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10 QUESTIONS

Madelyn Santa sits down with senior Sarah Schweiss to discuss her successful soccer career, clumsy tendencies, and team bonding.

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INSIDE:

As the deadline for off-campus housing applications nears, Zak Kroger, Residential Life and Activities Program Coordinator, gives the skinny on how to tackle stepping into the real world.

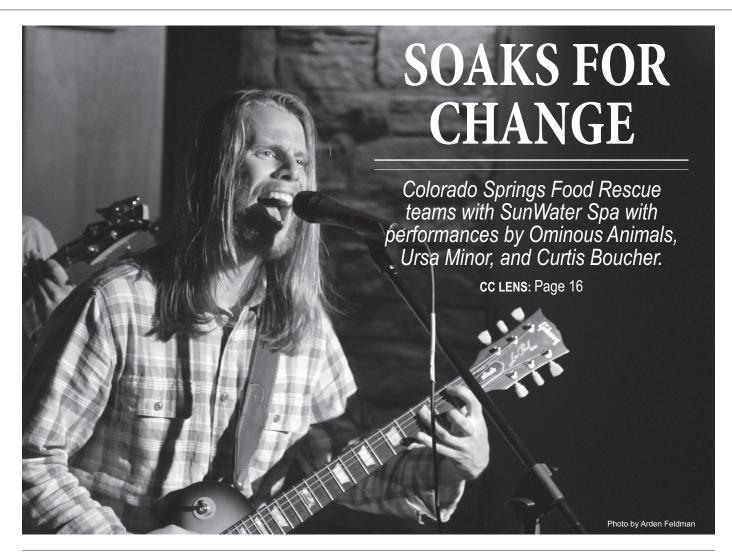
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Do almonds live up to all the hype? Alyssa Mavor investigates.

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Legends of ghosts permeate campus with the spirit of Halloween

ANNA SMITH

As "Halloweek" encroaches upon campus, so do the stories of the supernatural around us. Colorado College has been known to house several ghosts who are anticipated to make their presence known this weekend.

Of the several whispered stories between students, janitorial staff, professors, and visitors, the most well known is that of Lady Bemis, who is

said to haunt her namesake, Bemis

Alice Bemis was the wife of Judson Bemis, who founded Bemis Hall in 1908. Their daughter, Marjorie Delight Bemis, died in her childhood and was allegedly murdered by a man who entered her room at night. In reaction to this event, the Bemis family donated the money for an allwomen's dorm on campus to provide safety for female students.

Young Marjorie is said to be heard skipping down the hallways and giggling late at night. One janitor described how after mopping floors, she would see the bare footprints of a little girl show up one at a time.

Alice Bemis's presence is the most substantial of the family. All visual encounters of the supernatural in Bemis have been of Alice wearing the

GHOST STORIES: Page 6

Colorado College's Office of Sustainability works to reduce food waste

ANNA KELLY

Staff Writer

Since last spring, Colorado College's Office of Sustainability has been collaborating with the Colorado Springs organization Care and Share to reduce campus waste.

Care and Share is a distributer for food banks across Southern Colorado that was founded in 1972. Orders are

sent to Care and Share for certain food groups, like proteins or desserts, and Care and Share provides those items. Their mission is to curtail hunger in Southern Colorado.

Meredith Allen, a senior at Colorado College, is the Office of Sustainability Care and Share Intern. Through her position at the organization and within the Colorado College Office of Sustainability, Allen has been working to reduce the amount of food and material waste that Care and Share sends to the landfill.

"When food is sent to Care and Share, most of it is sorted through by volunteers," said Allen. "During this process, a lot of food is damaged or cans are broken or the food has exOCTOBER 30, 2015

CC welcomes local high school students to campus

MONTANA BASS

For high school students hoping to be first-generation college students, attending college can seem a far-off, abstract concept.

Through the College Readiness Fair, the El Pomar Foundation hopes to make the idea of college attendance more concrete in the minds of high school students by organizing tours around local higher education facilities in the area. The Foundation will be working with the Butler Center to organize student activities around the Colorado College campus on Wednesday, Oct. 28.

The El Pomar Foundation has been improving the lives of residents in Southeast El Paso County for over 20 years. Recently, they developed the Pikes Peak Community Development Initiative, with the goal of developing grant-making, technical assistance, and capacitybuilding activities in order to continue to address philanthropic concerns.

As a part of this initiative, they developed the College Readiness Fair, which will take 140 9th-through 12thgrade students to five higher education schools. Besides Colorado College, the students will visit University of Colorado Colorado Springs, Pikes Peak Community College, United States Air Force Academy, and the Educating Children of Color Summit.

The El Pomar Foundation has coordinated with the Butler Center to create a day for the high school students to become familiar with CC. The program's emphasis on trying to increase the likelihood of these high school students attending college is closely aligned with the Butler Center's commitment to promote an equitable social and intellectual climate on campus.

Visiting students will be split into groups and participate in different workshops created by individual Butler Center staff members. Some staff members have recruited CC student interns to help as well.

Pearl Leonard-Rock will be running a workshop entitled "College Students Give Advice to Their Younger Selves."

"I will be monitoring because I have employed four college students to be facilitators," said Leonard-Rock. "The workshop will address academic enrichment, service to the community, leadership development, and your character."

While with Leonard-Rock, the high school students will listen to college students as they reflect on advice they would have given to their ninth-grade selves and think about how this advice may be applicable to their development over the coming years.

"We'll answer questions with students and introduce them to a SMART plan, said Leonard-Rock.

A SMART plan must be Specific, Mea-

surable, Attainable, Realistic, and Timely. After the discussion, students will sit quietly to make their own plans.

Liliana Delman, Coordinator of Mentoring and Disability Initiatives at the Butler Center, will be conducting her own workshop as well. She plans to do a CC treasure hunt.

"They'll be in three groups and come to me in three different waves," said Delman. "I'll tell them, 'Go find Tutt Library,' and then they can go explore it. After I'll have them write down three things they could do at each location."

Delman feels that this activity will help encourage kids to feel comfortable on CC's campus.

"They can start imagining how they can use space when they're at college," said Delman. "It's really encouraging them to recognize that they can do this. These sessions encourage students to stay motivated on their path to getting a college degree."

Public Interest Fellowship Program looks forward to future

ANNIE ENGEN

The Public Interest Fellowship Program is exclusive to Colorado College students and sets undergrads up with paid summer and yearlong fellowships at non-profit organizations.

"Whether they're interested in working in a non-profit sector down the road, or interested in an area like environmental improvement or education, it's a great way for our students on campus to get a taste for the non-profit sector," said PIFP director. Lani Hinkle.

Why non-profit organizations? "There are a lot of other ways in which you can find your way into for-profit work," said Hinkle. "Non-profit organizations hold a big chunk of the economic picture and are more accessible and hands-on. When working at a government agency, for example, it could take years before you get to do real hands-on work."

Going through the PIFP program helps CC students and graduates develop in-

terests and find jobs that give them experience a cut above most entry-level positions.

"We've been working with the partner organizations for many years, so the jobs have a lot of meat to them," said Hinkle. "You won't be stuck filing papers or getting coffee."

PIFP has worked with 69 partner organizations and has placed 275 fellows. The year-long PIFP program has employed almost 5 percent of CC's

graduating classes over the past two years, and about 23 percent of PIFP fellows have been hired to stay with their organizations after their fellowship finishes.

Duy Pham '15 participated in a summer fellowship at the Bell Policy Center in Denver. Interested in the study of public policy, he says that the fellowship was a great opportunity for me to work in the industry without a tremendous amount of pressure. It felt like a learning experience.

Pham also notes that the program gives students the chance to adapt mentors with networking opportunities. The program paired Pham with a mentor he's grown very close to. He's also developed relationships with some of his co-workers.

Pham confirms that even students who are deciding between three different majors can benefit from the program.

"Everyone tells you that it's important to try out as many things as possible, so you can figure out what you like and don't like," said Pham. "The three-month summer internship is a good amount of time to gauge your interest and see if you want to move forward with it."

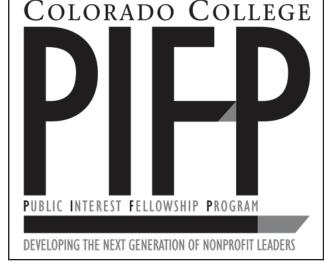
Following their fellowships, students can bring what they learned from their experience with PIFP and share that knowledge with their classmates, and use it in thesis work.

The experience also helps students understand the significance of what they are learning in the classroom.

"We had a summer fellow, senior Megan Gillespie, who was working on data analysis at the Gill Foundation, one of the leading funders of efforts to secure full equality for the LGBT community," said Hinkle. "Data analysis can seem tedious in a classroom setting, but during her fellowship, the Supreme Court made its decision about same-sex marriage, and suddenly, all that statistical analysis made sense. It supported something that actually happened."

"Yes, PIFP is competitive, but it's probably less competitive than other public service opportunities that are offered to everyone," said Hinkle.

And it's worth it. Leaving the CC bubble and straying from the Block Plan into the real world is a big adjustment. The support from personal mentors and other classmates can help ease the bumpy transition.



CC students use political voice to influence Houston anti-discrimination law

LIZ FORSTER

In the midst of the conversations regarding Stonewall, eight Colorado College students have redirected their energy to Houston, Texas, where voters will decide Tuesday whether to grant legal anti-discrimination protection to 15 categories of peoples through the enactment of the Proposition 1, also known as the HERO vote.

The eight students, led by senior Hannah Tilden, are part of a phone bank, which calls Houston voters to inform them about the implications of the law with hopes to persuade them to vote in favor of it.

"There is so much infighting going on within the queer community right now because of Stonewall, and I was hoping this effort could refocus us against the reality of injustice that can potentially happen in Houston if this law is passed,"

Tilden said. "It's important to focus and contextualize activism in a much larger and broader sense that just CC."

Tilden and the other students started conducting their first night of phone calls on Wednesday, when they made around 90 calls. During 30 of those calls, Tilden explained, the callers made meaningful connections with the voters.

The HERO vote would put into law an ordinance already in effect in Houston that outlaws discrimination on account of a person's sex, race, color, ethnicity, national origin, age, familial status, marital status, military status, religion, disability, sexual orientation, genetic information, and gender identity.

50 percent of people who file complaints under the ordinance are of color, another 40 percent by women, 4 percent by LGBT, and 1 percent by others.

According to the most recent polls, public opinion on the vote is almost

equally split. Proponents of the proposition, such as David Leslie from the Rothko Chapel in Montrose, Texas, argue the proposition provides essential protection of all peoples, which would also help propel Houston in a more positive direction.

"We are all children of God," he said to abc13. "We're all from the same creator. We're all different. In those differences, we should expect some protections."

Opponents of the proposition, on the other hand, argue that the dangers of the proposition far outweigh the benefits. One of the most common and controversial claims is in regards to the bathroom ordinance, which allows people to use the bathroom associated with the gender with which they identify. They, including Texas Lt. Governor Dan Patrick, argue that the ordinance would allow sexual predators to enter women's bathrooms and endanger women and female

children.

"It's not about equal rights," Lt. Governor Patrick told abc13. "Equal rights are covered under the law. What it is about, by voting no to stop men who on any given day can consider themselves a woman and can go into a woman's restroom."

Despite their small size, Tilden and the other students making these calls could tilt the vote in favor of Proposition 1.

"The vote is really close, and just by us sitting in a room, we can make a difference," Tilden said.

"I think people underestimate the impact of call banking," said senior and a member of the call banking team Rachel Gonchar. "This was a great opportunity to get involved in something I am passionate about: civil rights and liberties.

If you are interested in helping with the call banking on Monday before the election Tuesday, email Hannah Tilden at hannah.tilden@coloradocollege.edu.

OCTOBER 30, 2015 NEWS $oldsymbol{3}$

Housing addressed: Diving into off-campus housing applications

JACKSON PAINE

Students looking to live off campus next year need pick up the pace because the Nov. 1 deadline for off-campus housing applications is fast approaching.

Anyone who is hoping to live off campus needs to go through Zak Kroger, the Residential Life and Activities Program Coordinator, and Kathy Butler, the Room Assignments Specialist, who have been holding workshops on off-campus housing since second block.

"[The workshops] just give general information and expectations, because so many students just don't know where to begin," said Kroger. "Some [students] are great, but we're just trying to cover everybody.

Requirements for off-campus living are simple. A student needs to have junior status, or to have lived on campus for six semesters, in order to be eligible. There are also exceptions for special cases, such as married couples or students over the age of 25.

If a student is eligible, they can attend the mandatory workshops. Zak will scan your gold card to record your participation, and then forward the list of attendees to Kathy Butler, who sends out applications. After that, it is up to students to figure out where they are living.

"This is one thing I've been trying to communicate a lot because I will get emails from people that say, 'Hey I haven't been able to find anything on the [Colorado College] website for offcampus housing," said Kroger. "That's because it's not a CC-run thing."

