# THE CATALYSI

Vol. 47, No. 10

The Independent Student Newspaper of Colorado College

December 2, 2016

## A Year after Yik-Yak: Campus Community Responds to LLC Hate Speech

By ETHAN GREENBERG

Warning: This article contains homophobic language written on the walls of the PRIDE Living Learning Communities (LLC).

Before Fall Break, Colorado College was struck by hate acts targeting two LLCs. The PRIDE LLC and the Revitalizing Nations LLC, both in Slocum, woke to vandalism in their living spaces.

In the PRIDE LLC, the perpetrator(s) wrote "Fuck Fags" "Die Trannies" and "#TrumpAmerica" on the bathroom walls. In the Revitalizing Nations LLC, bulletin boards defaced were with pro-Trump

messages. The hate crimes fell near the anniversary of the Yik-Yak posts that rattled the campus in November 2015. While the hate graffiti has received much

less national press, it represents yet this there is always that tension another instance of marginalization of minority groups on campus. "There are no degrees of this type

of offense," said Race, Ethnicity, and Migration Studies Professor Michael Sawyer. "There is no 'littlebit' bigoted... I think this is something in the same line as the Yik-Yak situation."

The responses to the graffiti in the LLCs differed from the Yik-Yak response. Following Yik-Yak, there was an all-campus assembly and the issue permeated almost every part of campus. In contrast, much of the immediate response to the graffiti centered on the affected

"Our message is

simple, that we

refuse to be silenced,

we refuse to be

afraid, and we stand

together to hold those

accountable who

dare to threaten our

community and its

member's safety and

well-being."

- Aracely Navarro, '17

students in Slocum Hall. While some criticized the amount of time it took college administration send a campuswide email (the first campus-wide email was not sent until four days after the incident), most found that the response was appropriately focused on affected residents in the immediate aftermath of the incident.

"I think in any kind of crisis like

between an immediate reaction and the need to collect information," said Professor Sawyer. "I am not uncomfortable with the four-day period [between the incident and the campus-wide email]."

Slocum held a mandatory meeting attended by over 200 people, and residents who were not in attendance were mandated to speak with their Resident Advisor. Slocum will continue to have community dialogues during Block 4. Dr. Paul Buckley, Director of the Butler Center, stressed being able to prioritize types of responses. "Think about response differently," he said. "An all-campus email is a very narrow response... The people impacted are primary in the response."

In addition to official college responses, there has been significant student planning of events and protests regarding the vandalism.

Student Body President Annika Kastetter sent an email on Nov. 17 condemning the acts of hate and im-

ploring members of the campus community

to hold themselves and their peers to the

highest standards. A rally was held on Worner quad the Monday following the weekend graffiti attacks. Although the original intention of the rally did not specifically stem from the incidents, it served as a gathering to reaffirm the ideals of inclusion and to celebrate the identities of students on campus. Among

many other speakers, President Tiefenthaler spoke of the Continued on pg. 6

Sophomore John Henry Williams. Рното ву Daniel Sarché

#### **Colorado College Students Stand in Solidarity with Standing Rock Water Protectors**

By CHANEY SKILLING

Several Colorado College students forwent a trip home over Fall Break, opting instead to undertake the 10-hour drive to Standing Rock, N.D. There, they joined the thousands that have come to stand in solidarity with the Standing Rock Sioux Tribe and their protest of the 1,172-mile Dakota Access Pipeline. Costing \$3.8 billion, the pipeline

would transport more than 400,000 barrels of crude oil a day from North Dakota to Illinois. According to tribal members, the pipeline would intrude on sacred land and tribal burial grounds and contaminate the reservation's drinking wa-

With the pipeline protests making national headlines, the most recent group of CC students-including sophomores John Henry Williams and Nate Goodman, and juniors Sophie Leamon and Fiona Cerf-joined CC sophomores Noah Hudnut and Ethan Cutler, who have been studying and participating in the protests during independent study blocks. Inspired to bridge the gap between values and actions, the 10-day Fall Break presented the perfect opportunity to make the trip.

"I talk about my social justice concerns, and after reading about Standing Rock and engaging with the Southwest in my coursework, I couldn't imagine spending time on vacation with something like this happening," said Southwest Studies major Goodman.

While there, Goodman and friends participated on the front lines in the peaceful demonstrations that have grown in number since July. Although protests have remained relatively peaceful, protestor-police confrontations have become more and more frequent in recent weeks. Marching and protesting around the construction site, protectors have been victims of rubber bullets, tear gas, police dogs, and fire hoses. The response

Continued on pg. 6

#### **Trump Presidency Puts Planned Parenthood Future in Question**

By JULIA TARANTINO

This past Sunday, Nov. 27, marked the one-year anniversary of the tragic Planned Parenthood shooting in Colorado Springs. On Black Friday last year, a man walked into a Planned Parenthood center in Colorado Springs and opened fire, killing three people and injuring nine others with a semiautomatic rifle. The shooter, Robert Dear, was reportedly motivated by an anti-abortion agenda and has since been recognized as experiencing an unspecified mental illness.

Planned Parenthood, an organization that provides affordable reproductive health care to both men and women, has played an important role in lowincome communities. Planned Parenthood offers a wide range of safe, reliable, preventive, and primary care resources to local communities. Since the violent shooting which took place last fall at Planned Parenthood, two dozen Colorado Springs police officers have been awarded the CSPD's Medal of Honor, the

highest commendation for bravery. One of the honored officers included Mike Zamonas, who lost a finger in the shooting. Dozens more received the Medal of Valor and Distinguished Service Award for containing the situation. Planned Parenthood received a plethora of comments from antiabortion advocates and liberal supporters alike.

Most recently, the presidential race has left many people wondering about the status and protection of abortion rights. In a presidential debate, Republican Donald Trump talked of "ripping" babies from the womb to illustrate his opposition to the practice of late-term abortions.

Less than 2 percent of abortions in this country are performed after the second trimester, according to the Guttmacher Institute. In addition to Trump's pro-life views, vice president-elect Mike Pence is also widely known as a passionate anti-abortion supporter. Pence said he would shut down the U.S. government over Planned Parenthood's federal funding. During his time as Indiana governor, he has

Continued on pg. 4

An unidentified water protector stands at the edge of a creek near Cannon Ball, N.D. At present, water protectors are still actively opposing the construction of the North Dakota Access Pipeline. Photo by Ethan Cutler

#### Sports

#### Young Guns Step Up

Men's basketball learns how to navigate a season without senior leadership. Page 7

#### **Pumpkin Spice and Everything Nice**

Clif Bar capitalizes on the seasonal flavor trend. Page 9

#### Life

#### **Boxed In**

Rick Goodman tells of the uncomfortable, unjust conditions of the CC Mail Room as an employee. Page 11



#### 10 Questions

Natanya Pulley, the English Department's most recent addition, speaks on her Native American identity, teaching style, and work with literary journals. Page 5

> Find us online at: catalystnewspaper.com Facebook: /CatalystNews Twitter: /catalystnews

#### News

#### Trump Supporters at CC

Students who voted for Trump feel unsafe voicing their opinions on CC's liberal campus. Page 3

#### The Body in Motion

SpeakEasy's Block 3 performance theme was "The Body," and created a safe space for students to heal postelection. Page 2

#### **Opinion**

## Beauty Standards are Less than

The limitations of female beauty expectations. Page 15



## The Springs Rescue Mission Prepares for Winter

#### By TUCKER SMITH

As winter approaches in Colorado Springs and homeless shelters reach capacity, the uncertainty of the livelihood of the homeless population heightens. The temperatures are dropping and one of Colorado Springs' cold weather homeless shelters, the Springs Rescue Mission (SRM), is working hard to prepare for the upcoming cold months.

Last year, Colorado Springs had two cold weather shelters. The Springs Rescue Mission had 60 beds and the Salvation Army had 150 beds. The Salvation Army's winter shelter was separate from their year round 200-bed R.J. Montgomery Center shelter. Their year-round operation is almost always at capacity for men and near capacity for women. Therefore, for many it is not a stable or long-term solution.

This winter's shelter options are drasti-

cally different from last years options. The Salvation Army's winter shelter closed indefinitely this past April and the community had to remodel in order to create enough space. The Springs Rescue Mission led the reorganization by renovating their winter shelter over the summer and opening this past month.

Stu Davis, Community Relations Director, called the renovation "our largest winter preparation and a significant growth in the shelter, allowing many more people than we could accommodate last year." The new shelter, which opened Nov. 18, is a low-barrier shelter with 168 beds and floor space for 32 mattresses. A low-barrier approach means they admit people on terms of their behavior rather than sobriety or treatment condition. Additionally, they renovated another building on campus for women with 52 beds; bringing their total up to 252 beds to last year's 60.

Although the Salvation Army will no

longer have a separate winter shelter, they will be taking a small amount of families. Paul, a Salvation Army employee, said, "As far as cold weather goes we will leave it up to the Springs Rescue Mission and only take a few families because they can't take children with their low-barrier policy."

Paul highlighted the space for families; however, the Springs Rescue women's shelter and IHM will be additional options for families. IHM, or Family Promise, is another large scale homeless operation that does not have their own facility, but works with churches, mosques, and synagogues to create space for temporarily homeless families or families in transi-

The Springs Rescue's shelter has not yet reached full capacity, but they anticipate it will as the cold weather sets in. Davis said, "We had around 100 to 120 individuals every night last year and last night [November 30, 2016] we had 195 individuals."

Although the Springs Rescue Mission has created great expansion this season, they will likely still reach full capacity and have to turn people away this winter.

Davis urged students to contribute this season and said, "An average Starbucks drink is 5-6 bucks and if you're willing to give up one drink a month, that 5 or 6 dollars could feed one person for a week." If one wants to give more than a financial contribution, Davis encouraged students to volunteer and donate. The Springs Rescue Mission serves dinner every night to around 250-300 people per evening, and always needs more people to help serve the meal and organize their donations.

Another great way to get involved is to donate winter clothes, canned goods, or hygiene packs. Davis said, "There are many significant ways Colorado College students can get involved and we love any help we can get from young activists. A little bit could go a long way."

## The Body in Motion and Spoken: SpeakEasy's Block 3 Performance

By BRITTANY CAMACHO

Colorado College's only student group dedicated to spoken word, SpeakEasy, held a packed performance in the Cornerstone Screening room on Nov. 11. Just three days after the U.S. Presidential Election, poets, dancers, and artists of the troupe took to the stage to express vulnerability, pain, and resistance to the upcoming instatement of President-Elect Donald

One dancer and a selection of poets, all but one of who were students of color, captivated the crowd which filled every seat in the Screening Room. The performers, sophomore John Henry Williams, junior Miles Lowe, senior Joel-Fisher Katz, first-year Jacqueline T. Nkhonjera, and sophomores Lindumuzi Jabu Ndlovu, Jordan Phinney, and Nomfundo Nodumiso Mcina, tackled themes of intimacy, the fluidity of gender and sex, birth, death, creation, mourning, self-love, showering, and bodies at risk in the U.S. political climate at present.

SpeakEasy performances, which happen every third weekend of a block, always carry a theme that poets and guest

artists are invited to draw inspiration from for their pieces. For Block 3, the troupe focused on "The Body," which president of SpeakEasy, senior Eliza Mott, found more than timely following the election. Working to merge themes of "flux, impermanence, fluidity" and "the erotic, carnal, sensual," Mott and her collaborators, junior Hollis Schmidt and senior Nia Abram, settled on the theme weeks before the final performance or the election outcome, but the messages shared by the poets were needed more than ever when they were performed.

"[It] ended up being extremely relevant after the election, which really put in harsh light...the great American fact that the body one is born into can really determine so much in how you are treated, valued, and how you experience life," Mott said. "It is the great human, if not solely American, tragedy that, without any logic, reason, or empathy, the exterior can determine so much for a person."

SpeakEasy troupe members workshopped original pieces for the performance over the course of the block, with the first week for writing, the second for workshopping, and the third for developing pieces for performance. The poets' workmanship revealed the emotional, uncensored performances. With words such as, "who's the master who's the slave," and "fatigue is the new Black," vibrating through the room, both the audience and the performers were forced to confront the deep pain of marginalized people in

Speaking to "The Body," the performance included a guest artist. Choreographer and Dance major, junior Tre Newman, opened the show with a piece choreographed to "Shadow Man" by Chicago rapper Noname. Mott shared that the guest performance, which features a new artist each month, is designed to, "... further a collective understanding of connected-ness in things that are sometimes diametrically different." In this case, the connection with the physical body and words which represented the bodily expe-

Newman expressed similar sentiments in formulating his work. He discussed his piece, set on a stage smaller than usual for a dance performance, as an expression of a body that does not conform to usual standards of dance in the U.S. "I'm not a typical dancer...I'm in dance technique classes, but I don't dance like anybody

else there."

Newman and Mott communicated about the piece ultimately being an expression of the black body and the realities people in marginalized bodies face in the political, social, emotional, and metaphysical worlds. For Newman, "Words never did enough for me...every time I move, I move like I'm saying something. When I'm dancing, I'm also speaking, when I'm dancing I'm saying poetry."

"The Body" created a significant healing space and support for students in the wake of the election results. This kind of responsive action is exactly what Mott, Schmidt, and Abram set out to do when they first envisioned SpeakEasy. As Mott said, "Art makes people feeling the facts of systematic...in a way an academic paper doesn't. It shakes you. It moves you. It makes you feel and once you feel or emotionally connect with an issue it is difficult to not do something. I hope SpeakEasy is this type of space and produces that type of art and I hope that it makes the performers feel empowered too."

Students interested in SpeakEasy should contact Eliza Mott for information concerning performing as a guest artist or joining the troupe.

## **CC Professor Promotes Real World Activism** in Environmental Studies Class

#### By MAXIMILIAN DUNHAM

First year Professor Zach Sugg's final block at Colorado College featured a unique addition to the curriculum. Students in his Environmental Justice in the Southwest class were required to write a standard case study and then create a blog from their research. The case study was a more scholarly and academic project, according to Sugg, while the blog post required some different techniques.

"We talked about [it] in class some: the differences in style, the differences in tone. We talked about how long should the blog post be," said Sugg. "Every blog post was peer reviewed by the class in draft form."

Riley Hutchings, a sophomore, said, "it was a very broad assignment." According to Hutchings the way she wrote her case study was very different than the blog post.

