title to Trinity by one point," Frank said. "This year, we want that title back."

Trinity is "a good team, but we're better," he added. "I think that we're ready to match their depth and be competitive with them up front."

The girls also hope to improve on a second-place finish in last year's conference meet. "We have always been a dedicated and hard-working program, but this year there is a new level of commitment and determination, and it shows," said senior captain Erin Morrow. "We're a lot faster."

The CC cross-country team is ready to finish out the season strong. When asked what to expect from the remaining meets of the season, sophomore Conor Terhune simply said, "The best is yet to come."

### CC PARENT'S WEEKEND SKI AND SNOWBOARD SALE!

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## Beautiful rivers of the Yukon: Inflatable kayak edition

**JOHN NESTLER**  
Guest Writer

S.O.S (Scenic Overdose Syndrome): None of us had ever encountered this terminology before. Sam Seiniger '14, Zane Randell '14, and I had the guide-book memorized after reading it so

Dalton Post in the Yukon and grows 30 times in size by the time it hits the confluence with the Alsek. Nearly a mile wide at this point, the braided river channels are surrounded by snow-capped peaks at every angle, and bright blue glacial streams cascade into the sediment-laden water.

The entry ticket into this beautiful landscape was an adrenaline-filled day of whitewater rushing through a narrow canyon, where we put our inflatable kayak skills to the test. It is quite possible that one of our members entered this whitewater section with four shoes, and left with only two. Let that be a testament to the difficulty of the whitewater... Or, more simply, don't bring Crocs on the water.

An occasional rapid punctuated the fast-flowing river for the next 140 miles as we made our way to Dalton Post, the only settlement before the Alsek rushes into the Pacific Ocean.

Along the way, we witnessed bald eagles dogfighting in the sky, numerous grizzlies, a sea otter, and icebergs the size of small sub-

marines violently rising out of Alsek Lake. We perfected our culinary skills under the watchful eyes of the Alaskan wilderness and feasted on a fresh king salmon gifted to us by a local fisherman at Dalton Post.

Drake Olson, a former Porsche Le-Mans racer, swooped in on the 13th day to fly us back to Skagway, Alaska. The conversation soon turned to his clientele, such as Jeremy Jones and National Geographic. The views of Mt. Fairweather and Alsek Lake capped the trip perfectly as we cruised back to civilization. Mind-blowing scenery, challenging whitewater, a sense of exploration, and friendships made this into one fantastic trip.



many times, yet we had no idea how beautiful the landscape of the Tatshenshini and Alsek Rivers would be.

After much daydreaming, real preparations for the trip began after we learned that our Ritt Kellogg Grant (Yakin' in the Yukon) had been approved, and phone calls soon revealed that we were rather daring with our late-May put-in date. A perfect storm of early spring melt, solid local beta, and an unprecedented amount of icebergs led to our group to complete the first 2014 descent on one of the most beautiful and iconic wilderness whitewater trips in the world.

The Tatshenshini, a tributary of the Alsek, starts from a small trickle at

Photos by John Nestler.



## Gear Review: Gravity Liberty CXD

**KAYLA FRATT**  
Staff Writer

When shopping for a new bike, I had two things in mind: I wanted a Cyclocross bike, and I wanted it to be affordable. I wanted a cross bike because of their unique balance of lightness and durability and because of my lifestyle. I am not a hardcore mountain biker, although I do enjoy taking advantage of the trail systems. I didn't want a fancy, break-the-bank road bike, but I couldn't convince myself to settle for a cruiser. Cyclocross bikes, although usually pricey, fit my needs.

After shopping around, I chose to go with the decidedly sketchy-looking bikesdirect.com. I bought the Gravity Liberty CXD for the affordable price of \$500. So far, I haven't particularly regretted the choice to go with decent quality, inexpensive bike instead of less affordable, nicer bike.

The CXD comes in white, grey, and orange (since we all know

color is the most important choice to make when buying new things). It's equipped with disc brakes but overall cheap componentry. It's an average entry-level bike for racing, but for me, it's the perfect bike. I regularly commute to school on my bike, regardless of the weather. The bike handles well in all weather, thanks to the Kenda KwickTrax tires, which are commuter tires designed for speed and traction.

The first bike that they sent me came with faulty rims. Although this was obviously a bad sign, the company did a great job of working with me and sent me a new wheel set for free, promptly and without complaint.

Overall, the Gravity Liberty CXD bike is a great choice for those of us who can't make up our minds: nice or cheap; durable or light; road or mountain; white or orange. Actually, I still had to pick a side when it came to the colors.

## ORC looks to improve sustainability practices on trips

**ELIZA STEIN**  
Guest Writer

The Outdoor Recreation Committee (ORC) is one of Colorado College's oldest and most well-known student organizations. Over the course of several decades, the ORC has worked to develop and refine student-led outdoor education experiences. This year, as trips are running more smoothly than ever, leaders in the ORC community have a new goal: maximizing sustainability, with a focus on food.