Students need to use other methods of finding their own homes, such as apartments.com or similar sites. Often the best method is to just get the contact info of the landlord directly from the people currently living in an off-campus residence.

Kroger is accumulating recommendations and warnings from students living off-campus at the moment to give to the current juniors.

One issue with the housing process is that many seniors are choosing to stay in the apartments rather than move offcampus

Colorado College is planning on building new senior apartments in the parking lot to the East of Mathias, across from Barnes. By adding a new apartment complex, the college is hoping to fix the traffic jam currently causing housing problems.

"Because so many seniors are electing to stay on campus and live in the apartments, [they displace] the juniors into Bemis, and the sophomores into freshman halls which have no space," said Kroger.

Another issue that Kroger foresees is students seeing the process of applying to live off-campus as too tedious or unmanageable, and choosing to live offcampus without notifying the housing department.

While this can be done, unless you want to be charged for on-campus housing, it is hardly advisable.

"Until I get your card swiped and uploaded to Kathy's system, you're going to be charged by default for housing," said Kroger. "It's just going to happen."

Though the deadline is fast approaching, students need not worry too much.

"I joke that if CC had a third school color it would be grey... because there's very little that's a hard yes or no," said Kroger. "However I'm hoping to avoid that situation where there are people doing it last minute... because I know that the more people [that] don't do it on time, the more work it creates for us."

Ultimately, it is a great amount of work, and one person does almost all of it: Kathy Butler. As much as students love to complain about the housing situation on campus, it is staggering that the 2100-odd students attending Colorado College are all organized by one person.

At just about every other university, there is an entire department designed to facilitate student housing. At CC, there is only Kathy, and she does a great job despite the amount of criticism she receives.

"[Kathy] does a really good job... and then still has time to have students come and just scream at her because she's 'ruining their senior year," said Kroger. "Like, what are you talking about, she helps people so much."

NEWS BRIEFS

► ► City of Colorado Springs issues an urgent leaf alert.

The city reports that raking fallen leaves onto the curb not only causes trouble for the city's workers but is also illegal. Earlier this week, Jeff Besse, the City of Colorado Springs' Stormwater Quality Coordinator, announced that the city code allows for a \$50 fine to be issued for anyone who rakes leaves from their yard into the curb, according to KRDO 13 News. Leaves can clog storm drains. causing flooding.

Besse admits that the city has never fined anyone on his charge because people are issued warnings at first, in attempts to educate the citizens. Despite this attempt to educate, he is unsure if doing so has lowered disposal rates at all. Such problems have been a constant trend for the past few years.

If leaves infiltrate the drainage system and enter local creeks and streams, they begin to release certain nutrients into the water, causing algae growth. The practice is also detrimental to the health of the aquatic life present in the creeks and streams. Citizens are advised to compost or mulch their leaves to fertilize the soil in their land.

► ► Toddler finds gun at local playground.

KKTV 11 News reports that a local Colorado Springs neighborhood in the northeast quadrant of the city, near Barnes and Marksheffel, was sent into shock when a 2-year-old boy found a .22 caliber handgun while playing at a local park. The toddler brought the gun over to where his mom was sitting, pointed it at her, and said "Look mama, I shoot you."

After spilling her coffee out of shock, the mother, who wishes not to be identified, took the child and the gun back to her house and immediately called the police.

After tracing back the tracking numbers on the handgun, Colorado Springs Police Department found that the gun was among the dozen that were recently stolen out of a Rockey's Moving and Storage unit less than 10 miles away from the scene. Anyone with information about the case is urged to contact CSPD immediately.

► Colorado Springs Police Department soon to make it mandatory to carry anti-overdose drug.

A recent choice made by the Colorado Springs Police Department earlier this week declared that, according to The Gazette, every sworn CSPD officer will soon carry a liquid vial full of the drug naloxone, a fine mist that can be given to victims who have overdosed in order to keep them alive.

The nasal spray has been worked into the training for officers during the past few weeks; CSPD hopes to equip their entire force by mid-December. This change was funded by a \$25,000 initiative in response to increasing opiod overdose-related deaths across Colorado, as well as the whole nation.

The program was funded by money seized during drug investigations in the Colorado Springs area.

Colorado Springs crime, in brief

KIND MAN CARJACKED

On Tuesday, Oct. 27, just after 5 a.m., KKTV 11 News reported that police responded to an emergency call after a man was forced out of his own car at gunpoint after a couple tricked him into helping repair their flat tire.

The victim was out driving on Tuesday morning when he was approached by a Caucasian couple who claimed to have a flat tire and needed his help. The man was 6-foot-2, thin, and wearing jeans and a flannel jacket; his female counterpart was a 25-year-old, 5-foot woman with black hair, wearing black and red sweatpants with a grey hoodie.

The couple asked the victim to drive a few miles out to their car. After a few miles rolled by, the couple whipped out a gun and forced the good Samaritan out of his own vehicle. They stranded him between Dublin Blvd. and Montarbor Drive, at the East end of Colorado Springs. The couple drove off in a 1995 gold Honda Accord, Colorado license plate 369 JQN. Anyone with information is urged to call CSPD.

OFFICER PUNCHED IN THE FACE

On Monday, Oct. 26 at approximately 7:30 p.m., the Colorado Springs Police Department were called down to the local Salvation Army warming shelter.

CSPD was responding to a disturbance by a 29-year-old Colorado Springs man, Mikayahu Del Castillo. Del Castillo is currently being held at the El Paso County jail on counts of suspicion of several charges, one being second-degree assault on a peace officer.

The Denver Post reports that Del Castillo attacked the officer without warning; no conflict was noted between the two individuals.

Del Castillo began to throw several punches at the security guard's face. In response, the officer fought back in self-defense.

Other security personnel joined the scene and assisted the injured officer. Reports say that the officer is doing well and only sustained minor injuries from the attack.

BOTCHED XBOX EXCHANGE

A local Colorado Springs man was robbed while he was selling an old Xbox in a Craigslist exchange at an apartment complex, reports KKTV 11 News. The seller was Lex Vanhaaren, who allegedly put up the ad so he could make some extra money in preparation for the upcoming birth of his child.

Vanhaaren believed that he strategically picked a location that would prevent theft: during broad daylight at a local business that had surveillance cameras as well as many witnesses. However, the men who he met up with asked him to go to their apartment complex next door so that they could be sure the gaming system worked.

When they arrived, the "buyers" gave him an envelope stuffed with Monopoly money, slammed him against the wall, and fled the scene. Vanhaaren was able to take a few pictures of the suspect vehicle, only to find out later that this car was stolen. CSPD suggests that Craigslist users perform transactions at the local police station's lobby in order to feel safer.

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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OCTOBER 30, 2015 NEWS

Innovator-in-Residence promotes mindfulness in business

EMMA MARTIN

This fall, Colorado College launched the Innovation Institute's Innovator-in-Residence program to advance innovative opportunities and support for students. Aaron Kahlow has been chosen as the first Innovator-in-Residence.

Kahlow has worked in the innovation field for over a decade, starting, building, and selling companies in the digital marketing space. Kahlow began with a three-man project in the back of a dental office, which he eventually built into a thriving, multi-million dollar agency, BusinessOnline. Kahlow then founded the Online Marketing Summit, one of the first—and most recognized—digital educational marketing events, which he later sold to a publicly traded company.

Kahlow has headed an impressive string of projects and holds recognized authority in the digital marketing industry. In 2006, Metropolitan Magazine heralded him in the "Top 40 Entrepreneurs Under the Age of 40."

These days, however, Kahlow focuses more on mindfulness than millions.

"A lot of my passion is in mindful leadership and mindful entrepreneurship," said Kahlow. "I want to give my peers advice on managing one's self, not just ways to rake in the next million dollars

Mindfulness has always been an undercurrent of Kahlow's entrepreneurship but only after selling his second

company did he find the space to explore and integrate this practice. Kahlow was introduced to Zen Buddhism several years ago, which started him on the deeper search "of what's it all about-of the ways to manage the insanity we call the modern world," he said.

While Kahlow finds the digital marketing field very exciting, he has now found a way to tap into his deeper personal passion and build it into a business.

"I'm now interested in making less money in exchange for more time to do good," said Kahlow. A fair number of people make the argument that lots of money can do lots of good; Kahlow, however, doesn't quite agree. "The most successful companies aren't worth millions of dollars," he said, "but rather [it is] the ones grinding day in and day out that add value back to society."

At the moment, Kahlow's approach is unusual. People talk of entrepreneurship and talk of mindfulness but rarely in the same conversation. Mindfulness, to many, seems antithetical to the hectic and often cutthroat entrepreneurial

Kahlow wants to make clear, however, that not only are mindfulness and entrepreneurship compatible, but that mindfulness is necessary to entrepreneurial success and individual happiness.

"Most entrepreneurs lose sight of themselves," said Kahlow. "They believe they are one with their company, and it becomes an excuse for not being a good person, a good listener—for not being

true to themselves."

Start-ups were not a common topic while Kahlow was in college. The world that we currently witness as college students—one bent on constant, creative innovation—is unique, and has developed largely in the past five years.

The Innovation Institute is an important resource because it focuses on where the world is right now, according

The foundation of programs, like the Innovation Institute, on campuses across the country speaks to both the importance and growing popularity of young entrepreneurship.

"The lure of start-ups is big, almost legendary at this point," said Kahlow. "Young people pay attention to the Zuckerbergs of the world who have just

The reality for companies that do succeed, Kahlow warns, involves a lot of hard work and very little glory.

"People need to stop pretending that lightning will strike their pan if they hold it out," said Kahlo. "People need to be ready to do something they're passionate about, something that's good for the world. That's a big surprise for a lot of people."

Since arriving at the Institute in late September, Kahlow has talked one-onone with many students and student groups, acting as a sounding board for ideas and giving advice on both entrepreneurship and mindfulness.

"I've gained a feeling that my in-be-

tweenness is a good thing," said Kahlow. "Students get advice from professors, parents, and one another, but there's an authenticity and relaxed way of conversation with someone in-between these stages."

In addition to his individual work with students, Kahlow will be giving a series of presentations and workshops for the campus at large. The first was on Monday, Oct. 26, called "Mindfulness as a Way to Live: How to incorporate mindfulness into every day life at work, home, and on campus."

While Kahlow's work focuses on the intersection between mindfulness and entrepreneurship, he emphasizes that mindfulness is a way of being, not simply a way to run a company.

"The world we live in won't let you be as mindful as you want to be, and that's a challenge," said Kahlow. "It's just important to go home with a smile on your face—that's crucial."

Kahlow will also teach a five-part 'crash course' series during Block 3, called "Fundamentals of Being a Mindful and Wildly Successful Entrepreneur in the Digital Age." The series covers a range of topics, from strong entrepreneurial leadership to the ins and outs of digital marketing to mindfulness in entrepreneurship.

Although the series is free and open to CC students as well as faculty and staff, space is limited. For registration details, contact Jill Lange at jill.lange@coloradocollege.edu.

"Chas" says...

Sometimes I hate pencils, pens, and highlighters.

Mark up your own books, but please don't mark up library books. Not even with pencil.





CARE & SHARE: Working towards pragmatic solutions

CONTINUED FROM FRONT PAGE

pired."

This is where Randy Garger at Care and Share saw a solution. Allen now helps the organization find ways of diverting that waste.

"My role is to take on exploratory measures to prevent food that is not edible from going into the landfill," said Allen.

Allen has recently been working on a project that involves turning the food products that normally go to waste into animal feed and reselling the aluminum cans for a profit.

Additionally, much of the food listed as expired even though a lot of food may still be edible.

"Food stamps in the United States are pretty arbitrarily assigned," said Allen. "A lot of the food is still good after those dates, but it's illegal to feed it to people who come to the shelters."

As a result of these binding expiration dates, a great deal of food goes straight to the landfill still in the can.

Last year, Allen helped with the actual creation of the animal foods that were sold to farmers.

This year, she is working on policy for Care and Share so that the zero waste program that has been developed can be used by other food banks across the United States.

However, she hopes to recruit volunteers from CC to make the animal food. "I hope to be a liaison between Care and Share and Colorado College and create more opportunities for collaboration after I've graduated," said Allen.

For Allen, this internship is a marriage of her academic and personal interests. that is sent to Care and Share is Allen created her own major, which is called Sustainability and Social Action.

> "It's really at the intersection of environmental politics and sociology," said Allen. "I'm personally a believer in creating pragmatic solutions to the environmental crisis that are tailored to specific communities, rather than broader policies."



COLORADO COLLEGE OFFICE OF SUSTAINABILITY

Connections and collaborations between the Colorado College Office of Sustainability and organizations such as Care and Share have the potential to offer CC undergraduates with multiple opportunities in the field of sustainability throughout their four years. Photograph courtesy of Colorado College

OCTOBER 30, 2015

Senior Sarah Schweiss, midfielder on the Colorado College women's soccer team, shares her soccer memories, superb Halloween costumes, and stories from the summer.

