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Per-DORM-ance Art Rocks Smith

PETER TRESNAN
CONTRIBUTOR

Last Thursday, a group of artists transformed the second floor of Smith into an art venue combining “visual art, postmodern dance, theatre, improvisation, oral hygiene and food processing” in a piece called perDORMance Art.

The concept was formed over a year ago as a “collaborative idea and effort by the [now] senior dance majors,” said Grant Jacoby ’13. It took shape when dance professor Lisa Race suggested they pursue it, and the nine seniors — Jacoby, Skyler Volpe, Liz Charky, Jeramie Orton, Candace Taylor, Chloe Spitalny, Amy Gernux, Rachel Pritzlaff, Sammi Shay and Ayano Elson — banded together to put the idea to reality.

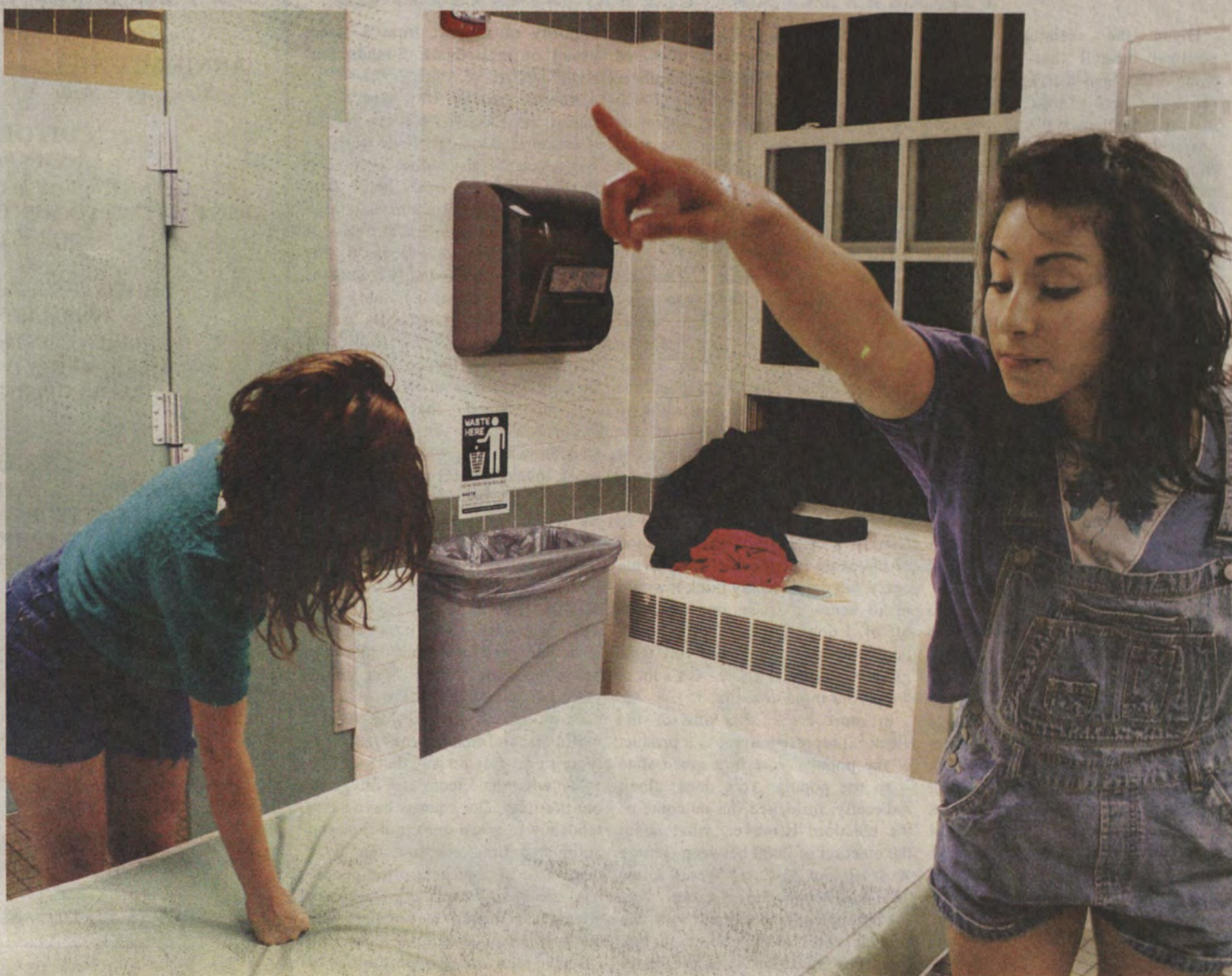
They had an idea; they had a venue. Word spread via Facebook with seventy guests attending by show time.

The crowd was small when I got there a little before 8 PM, but it wasn’t long before, by my estimates, seventy of us waited anxiously to see what was in store.

When we walked into the hallway, we were told to look for the doors with paper cutout stars, marking where art was happening. A few stars were on doors of students’ rooms, one on the bathroom door and one outside the pantry, but the clusters of people in the doorways were the best indicators that something was happening there.

Each room had distinct inhabitants, each with their own motives: Pritzlaff scrolled on her computer while Orton danced in the background; Jacoby laid on the bed as Spitalny rolled on the floor, slowly crumpling up the tin foil that was absolutely everywhere (and I make that point again to make sure you understand that it was everywhere).

Then, Volpe started to panic because there was no cayenne pepper. Where was it? Why does this matter? Before we could begin to ponder such topics, our focus moved to the hallway where each dancer ran back and forth in different pairings. The dancers moved through “the human tunnel,” as Orton put it, by dragging each other, carrying each other, flying into each other’s arms and generally testing the limits of improvisational dance.



PHOTOS BY CECILIA BROWN



On the 2nd floor of Smith, Liz Charky ’13 and Ayano Elson ’13 improvised with a bed in a bathroom. Below, Chloe Spitalny ’13 created bedding out of aluminum foil.

By the end of the night, each dancer had either 1) rolled or been dragged across the floor, 2) learned one or a number of audience members’ names or 3) found themselves completely displaced or disoriented, yet happy. Their artistic liberty led them to a space surrounded by us, an audience amazed by what had just happened.

CONTINUED ON PAGE 10

“My Drunk Kitchen”: A YouTube Phenomenon

MELANIE THIBEAULT
ARTS EDITOR

If you haven’t heard about the YouTube sensation “My Drunk Kitchen,” chances are we aren’t friends. If you’ve watched and don’t find it hilarious or endearing, chances are we’re never going to be friends. Hosted by twenty-six-year-old University of California Berkeley grad Hannah Hart, “My Drunk Kitchen” began as a joke between friends and has spiraled into a drunken, weekly web show where Hannah spends roughly five minutes mixing drinks, making puns and experimenting with recipes easy enough for the inebriated to follow. The results are hilariously ridicu-

lous, the food is often under-or-over-cooked and Hannah is more excited about the process of cooking than the final (often pathetic) results. A regular ol’ Abstract Expressionist chef if I’ve ever seen one on YouTube.

