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Room draw approaches with changes to process

By ANGELA MAURONI
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Room draw is approaching for another year with several significant changes to the drawing and selection process. Along with removing resident advisors and those who have been approved for special-interest housing from the drawing, the Office of Residence Life will try to minimize the amount of sophomores living in upperclassmen dorms, as no students will currently be approved to live off campus.

Room draw numbers are scheduled to be released on Feb. 29. Gretchen Kerr, the associate director of residence life for housing, believes the room selection process will be less confusing and more fair for other students.

Women in sororities used to apply to live on the fourth floor of Brooks Hall, where the sorority suites are also located. This year, they will have to select the rooms on the fourth floor through the regular room draw process.

In the past, RAs and students in special-interest housing, like the language houses or the gender-neutral dorm Allegheny Hall, would be given draw numbers. Without them, Kerr believes students will get a more accurate draw number.

Kerr said that special-interest students also occasionally came in during room draw and selected a room, which meant they were holding a regular room and a special-interest room. If these students are not given a draw number, Kerr hopes they will not come to the selection process. This will keep them from technically holding two spots.

Because residence life can currently house all of the Allegheny students, Kerr and Jen Foxman, the assistant dean of students and director of residence life, cannot foresee any students being released from the four-year residency requirement to live

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PHOTOS BY MEGHAN HAYMAN/THE CAMPUS

Vigil kicks off Black History Month

Nia Burnett, ’17, vice president of Advancement for Black Culture, passes on her flame along with President Imani Prince, ’16, Black Heritage Month Chair Autumn Parker, ’16, and Elijah Prince, ’18, on Monday, Feb. 1, 2016. The candlelight vigil began the organization’s celebration of Black Heritage Month and focused on remembering the lives lost to police brutality. ABC will host events throughout the month in celebration of Black History Month, which is being called Black Heritage Month on campus.

Upcoming events include the Soul Food Dinner in Schultz Banquet Hall at 4 p.m. on Sunday, Feb. 7 and Taboo Talks at 8 p.m. on Monday, Feb. 8, 2016.



Active Minds responds to controversial drug display

By DALTON FINNELL
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The Office of Student Involvement partnered with the Wellness Institute and created an informative display about commonly abused drugs on college campuses on Jan. 22, 2016. The display covered drugs including but not limited to cocaine, marijuana and antidepressants.

On Jan. 24, OSI removed the poster after pictures sparked outrage among students on social media, particularly the section on antidepressants. Some in the student body have felt the display contained misleading information that they found dangerous to the Allegheny community.

“Educating people on what prescription and illegal drugs do to the body, both good and bad, and how we see that in society—that’s really important,” said Liliana Carbon, ’18, in response to the display. “However if we’re an institution of academic integrity, then we have to make sure we have integrity with the information that we give to students.”

Reactions from the student body were voiced from the Allegheny chapter of Active Minds, a national organization that serves to reduce stigma and raise awareness for mental health issues.

Michaela Cowden, ’16, president of the Allegheny chapter of Active Minds, contacted administration regarding the common drugs poster and the information it was displaying.

> “If we’re an institution of academic integrity, then we have to make sure we have integrity with the information that we give to students.”
>
> Liliana Carbon
> *Class of 2018*

“I felt like I had a responsibility as president of Active Minds and also just as a human being who has dealt with unfair societal treatment with regard to my own experience with mental illness,” Cowden said. “What kind of leader and person would I be if I didn’t take a stand against something that only further stigmatizes mental illness given my position within Active Minds and my own life experiences?”

After the display was taken

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ASG approves long-debated student conduct policy

By JOSEPH TINGLEY
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Allegheny Student Government voted to approve the new student conduct policy on Tuesday, Feb. 2, 2016, which was submitted by the Campus Life and Community Standards Committee. The policy originally came to ASG for a vote on Dec. 1, 2015, and was struck down.

The move to approve the amended student conduct policy was defeated at the Dec. 3 meeting, largely due to concerns voiced by members of ASG. The primary concerns were perceived ambiguities in the section on disciplinary sanctions and the lack of enforcement of the statement of community within the policy.

ASG Director of Diversity and Inclusion Connor Racine, ’16, voiced his frustration with the conduct policy at the meeting, which he claimed did nothing to enforce the statement of community.

“At the moment the sentiment is that the conduct policy is not holding students accountable for violating that policy,” Racine said.

On Jan. 26, two student representatives from the committee came to hear concerns from ASG and get a sense of what would need to be changed in order to pass the conduct policy. On Feb. 2, four members of the committee, including the committee chair, Assistant Professor of Biology Lisa Whitenack, came to address the concerns voiced by ASG.

Whitenack said that the section on disciplinary sanctions could be improved to give more examples of what constitutes a violation of various policies.

“We are certainly willing to explore having those examples put into the code of conduct, however those examples would have to be approved,” Whitenack said.

Whitenack said that while the committee can work to be more specific in some areas, in others it must keep the language vague in the interest of legal protection. She said this was especially the case in the section on the retroactive suspension of degrees.

“[The lawyer] insisted that the language be vague in order to protect the college,” Whitenack said.

Addressing ASG’s final concern—the lack of enforcement of the statement of community—Whitenack said implementation of enforcement policies will be a process.

“It’s going to take time, which I know you don’t want to hear,” she said.

After hearing from the committee’s representatives, a vote to approve the student conduct policy was called. The vote to approve the policy was almost unanimous.

At the meeting, ASG also discussed several issues it hopes to address this semester. ASG Vice President Tess Bracken, ’17, said her ad hoc committee on safety is working to secure a copy of the recent study done by the Pennsylvania Department of Transportation which found that no speed limit change was required on North Main Street. Bracken said the committee believes the report may be flawed.

ASG President Haley Riley,

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DRUGS *from page 1*



CONTRIBUTED BY NICK ALLEN

The Office of Student Involvement partnered with the Wellness Institute and created a controversial display about the dangers of recreational drug abuse. After student outcry on social media, the display was removed on Jan. 24, 2016, just two days after it was put up.

down, Gretchen Beck, director of student involvement and at the time interim associate dean of students, had reached out to Cowden to have a meeting to discuss the next steps as to how to fix the issue. Beck and Cowden said the conversation was about getting more factual information and raising awareness about the resources for mental health issues.

"I shared my own personal concerns as well as those from our community that were articulated to me and we are actively working together to find a resolution in all of this," Cowden said. "I was happy about being contacted by [Beck] because that was an indication that our concerns were being heard."

> "I would like to see this situation unite us as a student body in support of our community members who have experienced mental health issues."
>
> Michaela Cowden
> *Class of 2016*

Beck said ensuring students' voices were heard and that their concerns were addressed was a priority.

"We want to work with Active Minds to reach out to the student body to provide information that is important and relevant to them," Beck said.

Active Minds will return to the Dean of Students Office later with a list of questions and concerns, including how to create a more informative display.

"I would like to see this situation unite us as a student body in support of our community members who have experienced mental health issues," Cowden said. "It's been a challenge to gain a large support base because the topic of mental health is so stigmatized. However, I hope this has shown people that they have the power to voice their support and it will only help make our campus a better place."

According to the National Institute for Mental Health, in 2014, nearly 20 percent of United States adults suffer from a prevalent mental illness. According to the Allegheny College Counseling Center, 266 students had spoken with a counselor in the fall 2015 semester. Nearly a quarter of the Allegheny student body will receive help from the Counseling Center in their college career.

If you wish to connect with Active Minds, contact Michaela Cowden or join their meetings Tuesdays at 7 p.m. If you feel you need help, contact the Counseling Center, located at 304 Reis Hall. For more serious emergencies contact Campus Security at 814-332-3357.

ASG *from page 1*

'16, reported that she is working to get more students into the planning of Gator Day programs, which has become a point of concern among faculty.

"Right now I think it's really lacking in student involvement," Riley said.

Riley hopes by getting more students involved, attendance of Gator Day programming will increase. She also hopes to take the responsibility of planning events off the shoulders of faculty, who have pointed out that Gator Day was always meant to be planned by students and not by faculty.

