

# THE CATALYST

THE  
INDEPENDENT STUDENT NEWSPAPER OF  
COLORADO COLLEGE

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FRIDAY  
WEEK 1  
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THE POWER OF  
SOCIAL MEDIA

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Illustration by Eileen Krutick.



Photo courtesy of CC Athletics.

NATIONALLY RANKED  
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Photo courtesy of Uber.

RIDE SHARE WARS IN  
COLORADO SPRINGS

## CC WINS SILVER STAR IN SUSTAINABILITY

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CC Farm offers a fantastic source  
of sustainability on and off campus.  
Photo by Kendall Rock.

### Colorado Springs community loses beloved friend and brother, Todd Martz

**SAM TEZAK**  
Life Editor

As Colorado College students began to trickle onto campus last week, the community lost an invaluable member, Todd Martz. Todd-o, as many of his Kappa Sigma fraternity brothers knew him, passed away on Aug. 24 following complications after a recent surgery.

Todd was born on June 16, 1972 in Colorado Springs. He was born with Down Syndrome, but nonetheless his parents advocated for him to experi-

ence a normal life, including graduating high school, working, and participating in college life, amongst other milestones. Todd was introduced to Kappa Sigma Beta Omega brothers in 1993 by the CC's Center for Service and Learning. Initially, spending time with Todd-o was meant to be a service hour opportunity for the brothers. Soon after meeting him, he became a much more significant person within the fraternity. Later that year, Kappa Sigma initiated him into the

fraternity as a brother, and for the next 20 odd years, he would spend many afternoons in the chapter's house. Todd was the first person with Down syndrome initiated into a fraternity in the United States, and the Colorado Springs Gazette along with the NBC Today Show included news segments about Todd and his Beta Omega brothers.

Soon after his initiation, Todd moved into the house as a live-in and

**TODD MARTZ: Page 5**

### Young CCSGA Executive Council looks at the year with goals in mind

**BRIAN LEMEUR**  
Online Editor

Colorado College Student Government Association President Alejandro Salazar and the rest of the CCSGA executive council have set ambitious goals for themselves this year. Salazar, whose third-year schedule is pep-

pered with neuroscience classes, feels confident about his and his colleagues' leadership and abilities.

Salazar, a junior from Aurora, Colorado, gave each Executive Council Vice President his or her charge (what he would like the VP to accomplish) in CCSGA's first full executive

council meeting yesterday.

CCSGA executive council consists of Salazar and four Vice-Presidents: Abe Mamet, VP for Outreach; Mayss Al-Alami, VP for Student Concerns; Samantha Albert, VP of Internal Affairs; and Erik Laitos, VP for Finance. "We just had our first 21-year-old,"

**CCSGA: Page 2**

## 10 QUESTIONS

Jack Burger sat down with class of 2014 graduate Scott Prior and first-year Mariel Wilson to talk about working at CC, First Year Experience classes, and barbecue sauce.

**MORE: Page 5**

### INSIDE:

Colorado Springs Police Department offers an eleven week program to teach the public about what it's like to work as an officer on the streets.

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# STARS awards Colorado College a silver ranking in sustainability

**ANNA KELLY**  
Staff Writer

The Office of Sustainability released the first annual State of Sustainability report for Colorado College last week. The report covered data collected on a wide variety of sustainability-related topics pertaining to curriculum, energy consumption, and many other elements of CC's infrastructure. The report utilizes the Sustainability Tracking, Assessment, and Rating System (STARS), which provides an outline for colleges and universities seeking to analyze and improve upon sustainability practices.

Overall, Colorado College received a ranking of Silver (out of Bronze, Silver, and Gold) under the STARS system. The categories for analysis include academics, engagement, operations (buildings, dining services, etc.), planning, and administration.

"This is the first year of reporting to STARS, so we didn't know where we stood," said Ian Johnson, Colorado College's Sustainability Manager. "Being solidly in the silver category is an excellent place to land, considering it was only semi-intentional. Now that we have that information, it puts us in a really advantageous position to reach gold in the next year or two."

STARS is managed by the Association for the Advancement of Sustainability in Higher Education and is used by 668 other institutions nationwide. "It's the most broadly represented sustainability metric out there and the most widely recognized," said Johnson. "In terms of sustainability for colleges and universities, it is the one."

"I don't want [the current report] to be where we are, I'm not necessarily satisfied," said Mike Stevens, an intern in the Office of Sustainability. "But it definitely tells us where to go from here."

"You're never really all the way there," added Johnson.

The Office plans to use the STARS format to inform their sustainability strategy from here on out.

"CC is no stranger to rigor," said Stevens. "I think we need a rigorous system to analyze our sustainability practices."

Each category of the STARS report includes a Best Practices section and a Pri-

ority Actions section. These sections denote the ways in which CC has succeeded so far and the ways in which the office hopes to improve. Amongst the goals for upcoming years is a proposal for a sustainability designation or requirement in order to graduate.

"It is likely that a designation will be in place by the end of the semester, but mostly we are looking at eventually moving towards a minor or a major," said Johnson.

Johnson works directly with the academic departments, and as a result, he is able to contribute ideas about sustainability pertaining to curriculum and academic requirements.

Another notable point for improvement emphasized in the report is investment. The Office hopes to create a system where students and alumni can contribute to conversations about the endowment. Eventually, the hope is to convert the investment portfolio to sustainable companies.

CC showed impressive Best Practices in building, academics, and energy. The Office of Sustainability has a goal to be carbon neutral by 2020, which will certainly contribute to the energy category in the future. In the dining services category, Bon Appetit contributed to the Best Practices through their internationally recognized socially and environmentally responsible food products.

In the future, the Office of Sustainability will be able to judge their practices within the context of a tried and true method of evaluation, allowing them to gear goals and actions towards specific categories that have been deemed relevant.



Solar panels installed on buildings around campus. Photographs by Ham Wallace (above) and Ben Dohrmann (below).



## CCSGA: President Alejandro Salazar leading the way

CONTINUED FROM FRONT PAGE

said Salazar in an interview on Tuesday referring to Erik Laitos, a senior, who recently turned 21. Salazar, who is living in an off-campus apartment this year, is one of two juniors on Executive Council, the other being Albert. Al-Alami and Mamet are both sophomores.

Salazar's charge for Mamet is to get more CC students downtown and engaging with the local community. He mentioned junior Andy Post's efforts in working with local food organizations as an example of the type of engagement he would like to see.

He would like Al-Alami to focus on mental health and sexual health awareness initiatives, perhaps reigniting Courageous Conversations, a discussion forum Salazar led with two colleagues last year that served as a space for students to engage in honest dialogue about things "people don't usually talk about," like race and discrimination, topics that were on the forefront of many students' minds

at the end of last year, broached largely by a Cipher article that sought to amplify many of the unheard yet upset voices on campus.

CCSGA is also looking into participating in a nationwide campaign that will address sexual abuse on college campuses.

Mental health, another major concern from last year, will also be a priority for Salazar and the rest of CCSGA.

As for Internal Affairs, Salazar would like Albert to focus on student group chartership, the process by which student clubs and organizations receive recognition, and consequently, funding.

"This year we're going to make it easier for clubs to get started. Normally it's a two-year wait period but we're going to bring it down to a year or less." Next block's freshman elections are also a priority for Albert.

As for the financial side of things, Salazar, who served as VP for Finance last year, charged Laitos to work towards financial accessibility for all students.

Addressing the disparity between how

students from different socioeconomic backgrounds spend their block breaks, Salazar allocated ten thousand dollars to outdoor education to start a financial aid program at the end of last year.

"The last time I heard they were proposing to use two thousand dollars to give three scholars 75 percent coverage of pretty much anything," said Salazar.

Salazar also mentioned the creation of block break getaways by the Sociology Department and Dean's Office last year, featuring daytrips for students without the funds to go on more lavish block-break trips.

Salazar said that he is most excited for the changes that have already been enacted this year, one of which being the movement of several offices (President's, Business, Financial Aid) to the newly renovated Spencer Center.

"They made a trifecta where the financial aid office and the student account office and another one are all together so students don't have to go on a wild goose chase to find something out," said Salazar.

Salazar is also excited about the renaming of the Office of International and Minority Students to the Butler Center. Although alumni of color have already spoken out against the change, Salazar believes it is a step in the right direction. By changing its name, said Salazar, the office is also realigning its focus to serve all underrepresented students, not just those who are minorities or international.

Butler is Ulysses Butler, one of the first black students to attend CC who made a large alumni donation, according to Salazar. "Even though he [Butler] felt marginalized and didn't really like his experience at CC, he wanted to make things more welcoming for different students. So he had a great mission but a lot of alumni of color don't know that," said Salazar, referring to the complaints he has heard about the office's changed name.

Salazar said he looks forward to the event Andy Post is putting together later this block, which will feature several student bands.

FROM THE EDITOR:

## For the freshmen: Navigating CC's invisible red threads

**JACK SWEENEY**  
Editor-in-Chief

On a recent car trip with a friend, I had the joy of learning about another moving and mysterious belief rooted in Eastern philosophy. She told me about an ancient Chinese belief that every person is connected to the people they will meet by invisible, red threads.

Perhaps more perplexing than the fact that a red thread could be invisible is the notion that waiting for me, after my graduation from CC, is an entire network of friends, enemies, and lovers making their way, just as I am, towards some unknown city.

I also like to think about the spider web of threads covering this campus—all of us connected. You can see them zigzagging through Worner like lasers in a spy-movie.

As a freshman, the red ties that have been pulling you here since before you were born (or so I like to think) have brought you to a pivotal moment in your social web.

The web, though fundamental, is by no means permanent.

The threads you create here will sometimes strengthen and occasionally shrivel. You will work on some threads just to find a stronger one springing out in another direction.

I've always been very mindful of the status of my threads, sometimes to a fault. It can be stressful managing your threads as a freshman, but I encourage you to take advantage of the tremendous opportunity we have here at CC.

There are threads springing from this arbitrary block in Colorado all over the world. Strengthen as many of these threads as you can, without pretense or self-consciousness. I'm still working on that one.

However, I don't feel that self-awareness is a fault. It's a recognition to the importance of the threads and the threads' status in my life.

Two things I hope you take away from this brief column:

- 1) Metaphors are cool and fun.
- 2) Live a little. No regrets, baby.



Jack Sweeney. Photograph by Veronica Spann

NEWS BRIEFS

► ► **Representative of Colorado, Jared Polis, introduced a new bill to Congress to protect the Central Rockies region.**

The bill, known as the Rocky Mountain Recreation and Wilderness Preservation Act, would set aside 58,419 acres as wilderness and other protected designations in Eagle and Summit County. These areas house black bears, elk, mule deer, bighorn sheep, moose, lynx, and wild turkeys.

According to PEW Charitable Trusts, outdoor recreation in the state of Colorado generates \$13.2 billion in consumer spending and provides 125,000 jobs. Without this or similar legislation, developers could further exploit the Central Mountains for logging purposes and energy development. More than two dozen wilderness bills are pending in Congress.

► ► **Over 70 hot air balloons flew above Colorado Springs for the Colorado Balloon Classic.**

Thousands of people gathered at Memorial Park on Saturday to watch the crews unravel their balloons and light up the burners for the 38th year. The balloons were all designed in accordance with the theme for 2014, "Making Life More Colorful."

The Colorado Balloon Classic has become the largest and longest running hot air balloon festival in the Rocky Mountain region and the state. Attendance drastically increased this year according to The Gazette due to the recent announcement by the Balloon Classic that the event would not return to Colorado Springs in 2015.

► ► **Mercedes-Benz drivers gathered in Colorado Springs Sunday for a weekend-long road rally for the Mercedes-Benz Club of America.**

Three dozen Mercedes drivers from California, Arizona, Florida, and Colorado drove Sunday from the summit of Pikes Peak to the valet parking land of the Colorado Springs Airport. That night, the club hosted a drive-in movie for attendees.

The Pikes Peak Section of the club holds regular gatherings throughout the year. Members' cars range from small convertibles to boat-sized SUVs.

► ► **National Guard is helping to remove a marijuana grow site located in a remote and mountainous area near Longmont, Colo.**

According to Boulder County Sheriff's Commander Heidi Prentup, a group of hikers stumbled upon about 400 marijuana plants while hiking in the South St. Vrain Canyon on Aug. 25. Although the site had irrigation pipes and other cultivation machinery, the plants were growing on the property without permission. The persons involved in the grow site have yet to be located or identified.

Local officers and firefighters began working with a Black Hawk helicopter on Tuesday to remove the plants.

# Colorado Springs crime, in brief

### MAN ARRESTED FOR ASSAULT

Police were dispatched to an area in southeast Colorado Springs in regards to a domestic violence call involving strangulation of the victim on Sunday morning.

When police arrived at the 2900 Block of Muleshoe Drive at 3:16 a.m., they found the victim with serious bodily injuries. After sending the victim to the hospital, police notified the Species Victims Section for further investigation. Upon further investigation, police arrested Todd Powell, 30, for First Degree Assault.

### POLICE SEARCHING FOR A ROBBERY SUSPECT

On Sunday morning, police were called to the Western Convenience Store in southeast Colorado Springs to investigate a robbery.

Police arrived at 2507 East Platte Avenue at 4:14 a.m. and started their investigation. According to reports, the suspect entered the business and demanded cash and cigarettes. He left with an undisclosed amount of cash and six boxes of cigarettes. Although the victim never saw a handgun, the suspect had his right hand in the pocket of a hooded sweatshirt and

threatened to shoot the employee.

The victim described the suspect as a black male between 5'6 and 5'10 in his mid-20s, weighing between 160 and 190 pounds. He was wearing a gray hooded sweatshirt with the hood over his head and was seen leaving on foot westbound on Platte Avenue.

### DOG ATTACKS POLICE OFFICERS INVESTIGATING A DISTURBANCE CALL

On Sunday afternoon while responding to a possible disturbance at a residence in downtown Colorado Springs, police were confronted by what reports describe to be a "dangerous" dog.

Upon arrival at the 800 block of East Cimarron Street, police walked to the backdoor, whereupon a large pitbull quickly ran from the house and towards the officers in an aggressive manner. One of the officers fired several rounds at the animal, one of which struck the dog in the rear leg. This shot caused the dog to briefly flee from the officers and toward the house.

As the officers retreated from the scene, the pitbull once again approached the officers in an equally aggressive manner.