The first installation, titled “Butter Yo Shit,” premiered March 2011 and features Hannah attempting to make grilled cheese...without cheese — a seemingly impossible feat that she manages to salvage. The result is “hot sourdough,” which “is good but ultimately disappointing.” Hannah’s advice: always make sure you have cheese. In the next episode, she makes mac and cheese — this time with cheese. Baby steps, friends. Drunk cooking isn’t as easy as it

sounds.

Hannah introduces us to the concept of “My Drunk Kitchen” in the grilled cheese episode, saying, “This is a show about making sure that you don’t puke your guts out. This is a show that’s about friendship. This is a show about...hello.” Concise and informative unlike the show. Funny and scatter-brained like Hannah. The show also includes a good amount of meowing, beep-booping, hats and intermittent dance breaks, as well as literary/alcohol puns (see: “Tequila Mocking Bird”). Every episode is its own little comedic shit-show. Picture a drunk, gay Rachael Ray who is actually funny and doesn’t shoot caffeine into her bloodstream every

morning, and you’ve got Hannah. And she’s got a loyal, easily entertained following of little Hartos. You might be thinking that the concept of cooking while drunk sounds dangerous (as you should, because it is), but fear not; Hannah makes a point to advise her viewers on how to stay safe. “It’s important to remember that if you’ve been drinking, you should be also dancing.” Okay, so perhaps that wasn’t sound advice. But what comes next is closer. “You should also be drinking a lot of water because alcohol.” Okay, still missing the mark. “The first thing you gotta do is not be drunk when you’re cooking. Safety advisory. Just saying. Maybe you should have gotten a burrito.”

Whoomp. There it is.

While Hannah does not have a culinary background (she graduated with degrees in English lit and Japanese language), she’s full of cooking wisdom. “It’s important for you to remember, when cooking, to use food.” She then holds up a carton of Smart Balance butter, which last time I checked was just chemicals... but I trust her judgment. Sometimes. I’m not going to single out any more episodes because I think they’re all funny and worth watching; asking me to pick a favorite recipe is like asking me to pick a favorite friend or color or movie or Hemingway novel. I can’t do it.

CONTINUED ON PAGE 9

IN THIS ISSUE

On the Electoral College

Managing Editor Annie Mitchell questions the democracy of the Electoral College.

EDITORIALS - 2

Esprit de Corps

President and Mrs. Higdon contribute to a Peace Corps information session.

NEWS - 4

New “Health and Safety” Measures

Just a routine practice for winter break house closings, or something more?

OPINIONS - 6

Shake the Baron

The alumni band relives old memories while performing in Abbey House.

ARTS - 8

Iggy’s Hockey Corner

Hockey for dummies.

SPORTS - 11

Editorials

NOVEMBER 19, 2012

THE COLLEGE VOICE

Editorial

A Fair and Democratic Process

Given the seemingly endless political turmoil that plagues the Middle East and the corrupt leaders of Syria and Libya known to massacre their own people, we find ourselves thankful to belong to a country with relatively no corruption and a fair, democratic process. But how democratic can a country truly be if its presidential elections aren't actually decided by the number of people who vote for a given candidate?

Before I begin, a disclaimer: this is a nonpartisan editorial. True, it was inspired in part by the closeness of the election on November 6 (and to a lesser extent the election of 2000), but I have held the following beliefs for some time now. Since, however, this is the first election in which I've actually been able to vote (I was four months short of eighteen in November of 2008), I feel particularly passionate about this topic.

The Electoral College dates back to the late eighteenth century, when the Committee of Eleven decided that rather than having Congress elect the President as had been the protocol, a given number of representatives from each state (equal to the number of congressional representatives in that state) would instead vote to elect the President. At the time, delegates from smaller states were grateful for the Electoral College, since it protected them from larger states, whose influence would otherwise control the election.

Now, over two hundred years later, not much has changed. The number of electoral votes allocated to each state is determined by the number of Representatives and Senators that the state holds in Congress – so, essentially, the states with the highest populations receive the most electoral votes. Excepting Nebraska and Maine, each state

(and Washington, D.C., which while not present in Congress is allocated three electoral votes) operates under a winner-take-all policy, which means that the candidate who wins the popular vote in each state wins every electoral vote in that state. Put another way, as soon as a candidate's popular vote exceeds 50% in a given state, he is automatically delegated all of the state's electoral votes.

How are these electoral representatives chosen, you may ask? Each state's political parties nominate the electors in the months leading up to the election. These electors cannot also hold positions in any federal office. According to our political system, these lucky few are the ones who actually elect our country's leader.

When it comes down to it, I believe that the Electoral College is, frankly, a completely bogus method of choosing our presidents. Call me crazy, but does nobody think it would make sense to base our elections off of, I don't know, the number of people in this country who vote for a given candidate? I know – it's a lot to wrap your mind around.

In most cases, the vote of the electoral representatives is a product of the popular vote in a given state – so the popular vote does, albeit indirectly, influence the outcome of the election. However, what about the election of 2000 between George W. Bush and Al Gore? We all know that Bush won the electoral vote – obviously – but Gore won the popular vote! More people in this country wanted Gore to be president, yet he lost the election.

In situations like that, I fail to understand how anybody could possibly call the Electoral College democratic. Rather than electing the candidate with the majority of support from the population, we elected the candidate with the

majority of support from a select group of individuals. Sounds fair, right?

Another reason why I'm not a fan of the Electoral College is that it essentially assigns more worth to some votes than it does to others. For example, my lovely home state of Vermont counts for a measly three electoral votes, while California is allocated fifty-five. Doesn't this mean that my vote actually counts for less? When Vermont inevitably goes blue in an election it hardly makes any difference at all, but California has so much influence that it can literally determine an election.

I understand that Vermont's population can't even compare with California's, but why should that mean that our votes don't matter as much? With the Electoral College, a Vermonter's vote straight up doesn't count as much as does a Californian's. Under the popular vote, we count votes out of the entire country, not merely state-by-state. This way, states aren't pitted against each other, and every individual vote holds the same weight. *That* smells more like democracy to me.

However, all the ranting in the world won't change the fact that there's probably no way that we'll do away with the Electoral College in our lifetimes. Our country has a nasty tendency to grasp onto tradition and antiquated practices like our lives depend on it, and unless the people who are *actually* in the government attempt to make the popular vote our method of choice, it looks like I'll have many more opportunities to complain in the future.