"I definitely wrote them differently," Hutchings said. "My essay was a lot more academic and [the blog post] was like a synopsis of my essay and a lot more directed at my readers. Some other people took way more personal tones."

According to Sugg, students overcame challenges with the help of peer sugges-

peer review of what they wrote helped imthe blog," said Sugg.

Without having tried this type of final before, Sugg believes that it was a very positive experience and hopes to improve upon it for the next class.

"This was my first time trying the project out," said Sugg. "There were a lot of moving parts and it's difficult to make everything happen in the confines of the block schedule. There are some things I would fix but overall I was happy with the final product."

Sugg believes that the project also benefited students by requiring them to use a different style of writing than they are

"I think it's an important skill to write for a non-academic, broader audience," said Sugg. "That's what I hoped that it added to the class."

Inspiration for the project came from ideas within the field itself. Sugg wanted to incorporate the real world element of awareness into the class.

"Part of it has to do with the nature of environmental justice because [it's] a movement that's both academic and non-

tions. "I think having the time to do some academic. There's lots of organizations out there that are not affiliated with uniprove the final set of posts that went into versities that are doing lots of organizing and social action and raising awareness." said Sugg.



Professor Zach Sugg for The Catalyst. Рното ву

Sugg felt that, as the teacher, he should not be the only one to read the students work. He believed having a final that was accessible to the public would address this concern. Organizations, other students, or casual readers can use the research done in the class and presented in the blog to educate themselves and others.

"In the spirit of environmental justice, I wanted to have some sort of writing that was outward facing, to communicate awareness on a range of topics," said Sugg. "I felt that the case studies were kind of important to put out there into the world."

Hutchings agreed and said, "I think it is definitely cool to show the public what we had done and inform them of more issues in the world."

According to Sugg, the final project took on different forms before it was presented

"I got the idea from some conversations with folks from the Writing Center on campus. I had initially thought I would do a wiki page but they suggested that a blog might be a better way to go about it, so I took their advice," said Sugg.

Readers can find the class blog posts on the Colorado College affiliated website: https://sites.coloradocollege.edu/ejsw/

## Why Do CC Trump Supporters Feel Unsafe Sharing How they Voted?

#### By RILEY HUTCHINGS

When Donald Trump won the American presidency, The Catalyst reached out to students who had voted for Trump, asking if they were willing to have a profile devoted to their post-election political views and campus perceptions. Trump-supporting students at Colorado College were not willing to be interviewed in order to avoid negative responses from peers.

One student agreed to an interview for this article, but asked to remain anonymous for fear of backlash. When asked why he had not spoken out publicly about his political views, the student said, "I don't want to be the guy that voted for Trump and have that define me, because that is such a little part of me. I don't even think about it that much."

Political Science Professor Juan Lindau was less understanding about the fear Trump supporters have of voicing their opinions at CC. "I'm a passionate believer in free speech and the importance of free speech," Lindau explained. "On the other hand, there is a reason why people have such a visceral reaction against Donald

Trump. We are all a product of our lifetime and experiences."

When later asked if Trump supporters should openly speak at CC, Lindau responded, "I don't really think so, even though I'm a strong believer in freedom of speech." He later went on to say, however, that anonymous views were the most poisonous, and emphasized repeatedly that if a person takes a stance on something, they should be able to own and defend their position.

Lindau attributed the silence of pro-Trump students as a reflection of them, rather than on CC's anti-Trump culture. He said, "People don't say [their political views] because they aren't willing to own it... And they say it's our climate. Inability to speak up is a sign of their own moral lack of courage."

In addressing potential campus backlash if pro-Trump students were to own their views publicly, Lindau said, "They [Trump supporters] may fear being attacked, but on the other hand who has been historically attacked? Who has actually had to experience the attacks, usually anonymously?"

Despite one drunken friend's threat, the Trump supporting student said he was not scared for his physical safety at CC were he to express his views, but he was scared of being ostracized. "If you voted for Trump, you're immediately labeled as a racist, hateful bigot. All these people who claim to be so open-minded and what not," he said, "openly say that about people who voted for Trump—that they hate them and they won't talk to them. It just sort of makes me think that everyone is a hypocrite." The student interviewed does not know of another student at CC who voted for Trump.

He did feel as though his views were silenced on campus because of how anti-Trump so many students are, but also did not have an interest in having more conversations about it, saying that the conversations he did have with the people he told constituted his "fair share."

Fellow Political Science Professor Bob Lee echoed some of Lindau's thoughts. "It [CC] is not a place where people should be denouncing other people and other groups. That's unacceptable. That's not what this place is about. On the other hand, people should feel free to express their opinions about policy matters and who should be elected... I would hope that that's the case, but apparently not."

Lee was "rather amazed" that no Trump supporter was willing to publicly express their views in an interview with The Catalyst. He said, "I think people should be able to acknowledge their points of view, whatever those are, and feel comfortable about doing it."

The student who voted for Trump said that though The Catalyst did not reach out to him last block, had they contacted him, he would not have agreed to be profiled. In fact, he purposefully kept his views private for the most part. He estimates that he only told 10 or 15 close friends he was a Trump supporter, all of whom voted for Clinton. Even the responses he got from those closest to him were mixed.

"One of them said he was fine with my political views and he was happy to have a conservative friend... I got the response of one of them saying he lost a lot of respect for me," the student described. "Another one, one night when he was drunk, threatened me, kind of funnily, kind of not though... He's like 'I'm going to beat the shit out of you.' Was it funny? Was it a joke? I don't know."

## First Monday Speaker Discusses Art as Activism

#### By EMILY KRESSLEY

Richard Ross spoke at Block 4's First Monday on "Art as Activism—Juveniles in Justice." Ross drew a large crowd in explaining his work to raise awareness for the conditions of juvenile prisoners through the Juvenile in Justice project.

In the U.S., children are being tried as adults, but without adult rights, because they are unaware of them. Ross used the example of one boy who waited 4 1/2 years until he was put on trial, disregarding the Sixth Amendment of right to a speedy trial.

Latino youth are four times as likely to receive an adult sentence as a white child with the same charges, and African Americans are nine times as likely. Every child ages 13 and 14 sentenced to life without parole for a non-homicidal crime was of color. In one specific institution, all 88 girls, as well as most of the boys, had been sexually assaulted prior to their conviction. Three-quarters of girls incarcerated have a type of mental illness.

On average it costs \$88,000 to keep a child in a detention center, whereas it costs \$8,700 to put them through the school system. All evidence presented by Ross supported that instead of incarceration, children should be put through rehabilitation and education. Overall, the consensus of the audience was greatly in support of Ross's work.

When asked what prompted students in the audience to attend the lecture, answers ranged from having no prior knowledge about the subject matter to simply being interested in the topic. One student, Evan Doherty, sought to understand how to better create meaningful, socially relevant art in her own work.

One of the artistic mediums Ross used to convey his project was photography. Ross's use of photography throughout the presentation not only made the content more accessible to the audience, but also more emotionally evocative. The photos

provided faces and lives attached to the statistics. No matter how much an audience knew or expected beforehand, overall the audience felt overwhelmingly shocked by the images. First-year Cameron Bellian was highly impacted by the photos, stating "You can write about [the prison experience] but no one really knows what it looks like, most people haven't been to prison."

First-year Ben Seitz-Sitek was most surprised by the fact that one is able to predict the likelihood of a child's imprisonment, or if they will go to college, based on race, gender, and zip code. Other students felt somewhat helpless because they recognized the need to revamp the system but did not know how to engender this change. However, audience members felt more optimistic about the success of spreading awareness for the problems after the presentation, especially as Ross reiterated that small steps can lead to big impact.

Ross offered little explanation on a much more controversial subject: should children be charged as adults even for serious offenses? Ross offered plenty of reasons that they should not be due to the poor conditions of juvenile centers. However, he did not address the situation for homicides or similarly weighted crimes. Many students felt that for charges like rape or murder, the juvenile should be held responsible for the "adult" crime and charged as an adult.

Still many more audience members believe that because children are not adults, and do not possess the same mental capacity, they should not be charged as harshly.

History Professor Douglas Monroy was very familiar with the subject matter prior to the talk and was still quite disheartened. He assigned his class to attend the lecture and has been interested in the rise of the incarceration state for a while. He too felt that by spreading awareness, much can be accomplished in fighting the unjustness of the system.

Monroy believes that children should not be charged as adults for even more serious crimes, as that is an act of vengeance. Many times, juveniles end up in jail for what Monroy describes as "doing something stupid." While many juveniles detained are dangerous, he agreed with Ross that a line must be drawn.

"What kind of society are we that we treat our less fortunate children in these ways?" Monroy questioned. At one time, a high school education was good enough to get a factory job and be a breadwinner. These kinds of jobs are gone now and for many there is a lack of opportunity.

While many adult detention centers have various programs—such as a program at Colorado Springs' own recycling plant—to get criminals back into the workforce and give them incentive to hold a job, there is an extreme lack of infrastructure and support for juveniles.





Right: Richard Ross, Block 4 First Monday speaker. Above: Visitors to the IdeaSpace peruse the current exhibit on Incarceration. Top: Richard Ross touring the exhibit. Photos by Daniel Sarché



## 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. The newspaper is published under the auspices of Cutler Publications, a 501(c)(3) not-for-profit independent of The Colorado College.

Letters and inquiries: catalyst@coloradocollege.edu Advertising: ads.catalyst@gmail.com Subscriptions: Caleb.Cofsky@coloradocollege.edu

The Catalyst 1028 Weber St. Colorado Springs, CO 80946

Phone: 203.856.5791 Fax: 719.389.6962

Comptroller • Karen West Legal Consultation provided by The Student Press Law Center

#### BOARD OF DIRECTORS

Editor-in-Chief • David Andrews
Managing & Copy Editor • Sally Zimmermann
Presentation Director • Jin Mei McMahon
COO • Christian Lockefeer
Chief Photo Editor • Phillip Engh
Marketing Director • Caleb Cofsky
Advertising Manager • Sasha Carney

#### EDITORIAL STAFF

News Editor • Hannah Glosser Sports Editor • Evan Hamlin Active Life Editor • Sarah Laico Life Editor • Sophia Pray Opinion Editor • Sam Silverman Online Editor • Jin Mei McMahon Social Media • David Andrews

#### PRESENTATION & DESIGN

Jin Mei McMahon • Bianca Thomas • Katie Timzen • Emily Klockenbrink

## CC Refugee Alliance Guest Speaker Discusses Resettling Refugees

By ERICA WILLIAMS

According to the Pew Research Center, the U.S. admitted 85,000 refugees from all over the world in the fiscal year 2016. With thousands driven to leave their homes due to unrest and warfare, the Ethiopian Community Development Council (ECDC) was established in 1873 to assist refugees in the transition from Ethiopia to life in the U.S. Since then, the ECDC has grown large enough to help refugees from other nations and parent smaller organizations such as the African Community Center.

On Tuesday, Yazan Fattaleh of the African Community Center in Denver spoke at Sacred Grounds. Organized by the Col-

orado College Refugee Alliance, Fattaleh spoke about his career as a Youth Career and College Counselor, as well as spearheading the Career Discovery and On TRAC! Programs.

He works with young adults mainly on preparing for and applying to college and GED programs. He detailed what he called the, "I can't afford school" culture. "It's important to ground their desires in reality," said Fattaleh, about the availability of need-based financial aid, scholarships, and the option of enrollment at community college.

In many cases for these students, work must fit into the same schedule as school. "What most of these students do is go to the community college in Denver for two

years, and then transfer to Metro State or [University of Colorado at Boulder], because [the community college] is right in downtown Denver, and it's easy to find a job while they're studying," he said.

Fattaleh helps refugees find jobs and said, "Fortunately, many employers in Denver have to pay their employees more than minimum wage in order to keep employees." Refugees are often able to get jobs as security guards, where "they can sit at a desk and study, and pop-up if there's a problem," and it pays "around \$13-\$15 dollars an hour." Fattaleh added that working at a hotel "as a breakfast attendant, for example" is common.

Fattaleh works with students and looks at their class schedule to find what kind of

CC Refugee Alliance Co-Chair, senior Sara Colombo, said, "I think that for students who maybe didn't know a lot about resettlement and college programs with refugees really learned a lot from this discussion. [Fattaleh] is so well-informed about this topic that it really was a great talk to have with students."

The CC Refugee Alliance held its first meeting during Block 2 of this school year. They meet every first and third Tuesday, and accept one-time and regular volunteers to help with things like transportation, event support, and the like. For more information email sara.colombo@coloradocollege.edu or madelene.tucker@coloradocollege.edu.

## Idea Space Features Exhibit on Incarceration in the United States

By CHALINE LOBTI

The U.S. is second to none when it comes to imprisoning its own citizens. This problem has blown out of proportion and has reached the point where the U.S. has incarcerated as many people as it is capable of incarcerating. The Idea Space has an exhibit, "Incarceration Nation" in Cornerstone aiming to start discourse about this issue, emphasizing that this exists not just in Colorado as a state, but also in the local Colorado Springs area.

Education on mass incarceration in the U.S. is an important means to fix the issues. Senior Abe Mamet chairs the Prison Project, a club that seeks to educate the student body about the problems that stem from the way the U.S. approaches in-

Mamet believes that one of the most devastating effects that comes from incarceration is the reinforcement of a new Jim Crow system, and essentially the legalization of slavery by the state and country. This new form of slavery is due to the expansion of the prison system where it funds and employs entire towns. As a result of this, people are brought and kept in prison in order to ensure the employment of others.

Mamet reiterated that, "It's not this thing of gathering crops and getting material goods for the slave master and thus the community, it is the gathering of bodies and making the bodies crops to then give jobs to people. This is destructive and there needs to be a whole system change."

Jessica Larsen-Hunter, the curator for the Idea Space, believes that art is one of the best ways in which a discourse can be ignited on the issue. Larsen-Hunter said, "an art exhibit can invite people to think about a subject longer, bring people to a place of curiosity about something."

Exploring the issue of incarceration in the U.S. may help students at CC understand why the system persists as it is now. Mamet said part of this is that the right wing is most active in criminal justice reform. While liberals, some who self-identify as radicals, are on the ground when it comes to actually implementing laws, that's where the right wing comes in."