Riley also announced that ASG will be exploring the possibility of funding some kind of initiative that would provide low-income students with textbooks. She said while ASG cannot give money to individuals directly, there may be a way to form a club or program which ASG could fund.

ROOMS *from page 1*

off campus.

If the college accepts a higher volume of students than anticipated, then there are students on a waitlist that was opened on Jan. 29. Kerr said after around an hour of the waitlist being opened, 52 students had already signed up.

Even if residence life is permitted to release some people, RA Ben Thomas, '17, said it is unlikely that it will be as many as 52.

"It depends on a lot of factors, but for now it's not looking good," he said.

With no students being released to live off campus, Kerr and Foxman agree that it is time they take measures to limit the number of sophomores in upperclassmen dorms.

Although Kerr said there are not many sophomores doing this, residence life has received numerous complaints about it. Minimizing the occurrence is a measure to save those spots for upperclassmen.

"We have to make it... developmentally appropriate housing," Kerr said. "We understand that this is a big change and we're trying to be empathetic to that."

Foxman said that, in order to make sure as many students as possible were getting what they wanted, residence life has sent students home without a room if they were among the last sophomores to pick in years past. Residence life then reconvened and would turn over some of the rooms they were originally holding for incoming freshmen as new options for the rising sophomores to pick.

Ben Thomas, '17, worked room draw as an RA last year helping to check people in. Due to the stressful nature of upperclassmen room selection, Thomas was grateful that he worked with rising sophomores instead.

"With the seniors, people get nasty," Thomas said.

Although Thomas said the system is not perfect, he thinks the room draw and selection process is improving.

"I feel that we're going in the right direction…but there's still a lot we can work on," he said.

Foxman said there have been discussions about new ways of doing the room draw process, but no changes will be implemented this year to the currently random drawing.

"It's been talked about before, but right now this is the fairest system we have," Foxman said.

Faculty workshop aims to create active learning in class

By ALEX WEIDENHOF
Junior Editor
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Twenty-three faculty members attended a workshop hosted by Allegheny College on Saturday, Jan. 30. This workshop aimed to create spaces of active learning in science and mathematics classrooms.

The workshop, hosted by Ed Prather, executive director of the Center for Astronomy Education at the University of Arizona, covered how to effectively utilize interactive technology and active learning in science classes.

Professors who attended the workshop said they came out with a better view on how to engage students in the classroom.

"The most important thing is that everybody as a teacher can learn everything to bring into the classroom," said Provost and Dean of the College Ron Cole.

Prather emphasized that regardless of experience, professors can always improve how they manage a classroom.

"We weren't taught how to teach, we were shown how to lecture," Prather said.

Methods discussed by Prather include the use of a fill-in-the-blank method, where a professor asks an incomplete question and expects student responses. Prather also advocated for a change to clicker quizzes, in which professors ask a question on a board and students respond using a clicker. Instead, Prather said professors should utilize a piece of paper on which four colored boxes read different letters. He said this method allows professors to ensure each student answers and to see how accurate the answers are immediately.

Rachel Weir, associate professor of mathematics, said methods shown by Prather have an effective use in the classroom.

"They give you a good way of assessing how well students are keeping up with what you're saying," said Weir.

Christy Donmoyer, assistant professor of biology, neuroscience and community and justice studies, agreed with Weir.

"Most of his ideas do really work, and he backed it up with lots of evidence," said Donmoyer.

While Prather said lecturing should not take a majority of class time, however lectures in classes can be useful if used properly.

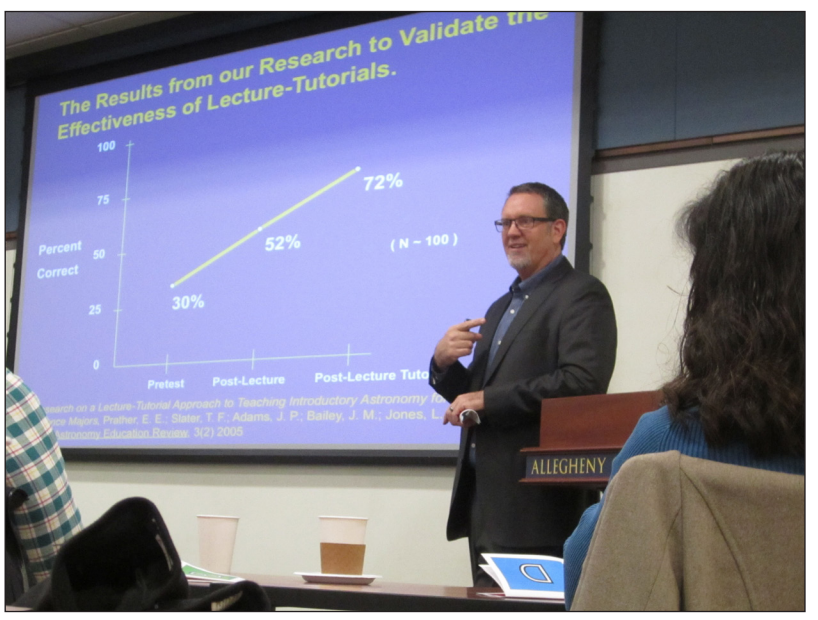
Weir said the workshop also presented a time for professors to analyze the effectiveness of their own teaching methods.

"One of the lasting results from the workshop was thinking," Weir said. "Thinking about whether the questions I ask in class are actually useful or getting across what I think they should."

Alice Deckert, professor of chemistry and biochemistry, said she already uses methods Prather advocated and noticed significant increases in student participation since implementing them.

Weir said the workshop provided for professors an opportunity they do not often get.

"I like getting the opportunity to talk about teaching. It's really important," said Weir. "I feel like we don't get the opportunity to do that as often as we should."

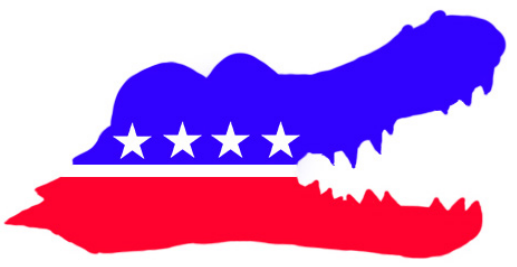


ALEX WEIDENHOF/THE CAMPUS

Ed Prather, executive director of the Center for Astronomy Education at the University of Arizona, delivers a lecture on improving STEM education by facilitating active learning on Saturday, Jan. 30, 2016.

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PRIMARY ISSUES:
THE ELECTION AND THE MEDIA



Thursday, February 11

"Emerging Issues: Hot Topics Permeating the Primaries"

Pelletier Collaboratory

Professors ANDY BLOESER and BEN SLOTE; CPP Fellow HEATHER BOSAU ('16)

A lunchtime discussion series examining national issues shaping the presidential campaign and the news media's role in shaping our understanding of them.

Faculty and student presenters set the stage. You expand the conversation.

Pizza provided.

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CRIME BLOTTER

Jan. 26, 2016
East College Street
Vehicle(s) damaged in accident.

Jan. 27, 2016
Loomis Street
Vehicle accident

Jan. 27, 2016
North Main Street and Loomis Street
Account(s) of larceny reported.

Jan. 30, 2016
Brooks Hall
Student being investigated for underage drinking.

Jan. 30, 2016
North Main Street near Baldwin
Student being investigated for underage drinking.

Jan. 30, 2016
North Village II
Student being investigated for marijuana.

Jan. 31, 2016
McKinley's
Student being investigated for underage drinking.

Jan. 31, 2016
Campus Center
Student being investigated for underage drinking.

Feb. 2, 2016
Allegheny Commons
Student found to be in possession of marijuana.

Feb. 4, 2016
McKinley's
Student being investigated for underage drinking.

EVENTS CALENDAR

Muslim Lunch and Prayers
Friday, Feb. 5, 12:30 p.m., PAM Retreat
All are welcome.

Faith Week Event: Tu B'shvat Seder
Friday, Feb. 5, 5 p.m., Jewish Community Center
Hillel invites you to celebrate the "New Year of the Trees," with a ceremonial meal that uses various fruits of the earth in observing the changing seasons of the year.