- Annie Mitchell
Managing Editor

THE COLLEGE VOICE

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MEREDITH BOYLE

Editor in Chief

ANNIE MITCHELL

Managing Editor

AYANO ELSON

Creative Director

EDITORIAL STAFF

NEWS Emily Brouwer

OPINIONS Jerell Mays, Ayla Zuraw-Friedland

ARTS & ENTERTAINMENT Melanie Thibeault, Mark Ferreira

SPORTS Daniel Moorin

PHOTO Cecilia Brown, Maia Schoenfelder

WEBMASTER Ayano Elson

WEB CONTENT Fred McNulty

MULTIMEDIA Peter Herron, Liz Charky

ADVERTISING Melissa Fopiano

DESIGN STAFF

PHOTOGRAPHERS Cecilia Brown, Lily Pendery, Julia Rodrick

ILLUSTRATORS Paige Miller, Alicia Toldi

GRAPHIC Ayano Elson

WRITERS

NEWS Meredith Boyle, Helen Rolfe, Janan Shouhayib,

Marina Stuart, Emily Brouwer

OPINIONS Samantha Grainger Shuba, Julia Cristofano,

Fred McNulty, Emilie Vansant, Melissa Mangum,

Corey Scarola, Andrew Shaw

A&E Peter Tresnan, Melanie Thibeault,

Samantha Grainger Shuba, Mike Amato, Sam Norcross

SPORTS Iggy Sterling, Katie Karlson, Luca Powell

Contact Us

contact@thecollegevoice.org

270 Mohegan Avenue

New London, CT 06320

thecollegevoice.org

Wednesday - 9PM - CRO 215

Letters to the Editor (Your opinion goes here).

As always, we welcome letters to the editor. If you're interested in writing a letter, please read below.

Letters to the Editor:

Any and all members of the Connecticut College community (including students, faculty and staff) are encouraged to submit articles, letters to the editor, opinion pieces, photographs, cartoons, etc.

All submissions will be given equal consideration.

In particular, letters to the editor are accepted from any member of the college community on a first-come, first-served basis until noon on the Saturday prior to publication. They should run approximately 300 words in length, but may be no longer than 400 words.

All submitted letters must be attributed to an author and include contact information.

No unsigned letters will be published.

The editor-in-chief must contact all authors prior to publication to verify that he/she was indeed the author of the letter.

The College Voice reserves the right to edit letters for clarity, length, grammar or libel. No letters deemed to be libelous towards an individual or group will be published.

The College Voice cannot guarantee the publication of any submission. These policies must be made public knowledge so that every reader may maintain equal opportunity to have their opinions published.

Please submit your letters by either filling out the form on our site at www.thecollegevoice.org/contact-us/submitletter or by emailing it to eic@thecollegevoice.org.

Corrections

Correction: An article titled "SGA Moves to Amend Lockout Policy" published two weeks ago incorrectly stated that a first lockout would cost \$10; SGA has confirmed that the first lockout will be free for all students and the second lockout will cost \$10.

ATTENTION clubs, departments, campus offices and academic centers:

The College Voice has recently started accepting advertisement requests from on-campus clients.

We will charge a base fee of \$5 and prices will vary thereafter depending on size, organization (student or staff-run) and amount of design work needed.

Interested? Contact Melissa Fopiano at mfopiano@conncoll.edu

News & Features

NOVEMBER 19, 2012

THE COLLEGE VOICE

Student-Run Athletic Classes Spotlighting Zumba and ConnFit



JULIA RODRICKS

Student Instructors Share A Love of Zumba

MARINA STUART
STAFF WRITER

If you walk to the AC at 5:15 PM on Tuesdays or Thursdays and head to the spin and dance studios, you will hear the bass of a Rihanna or Nicki Minaj song thumping through the floorboards: a sure sign that a Zumba class is in session.

For those who don't know, Zumba is a dance fitness program created by Alberto "Beto" Perez during the 1990s. It incorporates different dance styles, such as hip hop and salsa, and creates a really fun but intense workout.

The two instructors at Conn this year are Bridget Byers '13 and Alysia Mattson '15. Byers first brought Zumba to Conn and it has been growing here ever since.

"I went to a Zumba instructor workshop my senior year in high school (2009). When I got to Conn, I started the first Zumba classes right away during the fall of my freshman year," Byers said, "As an underclassman, I was excited to start something new. It was such a great way to make friends and find my place on campus."

"I started attending classes here during the hurricane freshman year. I fell in love with Zumba! I spent my winter break choreographing and was able to start teaching my own class the second semester of my freshman year," said Mattson, who has been leading classes since last year.

To maximize your Zumba experience, you just have to dive into the class and forget

everything else. Speaking from personal experience, it's a little awkward and you feel silly at first, but once you get into the rhythm of the music, it becomes extraordinarily fun.

"I could not imagine a better way to work out. It's a complete dance party. I love all the crazy people in my classes and look forward to teaching every week. I've met so many amazing people and feel like I could conquer the world with Zumba," said Mattson.

During the class, Byers or Mattson leads the class from the front of the room. Everyone follows along behind them. Students either watch the instructor or follow along in the mirror, and the songs are played from a computer or iPod and blasted throughout the room from

a giant speaker borrowed from the AC.

"Preparing for class has gotten easier over time — I started out using CDs and a boom box freshman year. Even then, the class was supportive and patient. Though everyone comes to class with their own anxieties and emotions from the workday, the class always has a positive tone. The group setting is motivating and supportive. I have never had a negative experience with anyone taking Zumba! Everyone's there to sweat and have fun!" said Byers.

But just because it's fun does not mean it isn't hard; after only two songs, everyone in the room is sweating and stretching out to loosen their muscles.

"When everyone is dripping with sweat at the end of the hour...

it's the most rewarding feeling in the world," said Mattson, "I like knowing that my choreography has been keeping Conn students sexy and I love watching my classes grow, especially when bikini season comes around."

Alex Tritto '16 has been going to the class for a few weeks and said, "I think it's a good workout—it just feels like dancing and having fun with your friends. Plus it makes you happy afterwards."

Each song has completely different choreography. After the first verse you usually get the hang of it, but those new to Zumba may find it mind-boggling that the choreographers and seasoned dancers can remember all the different moves.

"Ninety percent of my songs I choreographed [myself]. I spent a

lot of time during finals week in the dance studio choreographing," said Mattson, "It was an effective stress reliever and fun workout! A few of the songs have moves borrowed from other Zumba instructors, but I love coming up with new moves!"

In the hour-long class, you can hear over ten songs played. Freshman Natalie Bennett's favorite song is 'Starships' by Nicki Minaj, as is Mattson's.

"It's so energetic and everyone dies by the time we are done. It's great."