Mamet described Colorado as the "seat of the prison industrial complex in the U.S." because it has more condensed jails per capita than most states, and these jails and prisons are all filled. People often forget that it is not just the lives of the imprisoned that are affected, but also family members and loved ones are greatly af-

The exhibit engages people in discourse about the issues associated with the prison system and the ways in which the country can change.





Above left: A student contemplates one of the featured pieces in the "Incarceratino Nation" exhibit in the Cornerstone Idea Space. Above right: Curator of the Idea Space, Jessica Larsen-Hunter.

## Trump Presidency Puts Planned Parenthood Future in Question

CONTINUED FROM FRONG PAGE

of him and co-sponsored anti-abortion gist to get long-term IUDs. legislation that would have allowed federal funds to be used on women with an unwanted pregnancy only if the rape was "forcible."

Pence's hate for Planned Parenthood inspired Americans who support the organization to send in donations to local clinics made under Pence's name after Donald Trump's election victory. Not 10 days after the election, Planned Parenthood reportedly received 200,000 donations, around 50,000 of them under Pence's name.

Currently, many states have placed restrictions on abortion providers, some states even forbidding public funding of abortion services. Seventeen states mandate that women receive counseling before an abortion. Twenty-seven states require waiting periods and 37 states require parental involvement for minors seeking an abortion.

In 2017, with Pence, Trump and a Republican-led Congress in the White House, restrictions and defunding of Planned Parenthood in a federal and state capacity will likely become more widespread.

Concerned about the impact of Trump's

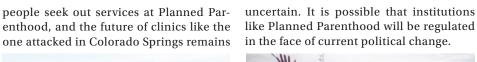
administration policies, women nationsigned every anti-abortion bill put in front wide have been running to the gynecolo-

Junior Mimi Smith comm the election might affect institutions such as Planned Parenthood. "The potential for organization like these to be drastically defunded in conjunction with the anniversary of the shooting gives us all the more reason to find ways to support these different institutions," she said.

Planned Parenthood has also taken a strong stance in the face of the election results, releasing the following statement to the public: "Planned Parenthood has been here for 100 years, and one thing is clear: We will never back down and we will never stop fighting to ensure that Planned Parenthood patients have access to the care they need ... Health care should not be political. Every morning, Planned Parenthood health center staff across the country wake up and open their doors, as they have this morning, to care for anyone who needs them, regardless of race, religion, sexual orientation, gender, income, or country of origin. They will do so today, they will do so tomorrow, they will do so every day as they have for 100 years."

There are many compelling reasons

Support





JAN. 1973 Don't Take Away My Car

Planned Parenthood supporters raise awareness in Jan. of 2016. Photos by Kat Guerrero





The Catalyst

10 questions with NATAI

Natanya Pulley is different from the average english professor at an American university or college. Pulley is one of a growing number of Native American professors in America and is the newest tenure-track professor in the English Department. In her first year at CC she is focusing on teaching Fiction classes, Native American Literature courses, and is set to teach a Diverse Forms and Diverse Voices course later this year. Pulley, who hails from Utah, is figuring out the Block Plan as she goes. "The Block Plan is a totally interesting, innovative, dynamic experience. I think I'm still kind of trying to figure it out," said Pulley. In addition to her classroom presence, Pulley is in the midst of editing the literary journal Black Candies and is an integral part of bringing the Hairstreak Butterfly Journal to Colorado College. The Hairstreak Butterfly Journal will collect professional submissions of literature from around the country but will also look to get students involved in the editing process.

> INTERVIEW BY DAVID ANDREWS / PHOTO BY DANIEL SARCHÉ

#### **DAVID ANDREWS: What are some pieces** of art that you have been spending time with lately?

NATANYA PULLEY: There are two different kinds of things that are happening right now that I'm seeing a lot of. First is all of the pipeline art and indigenous art that is coming out of there. It's pretty amazing. Luckily, I mean, I love Facebook for this reason, I get a chance to see new pieces that are out there all the time. So that's really nice. It's a really exciting time for native art right now when there's an issue like the pipeline that is happening and there's a huge movement, so it's creating a bunch of interesting pictures and depicting this pipeline as a snake and you have all these people that are fighting against it. It's just really beautiful stuff. So I enjoy all of that that is going on. Also, all of the art for the journal that I am working on. This is the first time that I have edited a journal where we've had stories that include pieces of art and the art is all created for the story. We found the artists, we sent them the story, and they sent back a picture or a piece of art to go with it. It was really kind of scary wondering what it was going to be, but it's all so beautiful. It was just a really great, kind of amazing piece to see come together. I've actually had a hard time editing the copy because I haven't wanted to ruin the book itself. Those were probably the two types of art that I've been interacting with the most.

#### DAVID ANDREWS: What is the journal called that you are editing?

NATANYA PULLEY: It's called Black Candies and this issue is called "Gross and Unlikeable," so it's all stories of female figures and all the ways that they are coded as gross and unlikeable. It's a pleasurable, entertaining read but there's nothing overtly feminine and sexual about it. It's really kind of nitty-gritty and abject. The art is too. There are a couple of pieces that are really surprising in there.

#### DAVID ANDREWS: What's one major challenge that you could point out of teaching writing classes on the Block Plan?

NATANYA PULLEY: I have to build in reflection time in a way that I didn't have to in a semester long class. A student could work on something the first week and return to it in week 13 and have some time learning new strategies, learning a new approach, kind of being able to look at their work from another point of view. It can be like looking at a stranger's work when you've waited long enough. You can't really do that on this plan. I've had to reimagine what it means to do that kind of reflective time. Luckily, Colorado Col-



building in new structures. We have class time to do a collage project that kind of gives us enough space to be away from the work, but still connected to arts and expression. Or we were able to do our workshops up at the CC Cabin so that we were just removed to a whole new environment. Even if it wasn't a lot of reflective time, just being in a new place did a little bit of that work. So imagining reflection in a shorter amount of time has been really interest-

DAVID ANDREWS: I was wondering how your Navajo heritage plays into your existence as a writer and as a teacher. How have you seen your identity play out in the classroom?

NATANYA PULLEY: It's interesting the way that sometimes identity becomes this really obvious thing for me in my teaching and writing. Particularly when I'm working on nonfiction or when I'm teaching native texts it feels like it's very obvious and it's external and it's right on the surface there. There are other ways, and those are the ways that maybe I'm a little more interested in, like seeing my heritage play out in internal, quieter, surprising ways.

Sometimes in my writing I'll look back at stories and think, 'This story doesn't look quite like a traditional story. Do I need to change it so it has a beginning, middle, end?' Or, 'Am I doing something different and is this a way that it looks more like a Navajo story?' Sometimes even its metaphysical properties are more in touch with what I see as my Navajo belief system. Sometimes it's like that.

I think it's also in my teaching. The fact that I'm here stands for a lot as well. The fact that there may not be a lot Native American professors out there, but that number is growing. I see more and more. Every week someone I know has gotten into a Ph.D. program or been offered a position somewhere. So that's changing. Sometimes it feels like the very fact that I'm there, sometimes it feels like it's happening in the text, sometimes it feels like it's happening in a more communitybased environment as well. I've never really been comfortable with the kind of academic structure where a professor just kind of lectures and takes over an entire room, and Colorado College is really good about allowing that type of space for discussion and community-based things.

DAVID ANDREWS: Could you point out two or three things that you would want people to see on the surface, or below the surface, of differences between what ture and what we've missed out on or not learned in that process about Navajo storytelling?

NATANYA PULLEY: I think we are not really introduced to literature as a type of environment to enter. I think students are introduced to themes and setting and kind of those structural, elemental pieces of a story, and we can walk away from a story with a type of feeling and say, 'I feel good, or I feel sad, or I feel confused.' But to actually imagine reading as walking into an environment, as creating a new type of space, is probably the link that I see.

Navajo and indigenous storytelling also has a ceremonial element to it. It's not just relaying expression, it's also about building a moment in time where ideas have room to grow, where seeds of healing are sprouting, or wounds are being opened up. All these things happen in ceremonies but they also happen in stories. I think it's too easy to read something and close the book and walk away and say, 'I learned something and I feel good about myself as a reader.' It's another thing to imagine a whole world where people are reading and developing these ways of being that they can carry around with them as well.

#### DAVID ANDREWS: Was there someone or something in your educational or family past that pushed you to pursue this path?

NATANYA PULLEY: It really was my mentor at the University of Utah. He didn't really give me the idea for graduate school or that I could or should, but he was the only professor that I had that looked at my work and said, 'Natanya, you are doing something different and that's why you are not seeing it in the things around you and the books you're reading. What you're doing is different and you need to go to graduate school and understand how it's different, and what it's doing, and have that better wealth of knowledge. You need more hands on experience with other writers and other professors to kind of help build that literary area for you.'

Of course, my parents were thrilled that I had graduated with my Bachelor's, and I was thrilled as well, but it really was that mentor that saw something. I didn't believe him at first. I said, 'Oh, I'll apply and we'll see,' but the more I researched and thought about it, and that first year, which was really tough, but I think it was that first year that I realized that writing was not a solitary thing that I was doing, but a community-based kind of thing, and that being native and a writer was political action within itself. That's when the

tive American students that aren't thinking about going to graduate school haven't been able to imagine this future building in front of them.

DAVID ANDREWS: Where did you grow up before University of Utah and what ideas did you have about your future?

NATANYA PULLEY: After high school, I worked at a few different jobs for quite a while, for six to eight years I think. I would try different classes now and then, and I lived in a bunch of different places. I lived in Alaska, and New York City, and Boston, and I worked with rare libraries, and website content, and writing reports, and insurance adjusting. I kind of did a lot during that time before I was really ready to go back and get my Bachelor's. I always knew that if it wasn't going to be graduate school, I could find another place that valued writing.

It was really something about the idea of being able to write my own stuff and having the time and energy for it that propelled me towards graduate school. I never really thought of myself as a teacher when I was younger actually. Sometimes now and then, when I think about being a professor and how I got here, I see myself as a writer first, but I also see how my ideas about what a professor was were incomplete when I was younger. I didn't realize how much I would be learning from my students and my colleagues, and the institution, and all the research I would be doing. I didn't really see it as this huge open system that happens.

#### DAVID ANDREWS: Have you experienced a long streak of lack of inspiration or creating content that you're not happy with?

NATANYA PULLEY: I have to write everyday and I have to shut off my brain about whether it's going to be good or what I'm going to do with it later, and just open this time up for possibility and going with what is created. Just being willing to fail over, and over, and over again. It's a time of trusting myself and working and hey, I might write something really sh-tty today, but that's okay. It needs to be about the process and not the product.

Much like any kind of other skill, you just get better as you go. You don't learn how to, I don't know, kick a field goal and then you're done learning how to do that. You have to do it regularly. It's hard and I don't really believe in having an artistic block at all, but I do believe that I have to

## A Year after Yik-Yak: Campus Community Responds to LLC Hate Speech

CONTINUED FROM FRONT PAGE

college's continuing commitment to supporting and recognizing marginalized communities.

Support also came from outside the current campus community. Twelve CC alumni who had lived in PRIDE (formerly the Gender and Sexuality LLC) wrote an open letter to the PRIDE LLC that offered support. The letter also included a commitment to fundraise for InsideOut Colorado Springs, a "safe space in Colorado Springs for LGBTQIA youths."

Following Fall Break on First Monday of Block 4, over 100 people, both students and professors, gathered outside Worner to protest the silencing of marginalized groups on campus.

Aracely Navarro, in an email to Butler Heads of State groups, said "Our message is simple, that we refuse to be silenced, we refuse to be afraid, and we stand together to hold those accountable who dare to threaten our community and its member's safety and wellbeing."

The Facebook group Project Voice was the main organizing medium. It laid out

two main goals. First, "to demonstrate that the attempts to scare, intimidate, silence, and dehumanize" have not and will not succeed. Second, to express "deep concern that members of our community remain at risk."

The crowd stood in silence for about 10 minutes, making eye contact with people streaming in and out of Worner. Some maintenance staff walked up and asked if the fire alarm had gone off and if that was the reason so many people were standing

After about 10 minutes, one of the organizers, sophomore John Henry Williams, pulled out a megaphone. While Williams characterized the silence as "uncomfortable," he hoped that the "silence was as uncomfortable for people walking by as it was for us."

The hate crimes have shown that CC still has much work to do in creating an inclusive campus. Project Voice said that one of the goals of the protest was "to end the illusion that the people outside of CC are the only people we need to have conversations with, because there is darkness here on our campus that needs to be confront-

During and especially following the results of the presidential election, much of the media focused on the deep divides in the U.S. Pundits pointed to the "social media bubble" that prevented each side from understanding the other. In post-election reflections on the Democratic side, it was widely agreed that the left had insufficiently reached out to white, lower-class

While the need to reach across party, class, and racial lines gained newfound momentum, the acts of hate on CC's campus demonstrated or reaffirmed to many that the same work needs to be done in the campus' smaller concentric circles. "It is very important to look internally before or even while dealing with external forces," said Dr. Buckley.

As the recovery continues, the perpetrators will be much harder to catch than they were in the Yik-Yak incident. But that may have beneficial impacts on the overall recovery. "Let's create an environment where that person begins to think differently about their behavior outside of the context of direct punishment," said Pro-

fessor Sawyer. "Catching somebody allows for societal order to pretend as if it's anomalous, when this is a broad structure that we have to deal with. It's systemic. In some ways it's almost productive to not have an individual to pin this on because then it becomes only about them."

The hate acts at CC are part of a trend of increased hate crimes across the U.S. both in the recent weeks and in the past year. According to the FBI, hate crimes were up almost seven percent in 2015. That includes a 67 percent jump in crimes against

Incidents in the past year at a multitude of institutions, from the University of Missouri to the University of North Dakota, demonstrate that places of higher education are far from exempt from acts of hate. President Jill Tiefenthaler, in a letter to members of the campus community, wrote "at a liberal arts college, we can and should disagree on a wide range of issues but bigotry and hatred cannot be part of our intellectual community."

If you have knowledge of the hate crime incident contact Campus Safety at 303-389-6707.

## 10 Questions with Natanya Pulley

CONTINUED FROM PAGE 5

write some crap and just get through it. It's a daily thing to do. I've realized that I have a hard time writing when I'm not reading something I like and engaging in other materials I like. I make myself sit in front of the computer for a specific amount of time and just type.

DAVID ANDREWS: What do you think about writers writing from the perspective of characters of a culture or race not their own?