Year of Meadville Event: Storytelling Open Mic Night
Friday, Feb. 5, 8 p.m., Diamond Park
Join the Year of Meadville and the Meadville Council on the Arts on First Friday for storytelling open-mic night. Share a story about something you love. Email tellyourstorymeadville@gmail.com with questions or to sign up to tell a story.

Late Night Event: Make a Pet Bed with the Pre-Vet Club
Friday, Feb. 5, 10 p.m., Campus Center Lobby
Enjoy free snacks and make a pet bed: either for your own pet or to donate to a local nonprofit animal welfare organization.

Information Session with Alpha Phi Omega
Saturday, Feb. 6, 1 p.m., Campus Center 318
Learn more about community service through Alpha Phi Omega, a national coeducational service organization. Additional information sessions will be offered this week on Sunday, Feb. 7 at 1 p.m. and Tuesday, Feb. 9 at 7 p.m.

All-Chopin Recital with Pianist Jocelyn Swigger
Saturday, Feb. 6, 7 p.m., Ford Chapel
Pianist Jocelyn Swigger, associate professor of music and coordinator of keyboard studies of the Sunderman Conservatory of Music at Gettysburg College, will perform the complete etudes by Frederic Chopin. Admission is free. Chopin's 27 etudes—short pieces that develop specific technical skills—are widely regarded as some of the most difficult and beautiful pieces in the classical piano literature.

Chapel Service
Sunday, Feb. 7, 11 a.m., Ford Chapel
Nate Saccol preaches and communion is shared. Plan to come for a Super Bowl lunch at Stone United Methodist Church after the service.

Catholic Mass
Sunday, Feb. 7, 4 p.m., Ford Chapel
Mass will be celebrated early this Sunday to avoid conflict with the Super Bowl.

Super Bowl Party
Sunday, Feb. 7, 6 p.m., the Lighthouse (575 Park Ave.)
The Lighthouse hosts their annual Super Bowl Party, with plenty of snacks.

Information Session on Federal Jobs
Monday, Feb. 8, 1 to 3 p.m., Pelletier Collaboratory
Topics are the do's and don'ts of government job searches, an explanation of how to navigate the USAjobs.gov site and other search tips.

Drop-in Office Hours with Executive Vice President Sue Stuebner
Tuesday, Feb. 9, 4:30 to 5:30 p.m., Campus Center Lobby
Executive Vice President Sue Stuebner is available to speak with students. No appointment is necessary.

Shrove Tuesday Pancake Supper
Tuesday, Feb. 9, 5:30 p.m., Campus Center Lobby
All are welcome to this pancake supper with a magic show by Director of Career Education Jim Fitch.

Drop-in Office Hours with Provost Ron Cole
Wednesday, Feb. 10, 12:15 to 1:15 p.m., Campus Center Lobby
Provost Ron Cole is available to speak with students. No appointment is necessary.

Ash Wednesday Service
Wednesday, Feb. 10, 4:30 p.m., Ford Chapel
The Christian season of Lent begins with a service that includes the ancient practice of being marked with ashes as a sign of repentance and mortality. Chaplain Jane Ellen Nickell offers a reflection titled "Where Do We Begin?" Catholic Campus Minister Fr. Jeff Lucas and Professor Elizabeth Weiss Ozorak help lead the service.

Community Conversation
Thursday, Feb. 11, 6 to 8 p.m., Location TBA
President Mullen invites the community to start the new semester with a continued focus on strengthening inclusion at Allegheny. Mullen and key members of the college's leadership will share information on the college's current initiatives. Participants will have a chance to talk about issues that have been identified by CoDE and other groups as important to our community. Rhonda Fitzgerald, managing director of the Sustained Dialogue Campus Network, will be a special guest.

Signs you might be abroad: The basics of overseas travel

By JACQUELINE VERRECCHIA and ASHLEY MULRYAN
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verrecchiaj@allegheny.edu

Rumor has it (queue Adele) that the deadline for studying abroad is coming up soon (Feb. 22)! Should you choose to forgo a semester of partying, late-night pizza and some academics for another country? Well, if you are looking to learn about a foreign country or language, then we would highly suggest: yes.

We are co-authoring this column as recent returnees from being abroad (Ashley from Mexico and Jackie from India). We have some crazy stories and lessons learned from being abroad and we are ready to share them. This column may feel exaggerated at times, but trust us—the stories are real. And we have lived to tell them.

These are top 10 things you learn while studying abroad:

Navigation. While abroad you realize that the of use street signs or maps is optional for some infrastructures. Speaking of infrastructure: it does not always exist. You may have to adjust for warnings such as speed bumps every 10 meters instead of a speed limit.

How to be Insta-Famous. Marvel at some of the wonders of the world while also learning which Instagram filter looks best. Make all your friends who are stuck in the rain and snow jealous while you post pictures of ancient pyramids.

Adept reaction skills. In India, Jackie learned the exact speed you have to run to escape wild monkeys that looked cute from afar. Mexico taught Ashley how fast cockroaches fly.

Bathroom radar. We learned how to spot a bathroom or a hidden area within seconds because when you HAVE to go (because travelers' diarrhea is real) you learn that even ancient ruins can become the perfect spot to take a squat.

Toilet Etiquette. Did you know that you cannot flush toilet paper down all toilets? Neither did we.

The differences in chain restaurants. Comparing McDonald's locations around the world will make you an international foodie.

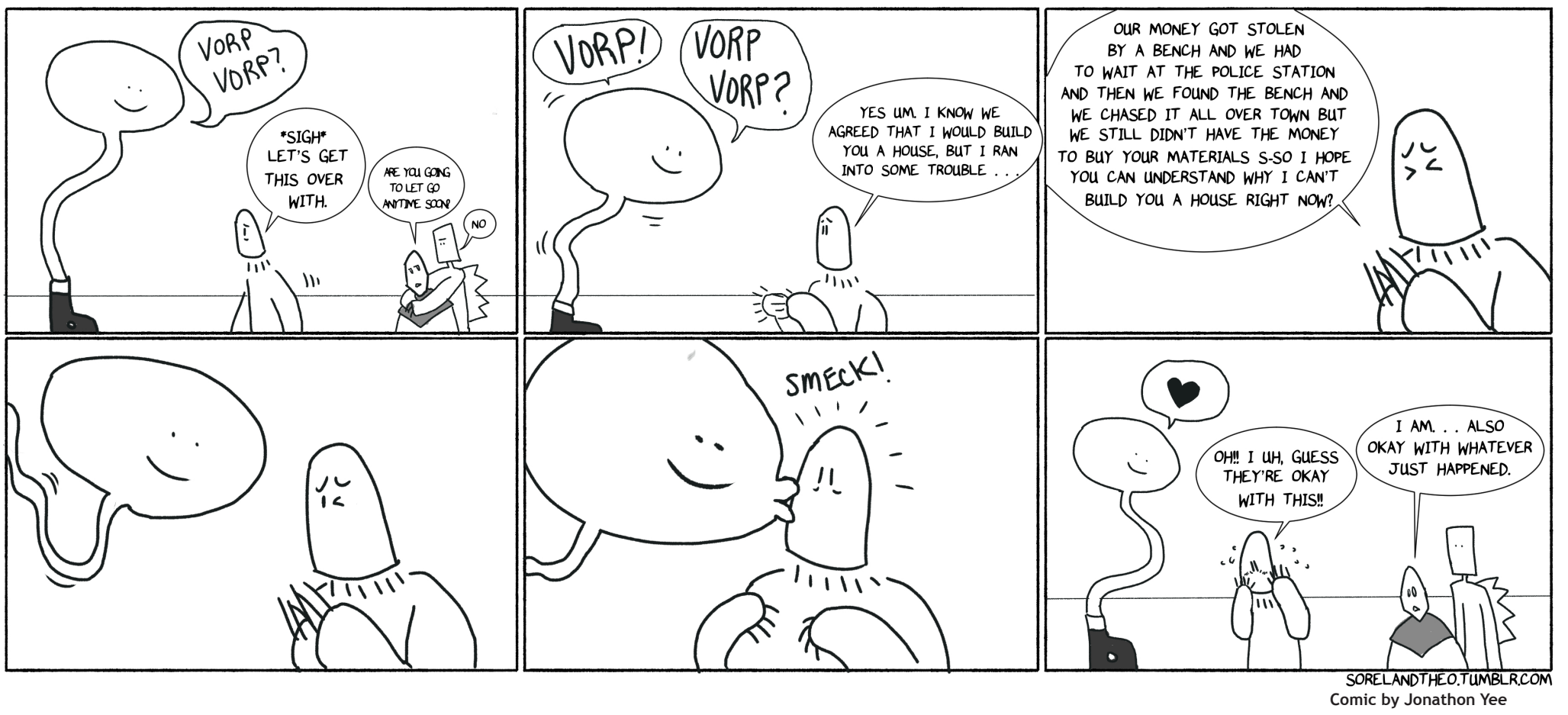
How not to care. Everyone will stare and point but we quickly learned how to be confident and let the whispers slide off our backs.