Byers is currently loving T-pain's 'Church.' She said, "I get bored with old choreo sometimes, but 'La mujer del pelotero' by Clan537 is my favorite merengue and 'I Wanna Go' by Britney Spears will always have a special place in my heart." •

ConnFit Brings New CrossFit Craze to Students

EMILY BROUWER
NEWS EDITOR

Connfit, a recently approved student club pioneered by Jack Hile '14 and Ryan Dillon '13, is one of the most interesting student-led health and fitness initiatives to launch in the history of Connecticut College. Taking their own spin-off of the inspirational CrossFit training program, the two have brought their love for fitness and a healthy lifestyle to our campus, allowing students of any experience or strength to train free of

cost.

Committed to "developing well-rounded athletes by testing through workouts with varied time domains and modalities, [Connfit workouts range] from weightlifting to gymnastics to endurance training - combined in a circuit." With intentions to both educate and train athletes, Hile points out that safety comes first. Students are taught how to properly warm up, perform a weight circuit and execute specific exercises, so that everyone can feel comfortable and confident during the work-

out.

The best thing about this group is that it's open to everyone and anyone, at any fitness level. As Hile describes, "When I first stepped into my CrossFit gym I was greeted by a group of extremely friendly, hard-working people who were there to support me and everyone around them. Right from the get go I knew that the kind of bonds CrossFit fosters were long lasting and meaningful. When you put a group of people together who are all giving everything they have to achieve their goals,

it definitely creates a special atmosphere."

In an effort to make this community a reality at Connecticut College, Dillon and Hile have worked hard, and succeeded, in gathering support amongst faculty, students and administration alike. Not only have the two raised morale and created a newfound sense of community amongst students, they have also made improvements to the athletic center itself. The two are responsible for the purchase and update of new weights and equipment in the AC, and

since it's mid-semester start, the group has held at least ten workout sessions incorporating new equipment and new faces.

What was their inspiration? Hile admits, "It's cliché but I've always thought of my Dad to be one of my biggest inspirations. He works extremely hard and has provided me uncountable opportunities to achieve my goals. Obviously I would have to say everyone in my gym as well - the support I have received from CrossFit Newton is unbelievable... it inspired me to go forward and start ConnFit

with Ryan."

The future of the club looks bright. Dillon and Hile hope that with the growth of the group, they will soon host some multifaceted events, such as workouts for a cause or seminars on fitness and nutrition. Additionally the duo tells us we can look forward to a ConnFit Games tournament, to be hosted in the spring of 2013. For now, join the Facebook group and stay tuned for the announcement of weekly workouts! Come experience what Dillon describes as, "A way of life." •

THE COLLEGE VOICE

Oxfam Fast Shows Student Philanthropy

MEREDITH BOYLE
EDITOR IN CHIEF

On Thursday, the lobby outside Harris Refectory was unusually quiet due to the annual Oxfam Dining Hall Fast.

"The Oxfam Dining Hall Fast is a charity fundraiser for Oxfam America and the New London Community Meal Center," Michael Murgo '15 SGA Chair of Diversity and Equity said. The fundraiser is organized by SGA, Dining Services and the Office of Spiritual and Religious Life.

The Dining Hall Fast falls under the umbrella organization called Oxfam America – "an international relief and development organization that saves lives, helps people overcome poverty, and fights for social justice," according to their website.

The week leading up to Oxfam, students could voluntarily "give up" their meals. In other words, those who signed up would find food elsewhere for the night – either at Oasis or off-campus venues. Students who didn't volunteer for Oxfam were able to eat on campus at Jane Addams dining hall. For every student who chose to give up their dinner, Dining Services donated \$3.15 – the raw food cost of a meal – to organizations who feed the hungry; Murgo estimated that the program has been going on at least since 2006.

In order to tally the number of students participating, Dining Services collected the sign up sheets each night after dinner. However, the total number of meals given up will not likely be tallied until after Thanksgiving break because, as Director of Dining Services Ingrid Bushwack describes, it's a pretty complicated process.

"We are still checking on the people that eat at JA, in case they pledged to give their meal up but ate anyway. We also have to check the use of athletic team vouchers at the snack shop for the same reason. This is pretty time consuming for us," she said.

However, Murgo can report that the first three nights of sign-ups yielded about 650 signatures, and roughly estimates that the total tally is about 867 – a total \$2,731 in donations. This number is lower than last year (1,074 meals were donated last year), which Murgo explains may be due to a different sign-up procedure.

"Last year, instead of having students sign up, Dining Services and SGA decided to take the average number of meals eaten on the three preceding Thursdays, subtract the number of people who ate in JA or used a voucher in Oasis, and donate that amount," he said.

"This [old] method works well, but Dining Services was concerned that it deteriorates the spirit of Oxfam. Because students weren't signing themselves up, many didn't know that they were donating their meals. All they knew was that they couldn't eat in Harris that night. Having students sign up individually helps them realize the good that they are doing for the world's hungry, and the difference they are making in their lives by choosing not to eat just one dinner at a dining hall," Murgo said.

Alexandra Bolles '13, who represented the Office of Religious and Spiritual Life in the organization of Oxfam, agrees with the new method. "I'm a big fan of the sign-up method. Even if the numbers weren't quite as high (though they're always impressively high), the goal goes beyond raising money. The goal includes raising awareness. That moment, that 'I eat everyday and some people never eat' realization, is an important one. Tangible donations are, without a doubt, important, particularly to the people receiving them. Getting people to think about privilege and injustice, even if just for a night, is invaluable."

Next year, SGA will assess the success of Oxfam 2012, weigh the difference in methods between this year and last year and decide which to use next fall. Murgo said that SGA may also consider reaching out to local businesses to offer special deals for students who give up their meals.

Bolles spent a few nights tabling in Harris, and was impressed by the philanthropic attitude of many students. "Conn is a really special place because we're all so fortunate to be here and experience what it has to offer. It seems like a small gesture, but setting aside a night for us to recognize our own privilege, the fact that many people lack basic necessities, and to realize how easily we can make a collective effort to contribute – it's an important and necessary message for us at Conn to get."

JANAN SHOUHAYIB
CONTRIBUTOR

There are many things that bring the NESAC closer together. The eleven liberal arts colleges and universities interact in a variety of arenas, the most well known being in athletic conferences. Noam Waksman '15, a dual citizen of the United States and Israel, and Hani Azzam '15, a Palestinian-American, are students at Connecticut College and Tufts University, respectively. The two have pushed the boundaries of the NESAC interactions to a global arena, with the hope of peace in the Israel-Palestine conflict.