Recently, you have been recognized for scoring important, game-winning goals. What would you say has been your most memorable goal scored in your soccer career?

Probably in high school. During my state championship game, we were tied 2-2, and I scored a goal with three minutes left in the game. It was probably my most memorable goal.

If your teammates gave you a superlative what would it be?

I'd probably get "most likely to fall down" or something. I'm super clumsy.

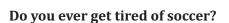
What is the greatest piece of advice you've ever received playing sports?

Probably just always have confidence in yourself, no matter what you are doing.

This summer you were on the team that went to South Korea for the World University Games, what was that experience like?

It was an amazing experience. It was like we were at the Olympics, and we stayed in an athlete village with all the

other countries. Representing [America] was probably one of the best feelings I've ever had.



No I don't. There are days where I wish I could have the day off, but I never get tired of playing or anything.

Of all your teammates, past and present, from whom have your learned the most from and why?

I would have to say one of my teammates from my club team. I was with her in season when she lost a youngerbrother, and she really didn't miss much soccer, but she showed us the courage it took to keep playing and practicing. It really taught us a lesson that year to have courage in all that you do [not just soccer]. I mean—and we all have bigger things than soccer—but we also always have soccer to come back to. It's kind of our safety blanket and we always have that team family. But just the courage she taught us to keep moving forward.

As your college soccer career comes to a close, what are you most fondly going to look back on?

Probably all of the bonds I have made with teammates. It is like having a second family at school. I mean, the soccer memories will always stick out, but so will the times we have had off the field together.

After school, do you plan on continuing to integrate soccer into your life?

Oh, yeah. I am hoping to play after college. So whatever comes my way with playing after college I will hopefully take that opportunity.

Do you ever dream in soccer metaphors?

I don't think so. I think I would go a little crazy if I dreamed in soccer metaphors. I think I have enough of that in my life, and I am happy it is not in my dreams.

What has been your best Halloween costume to date?

I think my sophomore year. Instead of 'How to Train your Dragon,' we were 'how to train your dolphin.' Me and another soccer girl were trainers and we had hula hoops and fanny packs and two of the first-year girls were dolphins.

Photograph by Phillip Engh



WRITER



6 NEWS OCTOBER 30, 2015

CC's Cipher magazine finalist for prestigious Pacemaker Award

HELEN GRIFFITHS
Staff Writer

Colorado College's Cipher magazine has been nominated as a finalist in the feature magazine category to receive the Pacemaker Award. The National Pacemaker Awards acknowledge excellence in American student journalism and are generally considered to be the highest national honors in their field.

The awards are unofficially known as the "Pulitzer Prizes of student journalism." Cipher received the award in 2012 and, according to the editor-in-chief, is considered for nomination most years. This time, Cipher is nominated for its Block 8 2015 issue, "Bones."

"I'm so proud of 'Bones," said former editor-in-chief and junior Anna Cain. "It's a more slippery theme then some of our usual ones (Food, Green, Uncensored, etc). People took the theme in so many different ways: anatomy, horror, structure. We got a mix of well-researched exposés, heart-wrenching personal narratives, and quite a few random articles that turned out to be total hits."

"I wrote an article about playing dominoes with strangers in Acacia Park," said Nathan Davis, a sophomore and current editor. "The overall issue reveals how vast the interpretation of the theme can be. The willingness of the Cipher to include my piece reveals how many perspectives they look for."

According to some, the Cipher fulfils a special role on campus.

"We've had articles that try to galvanize a community for social change, articles that reveal deeply personal and moving aspects of their writer's lives, and articles that attempt to expose wrong-doing in the CC community and administration," said Cain. "We like to see ourselves as a watchdog, but many of our readers and writers see us a place to tell painful but vital stories—we are equally comfortable in either role."

"On campus, it is an outlet for students to write creativity through non-fiction, of which there are very few opportunities," said Davis.

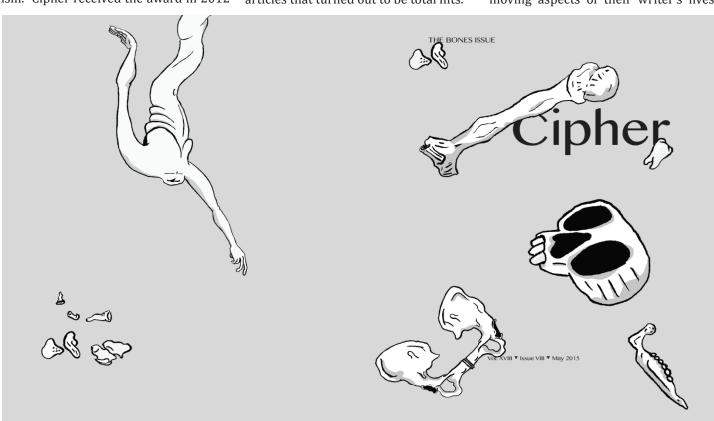
Writing and editing for the Cipher provides CC students with a vast array of incredible experiences.

"There are so few restrictions on how you can write," said Davis. "It provides a great opportunity to write longer, more in-depth pieces that don't necessarily have to be about CC related issues."

"Cipher articles tend to be longer than typical journalism pieces," said Cain. "Some writers find this intimidating at first, but I believe this allows them the chance to really dig into a topic."

"I've always enjoyed the highly collaborative Cipher writing process," continued Cain. "Editors are not distant beings who mark-up drafts in red. We meet with all of our writers at least twice—once to brainstorm sources and directions for the piece, and once or twice to personally go over the corrections we've made. This not only brings up quirky directions for the piece, but lets us get to know our writers on a personal level."

The awards ceremony takes place Oct. 31, and Cain said she hopes to fly to Austin, Tex., with fellow staff members and current co-editors-in-chief Hannah Fleming '17 and Charlie Theobald '17 to attend. The Cipher's "Bones" issue can be read online at http://ciphermagazine.com/.



The "Bones" issue of Cipher magazine, finalist for the Pacemaker Award, came out during Block 8 of last year. Cover art by Lukey Walden, image courtesy of Cutler Publications

GHOST STORIES: Reported haunting in Bemis and Cossitt Hall

CONTINUED FROM FRONT PAGE

white dress she is wearing in her portrait, which stares down from the wall of the great hall.

How much truth do these stories hold? Corderrol Harris, the Residential Life Coordinator of Bemis, isn't sure. "Over the summers, I've heard some mysterious noises, and I'm the only one who is supposed to be here," said Harris. "I have only seen flashes out of the corner of my eye. Sometimes things seem to move around in my room when I'm not there—although that could be me just forgetting."

The second most famous ghost at Colorado College has caused a more definitive scare than the first. You may have heard of the cadavers in the basement of Cossit Hall, but you may not have heard of the spirit of the beloved dance instructor who haunts the building.

Dorthea Cornick worked in the dance department for nearly 30 years between the 1950s and the 1980s. She is said to have died from a flesh-eating disease. For the first few years after her death, Dorthea's ghost was just a minor presence, sometimes making strange noises and the occasional appearance.

Then, one night when two construction workers were removing asbestos in the crawlspace below Dorthea's old studio, they heard beating drums. They looked up and saw a woman at the top of the stairs, her red hair blowing in the wind and her face completely eaten away, revealing her skull.

The workers were so disturbed that they refused to return to the job. A janitor contacted them and described the exact same appearance, despite never having met them.

How wary should you be in Cossitt? Debbie Mercer, a dance instructor, said she hasn't experienced any spookiness.

"Before the renovation [in 2009], there were some creaky winding staircases and some things that could suggest haunting," said Mercer. "Since then, everything has been normal."

However, current choreography student in the room, Julia Hammann, begged to differ. "When I am here late at night, there are lights coming from rooms that are locked," said Hammann. "Sometimes we hear things when the music stops playing."

Other buildings on campus that are said to be haunted are the Glass House, Taylor Theater, Synergy, and Slocum Hall. Dale Street, only a couple blocks away from CC, also has a deadly reputation, being the site of two mass murders in the past century.

Wherever All Hallows' Eve takes you this year, it is unlikely that you will be isolated from the folklore in the air.





Cossitt Hall, Wednesday Oct. 28, 11:43 p.m. Photographs by Liz Forster

Sorry for a lot of things, really

JOHNATHAN WILLIAMS

Staff Writer

Little known to me this week, I stepped into what is apparently a tradition on our campus. Let me set the scene. Outside of Worner, just as you cross the sidewalk, stands a group of rather intense individuals. Their purpose was of course in order to "proclaim the word of God."

I regret to tell you guys that I'm uninformed as to what the actual name of the organization was, because I tore up the business card they gave me. What I can say on behalf of the group though, is that I am sorry. First of all, I would like to apologize for making a amateur mistake. This group had no intention of ever trying to do anything besides provoke people. They came not to teach, but to put on a performance. And, as far as I can tell, their goal was to anger our campus. Of course they can only put on a show when someone like me makes the mistake of giving them the stage.

There is another apology I shouldn't have to make, but I'll do it anyways. I am a Christian and not ashamed to say so. I was, however, made ashamed. Thus, we come to my second apology. I want to apologize on behalf of all the Christians out there that feel the need to be nothing other than straight-up assholes. Generally speaking, one person shouldn't feel the need to apologize on the behalf of millions of people but, honestly, it's not like the whole world will be shaken by this anyways. I suppose writing this is more for me and anyone that cares to listen. Not all Christians out there are like those people we saw in front of

Worner. Chances are, most of you probably haven't had the most stellar experiences with some Christians, and that's because as a rule up until

now, Christians are mean. What I hope you saw if you passed by was that there is a new generation of Christians out there. There was a group of us sitting in front of those people, and we are the people you should start paying attention too. You know about them because they scream on street corners while we've always just been sitting quietly in a church shaking our heads. What you saw in front of Worner was a new generation of Christians apologizing for the generations of Christians that have come before us and those that will come after us. The ones that have pushed kids to suicide and the ones that have kicked the homeless out of church doors. Hopefully, from now on, you can see some of us Christians that aren't quite ready to stand on street corners, but would be more than willing to just open the door, open a soup kitchen, or some other equally kind gesture. Seriously guys, I apologized three times. Once for antagonizing a group of idiots again for all the straight up jerks using God's name to justify their meanness, for

picket signs be the Christians we see. I guess, to use biblical terms, I repent;

being quiet; and for letting people with hopefully you'll hand out a little more forgiveness than we've historically given anyone else.



Illustration by Rachel Fischman

The case for strong federalism

JARED BELL

Staff Writer

Liberal idealism is something I try my hardest to stay away from; however, it is contagious and I can't help myself from participating in such a tempting diversion. Accordingly, I will present the seemingly absent concept of strong federalism that just may solve some of the issues facing this country in regard to the partisan schism and lack of change that we so openly, and frequently, criti-

Federalism is the idea that a territory (in our case, states) is governed by two levels of government: an overarching national government, and then a more local subdivision. We have a certain level of this here in the states and, that's all and good, but in a country where we're considering a socialist candidate, why not an attempt at a complete federalist state? So, let's get theoretical.

Each level of government would have

a certain level of autonomy over the oth- study, and apply to their own state. Fur- cy, and overarching nationalism. The er, per the discrepancy of the Supreme ther, when political theories are put into latter is of specific concern; if people Court. It would be a national status that would allow for varying laws and practices contingent on each state's respective constitution. A nation where Texas could have regulated but acceptable gun rights; meanwhile, Massachusetts could abolish the Second Amendment. It'd be a nation where Colorado, California, and Washington D.C. can have legal, recreational marijuana, while Wyoming can criminalize its use with punishments equivalent with that of possessing her-

Each state would have it's own culture, it's own educational system, and it's own economic policies. It would give the socialists a chance to put their theories to the test in a communal state of Vermont, and Kansas can live in an anarchical state governed by some newly discovered evangelical doctrine. The country would become a laboratory for political systems that neutral states could observe, practice (as they are much more feasible at the local level) they become accepted, or law. This practice would catalyze action and eliminate the gridlock keeping this country from moving forward. Again, per the enforcement of the national constitution, no obscene laws that violate the individual rights guaranteed by being an American citizen would be passed at the state level.

I see it as an opportunity for the United States to move forward, one may even say progress, yet maintain the values that the political right has, and will continue to fight for. It's a means to compromise, without really confronting the issues that a realist knows will not be resolved in the foreseeable future.

It could be a sort of U.S. Union where you enter freely throughout state lines, but abide by the varying respective laws. It would be a nation of nearly independent states, united by federal law, currenidentify with their own state before their country the implications could be reminiscent of the current state of Spanish regional tension (Cataluña, because of the lack of shared culture with the rest of Spain, is on the verge of seceding). The citizen needs to respond, "I am an American" before they say, "I'm an Ohioan" or "I'm a Floridian." Maintenance of federal loyalty is imperative to the successful execution of a federalist state, yet it is an inherent flaw of territorial division.