On Thursday, Oct. 9, members of the ORC's Sustainability Committee met in the Slocum common room to discuss methods for improving sustainability within the ORC. Haley Leslie-Bole, one of the meeting's organizers, began by noting the NSO Priddy Trip as an area of focus. The Priddy Trip, which all first-year students are required to attend, is notorious for its amount of food waste.

Leslie-Bole acknowledged that although this year's NSO was "ten million times better" at rationing the food pack-out, there was still more work to be done.

Group brainstorming led to several ideas of ways to minimize waste on ORC trips. With the ORC's plan to move to a new building this year, many opportunities arise for food pack-out. The ORC plans to buy food staples in bulk, allowing trip leaders to ration their own food from the ORC's supply. This will reduce

costs of pre-trip grocery shopping, not to mention the waste of purchasing pasta, oatmeal, and other foods that typically come wrapped in layers of plastic and cardboard.

Another idea currently in the works is the development of a "backcountry manual," similar to guides that large outdoor education organizations such as NOLS and Outward Bound offer. This manual would include menu ideas, rationing guides, Leave No Trace practices, and other tools for leading trips through the ORC.

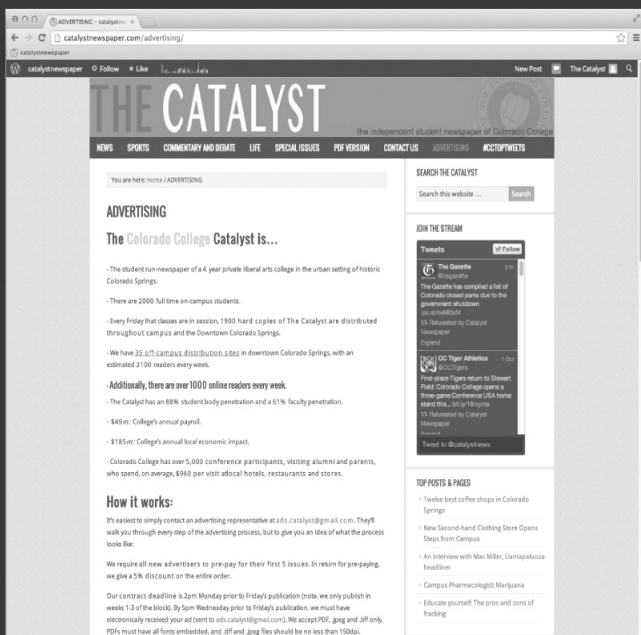
Members of the Sustainability Committee believe that, with better food rationing guidelines, trip leaders can minimize the amount of food waste on trips. Menu ideas would also guide trip leaders toward using foods that the ORC already has in bulk, along with foods with minimum packaging, thus reducing the amount of garbage produced by trips.

These two items—purchasing food in bulk and creating a backcountry manual—are highlights of the ORC Sustainability Committee's immediate action plan. Several other plans are also in the works, including reusing Ziploc bags, improving post-trip Food Rescue programs, and setting the expectation that ORC trips properly handle compost and recycling.

If you'd like to become part of the sustainability conversation, sign up for the ORC mailing list and keep your eyes open for meeting updates. The Sustainability Committee welcomes all ideas for improving our environmental impact.

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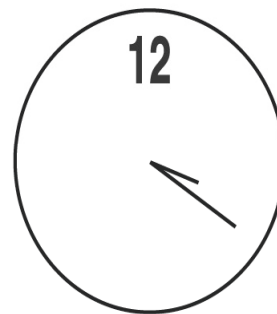
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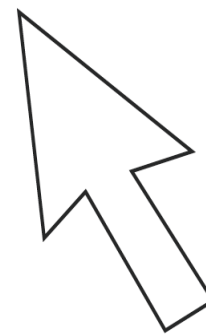
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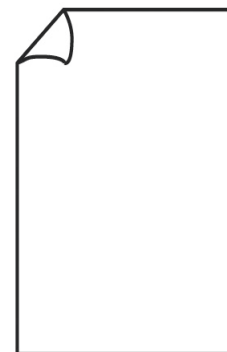
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## Off the shelves: Rimbaud's 'Illuminations' offers philosophy, color, form

**SILAS BABILONIA**  
Literary Critic

From an early age, I have always had a profound appreciation for poetry. I remember reading poems in elementary school and becoming enamored with this concept of using words to create a beautiful image, to create an emotional experience in prose. Poetry has exposed me to many concepts and ideas that continue to influence who I am today, and I still occasionally partake in the creative writing form.

While I cannot wholeheartedly describe myself as a "poet" per se, I have a deep respect for those literary artists who used poetry to forever change the world with their writing. One such inspirational writer was Arthur Rimbaud, and the true genius of his nature can be seen in his major literary work, "Illuminations," with the English translation by John Ashberry.