The two NESAC students have created a blog called "Until Next Year in Jerusalem," found at: www.untilnextyearinjerusalem.com. The site discusses and promotes peace in the Israeli-Palestinian conflict. The

Along with encouraging readers to discuss the [Israeli-Palestinian] conflict, Azzam and Waksman have recognized the strong similarities between the Arab and Israeli cultures, such as language, music and foods, and have used these similarities in order to fuel their fight for peace.

blog is structured as letters written back and forth between Azzam and Waksman discussing the conflict, wherein each writer closes with the phrase "until next year in Jerusalem." They discuss personal stories, such as their families' dinner tables, each country's history and provide honest opinions with their communications. Above all, their ultimate goal is a peaceful solution to the conflict.

The blog reads as letters between two close friends, who are informed of and invested in the conflict. Azzam explains that having these public discussions with Waksman will

hopefully "dispel any idea of an inherent hatred between Palestinians and Jews."

Both Azzam and Waksman have articulated that, by writing the letters to each other, they are able to encourage dialogue about the conflict in a more safe and distant environment, in the United States, where they are separated from the violence.

"Noam and I present an alternative," Azzam explains, "a simple conversation between two individuals who grew up as friends in a society not already polarized by the conflict."

Moreover, in Azzam's first letter to Waksman in the fall of 2010, which eventually inspired "Until Next Year in Jerusalem," he elaborates, "on one side of the Earth our peoples can fight a generations-long war without an end in sight, and in America, you and I can be close friends." Their friendly letters show just this; along with encouraging readers to discuss the conflict, Azzam and Waksman have recognized the strong similarities between the Arab and Israeli cultures, such as language, music and foods, and have used these similarities to fuel their fight for peace. Their letters have offered perspective from the "other" side; by sharing each other's views, Azzam describes, "The future is not as bleak as it seems."

Nevertheless, solution cannot be found without participation, education and communication among young people. "The role of youth is everything," Waksman said. "Realistic solutions rely in changing perspectives and education for the current youth."

Both Waksman and Azzam have stressed the importance of communication among the younger generation, who Azzam describes being in a "malleable state, [only able] to experience the other side through negative engagements." They realize that communication is not always easy, and often leads to anger or frustration, but still is the necessary first step. In the blog's most recent post, on November 1, Waksman shows the importance of their communication: "how can we—or anyone for that matter—accomplish anything if we don't talk to each other." Their open

HELEN ROLFE
STAFF WRITER

Sadly, it's often the case that promotional materials can do little to completely communicate what a program is all about. Arguably, an example of this critique could be seen in a video that opened last Thursday evening's Peace Corps information session in Blaustein. In a six-minute sample of persuasive media at its boldest and best, a sweeping and triumphant soundtrack supplied a pleasant counterpoint to audio clips of John F. Kennedy's voice proclaiming the countless merits of altruistic patriotism. All of this soaring, idealistic rhetoric (which was, I have to admit, actually very moving) culminated with footage of a Peace Corps volunteer decked out in the native regalia of her "host country," kneeling down so as to more easily receive the embrace of a young local child.

Any accusations of one-sided propaganda aside, joining the Peace Corps certainly does demand an altruistic spirit and a sincere desire to "make the world a better place." During her segment of the information session, Kathryn Fidler, the Peace Corps recruiter for southern New England and a Peace Corps alumna, emphasized the personality traits that are essential to an aspiring volunteer:

"commitment to service, leadership, cultural sensitivity, flexibility, curiosity and dedication."

Indeed, it might sound downright saintly to first spend nearly a year on an application process that is, according to Fidler, "legendary for being long and annoying," then to participate in three months of intensive training, and finally to commit a full two years of your life to serious work in a country to which you have been assigned. But according to both President Leo and Mrs. Ann Higdon, who were Volunteers together in Malawi from 1968 to 1970, this assessment would be light-years away from a true picture of the Peace Corps experience.

Reflecting on the consequences of her service, Mrs. Higdon said, "You think you're being so altruistic, but they give you so much more. Things you can be very mistaken... You learn so much about what makes people good people, and it has nothing to do with material possessions. It's really trying to figure out what it means to be in a different culture, how best to make people understand you and try to understand them."

Members of the Peace Corps serve in one of several strategic capacities—health and HIV/AIDS, education, agriculture, environment, youth and community development, or busi-



Screenshot of Waksman and Azzam's website, untilnextyearinjerusalem.com



From left to right: Noam Waksman '15 and Hani Azzam '15

dialogue encourages honest communication, which gives us open eyes to both perspectives.

In addition to their self-reflection, the two have also posted on their blog about weekly news stories in the Middle East with their own commentary. They have recently covered the Palestinian, Israeli and American elections, all of which are connected and pertinent to the Middle Eastern conflict, always citing various news sources such as *The New York Times*, *BBC News*, *The Washington Post*,

as well as the Israeli newspaper, *Ha'aretz*. The two can be contacted on their blog, Facebook page and on Twitter, at @UNYinJerusalem.

Through their strong efforts with the website, Azzam and Waksman have provided a new arena for NESAC to interact on a more global level, bringing the efforts of two students, two colleges and two cultures together in order to promote an open and honest communication for a lasting and peaceful solution. •

Esprit de Corps

Peace Corps information session featured President and Mrs. Higdon

ness and information/communication technology—in countries around the world that have requested the presence of volunteers. Most (about 40%) will spend their time overseas in a teaching capacity, yet President and Mrs. Higdon, as well as Fidler, seem to think that it's often the volunteers themselves who are taught by their supposed pupils.

President Higdon repeatedly called attention to the "very basic skills that I developed as a Peace Corps volunteer: having a much broader perspective,

"You think you're being so altruistic, but they give you so much more. Things you assumed to be one way - you can be very mistaken... You learn so much about what makes people good people, and it has nothing to do with material possessions."

eliminating any preconceived notions, developing your cross-cultural

fluency... You don't truly appreciate a foreign culture until you've gone and lived there. Those were life skills."

These skills, hard-won through challenge and uphill struggle, can sometimes be inaccessible in the industrialized, sheltered Western world, which partially explains the Peace Corps' continuing reputation for a competitive selection process and a rigorous, rewarding service experience. Still, altruism is far from the only motivation to join up, for volunteers receive benefits and advantages upon return as far-ranging as the reduction of student loans, preferential treatment in the federal government's hiring process, and even "transition funds" of \$7,425, which they may spend however they like.

But disregarding whatever financial or career benefits may accrue as a result of service in the Corps, a sense of purpose and a desire to truly help people remain the most important criteria for selection as a volunteer. President Higdon mused that choosing to volunteer "makes a statement about who you are and your values. When you talk about the Peace Corps, it just automatically says something about what's important to you."

"Not everything is about dollars," Mrs. Higdon added, as their entire audience of young idealists nodded in earnest agreement. •

Opinions

THE COLLEGE VOICE

NOVEMBER 19, 2012

Right Said Fred!