Strong federalism has its pros and cons, but it doesn't matter, because it won't happen. The theory is strong, just like many other valid political systems, but we just won't do it hereand I understand why. We will continue this governmental standstill until someone is elected with a rational congress to match. I guess we'll find out in a year.

OPINION OCTOBER 30, 2015

Diversity of opinion and the dangers of groupthink

WES MILLER

Guest Writer

It's no secret that Colorado College is a predominantly liberal campus and that most students and faculty members possess political views very much on the left end of the political spectrum. This is not necessarily a bad thing, however, as many students chose this school in part due to the progressive culture that is symptomatic of the school's intellectual leanings. It does, though, begin to lay seeds of doubt in regards to the academic integrity of the debates and discussions that occur on campus. As an institution for higher learning, a large part of CC's value is the quality of ideas it produces and bestows to its students. Diversity is just as important in the intellectual sphere as it is in the socioeconomic one, and it would seem on the surface that CC possesses an imbalance in this regard.

I'd wager that most CC students have experienced at least one instance of a professor going on a left-wing political tangent unrelated or pseudo-related to the subject matter of a class. That's indicative of how intellectually saturated the campus is with liberal opinions. This is less of a problem in other academic settings, such as political science or history, where professors are very aware of intellectual bias and often conduct discussions in a way to temper such an imbalance. The problem is in the baseline beliefs of the community in general. If CC's value is the ideas it produces and teaches to its students, its value is also the ideas the college community propagates, as they have a pronounced influence on campus.

It is easy to fall prey to the dangers of an intellectually unified community. In such an echo chamber it becomes increasingly difficult to personally recognize such a context. When you agree with all the ideas you hear, you begin to challenge them less, and it may very well appear that all the perspectives are being represented at the table. Great ideas come from rigorous debate that allows intellectual opponents to test each other's theories and introduce alternate

perspectives to issues that add value to the discussion at hand. A debate of people who agree, on the other hand, is not a debate at all, but rather a group session of self-affirmation in which everyone can come to the same conclusions but skip all the inconvenient stuff like critical questions and valid arguments from the oppostion.

Without tempering ideas with a diversity of opinion, everyone gets the assurance that they are correct but also distance themselves dangerously far from what makes an idea intellectually sound and tested. Without conflicting opinions and ideas, things can get truly dangerous. If thinkers are constantly assured that they are correct, they can become increasingly radicalized. If by chance those thinkers develop a sense of arrogance, things can get dicey fast. As Nietzsche wrote, "The surest way to corrupt a youth is to instruct him to hold in higher esteem those who think alike than those who think differently." Although I'd like to think CC as a community is a very great distance away from the corruption that Nietzsche is describing, it's hard to ignore the mundane origins of such a corruption, and it is truly concerning to see the uniformity of the student body's opinion.

An effort to introduce more opposing voices or even just unpopular opinions into the community dialogue would be a boon for its intellectual strength. Ideas should be judged on their merit and not merely on the size of the crowd that agrees. That being said, introducing opposing voices and viewpoints should not be pedestals for hate speech or prejudices to be pedaled to the community. Rather, it should be a platform for ideas that may be unpopular but can be validated through substantial debate and evidence. The more opinions we can bring to the table, the stronger as a community we can become. The ideas that survive the constant debates, discussions, and arguments that pervade our campus will be much stronger than the ones that are merely affirmed by consensus, and we can reap the rewards of the insights and thoughts those ideas afford us.

HAVE AN OPINION TO SHARE?

Send your comments to William Kim at william.kim@coloradocollege.edu

Is watching pornography bad?

PRANIT GARG

Staff Writer

No matter where you grew up, you were probably told that pornography is bad. Growing up, I repeatedly heard this statement; however, I was never given an explanation as to why it was bad. I was always curious about this question, but it was too sensitive of an issue to bring up with any adults. My friends were no better informed than me and I was too afraid to Google the answer to this question, as I was perpetually paranoid of my parents scrutinizing the browser history of the computer our family shared at the

Years passed, and I heard no explanation for this deeply troubling question; this unexplained assumption, that porn was "bad." Finally, in my senior year of high school, my curiosity reached its

so, I did something almost all of us had thought of doing, but never dared to do: I Googled "the pros and cons of porn."

Well, let me enlighten our community. Let me do what all of you have wanted to do but have not had the courage to. Let me tell you why porn is "bad."

Apparently, pornography creates unrealistic expectations, a claim with which Robert Sandoval '19 concurs. "I feel like porn is a good thing," said Sandoval. "But if you start indulging in it, you start creating completely unrealistic expectations."

Additional cons of porn include desensitizing people, and the objectification of women and men as sexual objects. Another issue is addiction; globally, the majority of the people diagnosed with a sex addiction had a porn-addiction as well.

However, most of the cons associated

with porn are speculative, as there have not been conclusive studies on the issue. In part, this lack of studies is due to experiments being unable to find a large enough control group of individuals that had not watched porn.

Even if some of you are aware of the cons, I'm sure that only a very miniscule percentage of you have ever thought to look up the pros of porn: porn can open up one's attitude towards sex and make them more open to experimentation, even give them inspiration for new ideas.

It can also be educational, helping people who need to understand how sex works and teaching people about transwomen. Courtney Trouble, creator of TROUBLEfilms, also said that the porn industry is making a conscious effort to make porn appear more like how sex 'should be,' as they try to portray "safer

apex. I needed to know the answer. And with porn are speculative, as there have sex, trans inclusion, how to engage in so, I did something almost all of us had not been conclusive studies on the issue. kink responsibly, and consent practices."

Porn can also help promote LGBTQ rights, as it often portrays queer sex in the same light as heterosexual sex. This normalization can help people better understand sexuality from a perspective that may be broader than their own.

The purpose of this article is not to advocate either side of the argument regarding pornography. My hope is to simply help the reader answer the question of whether or not porn is bad by creating awareness about the fundamental, ongoing debate regarding the question. Although the topic is sensitive, if we are going to discourage future generations from viewing pornography, we should help them understand why it is "bad." Small actions like this can help promote a rational society with individuals that stand for their own cultivated views.

America and the NFL: A deadly love affair

DAVID ANDREWS

Sports Editor Column

There are currently 173 million practicing Christian adults in the United States of America. 173 million people file into church on Sunday and worship in some way. While these people are in church, a vast swath of America is on the couch, ready to worship their own modern-day deities. For these people, the living room is church, and the NFL is a religion. According to Nielsen and the NFL in 2014 there were 200 million unique viewers of the NFL in America. This number is a bit dubious considering there are 318 million people that live in the United States, but even if it is outlandishly overstated, there is no denying that football has a stranglehold on the attention of many American sports fans.

However, as of late there has been a dark cloud collecting over Sunday NFL worship. Traumatic brain injuries and the long-term effects of playing football are beginning to take hold as critical issues for players and league officials. An influential piece in the New York Times, published on Sept. 12, 2014, exposed harsh truths about player health and safety. The crux of the issue for players lies in repeated head injuries and concussions. Repeated concussions lead to a condition known as chronic traumatic encephalopathy. CTE, as it is known, can bring on depression and rage in mild cases and in more advanced cases CTE has caused dementia and memory loss. Of the 79 former NFL players' brains studied at the National Brain Bank, 76 showed signs of CTE. A series of highprofile suicides by former NFL players has also brought the issue of long-term player safety into the spotlight. Junior Seau and Dave Duerson both committed suicide in the past five years. Duerson drew particular attention because he wrote that he committed suicide in order to preserve his brain for studies on long-term degenerative diseases in football players.

The truth of the matter is grim. Every Sunday, NFL players are taking one more step towards irrevocably damaging their brains. The financial incentives of playing in the NFL are obviously huge. It is difficult to stare millions of dollars in the face and turn it down in the name of long-term health. NFL players know what they are doing to their brains and will continue to play. Money plays a role, but certainly can't explain the whole story. NFL players could take home \$2-3 million in one season and then retire and invest their money and live comfortably on \$100-150 thousand per year. NFL players are being driven by a genuine love of the game. It's a dangerous and destructive type of love.

There are exceptions to the rule however. Most recently, 49ers rookie linebacker Chris Borland retired at the age of 24. Borland told ESPN, "I've thought about what I could accomplish in football, but for me personally, when you read about Mike Webster and Dave Duerson and Ray Easterling, you read all these stories and to be the type of player I want to be in football, I think I'd have to take on some risks that as a person I don't want to take on." Borland separated himself as a person from his career as an NFL player, a difficult stance to take for a person whose entire life has centered in many ways around reaching the NFL.

NFL players can do as they please and I'm overjoyed that football exists, but it's worth noting the sports world's reaction to the scientific evidence behind brain trauma. Even today, when the harsh truth about brain trauma is widely recognized, even by NFL officials, pro football is more popular than ever. As a society, we are willing to overlook the fact that our fandom and support of the NFL is digging an early and tragic grave for many of our favorite players.

The discovery and scientific proof behind CTE has had rippling effects in the football world. For instance, participation in the Pop Warner youth football league dipped 9.5 percent between the years of 2010 and 2012. Numbers in high school football across America have also fell since 2010. Parents and athletes alike are choosing to invest in their fu-

ture.

The NFL's solution thus far to the issue of brain trauma has been to pay out money to former players. A lawsuit filed collectively by thousands of former NFL players garnered \$675 million. According to NFL actuaries almost 28 percent of current players will be eligible for compensation upon retirement. The compensation of former players is an imperfect solution to what is looking to be a permanent problem for the NFL. As long as the NFL exists players will continue to plummet towards long-term health problems. Compensation in the form of money does nothing to repair the damaged brains of former players.

The solution to the NFL's current problem will not be a simple one. I applaud every player that chooses to retire early and move on with their life beyond the NFL. However, like so many other Americans I tune in each Sunday to watch the carnage of the NFL. The NFL is more popular than ever in 2015, but it will not stay this way for much longer if current youth football trends continue. Every young athlete that steps onto a baseball field, basketball court, or soccer pitch in lieu of the gridiron is doing their brain a favor. The NFL will continue struggle in the years to come to reconcile the violent athleticism of the sport and the inherent risks for its most valuable commodity: its players.

UPCOMING SPORTING EVENTS

Men's Hockey (0-6, 0-2 NCHC)

Friday, Oct. 30 vs. University of North Dakota, 7:37 p.m. Saturday, Oct. 31 vs. University of North Dakota, 7:37 p.m.

Men's Soccer (12-2-2, 10-1-1 SCAC)

Friday, Oct. 30 @ University of Dallas, 4 p.m. CT Saturday, Oct. 31 @ Centenary College, 10:30 a.m. CT

Women's Soccer (7-11-1, 5-5-0 Mountain West)

Friday, Oct. 30 @ Air Force Academy, 7 p.m. Tuesday, Nov. 3 @ Mountain West Conference Tournament Quarterfinal vs. TBD**

Volleyball (29-2, 14-0 SCAC)

Friday, Oct. 30 @ Johnson & Wales University, 6 p.m. Saturday, Oct. 31 vs. Stephens College, 12 noon Saturday, Oct. 31 vs. Central Christian College, 4 p.m.

Men's Cross Country

Saturday, Oct. 31 @ SCAC Conference Championships in Irving, TX, 10 a.m. CT

Women's Cross Country

Saturday, Oct. 31 @ SCAC Conference Championships in Irving, TX, 9 a.m. CT

*All times MST unless otherwise indicated

**The top 6 Mountain West teams qualify for the Mountain West Conference Tournament. Currently, Colorado College is vying with five other teams for the final three spots in the tournament.



TIGERS MAKING HEADLINES



Freshman Robert Malone, Men's Soccer, Midfielder

Colorado native Robert Malone came through in a big way for men's soccer during last weekend's rain-soaked road trip to Texas. The Tigers trip was cut short due to Hurricane Patricia on Saturday, before the Tigers had the chance to take on Centenary College. However, in the Tiger's lone game of the weekend against Austin College on Friday, Oct. 23, Malone scored his second hat-trick of the season. Against Wartburg College on September 13th, Malone struck for his first hat-trick of season. The midfielder's season total

goal tally was bumped to seven following his impressive outing against Austin. Malone shares the SCAC goal-scoring lead with teammate Max Grossenbacher; both have seven apiece. Malone was named, for the second time this season, as the SCAC Offensive player of the week. Malone will hope to continue his hot streak and find the back of the net in this weekend's games against University of Dallas and Paul Quinn College.