The life of Arthur Rimbaud is as perplexing and astounding as his major literary work. In order to fully grasp the raw intensity of his poetry, one must first know a little about his life. Rimbaud was born in Charleville, France, in 1854, and was a voracious student who wrote poetry in both French and Latin by the age of 15. A couple years later, he got into contact with the famous poet Paul Verlaine, who invited Rimbaud to stay with him in Paris. This marked the beginning

of both the friendship and eventual love affair between Rimbaud and Verlaine, a relationship that would deeply affect the poetry of Rimbaud on a symbolic level. Before turning away from poetry forever, Rimbaud gave Verlaine his manuscript to "Illuminations" and set off to go travel the world.

What's interesting about reviewing a book of poetry is that it does not necessarily follow a specific storyline—at least not for most of the books I have read. It encompasses many ideas and insights that the author felt the need to describe, often stemming from various events within their own life.

Rimbaud's "Illuminations" seems to follow under this same guise, not describing a single connected series of events, but rather exhibiting a culmination of seemingly disconnected thoughts that are united in beautiful descriptions of imagery. "Illuminations" provides pure vision into the mind of Rimbaud, not focusing solely on his past or his present, but instead presenting his universal ideas of mortality, love, power, nature, and a pure beauty of life itself.

The most fascinating part of "Illuminations" is the mystic nature of the poems themselves. Most are inherently metaphorical, leaving much of the meaning hidden behind a veil that is not limited to a single concept, but which has the potential to encompass a wide variety of interpretations. With the thoughts of Rimbaud unfolding in a rather ambigu-

ous nature, he seems to transcend the need to simply describe something literally, but instead opts to use language that continually challenges his true meaning, if there is a single true meaning to find.

Often times, I would find myself lost in his words, reading and then re-reading to make sure I had found his true intentionality. I truly feel that Rimbaud is an

artist of the metaphysical realm, a man capable of creating poetry that holds a deeper significance on multiple levels.

Rimbaud uses a distinct diction that brings about beautiful mental illustrations like no poet I have read before. Every work in "Illuminations" holds its own sense of individuality, its own different philosophy, and is described in a sort of vivid detail that blankets the entire book in color and form. Reading one of his poems is like reading a masterful and abstracted description of the world that we live in, a world that seemingly makes no sense yet we are so lost in it that we never realize its very insanity. "Illuminations" did not feel like poetry; it felt like an honest journal, a carefully described outpouring of the soul onto the page, which might be what Rimbaud wanted in the first place.

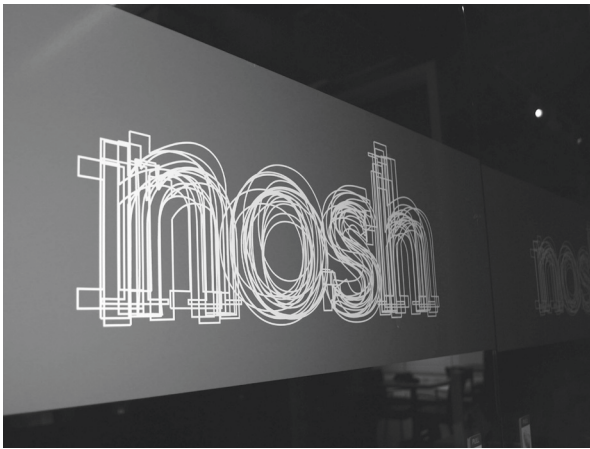
Poetry is an art form that I feel is gravely underrated in our modern age. In our attempt to recreate ourselves in this new technologic, face-paced era, we have lost a bit of our humanity, a bit of our romanticism that was so highly emphasized in the written word, most notably through the medium of poetry. It's important to remember and reflect upon the works of the poets, like Rimbaud, who sought bring beauty and art to all of humanity. The human condition is that of passion, of self-discovery and reflection, and these ideas are perfectly emphasized and brought to life within "Illuminations."



## Asian-themed restaurant Nosh121 encircles you with koi and satiates your palette

**JACK BENHAM**  
Food Guru

On the ground floor of The Plaza of the Rockies' South Tower, monster-sized koi (commonly known as koi carp) encircled me. They must have been ten feet long, swimming over dark rounded stones. Nosh121's most visually interesting feature is the mural I just described, which consists of giant red, orange, and white carp swimming over huge pond stones, painted from a birds-eye-view onto the entire circumference of the restaurant. The intimidating presence of these fish welcomed me into the restaurant. They seemed wise, somehow. Luckily, I did not sit directly underneath one of these monsters. Instead, I was positioned next to a window painted with a pink waterlily with a smaller five-foot carp swimming beneath; they seemed more comforting companions than the monster carp for my meal.



Nosh's menu offers comfort food with a twist and elegant upgrade. The titles of the dishes are welcoming and familiar, but the descriptions reveal Nosh's own Asian infusions into traditional crowd-pleasers. Mussels seem to be popular seafood options at many good neigh-

borhood eateries, Nosh is no different, but their mussels are served in a "sake, coconut red curry sauce with kaffir lime leaves." I began to see the connection between the koi—a domesticated Asian fish especially popular in Japan—and the Asian elements of the menu.