Dear Fred,

My girlfriend and I have a minor disagreement. I believe in traditional-style relationships. I insist on holding the door, paying 100% for all meals, for example. While she appreciates the consideration, she has told me that she finds this sexist and patronizing. What do you think?

Sincerely,
Traditional Boo



ALICIA TOLDI

Hello, Camels! My name is Fred McNulty, the author of "Right Said Fred", a sex and relationship advice column that has been running since Fall 2011. In these articles, I answer questions that students at Connecticut College pose about their love/lust lives, but might be too afraid to ask in a more public setting. The identities of all students who submit questions are kept entirely confidential and their real names are never posted in the articles. Queries may be submitted to fmcnulty@conncoll.edu. Questions may be edited for spelling, syntax, content and grammar. Be as explicit as you are comfortable with.

Fred On the Issue of Modern Day Chivalry

FREDERICK MCNULTY
SEX COLUMNIST

Dear Traditional Boo,

Let me begin by tackling your door holding example. I think it helps to pose a different scenario: let's just say that a heterosexual male and another individual (for the sake of the argument, the stranger will be male) arrive at a door together. Would the heterosexual male not open it for the stranger, as he likely has no romantic or sexual interest in him?

Whenever one acts (toward a date, or just in general) her/his main concern should be focused on being a polite person to everyone, regardless of gender. I have always found that acting nice toward a person just because of their sex can be rather demeaning. Which of the fol-

lowing sounds better?

"You can go in front of me because you have breasts and a vagina," or "You can go in front of me because I feel as if letting you do so is a nice thing to do."

To me, people should be polite to other people. Period. Use your best judgment: if you're doing something because it is solely a good thing to do, then keep doing it. If you're doing something because of the gender of your date, you may want to reconsider the motivations for your actions.

For some reason, a lot of people have a problem with me saying this. I have talked to a good number of people who cannot get over the idea that people should be nice for the sake of being nice, regardless of sex. I am not just referring to conservative-minded folks, either! Generally speaking, I think this issue cuts

back to the wider debate about abandoning tradition in favor of progressive social values.

I generally find this to be an awful way to frame the argument. Remember when tradition stated that women shouldn't work outside the home? Remember when tradition forced same-sex couples to pretend to be heterosexual? Remember when tradition stated that people of different races shouldn't date, or even interact with one another? I am not comparing holding the door (and other actions) to such abhorrence, but I am trying to make the point that tradition, alone, does not necessarily justify present-day actions.

The debate should be more centered on the idea of whether the change would be beneficial or whether the status quo is just fine. I do think people should

hold the door for each other and such - I just do not think that their motivation should be out of pity for "the weaker sex." I am not sure why this is still controversial in 2012.

However, the issue of who pays at a meal is slightly more complicated, because a monetary transaction is necessitated, as opposed to just holding the door. That being said, the rules about who opens the door for whom and who pays for whom were created with the same intentions in mind: "women are an inferior sex." When the payment rules were created, many women did not have enough money to actually pay for themselves on a date. (This is not to say, however, that sexist condescension did not factor into the equation.)

Clearly that is no longer the

case, even if women are statistically paid less than men. In my view, all parties should always assume that they would be paying. I think it should be rare that any one party pays at a disproportionate rate compared to another one. By assuming that one will be paying, one avoids awkward social situations. Does this not seem logical?

When deciding who should pay, I think people consider these three things:

- What is your financial situation like?
- What about your date's?
- Is this outing a "gift" to your date or not?
- How long have you two been dating?

In a perfect world, all parties should pay their fair share. No one party should be paying sig-

nificantly more than another on a regular basis. (There are, obviously, exceptions to this. The most obvious one is if one party is in a tough economic situation.)

This is the simplest method. I see no reason why men should feel required to pay for a date. I know that some people argue that it's polite to pay for "the weaker sex." If the only way to impress your date is to pay for her food, then you might want to rethink your ideology on dating.

On a personal note, depending on the situation, I will pay the bill for friends, sexual partners and romantic interests of mine. In other situations, they will pay for me. Somehow, I do not feel as if my masculinity has been rescinded because I don't adhere to "traditions" that assume the inferiority of women.

Hope this helps! Good luck. •

Another Milestone in the Never-Ending Pursuit of Marriage Equality

EMILIE VANSANT
STAFF WRITER

The United States continued its long journey towards marriage equality on November 6, with Maryland, Maine and Washington joining the six states and D.C. area that have already legalized same-sex unions. These ballot victories finally put an end to a fourteen year streak of marriage equality defeats in thirty-two states, raising hope for a distant future when who you marry will not be the subject of national controversy.

This is the first time that gay marriage laws have passed through a ballot referendum, and were not at the mercy of "radical" judges or state legislatures. Such a shift in public opinion was therefore widely celebrated in the LGBTQ community. Voters are finally taking charge of this country's civil rights crusade. Ideally, the rights of minorities should not be subject to a popular vote in the first place, but at least society is moving in the right direction.

Hope for greater marriage equality in the nation arose with Obama's advocating of same sex couples during his campaign. He was the first sitting president to ever speak openly about endorsing the rights of the LGBTQ minority. While some

heavily criticized him for supporting gay marriage, his stance energized his liberal base and made him incredibly popular with the ever-growing LGBTQ voter demographic. Predictions of political damage due to this event were proved false with his re-election last week.

Other small victories for the LGBTQ community include the election of Democratic House member Tammy Baldwin as Wisconsin Senator, making her the first openly gay member ever elected to the chamber. In Iowa, State Supreme Court justice Dave Wiggins kept his position, despite fierce conservative efforts to remove him for his major role in the court's unanimous decision in 2009 to legalize same-sex marriage. Only two years ago, three other justices in Iowa were ousted for their participation in the same decision. Additionally, for the first time ever, a ballot measure banning same-sex marriage was defeated in Minnesota.

Clearly, the LGBTQ movement is gaining ground in America. Almost half of citizens believe their state should recognize the union of same-sex couples. Unfortunately, there is still much progress to be made. Thirty states have implemented constitutional amendments banning same-sex marriage.

Additionally, the Supreme Court has yet to give its attention to the Defense of Marriage Act, which denies federal recognition of gay or lesbian marriages that have been legally performed in select states. Already, federal courts have ruled that this act does not allow for gay or lesbian persons to be included in the Constitution's guarantee of equal protection. Though this is recognized, nothing has been done about the state's authority to deny marriage equality.