NATANYA PULLEY: It's a very tricky area and a dangerous area. I don't have all the answers for it, but I do know that telling anybody not to write in a certain voice seems like a problem. It seems like a way of shutting down discussion. So that can't be the solution.

There has to be research, there has to be questions about why this character needs to be this race or color or have it be this particular body. There has to be some sort of deep, thoughtful introspection and research. I think like any good character, they can't be all about one thing and they can't live their identity.

Identity isn't a stable thing to begin with

so that's an important part. Identity needs to be something that is changing and switching around, especially in different environments. So being able to capture that is really difficult if you haven't experienced that.

Stereotypes are so easy to latch onto, even the good stereotypes. I've seen it a lot and I usually try to talk to the student about it, but try and open it and make it about, 'What is it that we're doing when we're writing about someone that is otherly abled or looks different than your lived experience?' It's a really interesting area to explore and I don't think there's a quick or dirty answer for it.

DAVID ANDREWS: Here's a quote from Salvador Dali, and I wonder what your thoughts are on it: "Those who do not want to imitate anything, produce noth-

NATANYA PULLEY: I don't really know if there is, like, an original idea out there ever, you know? I think there does have to be some sort of imitation involved and one's work only comes from the work that they are reading and the texts they are experiencing regularly. I think that there has to be a play with genre. There has to be a play with other words and phrases and other kinds of texts and imitations of things before someone finds their way into the world. We're trying to capture a world around us all the time, so we're kind of imitating the world all the time. Even if you're not writing realistic fiction, you're trying to capture real emotions. So it's always an imitation.

DAVID ANDREWS: I saw that you have two dogs. Do you think that dogs can teach us anything about how to improve our existences as humans?

NATANYA PULLEY: Patience. I think it's really hard for me not to imagine my dogs as people, and so I have to try and remember sometimes that they live in the present and they are creatures and they're experiencing something very different than I am. I do love that, that kind of experience of trying to live in the moment and be present with them. Definitely yes, they're constantly teaching me about the limits of being a human, and how I can have an amazing day and I can come home and think that I did all these things right, and I'm brilliant, and I was able to succeed at a bunch of stuff. But no matter what, my dog is kind of existing in that moment in

maybe more pleasure than I am because they have something very small and tangible that they can enjoy in that moment.

DAVID ANDREWS: Do you have any thoughts to share as a professor and educator following the election of Donald Trump as the President of the United

NATANYA PULLEY: I believe in creating space for marginalized voices and I choose the texts, discussion topics, and community aspects of my courses with this always in mind. I will continue to do so now more than ever. Additionally, I think artists, writers, poets, musicians, designers, etc. will be creating some phenomenal work in response to this nation's future and there's something beautiful in

Lastly, I do believe in honoring emotional responses and I hear a lot of fear for the years ahead. It's easy to throw one's self into critical thinking in order to avoid voices of frustration, fear, and despair and to find stability during uncertainty. But we must not forget that thinking our way through another's fear or despair is a luxury. So I will continue to fight for empathy in all the work I do.

### **Colorado College Students Stand in Solidarity** with Standing Rock Water Protectors

CONTINUED FROM THE FRONT PAGE

ber that the UN deemed it "inhumane treatment."

"Going up, I knew I was throwing myself into



With the Cannonball River in the background, an unnamed water protector holds a flag protesting the construction of the DAPL through Native burial sites and land. Photo by Ethan Cutler

tally foreign," said Goodman. "But what people don't realize is that this is just another chapter to the protests escalated to such a point in Novem- of the continuous injustice towards the Native American people."

According to Goodman, the reality of Standa setting that was potentially dangerous and to- ing Rock is drastically different from the scene the media portrays. Drawing primarily from the local sheriff's department and government offices, Goodman said that the mainstream media fails to capture the Sioux Tribe's perspective. "Standing Rock isn't just people saying 'this is our river.' Everything we do there as a large community is an act of prayer and cer-

> Organized and approved by tribe leaders, newcomers encounter a lesser-known side of the protests: one dominated by compassion and reflection rather than rebellion. Goodman noted that the increasing crowds have created an "open invitation" to all who wish to join engendering national support that Native Americans rarely receive.

"With more numbers there comes more strength and more opportunities," said Good-

However, with the winter months fast approaching, the Standing Rock movement has come to a crucial point. As of now, the demonstrators stand united and determined.

#### "Chas" says...

**CHECK IT OUT! Tutt Library South is** open for business during the renovation.



Come to the library for ... Study space Computers & printers Current books & periodicals **DVDs Special Collections** Research help ITS Help Desk CatLab



# **Sports**

## Men's Basketball Team Looks to Juniors Following Slow Start

By SAMANTHA GILBERT

Few varsity sports teams at our school have a roster with zero seniors; but men's basketball is one of these teams. Having a predominantly underclassman team and playing highly ranked DIII and even DII schools has proved to be a challenge this season. Two weekends in a row, the men's basketball team has played back-to-backto-back games which have tested, pushed, and exhausted them. The Tigers played against Augsburg College on Friday, St. Johns University on Saturday, and UCCS on Monday night. Now, six games into their season, the team's 1-5 record is mentally fueling them for the road ahead.

Their first win of the season came on Friday night against Augsburg, where the Tigers led the entire game up until the fourth quarter. Down by three with a minute to go, the Tigers kept their composure, regained the lead, and walked away with a win. "We were successful because we executed the things we work on in practice everyday," said Assistant Coach Mike Hart. "Communication was well executed, the offense was run well, and we stuck to the game plan defensively."

Junior forward John Hatch echoed that communication is key, and he attributed Friday night's win to the team's level of communication. "Great communication and execution allow us to play really well, but if we aren't communicating then it's impossible to execute," Hatch said.

"We've seen both sides of that too: against St. Johns we didn't communicate and got blown out by 25 in our home gym, but against Augsburg we played tough and

According to junior point guard Bobby Roth, it always comes down to communication. Before, during, and after the game, the conversation revolves around the importance of talking to one another. "In past years, communication has been lacking and this year we are really trying to get everyone comfortable with constant communication," Roth said. He added that because the team spends so much time together both on and off the court, they assume that everyone knows what is going on at all times. "We make assumptions that

players know where to go or what to do, and those assumptions hurt

In the past there was an undeniable disconnect doors for some guys to between upperclassmen grow." -Head Coach and lowerclassmen on the team. Head Coach Andy Partee explained that the current junior

to communicate effectively with each other two years ago. The friction created by their leadership style set an unhealthy precedent for the next two seasons that they played together. "The fear in the offseason was that's what they [the current junior class] knew from their experience and that may be how they decide to lead." He continued, "We had to constantly coach them on 'reflect back on your experience, how did you want someone to communicate with you when you were young," said Partee.

Along with working on communication, the team is focused on improving all their fundamentals this season. Having just played three games two weekends in a row,



the team is a little banged up, according to Hart. "Our team has been very challenged this year- tough competition and game after game after game," Hart said. "Now that we have some time to breathe before our next game we are going to work on being more fundamentally sound as a team."

Because there are no seniors on the team this year, the Tigers feel that they are very much still figuring themselves out. The juniors are the leaders on the team, and according to Hart, they need to be stepping up every single game. "They have a lot of confidence in their abilities but its never been their team before," Hart said. "They wanted this responsibility and now they are starting to understand what it entails."

"I was afraid of a lack of maturity and leadership, not having been required to lead," but it's also opened Partee said discussing the new role for juniors on the team. He explained that the absence of players in the senior class has presented obstacles to

class and last year's senior class struggled the team, but has simultaneously allowed players to step into new roles. "It's created challenges but it's also opened doors for some guys to grow."

For the juniors, especially the four that live together, according to Hatch, spending so much time together these past three years gives them chemistry on the court. "The juniors are all really comfortable playing together," Hatch said. "We just need everyone to be healthy." When the Tigers played UCCS all three point guards were injured, and the team felt the effects. The first step to winning games is having everyone on the team healthy.

The junior class' closeness in age "lends itself to being candid in holding one



Top: Junior forward John Hatch pulls up for a jump shot against UCCS. Bottom: Junior guard Eric Houska brings the ball up the court. Photos by CHARLIE LENGAL

another accountable," Partee said. "I think they can find that balance between not breaching the friendship but pushing my peers. They're pushing each other to try to stay on task and get better every single day, and not allowing anyone to take any days

Partee hopes that this year's junior class is arriving at what he describes as the fourth stage of an athlete's development, a stage in which their mindset is "unconsciously competent," where knowledge of how to execute their role in a certain situation is automatic and instinctive. He hopes that confidence begins to overshadow selfdoubt in their play.

According to Hart, it's important that everyone be healthy because each junior brings something different to the table: Junior guard Eric Houska has an amazing ability to score and distribute the ball, Hatch is essential because of his athleticism, Roth can defend the other team's best players, junior guard/forward Ryan Young is versatile, while junior forward Chris Martin plays with amazing stamina. Hart knows there is a lot potential for this young team. In time, the team's hard work and hustle will show in their record.

#### **Upcoming Fall Sporting Events**

Friday, Dec. 2 (today) vs. Denver University,7:37 p.m. Saturday Dec. 3 at Denver University, 7 p.m.

#### Men's Basketball

"It's created challenges

Andy Partee

Tuesday, Dec. 6 vs. Johnson and Wales University, 7 p.m.

#### Women's Basketball

Tuesday, Dec. 6 vs. Johnson and Wales University, 5 p.m.



struggle to score power play goals. Air Force

gave CC seven power play opportunities on

Saturday, and the Tigers scored on none

of them. On the other side, Air Force only

had two power play opportunities, but

Senior netminder Derek Shatzer and

Leclerc shared the goaltending duties for

the Tigers against Air Force and combined

Coming up next, the Tigers hope to

capture the Gold Pan when they take

on second-ranked University of Denver,

Friday, Dec. 2 at Broadmoor World Arena.

The rich history between the CC and DU

hockey programs was enhanced when they

played a game at Coors Field in front of

of the biggest in college hockey and every

year we go into the year with those games

circled," said Bergh of the historic rivalry.

"Having the opportunity to take on the

#2 team in the country to go with the rich

history between the two teams makes it an

amazing game to be a part of for both the

The puck drops at 7:37 tonight at the

Broadmoor World Arena. The Tigers will

head to DU tomorrow to face the Pioneers

"The rivalry between CC and DU is one

more than 35,000 fans last season.

team and the community."

on their home ice.

converted on one of their two chances.



Sophomore forward Tanner Ockey handles the puck along the boards. CC faces off with DU in round one of the battle for the Gold Pan. Photo by Casey B. Gibson

## Hockey Drops Two Games Over the Break

By DANIEL KRUEGER

for 17 saves.

The Colorado College men's hockey team opened Thanksgiving weekend with a game against the University of Wisconsin, a member the Big 10 Conference. Despite a valiant effort by the Tigers, they dropped the game by a score of 2-1 last Friday night at the Broadmoor World Arena. The Tigers were back in action Saturday to face crosstown rival Air Force Academy. Again, CC was defeated, this time by a score of 6-3. With the two loses the Tigers fell to 3-9 on the year.

Friday's scoring began in the first period when sophomore forward Mason Bergh took a pass from first-year forward Brandon Makara who found his way through the Badger defense and rifled a shot that beat Wisconsin goalie Jack Berry. The goal was Bergh's team-high fifth tally of the season. Though the Badgers outshot the Tigers 14-3 in the first period, the Tigers took a 1-0 lead heading into the first intermission.

In the second period, CC first-year forward Bryce Van Horn took a penalty at the 13:13 mark for roughing. The power play opportunity was converted by Wisconsin forward Will Johnson and the score was level at 1-1. Just two minutes later, Wisconsin took the lead for good when senior forward Grant Besse scored. Besse's goal would prove to be all the Badgers would need to secure the win.

First-year goaltender Alex Leclerc, the Longueuil, Quebec native, got the start in the net for the Tigers. He finished the game with 31 saves. Head Coach Mike Haviland said following the game that he thought Leclerc had the best game of his young Tiger career.

Saturday's game against Air Force was a much higher scoring affair that featured nine goals throughout the night. Though Air Force won the game 6-3, the Tigers pulled back to within a goal when sophomore forward Westin Michaud scored his second goal of the game to make the score 4-3 with 11:43 left in the third period. Unfortunately, the goal was followed up just 12 seconds later when Air Force forward Evan Giesler found the back of the net to bring the Eagles' lead back up to two goals.

Other than Michaud's two goals, Bergh scored his team-leading sixth goal of the season with a beautiful individual effort.

Following the weekend, Bergh was his usual humble self. "I have been lucky enough to play with some great players and both goals I scored this weekend were set up by hard work from them and I was fortunate enough to put them in the back of the net."

When asked about his scoring streak, Bergh said, "I'm just going to continue to work to help this team any way I can."

Over the weekend the Tigers continued to

# From the Bleachers: Examining the Nature of Competition

By MARIEL WILSON



Mariel Wilson

For the past six weeks, rather than reporting on the cold hard facts of Colorado College athletics, I was gallivanting around Europe in countries where the phrase NARP doesn't quite translate. And though it was a nice break

to explore both inwardly and outwardly, it seems no matter where I go, I can't escape my own NARPhood. I realized this on one specific day in Greece. Our class had traveled to the ruins of Olympia, the birthplace of our present day Olympics. As I sat on the ancient grounds, my back against a stone with etchings that once signified the victor of a certain competition, I had to ask myself, feeling admittedly guilty as I did so, what's the big deal with competition? Though the games played in 776 BCE may have been quite different than those that we play today, the one thing they have in common is the competition that lies at the heart of all sport. And while I understand that there would be no sport without competition, I have to wonder, why do we compete in the first place?

Now, after speaking with some athletes, I realized that this subject in particular is one that is harder to understand for the athletic and irregular population, so perhaps a brief explanation of my own experience with competition can explain my confusion. At a young age, I began to feel the itch of competition myself. I watched my brothers pout after losing little league games or giving up a goal, and for a year or so, I did the same. My competitive streak, however, was short-lived as I quickly realized I did not have to spend any time pouting if I simply didn't give myself a game to be upset about. For this six-year-old NARP, the pain of a loss outweighed the joy of a win, so I decided to quit. And today, 15 years after my retirement, I ask the same question that I asked all those years ago, why compete?