Senior Sophie Merrifield, Volleyball, Defensive Specialist

In a historically dominant season for Coach Rick Swan's team, Sophie Merrifield has been an exceptionally dominant force. Over the past weekend the Tigers hosted four SCAC opponents at Reid Arena, and with Merrifield at the helm, dispatched rather easily with all of their competition. Over the course of the weekend against Schreiner, Texas Lutheran, Southwestern, and Trinity Merrifield recorded 80 digs. Merrifield was honored for the second time this season as the SCAC Defensive player of

the week for her work in the conference games. Merrifield has been a precise and calculated force for the Tigers this season. On serve receptions Merrifield has a 96.7 reception rate, dropping only two errors on 61 returned serves. Merrifield and the rest of the Tigers squad will head to the SCAC Conference Championships on Nov. 6. They will arrive in Georgetown, Texas with an undefeated 14-0 conference record, due in large part to Merrifield's consistent dominance.

10 SPORTS OCTOBER 30, 2015

Tiger hockey swept at home by No. 4 Boston College

HANNAH WESTERMAN

Staff Writer

Colorado College hockey faced some tough losses this last weekend against No. 4, Boston College. The Tigers played two games against BC, the first of which was on Friday, Oct. 23. The game started off very evenly matched.

Freshman goalie Jacob Nehama held BC off the entire first period. BC finally snuck past Nehama with less than five minutes left in the second period and maintained this one point lead throughout most of the third period. In the last six minutes of the third period, BC scored two more goals ending the game with a 3-0 victory over CC.

Nehama made a total of 31 saves. The Tigers had 24 shots on goal but were unable to break through BC's goalie

College.

The Tigers struggled to keep up with the 4th ranked team in the country. The team scored no goals in their weekend match-ups against Boston

Photos courtesy of CC Athletics Photos by Casey B. Gibson Thatcher Demko. Neither team had a successful night for power plays; BC failed to capitalize on any of their three opportunities and neither did the Tigers for their four.

Saturday's game unfortunately did not go any better for the Tigers. Nehama was not able to repeat his previous first period performance and the Tigers faced a deficit early on. BC scored three times in the first period.

"We felt that coming in on Friday [Nehama] was the guy to go with," said Head Coach Mike Haviland. "We thought he played really well on Friday. I mean it was 1-0 with five minutes left against the No. 4 team in the country. We felt that the goals that went in on Friday night weren't because of the way he played so that's why we went back to him on Saturday."

Junior goalie Tyler Marble went in for

the last two periods. Marble held strong for most of the second period, but BC managed to score again with less than four minutes remaining.

BC's strong defense prevented the Tigers from trying to minimize their deficit

The Tigers had around 35 seconds early in the third period where two power plays overlapped, giving the team a precious half minute of 5-on-3 play. But even with the advantage, the Tigers were unable to break through Demko.

"[Demko] is a good goalie with a hard working team in front of him, a team that can make plays," said Marble. "Demko not giving up any goals on the weekend shows how focused he was against us and how their whole team was committed to defending in their own end."

BC made the final goal of the game at the 8:53 minute mark of the third period during a power play. The Tiger fans suffered a huge disappointment as they watched their Tigers score their first point of the game, only for the goal to be taken away.

"BC thought it was off-sides," said Haviland. "When they reviewed it, they found out it was off-sides so the play had to go back to where that whistle would have been and that goal would have been after the whistle, so that's why it got taken off"

The game ended with a 5-0 BC victory and another BC shutout of the Tigers.

"We as a team never want to lose back

to back games on the weekend, especially at home," said Marble. "We prepare for each game, and as a team we need to work on playing a full 60 minute game. Fatigue was not a factor. We are used to playing in elevation and on our Olympic sized arena."

Marble made a total of 27 saves on Saturday. BC outshot CC both nights, holding an advantage of 34-24 shots on Friday and 37-21 on Saturday. After the weekend, BC's record for the season improved to 4-1, while the Tigers continued their rough losing streak with a record of 0-6.

This weekend, the Tigers kick off their conference action with two games against fellow National Collegiate Hockey Conference member North Dakota.

"The message is that the real season starts now," said Haviland. "You know, we're trying to keep everything as positive as we can. But the spirits aren't good; nobody wants to lose. The record isn't indicative of the way we played. I didn't like the way we played against BC on Saturday night but the week before that I thought we played pretty well up to that point. You've got to be positive. You've got to keep teaching what our identity is as a team, and that's a hardworking team that's got to not give up as many goals because we don't score a lot of goals."

The Tigers will battle North Dakota at the Broadmoor World Arena on Oct. 30 and 31.



Women's rugby falls 20-12 in strong effort against No. 14 Colorado Mesa

SAMANTHA GILBERT

Staff Writer

This past Sunday, the women's rugby team went up against the 14th ranked team in the nation—and fought tooth and nail. With a final score of 20 to 12, the Tigers limited Mesa University to scoring the fewest points they had all year (with Mesa's previous games resulting in shutouts like 137-0 and 121-7)

"I was terrified that we were gonna get crushed," said senior co-captain Rachel Gonchar. "But I was so impressed with our team because we put up a fight and put some points on the board."

The game was intense throughout and the Tigers were more than happy with the final outcome. "It was a phenomenal game," said Head Coach Mike Windell. "The girls went out there and played their heart out against the number 14 team in the nation, so you really can't fault anyone for win or lose."

Senior co-captain Naya Herman echoed her coach's excitement about the outcome of the game. "It was definitely

my favorite game so far, even though it was our first loss of the season," Herman said. "We beat almost every other team in our league by over 50 points, which is satisfying in a different way, but rugby is most exciting when it's head to head."

Mesa University deploys some big bodies, and that is where the Tigers experienced some difficulties. "Our biggest downfall is that we aren't the biggest team in the world," Coach Windell said, "But rugby is a chess game not checkers, and the girls are able to use their intelligence and speed to compensate for size."

Originally, Windell was drawn to coaching at a small liberal arts college because general intellect can be advantageous. "It's all about thinking through plays and problems," he said.

The team puts a lot of emphasis on thinking through plays in the practices leading up to big games. "We tend to focus on technique and getting things straightened out and organized. It's important that every member of the team be prepared to step up," Windell said.

Along with drilling these aspects of the game down in practice, the team also spends as much time as they can together off the field. There is a widely held belief that the bond of the team affects their level of play. "We spend a ton of time together outside of practice and it motivates us to play our best," Gonchar said. "We are always competing for our teammates and looking out for each other."

According to Herman, while other teams get frustrated and yell at each other when losing, the Tigers tell each other that the score is 'fun to fun' and that they are a family regardless of the score.

"Our team is uniquely close, and I'm really grateful that when the going gets rough, we still maintain a good attitude," said Herman.

Herman cited a strong senior class as a driving force behind the Tiger's success thus far this season. Each senior has found a role to fill. Senior Hannah Tilden plays forward "lock" which is a position that doesn't get much glory, but is essential in setting up scoring opportunities. Senior Emilia Troyana is always first to the ball and is constantly leading by example. Senior Emilia Whitmer is known for breaking through the defense, and the team really felt her absence while

playing Mesa. And finally, senior Liz Doernhoefer is a big leader and can play multiple positions depending on what the team needs.

Next weekend, the team has two playoff games that determine whether or not they make Nationals. "Rugby takes a lot of courage, and it's hard not to get close to your teammates when they literally take hits for you," Herman said. "I'm super proud of all our hard work this season and excited to see where we go next."

Coach Windell strongly believes they have a chance in making it far this year. "Every team has a chance and that's the great thing about it," he said. "It doesn't matter how big or fast or strong you are; if you work as 15 as 1, you can do anything."

This coming weekend the Tigers will play Montana State, a school that has 28,000 students compared to a CC student body of only 2,000. But Coach Windell reminds his team that they can think through the problems on the field and play intelligently to beat their opponents, because according to him, "The smarter team often wins."











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Tiger swim and dive team makes waves in season opener

COLE THOMPSON

The Colorado College swimming and diving team hosted their first meet of the season on Saturday afternoon against Division II Western State Colorado University. The Tigers had an impressive start with fast early-season times across the board. "We had a great performance by both teams, particularly considering we have only been in season a month," said Assistant Coach Franco Pacheco.

With regards to the remainder of the season, the team is highly optimistic. "I am really excited for this season, the

team is looking really strong and have been training really hard," said sophomore Emily Harrison, who placed second in two distance events at conference last year.

Western State lacks a men's team, which left the male Tigers to swim against a point system. However, this did not stop the Tigers from a phenomenal performance in Schlessman. Strong performances from junior Crane Sarris, captain, and freshman Ethan Schick bode well for the Tigers.

Sarris swam lights out in the freestyle

events, achieving a time of 22.66 in the 50-meter free. Schick was close behind with 22.82 seconds and also delivered an impressive personal best of 54.96 in the 100-meter fly. With numerous early season improvements, the men are looking forward to future meets. "I'm definitely very excited," said sophomore Trey Watmore. "Practices have been going very well for me and the team in general."

Stiff DII competition pushed the lady Tigers to fast times. Senior Olivia Dilorati, sophomore Ellen Silk, and sophomore Mary Rose Donahue were all double winners. Dilorati in the 200-medley and 200-meter back, Silk in the 200-medley and 100-meter butterfly, Donahue in the one-meter and three-meter diving. Hannah Cooper also chipped in a strong 200-meter back performance, finishing in 2:19.20. "Hannah Cooper really stood out to me on Saturday," said head coach Anne James. "She has been doing great things in practice so far this season, and was able to translate that into great competition performances."

Sophomore Justina Zuckerman, senior

Megan Gillespie, Dilorati, and Silk posted the fastest time in the conference for the women's 200-medley relay in 151.87. "Each swimmer in the 200-medley relay has the opportunity to compete at the national level," stated Pacheco.

NCAA nationals are in reach for a number of the Tigers this year. "This year we are hoping to get some relays and individuals to NCAA, and after this first meet our relays and swimmers are looking very strong," said Harrison.

The Class of 2019 is bringing depth to the CC swimming and diving program this year. There are five men and seven women joining the team this season. They are a vital element of the team and the upperclassmen are excited to have them. "The first years are a great group and bring a lot of great energy and unique skill sets to the team," said Watmore.

CC swimming and diving head to sea level in Texas over third block break to face off against conference opponents Southwestern University and Austin College.



The snow is calling, and we must go

LIZ FORSTER

Editor-in-Chief

First it was Loveland; second, Arapahoe Basin. Social media blew up, with companies like Teton Gravity Research and Unofficial Networks posting photos of the first cycle of chair lifts and blasts of snow guns. Skiers and boarders across Colorado rejoiced in the announcements, sharing TGR and Unofficial Network's posts with captions like, "The Gods have heard us!" and "This is not a drill. I repeat, this is not a drill."

Yes, the Gods have heard us and answered our prayers: Loveland and A Basin have opened, the first two ski resorts in Colorado this year, and ski season has officially begun.

No longer will we have to stream Warren Miller and Sweetgrass films behind our notes in class, living vicariously through the featured skiers glistening in fields of powder. Nor will we have to stare nostalgically at our skis and boards, recreating in our heads the crisp glide that can result only from the per-

The snow is calling, and we must go.

The weekend cycle of waking up at 5 a.m. too hungover to fight about who has to drive this time is back. We will again groan as we wriggle into frozen ski boots; scheme over whose bindings we'll unclip in the lift line next; and, of course, spend all afternoon indulging in the adrenaline of suffocating in fresh

For me, its a silent adrenaline, the kind that is so powerful it can mute even the loudest person. No one exists around me, just the patch of evergreens or narrow chute in front of me. Even at Winterfest, when everyone is probably too intoxicated to ski and in telly tubby onesies, it's all solitude until hoping back on the chairlift for another swig of Fireball.

If it is your first ski season in Colorado (or ever), you are only beginning to experience the hype. As the snow gets deeper, the thrill expressed for that next day out only increases and does so exponentially. And man, is it contagious.

If it is your 5th, 20th, or 50th season skiing, you know the drill. You know because after months of wishing it were sometime between November and May that every day out skiing is a blessing. And even though you know that, each ski season is more magical than the last.

With Breck Break soon upon us, the ski community can officially reunite in our rightful place where we are free to drop that cliff-drop, straightline past a yellow jack, "huck the gnar" everywhere and anywhere, and, of course, sip on a beer in the shower, knowing that post-ski shower beers are the best form of shower beers. Period.



Keep Jumbo wild: What you can lose when you think you have something to gain

CALEIGH SMITH Active Life Editor

What is wilderness to you? What does the word 'sacred' symbolize? How would vou treat something that vou consider to be both?

Iumbo Valley in the Purcell Mountains of British Columbia is a wide expanse of stunning mountain landscape that unfolds about two hours away by car from civilization. Qat'muk, as it is called by the native people, is the home of the grizzly bear spirit, the place where life originates, and a highly sacred wilderness area meant solely for the peaceful

coexistence of nature and humanity.