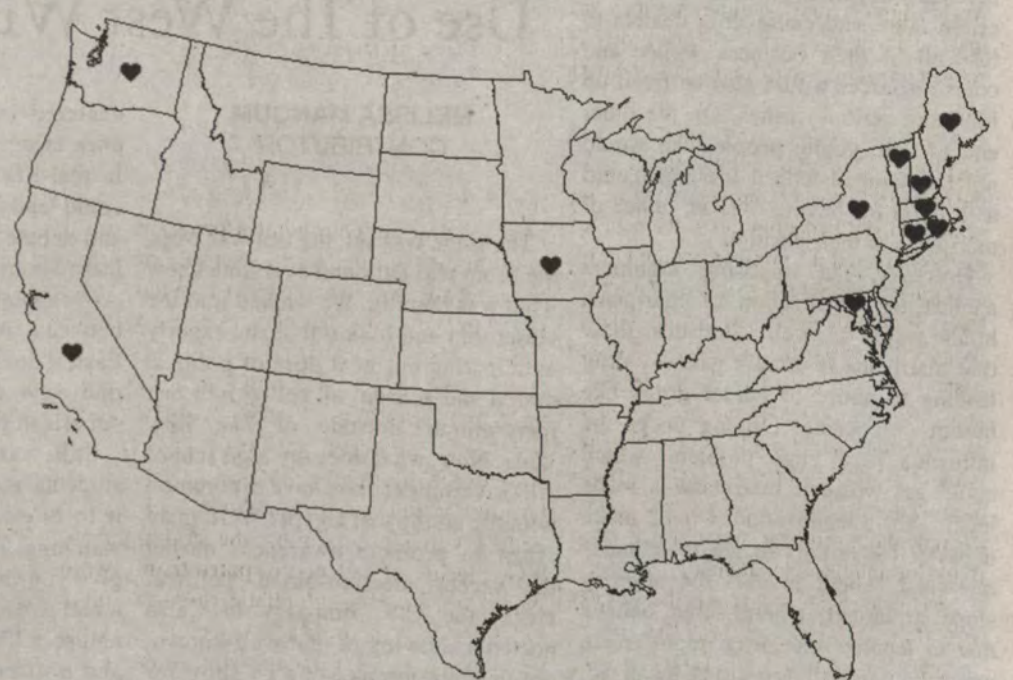
However, the recent turning of the tide cannot be denied. The fact that the public implemented these enormous policy changes shows that a dramatic cultural shift is afoot. Like many young adults, I support gay marriage for the same reason that I support a woman's right to choose. I believe that individuals should have the right to make personal decisions regarding health or love without being restricted by government. As citizens of this country, we should have the right to our own beliefs while respecting the differing views of others. If you believe that gay marriage trashes "traditional American values," or "violates the will of God," then by all means don't marry someone who is the same sex as you. Those who assume the superiority of their opinions, and

make their position a legal affair, restrict other citizens with their bigotry. Why not allow every individual to make choices for themselves, instead of stirring up controversy by imposing your own beliefs, which are usually religiously affiliated, on others? Unfortunately, history shows that this whole "tolerance" trend never really took off. Just take a European history class.

Unlike Canada, which legalized gay marriage on the

national level in 2005, the U.S. places the issue of same-sex union under state jurisdiction. Now more than ever, the nation is divided as certain states become more tolerant of gay marriage. While this is a large step for the LGBTQ community, the continued controversy regrettably also fuels existing feuds between warring political and moral ideologies in this country. As the U.S. saw on November 6,

America is deeply divided. The states that have legalized and forbid same sex marriage have started to resemble that all-too-familiar red and blue map. One can only hope that in the future, we will be able to reach across the chasm of convoluted controversy and establish a universal acceptance of those who love whomever they choose, regardless of gender, and without the interference of politics or religion. •



AYANO ELSON

The Weed Diaries

SAMANTHA GRAINGER SHUBA
STAFF WRITER

As of November 6, marijuana is legal in the states of Washington and Colorado. For those in these states who have been illegally using the drug or struggling to get it via medical marijuana permits, this is good news. However, for the federal government, it's pretty bad news.

According to the Controlled Substances Act, marijuana is considered a Schedule I controlled substance. For those of us who are unfamiliar with legal jargon, a Schedule I controlled substance is a drug that is not considered legitimate for medical use. To be able to use it legally, a special permit is needed. The latter part of that definition explains the legality of medical marijuana in some states. However, with this new amendment in place that legalizes the recreational use of marijuana, the federal government has a real bone to pick.

What the states of Washington and Colorado have done is make marijuana a commodity much like tobacco and alcohol. They will be able to tax the drug, allowing the state to make money from the commercialization of marijuana. The problem here is the federal law. Kevin Sabat, former senior advisor at the White House Office of National Drug Control Policy, told the *Christian Science Monitor*, "Federal law is federal law; it's pretty black and white." There is no way around it; the states that legalize marijuana are going to have to deal with the Federal Department of Justice which will make "efforts against large commercial grows or retail sales or states making money off the laws," according to Sabat.

However, for those in favor of the amendment, there is hope. The United States Department of Justice is postponing any action against either Washington or Colorado until the states have had a chance to set a regulatory system. It will take some time, probably up into 2014 before the lawmakers of each state will establish the rules of legalization of marijuana, which will basically cover how and where the drug can be sold. The feds will kindly bide their time, and wait for the regulations flub to swoop in and start a lawsuit. Such sweethearts.

The argument for nationwide legalization of marijuana is not a bad one. There are very logical reasons to legalize it. For one, marijuana has been proven to be, medically, no more harmful than tobacco or alcohol, and it actually has shown medical benefits for cancer patients. As a legal commodity, weed could be taxed like cigarettes or alcohol, and could contribute to tax revenues. Legalizing it would also lower crime rates, and cause drug dealers to lose all of their business. Police and court resources would also be freed up for more serious crimes. On the other end of that, young people who would not be stamped with a lifelong record as a felon for having over an ounce of marijuana in their position.

However, the opposing argument against the legalization of marijuana holds water as well. Statistics show that marijuana is often a gateway drug leading to abuse of harder drugs like heroin or cocaine. Driving under the influence is a huge problem, which could get worse if marijuana is made legal. Also, legalization would make it easier for minors to get their hands on weed. There is also the slippery slope argument, where some believe that to legalize one drug might create opportunity for all drugs to be legalized, which would, of course, cause widespread anarchy, and basically all hell to break loose.