 $My\,research\,began\,at\,a\,coed\,int ramural$ 

basketball game, somewhere I thought I could find both athletes and NARPS engaging in friendly competition. But, at this game, that assumption was proven wrong. Among the two teams, there were only about five non-athletes. This fact seemed both telling and curious.

"I've seen some IM games get pretty heated," said sophomore Yiannis Margetis, men's basketball player and intramural referee. "But I think you have to be competitive to be an athlete, otherwise you'll just be edged out over time."

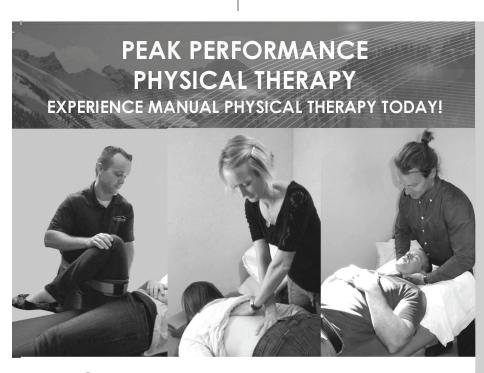
Margetis seemed to have a point, one that may explain my own lack of athleticism. But even after accepting the necessity of competitive drive in order to succeed, I still couldn't understand why. If the only outcome of a win is a trophy or bragging rights and from a loss, frustration and anger, why choose at all? Why do we choose to compete?

"It's fun!" women's lacrosse player and senior Natalie Shishido said. "I choose to play because it's really just fun to be out there, but once I'm out there it's all about the competition. Even if I lost every game in a season, it may be frustrating, but it would be worth it. Competing is just fun."

So, after some research it seemed the only conclusion I could draw was an affirmation of my own NARPhood in my dislike of competition. But the more I thought about it, the more I saw the competition that I practice in my everyday life.

"Everyone's competitive it's human nature. Maybe some people are more competitive than others, but we're all competitive," women's lacrosse player and junior Julia Tarantino said.

My final conclusion is that my initial question was flawed. There is no question of 'why compete?' but rather 'how' because no matter how we choose to fight for the validation that we are the best, we will always somehow do it, through sports, grades, or even conversational bragging. Competing has always and will always be in our nature, but I have to say, there's nothing like watching athletes sweat and scream for a win to make you feel like the real winner is the one watching from the bleachers.





719.635.6800 • info@peakperformancept.org
1015 North Weber St. • Colorado Springs, CO 80903
MOST INSURANCES ACCEPTED

f⊌

## What is manual therapy?

A **hands-on** therapy approach to help restore spine and joint alignment and mobility.

Manual therapy can be an adjunct to massage or chiropractic care or as a stand-alone effective treatment option.

Our clinic is staffed with physical therapists who specialize in manual therapy. We combine manual therapy techniques with specific motor control exercise instruction to restore balance to your body.

We treat high level athletes, the weekend warrior, post-surgical recovery, seniors, injuries from automobile accidents and more.

#### The Catalyst

## **Active Life**





Left: East Quad aglow in October sunshine during a spell of warm fall weather. Right: A snow-less sunrise from Pikes Peak. Photos by Eva Bombeck and Peter Chapman

## **Potential Benefits of Prolonged Warm Weather**

#### By SONYA PADDEN

Waking up in a flooded tent to the sound of rapidly accumulating snow is not the picture most had in mind for the late-September Block Break. Yet this is what some FOOT trips and independent groups encountered, especially those that traveled to southern Colorado. Alternatively, in mid-November I expected to be layering on ski gear instead of lounging on the quad in shorts.

Going home for Thanksgiving was also slightly disappointing. Instead of skiing opening day on Aspen Mountain, I watched as snow guns blasted in a frenzy around the clock, trying to cover the yellow grass and dirt with some skiable form of precipitation that Colorado is currently lacking. Store products and radio music are already embracing the winter season, yet the weather does not seem to be following

The average temperature for this past October was around 74 degrees Fahrenheit and November's temperatures hovered around the 60s until recently, accompanied by little to no snow in much of Colorado, specifically Colorado Springs. Arapahoe Basin opened on Oct. 21., with only 10 percent of its terrain open and an 18-inch base. With other resorts struggling to open, the lack of snow may seem concerning. However, a historical look at weather patterns reveals that the early-November warm spell is only a few degrees above what is characteristic for the Springs at this time of year.

The dry fall could be an indication of the "La Niña" phenomenon. This is considered the cold phase of temperature-oscillation that occurs in the eastern and central Pacific Ocean. For North America, this can mean a drier climate for the Southwest and more extreme winter conditions in the North. Yet previously observed trends cannot always predict what weather we should expect, and although lack of early snow often correlates

to a low snow year, it does not necessarily mean that this will be a bad ski season. At the very least, temperatures are cool enough for ski resorts to start snowmaking, and Breckenridge and Keystone opened Nov. 19.

The later snowfall could also lead to a slightly more stable backcountry snowpack. The typical snow pattern brings early snow from October to December, which doesn't pile up deep enough to make a solid snow pack. During this time, a steep gradient temperature may exist between the ground temperature and the surrounding air. This temperature leads to early instability that then gets covered up by thicker layers of snow in later winter months. Therefore, if snow arrives later but more consistently, the lack of snow currently could be beneficial for the minimization of temperature gradient within the snowpack and aid in the bonding of layers.

Snow may not be in the immediate

forecast, but the continued dry weather truly does not signify a poor ski and snowboard season. In fact, in 2007, one of Colorado's greatest snow years, the season started out similarly dry, and yet some resorts ended up staying open as late as

Moreover, as much as we like to complain about the potentially icy, man-made slopes in our future, we should at least appreciate what this continuous warm weather has afforded us. The comfortable temperatures provided boaters and climbers with an extended season that many appreciated despite the timing. The ability to play quad games such as frisbee and spike ball without getting numb hands this late in the season has been a simple luxury that shouldn't be taken for granted. However, with the sprinkling of snow on Pikes Peak and increasingly colder mornings, skiing and sledding on the Preserve hill may not be too far in the future.

## Clif Bar Fuels Holiday Outdoor Recreation with Seasonal Flavors

#### By RACHEL FITCH

Americans' consciousness, bringing seasonal flavors with it. The falling of leaves and snow indicates 'tis the season for flavors of the holidays in the consumer market. Companies wish to make the most of the well-loved holidays by incorporating them into their products. Fall and Thanksgiving are known for pumpkin, maple, and pecan flavors, whereas holidays around the winter solstice involve flavors of peppermint, gingerbread, and chocolate. This seasonal flavors phenomenon has extended to products such as marshmallows, jerky, and even butter, with different companies, including Starbucks, Pringles, and Clif Bar, taking full advantage of the seasons.

Clif Bar prides itself on being an all-around outdoor snack, commanding on their website to use the bars to "sustain your adventure." Founded by a cyclist, the company was created with the intention of providing tasty, nutritious energy bars. Clif Bar first introduced seasonal flavors 14 years ago, but this year's flavors include some of the best: Iced Gingerbread, Hot Chocolate, and Spiced Pumpkin Pie. Each of the flavors involve the common seasonal finds of pumpkin, chocolate, and ginger. Generally, other energy bar companies have yet to capitalize on the seasonal

Why has Clif Bar taken to selling seasonal flavors? Why not sell them yearround if they are so popular? Part of the reason seasonal flavors are so successful is because they are only around for a short time. "While supplies last," is a common phrase used to entice consumers into believing that the product will be depleted, so there is a need to buy them before they disappear. The association of holidays with the seasons is another reason for popularity. Pumpkin is a "comfort" food; it reminds us of good times, family, and Thanksgiving. Pumpkin pie in the oven and raked maple leaves are flavors and aromas that bring to mind a cozy kitchen and something delicious

baking. Similarly, tastes and scents associated

call to mind thoughts of family, generosity, and joy-the taste of peppermint in a candy cane can easily evoke memories of opening presents or decorating a Christmas tree. These common feelings pervade the American consciousness by way of memories, the media, and now seasonal products. Thus, producing a seasonal line allows access to these feelings. Clif Bar is just one of hundreds of companies to do so, though it is unique with an added link to the outdoors. Many family memories can be cultivated during the holidays in the outdoors. Clif Bar encourages this outdoor bonding by donating one percent of the profits from their seasonally flavored products to the nonprofit organization

> that strives to fight against climate change. The profusion of seasonal flavors can

Protect Our Winters

As the seasons change, the cold seeps into flavors, though KIND has begun to produce with Hanukkah, Kwanzaa, and Christmas can lead to different feelings—such as enjoyment or irritation—in different people, but the flavors maintain popularity because of their holiday associations. "It tastes like Christmas or Thanksgiving," said sophomore Emily Carlson as she explained her liking. "It makes me feel happy." On the other hand, some tire of the constant overflow. When I asked sophomore Sophie Redpath if she ever tires of the seasonal flavor phenomenon, she said, "Yes, immediately, like before it starts." She further elaborated, "I do not actually like pumpkin-flavored things and I see them everywhere. I am just annoyed by it." Though only offered once or twice a year, the abundance of uniquely flavored products can overwhelm the senses to a point where, when walking down the grocery aisle, it seems as though all that can be seen is pumpkin or peppermint flavors. If flavors of the season overstay their welcome, then all seasonal products from Starbucks' Pumpkin Spice Latte to Clif Bar's Iced Gingerbread would be rejected. However, there is a reason the flavors have been around so long and why so many companies are participating in the new line of products; somewhere within our minds, there's a yearlong craving for the nostalgic, homey flavors that come around every fall and winter.

## **CC on Wheels: Exploring Skating Subculture**

By SOPHIA SKELLY

My brief stint with skating came to an abrupt halt when I accidentally launched my brand new skateboard into my street's rain gutter. Nevertheless, I still spent my tweens sauntering around in sharpie-checkered vans and watching Dogtown and Z-boys repeatedly on my mom's computer. For as long as I can remember, I've always quietly admired skate culture for its screwit attitude and reckless spirit.

Here at Colorado College, you can sit virtually anywhere on campus and hear the thunk of wheels on the pavement. Whether it's rollerblades, skateboards, longboards, pennyboards, or scooters, this student body has a fondness for an array of transportation methods. I've heard everything from passing comments about board sizes—"That longboard is a literal boat"—to a drunken altercation culminating with a girl yelling, "Your penny board is stupid!"

I was curious if there was a deeper meaning behind these comments. Is there a hierarchy of boards? Where is the most treacherous area for skaters? Is there a skate culture in the Springs? I took to the class Facebook pages to find out.

I found that most people ride for sheer convenience. Daniel Walsh is a first-year who rides a skateboard with big wheels—half longboard, half skateboard. While Walsh claims he has no big aspirations in regards to his skating career, he loves having a board on campus because he's able to roll out of bed at 8:50, grab a granola bar, and skate over to class.

Expediency is also paramount to sophomore Carl Anderson, who eschews riding his bike on campus, stating that locking it up takes too long. He prefers riding his scooter, which he has owned since his sixth birthday. I asked Anderson if he has experienced any camaraderie with the other scooter-riders on campus. He shrugged and said, "No, not really. But whenever I see scooters in Worner, I'm like yeah...scooters."

Other students, however, really are working to hone their skating skills. Devin Holbrook tries to get to the skate park in the Springs once or twice a week. He prefers skateboards with wider decks, but just recently started riding "the modern

popsicle deck." Holbrook started skating "vert" in his sophomore year of high school. So, while his friends could do tricks such as ollies, grind rails, and kick flips, he focused on skating really fast in empty pools and doing lip tricks. For Holbrook, being able to find joy in skating is what he values most. "I hope to continue to skate until I'm old and beat," he said. Holbrook admires skateboarding pioneers like Steve Caballero, Lance Mountain, and Christian Hosoi, citing that that their sense of style and ambition to skateboard is what really gets him excited to skate.

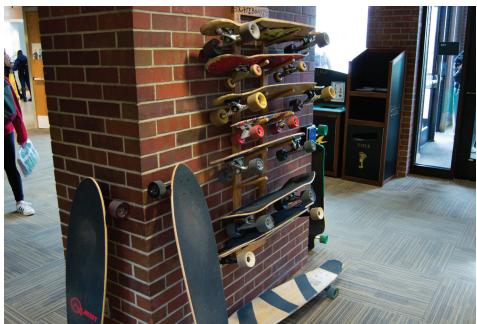
Sophomore Mary Loftus echoes that sentiment. "It's so good for the mind-body connection to be able to get to a point in an activity where you are expressing yourself as deeply and uniquely as possible," she said. New to skateboarding, Loftus stated two major reasons for learning how to skate. "I just want to encourage more women to try stuff like this whenever they feel like it. They don't need to be good...my whole life I've asked myself why people always had to tell me that girls can't do things like skating, playing football, or other male-dominated skills. F\*\*\* that. I will always do what I want." Second, Loftus wants to be able to freestyle in as many mediums as possible, including snowboarding, juggling, yoga, and percussion. When I asked her if she perceived any hierarchy on campus according to what you ride, she said "there is so much judgment on campus...but people on campus should ride whatever makes them happy and comfortable."

"I don't feel any judgment when it comes to skating at CC, though a lot more guys skate than girls," said Emma Herrick, also a sophomore.

Noelle Edwards, who competes in snowboarding competitions around the world, said she has also had trouble finding other female skateboarders at CC. Edwards first got into skating because it was the go-to mode of transportation in mountain towns. While she has only skated off-campus at Memorial Park, Edwards stated that "there are definitely some hidden gems on and around this campus for skaters."

As for the penny-long-skate-board debate, Mary Loftus concluded that "boards are boards, and boards are fun.





Top: First-year Leo Brasuel practices skateboard trick outside of Mathias Hall. Bottom: Overflowing board racks in Worner. Photos by Daniel Sarche

And so are scooters and rollerblades." As for me, I plan on sticking to my ambulatory ways and admire skaters from afar, as they bomb down the hill next to El Pomar or bump along the crosswalks.

The trees on campus are now gray and

barren, and the days are getting shorter; it's only a matter of time before our sidewalks ice over. But for now, I will continue to relish in the chorus of sounds that students' wheels make on the pavement.

## Legalized Rain Barrels Provide Coloradans More Efficient Water Usage

By MELANIE MANDELL

Earlier in 2016, Colorado legalized the collection of water in rain barrels in the hopes of remedying the existing water shortage. While allowing families to collect water in two barrels of up to 110 gallons has not completely alleviated the need for water, it certainly has done its part to educate Colorado residents about this issue.