Coexistence signifies a relationship without harm to any entity involved and the indigenous people have done so for four hundred generations. More recent arrivals have similarly learned how to adapt for mutual cohabitation: hunters and trappers take only what is needed for sustenance, backcountry enthusiasts leave nothing but their tracks in the thick Canadian snow, and conservationists and researchers use only equipment constructed to do no harm as they gather more and more data in support of the protection of the land.

For 24 years, an architect named Oberto Oberti has been lobbying for the approval of a massive, one-of-a-kind ski resort deep in the Jumbo Valley, complete with 22 lifts and gondolas, countless condos and lodges, and over two thousand hotel rooms. Both sides have been tirelessly fighting each other, one saying that big business will bring big jobs and the other contesting that the wilderness is sacred no matter the potential profit.

Colorado College alumni Nick Waggoner and Ben Sturgulewski who started Sweetgrass Productions have paired with Patagonia to create Jumbo Wild, a cinematographically stunning film about the debate over the Jumbo wilderness. FUCC showed the movie in Armstrong Hall on Oct. 27, and from beginning to end, sighs of protest and disgust could be heard in the auditorium as the

plans for the resort were laid out on the big screen.

Head to patagonia.com/jumbowild to read and learn more about Jumbo Wild as well as to watch a condensed eightminute version of the film. If the protests and cries for help from those opposed to the resort stir you enough, click on the purple link called 'Keep Jumbo Wild.' There, you can sign a petition against the development of the resort that would sever a core population of grizzly bear and destroy one of the already dwindling sacred lands of the First Nations people in the Purcell Mountains. 8,526 supporters have signed the petition thus far, and only 10,000 are needed to delay the resort longer.

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Reflections on juggling academics and exploration

SARAH LAICO

Staff Writer

As a typical, naïve first-year, prior to arriving at Colorado College, I believed I was "outdoorsy." I went on the occasional day hike; I'd been on rafting trips; I'd been climbing for nearly 10 years (although admittedly, 98 percent of it was in a gym). At the very least, I knew how to set up a tent, which I thought was pretty darn useful. I was born for this school

Unfortunately, once I got here and met so many talented outdoorsmen and women, I quickly realized that my experiences were very limited and that I had much to learn. I mean, by never having done NOLS, I was in the minority.

I had never been backpacking, didn't know what slacklining was, and couldn't tell you the difference between Nordic and downhill skiing. Suffice it to say, I was pretty intimidated about keeping up with all of the outdoorsy kids around me (figuratively and literally—there's a 5,517 ft. elevation difference between Colorado Springs and my little hometown of Warwick, New York).

I tried to not let this discourage me. Instead of shriveling up knowing that I may never reach the level of outdoor expertise as other folks, I became determined to learn everything I could. On my NSO trip I asked my leaders multitudes

of questions about leadership tracks.

The first weekend, I went to Shelf Road with my hall mates and did my first lead climbing outdoors, also learning how to build a proper anchor. I signed up for a Pike's Peak day trip on Summit and spent the week leading up to it on the treadmill, staring up at "America's Mountain" in anticipation while also gasping for breath. These actions may not have been huge, but they certainly added to my experience and knowledge in a very short time.

Despite this auspicious start, there have naturally been several challenges and set-backs I've encountered in adopting this mentality of jumping on every opportunity. For one thing, I've learned how expensive it is to be properly equipped for all of these activities in nature

Throughout NSO, I found myself freezing in my sleeping bag meant for a 12-year-old slumber party, stumbling around in the dark with no headlamp, and struggling to carry my duffle bag because I had no backpacking pack.

On top of this, though I pride myself on being tough and strong in the face of illness my immune system has taken a beating from college. I ended up getting sick immediately after summiting Pike's Peak, becoming severely dehydrated on my FOOT trip (forcing me to leave), and developing a head cold that prevented me from going to Indian Creek.

Nevertheless, I maintain that one of the biggest challenges has been getting on one of these trips in the first place. Summit trips fill up in only minutes, making me and everyone else a slave to the computer screen. In addition, casual weekend trips, day trips, and clinics pop up with little notice, and on the block plan you need a significant amount of luck to not have too much work and to have enough time to participate. If you fulfill these two criteria, you have to pounce on whatever available spot you need, whether on Summit or in someone's car.

I don't say all of this to complain, but rather to show that, like transitioning into aspects of college life such as extracurriculars, dorm living, and classes, transitioning into the outdoor scene at CC is also a challenge of its own. I don't

think this difficulty is necessarily a problem; on the contrary, I consider myself blessed to be in a place where people are so passionate and knowledgeable about nature and so willing to teach others

Outdoor Education truly does play a large role here in the liberal arts education, which is why I'll continue to take advantage of it. I can't let things like gear and registration deadlines hinder me from getting outside and learning everything I want to know.

With any luck, I'll slowly invest in all of the equipment I need, build up my immune system, and find some way to master Summit. If I overcome these challenges, I'll at least be better prepared to get on trips, which is enough for me.

I know I won't be able to do every trip or clinic, but as a student for three months, I feel pretty optimistic about my future here at CC. By the time I'm a senior, I can see myself and my peers becoming confident leaders in a variety of outdoor pursuits, with skills that we've gained or simply improved upon.

From now until then, we'll undoubtedly become more effective leaders, and we'll learn from each other—regardless of whether we started out "outdoorsy" or not.



Caution new climbers: You may become rapidly obsessed

MICHAEL HASSON

Guest Writer

Rock climbing is a niche sport. Of the population of people who say they rock climb, I would venture to guess that the majority spend most of their time in gyms. Therefore, climbing on bolted outdoor routes is a smaller subset of an already small community.

However, there exists an even smaller subset of climbers who, instead of using bolts that are pre-drilled into the wall, place their own pieces of metal protection as they climb. This type of climbing, called traditional (or "trad"), is a fairly exclusive subset of the sport, and somehow I've already managed to get into it, only three months into school.

Over second block break I went to Indian Creek in Utah to explore why it is one of the most renowned climbing locations in the world. The climbing there is virtually all difficult crack climbing. Unsurprisingly, it doesn't have the friendliest reputation for beginners. As someone who has only really started climbing this year, it looked like I was in for a big challenge.

After several warm-up climbs in the

morning, I found an easy climb that I wanted to lead. When leading sport routes, climbers typically climb on bolts that they trust. They are drilled into the wall at an angle so that they will catch a big fall. Falls may be long and there is always the potential for injury, but at least climbers only have to clip the rope to a bolt, not worry about installing the protection itself.

Trad leading is very different. However often the climber feels is needed (typically every 6-8 feet), the climber will insert the correct size cam, nut, or hex into a crack in the wall, making sure to choose the correct type of protection for the crack.

Then, depending on where the route goes, he or she must decide whether to attach a loop of webbing to the piece of protection in order prevent it from "walking" out of the spot where it has been placed. Obviously, this all takes some time. And, if you're like me and are still learning to pick the right size piece on the first try, you can be hanging on the wall fumbling for a minute or two before coming up with something that will catch you if you fall.

So, after top-roping (where a rope runs through an anchor at the top of the climb making it virtually impossible to fall more than a foot or two) the climb to make sure that it was easy enough for me to spend some time hanging out on, I racked up my gear and started up the route.

Even with a bit of fumbling, the route felt great. With no falls, I successfully led Twin Cracks, 5.9, on trad gear. This delicate technique that is trad climbing left me riding a high for the next week. Granted, the climbing was easy and gear placements were straightforward, but I had done it all the same.

On that trip I got three more trad leads in. All I could think was that I had been climbing outside for two months—how had I already broken into trad? It seemed absurd and incredible at the same time.

However, I'm sitting here writing this after leading all three pitches of New Era, 5.7, at the Garden of the Gods. This makes nine trad pitches that I've led in the last two weeks. Like the view from the top, it still feels too good to be true.

Colorado College seems to be known for an inviting student body. Inclusion is one of the four or five key concepts that we discussed during NSO. However, the word inclusive doesn't seem to do the climbing community here justice.

Between people lending other people gear, tips, rides, etc., climbers here seem to accept people into the community like no other that I've ever felt a part of before. Already I've been helped to push myself, learn a plethora of new skills, and start to scare myself (but just the right amount).

Climbing has become my favorite way to push myself and it just so happens that I get to do it with many of my favorite people. So, if you never make it onto the walls of the Ritt Gym or the outside ones that will inevitably follow if you show up there enough, you will have missed an incredible part of the CC community. I'm so fortunate to have discovered it this early in my career here, and I hope that anyone reading this will be inspired to come see what the buzz is about.



Almond milk: Hot or not?

ALYSSA MAVOR Staff Writer

Almonds: delicious, crunchy, and consistently cited in the "healthiest foods" articles that flood our Facebook feeds. With a healthy dose of vitamin E, manganese, biotin, and fiber, almonds are renowned in the health food community for being a good source of plant-based nutrition and protein. Almond milk is the rich, sometimes-flavored juice of the nut; it is especially commended by the vegan community as a cow's milk alternative. Even megacorporations like Dunkin' Donuts have added "lait d'amande" to the variety of dairy-free coffee creamers.

Possibly due to recent health and vegan movements, almond milk sales jumped 40 percent last year alone. It now outsells any other non-dairy milk including soy and rice milk, according to Fortune magazine. People with allergies or moral-food preferences commend almond milk for its creamy, nutty taste that is less watery than some other alternatives. Additionally, it is free of hormones that can be found in dairy and soymilk that can cause acne and other health problems.

Is almond worth all the hype? Research shows it might not be as good for you as people think. Almond milk contains additives like carrageenan, which is used as a stabilizer in beverages. Fortune Magazine also noted that researchers in Chicago are concerned

that almond milk causes gastrointestinal inflammation, a worry that has turned some non-dairy-fans off of the beverage.

One cup of almond milk has about a quarter the protein of a cup of whole milk and significantly less calcium. Some almond milk brands seem to trump regular milk with claims of extensive vitamins and minerals. Most often, these are additives to the beverage that don't exist naturally in the almond.

"If you're interested in added nutrients, why not just pop a vitamin pill?" said Tom Philpott of Mother Jones.

Realistically, most U.S. citizens are getting sufficient nutrition whether we choose dairy or a milk-alternative. The real demon in disguise is the hefty environmental impact of almond milk production. According to Eric Holthaus of Slate.com, almonds alone use about 10 percent of California's total water supply each year. California is the biggest almond-growing area in the nation and produces over 80 percent of the world's supply.

California's cool winters and mild springs make it a perfect place for the crop except for one factor: water. It's no secret that California has faced serious water shortages that aren't going away anytime soon. In fact, the drought is so dire that experts are considering adding a fifth level to the four-tiered drought scale, wrote James Hamblin in the Atlantic.

Almond farms use a significant and

potentially devastating amount of water. Each almond requires 1.1 gallons of water to grow, and converting the crop into milk only uses more of the precious resource. Large-scale almond farms have been criticized for many ecological concerns around water. One recent study noted by Hamblin in the Atlantic showed king salmon in the Klamath River in northern California are threatened due to low water levels resulting from water diversion to almond farms.

Other studies have pointed out that 60 percent of the country's managed bee colonies are dedicated to almonds, and many of the colonies shipped to California die due to pesticide exposure. Despite growing environmental concerns, almond production in the region shows no signs of slowing down. Fortune magazine noted that it is expected to increase about 3.5 percent each year for the next decade.

Though almond milk has its downsides, it may use more or less water than producing a glass of cow's milk and doesn't involve the ethical implications of raising an animal in captivity. For some people with lactose or soy sensitivities, it may be a great dairy alternative.

"Thinking about going easy on almonds is sort of analogous to GMO dilemmas or



buying organic, where the point isn't really nutrition," wrote James Hamblin. "It's environmental consciousness and sustainable, which always come back to water."

With 10 billion people expected to live on this planet by the end of the century, it pays to be conscious about the ecological implications of our food today.

Hot or Not Verdict: Lukewarm.

Looking for a place to munch off campus?

TARA LABOVICH

Staff Writer

Try taking a look at the Independent's Best of Colorado Springs list. Each year, the Colorado Springs Independent compiles votes from readers to create the Best of Colorado Springs list.

There were 55 categories in the Food and Drink awards this year. Our very own neighbor, Wooglin's Deli, won the award for "Best Deli," and the Rabbit Hole on North Tejon Street won "Best Overall Restaurant."

Some category names were a little more fun.

La Casita Mexican Grill was dubbed "Best Bang-For-Your Buck Restaurant." La Casita started in a garage in 1989. Since then, they have grown to three bright pink locations, encompassing their goal to "stay true to ourselves." Everything is homemade and the Grill is known for being "local, staying fresh, and giving the people a good value for their money." What separates them, they say, is their "good consistency with good consistent portions across the board. You're not going to get something different from time to time."