The dog's owner, Patrick Lawrence, 49, was able to contain the dog after officers were able to shut the gate between the back and front of the residence. Officers were unable to develop probable cause to arrest anyone for the original disturbance call for service. Lawrence was arrested, however, for possessing a dangerous animal.

### POLICE INVESTIGATING BANK ROBBERY

Police received a call on August 29 regarding a robbery at the TCF Bank north of downtown Colorado Springs.

At 2:10 pm that Thursday, two masked men entered the bank at 4330 North Academy Boulevard and ordered the teller to give them money. The second suspect was carrying a gun and held the teller at gunpoint. The suspects were last seen running northbound from the bank.

Both suspects are males of an unknown race. The first is reportedly six feet tall with a large build. He was last seen wearing a dark coat, dark pants, and a Halloween-type mask. The second suspect is also six feet tall with a thin build, wearing a dark coat and dark pants, and carrying a large handgun. Neither has been located by the police.

# 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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## CC professor publishes work on ancient earthquakes in the Rockies

**KATLYN FREY**  
Staff Writer

Colorado College students owe the beauty of Colorado's mountains to the geological changes in the Earth's crust during Proterozoic and Phanerozoic eons. In due homage, CC Professor Paul Myrow and Jitao Chen, his assistant from the Nanjing Institute of Geology and Palaeontology, have been dedicating their research to the ancient earthquakes that helped form the structure of the Grizzly Creek Shear Zone at Glenwood Canyon, CO.

They published their research in the geology journal *Sedimentology*, in an article titled "Estimates of Large Magnitude Late Cambrian Earthquakes from Seismogenic Soft-Sediment Deformation Structures: Central Rocky Mountains," but Myrow is currently in the process of writing a paper about some of Colorado's largest earthquakes from the distant past.

According to Myrow, a popular hiking trail in the central Rockies known as the Grizzly Creek Shear zone "is a fault zone, a plane of weakness in the crust that moved in the Proterozoic and then several times in the Phanerozoic."

Over the timespan of oxygen beginning to accumulate in the Earth's atmosphere to the appearance of modern fauna, this zone was reactivated several times. Around 60 percent of the modern continental crust formed during the Proterozoic and Phanerozoic geological eras, marked by the steady formation of Pangea, the mono-continent of the ancient Earth. During those eons, a shallow sea covered the Western U.S.

These ancient earthquakes could be some of the largest earthquakes to ever occur in the Central Rockies. As said on the Colorado College website, based on the size, shape, and distribution of the rock debris in the area, Myrow and Chen

can estimate that the earthquakes were an X or greater on the Mercalli Index, at a 7.0 magnitude or greater. In comparison, U. S. News reported a 6.0 magnitude for the recent earthquake in Napa, California, that injured 120 people.

Of course, the current discussion of earthquakes in Colorado is very different from Myrow's work. A report by Trevor Hughes for USA Today on Aug. 20 comments on how the steady rise of earthquakes' magnitude in Colorado since 2009 is likely linked to Colorado's recent increase in petroleum production. Recently, a number of uncharacteristic earthquakes were recorded near a well being pumped with the drillings' wastewater. Many residents blame the earthquakes on the drilling companies' economic choice to not clean or properly dispose of the polluted water from injection wells.

Though still very rare in Colorado,

stress over earthquakes seems to be more prevalent.

The recent increase in earthquake incidences has resulted in more frequent—and possibly more exaggerated—news coverage. In fact, when 9NEWS contacted Myrow, the reporter assumed that Myrow's research was about current earthquakes.

"An earthquake took place in California recently," Myrow said, clearing the confusion. "This is completely unrelated."

The actual possibility of an earthquake occurring in Colorado like the ancient ones at Grizzly Creek is very unlikely. 9NEWS recently helped make that more clear with a story on Aug. 25, which explained the unlikelihood that Colorado will see an earthquake with a higher magnitude than 5.0 or 6.0. The geological destruction that created the Rockies won't be taking them away from us anytime soon.

## "Sharing Water: What an Environmental Experiment in Mexico can Teach us About the Future of the Colorado River"

**John Fleck, Author and Journalist for the *Albuquerque Journal***

**Monday, September 8th, 2014 at 7:00pm  
Gates Common Room, Palmer Hall**



For the first State of the Rockies Speaker Series event of the academic year, we are happy to welcome John Fleck, author and reporter for the *Albuquerque Journal*. He specializes in New Mexico's tenuous

water situation and climate issues in the Southwest. He has also been a fellow and contributing editor at Stanford University's Bill Lane Center for the American West, where he worked on water issues with the center's Rural West Initiative.

For more info:

[www.StateoftheRockies.com](http://www.StateoftheRockies.com)



**Colorado College  
State of the Rockies**

## The CSPD reaches out to the Colorado Springs community

**CONNOR SAMPLE**  
Guest Writer

The Colorado Springs Police Department (CSPD) has recently begun accepting applications for the new Citizens' Academy program, which will teach participants about the duties, procedures, policies, and responsibilities of local police officers.

This is the first time that the CSPD has offered this program. Applicants must be at least 18 years old by the initial meeting and must either live or work in Colorado Springs. They also must pass a mandatory background check in order to be accepted into the program.

Set to begin its inaugural session on Thursday, Sept. 11, the Citizens' Academy is an eleven-week course that meets every Thursday from 6 p.m. until 9 p.m. There is also one Saturday meeting in which participants will interact with the bomb squad, K-9 units, and a SWAT team.

Participants will learn about a variety of topics ranging from the hiring of police officers to the investigation of various crimes, and everything in between. Po-

lice personnel will be leading the course, offering the students the unique opportunity to learn about the inner workings of the department from the involved officers.

The program is part of an initiative to bridge the gap between citizens and police that is evident in communities around the country. The program also seeks to help the police department better understand the needs and concerns of the citizens in the community.

Citizens' Academy is free of charge to all applicants who are accepted into the program. However, participants are expected to attend all sessions, making the Citizens' Academy a significant time commitment.

Students may also participate in an optional ride-along program. This program allows the students to witness the day-to-day operations of an on-duty police officer. Upon graduation from this course, participants who have passed will be given a certificate of completion and will attend a graduation ceremony along with their fellow graduates.

## CC moves to new security communication software, Rave Guardian

**CHARLIE SIMON**  
Guest Writer

The Colorado College administration is pushing students to adopt the school's newest emergency broadcast system, Rave Guardian.

The emergency broadcasting services that Rave Guardian offers are also supplemented by other features on the downloadable app. The app has a safety timer, the ability to message others also using the app, and easy emergency communication that also has a feature allowing users

to send in tips to report something suspicious.

The decision to begin using Rave Guardian comes after a year of consideration. Colorado College's contract with the group Preempt, who had been providing emergency communication services, expired last year. After researching the options, the administration decided to adopt Rave Guardian, "which is really kind of the industry leader for campus environments and safety purposes," says Brian Young, Colorado College's Chief Technology Officer.

# CC through the years: Graduate Scott Prior and freshman Mariel Wilson discuss the past, the present, and adventures to come.

**What did you do this summer?**

I worked for CC. It was my first summer in the Springs. I did a lot of fishing and a lot of biking.

**What are your plans for the fall?**

I am really excited that the students are back. I will keep working at CC, fish even more, and continue to bike hopefully every day.

**Are you going to be here for homecoming?**

Absolutely. I will be working homecoming weekend, so I will be there. Very excited.

**What do you miss most about CC?**

I definitely miss the campus life, nightlife included. Being a student and not having to work is more fun than anything. I would stay in school forever if that were possible. And I miss lacrosse.

**What advice would you give an incoming freshman?**

Get involved in as many things as you can. Live it up. Take advantage of this location. I have a lot of friends who weren't able to stay in Colorado, and they miss it so much. Bum rides from seniors, and get out there.

**What was your favorite block break?**

All of the Lake Powell trips during the first block break.

**What was your favorite class you took at CC?**

Environmental Inquiry with Miroslav Kummel. We did an overnight solo in Baca and hiked 13,000 ft. It was an awesome experience and something you can only do on the Block Plan.

**Where did you live your first year?**

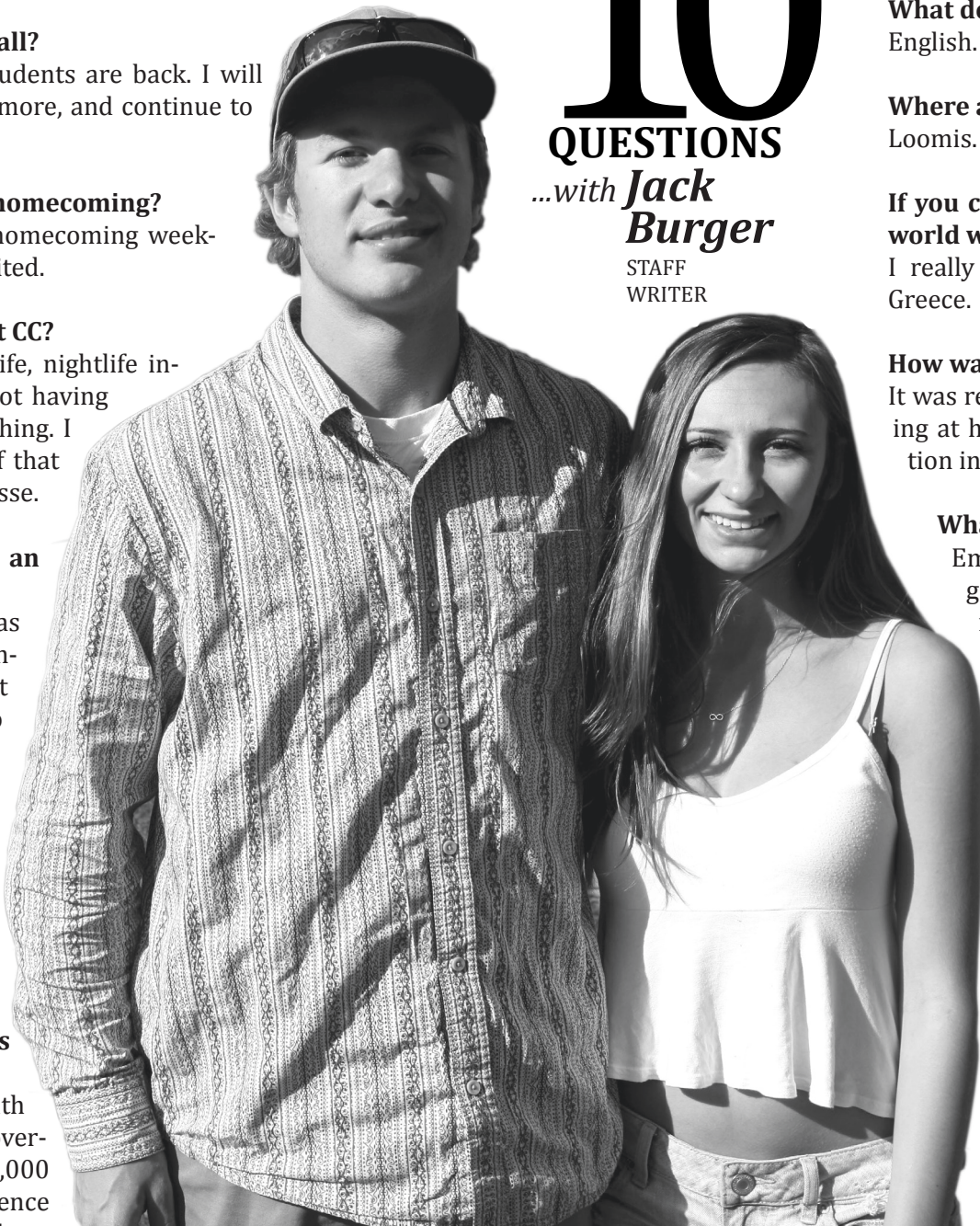
Loomis. The legendary Boom Boom in Da Loom. Greatest place on campus.

**What condiment best describes your personality?**

Mine would have to be barbecue sauce. It is kind of like ketchup's cooler older brother. Ketchup plays by the rules; it's not much of a rule breaker. I'm similar, but maybe have a little more class than ketchup.

**What was your first impression of this freshman Mariel Wilson?**

I'm outrageously jealous that you are just starting what were the best four years of my life. It was just so much fun. Being here day one, seeing all the students back, has been fun but tough because I would love to start over again. I would do just about anything to be in your shoes.



Photograph by Richard Forbes.

# 10

## QUESTIONS

...with **Jack Burger**

STAFF WRITER

**Where are you from?**

Chicago. Twenty minutes outside the city.

**What do you want to study?**

English. Literature or creative writing.

**Where are you living this year?**

Loomis.

**If you could take a block anywhere in the world where would you go?**

I really want to take the Odyssey class in Greece.

**How was your NSO?**

It was really fun, and it helped a lot with feeling at home on campus and with my transition into CC.

**What FYE are you taking?**

Emotion, Meaning, and Music. It's pretty good so far, but I do not know how to read music.

**Why did you choose CC?**

I have two brothers who have gone through CC. I couldn't imagine myself anywhere else after coming here for parents' weekends and just seeing how cool this school is and where it is located.

**What is your dream block break?**

Skiing in Switzerland.

**What was your first impression of this CC grad, Scott Prior?**

He just really comes off as barbecue sauce. You can just tell immediately. He is really happy and seemed to really enjoy his time at CC.

## TODD MARTZ: Remembering a friend and brother

CONTINUED FROM FRONT PAGE

lived there with other brothers for the next few years. He could be found attending events and parties at the house and sometimes just lounging on the porch. After Todd moved out of the fraternity, brothers regularly picked him up from Wooglin's to spend the afternoons together.

Aside from his impressive presence at Kappa Sigma, Todd also remains an important cornerstone for Wooglin's where he worked for a number of years. Students could find Todd seated at a booth, eager to hug friends and smile at strangers; if they were lucky, he would show them his notebook and that he regularly wrote in and reread.

Todd Martz had an extensive network stretching from St. Andrew's Church in Denver to Southlake, Texas, and to Governor John Hickenlooper's Chief of Staff, Roxane White. Todd left a stunning legacy and warm memories with hundreds, if not thousands, of people he encountered.

Todd was daring, kind, understanding, and human. He was unafraid to tell friends how he felt and would gently unpack their ups and downs with unwavering patience. As many Beta Omega brothers can attest, he embraced every moment and often every person he met. Upon arriving at the porch of Beta Omega, Todd would of-

ten insist that people hug, no matter if they were strangers, acquaintances, or friends already. Todd notoriously said hello to everyone who passed and brought joy to countless lives.