In early November, Theresa Conley, a water advocate from Conservation Colorado, came to Colorado College to educate students and community members about the water problem in Colorado as part of the State of the Rockies lecture series. "The continental divide splits the state in half," said Conley. "Over 80 percent of the water flows towards the west, but 80 percent of the people live to the east of the divide." There is clearly a disconnect between supply and demand, which is why water must be transported across the divide to meet the needs of the people.

This disconnect is worsened by the lack

of precipitation in Colorado. The state averages 16-17 inches of precipitation (snow included) each year, and many are using their fresh water for purposes that don't require clean water. "On average, each household uses 50 percent of their water outside of the house," explained Conley. "Think of all of the in-house uses: dishwashers, showers, washing machines, and so many others, and use outside the home still makes up 50 percent of the total water usage." People are using fresh water inefficiently. For instance, the use of clean water to help cultivate greenery wastes a lot of fresh water; this is one reason why water barrels become useful.

The use of water barrels allows citizens to collect rainwater and use what is called "grey water" to wash their dogs or cars. The legalization of these barrels has created enough talk about the water shortage to educate people of its prevalence. When people first hear of this law, they usually think, "Well why couldn't I collect rainwater in the first place?" or,

"Why would I want to?" This curiosity encourages people to look into the water problem, and when they eventually begin using the barrels, they are more cautious of their water usage and understand the importance of conservation.

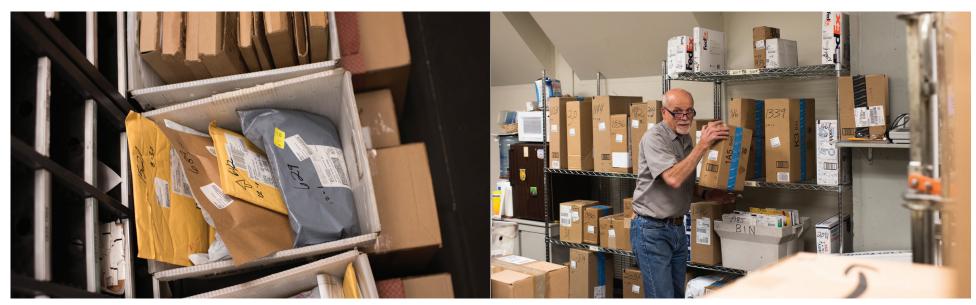
When the law was first proposed, many administrators thought that the legalization of rain barrels would lead to a slow disintegration of the integrity of water laws, or "a death by a thousand cuts," as Conley said. The specifics of owning and using water is incredibly complicated, but the authors of the rain barrel law assured the administrators that there would be no further change to the water laws other than these barrels.

The legislators in charge of the water barrel law guaranteed a simple, straightforward bill. Only two barrels are allowed per family with a maximum collection of 110 gallons per barrel. Additionally, there is no registration required or any variation within the law across the whole state. After a complex

death of the bill due to poorly-timed presentation, the bill was proposed a second time. It won by a landslide with far over half of the House and the Senate in favor, allowing Colorado residents to collect rainwater for reuse.

The water barrels may not have a significant impact, given the magnitude of the shortage of the water in the state of Colorado, but they are giving people the tools for change. The people of Colorado are more educated about water than they were before, and, as a result, they can act more responsibly.

Moreover, as a state particularly dedicated to outdoor recreation, it becomes more important for Coloradans to protect the resources that grant them access to such incredible activities. It seems that the state is definitely becoming more intelligent about its water choices—after being educated, "77 percent of Colorado voters said they would rather use water more wisely than divert water from rural rivers," said Conley.



Rick Goodman delivers packages to students in the Colorado College mailroom Photo By Noah Weeks

### **Boxed In: The Other Side of the Mailroom**

A conversation with Rick Goodman

#### By BECCA STINE

Rick Goodman: a face most Colorado College students would recognize, but a community member many do not know. Goodman was born and raised in Michigan, but it's being run well...but like they don't have a clue...they

moved to Colorado Springs at the age of 23, where he came to meet his aunt and uncle. He met his wife, a woman from Leadville, at age 28. They lived together in Leadville for a couple of winters, but moved back to the Springs due to a lack of job opportunity. They were both teachers. Goodman taught woodshop and technology in Fort Carson public schools for 30 years, eventually getting his masters degree in Southwest Studies from CC,

"because I got a pay jump," he said. Goodman found himself in retirement eight years ago. "I was able to retire at 55," he said proudly. Upon retirement, Goodman said he was "looking for some fun part-time job, so I ended up working in the mail room at CC .I'm not a sit at a desk kind of guy, so this job is good because I'm always active."

"Bill and Sally and Kayla...they're fun to work with. We work our butts off, but we laugh a lot and we have fun... and Sally...If something happens to her, this place is screwed," he said of the mailroom scene. Of the greater community he said, "the interactions with the students... its a great community, the kids are wonderful...and that makes a difference." This academic year Goodman has transitioned from working four to five days a week, to just one or two. "I'm just trying to be as retired as I can... you just caught me on one day I was working," he said, "My wife said 'you're not working Mondays'...I love that woman.'

Goodman quickly directed his focus to life in the mailroom. "The job is a little frustrating sometimes," he said. "The mailroom was built in the 70s...and we're in 2016." This reality, however, lies only at the surface of Goodman's struggle with the mailroom dynamic. "I'm a little disappointed with how CC has let what's going on down there happen," he said, "I don't know if they don't care or if it's low priority...but I mean really, its crazy...I bet yesterday we had 800 packages down there." Rick expressed immense concern about the safety of the

mailroom space itself, and the daily struggles he and his co-workers face. "I think the campus is great, and

"I'm a little dissapoint-

ed with how CC has let

what's going on down

there happen...I mean

really, its crazy."

don't have a clue that there are 2,200 kids here, and we get 500 packages a day that we have to check in and we have to process. There's just not room and it's just not safe." The chaos students experience simply in the process of rummaging through the crowd in downstairs Worner to reach their mailbox and wait in the long line for mail suddenly feels irrelevant, as Goodman touched on what we too often take for granted. Goodman talked

about the layout of the mailroom and its hindrance on his and his co-workers' ability to do their jobs. As he spoke about the mail sorting area, he said, "We couldn't even get to it because there were too many packages." As Goodman and I later walked through the cramped mailroom, he

claimed the space is in good condition, as I struggled to meander around the piles of packages and thin spaces provided. We walked single-file down the small aisle where the backs of Worner boxes stand, again stepping over packages and envelopes that lay on the floor beneath each Worner box, as the storage space is already full...and how many times have students been written up for toiletries in the hallway as "fire hazards."

Goodman mentioned a friend who worked part time for the CC mail room, stationed where packages come in. "He was over there and he tripped and fell and dislocated his shoulder...because there were too many packages...I mean there just wasn't room.. and now he's off work. It sounds silly," Goodman said, "I mean I know its just the mail and its just packages," but clearly the issue is a matter of safety. Goodman, however, touched on another significant limitation caused by the lack of space. "Lets do the right thing," he said, "If they did it right, there would be student jobs...students could help us process packages...it would be five jobs for students if behind everything."

we had a facility that could handle five more people."

Not only does Goodman express concern for the physical safety of him and his co-workers in the mailroom, but he also addressed certain issues concerning their treatment as staff. Goodman talked about the summertime, where hundreds of packages arrive for incoming freshman and returning students.

"Well, we used to have storage but now we don't have that anymore," he said. Instead of a storage unit, the CC mailroom staff were assigned to a large shipping crate that sat in the parking lot by central services. "They wanted me to go in there," he said, "no ventilation, no lighting, no nothing...that's what they wanted us to go into...and in 90 degree weather...how can you do that to people. I'm not some idiot who's just complaining," Goodman said, "I'm an educated man who's concerned.'

"I maybe work a day or two now when somebody's sick, or they need me, but I don't need the job...I like working here...everybody else down there is afraid to say anything, and they're afraid to say anything because

> they need the job...I don't need the job," and as Goodman walked me through the mailroom, his co-workers said the same thing. Goodman talked about the salaries of people who work for UPS or FedEx, people who are doing the same kind of work. "I started at \$10.76 (August 2010)... I'm almost at \$12 an hour (August 2016). As the minimum wage has increased over the six years Goodman has worked at the mailroom, his salary has only improved slightly.

The question then becomes, as the minimum wage amendment was passed to raise payment to \$12, will the mailroom staff see a raise too? "If you went and did your research...look at what the people at UPS...FedEx are paid...I mean we are so underpaid," Goodman said.

"It's as simple as the question: is the Worner mailroom safe?" Goodman asked. "I've been in education 36 years, I've been around kids, I've been around students, and nothing happens unless you guys make it happen or parents make it happen...but that's the driving force

an educated man who's concerned.'

"I'm not some

idiot who is just

complaining, I'm

ullulul. PRABILE FRABILE

CARTOON BY CAROLINE LI

\$15.00

Starting rate for a mail handler at USPS

S12.00

Starting rate for a mail courier at Fedex

S10.76

Starting rate at the CC mail room

\$20.88

Maximum raise for mail handler at USPS

Maximum raise for mail handler at Fedex

\$12.00

Rate for mail room employee of 6 years

The Catalyst • **Life** • December 2, 2016

## Bedtime Yoga: A Break From the CC Grind

By ZASCHA FOX

"Yoga is highly mis-

understood in the

West, but it was first

developed as a means

of achieving unity

with the inner self."

"Bedtime yoga is

designed to rinse out

the stress and worries

of the day and start a

clean slate for the next

day."

All Colorado College students, regardless of major or hobby, are familiar with the constant struggle to balance school, extracurriculars, social life, and personal health (both mental and physical). The Fitness Center's new "Bedtime Yoga" class has proven to be a popular and effective way for students to de-stress, unwind, and make time for

themselves throughout the block. Senior Ellen Atkinson started teaching the class, which met biweekly during Block 3, in an effort to help students unwind and focus on the tasks ahead.

Atkinson herself has been practicing yoga for 10 years, and has practiced in places as different as Israel and

Crestone, Colo. "The yoga mat is a place to leave everything else behind," said Atkinson. "It is a place without judgment, even of how my body feels on any given day. My philosophy of yoga is that the practice should be centering, calming, healing, and focused on cultivating the inner self, while taking care of and celebrating the body."

With Atkinson wanting to bring this

philosophy to CC, the class was originally brought up because there were no open time slots for her to teach. "It's been a hit, and I will continue teaching bedtime yoga on Monday nights during fourth block," said Atkinson. Her classes place focus on alignment to protect the body and avoid injury. Atkinson

aims to have all beginners feel completely safe and comfortable in her class.

While many see yoga as simply a physical

practice meant to get you in better shape, they often overlook the emotional and psychological benefits that it offers as well. "Most CC students are busy all day, and few students take time to relax and center themselves before bed. Bedtime yoga is a solution, especially for those who can't find time in their schedules or are not morning

people," said Atkinson.

In the style of a traditional yoga class, Atkinson's bedtime yoga ends in shavasana, or corpse pose. Although it may look like they're taking a nap, the yogis in shavasana are in a fully conscious pose that requires one to be both awake and completely relaxed. "Yoga is highly misunderstood in the

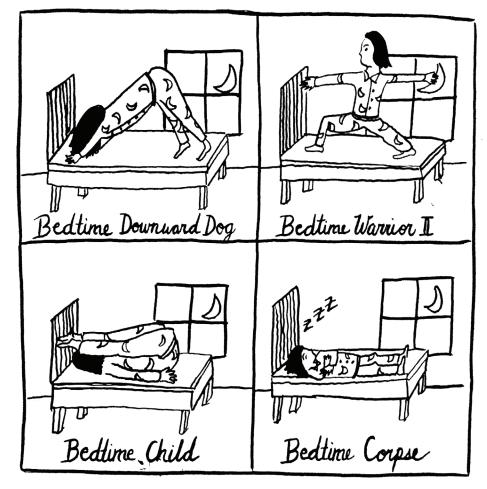
West, but it was first developed as a means of achieving unity with the inner self," said Atkinson. "My goal is for everyone in my classes to feel like they achieved a higher level of unity, or respect for, and symbiosis with the self."

The atmosphere of the class itself is relaxing, with low, warm lighting, soothing essential oils, and an assortment of hot drinks. "After

shavasana, it's tempting to not get up again, so the class time is designed to usher students towards the shores of sleep," said Atkinson. "I provide hot drinks like tea or cider and utilize calming essential oils during shavasana. Intentionally, bedtime yoga is designed to rinse out the stresses and worries of the day and start a clean slate

for the next day."

Along with the spiritual aspects of the class, Atkinson includes a range of asanas, or poses,



CARTOON BY CAROLINE LI

of varying difficulty to offer the students a physical challenge as well. Yoga students are encouraged to take the challenge as far as they'd like, making it easy to have a variety of skill levels in each class. For advanced practitioners, Atkinson offers instruction in headstands and other inversions, while those less experienced can modify the exercise. "I always say that all levels are welcome in my classes," said Atkinson. "All yoga poses are attainable for all students; it is a matter of discerning which poses you should or should not do based upon medical history, injury, and even how you felt when you woke up that day or if you are sore from the gym."

Although she is currently immersed in studying the History and Political Science of the Middle East, Atkinson is waiting to hear back from the El Paso County Sheriff's Office, where she applied to teach yoga at the El Paso Criminal Justice Center with inmates,

and is applying for a grant to teach yoga in prisons in Baltimore next summer.

Atkinson's integration of her studies in social justice and her yoga practice are a perfect example of the CC liberal arts experience.

Atkinson hopes to reach more students who feel like their yoga needs are not being met at CC and to provide a deeply fulfilling and enriching class environment and session. Atkinson's bedtime yoga will meet every Monday of fourth block from 9-10:30 p.m. in the Louis Multipurpose Room, in addition to her Wednesday and Friday morning sunrise classes.

Although she recognizes that many people find it difficult to leave their houses and walk to yoga in the dark and freezing cold, she encourages all students to join her in clearing their minds, reflecting, and preparing themselves for the rest of the block.