Rasta Pasta on Tejon Street was given the title for "Best Caribbean Restaurant." "We are an ethnic fusion restaurant – Italian and Jamaican," said

Rebecca Taraborell. This was the first year that the Independent offered this category. "We were thrilled," she said. "We were surprised to win gold, especially over our friends at Spice Island Grill, an authentic Jamaican restaurant. I think it's strange but cool that we won. I guess to the average Colorado Springs diner we are just a little more well known." However, what makes them unique? Rasta Pasta is the only Jamaican pasta joint in the world.

Seeds Community Cafe was the only non-profit business to win out of the 55 on the list. Seeds has no set prices and no set portion sizes. This encourages customers to not waste food and establishes trust between customer and restaurant. They've only been open for two years, but have won "Most Sustainable Place to Eat" both years. "Sustainability is a lot of what Seeds is about," said Lyn Harwell, founder of Seeds. "We are non-profit. I think it's great to have won an award with so many for-profit restaurants when we are a non-profit social enterprise that helps people through the power of food." Their mission, Harwell says, is to "really to get local, healthy food to everyone in our community and make it available to everyone."

Coquette's Bistro and Bakery won the award for "Best Gluten-Free Friendly." They have been open since



2009. "We're very happy that voters took the time to vote for us and keep us in the number one position. It means a lot to us especially since we keep expanding what we're doing and offering more to customers. The award really means we're doing most things right." Since their opening, Coquette's has "made a mark in this genre since we made the full commit-

ment to be 100 percent gluten-free. We have a very broad menu, which is rare to find. I think the fact that we are good food that happens to be gluten free, and have a full inventive cocktail bar, allows a varied group of people to be together when not all are gluten free. That's a big part of our success... and our proprietary flour blend."

Zach Black says that the main reason Humble Coffee won the award for "Best Local Coffee House" is quality. "Quality ingredients and quality relationships," Black said. Humble is two things: "drinks and people," Black said. "We place the entirety of our focus making sure we have the absolute best of both. We sin-

cerely care about those we serve, and we don't keep it a secret. You're not a number here but a valued member of an awesome community. We promote goodness and love amongst one another, and I think people appreciate that."

You can check out the full list of "Best of 2015" at csindy.com.

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Boyle literally gives the viewer

backstage access to Jobs and his

team, resulting in a satisfying, trou-

bling view of one of the world's most

innovative people.

REEL TALK: STEVE JOBS



THOMAS CRANDALL Staff Writer

Upon watching the trailer for the new Steve Jobs movie, I found a YouTube comment that read, "This movie is going to make the 2013 version with Ashton Kutcher look like a Lifetime Story." And yes, it kind of does.

Directed by prolific UK director Danny Boyle, known for "Trainspotting" (1996), "Slumdog Millionaire" (2008), and "127 Hours" (2010), "Steve Jobs" delivers a very sobering, cold view of Jobs' rise to immortality. The film tells Jobs' story by highlighting three product launches, ending in 1998 with the reveal of the new iMac. Only hinting at Jobs' dropping out of school to work in his garage on the computer with Steve Wozniak (covered in the 2013 version), this story of Jobs avoids exposition to focus on three moments that shaped his relationships with others most indelibly. Spanning from 1994 to 1998, "Steve Jobs" skips exposition to focus on a less examined aspect of Jobs' success: his relationship with "collabora-

I say collaborators delicately because the movie very honestly exposes Jobs' lack of appreciation for family, friends, and coworkers. The cast of this film is incredible. Michael Fassbender plays an incredibly cold Jobs, and Kate Winslet portrays an equally spellbinding Joanna Hoffman, a marketing executive and one of the only people brave enough to stand up to Jobs. The film also co-stars Seth Rogen (Steve Wozniak) and Jeff Daniels (John Sculley), creating an incredibly strong ensemble

cast through which to judge Jobs' icy demeanor.

The entire movie could be seen as a two-hour argument. Jobs mands complete

darkness in the theater, illegally blacking out Exit signs. He asks Hoffman to find a white shirt from an audience member minutes before going on stage. He threatens Chief Developer Andy Hertzfeld with his job to make the computer say "hello" at the launch. You begin to wonder, why are people staying around? The film brilliantly uses these three product launches as the reason why people begin to leave. "Steve Jobs" examines the entrepreneur, but more poignantly examines the effect he has on others.

Like Jobs, the film rarely stops. Hoffman constantly fulfills Jobs' demands, running to fetch his girlfriend Chrisann Brennan (Katherine Waterston) or wrangle up coworkers. She and Jobs' daughter Lisa, become the movie's strongest characters because they stand up to Jobs' tyranny, and Boyle does well to slow down pacing to honor these moments. Undisturbed, honest communication with Jobs is very rare, and the film diagnoses his lack of compassion

> contrasting by his glorified, public presence with troubled, private tensions. Shots of the crowd cheering in anticipation alternate

an argument with Brennan about not paying for her medical bills. Hoffman, and Hertzfeld, often overhear personal conversations through Jobs' office door. Boyle separate Jobs' public, glorified appearance and messy, private life very effectively, making the film feel (very satisfyingly) like we are also hearing conversations we aren't supposed to

In addition to a sense of voyeuristic excitement, the film's blending of flashbacks with real time conversations inform Jobs' rocky work-relations history. During one visit with Sculley, the movie intercuts dialogue of Jobs and Wozniak in their garage with the realtime argument, informing the backstory to Jobs' and Sculley's declining relationship. This editing also exposes Jobs' manipulation of others, flashing back to moments of seemingly genuine collaboration to contrast Jobs' current egotism. Morphing time makes it clear these tensions have lasted for years, giving weight to losing relationships in his life. This editing style is a bit jarring, but portrays Jobs' manipulations effectively.

While still focused on his career, "Steve Jobs" truly succeeds in ripping the cover off Jobs' struggle with interpersonal relationships. Boyle literally gives the viewer backstage access to Jobs and his team, resulting in a satisfying, troubling view of one of the world's most innovative people. The film may feel messy and fast-paced, but its editing and cinematography serve Jobs' story well, framing his life as full of frenetic, contradictory excitement. Certainly, the film accepts Jobs as an innovator; yet, Boyle really questions the nature of genius, and whether being one is as important as how you become one.

Catch "Steve Jobs" at Kimball's at 5 p.m. and 7:35 p.m. for student prices Tuesday, as well as at Tinseltown at various times. Check back next week for Emily Blunt in the FBI drug thriller

Bikes for a cause Better make room

ABE LAHR Staff Writer

The Colorado College Prison Project hosted the Save the Bike Clinic Carnival this past Saturday, Oct. 24. It involved raffles, free food, games, and music, with the hope of raising funds and awareness for Bike Clinic Too, a local charity that gives bikes to Colorado Springs' homeless community.

Senior Bekah Adair, the organization's president, said that she heard about the clinic during one of the Prison Project's dinners at a Colorado Springs transition home. The residents of the house "were saying how a bike clinic that's run out of a garage next to them is about to close, and it means a lot to them because they volunteer there and it's a cool way for them to give back to the community." Adair, along with senior Jane Finocharo, another member of the Prison Project leadership team, decided this was a cause they could support.

Bike Clinic Too accepts donated bikes and parts that are generally in poor condition. Volunteers at the clinic, which include residents of the transitional home, help repair and build bikes. They then give these bikes, for free, to people experiencing homelessness, "so that they can use them to get to work, find food and shelter, and provide for their families," said Finocharo.

These bikes are crucial to the homeless community. "It seems so simple, but it's such a life changer," said Finocharo. "If you can ride your bike five miles to work, you can keep a job. It's an amazing tool for those experiencing homelessness." However, these bikes are more than just a vehicle for helping people get jobs. They are a means of integration into the community. "These bikes are a

way of being a part of society, because when you're stuck in one place, you're so removed," explained Adair, "There's movement everywhere and the bikes allow these people to be a part of Colorado Springs." The clinic has stories of people coming back and saying how transformative the bikes have been for them. They call it the "Miracle House."

Bike Clinic Too also has a relationship with the penal system, which is the main focus of the Prison Project. "Homelessness and the prison system are very connected," Adair pointed out. "Homeless people are very susceptible to being arrested or fined, and many people who are released from prison become homeless because they don't have a place to

"At least some of the people who volunteer at the bike clinic have recently been released from prison and live in a transitional home, so this experience is awesome for them," added Finocharo. "It's a way for them to give back to the community. It also gives them skills that will serve them well when getting a job." "Like patience," adds Adair. "Apparently some of the people that come asking for bikes are not very pleasant. So it helps them develop people skills and the tools to deal with difficult situations."

Bike Clinic Too is located at 737 W. Monument St. You can find it on Facebook under the name Bike Clinic Too, as well as donate to the organization at www.gofundme/bikeclinictoo. The current goal is to raise \$5,000, which will keep the clinic open for a year.

Upcoming programs for the Prison Project include a prison tour and tutoring at a juvenile detention facility. There will also be discussions with former inmates and a dinner at a transitional house on Nov. 8.

RUBY SAMUELS Staff Writer

Better Make Room is Michelle Obama's final mark on an illustrious reign as First Lady. In keeping with the rest of her time in the White House, "Better Make Room" is a campaign that targets the wellbeing of America's upcoming generation, between the ages of 13 and 19. However, instead of improving the hearts and waistlines of high school students, "Better Make Room" is an effort to empower students to dream big and go to college.

The campaign website, bettermakeroom.org, looks somewhat like a Twitter feed. On top of the homepage is a prompt. It says, "Saying things out loud makes them happen, tell us how you'll reach higher," and below are several posts that students have written with aspirations to become a cardiothoracic surgeon or speak Chinese.

The website claims that, "Better Make Room is about creating a space for all the great things you'll do next." They have partnered with the company Up Next to send students text messages that remind and motivate them to meet application and payment deadlines for school.

"Better Make Room" is part of the First Lady's "Reach Higher" initiative, which strives to give America the highest proportion of college students in the world by 2020. Reaching this goal involves support for college counselors, exposure to college and career options for high school students and guidelines for academic and financial planning for the future.

Although the program does not offer any special scholarships or financial aid subsidies to make college more affordable, it does provide information on how to plan a budget, how to apply for FAFSA (Free Application For Student

"Better Make Room" also partners with several organizations that do offer college scholarships such as the Williams Family Foundation and the Jack Kent Cooke Foundation.

In addition to the information and worksheets that the initiative offers to help students and their families find an affordable and interesting college, "Better Make Room" is partnering with several social media companies as well in an effort to empower students to use their own voice and encourage each other on an aspirational and inspiration platform. One such social media platform is Vine.

This campaign's media savvy and DIY approach will hopefully empower students to use the tools provided by the program and find all of the financial and organizational resources they need.

Check out our new videos on The Catalyst Newspaper Youtube channel

OCTOBER 30, 2015

The Nessy forage

EBONI STATHAM Staff Writer

I caught up with Mercedes Whitman, also known as DJ Cummerbund, to talk about her show "The Nessy Forage," which you can catch Tuesdays at 7 p.m. on SOCC.

With hundreds of DJs on the SOCC radio station, which originally started in the basement of KRCC, it is amazing to see how this station has grown and DJs have helped to make it their own. Currently a senior, Whitman started like most freshman: by signing up and receiving information at a table during Campus Activities Fair at the beginning of her freshman year.

Along with her evolution at Colorado College, her show has also changed over the years. Nessy Forage "is the continual quest for the Lochness Monster. I've always really liked Nessy's idea," she said. But it hasn't always been that way. Her freshman and sophomore years, the show was called Humpday Helpings, as it was on Wednesdays. Ultimately, she ended up scrapping that name.

For many radio DJs, the struggle begins when it comes to developing your show content and deciding what you are actually going to do on air. Many people develop their own style, while some completely wing it on the spot and others tediously plan it in advance and follow a loose-knit script. Mercedes will sometimes pick artists from a certain record label and play only from that label, but often she will do a completely vinyl show.

"Searching to play the right song and put the needle in the right mark becomes a challenge, especially when you only have one good turntable to use," said Whitman. "It is dark in the studio, and you have to keep up a continuous flow."

What keeps her motivated is the fact that people listen, especially when the station is streaming in Rastall and Benjis during the school year. In her early career as DJ, she received many of compliments and comments on her music, which gave her a lot more motivation. This response is similar to what most of the DJs cite as a motivating factor: being able to broadcast their own content and stream to the community is something that makes them want to try harder and continue on with their shows.

What drives DJ Cummerbund to do her show? It all started in middle school when she used to make a bunch of mixed

These songs had to "flow really well," she said, "I guess kind of going along with that. I've always loved sharing music with people and talking about music and getting an excuse to listen to music for an hour especially when I'm completely winging it. Sometimes I just going to play this song that came out today so I can get a chance to listen to it or I'll Wikipedia an artist I don't know too much about."

Not only does she have the opportunity to continue and develop her music library and music exposure, but she can delve further and apply these skills elsewhere. Venturing into the avenues of DJing at parties, Mercedes has invested in turntables. She DJed her first party first block and, although she thinks it was a disaster, she isn't giving up yet.