I started with the cheese plate, a quaintly portioned selection of four cheeses served with Lavosh, a light Middle Eastern flat bread. The Labna, a homemade soft cheese derived from Greek yoghurt, was smooth both in texture and complexion. With the apple slices placed on top, the appetizer seemed nourishing, almost hydrating. Overall, the cheese plate was sweet: One of the other cheeses was drizzled with honey, another sat atop some crème with a brown sugar base, and another was dripping with a berry jam of some sort. My sweet tooth

loved the sugary theme.

A large citrus ginger salad arrived next with tongs, presumably for sharing. It was large enough to share or order as a main dish. The pickled shiitake mushrooms

added a brine aspect among the large lush lettuce and sweet Mandarin oranges. The original take on this Asian ingredient amused my palate. It was a captivating yet simple salad, but it was overshadowed by my anticipation of the chicken and waffles still to come.

Eating my entree, which came out soon

after they had removed my salad plate, bordered on a downright immoral experience. The Serrano maple syrup got my nose running and burned the front of my tongue. The waiter filled my water glass up every time it got low, as if he knew I needed it full to sooth the spice from the Serrano syrup. However, the pain was beautiful because it opposed a sweet beer-battered chicken breast and the syrup. The dish was presented as a chicken and waffle sandwich—a golden tower with the chicken in the middle, and the two waffles on the top and bottom. I made a quick mess of the waffle and chicken, turning them into a syrupy amalgam at the bottom of my plate. I may have blacked out while eating the dish à la Will Ferrell in the debate scene in the film "Old School," if it were not for a glob of whipped honey butter and a basil leaf that slapped me out of my chicken and waffle daze. The basil added a third dimension of a creamy and savory flavor.

Despite the cheese plate and my entree being very sweet, I ordered the "Blackberry Amaretto Chocolate Torte." With my torte and a cup of coffee—that would hopefully prevent a forecasted incoming

food coma—I looked back at the koi on the walls around me. They seemed more graceful and gentler than when I first encountered them. The whole atmosphere was welcoming: soft lighting that made the faces of the other customers glow and oversized green booths that invited their sitters to melt into them. It felt like I was inside a pond; it was peaceful.

My stomach sat heavy under my shirt: "Too much sugar," I thought. I walked out of Nosh and onto South Tejon Street. I bounced down the street in long, proud strides. "How can I move with any enthusiasm at all?" I wondered. "Oh, yeah. I had just found a new favorite spot, a place to get excited to visit and share with friends."

Nosh121 is located in on the ground floor of the South Tower in The Plaza of The Rockies at 121 South Tejon Street. The menu is very reasonably priced. Most of the menu ranges from \$9-\$14 dollars, and appetizers and smaller plates are cheaper. One appetizer, one entree, and one dessert runs around \$30 total. It's a three-minute drive from campus, only 10 minutes by bike, and probably 20 minutes by foot.



# Revisiting musical history: Green Day's American Idiot

**NICK DYE**  
Music Editor

This week marked my 21st birthday and increased degradation to my liver. Besides the obvious celebrations one makes on this birthday, I took a moment to look back on past birthdays. I remembered the first album I ever had which I received on my 12th birthday, nine years ago, Green Day's American Idiot.

The album recently celebrated its ten-year anniversary. American Idiot was an international mega-hit, selling 15 million copies worldwide and five platinum singles. The album went on to become a Broadway musical.

The album was an event. It came out at the center of the Bush presidency, and it brims with political content and anger against the 43rd Commander in Chief. The lyrical content rages against the War on Terror, marriage inequality, and what comedian Kyle Kinane calls "the creeping oppression of the suburbs."

The music is incredibly aggressive with masterful shredding by guitarist Billy Joe Armstrong and incredible drumming from Tre Cool. It comes on like a barrage of brat punk sound.

However, besides all of that, American

Idiot is a true album. From start to finish, the listener is given a story of the Jesus of Suburbia and St. Jimmy. The album never strays from a central theme of rage in the post-9/11 United States. Every established artist releases an album, but most come out as a collection of songs rather than a full idea from start to finish.

Major full albums since Idiot include Kanye West's My Beautiful Dark Twisted Fantasy, Kendrick Lamar's good kid, m.a.a.d city and Arcade Fire's The Suburbs. Yet, none of them have sold even close to as well as Green Day's tour de force because this album came at the end of the physical CD's prominence.

Artists that now sell that well include Lady Gaga, Taylor Swift, and Lil Wayne, but the content they provide will never be nearly as smart or as coherent as American Idiot. This was an album that we bought into, and in return, it actually gave listeners something to think about.

Well, how does it stack up now for me against the past ten years? I will listen to Green Day every few months or so. Their early work is great, and they released a follow-up album in 2009, 21st Century Breakdown, which is almost a carbon copy of Idiot. Following Break-

down, they released their Uno! Dos! Tre! trilogy, which went largely ignored. It is safe to say that Idiot is the height of Green Day's career. They are still a great live band with a solid discography behind them, but it is unlikely that they will ever reach the same levels of critical and commercial success.