How to trust. Google does not have all the answers, but the old woman on the corner probably does, and she can point you to the best taquería in the city or tell you how much your auto rickshaw should cost so you do not get ripped off. She might be a stranger, but she probably is more reliable than Siri.

Thinking in different languages. Ashley vivío en español (lived in Spanish) and Jackie delth with I no no word in inglish (Jackie learned broken English). You become OK with only understanding 60 percent of what is happening.

How to accept a new normal. Mexico and India were not easy to live in as 20-year-old women, given the harassment, sexism and corruption. However the nuances stuck like glitter, and we still miss eating with our hands and the nightly news aka gossip from our host moms.

THE SIMPLE THINGS



Comic by Jonathon Yee

Bid Day creates fond memories for Greek life participants

By JACLYN MILLIN
Contributing Writer
millinj@allegheny.edu

Bid Day has become apart of Allegheny College's Greek life tradition that brings excitement, and for this reason it should continue to be apart of the campus community. Bid Day is one of the best days of Spring semester. I have had the privilege of celebrating four bid days, including when I received my own bid.

As a freshman, I was anxious all week for that early Saturday morning phone call from my Rho Chi. A Rho Chi is a woman who disaffiliate from her chapter for a semester so that she can help potential new members go through the recruitment process. I did not sleep the night before.

All week I had spoken with so many women from all the sororities about why Greek life was so great, what it has given them, and how it has been their best experience at Allegheny. I remember thinking, "Well, it's recruitment week, so they have to tell me that being in a sorority is amazing." However, as a senior now, I found myself saying the same lines as spoken to me freshman year.

Bid Day consists of getting a phone call or knock on your door from your Rho Chi who informs you whether or not you received a bid. If you did, you spend the next hour or so pacing around your room, trying not to wake up your roommate, while waiting for the sorority to come pounding on your door.

When they do come, they are loud, overwhelming and quite obnoxious. But this is the best part. Those women who come to your door giving you a bid to a great organization are thrilled to have you. They immediately accept you into their world and are willing to show you what makes that sorority so amazing.

After, you accept your bid, you put on your "Bid Day shirt," or first pair of letters and storm through the dorm halls with your new sisters as you pick up your fellow new members. This is when you are exposed to all the sorority chants and new faces, which you will not remember an hour later because your mind is racing with excitemen. After you pick up all the new members, you head to a meeting with Panhel, a council filled with members from sororities serving as an "umbrella" organization for Greek life and host recruitment.

After the meeting, you walk back to Brooks Hall's fourth floor where every sorority holds a dance party before run out. The weirdness of this event is out of this world but, for some reason, you are OK with it. You realize that you now have more than 40 women who you can be weird with and be accepted for it! Next, you line up for run out.

Run out seems to be when the emotions really start setting in for everyone. For new members, it seems a dream becomes reality. For seniors, something that seemed would never come, graduating, becomes reality. This is your last run out, meeting new members, dancing and being silly in the suite with your best friends, and taking obnoxious pictures with your new member class.

After graduation there are no more obligations to attend the things that sometimes seemed like a chore. No more philanthropy events, no more formals, no more weekly chapters. But as you realize what you are losing as you participate in your last bid day, you start realizing that those events will be something that you will miss.

The little events that you complained about in the past, skipped, or just did not want to attend ended up being important circumstances where you got to know another member better, met someone new or had fun with your best friends.

Another experience I was lucky to have was my little sister joining Greek life. I have had the opportunity to celebrate two bid days with her. I am so proud to call her my sister (in both respects). Greek life has given us an opportunity to grow as leaders.

The growth all starts on bid day when you open your door to a group of screaming women asking you to join their world. I consider myself lucky to have been a part of something that I have cherished over the past 3 ½ years.

Letter to the Editor

I want to thank Tyler Stigall for his thoughtful editorial response to the posting of a wellness display on common drugs used on college campuses in the campus center lobby. I want to acknowledge the concerns expressed by the community regarding the treatment of the information in the display that was posted by the Office of Student Life. The display was designed to be educational in nature, focusing on student health, common college drugs, myths and risks associated with the abuse of prescription and other drugs. The information for the display was taken primarily from brochures obtained from an alcohol and drug resource center and website focused on drug and alcohol rehabilitation programs that reached out to me to offer their website as a resource for our students.

On behalf of my colleagues in the Division of Student Affairs, I acknowledge that display was not appropriate and extend my sincere apologies to the Allegheny community. We are committed to moving forward and have taken steps to address the concerns expressed by members of the community. Moving forward, the Office of Student Life will work collaboratively with organizations like Active Minds and interested faculty and staff to create more collaborative displays that offer an educational approach to a variety of health and wellness topics.

We welcome any comments and want to offer additional support to the Allegheny community. To that end, I encourage you to visit me and/or any of my colleagues in the Division of Student Affairs to continue the dialogue and efforts to bring about a more inclusive, welcoming community of people who learn and grow together.

Jacquie Kondrot
Associate Dean of Students

'Making a Murderer' makes a mess

By MICHAEL ROSS
Contributing Writer
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The city of Manitowoc, Wisconsin occupies just a shade under 18 square miles of the United States' almost 4 million. Its long-held claim to fame is that it is the birthplace of the ice cream sundae. Its Rahr-West museum houses works from Miro, Dali, Picasso and ostensibly the only remaining fragment from the Russian Sputnik IV. It was not until the Dec. 18 release of the Netflix documentary "Making a Murderer" that Manitowoc became infamous.

The documentary focuses on the case of Steven Avery. Avery served 18 years in prison for a sexual assault charge for which he was exonerated. He then filed a lawsuit against Manitowoc County for $36 million. Shortly after filing, Avery was charged with the murder of Teresa Halbach, a photographer who visited the Avery family property. The two filmmakers responsible for the Netflix series intended their documentary as a window into the American justice system as a whole, they said in a phone interview with The New York Times. What the series certainly has accomplished is creating chaos for public officials flooded with outrage and disdain from the American public over email, phone and social media.

Using an online traffic-tracking software (similarweb), I found that the city of Manitowoc's website experienced a massive uptake in visitors from November, at approximately 3,000 for the month, to around 20,000 in December, corresponding to the Dec. 18 premier date of "Making a Murderer." Why is this important? There was a time not so long ago in our history when people had little choice other than to mind their own business. When Facebook posts on the Manitowoc County sheriff's page begin condemning local officials, referring to them as "worms" and expressing hopes that they burn eternally, one must question whether this particular type of social activism has any worth at all.

I would posit that the vast majority of social activism conducted on the internet is done to benefit the poster, not the cause to which it relates. That is to say, the internet has created an outlet for the activism-deprived to get their fix literally without the need to lift more than one finger. None of this is new. We have been debating the worth and role of the internet in our lives since its beginning. However, the events in Manitowoc shed light on the fact that the small town no longer exists in the traditional sense of the phrase. While Manitowoc is only 18 square miles, Steven Avery's case has ballooned this small town into the public consciousness of a much larger area. In the eyes of the filmmakers this could certainly be viewed as a success; they brought a potential injustice into the minds of the American public.

The makers of the documentary should not necessarily be blamed for the hateful vitriol streaming into Manitowoc, but they are responsible to a degree. Really, this case should serve as an informative example of what not to do when it comes to online social and political activism.