Mother Theresa advised that people should do small things with great love, and besides having an infectious smile, Todd practiced doing small things with great love throughout his life.

Todd passed on an important gift to those he encountered. With startling perseverance, he tackled hardships and cherished everyone around him. He was truly a living treasure.

Friends and family celebrated Todd's life last Thursday following a viewing on Wednesday. Kappa Sigma plans on installing a plaque dedicated to Todd in their chapter house along with other items of remembrance. In addition, the fraternity is in the process of developing a memorial service at Shove Chapel for Todd. Members of the community, regardless of their relationship with Todd, are welcome to partake in this celebration of his life. Todd is survived by his immediate and extended family; his Beta Omega, Wooglin's, and St. Andrew's Church families; and by the compassion and life lessons he passed on to those he met.

## CAMPUS SAFETY BLOTTER

**MONDAY 9/1**

A theft was issued after a bike was allegedly stolen on the 700 block of Weber. The case remains open.

**MONDAY 9/1**

A liquor violation was issued at 2:02 a.m. in Mathias. The case has been closed and referred.

**SATURDAY 8/30**

A trespassing violation was issued at 2:58 p.m. in the Spencer Center. The case has been closed.

**THURSDAY 8/28**

A theft was issued at 9:00 a.m. after a book was allegedly stolen from Tutt Library. The case has been closed.

# Employment Office offers work experience for students

**CANDELARIA ALCAT**  
Staff Writer

As the hot summer days come to an end and the fresh smell of textbooks emanates through the air of Colorado College, a variety of employment and internship opportunities arise for incoming and returning students alike.

This past Tuesday, the College's Student Employment Office, along with numerous members of the faculty, kicked off the academic year with the annual job fair. At the fair, students were presented with numerous work-study options, including intramural refereeing, lifeguarding, and internships with campus resource centers.

Along with the fair, students are encouraged to take a look at the Jobs Listings page on the Colorado College website. There, every job currently available both on and off campus is listed. An information sheet that states pay, requirements, job duties, and more is also included.

Although taking on a job as a student on the Block Plan can be challenging, a lot of employers have this in mind and make it extremely doable to complete homework assignments while on the job.

"Working in the Fitness Center is really nice," said sophomore Jennifer Murray. "I know that as long as I'm willing to do it, my homework can get done."

She also elaborated on the importance of balancing school and work—especially on the Block Plan. Because of the afternoon labs and study sessions that some classes require, schedule flexibility is not something that everyone can offer to employers.

"The world we're going to be dropped into once we leave this place isn't going to be solely about textbooks and notes," added Murray. "Having a job is great preparation for that."

One of the major benefits that come with working these jobs in school is the plethora of real-world skills that one acquires.

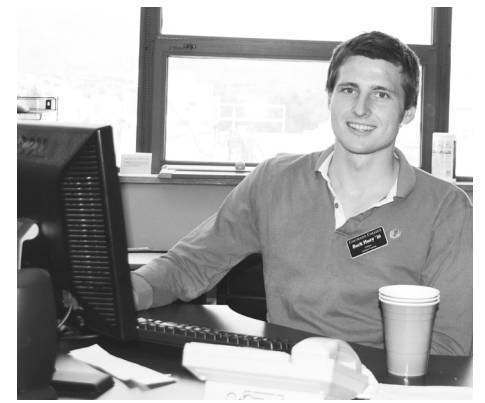
"I would say that some of the advantages of having a job are being in a work environment or being in an office where you have to show up on time," said Megan Nicklaus, Director of Colorado College's Career Center. "People are depending on you and you're learning how to use software packages in new ways, even for things like customer service and deadlines."

As much work as having a job is, getting employed requires equal or even more effort; however, no student has to embark on that journey alone. The school's Career Center is open Monday through Thursday and provides academic and employment-related aid with no appointment necessary.

Not only does the Center offer help with resumes and finding employment after graduation, but they also hold blockly seminars or workshops for all students.

Keep your eyes open for upcoming events including: The Art of Small Talk, second block; LinkedIn 101, third block; and more from the Passport to Opportunity series of workshops.

Top: Burk Huey at his desk. Bottom: Dan Levitt at the Writing Center. Photos by Kiki Kauffman.



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# The significance of the Ebola virus

WILLIAM PAK  
Guest Writer

Becoming ill is never fun. Luckily, in this day and age getting sick is not nearly as fatal as it used to be, since most of the deadly and contagious diseases like the bubonic plague and smallpox have been eradicated in the United States thanks to modern medicine. However, there is still a substantial amount of illnesses that modern medicine has difficulty treating or has no treatment for at all. Ebola is one of those diseases. Thankfully, the arrival of experimental drugs gives us hope that scientists are on their way to curing it. However, Ebola is still a serious matter that demands the attention of the global community and serves to remind more developed nations that they are not invincible against disease. First, let's take a look at what the EVD (Ebola virus disease) is.

The Ebola virus disease is a disease that affects humans and other primates. As the name indicates, the disease stems from an Ebolavirus. Symptoms typically begin after two to 21 days; they include a fever, sore throat, muscle pain, vomiting, diarrhea, as well as a decrease in liver and kidney activity. Around this time, those affected may begin to bleed both internally and externally. The virus is contagious, though there is not much potential for an EVD pandemic, since catching the disease requires one to physically come into direct contact with the secretions from an infected person. However, the virus has killed a sizeable number of people in places like Liberia, Sierra Leone, and Guinea. In such places, there is a general lack of proper medical equipment and hygienic practices. To make matters worse, family members of those killed by the Ebola virus often help prepare or embalm the body for burial, which means that they will come into direct contact with the cadaver, which carries a surefire risk of infection. In addition, there is currently no vaccine available for humans. Despite this, Dr. Kent Brantly, an American aid worker diagnosed with EVD, has recently experienced a significant recovery, which may

be attributed to the use of an experimental drug called ZMapp. Dr. Brantly was given Zmapp while undergoing treatment at Emory University Hospital.

Regions like East Asia, Western Europe, and the United States have overcome many afflictions that, in the past, caused great suffering and death. How-

ever, it is important that we recognize our vulnerability to disease, and therefore should not regard the Ebola virus or its outbreak in Africa as a trivial matter. It is also important to note what doctors can do for people suffering from EVD. While there are ways to slightly improve the conditions of patients suffering from Ebola, they are mostly supportive in nature. They include minimizing invasive procedures and balancing fluids and electrolytes to counter dehydration. However, as of Aug. 14, the FDA has not approved any medications or vac-

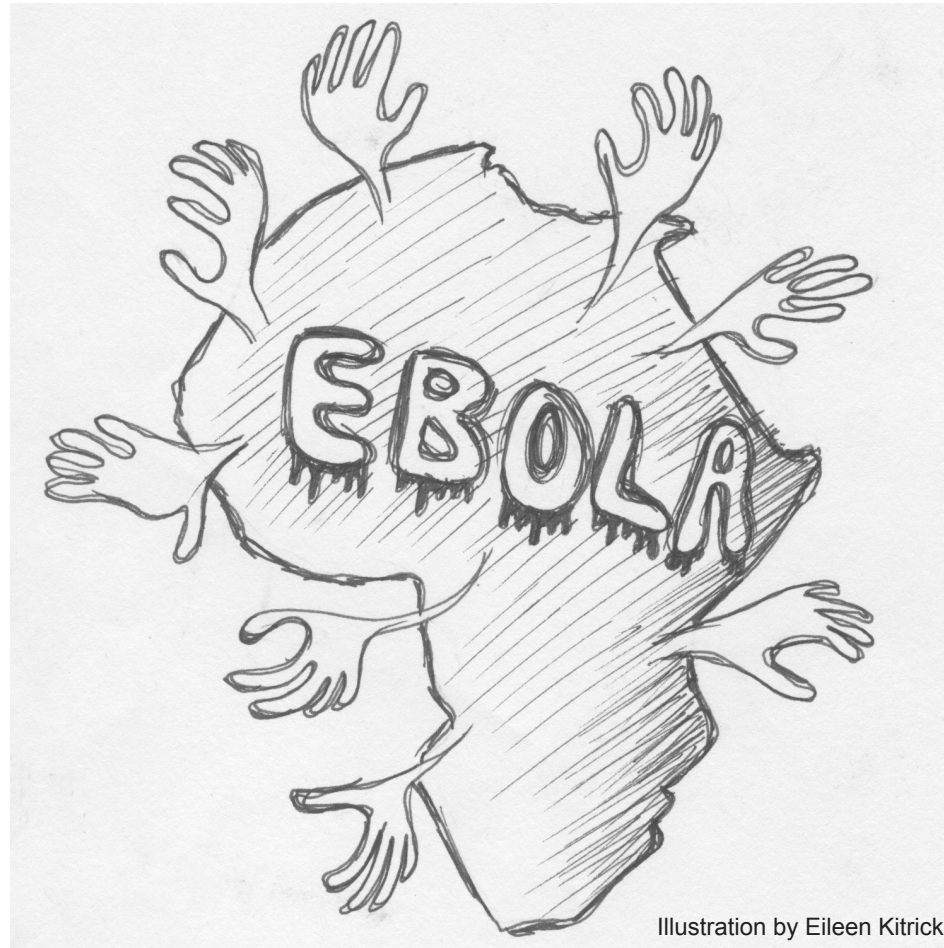


Illustration by Eileen Kitrick

ines to treat Ebola. The treatment that Dr. Brantly received was experimental in nature. Like all experimental drugs, Zmapp requires more research and testing in order to become FDA certified. In other words, there are not many treatment options for patients suffering from Ebola.

that we live in. Many Americans are used to having solutions on hand at all times. If we have a leak in the sink, we'll call the plumber. If we can't decide what class to take, we'll talk to a guidance counselor. The most obvious example of on-hand answers resides in our smartphones, which have the capability to surf the web almost instantaneously and provide a lucid answer. As a result, we have come to expect quick solutions in almost every realm of our lives. While it certainly is convenient to be able to procure solutions for lots of problems, we also need to learn how to deal with issues that don't have many effective, foreseeable answers, especially when it comes to disease management.

The Ebola outbreak might also cause the global community to convene and work together in a positive manner, since all corners of the globe can relate to the subject of dangerous diseases. In Europe, the bubonic plague absolutely devastated the population throughout the 14th century, killing an estimated 25 million people, or 30-60 percent of the population. In colonial America, smallpox and yellow fever were constant, potentially fatal afflictions that many suffered and died from. In terms of worldwide illnesses, the Spanish Flu infected 500 million people across the world and killed 50 to 100 million.

Cholera still has a presence today, affecting between three and five million people and causing between 100,000 and 130,000 deaths per year as of 2010. In summary, every region on Earth can relate and empathize with the EVD-stricken regions of Africa. If people see that we all have the potential to be affected, then perhaps more people will reach out to try and prevent EVD from spreading any further than it already has. However, that won't happen if people decide that this outbreak isn't worth their attention, or that they live far away enough to never have to deal with it. Even if the disease is successfully contained, that doesn't necessarily mean that we can turn a blind eye to those who suffered.

## Spaghetti and waffles: Gender stereotypes start young

KATE MCGINN  
Guest Writer

This summer, I went over to the home of some family friends. I was put in charge of supervising Gretchen, their energetic eight-year-old daughter. Giddy with excitement to start school again, she tore open her first-grade yearbook to show me her best friends—all 25 of them.

With the confidence any college freshman lacks, Gretchen told me what each of her friends would do when he or she grows up: Jackson would be a football player, Annie would be a teacher, and Lanie would be a chef. Gretchen pointed to the next three boys on the list.

"They'll be doctors," she told me. I asked if the next little girl would be a doctor too.

My eight-year-old acquaintance snickered, assuring me that Kailin would be a

nurse. I asked if any of her female classmates would become doctors. Gretchen rolled her eyes and pointed to a little girl with a short haircut named Riley. When I asked if any of the boys would become nurses she burst out laughing as if I had told her an incredibly humorous joke.

"Boys can't be nurses."

Gretchen can't be the only one in her class with the idea; maybe her whole class thinks that boys become doctors and girls become nurses. But where did this idea come from? Parents? Television? School?

These kids are trained to stereotype themselves based on gender, and the lessons don't stop after grade school. My younger sister's high school health teachers claim that women's brains are like spaghetti and men's are like waffles. They teach that sex is syrup and men can compartmentalize, while women can-

Maybe this only occurs in my home state of Nebraska, but the blatant generalization seems not only exaggerated, but also inaccurate in many cases. I'm sure the waffle-spaghetti ratio of individual brains varies from person to person.

However, I'm not treading in any new territory; people understand that gender-based stereotypes exist. I could write entire dissertations on the subject and how it affects inequality between the sexes. It's been said over and over again, yet it's 2014 and an eight-year-old still believes men and women can't follow the same career paths.

Maybe sexist media, poor parenting, or even traditionalist education aren't to blame for the lack of change; perhaps the people are at fault. As young adults, we have the mental capacity to see that stereotypes are flaccid and when we fall victim to the fabricated pattern of male

vs. female, we give them strength.

I sometimes find myself embarrassed when I tell other girls I want to pursue a major in hard science, and I admittedly pick outfits to look more feminine. My male friends speak in lower pitches when talking to potential mates, and every day I see intelligent women acting dumb to attract attention from men.

It's time for us to step back and ask ourselves, "Why am I doing this?" If the answer is along the lines of "because I am a woman/man," then something is wrong.

We must show that the conditioned ideas of what men and women should be have no power when we choose to ignore them. We have the ability to choose between spaghetti and waffles. Let's lead by example and create a world where little boys can dream of becoming nurses and little girls can dream of becoming doctors.

# Paper disappearing, byte by byte

**DORSA DJALILZADEH**  
Guest Writer

Would you rather be reading this article on an iPad right now? How about on a Nook, an eReader, or even your phone? Well in this day and age, advancements in technology have made this possible. Digital copies of quite literally everything are available at a few taps on a protected, warranted LED screen. This begs another question: Who bothers with paper anymore?

With social media predominantly controlling our interactions with each other and the outside world, it would seem that reading anything on paper is just a waste of time. The last time I read a newspaper was to see what my horoscope said. Now I have an app for that on my smartphone. There are now millions of apps taking over our lives, shortcutting everything down to mindless eye-rolls over an annoyingly small screen. Because of this, anything printed on paper could very well be following the dinosaurs.