American Idiot still holds up as a testament to this time in U.S. History. The suburbs still exist as the doldrums of American society. The lyrics about surveillance are truer now than in 2004. "Nobody Likes You," a segment within "Homecoming," makes more sense in the context of social media and the idea of



Photo copyright of Reprise Records

"FOMO."

Green Day was a very interesting introduction to music for me. There were years where I searched for a sound that came across as intensely as Idiot, yet nothing that hard came across as intelligently. I went through a phase of punk music for a year or two. I got into the Sex Pistols and The Clash, major influences for Green Day.

Eventually, I moved away from the intensity of Green Day. The intensity I find now usually comes through rap music with a much lower bar of lyrical content. My current punk favorite is Wavves. Yet, with all my love of very lowbrow rap music, I still appreciate a real album more than anything else.

My favorite album of last year was Vampire Weekend's Modern Vampires of The City, an album with a central theme about the existence of god. My current frontrunner for this year is Mac Demarco's Salad Days, where the running theme is fighting against the pull of growing up. What Idiot gave me was a love for the album, a full piece of music you can spend an hour listening to and connecting with. It's something we shouldn't lose in a time where singles and radio hits run the industry.

## Shakey Graves second album can't be shaken

**EVYN PAPWORTH**  
Guest Writer

With the release of his single "Dearly Departed," Shakey Graves set up his audiences for a more country-esque new album, but instead produced a refined follow up to his debut, Roll The Bones. The new record, And The War Came, was released on Oct. 7.

Alejandro Rose-Garcia, who has also acted in several films and on Friday Night Lights, performs solo under the name Shakey Graves and has revived the idea of the one-man band, playing a guitar and a kick drum made out of an old suitcase. An Austin native, Rose-Garcia began making music in New York. However, since returning to his hometown, "Shakey Graves Day" is celebrated by mayoral declaration. His music has been described as an unrivaled and very original mix of "hobo folk" and blues.

And The War Came represents an evolution in Rose-Garcia's music. Where he describes Roll the Bones as "wanting to burn down [his] life," he contrasts his latest album as "the trials and tribulations of becoming domesticated, letting people into your world and letting go of selfishness."

A seven-second dialogue introduces the album, leading into "Only Son," a softer piece with rhythmic folk melodies. Three tracks on the album feature Denver's own Esme Patterson, the

most notable being "Dearly Departed," a charming duet ruled by catchy percussion beats and Halloween-inspired lyrics. Songs like "The Perfect Parts" and "Hard Wired" maintain Shakey Graves' well-loved, characteristic gritty folk sound with a more refined filter.

Later tracks, specifically "Family and Genus" and "House of Winston" sustain building bass lines with understated lyrics, lending themselves to the artistic development that makes the record, in Rose-Garcia's words, "a doorframe album, as we're going into a new building." He also described the album as a transition from his personal, eerie, homemade music to a higher quality of sound with bigger concepts, specifically the theme of "being that second, other person." His lyrics remain subtly profound, my personal favourite being the chorus to "House of Winston."

Overall, And The War Came represents a new step in the future of Shakey Graves. Rose-Garcia has managed to uphold the unique characteristics of his earlier music, while developing a more mature, selfless sound, a feat that many artists are unable to do without compromising elements of their personal style.

Shakey Graves will be playing a sold-out show at Colorado Springs' local Ivywild School on Dec. 14, accompanied by Sean Rowe and Esme Patterson, at which audiences can look forward to a captivating and intimate performance.

## Eggplant Manor hosts dialogue on soup kitchen

**NELSON KIES**  
Guest Writer

On Saturday at the Eggplant Manor, an open forum was held to discuss the future of the Colorado College Community Kitchen. Situating themselves behind the Manor, students, alumni, and administrators met to share their views and best guesses as to what change will come. The setting was idyllic; we sat in the backyard with sun, beer, dogs, and the good feelings that come with sunny Saturdays. While frustrations were evident, the people involved did their utmost to make the conversation constructive and move beyond the anger caused by the original decision making process.

Recently, students Shane Lory and Jeremy Flood took it upon themselves to talk with President Tiefenthaler in the hopes of shining a light on a process that has been unclear at best. Although the nature of the discussion is unknown, the outcome was a verbal agreement that the Community Kitchen can remain on campus so long as it is not in Shove Chapel. While the Speak Out protest group considers this is a major step in the right direction, many consider this to be a mere first step towards a newly revitalized Community Kitchen.

Addison Quin Petti, an organizer at the Collaborative for Community Engagement here at CC, presented one possible, if ambitious, idea for the future of the Community Kitchen. Addison is ready to move beyond the charming, small-scale Kitchen. To do so, he hopes to utilize the \$20,000 provided by the school to address homelessness and hunger to expand the Kitchen's focus beyond Sunday meals in the hopes of addressing a wider variety of problems homelessness creates. Addison is also toying with the idea of moving the Community Kitchen completely off campus, but, as of now, nothing has been decided.