## **Hop-Ed: Iron Bird Brewing Company**

A weekly review of local beers for Colorado College students by Colorado College students

By BRANDON MARCUS, CHRISTOPHER BIRTCH & JULIAN DAHL

#### This Week's Brewery:

First opening their doors in the summer of 2014, Iron Bird Brewing Company recently celebrated their two-year anniversary. Determined to set the taproom apart, Iron Bird's owners have created a distinct brewing style and sense of ambiance within their taproom. Their cask ale, for instance, provides unique flavors that distinguish them from other Colorado Springs breweries. Unlike traditional beer, cask ale is not carbonated using nitrogen or carbon dioxide, but is hand pumped from the cellar. Iron Bird has a line of flagship beers, though continuously works new seasonal beers into their lineup.

The taproom, located in downtown Colorado Springs, is a unique and cozy space, containing a true cellar for the casks, and a walk in cold room to house carbonated beers. The bar has a hip and enticing atmosphere, with exposed brick and wooden ceilings. It is a great spot to enjoy a beer and a meal with friends and family.

#### This Week's Picks:

#### Topher's Pick: Deadstick Double IPA

This standout double IPA is brewed with over four pounds of hops per barrel. These hops include Columbus, Cascade, El Dorado, Amarillo, and whole leaf mosaic and citra hops. Even with this abundance of hops, the beer has subtle, yet refreshing flavors and is a smooth drink.

It has a 8.5% alcohol by volume, a 96 IBU, and a 15 Standard Reference Method (SRM). The amber color features a red tint and is quite clear. The mild aroma is accompanied by pine and malt tones. It is not too bitter since the malty flavors offset the bitterness. The mouth-



PHOTO BY PHILLIP ENGH

feel is medium and the higher alcohol content leaves a warm tingling sensation in the throat and chest. The flavor finished with floral hop characteristics. Do not let the high alcohol content throw you off, this is one very drinkable Double IPA.

#### Julian's Pick: Chocolate Rye Porter

This seasonal beer is one of Iron Bird's famous cask

ales. It has a 5.3% alcohol by volume, a 30 on the IBU scale, and a 28 SRM. The color is a dark ruby tint, with a roasted malt aroma. It is light to drink although the rye is prevalent in taste. It has medium mouthfeel, which lingers on the tongue and roof of the mouth.

The initial sip contributes more to feel than flavor, yet the flavors of roasted malts are present throughout. There are also caramel and cinnamon flavors that follow the malt taste, but no real distinct essence of chocolate. It is a good representation of the style, although not very complex.

#### Brandon's Pick: Propaganda IPA

This IPA is something quite special and is one of the flagship beers of Iron Bird. It is brewed with a large number of different hops, characteristic of IPAs, providing a unique flavor spectrum. These include Cascade, Chinook, Centennial and Mosaic hops. This beer is 6.5% alcohol by volume, has a 75 IBU, and a 12 SRM. This IPA appears a somewhat hazy, grainy, golden color. It has bright, fruity, and citrus aromas with pine undertones. The beer is very multidimensional and stars bitter followed by citrus flavors and a reminiscent bitter aftertaste. It has low carbonation and gentle mouthfeel.

The Propaganda IPA is quite refreshing and leaves you desiring another taste of this unique approach to a classic American style IPA.

#### Where to Buy:

The Iron Bird Brewing Company is located in downtown Colorado Springs at 402 S. Nevada Ave. It is worth the visit to enjoy great beer and pizza. This spot is definitely worth checking out, whether to do some homework or take a date, this brewery has something for everyone.

## Massive Attack's Masterful Mezzanine: The Highs and Lows of the Clubbing Underworld

#### By SAM IMHOFF

Mezzanine by Massive Attack is a genre-blending masterpiece of dubinspired deep bass, complex hiphop beats, evolving progressive rock elements, and dark, ambient synths. Along with Bonobo, Boards of Canada, and Blockhead, Massive Attack belongs to the genre of trip hop; however, with so many influences and styles, Mezzanine seems to occupy its own unique space, somewhere between early dubstep (not Skrillex, Skream), hip-hop, and IDM.

Though the album received more success in Europe and Australia than in the U.S., you probably recognize the song "Teardrop," which was the theme for the television series House. Rest assured the other tracks are less conventional, and the album is fire.

Listening gives you the impression that you're wading through a seedy European nightclub, with acid freaks dosing at midnight and ketamine addicts snorting up in the bathroom. It's a dark, ugly place, and yet you refuse to leave.

"Angel" starts the album off with a tight bassline and drumbeat that evolves and distorts as Robert Del Naja, a founder of the band, sings about a beautiful angel who will destroy him.

Though not my favorite, the track is a perfect starting gun that brings the energy from zero to one hundred. Wolves howling followed by a sexy bassline start the next track, "Risingson," a personal favorite. A crackling drumbeat with sizzling hi-hats erupts over the booming

bass as Del Naja whispers the desperate, druggy scene in Bristol Clubs to life.

There's a break between verses with ambient synths panning, then Daddy G, another founder of the band, sings throatily,

Why you want to take me to this party and breathe /

I'm dying to leave.../

Automatic crystal remote control / They come to move your soul /

The lyrics, while at times obscure and poetic to a fault, are nonetheless provocative and alluring. Risingson seems to be about drugs, lust, clubbing,

and the guilt and paranoia associated.

Skipping over "Teardrop," a good but unremarkable track, "Inertia Creeps" starts with an ominous near-eastern guitar riff as the drums creep to a bassheavy war march, the toms reverberating loudly through your ears.

The Middle-Eastern influences and stomping beat are a stark contrast to the sound you'd expect in a song about sex, and yet it works perfectly with Del Naja's lyrics about the emptiness and egotism of casual, drugged sex. It's a great add to your sex playlist if dark vibes are your thing.

Next, "Dissolved Girl" is a haunting and gorgeous track. Sarah Jay, the featured singer, offers a female perspective to the relationship developed in "Inertia Creeps." Over a hip-hop beat that builds to a distorted break down, the lyrics describe being unable to leave a parasitic

relationship for overwhelming lust.

The refrain echoes: "I need a little love to ease the pain." It's refreshing to listen to an album that doesn't glorify the casual sex, experimental drug usage, and partying so prevalent of our time

(the album was released in 1998, but the lyrics could've been written yesterday), but it doesn't only condemn either. The highs and lows are explored lyrically and musically, like the roller-coaster life of a drug addict. The song feeds into "Man Next Door," the only song I dislike on the album for its whiney vocals and repetitive lyrics.

"Black Milk" is a somber, mellow track to contrast much of the distorted chaos of the album. Smooth female vocals float over a simple hip hop

beat, and the biblical language and long reverberations of panning pianos give it the feeling of a trip hop requiem.

In this obscure song about motherhood, what is mourned perhaps is the absence of a wholesome father, lost to drugs and egotism, the alluring vices explored in previous tracks.

The energy picks back up with

"Mezzanine," the second to last on the album.

It's a grimy, muted song that bounds forward with a smooth, thumping bass. "Mezzanine," being the floor between the first and second, is a metaphor for the

feeling of in-between, a weird transitional space, according to Del Naja.

13

To me, the song feels like the descent from the ride of the album, leaving only the conclusion.

The final track, "Group Four," is the longest, and perhaps the darkest. It explores the freedoms and limitations of the life of a night-shift security guard.

While the solitude of his life is isolating, it also frees him to explore the sleeping world- an interiorized world that affords meaningless connections of highs and lust but is nonetheless

magical.

"It's refreshing to lis-

ten to an album that

doesn't glorify the ca-

sual sex, experimen-

tal drug usage, and

partying so prevalent

in our time, but it

doesn't only condemn

them either."

The song is a perfect thematic conclusion to an album about drug abuse, sex and passion without love, and a partying underworld.

There's a euphoria in the high, but if you spend enough time there you won't make it to first floor-connected sobriety. You'll be stuck on the mezzanine.

## Volunteer to Teach Abroad



Do you want to experience life in another country and make a difference, one student at a time?

For 30 years, **WorldTeach** has worked in developing countries around the globe. Begin **your** journey in:

American Samoa
China
Ecuador
Namibia
and 12 others

The success of your experience is in your hands. If you're passionate about what you're doing then I guarantee you will have the best year of your life.

Visit **WorldTeach** at the International Service Fair Tuesday, Dec. 13 | 11:30 am - 1:30 pm | Worner Student Center



www.worldteach.org

# <u>Opinion</u>

## Regressive Bathroom Bills Fueled by Ignorance

By NATHAN MAKELA

States across the country have introduced "bathroom bills"—legislation attempting to require individuals to use bathrooms based on the sex they were assigned at birth. Though usually justified as a way to make bathrooms safer, these bills have received criticism for being blatantly transphobic.

Using a bathroom that corresponds with a person's sex proves particularly difficult for transgender people because many times, the gender they choose to identify with does not correspond with their sex. Sex is biological, while gender is a social construct; one's gender is not decided at birth but is a conscious decision. When an individual's gender and sex are not the same, where are they supposed to go to the bathroom?

How exactly can one determine if a person using a gendered bathroom has the "correct" binary genitalia that these laws require? Will people be required to carry their birth certificate on them at all times? And if they don't, will they be refused the right to use any bathroom? Will we have government officials or police officers outside bathrooms, verifying people's genders?

House Bill 2 (HB2) was passed by the North Carolina legislature through bipartisan support and signed into law by Governor Pat McCrory. The bill was introduced to counter a municipal ordinance in Charlotte, N.C., allowing individuals to use public facilities (including bathrooms) that correspond to their personal gender identity. Governor McCrory tweeted that he signed the bill into law because the "Ordinance defied common sense, allowing men to use women's bathroom/locker room, for instance." In reality, the ordinance contained no language that allowed men to use women's bathrooms or locker rooms. Either Governor McCrory had a fundamental misunderstanding of gender, or he had no wish to sympathize with the struggles or existence of non-cisgender individuals. HB2 worked toward fixing an imaginary problem while making the daily lives of trans individuals increasingly difficult.

There was little disguise as to the real reason this piece of legislation was passed. HB2 was perhaps the most controversial of the "bathroom bills" because it went further than most in its anti-gay and anti-trans language. Included with a mandate that individuals in government buildings must use the restroom that corresponded with the sex on their birth certificate was a component that eliminated anti-discrimination protections for gay, bisexual, transgender, and genderqueer people. This bill wasn't introduced to protect people; this bill serves to unapologetically strip the LGBTQIA+community of their rights and protections.

The bill did not articulate how the law would be enforced, nor did it outline any specific crimes or penalties. The police departments of Raleigh, Greensboro, Wilmington, and Asheville all expressed unwillingness to devote police resources to enforce the law. Charlotte Mayor Jennifer Roberts described the HB2 as "the most anti-LGBT legislation in the country." It's difficult to imagine a piece of legislation that could more blatantly restrict individual civil rights

Allowing trans individuals to use the bathroom corresponding to their gender identity is putting nobody in danger. If a cisgender man uses these protectoral ordinances to justify entering a women's bathroom, he is still breaking the law. The individual is the only person allowed to decide their gender, and they should have the freedom to use the bathroom they choose.

Furthermore, these bathroom bills don't even begin to consider the existence of intersex individuals; individuals born with reproductive or sexual anatomy that doesn't fit the binary definition of male or female. Which bathroom does an intersex individual use? Will special bathrooms be provided for people who do not have genitalia that

fits the legislation's definition of male or female? Based on the traditional rigidity (and lack of scientific evidence) that these bills seem to be inspired by, such action seems unlikely.

This clearly isn't an issue about individual safety in bathrooms. This specific legislation doesn't do anything to make people safer, it just makes an issue surrounding the autonomy of trans individuals. Just because a person doesn't fit greater society's definition of how a man or a woman "should" look, doesn't mean that they are inherently dangerous. If somebody's appearance makes you uncomfortable, that is your problem. Trans people are no more likely to commit sexual assault than anyone else. In fact, they are actually more likely to be victims of sexual assault. The National Coalition of Anti Violence Programs found that transgender people are 1.7 more likely to be victims of sexual violence than cisgender people. The National Gay and Lesbian Task Force found that 64 percent of transgender people will experience sexual assault in their lifetime. Ironically, these bathroom bills propagate trans individuals as perpetrators of sexual violence while they are actually disproportionately the victims.

If the legislatures passing these laws really cared about the sexual safety of women, they would pass legislation that aids victims of domestic and sexual violence and legislation that promotes sexual health. It seems that these bathroom bills conveniently use women as political tools to scare people into passing anti-trans legislation.

We don't need useless legislation that only incites fear. We need education on sexual consent. We need education on diversity in gender and sexuality. We need free counseling and therapy offered to victims of domestic and sexual violence. We need to shut down these bathroom bills, get over diversity in gender expression, and move on to issues that aren't imaginary.

## **Chivalry Should Be Dead**

By NATALIE GUBBAY

I had a friend ask me once: "He opened the door and paid for dinner. Was it just polite? What does that mean?"

What do opening the door and paying for dinner mean? Precisely what they stand for—physical strength and economic power, not courtesy. When we think of manners, we think of a person in front holding the door for the person behind, or splitting the bill. Manners are a form of respect and kindness. Chivalry is rooted not in manners, but dependency. It expects men to struggle in place of women. A man bound by the ideals of chivalry should find it inexcusable to see a woman struggle without stepping in to help.

But struggling is a right. Struggling is important. Strength is derived from struggling; self-sufficiency is derived from strength. To decry chivalry is not to decry common decency because the roots of chivalry lie not in manners but dependence.

On my first day of work this summer, I spent an hour putting up a wooden sign that should have taken five minutes to hang, humiliating myself because I didn't know how to change a drill bit. In the adult world, this inability has real repercussions; I could have lost my job. To say I was unprepared—even ignorant and helpless—would be fair. What were the odds that a girl growing up in a suburban town would learn to fix things? A young girl in today's world is told to be intelligent, to be athletic, to be independently minded, but she is not taught how to use a

power drill. She is not told to mow the lawn or help move something heavy. She is not told to use her hands, and she is not told to be powerful.

Imagine if someone came over while you were lifting weights and swapped them out for foam balls just to be "nice." It would be ridiculous. You would argue that you lift weights because they are heavy and because it is difficult. Without difficulty, there is no progress, and arguably, there is no success. Why, then, do I find it hard to say "no" when a man offers to carry something heavy for me? Why do I find it equally hard to refuse someone opening the door? The former denies me a real opportunity, while the latter is simply a gesture, but the response to both is the same: awkwardness. Which may not mean much in the moment, but what about later at night, and what it means to decline sexual advances? For a woman to feel obligated to let a man take over an otherwise everyday function—because it's a date, after all—is not all that different from feeling she owes him something afterwards. Does that not suggest there is something dangerous, if only symbolic, within that uncomfortable moment of waiting for the guy to walk around the car?