Is digital really the best that we can do?

For a while, there was a stint about whether we should continue to teach our kids cursive in school. Advocates for continuing the practice argued that our younger generations would never learn how to write their own signature but as it is, a digital signature these days only requires your initials typed on a keyboard—problem solved. Cursive is giving way to typing classes. Libraries are bowing down to giants like Amazon, which offers books for cheap and easily accessible on a tablet and perhaps more inductive to persuading those less inclined into actually reading a work of literature for once.

The arguments in favor of digitalizing everything are overwhelming, yet valid. No one goes anywhere without their phone anymore, so you could be sitting on a beach in Barcelona, enjoying Don Quixote without having to actually lug around the 1,000-something-page copy (and that's just paperback). When it comes to textbooks, the benefits are

even greater. No one knows better than a student how to Google search notes, summaries, and now entire books. Do you want to highlight and write notes in the margins? On some eReaders, you can do that too. So what's the point of paper?

Talk to any traditional connoisseur of that familiar musty smell and those softly crinkled pages stained with the lives of past readers, and they will regale you with the history of writing down old folklore and the value of containing our memories and lessons within leather bound covers.

Even if books appear far and between in your leisure time, there is something sentimental about dog-earing a favorite passage or seeing the book later on, thrown on some coffee table and recalling the particular feelings that each turn of the page conjured up in you.

The downside? It seems that paper has become obsolete, especially in our overzealous crusade to save the earth.

The need to recycle is pressed upon us at every corner of every school campus

and business, and if you aren't going to recycle, then it might seem a bit hypocritical to whine about the injustices of publishers refusing to print books anymore.

They are, after all, quite concerned with the wellbeing of our planet's resources.

Not to mention publishing digitally is cheap and fast, one thing that we as human beings demand and thrive on.

When it comes down to it, the only controversy lies in whether you are more prone to feeling sentimental for a ream of papers or an electronic screen. The true stuff to be hemmed and hawed at is the words themselves and what emotions they invoke in you.

The supposed battle between paper and digital has its last tethers hooked into those who like tradition; if it weren't for them, such a problem wouldn't exist. Everything else around us is changing—technology being the current frontrunner—and a digital revolution is inevitable, if not already set into motion.

# Responsibility to utilize social media rests with us

**KAITLYN HICKMAN**  
Guest Writer

This summer, our Facebook news feeds were consumed by videos of our friends, coworkers, family members, celebrities, and even our own CC President Jill Tiefenthaler dumping buckets of ice water over their heads to generate awareness and funding for Lou Gehrig's Disease (ALS).

Many people have mocked this "ALS Ice Bucket Challenge." Some believe the challenge allows people to avoid donating in order to boost ALS awareness. Others believe that people who both participate and donate are doing so for

attention from their acquaintances, rather than out of a genuine desire to help the cause. ALS is a neurodegenerative disease that eventually leads to death so most who participate in the challenge support the cause, which not only cripples ALS patients, but also brings their families pain.

Despite differing opinions about the challenge, donations between July 29 and Aug. 25 reached \$79.7 million, according to the ALS Association. During the same period last year, \$2.5 million was raised. This draws attention to the power of social media to raise legitimate awareness and money.

Some feel the cause itself, providing care to people with ALS and their families, is not worthy of the attention it has received. It's undeniable that \$79.7 million is more attention than most causes have received in the past couple of months. It's also undeniable that other issues also deserve attention and funding. Regardless, the Ice Bucket Challenge has been a successful social media venture.

Another example of social media generating awareness is "Humans of New York," a Facebook page with over 9.3 million followers. Pictures of New Yorkers from various backgrounds, ethnicities, and socioeconomic statuses appear on the page, accompanied by quoted pieces of their life stories and lessons. These pictures foster empathy and understanding from followers of the page, as proven by supportive, understanding comments.

This summer, the owner of the page partnered with United Nations and the Secretary General's Millennium Development Goals Advocacy Group (MDG) to venture on a 50-day trip circumnavigating the globe. Throughout the trip, photographs and stories of people around the world appear on the "Humans of New York" page.

The purpose is to raise awareness for the MDG goals of eradicating extreme poverty and hunger; achieving universal primary education; promoting gender equality and empowering women; reducing child mortality; improving maternal health; combating HIV/AIDS, Malaria and other diseases; ensuring environmental sustainability; and increasing global partnering for development.

The majority of pictures posted on the page receive hundreds of thousands of likes, indicating awareness from many people who, if not for the page, may not have been exposed to the cultures and issues showcased. We live in a time in which social media and globalization are inherently connected and can be used together to promote causes, worthy or not. In this context, social media is a valuable resource.

The Ice Bucket Challenge and the "Humans of New York" Facebook page have

a couple of notable things in common:

First, they both document people. "Humans of New York" shares intimate snapshots of strangers, often with only a few words. The "Ice Bucket Challenge" documents both close friends and celebrities putting themselves in the uncomfortable situation of becoming freezing and wet. Both of these pages provide links between people of different backgrounds, making us feel more connected with each other.

Second, they both allow people to feel good about themselves and their actions documented. Despite the fact that participation in the "Ice Bucket Challenge" allows the participant to avoid donating \$100, many people choose to both participate and donate, often noting the decision in their videos or statuses. "Humans of New York" illuminates common threads between us all, and by "liking" or "sharing" posted pictures, people can share their interests in humanity, foster a global community, and appear non-judgmental to Facebook friends.

No matter the degree of selfishness or selflessness involved in people's sharing of "Humans of New York" photos and participating in the "Ice Bucket Challenge," both causes reach their goals of increasing awareness and funding. The selfishness of people drawing attention to himself or herself without necessarily having a vested interest in ALS or globalization is irrelevant.

By capitalizing on the tactics used by "Humans of New York" and the "Ice Bucket Challenge," anyone has the power to make a significant difference for a cause they care about. Human storytelling and allowing people to show off their charitable sides, whether or not they're charitable people, can promote awareness and funding for issues ranging from environmental to human rights violations.

The duty falls on the informed to prioritize causes and take the initiative to create social media campaigns to draw awareness.

I can think of no better community to collaborate in brainstorming causes, creative challenges, and other ways to foster world peace through social media

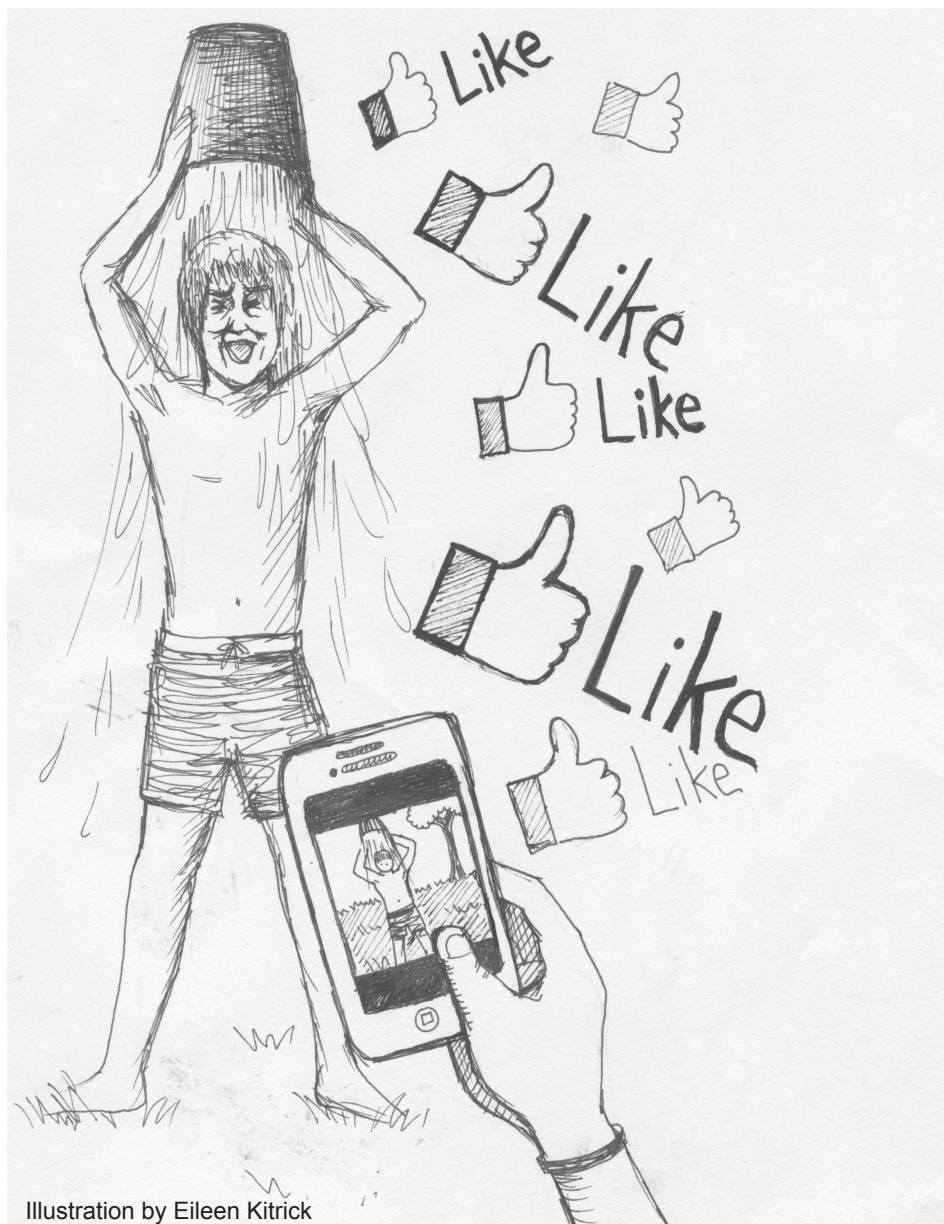


Illustration by Eileen Kitrick



# NFL season should help satisfy students' football fix

LEE JUNKIN

Guest Writer

With classes back in session and students hitting the books once again, the stress of school is evident, but alleviation to this stress can be found for many students in the return of NFL football. Last season ended in shock and heartbreak for many Denver Broncos fans as the Seattle Seahawks demolished the competition en route to their franchise's first ever Super Bowl win.

This season brings the excitement of a new cast of playmaking rookies into the league such as Johnny Manziel, Sammy Watkins, and Jadeveon Clowney. It also features completely different teams and personnel as a dramatic offseason has shaken the playing field. Here are a few things you need to know for the upcoming NFL season.

## AFC (AMERICAN FOOTBALL CONFERENCE)

While the personnel of the AFC has shifted dramatically, the outcome of the division should not change too much, as the powerhouses of the New England Patriots and Denver Broncos have only gotten better. Denver strengthened their defense with the additions of DeMarcus

Ware, Aquib Talib, and T.J. Ward. New England stayed right with them in the defensive stockpiling by adding defensive backs Darrell Revis and Brandon Browner.

Led by their aging future Hall of Fame quarterbacks, these two teams should be at the head of the pack in their scramble for another Super Bowl win.

What may change is who the stiff competitor is in the playoffs. The Indianapolis Colts have also bolstered their defense with the addition of Hakim Nicks to a wideout core that includes T.Y. Hilton and Reggie Wayne. Expect Nicks' play to complement that of developing superstar quarterback Andrew Luck.

Do not be surprised if the Colts are right back in the mix. The Cincinnati Bengals and San Diego Chargers were the other playoff contenders last year. With the return of Geno Atkins, the Bengals could be a force to be reckoned with. If Andy Dalton can prove himself to be the franchise quarterback he wants to be, do not expect the Bengals to go anywhere.

## TEAMS TO WATCH

Despite finishing 2-14 last season, the Houston Texans finished sixth in the

league in fewest yards allowed per game on defense, and with the addition of number-one pick Jadeveon Clowney, this defense shouldn't stray far from the top. New quarterback Ryan Fitzpatrick and head coach Bill O'Brien are looking to get that offense right back up to where it was in 2012.

Also, be ready for a Miami Dolphins run in 2014 due to the continued development of Ryan Tannehill and a reworked offensive line.

## NFC (NATIONAL FOOTBALL CONFERENCE)

The reigning Super Bowl champion Seattle Seahawks should continue to dictate the pace of the NFC, as their defense has stayed intact for the most part. The runner-up San Francisco 49ers window for a championship may be narrowing, and with the loss of many key defenders, it will be a challenge for them to outcompete the Seahawks.

As Aaron Rodgers and Drew Brees go, so do the Green Bay Packers and New Orleans Saints. Their high-powered offenses will most likely propel them into the postseason once again. 2014 could be the year of the Eagle, as Nick Foles leads the offense with a star-studded

backfield and receiving core. If their defense can improve, they could be one of the top contenders to come out of the NFC.

With the additions of Golden Tate and Eric Ebron, the Detroit Lions are poised to have one of their best offenses ever produced. The same can be said about the Chicago Bears.

Expect the NFC North to be as tight as it always is. Despite offensive line woes, the Arizona Cardinals feature one of the toughest defenses in the league. After just missing the playoffs last season, they will be hungry for another chance in 2014.

## TEAMS TO WATCH

The Atlanta Falcons, if healthy, have one of the most dynamic offenses in the NFL. After a devastating season in 2013, do not be surprised if Matt Ryan and his superstar receivers can put them right back into the postseason.

In a league where good defense and quarterbacks are hard to come by, do not expect the Carolina Panthers to fall as much as people are saying they will. Luke Keuchly and Cam Newton will find a way to win despite losing the entirety of their receiving core.

# CC men's soccer ready to make Richardson's 50th year a special one

PARKER MOSS

Guest Writer

A lot has happened in the past 50 years. There have been nine different Presidents, the Cold War ended, and the invention of the Internet changed the world.

Men's soccer coach Horst Richardson has been here for all of it. This year marks his 50th consecutive season as the men's head coach.