Although the turnout was substantial, the attendees of this backyard gathering represent only a small fraction of the overall interest in this issue. There is no lack of personal (and possible monetary)

investment in the future of the Community Kitchen, which is no surprise considering its 22-year tenure serving Colorado College and the greater Colorado Springs community. The impressive level of interest this issue garnered has caused the administration to positively reevaluate the Kitchen's importance.

The ongoing Kitchen debates are becoming more and more productive. It seems as though students have, for the most part, set aside their gripes with the perceived inadequacies of the administration and, with President Tiefenthaler's new agreement, the administration itself has redacted any implied discomfort with the homeless community coming onto our "open" campus.

Although there are a variety of perspectives on what the future Kitchen will look like, those involved in the protests have made its importance clear. This upcoming Sunday, Oct. 19, there will be another conversation intended to bring the discussion to the people this program serves. It will be held at the Community Kitchen itself.

With hundreds of signatures and comments on an online petition, there is no question that CC's Community Kitchen has had an impressive impact on the student body. The Community Kitchen is here to stay and, while that is true, student rallies and discussions can also distract from the beautiful simplicity of the Sunday meal. As such, in the midst of talks of expansion and location change, many wonder why, if this Kitchen is all the community asks for, does it have to change at all?



Photos courtesy of Shane Lory



Photo copyright of Dualtone Music Group

## Grounded: Jaysari Hart discusses shifting sands and setting root in ethnic studies

**RUBY SAMUELS**  
Staff Writer

It quickly becomes clear that the depth of culture witnessed by the woman in front of me far outweighs her small stature. Wrapped in a scarlet shawl that bleeds devotion to her native India, Jaysari Hart described one of her most recent documentaries and introduced her own background and interest in race and ethnic studies.

She speaks English, Bengali, French, and Hindi, and she holds high-level degrees from several different countries. Now, Jaysari lives in Los Angeles with a husband from Wichita, Kan., far from her childhood home in Calcutta. Jaysari first became interested in studying other cultures when, within the insular and homogenous community of Calcutta, she developed a fascination for America through her grandfather. He had received degrees from the School of Mining at University of Pittsburgh and University of Berkeley; the same man would wake Jaysari in the mornings by playing American Jazz on a clarinet.

When Jaysari finally made her own

way to this country, she found a unique cultural phenomenon and an important piece of her identity as an Indian in America. The community that she found was in Imperial Valley, California, consisting of bi-cultural, Indian-Mexican families. When she visited the Valley for the first time, she saw lush fields of grass amidst expanses of barren sand, inspiring the documentary's name: *Roots in the Sand*.

"When you try to set down roots in this land, it is easier in hard soil; but in shifting sand, it is much more difficult," said Jaysari. The grass that she saw was a metaphor for the strength and success of the immigrants who moved there—Punjabi men who were determined to settle in America and provide for a new family.

At the turn of the century (first in 1890), Punjabi men made their way through Canada into California to fill a labor shortage left by the recently excluded Chinese. These Indians became landowners, but, in 1917, the introduction of an alien land law threatened the beginnings of their success.

Many found a solution to his problem through marriage; they wanted wives

to establish fulfilling lives and find comfort in this strange new world, but they also needed a partner to gain citizenship and keep their land. Indians were not allowed to send for wives as the Japanese were, so they looked to Mexican-American women who were working in the fields nearby.

Children were often given three names—a Hindu or Muslim name, a Mexican or Catholic name, and a white name—and the cultural similarities of cumin, other spices, and family values held them together. These children were raised Catholic, as mandated by the Church at wedding ceremonies, and were able to hold land down for the family as the only full-fledged citizens.

Often, these children were aware of this power; in the film, one child says, "This is really my land." Punjab fathers would often drive children to church, wait outside in a pick-up, and then take them to a Sikh temple to eat. Rather than being raised Indian or Mexican, they were raised American, speaking English and wearing conventional clothes, but the dynamics of a mixed first-generation immigrant family changed their experiences in the New World.

Jaysari says that her own identity as a partner in a mixed racial marriage gave her interviewees a reason to trust her and gave her insight into the cultural negotiations that all mixed couples face. Now, although Imperial Valley is filled mostly with white Californians, there are signs of foreign influence; for example, several Bollywood movie theaters can be found there.

*Roots in the Sand* draws a powerful image of America as the complicated cultural mosaic the country has become. Through subtle interactions between groups of people who happen to find themselves in the same situation, a new community is born. A hardworking man from India can shave his beard and remove his turban to look just like the father of his Mexican wife, who cooks Thanksgiving turkey curry with Mexican, Indian, and American flair all at once. They learn each other's languages and raise children in an entirely different culture than their own.

We are all immigrants to some degree, and we all hold prejudices against those who are different. This movie shows that, despite our differences, we can all come together as one in the end.

## Trippy lizards, summiting Everest, and world tour: Randy and the Reptiles shed their skin

**EBONI STATHAM**  
Staff Writer

It's 6:30 p.m., and I'm sitting in the main room of some house on Monument, as Randy and the Reptiles get set up to play. I have never been to a band practice, but the image of teenagers banging on instruments in someone's garage while the neighbors cringe in fear always comes to mind. However, Randy and the Reptiles were a bit better than that. In this room clad with blue walls and stained with the smell of cigarettes, great music was created.