Chivalry comes down to ownership over one's own body: on the smallest of scales, it takes away from a woman's right to command her body as the self-sustaining unit it is. It's not about the actual opening of the door or the \$10 spent on dinner. It's not



about proving women have the strength to open their own door or pay for their own meal—no one's questioning that. It's the implication of not using that strength that's problematic. Chivalry expects that we cede capability in the name of formality. It says, therefore, that our self-sufficiency is worth less than tradition, or romance, or ritual. It puts limits on when we should use our own bodies.

Strength is gained by its exercise, and so is power. When a man takes over a basic action just to be "nice," just to make a woman's life easier, it tells her to enjoy being helped. It tells her, "you can, but you don't have to" and in doing so denies her the opportunity to exercise strength, physical or otherwise.

I understand that the intent behind chivalry is positive. I understand that taking the check, in the act of following the code of chivalry, signals something genuine; it might even signal respect. So split the bill, hold the door for the person behind you, but please, don't buy me dinner.

## Downsides of Deportation

By MAX KRONSTADT

Ask any semi-politically conscious American to name the biggest issue in the 2016 presidential election and they will almost surely mention immigration. While talk of a wall around the border of American territory and blatant accusations of immigrant criminality makes this debate more contentious than ever, it is nothing new. Instead, it is the extension of a long-standing argument over border security and the deportation of undocumented immigrants.

This debate is framed incorrectly and has been for decades. Rather than talk about how many immigrants to deport and how to determine who stays and who goes, the political dialogue on undocumented immigrants should be about whether it makes sense to deport anyone at all. A careful look at the issue and its real implications reveals that it doesn't make sense.

Proponents of deportation argue that immigrants are taking away employment opportunities for Americans and causing crime in American communities. These arguments garner support because they cause fear and give citizens a scapegoat for their economic woes. However, this argument proves to be weak when it is closely observed.

Immigrants are, in fact, creating American jobs. A recent report published by the National Academies of Sciences, Engineering, and Mathematics showed "little to no negative effects on the overall wages and employment of native-born workers in the long term" as a result of immigration. The study also proved that highly skilled immigrants, especially in STEM fields, have had an overall positive impact on the U.S. economy. "Prospects for long-run economic growth in the United States would be considerably dimmed without the contributions of high-skilled immigrants," it says.

The idea that immigrants commit crimes at higher rates than native-born Americans is a xenophobic fantasy. From 1990 to 2013, the number of undocumented residents in the U.S. tripled. At the same time, the violent crime rate fell 48 percent, according to the American Immigration Council. In 2008, California's immigrants represented 35 percent of the total population of the state but only 17 percent of the state prison population, as reported by the Public Policy Institute of California. Studies and statistics repeatedly show that immigrants actually commit fewer crimes than native-born U.S. residents, dispelling racist myths of immigrant criminality.

Since immigrants have an overall positive effect on the U.S. economy and are no more likely to commit crimes than anyone else, mass deportations are pointless. Yet, the federal government doesn't seem to understand that. In 2012 the federal government spent \$17.9 billion on immigration law enforcement compared to \$14.4 billion on all other criminal-law enforcement, which includes the budgets of the FBI, DEA, and Secret Service, among others.

It is important to also consider that deportation tears apart families, fosters terror in communities, and can force people back into dangerous situations in their countries of origin. It's inhumane.

The current political rhetoric on immigration demonstrates, once again, our ability as Americans to forget our past. America is a nation of immigrants. Still, we persist, spending billions of dollars every year to ruin lives and damage the economy.

It's time to have an honest debate on immigration. Then, and only then, can we move past xenophobia and scapegoating in order to come closer to reaching our potential as a pation.

### **Beauty Standards Are Less Than Standard**

By JOHN FEIGELSON

On the night of Halloween, I was without a costume. In desperation, I cobbled together a pair of cutoff jean shorts, a denim jacket, and a ripped t-shirt for a night as a 1980s zombie. This costume was augmented by eye shadow and a long blonde wig to fill out my late 20th century aesthetic. Throughout the night, my eyes were itchy from the makeup, and the wig wouldn't stop waving in my face. When I removed the wig and the eye shadow at the end of the night, it was remarkably freeing. The ease associated with not wearing makeup and keeping my hair short, two actions tied into a cultural image of maleness, had been unconsciously enjoyed by me up until that night. Makeup is uncomfortable and its application is time-consuming. If long hair was a hassle to manage for a few hours, it is undoubtedly a hassle to manage day-in and day-out. Modern beauty standards, and their association with traditional female identity, are remarkably unfair.

Modern American beauty standards, while having evolved from many historical practices and trends, have their roots in patriarchal and capitalist practices. Beauty standards have often come from women changing appearance to satisfy the desires of men. Advertisements from the 1950s directed at women declared, "Men Wouldn't Look At Me When I Was Skinny!" This ad was meant to influence women to conform to a certain body image to satisfy the desires of men. While this may be unimaginable in today's somewhat more progressive society, it serves as an example of the ways in which male desires have unfairly influenced modern beauty standards.

Patriarchy and capitalism intersect in the practice of women shaving their entire bodies. Initially, men's razor companies advertised to women about the benefits of shaving, all to increase revenue. Additionally, changing hemlines and the evolution of women's fashion, often dictated by textile companies, informed the shaving of bodies. Makeup, while certainly not used exclusively to augment beauty, does place an unfair burden on those individuals who choose to apply it. It is

expensive and time-consuming to apply. As a result of societal pressure and the expectation that a femme face should look a certain way, a burden is often placed on female-identifying individuals.

Beyond the unfair individual burden placed on people by modern beauty standards, many of the images used to perpetuate beauty standards are grossly unrealistic. Too often, thin, sculpted, and white people saturate makeup and clothing advertisements. Those same "beautiful" human subjects are in media and film, broadcasting to the nation that those images on the screen-perfect teeth, incredible fitness, just the right amount of makeup, expertly styled hair, and so on-are the images which many individuals strive to replicate in themselves. This ultimate "beauty," though, is unattainable. This high standard unfairly conditions people to prefer one particular look over others. Scarlett Johansson and Chris Evans could be considered two "beautiful" humans who inspire fervent desire. However, it is certain that a minority of the population looks similar to those two, which leads to unrealistic expectations in what is beautiful and what is not. This is not to say that these people are not attractive; they simply represent the unfair image that people have to contend with. The standards set by celebrities and models also set a benchmark of fitness for male- and femaleidentifying individuals: femme traits, such as being fit but not too fit and a flat stomach with all the right curves, and masculine traits, like highly defined abdominal muscles. This standard perpetuates the idea that only certain body types are attractive, when this is not the case. Certain body types are portrayed as the epitome of "beauty," even though they represent an image of what a miniscule amount of people look like. Many people are attractive

without resembling Scarlett Johansson.

I am not a regular wearer of makeup. My hair is kept relatively short. But the beauty standards in America and in some parts of the world compel individuals to wear makeup and have long hair. Modern beauty standards have their roots in oppressive systems, and are decidedly unrealistic for an everyday routine. This is not to say that beauty standards do not have a role in how an individual presents one's identity, however, because they do and it is often an important one. There is no issue inherent in that. These standards are unjust because they place a burden on some people, while others do not have to put in as much effort to meet the standard they associate with their identity. The issue lies in the fact that beauty standards to which some individuals feel they must adhere are grossly umbalanced and unfair.





## Why I'm Glad Donald Trump Won the Presidential Election

By FIACHRA R. MACFADDEN

There is a man who will soon colloquially be known as the 'Deporter in Chief.' This man will have the ability to deport people by the millions. This man can go into a handful of countries and kill hundreds of men, women, and children. This man may even have the audacity to joke about the ways in which he kills people at White House dinners.

In fact, there is a man who has already done all these things. This man is the 44th President of the United States of America, Barack Obama. According to the Department of Homeland Security, Obama has deported more than 2.5 million people since he took office in 2009, more than any president in U.S. history. Obama also commits frequent

drone strikes in Pakistan,
Afghanistan, Yemen,
Somalia, and Libya. The
Obama administration has been tactical in
the way they cover up
the murders of hundreds of innocent civilians.

In all their government documents and press re-

leases, according to the New York Times, the word 'militant' has been redefined to mean all "military-age males in a strike zone." In other words, if you are a man between the age of 18 and 49 and are in the wrong place at the wrong time, you are deserving of a death penalty without trial. Earlier this year, the U.S. government released figures stating that between 64 and 116 civilians have been killed by drone strikes since Obama took of-

fice. However, according to the New York Times, "every independent investigation of the strikes has found far more civilian casualties." The Bureau of Investigative Journalism, for example, estimates between 380 and 801 civilians killed. These numbers are still rising.

There is a reason the U.S. is not a member of the International Criminal Court. It can murder people in some countries that it is not at war with, lie about the amount of people killed, and face absolutely no consequences. At one White House Correspondence dinner, Obama said, "the Jonas Brothers are here ... Sasha and Malia are huge fans. But, boys, don't get any ideas. I have two words for you: predator drones. You will never see

Perhaps during and after

Trump's presidency, the

U.S. can finally admit

to itself that it is not, by

any means, the greatest

country on the face of this

planet.

it coming. You think I'm joking?" The Washington Post has called this one of Obama's "top 10 most hilarious lines."

Drones are no laughing matter to thousands of people in the Middle East. Zubair ur-Rehman, a 13-year-old Pakistani boy who lost his (in-

nocent) grandmother to a drone strike, said that he now prefers "cloudy days when the drones don't fly. When the sky brightens and becomes blue, the drones return and so does the fear. Children don't play so often now, and have stopped going to school. Education isn't possible as long as the drones circle overhead."

As secretary of state, Hillary Clinton was also complicit in these acts and questionable

viewpoints. She once dehumanized young African Americans accused of violent crimes as "super-predators," with "no conscience, no empathy." Her husband Bill Clinton played a large role in accelerating mass incarceration with The Violent Crime Control and Law Enforcement Act of 1994, which scrapped inmate educational programs, and pressured states to increase their prison sentences. It was authored by then-Senator Joe Biden, and was supported by both Hillary Clinton and Bernie Sanders. According to the Bureau of Justice Statistics between 1992 and 2000. while Bill Clinton was in office, the number of prisoners in the U.S. grew by nearly 60 percent. The US-Mexico wall construction begun during Bill Clinton's administration too, and in 2006 Hillary Clinton voted in favor of the Secure Fence Act which allowed the Department of Homeland Security to build 700 more miles of fencing. It is troubling that so many people have talked about how ridiculous Donald Trump's wall proposal is when most of it has already been built.

In recent leaks, Hillary Clinton has spoken of rigging the Palestinian elections and stated that she has both "a public and a private position" on issues. This is not at all surprising coming from a politician like Clinton. With Trump on the other hand, it is very clear what he stands for. Everything that has been leaked of Trump just confirms what we already know of the man. No one should have been surprised when they saw the Access Hollywood tapes. We expected these comments from Trump.

Is the U.S. 'the greatest country on the face

of the planet?' The U.S. has the highest prison population in the world, has the highest number of obese people, ties first with Spain in terms of cocaine use, and owns the most guns in the world. There are plenty of crises happening on American soil that receive little attention. The humanitarian crisis that has been unfolding for years on the US-Mexican border is rarely discussed. The Dakota Access Pipeline has received very little attention. Throughout the course of the NODAPL protests, Obama has said and done virtually nothing. And let's not forget that Flint's water is still contaminated—it has been a little over two years now.

This is not to say that Trump is equivalent to Obama or to the Clintons. There is no obfuscation, however, in terms of what Trump stands for. With other politicians, it can be hard to tell. The façade of a benevolent smiling Democrat that everyone loves will be no more. The world and this country will finally take a close look at this president and scrutinize each and every action. The hope is that this country will no longer ignore the horrors that previous administrations have committed.

This country is riddled with problems that few are paying attention to. Perhaps during and after Trump's presidency, the U.S. can finally admit to itself that it is not, by any means, the greatest country on the face of this planet. Americans will finally recognize their broken and inhumane system of government, and will then hopefully restructure their system to ensure their brutal heritage ceases to exist; a brighter future will follow.



#### Colorado Springs Connection

COLORADO SPRINGS CONNECTION: In an effort to better connect Colorado College with the larger community of Colorado Springs, the Catalyst is featuring one community member each week. We will focus on telling the stories of residents through photographs and direct quotes.





PHOTOS BY SAM WANG

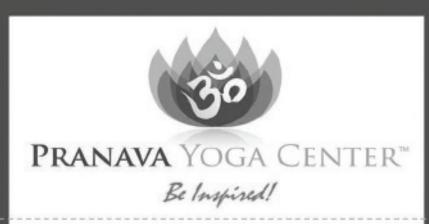
## **Loyal Coffee**

408 S Nevada

A barista-owned-and-operated specialty coffe shop that opened up this past summer, providing a clean, open, and beautiful work or socializing space for the community.







## FIRST WEEK IS FREE!



- Over 35 classes per week for all levels, including evening and weekend classes
- Conveniently located at the corner of Weber and Dale, just two blocks from CC campus
- 10% discount on classes for students and teachers with valid school ID
- Workshops with great local, national, and international yoga instructors
- Yoga Teacher Training

For More Information:

www.PranavaYogaCenter.com

802 N Weber St • Colorado Springs, CO 80903 • Call 719-444-8463

### **NOT YOUR TYPICAL INTERNSHIP...**

PUBLIC INTEREST FELLOWSHIP PROGRAM



#### Get Paid to Make a Difference

- Summer 2017 Fellowships: \$4000
- Yearlong 2017-18 Fellowships: \$30,000 + health insurance
  - Progressive organizations that work for social change
  - Meaningful, project-oriented, outcomes-based work
  - Built-in cohort, mentoring, training, and networking
    - For CC students only

#### Find out more:

www.CCpublicinterest.com

Go to "Become a PIFP Fellow" page or contact Lani.Hinkle@ColoradoCollege.edu

#### Attend an information session:

- December 8, 12:15 p.m.
- December 14, 4:00 p.m.
- January 26, 12:15 p.m. (all in WES room)

Applications due: February 1