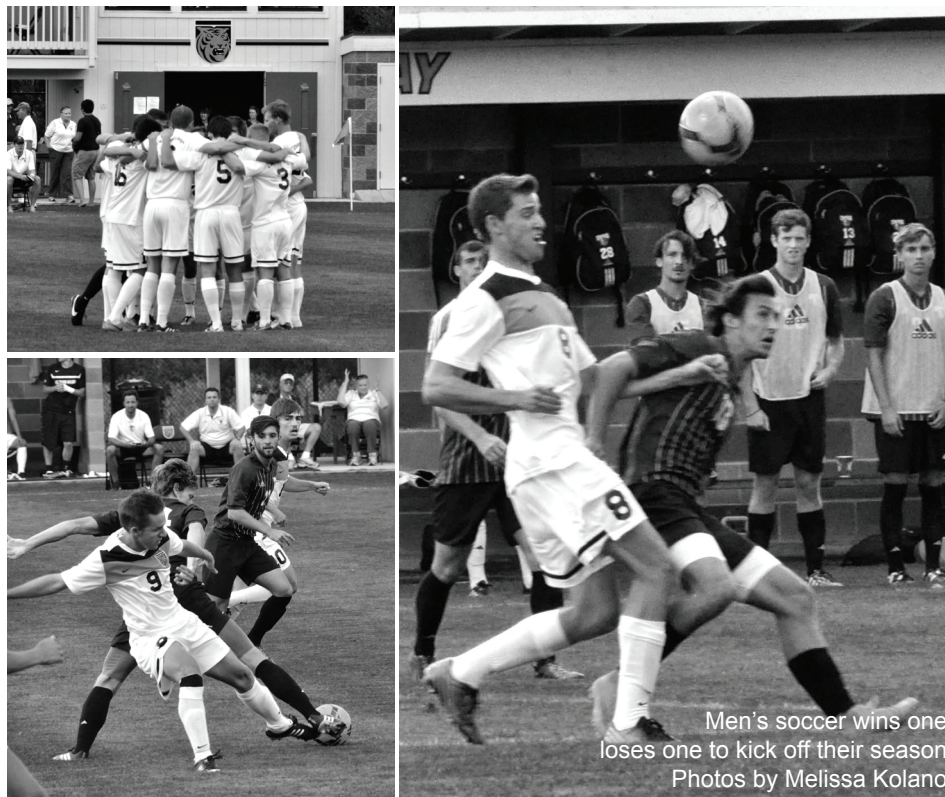
Over the past 50 seasons, Richardson has amassed an impressive resume, recording 552 victories, 300 defeats, and 69 ties. He has led the Tigers to 19 NCAA playoffs berths and took the 1992 men's team, led by All-American and NCAA Division III Player of the Year Patrick McGinnis, all the way to the Final Four.

Richardson's teams have showed no signs of slowing down. The Tigers have had a winning record for the past three years and a memorable NCAA tournament appearance in 2012.

The Tigers got their season started this past weekend with a 3-2 loss to Occidental College. "It's tough to stomach a loss to a team that went 2-14 last year, but their goalkeeper stood on his head, and we had some first-game jitters that led to some critical mistakes and missed opportunities," said junior goalkeeper Ian Horne.

The game was a close affair, and the Tigers had many chances to tie the game after conceding the third goal. The Tigers then rebounded with a 2-0 victory against Mary Hardin-Baylor with goals from co-captains junior Max Grossbacher and senior Andrew Worthington.

The gulf in class between the two teams was evident from the beginning, and the result was well deserved for the Tigers. The Tigers now look to build on that win this Friday at 2 p.m. at Washburn Field against George Fox University.



# New team, new conference, same goals: Women's soccer gears up for the Mountain West

HANNAH WESTERMAN

Staff Writer

The soccer season has begun, and for the Colorado College's women's team, it marks the switch to a new conference: Mountain West. The change in conferences means new opponents and new opportunities for the team to improve.

On Aug. 15, the Tigers hosted an exhibition game against University of Nebraska. The Tigers started off strongly, and the scores remained close throughout a majority of the match. However, Nebraska scored twice in the last ten minutes of the game causing the Tigers to lose 5-3.

A week later, on Aug. 22, the season officially kicked off with an away game at the University of Northern Colorado. Unfortunately, it was another loss for the Tigers. UNC scored three times in the first half. Junior midfielder Sarah Schweiss scored once in the first half and again in the second, but CC was unable

to gain the lead. The final score was 3-2. With this victory against CC, UNC broke their 15-game losing streak.

The Tigers came back strong a couple days later at home to defeat rival University of Denver. DU started off in the lead with two goals early in the first half, but CC was undeterred. Senior forward Rachel Herron scored CC's first goal less than a minute after DU scored their second. Then, CC took the lead in the second half with two goals by Sarah Schweiss.

Schweiss tied the score with around 20 minutes into the second half. Then, with a strong pass from senior forward Jaclyn Silsby, Schweiss scored the winning goal with only 7:02 remaining in the game. Schweiss used her head in a defensive play, which prevented Denver from tying things up in the last 20 seconds. The final score was 3-2.

After her impressive performances, it

is no surprise that Schweiss was recognized as the conference Offensive Player of the Week. This makes her the first Tiger to be named a Mountain West Player of the Week.

"It was very exciting to be named Mountain West Conference Offensive Player of the Week. I wouldn't have gotten the honor without my team. It's a team effort to win games and score goals," said Schweiss.

This is only Schweiss' second season at CC and she has already reached 39th place on the program's career points list. The match against UNC was the first multiple-goal game of her career.

On Aug. 30, the Tigers traveled to Colgate University for a non-conference match. It ended in a 0-0 tie. On a positive note, freshman goaltender Rowan Frederiksen recorded her first career shutout. Frederiksen stopped a total of 11 shots. This was the first time that CC

played to a 0-0 tie since October 20, 2013 against University of Texas- San Antonio.

The 2014 season has already had its ups and downs, but overall it is a promising start to the Tigers' inaugural season in the Mountain West conference.

When asked what the team would like to accomplish this season, Schweiss that she hoped to make a statement. "This year our team is very excited to be a part of the new conference. One of our goals is to win the Mountain West our first year," Schweiss said. "We also want to make it back to the NCAA tournament. In order for all of this to happen, we have to work hard together as a team every chance we get."

The 2014 Colorado College Invitational begins today, Sept. 5, with University of Marquette vs. New Mexico at 1 p.m. and Colorado College vs. Weber State University at 4 p.m.

# Women's volleyball team sweeps up the competition

**NILA HORNER**

Staff Writer

The ladies of the Colorado College volleyball team are on fire! Currently ranked seventh in the nation, the Tigers have literally swept their competitors away.

Within the last week, the amazing athletes that make up our 2014-2015 volleyball team accomplished a total domination of the competition. Our team defeated top contenders University of Minnesota-Morris, Simpson College, Oswego State, and Blackburn College, leaving our ladies undefeated at the Colorado College Invitational held in Reid Arena over the weekend.

Impressively, the Tigers managed to play strongly in every single match, with a final standing position of 4-0. Even though head coach Rick Swan tried out a few new positions for his athletes, the women did not disappoint.

Leading the team was junior Courtney Birkett, who remarkably won the honor of Most Valuable Player within the tournament, with 13 digs, six blocks, and an astounding 27 kills on Saturday alone.

"The entire team is really focusing on working together this year," said McQuella Adams, a junior Right Side Hitter who played in both the Oswego State and Blackburn matches over the weekend. "In fact, our motto for the year is 'Team.' Every girl on the team brings a different

set of expertise and unique experiences, and I'm excited to see how our diverse team can come together and close all of our matches cleanly."

She continued, "We have spent all summer working on outlining our goals, and we want the competition to know that we can and will achieve those goals. We are a new team. We want to go all the way and win a national championship, something that I know we have a shot at. The team has upped our intensity, we're reviewing our plays and watching more film, and we have a purpose in every move that we make."

Seeing as they have a solid setup with their libero, five starters, and 12 returning players, the ladies of the volleyball

team have the skill, experience, and athleticism to make it all the way to the top this year.

The women of CC volleyball are a force to be reckoned with, and with a winning tournament under their belts, the entire school is rooting for an incredible year.

Be sure to come and support these amazing athletes at their "Pack the House" game this Friday, Sept. 5 at 7 p.m. against Clarkson in Reid Arena!

The team also has matches at 3 p.m. and 12 p.m. on Friday, Sept. 5 and 6 p.m. on Saturday, Sept. 6.

These matches are going to be ultra competitive and a blast to watch, so come and support your CC volleyball team!



Charlie Lengal



Charlie Lengal



Bryan Oller

Off to an undefeated start, the 2014 team has national title hopes on their mind. Photos courtesy of CC Athletics.



Sam Zarky

## AROUND THE WORLD OF CC SPORTS

**HARRISON ROSENFELD**

Sports Editor

What a pleasure it is to be writing up a schedule of Colorado College sporting events again. After an eventful-yet-relaxing summer, it's truly a pleasure to be back on campus. It's been our first full year with our new facilities, and something special seems to be in the air.

In this re-engineered look around the world of CC sports, you will find information on all your favorite varsity, club, and intramural sports. When checking out varsity sports teams, the only teams in full swing now, the numbers in parentheses mark a squad's overall record, while "Tigers Making Headlines" shows any Tigers from their respective teams gaining conference or national honors (as well as noteworthy accomplishments i.e. men's soccer). The number before the team's name marks their national ranking. Also be sure to take note of any upcoming home games ("vs." as opposed to "at") so we can cheer on our Tigers in large numbers at our beautiful home facilities. The feeling in the air; that the 2014-2015 athletic year will bring a national championship to campus – Get the champagne ready.



### Women's Soccer (1-1-1)

Past week's matches (0-0-1)

- 8/30, 0-0 T at Colgate University

#### Upcoming matches

- Colorado College Invitational at Stewart Field
- 9/5, 4 p.m. CC Tigers vs. Weber State
- 9/7, 1:30 p.m. CC Tigers vs. Marquette University

#### Tigers making Headlines

Junior Sarah Schweiss was named Mountain West Offensive Player of the Week earlier this year while scoring two goals against rival Denver.

### Men's Soccer (1-1)

Past Week's Matches (1-1)

- 8/29, 2-3 L vs. Occidental College
- 8/31, 2-0 W vs. University of Mary Hardin-Baylor

#### Upcoming matches

- 9/5, 2 p.m. vs. George Fox University
- 9/6, 1 p.m. vs. Kean University

#### Tigers Making Headlines

Head Coach Horst Richardson has officially begun his 50th season, the longest tenure for any coach in CC history.

### #7 Women's Volleyball (4-0)

Past week's results (4-0)

- Colorado College Invitational in Reid Arena
- 8/29, 3-0 W vs. Blackburn College
- 8/29, 3-0 W vs. University of Minnesota Morris
- 8/30, 3-0 W vs. Simpson College
- 8/30, 3-0 W vs. Oswego State

#### Upcoming matches

- Colorado College Classic
- 9/5, 3 p.m. vs. East Texas Baptist University
- 9/5, 7 p.m. vs. Clarkson University
- 9/6, 12 p.m. vs. St. Mary's University
- 9/6, 6 p.m. vs. Tufts University
- 9/9, 6 p.m. at Colorado State University-Pueblo

#### Tigers Making Headlines

Junior Courtney Birkett earned SCAC Offensive Player of the Week after leading the team in kills for the three of the four matches during their opening weekend.

### Cross Country

Past week's Results

- Both the Men's and Women's team competed at the University of Colorado Time trial (8/30)
- Meet Notes: All Tigers placed in the top 25 of their respective meets.

#### Upcoming races

- Both teams will compete in the CU-Colorado Springs "Rust Buster" Invitational

## How to buy a climbing harness: Considerations and advice

**JAMIE SARAFAN**  
Staff Writer

As the school year begins and we start to filter back to sunny Colorado, many of us may begin to stretch our rusty forearm muscles, dust off our climbing shoes after a summer of internships and desk jobs, load up our Subarus and venture into the mountains.

Whether you're just getting into climbing or are a seasoned veteran, the beginning of the school year is a good time to consider getting a new harness.

In this day and age, there are hundreds upon hundreds of harnesses to choose from, so here are some tips and considerations before purchasing your new harness.

First of all, most harnesses are created equal. All harnesses have a waist belt,

leg loops, gear loops and a belay loop – it's the smaller details that one must consider before buying a harness.

I'll stick to discussing harnesses for sport climbing, trad climbing, and ice climbing.

Some considerations:

1) The number of gear loops: Gear loops are non-load bearing, usually plastic-y loops that ring the waist belt of a harness that one can clip gear to. The amount of gear loops you need is dependent on the kind of climbing you think you'll be doing. Harnesses with two gear loops are usually better for sport climbing, gym climbing and top roping. However, if you're more into trad climbing, multi-pitch climbing, aid climbing or ice climbing, you might want to look at harnesses with at least 4 gear loops because those forms of climbing require more gear.

2) Ice Clipper Slots: Speaking of

ice climbing, if you're an ice climber, you might want to look at harnesses that have ice clipper slots. Ice clippers are little plastic carabiners made for racking ice screws that can be slipped through your harness' ice clipper slots and can be very useful when leading ice.

3) Leg loops: Whether or not the harness has adjustable leg loops is another consideration. If you're planning on ice climbing, mountaineering and rock climbing with the same harness, you might want to be able to adjust your leg loops according to the layers you're wearing.

4) Harness construction: Now this isn't a hard and fast rule, but more expensive harnesses tend to have better ventilation, lighter padding and overall tend to be a little more comfortable. However, if you shop the sales, you can find great harnesses for \$30-40 [look out for future harness reviews].

5) The Waist Belt Buckle: Finally, there are two kinds of buckles out there; one is the standard, manual double-backing buckle where you must rethread the webbing on the waist belt back through the buckle, the other is auto-double backing, where the webbing is pre-threaded and is "locked" automatically. Auto double-backing buckles are nice because they are fast and easy to get on and off; however, they are difficult to unthread all the way if you want to unbuckle your waist belt completely and can lead to complacency in safety checks when one just assumes their buckle is done correctly as opposed to manual double backing harnesses where, firstly, it is more clear if the climber has not finished buckling his or her harness and secondly, he or she is might be more inclined to complete a more thorough safety check.

Happy autumn sending!

## Los Senderos de Machu Picchu: Two CC students adventure abroad

**KAYLA FRATT**  
Staff Writer

Hesitation. Once again, the path before us forked into two evenly travelled trails. Frustrated, we set our packs down heavily and lamented not having a map. We consulted the elevation guide, our only clue as to our direction. No directions, and only scribbled numbers for distance between campsites.

Min Kim and I were five kilometers into the Salkantay Trek, a 4-day walk to Machu Picchu, and we were quickly realizing that the hike would not be as easy as we expected. With little information to go on, we shouldered our packs early that morning, only knowing that it was

about 19 kilometers to our first campsite. The trails in the Andes are steep and poorly maintained, and we were no longer sure that we were even heading towards the ruins.