So what should one do? First, study more than one point of view. "Making a Murderer," as the former prosecutor involved in Avery's murder case stated, is more an advocacy piece than a documentary. Second, form an understanding of the opposition's reasoning, especially if it is fraught with error. Third, and this goes for all online interactions, consider if you would ever say something like this to someone's actual face.

Night watch volunteers protect turtle eggs in Costa Rica

By MEAGHAN WILBY
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PHOTO CONTRIBUTED BY NAISY FLANNERY

Naisy Flannery recently traveled to Costa Rica to volunteer as a night watch person for turtles who were laying eggs in a nest in the sand.

Naisy Flannery, '16, traveled to Costa Rica over winter break 2015-16 to work as a volunteer in a sea turtle conservation program. She also worked as a volunteer in Cloud Forest conserving and maintaining trails after the sea turtle program ended.

Flannery spent the first nine days working mostly with Pacific leatherback sea turtles. She was able to use expedition credits that she earned in place of money during her summer internship at Earthwatch in 2015 to fund her volunteer experience.

According to Faye Wilson, a volunteer from Houston, Texas who worked alongside Flannery, there were two parts to the sea turtle conservation program: protecting the leatherback turtles, their nests and hatchlings and collecting scientific data.

"They are linked in that the scientific research will help protect the turtles in the future," Wilson said. "Nathan Robinson, the lead scientist would mark on a white board the tasks that needed to be performed; night patrol Ventana beach, night patrol North beach, night patrol South Beach, two different shifts in the hatchery and morning walk. Each volunteer would rotate between the tasks to ensure that they got to see everything."

The night watch meant being in charge of the hatchery and watching for predators such as racoons and cats who make it past the fences and try to dig up the hatchling holes and eat the eggs.

"We bought this squirt gun and we'd squirt water at [the predators], sometimes we would throw sticks to scare them," Flannery said. "That was one duty, to make sure that the hatchlings were safe and then if any were to come up during the night we would fill a little bucket of sand and water and put them in there until a biologist would come and they would release them down the beach."

For the night patrol, the volunteers were required to patrol the beaches looking for turtle tracks and possible nesting turtles.

"You would walk for 20 minutes and wait a bit and walk for 20 minutes and wait," Flannery said. "When the female turtle comes up to lay her eggs she tries to find the most optimal spot, but sometimes...if she's new to the birthing process she doesn't find the right spot and that's when we have to intervene."

Times when Flannery and other volunteers were required to intervene included when the female turtle attempted to lay her eggs in the tidewater area, in areas of high traffic or by bright lights.

"If we find a turtle...we have to approach them from the back so they don't see us and then we decide what we're going to do depending on where she is laying," Flannery said. "When she's finished with her hole, that's when she begins to lay. If it's in an OK area we let her lay the eggs in the hole she created but if not we take a bag and we catch them as she's laying. Once she's finished laying, we take her eggs...to the hatchery and we re-dig a hole ourselves and place them in there."

Whether the team working decided to leave the eggs in the original hole the mother dug, or if they decided to relocate the eggs to the hatchery, they always placed a temperature detector in the nest with the eggs.

"The temperature determines the sex of the hatchlings. Warmer temperatures would mean that all of the hatchlings are going to be female and colder temperatures mean they're going to be male," Flannery said. "They called it 'hot chicks, cool dudes'. Now that it is warm in Costa Rica, most of the hatchlings are going to be females."

The night patrol was a six-hour duty that began at high tide every night, as this is when the female turtles are most likely to crawl up onto the beach. The morning walk was a four-hour assignment, similar to the night patrol and that started every morning at 5 a.m. The morning walk required volunteers to walk the entire length of the beaches looking for turtle tracks and hatchling tracks to see if any of the hatchlings had hatched overnight and made it to the water.

There were a total of 11 volunteers who shared these three tasks over the nine days. As well as working with the turtles the volunteers also did a lot of outdoor activities in the area such as ziplining and snorkeling during the day when they were off duty.

"We were very tired but it was worth it," Flannery said.

Flannery remained in Costa Rica in another, separate volunteer position after her nine days working with sea turtles had ended. This half of her trip was run through a small organization called The Volunteer Bay. Bailey Sheppard, '16, was hoping to join Flannery in that experience but was unable, due to funding issues.

"I was hoping to go to Costa Rica for both the cultural experience and conservation work," Sheppard said. "I personally believe a great way to better understand a different culture is to observe their relationship with the environment, which is why I was so enthusiastic about the conservation aspect of the trip."

Flannery echoes this statement and said her experiences in Costa Rica have influenced what she wants to do post graduation.

"I wanted to [study] abroad but didn't get a chance to, so this was kind of my experience and I think the biggest thing was culturally and understanding independence and being on my own in another country, there was a huge language barrier," Flannery said. "As a senior I've been on my own for a while now, but this was a whole other level.

"I think that I've decided that I want to, after I graduate, continue working with sea turtles and hopefully go back to Costa Rica as a biologist. It's really amplified my goals of being an environmental scientist."

Professor explores humanitarian medicine and values

Doctors Without Borders faces ethical challenges in global community

By ALEX HASAPIS
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The fifth lecture in the Karl W. Weiss '87 Faculty Lecture Series filled the campus center room 301/302 to capacity on Jan. 27. Speaker Steven Farrelly-Jackson, associate professor of philosophy, said the full room was a surprise. By 6:50 p.m., the seats were filled and it was standing room only for the lecture entitled, "Humanitarian Medicine and Ethics: Reflections on Médecins Sans Frontières."

The topic of this lecture comes after Farrelly-Jackson took a sabbatical in the spring of 2015 to study ethics surrounding the global health community in Europe. Farelly-Jackson came back with a wealth of knowledge and the goal of creating a new course after speaking with representatives from the World Health Organization, the International Committee of the Red Cross, the United Nations Educational, Scientific and Cultural Organization, Oxfam, Médecins Sans Frontières, also known as Doctors Without Borders, and many others.

"I wanted to examine the ethical framework within which [Doctors Without Borders] operates and which—in a sense—sets its own values. But then examine some of the challenges which the organization faces and, in particular, to [examine] some challenges which seem to go against those core values [of Doctors Without Borders]," Farrelly-Jackson said.

Farrelly-Jackson interviewed three people from Doctors Without Borders, two from Swiss Operations in Geneva, Switzerland, and one from the French Operations Center in Paris, France.

"I had these interviews with people and much of my talk was based off what I head in the interviews and also what people shared with me in terms of [Doctors Without Borders] materials. The challenges I engaged were challenges determined by [Doctors Without Borders] itself," Farrelly-Jackson said.

Farrelly-Jackson approached the preparation for this lecture differently than he would for one of his classes because he knew the audience would be mixed as far as students, faculty and staff. He was not prepared for the large showing from the community outside of Allegheny, namely from Wesbury Retirement Community.

Farrelly-Jackson's lecture was scheduled to end at 8 p.m. but lasted until 8:45 p.m. in part due to the massive amount of discussion among the audience that was spurred by film clips shown during the lecture.

> "While there is a lot of good things happening in [Doctors Without Borders] ...there are still many improvements to the organization that passionate Allegheny students would be able to help improve upon [graduation].
>
> Carolyn Brown
> *Class of 2018*

"For a couple of those [film clips], I actually—in a sense—paused and invited some immediate discussion about what they had just seen on the film," Farrelly-Jackson said. "I did that partly because the films were quite affecting, they were very immediate, they were showing these very difficult situations between patients and doctors or even between doctors and other local community members and I wanted to get a sense of what were peoples' immediate responses; what questions came up."

Farrelly-Jackson wanted to engage the audience's mind with new questions, provoke them to think about the subject in a way that the audience has not done and have the audience think in a new way and gain some new understanding in a dimension of life or ideas.

For Carolyn Brown, '18, the experience Farrelly-Jackson aimed for was exactly what Brown had.

"There was some controversial things Professor Farrelly-Jackson brought up, like how many times the doctors who ask for supplies or resources the most will get it, even if there are other doctors in [Doctors Without Borders] who need it more," Brown said. "So just facts like that can provoke a discussion about how [Doctors Without Borders] and other similar organizations decide who gets treatment."