"I just brought a bunch of records with me. I still don't really know what I'm doing," said Whitman. "I made it a point to not really look at video tutorials and kind of practice and develop my own technique. It's really fun but when it comes to actually doing that in front of people, it's a little nerve-wracking."

Although this is only the beginning, it's nice to see SOCC DJs taking it one step forward and spinning some funky tunes to help engage a crowd on the dancefloor. If you're looking for five more albums to listen to, check out these current top five albums picked by Whitman:

Brian Eno - Here Come the Warm Jets Bill Withers - +'Justments Erykah Badu - Baduizm (Live) Kashif - Who Loves you? Last Poets - This is Madness

The Incline:

To charge or not to charge?

ming their car

doors. They're ex-

They're in loud

trucks. You can't

open in the sum-

noise."

NIYAT OGBAZGHI Staff Writer

itou Springs.

According to The Colorado Springs Gazette, land managers in Manitou Springs have claimed that the city might begin to charge hikers mon- Sarah Bryarly, a Colorado Springs ey to climb the Incline, a prominent 2,090-foot hiking trail located in Man-

Many Manitou Springs residents support this motion and hope that the city will begin charging the hikers because they believe that it will help reduce the excessive noise and traffic that the hikers bring to the area. In January 2013, after the U.S. Congress settled property issues over the

trail between the Colorado Springs locals and the National Forest Service officials, the Incline opened to the public. It gained immense popularity and now reins in over 300,000 hikers a year to the site. As a result, the climbers have crowded the streets of Manitou Springs with their vehicles and have continuously disrupted the residents' sleep at early times of the day with excessive noise and chatter.

"Some are being woken up every day at 4:30, 5 in the morning," resident Ken Jaray told The Gazette. "People are slamming their car doors. They're excited. They're noisy. They're in loud trucks. You can't keep your windows open in the summer because of the noise."

In addition to the noise, the people of Manitou Springs have also complained that the hikers have polluted the city with litter, dog poop, and excessive road rage. In order to

resolve these issues, the Manitou Springs' land managers have suggested charging the hikers money to climb the trail, which would reduce its popularity, and in turn, eliminate these problems.

Moreover, as cited in The Gazette,

parks planner, has claimed that the In-"People are slam- cline will need funding in order for it to remain open. With trail maintenance fees excited. They're noisy.ceeding \$2.5 million, she states that hikers must be charged for trail upkeep.

keep your windows Land managers, parks planners, and mer because of the many of the residents of Manitou Springs believe that billing the hikers will prove beneficial to the city. Sev-

eral others, however, seem to dis-

Valerie Maravailla, a student living in the Outdoor Education Special Interest (OESIC) LLC at Colorado College claims that that charging people money to hike the Incline is detrimental because it prevents hikers from exercising and enjoying na-

"You shouldn't discourage people from being outside," she said.

Similarly, a few faculty members working in CC's Alberg Gear House agree that charging hikers to climb the Incline is unfair to the general

"Charging people would make the Incline very inaccessible," said the supervisor, Rachel Abler. "It would make the trail more of a tourist attraction than a trail for the locals."

NICK'S PICKS: Halloween weekend playlist

NICK DYE Staff Writer

As Halloweekend quickly approaches, campuses and people everywhere must prepare. Undoubtedly, there will be ample dorm pregames and house parties. While it's up to you to provide the drinks, the Catalyst can at least help provide the music. It's time to add to your playlist already featuring The Weeknd, Drake, and "Jordan Belfort." Here are a few additional party starters for this weekend:

Justin Bieber – "Sorry" [3.9/5]

The Bieber comeback train keeps on rolling. Reconnecting with Skrillex and Blood Diamonds, Bieber dropped an upbeat jam last week in support of his upcoming album, Purpose. This song isn't exactly a shift away from "What Do You Mean?," but it continues the new young adult appeal of Bieber. Skrillex produces excellent drums and melodies to pick Bieber's vocals up on the chorus.

Tv Dolla \$ign - "Blasé (feat, Rae Shremmurd & Future)" [4.1/5] & "Saved (feat. E - 40)" [3.2/5]

Ty Dolla \$ign is a singer/rapper from California known for being a bit of a sleazy lothario as well as a talented songwriter and smooth vocalist. He has been behind such songs as Chris Brown's "Loyal" and Kanye West's "Only One." His official debut album, Free TC, comes out on Nov. 13. "Blasé" is an oldfashioned club-rap hit about spending money and spraying champagne, featuring help from rap's little party boys Rae Sremmurd. "Saved" is a bit of a rip-off of J. Cole's "No Role Modelz," in the style of "Loyal," but with the assistance of E-40, who continues to blur the line of comedian rapper.

Snakehips - "All My Friends (feat. Tinashe & Chance The Rapper)" [3.7/5]

This song is for more of an end-of-thenight moment. Tinashe croons over the '90s TLC-type of beat, while Chance me-

lodically raps over the middle verse. The chorus is one of those pull-vou-in singalongs about the endless cycle of going out to no avail. Not a party starter, but maybe a night closer.

Jack Ü - "To U (feat. AlunaGeorge)"

The third single from Skrillex and Diplo's joint album is a collaboration with UK Dance/R&B duo AlunaGeorge. In terms of energy, the song is somewhere between "Where Are U Now?" and "Take U There." The verses are soft with trumpets and vocals, but the drops are aggressive with dancehall-style breakdowns. Along with the debut of the single, a remix EP was dropped with great remixes from Clean Bandit and Armand Van Helden.

D.R.A.M. - "Cha Cha" [4.3/5]

Technically, you may already have a version of this on your party playlist. Drake's "Hotline Bling" is in reality a melodramatic slowed-down version of "Cha Cha." The original is a much more upbeat version accompanied by old-school video game sounds. While Drake's is about a former booty call, D.R.A.M.'s is about meeting a beautiful woman at a bar. If "Hotline Bling" is too sad for you, "Cha Cha" is the version you want to hear.

Michael Christmas - "Are You Around (feat. Polyester the Saint)" [3.7/5]

This is a song for all the hosts on Friday and Saturday night. You and your roommates might be getting some initial drinks going while texting your friends and letting them know to come over. Michael Christmas wants you to know what's in store for the evening. This light-hearted chiller is a great warm-up for the night.

Bobby "Boris" Pickett - "Monster Mash" [100/5]

In the words of comedian Kyle Kinane, "The Monster Mash" is "a great song regardless of season."

LIFE OCTOBER 30, 2015

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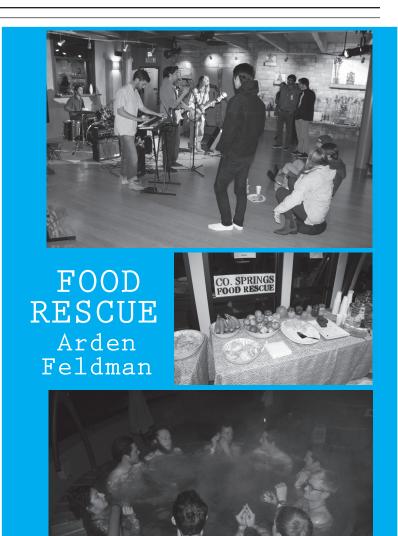
Phillip Engh











CC HAPPENINGS

Friday 2:30 p.m.

 30^{th}

Fearless Friday Seminar

The Department of Mathematics and Computer Science presents "One Through Eight... Except Five: Problems and Potentials of Computationally Represented and Processed Music Notation" with Jeff Trevino, Assistant Professor of Music and Technology. (TSC 122)

3:30 - 5 p.m.

Being a Subject in an Objectifying World

Frank Summers will discuss the need for a psychoanalytic outlook in the context of a society that tends to objectify humans in his lecture. Refreshments will be served. (Gaylord Hall)

4:30 p.m.

IDEA Space Opening Reception with Artist Phil Solomon

Opening Reception for American Falls with a gallery talk by artist and filmmaker Phil Solomon.

American Falls is an immersive video installation by awardwinning experimental filmmaker Phil Solomon. (IDEA Space)

7 p.m.

12 Angry Men

General Admission. Doors open 10 minutes prior to the start of the show. (Taylor Theater)

7 - 9 p.m.

Contemplative Teaching and Learning: A Vision for the **Future**

Dr. Rhonda Magee, professor

of law at the University of San Francisco, will reflect on current trends and discuss some of the ways in which contemplative and integrative practices support the strengthening of our diverse learning communities. (Packard Hall)

7 – 10 p.m.

Tea Time Friday

Enjoy peacefully relaxing time with delicious tea and positive conversations with your peers. (Wellness Resource Center, Worner 226)

9 – 11 p.m.

THE SOCC Presents: Shabazz Palaces and Idris Goodwin w/ **DJ** Gravity

Shabazz Palaces is a Seattle based experimental hip-hop groups featuring Ishmael Butler. Beer is \$3, bring state ID to purchase. (Gaylord Hall)

Saturday

10 a.m. – 1 p.m. **Contemplative**

Workshop with Dr. Rhonda Magee

A workshop for student leaders on how contemplative practices help provide integration when life feels compartmentalized and fragmented. Dr. Magee has done extensive work in contemplative pedagogy, restorative justice, and inclusion in the practice of law. If possible, please RSVP to Jera.wooden@ coloradocollege.edu (Bemis Great Hall)

6 p.m. 12 Angry Men (Taylor Theater)

9 p.m. – 12 a.m.

Halloween VDP

The infamous Video Dance Party. (Gaylord Hall)

11 p.m. - 1 a.m. **Midnight Breakfast** (Rastall)

Monday

2nd 4 - 5 p.m.

Workshop Series: Real Life in the Nonprofit Sector

Innovator in Residence Michael Hannigan is providing a special four-part workshop series to CC students to work alongside him on a startup for a new Colorado nonprofit organization. Participating students will gain an understanding of the traditional nonprofit sector and the "startup" world of social entrepreneurship and advocacy. The workshops series will occur Nov. 2nd, 16th, 30th, and Dec. 7th at the Morreale Carriage House. RSVP to jill.lange@ coloradocollege.edu by Friday Oct. 30th.

7 p.m.

Amelia Earhart

The youngest woman to have ever flown around the world in a single engine airplane will be presenting on her adventures in flight, being a woman in the male dominated pilot world, and following your passions post-graduation. (Gaylord Hall)

7 p.m.

Us Conductors - An Evening of **Theremin**

Sean Michaels, author of the novel Us Conductors, will speak about his book. Following his talk, music professor Jeff Trevino will offer some background on the theremin and the technology behind it, followed

by a theremin performance by Dorit Chrysler.

You won't believe your ears! Free and open to the public. (Cornerstone Main Space)

Tuesday

12 - 1:30 p.m.,

4 - 5 p.m.

Lunch and Discussion with Bob Kline '79

At lunch, Bob will talk about how he has used his chemistry degree to invent lifesaving medical technology that is used in hospitals nationwide. At 4 p.m., he will discuss the importance of

combining your passion with business sense.

(12 - 1:30 p.m. Slocum Commons, 4 - 5 p.m. Morreale Carriage House)

4 - 5:30 p.m. **Lopat Memorial Lecture Pro-**

fessor Nicholas Vincent Nicholas Vincent, professor of

medieval history at the University of East Anglia, England, will present "Magna Carta: Old Truths, New Discoveries." (Bemis Great Hall)

7 p.m.

Mariposa & the Saint: From Solitary Confinement, A Play **Through Letters**

Join us for a performance of Mariposa & the Saint and a discussion with the ACLU of Colorado.

(Olin, Lecture Hall, Room 1)

State of the Rockies Speakers Series

Aaron Derwingson, Agricultural Coordinator for The Nature Conservancy's Colorado River Program, will speak about "Innovative Water Management: New Tools for Securing Water for People and Nature." (Gates Common Room)

Wednesday

12 p.m.

Public Opportunities Lunch

Hear about Teach for America, City Year, PIFP, El Pomar, Humanity in Action and the Truman Scholarship. A catered lunch will be provided. Please RSVP to the Career Center. (Bemis Great Hall)

Music at Midday

12:15 p.m.

CC music students present vocal and instrumental pieces. (Packard Hall)

1 - 3 p.m.

Waste Material Recovery Facility Tour

Discover how your 'trash' starts a whole new cycle once you're done with it by touring the Waste Material Recovery Facility. (Waste Material Recovery Facility)

2:30 - 5 p.m.

Super Smash Bash

Smash Bros tournament, food and prizes. RSVP to ITS@coloradocollege.edu. (Wellness Resource Center, Worner 216)

Thursday 4:45 p.m.

5th

The Keller Family Venture Grant Forum

Hear about how the Keller Venture Grants have transformed the student experience at Colo-

rado College. Reception and a student improv performance by TWIT, followed by featured student IGNITE-style presentations begin in the Celeste Theatre at 5:30 p.m.

(Edith Kinney Gaylord Cornerstone Arts Center)