Finally, we decided to continue heading up, knowing that the first two days had the most elevation gain. As we climbed those first few days, we passed through muggy and buggy cloud forest, into the higher, drier forest, and finally into the 'paramo,' the beautiful Andean version of alpine tundra, where we slept.

The first day was the hardest. Our packs were heavy with low-quality rental gear, and we were sorely out of

shape from the past five months of study abroad. Towards the end of the night, we would take 10 steps, only to bend at the waist and breathe, shifting our packs from pressure point to pressure point.

We camped at the base of Mount Salkantay, a huge snow-capped peak that tops out at 20,551 feet. We trudged over a 15,000 foot pass the next day, and then began our descent into the cloud forest once again. Slipping in the mud and the horse poop, we alternated between wonder at the beauty of the trek, spite for the rich tourists who paid for porters, and self-pity due to the weight of our packs.

Trekking in developing countries was new to both of us. Although we were well-versed in both Andean culture and the language, the trail conditions, poor directions, and worse rental gear were huge obstacles. We spent much of the trek in silence, a combination of the comfort that comes from so much time together, and sheer exhaustion.

The last two days of the trek, although also long and difficult, were much flatter and warmer; we celebrated our arrival in the city of Machu Picchu with hot springs and fresh trout.

The next morning, we took the bus up the mountain; to Machu Picchu.



Kayla Fratt and Min Kim experience amazing adventure in Machu Picchu during summer. Photos courtesy of Kayla Fratt.



# [WOW] WORKOUT OF THE WEEK

ALYSSA ORTEGA  
Staff Writer

This week's Workout of the Week consists of a circuit. You may choose not to do some of the exercises as well as incorporate some of your own. For this workout, do each exercise for three minutes, and do as many repetitions within the three minutes. This workout should also be done three times.

#### Round 1:

10 box jumps. Box jumps should be done at a height you are comfortable with. A lot of the work should be done with your hips and core. When landing on the box, make sure to push your hips forward.

10 goblet squats. Hold a kettlebell with the weight of your choice right below your chin. Legs should be more than hip distance apart. Begin to lower yourself as far as you can without your knees passing your feet. Make sure that your spine is straight the entire time.

#### Round 2:

Bear crawls. Stand on all four limbs and begin to walk with both hands and knees. This should be done for about 4 meters forwards and then backwards.

12 pullups. Not everyone can complete straight pull-ups, so doing swinging pullups, using a river band, or jumping from the ground is acceptable.

#### Round 3:

30 double-unders. These are just jumping rope but allowing the rope to pass twice under your feet with every jump. If you cannot do this, do 90 single rope jumps.

10 burpees. Jump down to the ground in a pushup position, then lower into a pushup. As you come up from the pushup, swing both feet to meet your front hands. Then stand up and jump off the ground. This counts as one burpee.

## Regulations at cliff-jumping hot spot Guffey Gorge reevaluated

SAWYER CONNELLY  
Staff Writer

From atop the cliffs at Guffey Gorge, also known as Paradise Cove, the drop looks a lot farther than from below. Your friends become ants and your body trembles with excitement or nervousness, depending on your relationship with heights. You make sure you pick your jump line just perfectly, too far or too short might end up with a painful plunge connecting with the ground beneath shallow water. You jump, maybe you scream, maybe you just watch the colors blend as you fall. The water greets you; it's icy but refreshing on this hot summer day. You kick towards the surface and swim to shore to your friends as you all run up and do it again between beers and sunbathing.

This is a familiar experience for many students at Colorado College. The formerly secret jumping spot, passed down from upperclassmen, is not so secret anymore. Guffey used to be an escape for a relaxing afternoon with a few friends, but over the past few years it's turned "into a destination for partying," according to the Bureau of Land Management.

With around 12,000 visitors each summer and a record of 6,500 visitors this

past July alone, the area "known for its year round opportunities for swimming in a natural peaceful setting", is no more and "the social setting has shifted dramatically" according to observations by the BLM staff.

Alcohol and drug use is regularly observed, and "the atmosphere is comprised of large crowds, parties, foul language, and noise. This has displaced local visitors, families and individuals looking for a quiet setting. Signs request visitors to remove their own trash but it is left on site. Trash removal after each weekend is typically a pickup truck full of trash."

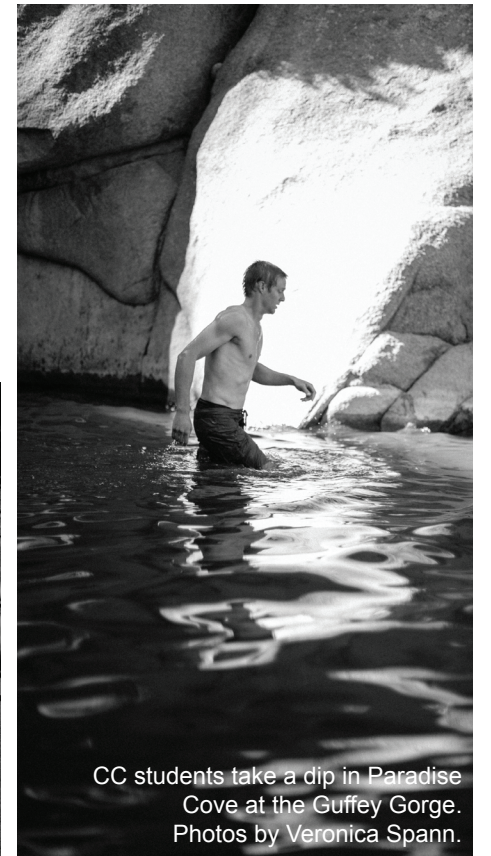
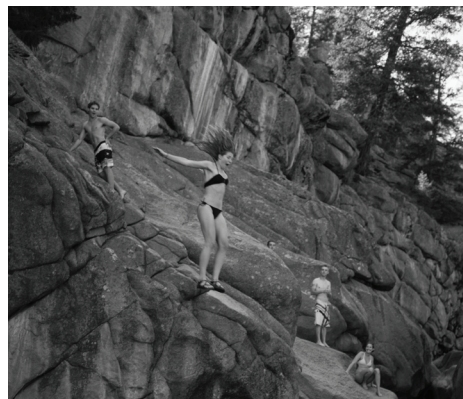
Concern has arisen over the increased traffic and changes in the social scene at Guffey, and the BLM in Canon City, led by Linda Skinner, has begun a scoping process to develop a management plan for the area. Skinner contacted the CC Outdoor Recreation Club in order to reach out to our demographic: the young, adventurous college students.

The hope is that with as much citizen input as possible, the BLM will create a management plan "to reduce impacts to the adjacent community and public lands at Guffey Gorge in Park County." The plan consists of four goals: "(1) reduce risks to public health and safety,

(2) reduce the impacts to resources, (3) identify strategies to fund the necessary increase in management that the site requires, and (4) continue to provide recreational opportunities for visitors that do not significantly impact other resources or recreation uses and provide the visitor's desired atmosphere."

If you've ever jumped from the towering grey cliffs, or if you'd like to, your input is important!

The scoping period runs for another week, until September 11th. It's crucial that CC students reach out to Linda Skinner at 719-852-8732 or [rgfo\\_comments@blm.gov](mailto:rgfo_comments@blm.gov) to submit comments and suggestions regarding the future of one of our favorite local swimming holes. Visit the BLM's Royal Gorge Field Office website for more information.



CC students take a dip in Paradise Cove at the Guffey Gorge. Photos by Veronica Spann.

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## Twisted steel and Tesla murals surface in Colorado Springs

RUBY SAMUELS  
Staff Writer

"Do better." It's a phrase my Poetry Writing class passed around from time to time during blocks six and seven. And now, though I have forgotten the story behind the trite motto, the meaning still lingers in my mind.

It's a fairly straight-forward quote, but as the academic year's curtains come to a close, the meaning seems that more prevalent. This past Saturday I dozed off on the quad with bluegrass in my ears, the sun splashed on my Hawaiian shirt, and friends dancing around. It's eerie to consider how in less than a week that space will not be filled. The space will be emptied of its lazy loungers and softball games. We, the occupants, will disperse to various other locations.

Over the past semester, I've watched more friends leave Colorado College than I've ever experienced. Perhaps that is part of building more friendships as the years pass on: people come and go; they stay, and they may move. And that's okay, that's part of growing up.

These friends filtered out of CC for various reasons ranging from disciplinary troubles to emotional trauma and graduation. The instances make sense in some regards, but the realization that one might not see their peers for a bit can be daunting, even scary.

So where do we go from here? Perhaps they were dismissed, or maybe they graduated; then again, maybe they faced a situation so demoralizing that they couldn't rationalize remaining at CC. But whatever the reason, these peo-

ple are now gone. Our distant friends will continue their lives and we will continue ours. But it's crucial for us to honor our friendships.

We don't need to slave

over a forced friendship with so many miles in between. In many cases, good friendships will continue. But other days, when our friends need a hug or a random couch to sleep on, perhaps they will just text us to see how our day went, we must honor our friends by returning the love they have given us by means of listening and remaining there.

The small things we may do for one another amount to an unprecedented greatness, and they forge our community strong. Many school activities hope to achieve the same results, but in the end, it is our choice to be together that fortifies our relationships. In the end, it is our willingness to hug one another and listen that enables us to continue our community. Nothing else.

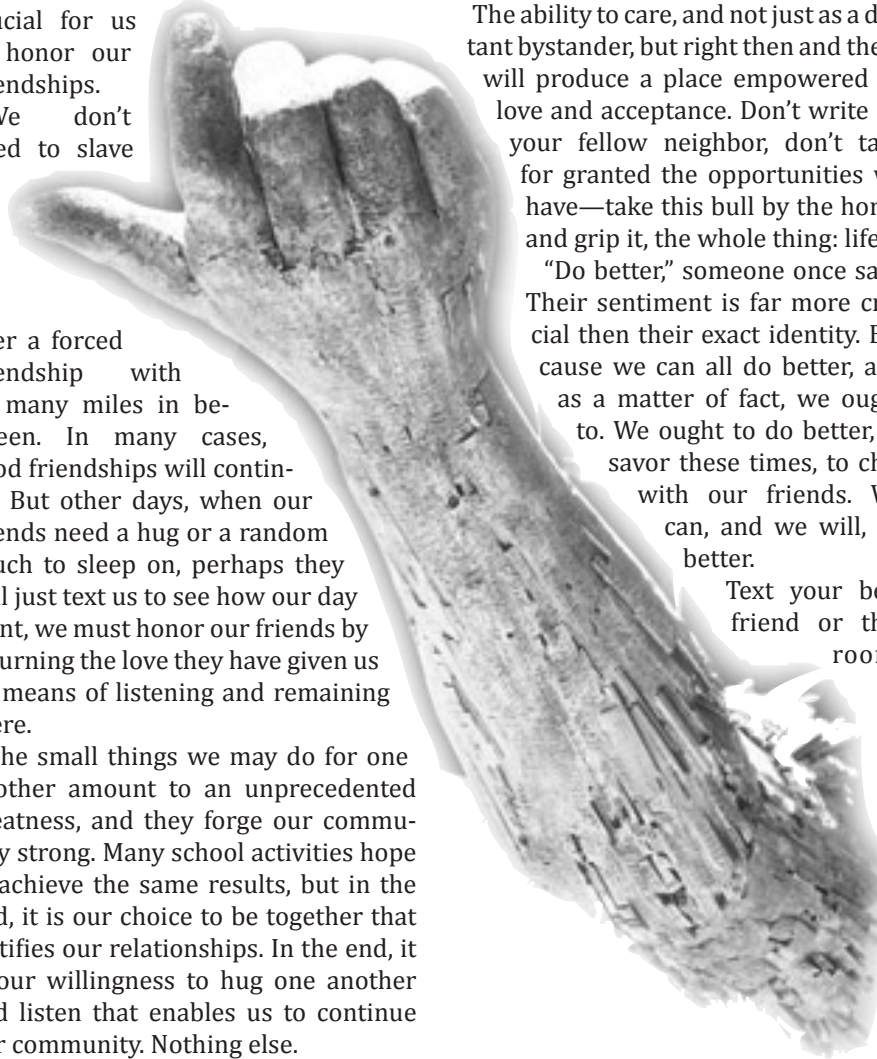
So as these weeks close, as our friends amble through different journeys, we are charged with the duty to love and support one another. At times that notion is scary, god knows it is. But our

propensity to stick up for one another and inquire, discern, and decide makes us great.

The ability to care, and not just as a distant bystander, but right then and there will produce a place empowered by love and acceptance. Don't write off your fellow neighbor, don't take for granted the opportunities we have—take this bull by the horns and grip it, the whole thing: life.

"Do better," someone once said. Their sentiment is far more crucial than their exact identity. Because we can all do better, and as a matter of fact, we ought to. We ought to do better, to savor these times, to chat with our friends. We can, and we will, do better.

Text your best friend or that room-



Photos courtesy of Cameron Moix of The Colorado Springs Business Journal

mate you haven't spoken to since that one time. Plan an adventure and don't look back. In the infamous words of Hunter S. Thompson, "When the going gets weird, the weird go pro."

## From K-Sig's kitchen: the pesto hanger steak

SAM TEZAK  
Life Editor



Amidst the chaos of eighth block last semester, you might have seen me soliciting the lines of Rastall or Benji's, eager to get a

swipe from some generous soul. Times have changed. This year you can find me behind the kitchen counter at Kappa Sigma—dicing, slicing, and chopping away. After another summer of cooking every day, it's time to submit my recipe book. My first recipe is an end-of-the-summer special for all you meat-lovers, a scorched and seasoned dish that takes cooking red meat a step above slapping a steak on the grill.

My friend Thomas showcased this recipe to a group of friends two summers ago. I had been working up a sweat on the farm all summer, and he invited me to visit him in Santa Fe, take a bath and indulge in his cooking expertise. Our mutual friend, a recent convert from veganism, opened her kitchen doors for a night of gourmet cooking. Our entrée: seared pesto hanger steak.