Brown believes a lecture of this nature allows students who are truly interested in the topic to get their feet wet in the subject and see that opportunities exist for them after college.

"While there is a lot of good things happening in [Doctors Without Borders] with all the people they have helped there are still many improvements to the organization that passionate Allegheny students would be able to help improve upon [graduation]," Brown said.

The lecture was organized by the Academic Support Committee and the chair, Michael Barry, professor of mathematics, was the specific organizer. The purpose of this entire lecture series is to engage the college community and the community outside of Allegheny.

"They [the professors] showcase for an internal and external audience the work being done by Allegheny faculty," Barry said.

The next lecture is Wednesday, Feb. 17, 2016, and is entitled, "400 Million Years of Shark Teeth: An Extraordinary Puzzle." The talk begins at 7 p.m. in CC room 301/302.

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What your Teachers will not tell you
Dr. George A. Kuck (galbertk@aol.com)

This advertisement draws heavily upon 5 minute lectures in Prager University on the internet. The difference in government roles between the left and the right are often discussed but the not the results.

Do you believe the government should be the most powerful force in society and regulate everything from child care to how every business is run? To do this, a government will be very large and powerful. Inevitably, government bureaucrats will sell government influence for personal and political gain. Evil that can be done expands in large governments. Individuals are limited in the evil they can do. Only big governments can build concentration camps and organize genocides. With big government, people no longer feel that they need to help their fellow citizens. Europeans volunteer less of their time and money for charity than do Americans. It is easy to get government help and so the moral character of a nation declines.

When governments expand, what keeps them from expanding indefinitely? Economics eventually causes collapse. At some point the bureaucracies cannot keep all their promises. They continue to raise taxes - causing people to work less (the Laffer curve.) Deficits increase because economic activity decreases. Money cannot be borrowed causing a collapse in the monetary system - everyone is harmed.

Conservatives believe that the larger the government, the smaller the individual. People are responsible for their own lives and for helping other people. The government role is limited to necessary items such as national defense. It should be last resort to help citizens that cannot be helped by their families, private community organizations, or by charities.

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Beverlee Dee leads three of her rescue horses back to the stable on Nov. 21, 2015. Most of the horses at the sanctuary are Thoroughbred ex-racehorses but Dee has also taken in horses whose owners could no longer care for them. A majority of the work on the farm is completed by Dee herself, without outside help.

Bright Futures for rescued residents

Photos and Story By Cassie Bachik • Contributing Writer • bachikc@allegheny.edu



Beverlee Dee opened Bright Futures Farm, a local rescue, in 2000 when she realized the number of abandoned and neglected horses in the surrounding area. Dee says her job is not a job at all, but rather a vacation.



It is impossible to see from the road. There is no sign or welcome, and the driveway is shrouded by trees and bushes. If you do not slow down, you will miss it. But if you make the turn onto the gravelly dirt road, you will soon find yourself in the middle of the sanctuary that is Bright Futures Farm.

Bright Futures Farm is a 501(c)(3) equine rescue located in Cochranton. A 501(c)(3) is a nonprofit organization that has been approved as exempt from federal income tax because of its charitability, which in the case of Bright Futures Farm, is the prevention of cruelty to animals. The sanctuary is owned by Beverlee Dee, a woman who started rescuing abandoned, neglected and surrendered horses in 2000 while living in Butler.

Growing up, Dee never owned a horse but always had a soft spot in her heart for these powerful creatures. As a business woman living in the city, she simply did not have the space. But one day she came across Brite Decision, a severely injured Thoroughbred ex-racehorse, and felt called to help. "Why not?" Dee said, smiling.

After nursing Brite Decision back to health, Dee decided to found Bright Futures Farm, named after the racehorse himself. Over the past 15 years, Bright Futures Farm has fulfilled its purpose, and Dee has had to move to three different locations in order to accommodate the growing number of rescues. Most of the horses at Bright Futures Farm are retired Thoroughbred racehorses that have been abandoned at the track or surrendered by their owners.

In some circumstances, however, Dee makes exceptions for other breeds. One horse, Brandy, was rescued from owners who could not take care of her.

"You can see the white marks on her face where her halter was put on too tight," said Dee. "Her old owners told me that they called her 'Horse,' but I'm not going to do that. I'm calling her Brandy."

Dee does a majority of the work around the farm by herself, such as caring for all of the horses and cleaning the property. However, it is hard to find help with all of these responsibilities, especially during the winter months.

"I would love to have volunteers," she said.

She starts her mornings at 4 a.m. and works until the late evening hours. The horses are put out into the pasture every afternoon, and Dee brings them in every night.

"They go out whether it's rain or shine, even in the winter," said Dee. "They only stay in if the rain is icy or if it's too cold."

Even though it's a lot of work to care for so many horses, spending time with the animals is important to Dee.

"This is my favorite part," said Dee while grooming one of the horses, a retired Thoroughbred named Star Boggs. "If I can ride a horse, that's just a bonus. I love grooming them and just spending time with them."

Bright Futures Farm does not receive funding from state or federal agencies, so the sanctuary operates entirely on the generosity of its supporters. Dee has to rely on online auctions, fundraising events, donations and sponsorships in order to care for the horses.

Although most of the horses that come to the farm are adopted within a short period of time, a lot of the older residents become permanent and are sponsored instead.

"Sometimes people connect with a horse, so they sponsor that horse," said Dee. "We love sponsors."

At the end of each exhausting day, Dee would not change a thing. She has given a second chance to injured and neglected horses, and she has provided a permanent sanctuary of safety, light and love.

"I love what I do, it's like a hobby or a vacation for me," Dee said. "When horses come here, they can remember how to be a horse again."



Beverlee Dee cares for one of her several horses on Nov. 21, 2015.

Unusually warm January weather affects annual hiking trip



ALEÄA REYES /THE CAMPUS

Outing club leaders Sarah Nathan, '18, and Jordan Shimman, '18, lead a hiking trip along Gull Point at Presque Isle in Erie for eight participants. They left at 10 a.m on Saturday, Jan, 30. 2016. This is an annual trip, usually highlighted for the ice dunes. However, temperatures remained around 39 degrees Fahrenheit, lowering the odds for witnessing ice dunes along the coast. "It's an exciting trip as long as the weather falls perfectly," said Shimman. "It's not too cold, but you know, at least there's snow on the ground."

Volunteer-run coffee shop reopens for spring semester

By SHEA BEAUMONT
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To many students and members of Allegheny College's community, Grounds for Change is just like any other college campus coffee shop, but to the volunteers of the organization, GFC is much more than that. GFC is an all-volunteer and student-run coffeehouse on Allegheny's campus.

This organization provides an alternative space on campus for socializing, studying, intellectual discussion and debate and is host to community and campus events.

GFC strives to support environmentally sustainable practices which include the purchasing of recycled materials as well as organic, fair trade and locally grown and produced products.

Rachael Robertson, '17, a board member for GFC, said their main goal is to create a space that everyone on campus can utilize.

"We strive to provide local, ethical and organic coffee, tea, espresso and food at reasonable prices while also providing a space conducive to studying, hanging out and fun events," Robertson said. "Allegheny's campus and the Meadville community don't really have an accessible space that can serve all of these needs, which is why student volunteers work to maintain the space, constantly improve it and to run day-to-day operations."

Breanna Whiting, '17, GFC treasurer, said that the campus coffee shop is committed to being an inclusive environment.

"Every board member has participated in a Bystander or Safe Zone training and we do our best to collaborate with many of the other student clubs on campus to provide a wide variety of programming and to ensure the community that everyone is welcome in the space," Whiting said.

John Paulowski, '19, a GFC regular, enjoys frequently visiting the coffee shop to take a break from his busy college schedule.

"I enjoy going to Grounds for Change to get something to drink to help me get through my days full of class and basketball," said Paulowski. "It's a great safe place, where all different people from all different cultures can come together and share a quality cup of tea, coffee or milkshake while also studying for classes and socializing."

There is a lot of work and volunteers that help with the successful running process of the organization.