"I think it's the full moon. I'm feeling crazy," says Austin. Maybe it was the full moon, or maybe we can blame everything on the weird telekinetic vibes that were occurring between members in that room because the music was electrifying. There was not a moment when my foot was not dancing and tapping to the tunes. This is the music that people want to hear: good music from good people. If you ask them how to describe their sound, they may use terms such as "mediocre," "demonic," or or even "cold-blooded." However, if you ask me, I'll be a bit boring and say "funky, soulful, and electric." In many ways, the sound was warm and vibrant, but this would be interrupted with a nice strong attention catching attack—an attack that had the potential to send your body into chills after being caught by surprise.

Oh and how could I forget about the vocals? Eliza Densmore, although small, packs a big punch and has the power to knock you off your feet. Combine that with Austin's bluesy voice and Kyle's vocal pizzazz, and you get the creation of something like hard cider—sweet and delicious, yet powerful.

So, how did these wonderful people all come together? Apparently Austin asked Kyle, who was playing his guitar in Rastall, if he wanted to play in a band. Then, on a separate occasion, Nic drunkenly explained to Austin that he really wanted to be in a band, and it turned out that they were looking for someone to play the keyboard. Depending on whom you ask, the big group came together out of love and mutual passion and it's a good thing they did because they are definitely going to bring more to the music scene at Colorado College.

What's next for the group? Kyle screams out "World Tour!" and Nico replies, "The International Expo." More realistically, they are planning to write more originals this semester and

practice some new covers. Lastly, Austin explains that they are planning to "create a safe space for people to get groovy without fear of judgment, competition, or repercussions. We would really like to be just a fun band that everyone can get down to. We aren't trying to do it for being cool or winning or being the best band. We just want to get down."

I'm excited to see more of Randy and the Reptiles playing this year. If they are anything like what I saw in their band practice, then we all should be excited. As for who Randy is? That's something I'm still trying to figure out. Kyle explains, "We had just climbed Mt. Everest, and Eliza was half dead on account of oxygen." Nico adds, "A lizard scurried by, and we thought, 'Wait. Reptiles.'" Somewhere along the way, Emily realized, "That's the only life up here." There you have it—Randy was born. I do not know how legit this story is and you do not have to buy the tale, but you can buy their music because that is something honest and pure.



Photos by Richard Forbes

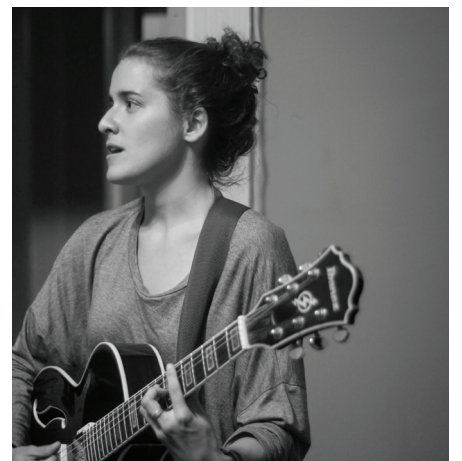
### THE LINEUP



Nico Ravitch - Drums



Nic Titus - Keyboard & Moral Support



Emily Naranjo - Rhythm Guitar



Kyle Lutz - Bass, chief negotiator of internal affairs



Eliza Densmore - Vocals



Austin Langsdorf - Guitar & Vocals, keeps the reptiles blood warm

## Pools of reflection: Why I joined...

# BO◆KΣ

**KIAN ALDEN**  
Guest Writer

My name is Kian Alden, and I am a brother of the Beta Omega chapter of the Kappa Sigma fraternity at Colorado College in Colorado Springs. I never thought that I would become part of Greek life at any institution. When I thought about fraternities, the word brotherhood did not appear in my mind, instead evoked the stories I'd heard about intolerance, sexual misconduct, and hooliganism. I even went so far as to tell my parents "I don't want to go to a school that even has a Greek system!". I am so glad that I was wrong about Greek life.

When I arrived at Colorado College my roommates were randomly assigned and one of them, Michael Kuntzman, pledged Kappa Sigma in our first-year. I was shocked. I asked him why he pledged to a fraternity and he told me that that men who are a part of Beta Omega are wonderful, and that he wanted to be a part of their community. Through Mike, and later through my future roommate Samuel Tezak, who also became a brother of Beta Omega while we lived together, I became exposed to all of the brothers who were a part of the house.

One brother in particular took me by surprise. This brother's name was Todd Martz, and he was one of the most generous, compassionate, and genuine individuals I have ever encountered in my life. Todd was only ever at the house a few times a week, but whenever he was around all the brothers would be lit up like bonfires. He took everyone's weight off their shoulders, and brought them all together as a house. Oh, and Todd had Down syndrome, which is why he could only be at the house a few times a week.