Relatively inexpensive compared to

other cuts, the hanger steak is part of the plate cut. Wedged in the diaphragm of the steer, the hanger steak hugs the cow's internal organs, right beside the spleen and kidneys. The steak's flavor and texture are often attributed to this location, which is flushed with blood and surrounded by tougher muscles including the skirt steak cut. Hanger steaks' muscles resemble consecutive V-shapes, with a fatty strip that bisects the Vs. Historically, hanger steaks are a staple in Mexican cuisine and can be found on many fajita plates. If you can't find a hanger steak, the next best bet is another part of the plate cut, the skirt steak.

After snagging a hanger steak from the closest store—I've had the best luck buying meat from Whole Foods or Trader Joes in regards to grocery settings—it's time to get down to the pesto marinade.

Pesto, a word which comes from the Italian word for 'to crush,' includes much more than your average basil, garlic, olive oil, and pine nut chop. Tomatoes, mushrooms, almonds, and even mint have all been included to create a unique pesto depending on how it is being used in the cooking process. For this recipe, I prefer to incorporate lemons, specifically preserved lemons, into the marinade. Lemons are an important ingredient for a meat marinade because their acidity tenderizes the cut. I like to marinate this steak over a longer period of time, and because fresh lemons have

the propensity to toughen the meat if left too long, I take to the preserved lemons, which are remarkably 'lemony' and have a mouth-watering peel.

### You will need:

A hanger steak, or two. Hanger steaks usually clock in at about 1 lb., so it might be worth the investment to buy two.

2 cups basil. Check with the CC Farm to see if they have any end-of-summer basil stashes; otherwise, it's time to hit your neighborhood grocery store

3 cloves of Early garlic. If Early is not available, any garlic will suffice.

1/3 cup pine nuts. Toss these in the oven on a baking sheet at 375 degrees and wait 10 minutes.

1 cup of olive oil.

1/3 cup parmesan cheese or any sharp cheese you desire.

2 pickled lemons.

1/3 cup sundried tomatoes.

The pesto marinade starts with your basil, garlic, and pine nuts in the food processor. I've experimented with blenders and coffee grinders, and they both work as substitutes as long as you

keep an eye on the blending speed. Empty half a cup of olive oil into the green puree while it's still grinding away. Once the marinade starts to affect the consistency you desire, cut the power to the processor, sprinkle in the cheese and then finish off the olive oil.

Next, mince those sundried tomatoes and grate the zest off the preserved lemons then mix these two new ingredients into your bowl of pesto. Once you have completed these steps, it's time to rub down your hanger steak. Make sure to rub the marinade and any large chunks of garlic, lemon, or tomato into the muscles. Cover the steak for an hour, lest you are feeling giddy and want to toss it on the pan sooner. From my experience, pan searing offers the crispy top and bottom that I prefer. Heat up your stove on high, grab the cast iron skillet, and let the temperatures rise.

At this point, it's up to you, the chef, to decide your steak's fate. Let the rest of marinade drip off the steak before slapping it onto the pan. Once your steak is there, cover it with a glass top and wait. Do not mess with the steak for at least a minute—that includes lifting up the glass to check things out, prodding the steak, or moving the pan around! It's crucial to look for a toasted brown coloring, but depending on how you like your steak, you might be looking towards a charcoal color. When the steak is done, slice the meat against the grain, and cut out the fatty strip in the middle. Bon appétit!

## Morning sunshine: Dorm room breakfasts

**ZOE HOLLAND**  
Staff Writer

As you settle back into the craziness of the Block Plan, cooking may be the last thing on your mind. However, having some great recipes under your belt for the year will definitely pay off after you begin to tire of the Rastall grind.

Simplicity is key; whether you have the pristine Slocum kitchens at your disposal or just the requisite "microfridge," the Block Plan doesn't leave us with much patience for cooking. Whether you are a burgeoning chef or a kitchen-phobe, these recipes are guaranteed go-tos by the end of the semester.

And let's face it, we've all been there: snoozing until 8:45, then rushing to get ready and scrounging for something to eat before three hours of class. It may seem paradoxical, but the key to some great eats on these rushed mornings is a little bit of time; let's just say sleeping is the new cooking.

Instead of waiting in line at Colorado Coffee, make your own cold-brewed iced coffee. Cold brewing uses time instead of heat to extract the flavors of the coffee bean. The result is a smooth and less acidic drink that you will get hooked on. You won't be able to drink another watered down iced coffee again. Here is how to make it:

### Cold-Brew Coffee

#### What you need:

French press OR vessel and coffee filter

Coffee, coarsely ground

Sweetener\*

Milk\*

\*optional

#### What to do:

All you need to do is fill up your vessel (French press, mason jar, Nalgene, bowl) with water, and stir in your coffee! To make a nice strong brew, use a 1:4 ratio of coffee to water.

Let this sit in the fridge for at least 12 hours. This may seem excessive but stick it in the fridge after dinner and it will be good to go the next morning.

Once you have let your coffee brew in the fridge, remove the mixture and pour it over a filter into a glass. Add your favorite milk/sweetener combo, and you're good to go!

While you are being productive and getting your iced coffee brewing ahead of time, why not make breakfast as well?

Overnight oats and chia pudding follow the same format: stir all your ingredients together, stick 'em in the fridge, wait, and enjoy.

### Chia Pudding

#### What you need:

2/3 cup of chia seeds

2 cups of the dairy free milk of your choice (eg. soy milk, almond milk, etc.)

1/2 teaspoon of vanilla extract\*

Toppings of your choice\*

Glass jar or a bowl

\*optional

#### What to do:

Place the chia seeds and the milk into your bowl or jar and stir thoroughly. Cover the container and store in the

fridge overnight. When ready, stir well and eat plain or with toppings such as fresh fruit, jam or coconut.

### Overnight Oats

#### What you need:

Rollled Oats

Milk of choice

Stir ins: honey, agave, cocoa powder, vanilla, nuts, seeds, etc.

Toppings: nut butters, fruit, nuts, etc.

#### What to do:

Just remember, the oats to liquid ratio is 1:1 for overnight oats. Stir the oats and the milk along with any sweeteners or additions in a jar and let it sit overnight in the fridge.

In the morning, stir and serve with any toppings you like. Nut butters and banana are always a winning combo, but get creative! If you are ever in an oatmeal creative block, check out the glorious world of the Internet.

It may be cliché, but learning how to make some great ramen is a skill that no one should be denied. Making next-level ramen means going slightly beyond opening that packet of mysterious MSG-laden powder, but it's definitely worth the extra step. Here's one recipe to inspire you to become a serious ramen visionary. Just like the overnight eats, this dish can get as elaborate as you wish.

### Ramen Curry

#### What you need:

Ramen noodles

1 tsp curry powder (or to taste)

1 egg (beaten)\*

Minced garlic\*

Frozen veggies\*

Sriracha\*

\*optional

## The Barstool: Cocktail feature

**EMILY LUCAS**  
Staff Writer

For my first cocktail recipe of the new school year, I'm doing a double feature. Although summer break is over, we haven't quite moved into fall and the weather seems to agree. So for the couple weeks of summer we have left, enjoy our first Drink of the Week, the Strawberry-Lemon Mojito, as made by Death + Company in Manhattan.

### Strawberry-Lemon Mojito

2 lemon wedges

6 mint leaves

1 strawberry

Ice cubes

2 oz aged rum

3/4 oz lemon juice

1/2 oz sugarcane syrup or agave nectar

Glass: Highball with crushed ice

Garnish: Halved strawberries and mint sprigs

In a cocktail shaker, muddle lemon wedges, a whole strawberry, and mint leaves. Add ice cubes, rum, lemon juice, and syrup. Shake well. Strain into a highball filled with crushed ice. Garnish with strawberry slices and mint leaves if desired.

The second Cocktail of the Week, to be enjoyed once fall hits, is one that I'm writing up in honor of my trip to Ire-

land this summer. Although there have been many variations, the original Irish coffee was reportedly invented by one Joe Sheridan, circa 1940. Despite being a relatively simple drink with just four ingredients. It's easy to taste the difference between a good Irish coffee and a bad one. The best coffee that we had while in Ireland was at the Red Fox Inn in Glenbeigh, in the Ring of Kerry. The Inn is also home to the Kerry Bog Village Museum and a small herd of Kerry Bog Ponies. The ponies, which are native to Ireland, were brought back from the brink of extinction largely through the efforts of the Red Fox's owner, John Mulvihill.

### Irish Coffee

2 oz Irish whiskey (Jameson, etc.)

2 tsp brown sugar

Hot coffee (black)

Cream

Glass: Irish Coffee Mug

Take a steamed mug and pour in whiskey. Add sugar and fill most of the way with coffee, stirring until the sugar has dissolved. Float cream by pouring over the back of a teaspoon. Do not stir after cream has been added. One popular variation is to replace the Irish whiskey with 2 oz of Bailey's Irish Cream. Sláinte! (This is Gaelic for "health", the Irish version of "cheers!")

To cool down your boiling ramen, add in some frozen vegetables for flavor and temperature control. And of course, Sriracha never lets you down!

From a hot-weather caffeine fix to a satisfying dorm dinner, having these recipes down will be a valuable skill.

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# From Nickelodeon to mainstream pop, Ariana Grande's "My Everything"

**NICK DYE**  
Music Editor

There's a secret to being a successful mainstream pop artist. If an artist has made it to the top 10, they've most likely followed this well-known tactic. The secret to success is to surround yourself with a team of talented songwriters, producers, and features to do nearly everything else for you except sing.

This applies strongly to Ariana Grande. On her new album, *My Everything*, she has surrounded herself with an impressive roster of artists. She collaborated with pop mainstays such as OneRepublic's Ryan Tedder and Swedish uberproducer Max Martin, but also oddballs like Norwegian electronic artist Cashmere Cat and the goofball of the A\$AP Mob, A\$AP Ferg.

The important thing to recognize from the variety of producers and features is that *My Everything* is a vehicle for

Grande's voice, not her creativity. Vocally, the singer can be compared to Mariah Carey and Christina Aguilera, and many times channels them.

The album tells of becoming an adult romantically. This reflects Grande's identity as a Nickelodeon star, but the album's sensual and dramatic tones show a more mature side to her.

The central themes are breakups, struggles, and yearning for what is either lost or unattainable. These themes display a range from breakup anthems like the two smash singles, "Problem" with Iggy Azalea and "Break Free" with Zedd, and sad ballads like the title track and the Big Sean-assisted "Best Mistake."

There are three standouts from this album: "Be My Baby" with Cashmere Cat has an EDM overtone, but not one that is aggressive, rather it takes full advantage of the producers use of snares and soft guitar samples. "Break Your Heart Right Back" is equally funny and well done. The song is about Grande's lover leav-

ing her for another man. It brilliantly samples the signature Nile Rodgers' riff from Diana Ross's "I'm Coming Out," the same one used in the Notorious B.I.G.'s "Mo Money Mo Problems." The song features another left-field collaboration with Childish Gambino referencing the Biggie hit.

Finally, there's "Love Me Harder," Grande's collaboration with The Weeknd. "Harder" is the most adult song with the most sensual lines. It's also the most mature with the Weeknd's joyless lothario image juxtaposed to Grande's Nickelodeon stardom.

There are still some cookie-cutter pop songs on *Everything*, most specifically, "Just A Little Bit of Your Heart," and "My Everything." These songs are not necessarily bad, but they feel unoriginal.

The following two songs are the album's real low point. "Best Mistake," a somber collaboration with Big Sean, is generally boring with an all-too-simple piano accompaniment. Sean's verse

is, as usual, full of corny lines that take away from any real message.

The collaboration with A\$AP Ferg, "Hands on Me" is chaotic. It's a bit too heavy on the synthesizers with a Middle Eastern vibe, which doesn't really make sense. The collaboration between Ferg and Grande is a disappointment because his contribution could have been more edgy and out there, but that is the limitation of a mainstream pop album on a vulgar rapper.

The production is fairly standard for pop outside of the interesting collaborations. Lyrically, no one should be upset, but don't compare Grande to Bob Dylan. *My Everything* is a channel for the pop star to wail with her lovely set of lungs.

Overall, this album is about heartbreak and how it defines us. Grande shows that hard choices ultimately better us. She conveys that while painful, heartbreak is necessary for growth. *Everything* is equally fun and emotional and is a current favorite for pop album of the year.

## Ridesharer wars: Uber vs. Lyft take C Springs

**JACK BENHAM**  
Staff Writer

On April 24, Lyft opened service in Colorado Springs. One week later, on May 1, Uber also opened service in the Colorado Springs.

Lyft and Uber are ridesharing companies based out of the San Francisco area. When someone downloads either application on their smartphone, they create an account requiring them to provide their credit card information for payment purposes. These applications connect users with registered Uber or Lyft drivers in their city. Via the application, when a customer asks for a ride, a registered driver in the area can accept the user's request for a ride. The app also notifies the customer about the driver's estimated time of arrival to their location.

All payment, including tips, takes place on the applications. There are no receipts to sign and both companies do not accept cash.

Uber and Lyft act as liaisons between drivers and people in need of rides, and they both use similar pricing formulas. The cost of a ride consists of the total cost of minutes the ride takes added to the total cost of miles travelled, then this sum is added on to a base charge. Taxi companies use a similar pricing formula.

While Lyft only offers one ride option, Uber offers five. Along with its most cost effective option, UberX, Uber offers UberXL, UberSUV, UberTaxi, and UberBlack. The UberXL service connects customers to drivers of small SUVs for larger groups or for those who want a higher ride than a sedan.

How do Lyft and Uber costs compare to traditional taxi services? Uber's website has a fare quoting function, allowing users to calculate the cost of a possible ride with specific quotes for each of its five ride options. For some reason, their website does not calculate fares for UberX around Colorado Springs.

According to Uber's website, a ride from campus to Colorado Springs Airport in an UberXL costs between \$38-50, UberBlack costs between \$49-63, and UberSUV costs between \$66-84. The fare calculator on Yellow Cab Colorado Springs' website estimates a ride from campus to the airport costs \$32.75. The same route in an UberX or Lyft costs about the same as the Yellow Cab taxi option.

Because of the congruencies between UberX and Lyft pricing formulas, their overall costs are approximately the same. Deciding between the three options filters down to which option provides the most convenient and workable service for a specific person's needs.

Some tout that these new ride-sharing services make getting a ride faster and easier because of the precise driver communication. However, the allure of Uber and Lyft does not lie only in their convenience, but in the image they purport. Riding in a brightly color-blocked taxi with clunky company decals pasted on all both sides and the trunk is not as sexy as riding in a subtly colored sedan, when upon drop-off, the riders merely hop out without the person-to-person payment process.