"This semester we have over 100 student volunteers that fill the 100, hour-long time slots, seven days a week to keep our space going," Whiting said. "We depend on our volunteers a great deal, as it would be impossible to keep the space open without them."

Whiting said GFC tries to be a place where individuals can do more than just share a cup of coffee or tea.

> "We depend on our volunteers a great deal, as it would be impossible to keep the space open without them."
>
> Breanna Whiting
> *Class of 2017*

"We often try a wide variety of events in the space," said Whiting. "We have concerts and open mic nights, the Center for Political Participation has hosted discussions over lunch hours about various topics, professors will bring their classes in for a change of scenery, and clubs will have open meetings in our space with a tab for drinks. We even host events ourselves that reflect our appreciation for our volunteers. We have supported individuals who weren't associated with a club but were passionate about something and needed a space to bring people together."

The financial situations of the organization, particularly how GFC gets funded and where all of the profits go, is based off of contributions from the school Whiting said.

"The first source of funding comes from Allegheny Student Government and the Student Activities Fee that goes towards every student club," said Whiting. "We use this budget to bring bands in for concerts, buy our volunteers appreciation gifts for all of their hard work, support other clubs who wish to collaborate and host events in our space that may have smaller budgets and general purchases that spruce up the space."

Another source of funding comes from the profits that GFC makes. Whiting said that those funds are used strictly to purchase only the necessary supplies to maintain the business.

Whiting said there are occasional negative comments about how GFC has reputation around campus that they only welcome a select few of individuals.

"There seems to be a social stigma around campus that only certain people hang out in GFC and we do have our regulars, but we truly welcome anyone that wants to come in," Whiting said. "You'll always find a friendly face that will help you choose your first drink and then join you to do homework."

Spoiler Alert: The Force is Awake

By TYLER STIGALL
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PHOTO CONTRIBUTED BY GEEKSOFDOOM.COM

BEGIN SPOILERS.

The latest installment in the Star Wars franchise is, as we all suspected it would be, formulaic, reminiscent of the originals and enjoyable. The plot was never bogged down by confusing scripting (the script, at times, felt more Joss Whedon than it did J.J. Abrams), and the lightsaber battles were well-paced. The comic relief was a very human John Boyega; no silly accents disgraced the dialogue.

One of the chief criticisms of "Star Wars: The Force Awakens" is that the new film largely mirrors the first installment of the series—"A New Hope"—in plot and structure.

The case runs as follows: a droid, bearing some Tolkienesque plot-driving burden, happens upon an orphaned blue-collar worker on a derelict deserted planet. The Nazis, hot in pursuit, force the orphan into action, which results in the orphan hiring a renegade piratical type.

Act II is where "The Force Awakens" diverges from "A New Hope." The finale involves an epic, space-melee terminating in an impressive explosion that really serves no place in what is meant to be a morality tale.

First, the superficial differences: it takes Rey (Daisy Ridley) approximately half the length of the film to master mind-control. We see Luke pull this trick off only after he has had two movies of practice. Likewise, Rey is able to best a Dark Jedi in one-on-one combat—something it takes Luke the entire trilogy to do.

Were I cynical, I would argue that Rey's hyper-mastery of the Force was a reflection on the impatience of the average American audience circa 2016; were I unhealthily cynical, I would argue that it was the result of an all-male writing team (Michael Arndt at first, replaced by Jeffrey Jacob Abrams and Lawrence Kasdan) over-compensating for the paucity of strong female leads in Hollywood.

I suspect instead that "The Force Awakens" was meant to play out as a sort of bait-and-switch, a joke if you will, on the typical gender roles of fantasy films. (And let's be honest with ourselves: Star Wars is more fantastical than it is mere science-fiction.)

Consider: trailers and posters originally painted Finn (John Boyega) as the blue-lightsaber-bearer. But viewers quickly learned that Boyega's character holds onto his lightsaber about as long as Orlando Bloom holds onto the audience's attention in "Dead Man's Chest." Boyega and Ridley claim about the same screen time, though by the film's denouement it is clear who the "main character" really is.

Our strong, female lead is kidnapped by the antagonists. In 1977, three men and a bear-thing executed the rescue; in 2016, the same all-male strike force effects the same plan, though the female lead, transcendent of her predecessor's gender role, manages to break free of her bonds without them. (Not to mention the presence of a female villain as well.)

And there is definite precedence for metaphorical Hollywood commentary in the Star Wars franchise. The original inspiration of the evil Empire was a domineering 20th Century Fox Studios; the protagonist, intentionally named one syllable away from the surname of the renegade producer.

The only awkwardness in the film came from the young age range of the cast, beyond the immediate two main characters (Boyega and Ridley). Immediate supervision of the First Order belongs to Kylo Ren (Adam Driver, age 33) and General Hux (Domhnall Gleeson, weirdly also age 33).

Yes, they do take orders from Supreme Leader Snoke (Andy Serkis, age 51), but not to the extent that Darth Vader (David Prowse, age 42 at the time of "A New Hope," and James Earl Jones, age 46) took orders from Grand Moff Tarkin (Peter Cushing, age 64).

Of the rebels, disregarding the anthropomorphic fish, Leia Organa (Carrie Fisher, age clearly tampered with) is the only point of authority who looks like they were born pre-Nixon administration. Poe Dameron (Oscar Isaac, age 36) makes most of the valuable calls throughout the film, only after he is informed by intelligence from Finn (aforementioned Boyega, age 23). The only advice that Han Solo (Harrison Ford, age 73) has to offer is, "There's always a way to blow it up."

Now, the Millennial-biased age range does not directly impact the plot, but if you juxtapose the chain of command in "The Force Awakens" with the lineup of military administrators on board the original Death Star, you may begin to wonder how the galaxy came to be ruled by a bunch of teenagers.

So I guess the conclusion is, go see the thing already. It has already grossed $1.9 billion as of Jan. 31, 2016. And in a year, go do it again when they bring Han back as a blue spooky Force Ghost or rip Boba Fett out of the Sarlacc Pit or reveal that Supreme Leader Snoke is really Grand Moff Tarkin or Voldemort or whatever. Abrams knows what he is doing. Also, Luke is back. END SPOILERS.

Alumnus hired as Gator cross country coach

By MARLEY PARISH
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Ben Mourer, '07, was named the head coach of the men's and women's cross country teams on Dec. 18, 2015. He will also be serving as an assistant coach to the Gator track and field team. Beginning his coaching experience in 2009 at Coe College in Cedar Rapids, Iowa, Mourer plans to continue to uphold the legacy of the men's and women's cross country programs at Allegheny.



Ben Mourer

"I am a very team-oriented coach who loves a group of athletes grounded in the history and tradition of their team," Mourer said. "The cross country teams have some of the best history on campus. I want our current generation of athletes to know that they are part of something bigger than the current team. What we do right now can play a part in carrying on that legacy and making the teams even more successful in the future."

Mourer was a four-year Alden Scholar who graduated from Allegheny with a degree in history. He was a member of the cross country and track and field teams. In cross country, he helped the Gators win the NCAC championship all four seasons. Individually, Mourer was a three-time All-NCAC honoree, earned First Team honors twice and finished as a conference runner-up in the 2007 season.

"We are pleased to welcome Coach Ben Mourer back to the Allegheny athletics family," said Portia Hoeg, Allegheny College athletic director. "His extensive experience will most certainly help him lead our men's and women's cross country teams to continued success as he is not only familiar with Allegheny, but he has been a part of some of the most successful running teams in our program's history. I expect Gator cross country will continue their strong tradition of excellence under Coach Mourer's very capable leadership."

Mourer has high hopes for the program and believes it will go far and improve.

"Allegheny College is an institution that does a great job balancing academics and athletics," Mourer said. "Everyone here gets a hell of an education, and over the past 10 to 15 years, the cross country and track teams have been among the best in the country. Meadville and all the back roads are a great place for distance runners to train, and I believe the programs have the potential to achieve even more than they already have. It is a bit of a homecoming, but I'm more excited about the future here."

The Allegheny program finished one of its most successful seasons this past year when both the men's and women's teams won the 2015 NCAC championship. Each team earned a spot in the NCAA Division-III National Championship for the first time since 2008 when both teams competed at nationals.