When I realized that Todd, a brother of Beta Omega starting the year I was born, was the force that had brought all of my friends to this house and bound them together I felt compelled to become a brother. The second semester of my sophomore year I pledged Kappa Sigma in a class of seven freshman, and throughout the pledge process I continually came up against things that showed me how wrong I had been about fraternities, and specifically this brotherhood. I met brothers who came from every type of background, were of every skin color, had different sexual preferences from my own, as well as brothers who favored

all kinds of hobbies and pastimes. As a pledge, I knew that I had discovered my tribe, the men who would accompany me throughout my life and stand by me through thick and thin, and no one fits that bill better than Brother Todd.

Part of our pledge process involved spending hours with the venerable brother, taking him from his day job at Wooglin's Deli to our house on Yampa field and wiling away the afternoon with him. As we pledges talked to Todd on the porch, brothers would come and go. Some of them coming when they could from the library for a study break. With Todd and others spending hours there with us, it was obvious to me why the brotherhood was so strong.

As a newly initiated brother I continued to volunteer to spend afternoons with Todd and even if I hadn't signed up that day would often see him on the porch of our house, rocking out with his brothers in the glorious Colorado sunshine. Brother Todd represented the true spirit of the fraternity. There was not a single person whom Todd would not greet with jovial abandon, shouting to his brothers "give him a hug!" or "give me a hug!" when he saw them approaching. He would even greet strangers with the same warmth, and that is what being a member of a fraternity should be about.

It isn't about the partying, it isn't about the privacy, it isn't even about the house that we share, it is about coming together as a group of men and helping the world around us. Even if the help we provide is as small as brightening the day for as many people as we can, it is our duty as Kappa Sigmas to enrich the community around us.

At the beginning of this school year, before all of our brothers had returned from vacation, Brother Todd passed away suddenly. His loss devastated not only our brotherhood, but also the community at large including the staff and patrons of Wooglin's Deli and the congregation at his church in Denver. In the wake of his passing, I have found that it is important to keep his spirit close to our hearts and tirelessly cultivate the inclusiveness, warmth, and kindness that he shared with all of us. Todd changed my life, and the lives of many hundreds of other people by his shining example of what it means to be human.

Here's to Brother Martz.

May he rest forever in peace and grace.

## Drunk Science: The chemistry of 'drunchies'

**JONATHAN WENEGEIME**  
Guest Writer

Food. Don't you just love the sound of that word? After a long day of work, you can just come back home to your mother's home-cooked meal that you know will taste amazing. Oh, that's right; we're college students. With no mother to cook for us, we rely on the chefs of Bon Appétit to cook us a spectacular meal that cannot be refunded. Let's give it up to those guys for great quality food and service.

The thought of food feels even more delightful when you are hammered. I think college kids have coined the term "drunchies" to describe these foods. I have been thinking recently about why we are hungrier while under the influence, especially craving more fatty and unhealthy foods. (After a fun homecoming with friends and alumni alike, I felt this was a perfect opportunity to observe the subject.)

I found it interesting how we usually think that the terms hunger and appetite mean the same thing, but they really don't. Your appetite is driven by hunger, smell, and the appearance of food in your presence. The term "hunger" actually refers to the physiological need to nourish your stomach. The meaning for both goes even deeper than that, as there are hormones and neurons that connect between the brain and the stomach to complete the process of digestion. The hormone called Ghrelin is the main character in this sequence. The stomach produces Ghrelin when sustenance is needed inside the body. The Ghrelin tells the brain when you need to get some food. The hungrier you are, the more Ghrelin is produced.

In addition to Ghrelin, there is a hormone called Oxyntomodulin that is produced by the intestinal cells. It indicates when you are starting to get full during a meal. Like Ghrelin, it tells the brain to manage your intake of food. It is beautiful to think how your brain works with every part of your body in such a fast motion.

This process can also work more in the case of malnutrition. If you don't have enough nutrients, special neurons nicknamed AgRP activate in order for you to eat voraciously to replenish your energy. This aspect was tested in an experiment involving a mouse and a stick of cheese. The mouse, having not eaten in a while, had to complete the maze in order to eat the cheese that was waiting for it. The observing scientists noticed an increase of AgRP in the mouse as the experiment progressed. When the mouse reached the cheese, the rapid approach to eating the cheese started to show a decrease in the production of AgRP as the mouse was nourished.

These hormones are enhanced when a person is intoxicated. There have been many theories as to why food is more appealing when drunk, and many of them are slightly accurate. It is known that alcohol lowers your inhibitions, including your intention to eat healthily. Because of this, you have the incentive to eat whatever you want. This is true, but it does not reach the scientific answer. Appetite is controlled by the hypothalamus, and alcohol enhances the Ghrelin produced by the stomach. This would therefore increase the amount of Ghrelin headed to the brain.

As long as you take care of your body, everything should be under control. So, this weekend, be sure to have fun and listen to your stomach when it is talking to you.

## THE AMERICAN DREAM

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SECURITY

OPPORTUNITY

LOW TAXES

FREEDOM

This election,

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Photos courtesy of Emmet Bellville III