Uber carries more of the private driver image than Lyft does because of its multiple luxury options and elegant 'U' logo lit up discreetly in the corner of each car's dashboard. Lyft users identify the drivers by a two-foot long, hot pink shag mustache pillow either hooked to the front grill of the car or resting on the dashboard of the car. On their website, Lyft claims to be "a whole lot more fun than other ride-sharing services."

Whatever the somewhat superfluous differences between Uber and Lyft, they both get people from A to B with cost effectively and conveniently. Their arrival in Colorado Springs increases the options for students with or without cars to get rides whenever and wherever they want at prices comparable to traditional taxi services.

## Hip-hop joins in ongoing police protest

**EBONI STATHAM**  
Guest Writer

On August 9, an unarmed blacked teenager, Mike Brown, was shot and killed by Ferguson, Mo. police officer Darren Wilson. Watching news reports and reading the unsettling comments online from strangers demonstrates how, in the face of disaster, many people have chosen to remain silent. As citizens live in fear and confusion, restless voices are screaming and using respective platforms in the form of social media and the arts. Many of these voices include hip-hop artists who take pride in this genre with roots in revolution, speaking out against all the atrocities and injustices that stain this country.

These artists and others voiced their opinion in the moments after Trayvon Martin's death in Florida, the numerous shootings of the decade, Eric Garner's death in Staten Island, and after the death of Mike Brown.

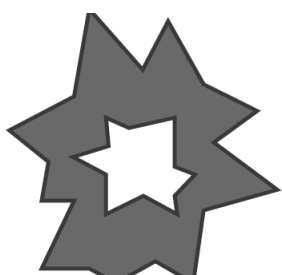
One of these artists, J. Cole, 29-year-old hip-hop artist from North Carolina, released the song "Be Free" after Mike Brown's death that gained instant attention fueling the waves of online dialogue. With lines such as, "All we wanna do is break the chains off/ All we wanna do is be free," and excerpts from Brown's friend and witness Dorian Johnson, the song instantly becomes something powerful, moving, and somber especially haunting for people in our time.

Many artists feel a sense of personal connection to recent events in Ferguson. While visiting Ferguson to protest, participate in the moment, and learn more about the larger racial issues pervading the area, J.Cole explained in an interview with *Complex* magazine, "It could've been you, could've been me, could've been our best friend, could've been whoever." It is something that is

much deeper than just taking a political stance. Although J.Cole and others did not personally know Mike Brown, many grew up in similar conditions, in similar neighborhoods, and in similar fear. This fear of distrust with those who are supposed to help protect the people and the fear of constantly losing loved ones due to violence.

J. Cole was not the only artist to use hip-hop as a platform to spread a message, but other artists used Twitter and social media to protest. Questlove, musical artist from The Roots, tweeted: "EVERY human being deserves civil treatment." Killer Mike, an Atlanta based rapper, used Instagram to broadcast a heartfelt letter after the incident, adding, "We are human beings. We deserve to be buried by our children not the other way around. No matter how u felt about black people, look at this mother and look at this father, and tell me as a human being how u cannot feel empathy for them. How can u not feel sympathy for their pain and loss?" Many are speaking, giving their candid opinions, hoping that people will listen, think, and be moved.

Through the countless protests with armed officers with rifles and tear gas, hip-hop artists have been observing, talking, and actively working for a better tomorrow. They listened then, and they are listening now, with voices strong and powerful, letting the world know that social issues and conflicts still exist that must be changed. Despite the disharmony in the world, there is an element of beautiful synchronization amongst many hip-hop artists and other musical artists. The simple fact is that people are struggling, people are dying, and people are in pain. Instead of ignoring these things, many artists are giving a voice to the issues, letting people know that they are not alone in the struggle.



# CC Culture and Musical Assimilation: Is it happening?

**EBONI STATHAM**  
Staff Writer

When first deciding what college to go to, I knew that music was near and dear to my heart, but I wanted to focus on schools that had great environmental science programs. I visited Colorado College, sat in on a science class, chilled under some trees talking about life, and knew that CC was the school for me.

It was only months later, after my permanent arrival as a freshman student, that I realized that there was this booming music culture full of funky student bands, bluegrass ensembles, and students working to bring artists to this bizarre Colorado city.

I went to a few parties. Some were complete with electronic music and kids head-banging until the point of concussion, but others were just in an entirely different arena. Never had I ever been to a party where the sole musical entertainment was a bluegrass ensemble with inebriated students jumping up and down, clapping their hands in less than perfect beat, and singing songs aloud in unison. My first thought was, "How do I dance to this?" But I'd be lying if I said that it did not grow on me. Eventually I found myself jumping up and down, clapping my hands, although I still do not know any of the lyrics beside those to "Wagon Wheel."

Although my music taste has not drastically changed, I probably listen to a bit more Indie, bluegrass, and folk music than I had before. It made me wonder if other students went through similar experiences, slowly absorbing the different sounds around them into their own music library. I interviewed senior biochemistry major Gabriella Makris to get some insight.

**Q: What is your favorite music genre?**

A: My favorite music genre is hip-hop/rap hands down. It always has been and always will be. It's what I grew up on, so it will always be an important part of my life.

**Q: What are some of your favorite artists at the moment?**

A: I would say one of my favorites right now is Migos. My current favorite playlist is "Southern rappers killin' the game rn" (Future, Ace Hood, Young Thug, Rich Homie Quan) mainly because I'm back home in the South for the summer. It's weird because when I go to CC, I feel like the music that my people at home listen to isn't played as much (or at all), so when I come home it's like, "You really haven't heard this!" At that point, I really notice how CC has affected my taste in music.

**Q: Has your music taste changed since coming to Colorado College?**

A: Before CC, I was on hotnewhiphop.com every day trying to stay up on what's good so I'd know my shit when I went to the club. When you go to clubs in my city all you'll hear is hip-hop. Before "twerking" was a hash tag, that's just what we called dancing. I'm kind of going off on a tangent here, but it's really interesting to me. I'll always remember my first CC party... I was like, "WTF." No one was dancing how I was used to, and the music was something I had never heard of. I remember someone playing a MGMT song and I was like, "Oh, that's pretty different sounding. Who's this?" and they literally laughed at me and thought I was kidding. I'd pray for the parties where they'd play some old-school stuff where our circles overlapped and I'd feel like I fit in. I didn't really want to accept the new culture at first. Then, I wanted so badly to fit in that I began only listening to the music that my CC friends listened to and tried really hard to be "cool." I started calling the hip-hop that my people at home would listen to "trash" and would make fun of them for listening to it. I would try to force the music that CC taught me onto my friends in Florida. After an intense talk with my friend from Florida, he made me realize that my music is a part of who I am and where I came

from that I was trying to deny in order to "fit in" at CC. The hip-hop that my friends at home listen to speaks of the culture we grew up in and describes our experience. The music I brought back from CC speaks of a culture that's foreign to my friends, and I now understand that. I also understand that it's okay to be bilingual and know the languages of both cultures, not allowing there to be a barrier between the two and knowing that one isn't superior to another. Music is such a large part of my life that the cultural music shock that I got at CC took a big impact on my life at CC.

**Q: If you had to create the ultimate middle school playlist, what songs would be on it?**

1. Whistle While You Twerk by Ying Yang Twins (this will always remind me of all night skates at the rink Saturday nights)
2. Aw Naw by Nappy Roots
3. Da Dip by Freak Nasty (another song that always played at the skate rink, still the best dance song in my opinion)
4. Zoom by Boosie (I'll always remember when this played at our eighth grade dance and people went crazy! This was definitely the hit before ninth grade and everyone was joc-in)
5. Inside Peanut Butter, Outside Jelly by Cadillac Don

# Scaling the summit of the anti-hero: Salter's "Solo Faces"

**SILUS BABILONIA**  
Staff Writer

We all seek an escape from the mundane regularities of life, in one form or another. Some people turn to hobbies, others to intoxicating substances, while some decide to risk their lives scaling vast mountains in the tundra planes; every person has their own release.

I have never climbed a mountain before, nor do I have any grand delusions of being able to accomplish such a feat. It simply is something I have come to terms with. In this life, I am not a warrior, I am not a physicist, and I am not a mountaineer. Yet not everyone is content with leading a safe life. In the novel "Solo Faces," by James Salter, the reader follows the journey of Rand, a strong silent type with an undying thirst for climbing mountains.

Rand seeks nothing but the thrill and accomplishment of doing so, and it's this passion that propels him to travel the world, meet new people and gain new experiences along the way. He faces many physical and emotional trials along the way, and even becomes famous after saving a stranded couple in the mountains. But he is not a hero; he is just a man on a mission to push forward.

This book has me conflicted for several different reasons, all centered on the main character Rand. There was an odd shift over the course of the story, I actually found myself liking him less and less as the novel progressed. This is a change that caught me off guard, and I am unsure if it was intentional or not. Rand is a flawed character, and you really begin to see the flaws later in the story.

In the truest sense, he is an antihero. He does not seek to change the world, he has no real ambitions to help anyone else, and all he seems to care about is his desire to scale the next big challenge. I saw him as a man who continues to run away from any previous commitments in hopes of slaying his inner demons by scaling mountains. I never felt happy

from this story, and maybe I wasn't supposed to, but for a book all about the triumph in the face of danger, a lot of the focus seemed to be misguided.

Over time, Rand seemed to become more jaded and distant, and I had a hard time relating to him, or even understanding his motives. I became as clueless as any other character in the book that sought to inquire about him. Because of this, I sought to relate to the other characters, including Cabot, Rand's best friend, but they were for the most part forgettable.

While at times "Solo Faces" presents a unique perspective of man's determination in the face of impossible odds, the book is not without its faults, especially when it comes to relationships. Throughout the story, there are many love interests that come in and out of Rand's life, almost all of them being unhealthy and ending in very sudden ways. In fact, there are so many different girls appearing then disappearing, then being mentioned before never being seen again, that it got to a point where I stopped keeping track or caring about them. I saw them as romantic fodder, simple love interests with no real personality or life put into them. I felt that Salter was attempting to show a realistic love life of a rolling stone, but in the end, all it did was make a successful showcase of how not to maintain a lasting relationship with a woman.

I don't want to spoil anything, but there are some serious mistakes he made along the way, yet no real consequences arise. Of course, he is only human, but his character flaws really shine through in his almost apathetic view towards those who care for him.

If you have a passion for mountain climbing, then I would recommend "Solo Faces." If you do not, then I would have to say you should pass on this one. While there are some laughs and some interesting philosophical ideas that will entertain you along the way, it was not a memorable read. The main character

cares about nothing but him and the mountains, the side characters are void of any personality, the idea of love and commitment mean nothing to anyone in the story, and the focus on mountain climbing, which was my favorite part, is almost never there. Adventure novels are meant to excite and entice you, and "Solo Faces" by James Salter couldn't do either for me.

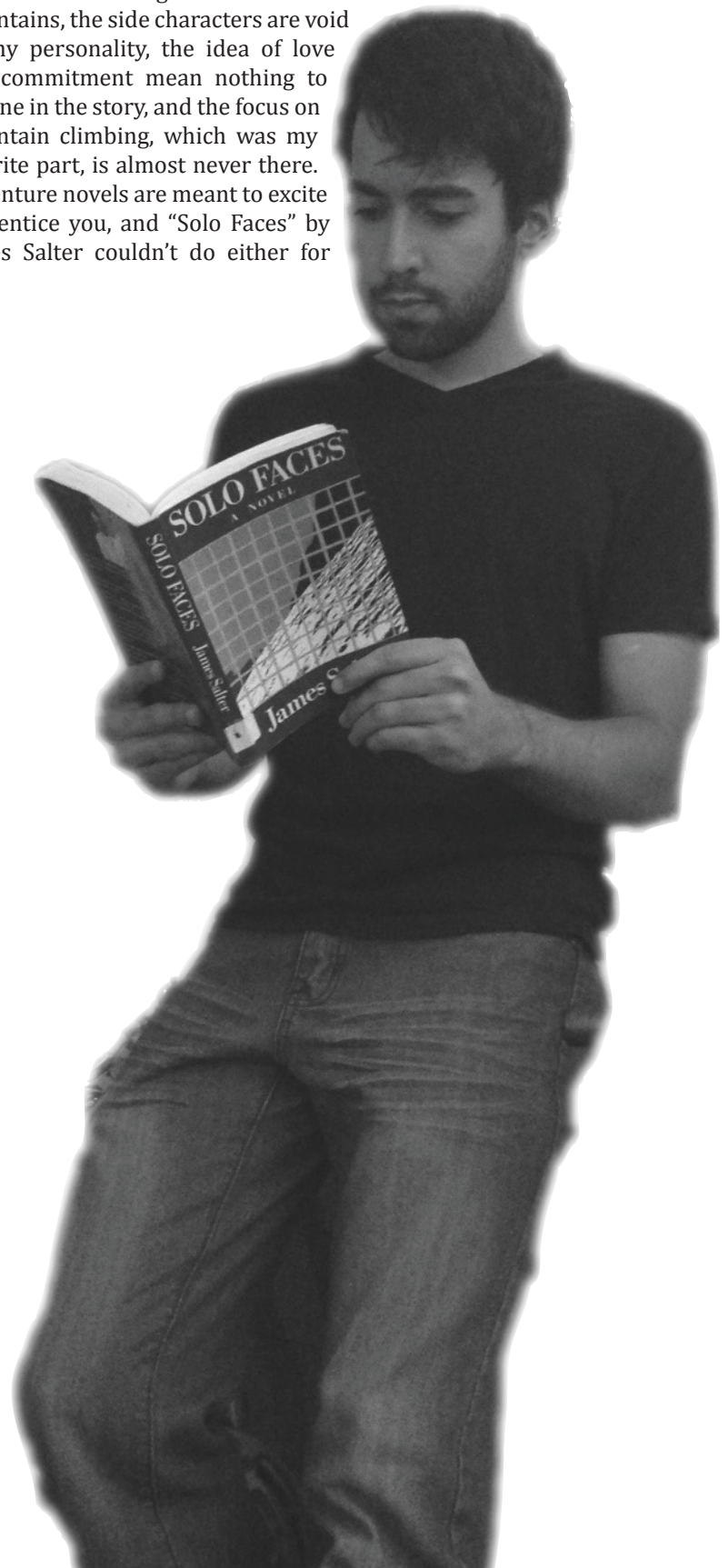


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