"From the time we've had him so far, it seems like Coach Mouer is going to be amazing for both the cross country and track programs," said Louis McUmber, '19. "He understands the needs of each individual as some of us are at different levels regarding age, mileage and past injuries. On that note, he is very understanding and is willing to work individually. At the same time, he expects a lot out of us and is not going to hold our hand. He is not hesitant to let know about things we really need to work on."

Mourer and the student athletes are excited to begin training.



The leader but not the boss

PHOTOS AND STORY BY ALEÄA REYES

Captain of the track team, Allen Baugh, '18, crouches on the floor after his cool down routine on a stationary bike in the Wise Center on Nov. 30, 2015. He focuses on regulating his breathing, allowing him to slow down his heart rate.

With only one collegiate season of track and field behind him, Allen Baugh, '18, was selected as the 2015-16 track and field captain.

"Being captain of the track and field team is a lot more of a challenge than I expected it to be," said Allen Baugh, '18.

The team is made up of sprinters, long distance runners, throwers, hurdlers and jumpers. Although Baugh's focus lies in sprinting, he is responsible for rallying morale and maintaining camaraderie amongst the team members.

"Being a captain of a college track and field team requires that you make sure the team works as a unit on and off the track. It is making sure people stay motivated through practices and keep positive attitudes to all situations that may arise through the season, like injuries or personal problems in between individuals," said Baugh.

This is not Baugh's first experience in leading a team.

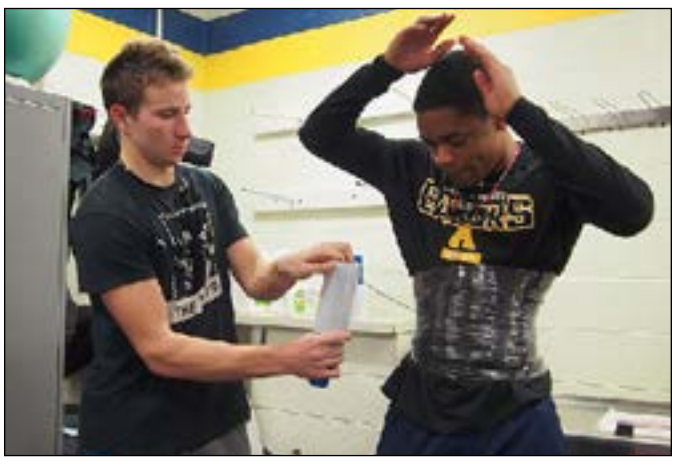
"I had been basketball and track and field captain of my high school teams my junior and senior year," said Baugh.

He is also a residential advisor for Walker Annex Hall. Being an RA requires the same skills as being a team captain, where he is responsible for the upkeep of a community, except in a shared living space, as opposed to a sports environment.

Baugh and members of the team were working towards their first meet of the winter which was on Dec. 5, 2015. They worked through workouts, practice sessions and lifting sessions five days a week, either at the Robertson Complex or the Wise Center dependent on the weather. These sessions typically run for one to two hours a day. After the team exercises, members meet for meals usually hosted in the Brooks Dining Hall, showing up with limbs wrapped with saran wrap and ice bags to improve the flow of lactic acid and reduce the inflammation of their muscles after running. Apart from training, team members also engage in evening events or "tractivities" -- which were team bonding events on the weekend. After the-long distance runners triumphed in the 2015 NCAC championships, the team came together to celebrate as winners.

"I have been very proud of my team and all of the work we have put in to get to our first meet. I have big hopes for this team and I expect there to be many all-conference awards given to both the sprinters and throwers by the end of the season," said Baugh.



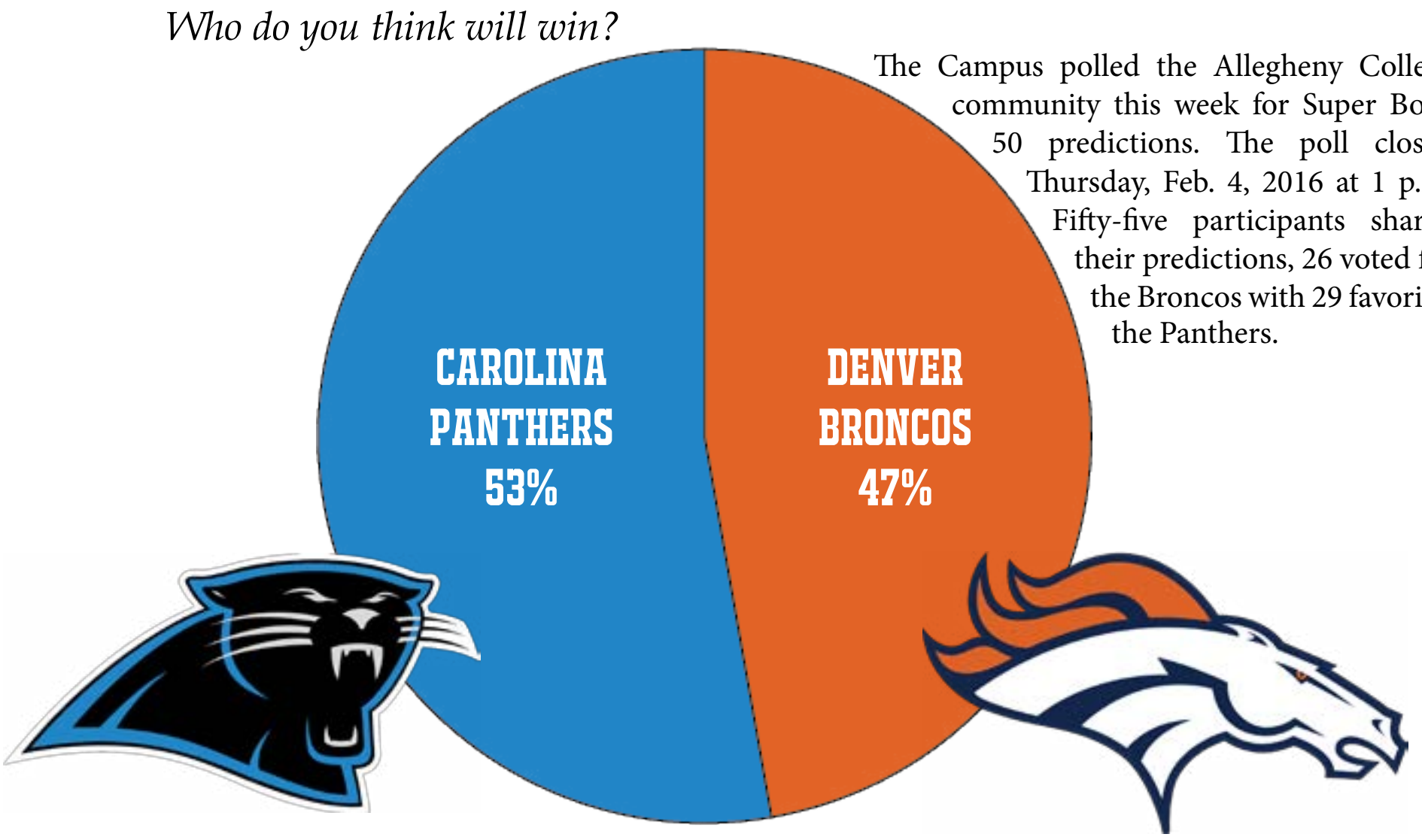


Left: Allen Baugh leans against the railing of the indoor track after his second sprint in the Wise Center on Nov. 30, 2015. After each sprint, runners are discouraged from sitting down and doubling over due to the risk of blood pressure dropping, prompting the possibility of a runner collapsing or a muscle cramping. **Right:** Matthew Wild, '18, wraps saran wrap around ice bags on Baugh's back to reduce pain and swelling.

SUPER BOWL 50

SUNDAY, FEB. 7, 2016 AT 6:30 P.M. EST ON CBS

Who do you think will win?



The Campus polled the Allegheny College community this week for Super Bowl 50 predictions. The poll closed Thursday, Feb. 4, 2016 at 1 p.m. Fifty-five participants shared their predictions, 26 voted for the Broncos with 29 favoring the Panthers.