Here's my dilemma: this controversy is no longer about marijuana itself. It has turned into a battle of the states versus the federal government, as if the battle couldn't carry over into enough aspects of our everyday lives. The drug itself is not as big of an issue as the idea of states undermining the federal government. My question is this: why even allow the measure to be on the ballot, if the right to make changes to one's own state constitution can be taken away? •

JULIA CRISTOFANO
STAFF WRITER

On the morning of Thursday, November 15, students received an email from the Office of Residential Education and Living (REAL) about health and safety checks of rooms that are scheduled to occur over Thanksgiving break. The email explains that the reasons for these checks are to "ensure that we are being good stewards of our spaces and to help conserve energy during the time the spaces will not be in use." In order to pass inspections, students must perform the following before they leave campus for break:

- Turn off all lights and water
- Unplug all electrical items - except fish tanks and fridges
- Pack any items that you may need during break
- Remove all perishable foods from your fridge and room
- Remove all trash from room (and bathroom, if applicable)
- Make sure your room is clean (do not leave items on floor)
- Make sure bathroom is thoroughly cleaned (if applicable)
- Make sure screens are securely placed in windows
- Make sure all windows are completely closed and locked
- Make sure all items are at least six inches from the radiator
- Submit maintenance requests on-line
- Turn room heat down to 60 degrees (if applicable)
- Lock your room door(s)

In a conversation with Colleen Bunn, the area coordinator for South Campus, she explained that health and safety checks are typically done at Winter and Spring break but this is the first time they will be conducted during the Thanksgiving break. The inspections will be done in pairs by housefellows, floor governors, and independent living coordinators. Bunn went on to explain that failing to "close" properly will only result in a warning for the student but will not cause any other consequences. Like the Winter and Spring break health and safety checks though, any violations of the college policy that are found in someone's room will be "documented and handled accordingly." The intent of this new policy appears to hold several positive aspects; allowing new students the chance to experience "closing procedures" before they really count during the five-week

Winter break. As a result, if more people properly "close" their rooms, this will hopefully cut down on the work for house staff during Winter break checks. However, there are several troubling aspects of the requirements of the health and safety checks and the ways in which they were

The intent of this new policy appears to hold several positive aspects; allowing new students the chance to experience "closing procedures" before they really count during the five week Winter break.

delivered.

Upon hearing that apartment style living spaces will also be subjected to the same checks as dorm rooms, several Winchester resident were upset by the requirement to remove all perishable food

from their refrigerators and rooms. One resident explained, "I will not throw out perishable food that will stay good over the break. I live on this food and I am not going to throw my money away just because of an arbitrary new rule." While it is simply common sense to throw away the Two Wives pizza that has been sitting on your desk for the last week, it seems strange that apartments should have to throw away all perishable food for a mere four day break. Will that bunch of green bananas you bought really be so bad over Thanksgiving that they will cause health code violation upon your return? I think not. While this policy makes sense when residence halls are abandoned for a month, our fridges are staying plugged in for this break; it simply doesn't make sense to remove all the food from them.

If this portion of the health and safety check wasn't upsetting to most students, the requirement of "making sure your room is clean, with nothing on the floor," caused a commotion among many. Several dorm dwellers felt infantilized by being told to pack what they needed for break and to pick up after themselves. One resident of Larabee was outspoken about this latter tenant of the health and

safety checks saying, "In general, most of the policies makes sense. There is no reason to have our electronics plugged in and draining power when no one is here. However, I find it very patronizing of the REAL staff to tell me to pick up my room." House staff as well were dismayed by the health and safety checks. One housefellow explained, "I am appreciative of the commitment the REAL office has to making our residence hall communities safe and healthy and understand in part why some aspects of the check are in place, [but] it is difficult to uphold a policy that many residents disagree with and resent."

In the end I feel it boils down to a matter of respect. I'm twenty years old. I don't need to be reminded to clean my room...if I want to leave a pile of laundry on the floor while I'm gone, that should be my prerogative. At the same time, I have enough appreciation for my dorm and my house staff to adhere to all the of the health and safety standards so they can do their checks more quickly and get home for the break. Next time, have a little bit more faith in us as a student body and there will be more cooperation. •



PAIGE MILLER

Popcorn Politics

Use of The West Wing abroad to raise awareness of U.S. politics

MELISSA MANGUM
CONTRIBUTOR

The stage was set, the test was over, the room was dark and everyone knew what was coming. We walked into the classroom and took our seats, eagerly anticipating our next dose of politics, drama and scandal all rolled into one forty-minute episode of *The West Wing*. Now, what does my high school AP Government class have in common with the country of Egypt? Well, in an effort to promote awareness during the recent election-based political craze, the U.S. Embassy in Cairo hosted a showing of that well-known, political masterpiece of a TV show for all those interested in expanding their knowledge of the American political system.

So, what are the pros of this slightly unorthodox strategy? Well, I for one, find it impressive that people possess the time and interest to involve themselves in the political machinations of a nation all the way across the globe. This *West Wing* screening definitely gave people interested in better understanding our political system a place to meet, interact and discuss their opinions. Furthermore, although the show is

centered on a fictional plot line, it does bring up issues that are relevant in real-life American politics, which could lead to an interesting discussion and debate, as well as help Egyptians learn about the inner workings of our government. With the current tension between America and the Middle East, it doesn't seem like a bad idea to find ways to get people interested in American politics and culture.

Still, as much as government students around the world may wish it to be so, there is no denying that watching *The West Wing* will never give you the same knowledge base as a real American government class. By nature, a TV show must attract viewers and a discussion about the Electoral College and different processes for amending the constitution just will not do the trick. As you may expect, while *The West Wing* does contain relevant information, this relevant information is laced with scandalous subplots and action-packed affairs, which could potentially detract from the experience of those watching the show for its educational value. Just as one can only hope that people do not take the antics of shows like *Gossip Girl* to be a completely accurate portrayal of the American high school experience, *The West Wing* must be

taken with a grain of salt when used as a teaching tool.

This does not discount the value of getting people involved; one could even argue that the U.S. might adopt a similar program. After all, while

Still, as much as government students around the world may wish it to be so, there is no denying that watching The West Wing will never give you the same knowledge base as a real American government class.

people in other countries make it a point to learn about the political process in the States, Americans make few reciprocal, outside-of-school efforts to learn about foreign politics. When asked the reason for his interest in the event, a twenty-six year-old political science student stated, "The U.S. is the world leader, what happens in D.C. affects everyone, it doesn't matter if we like it or we don't like it." And yet, it could definitely be argued

that the same goes for other countries as well. Not only is it a generally good policy to be informed about political happenings in the rest of the world, our level of knowledge about foreign affairs even effects us at home.

Anyone who had watched the recent presidential debates knows that foreign policy was a main issue discussed by both candidates. How could anyone be expected to form an intellectual and informed opinion on foreign policy (thereby helping them to choose how they wanted our country to be represented) without knowing the political climate and institutions of other nations?

So, while watching a TV show should not be anybody's go-to source for political information, why not use it as a way to spread understanding? If the U.S. Embassy in Cairo can use the entertaining and somewhat informative plots of *The West Wing* to motivate people to (for once) get on the couch and learn something, more power to them. After all, what else is TV for other than to entertain, inform and not to mention serve as an excuse to eat tasty snacks? Now, if only *Grey's Anatomy* could become an integral component of the pre-med program... •

Opinions

THE COLLEGE VOICE

NOVEMBER 19, 2012

Voltaire Drops Out Of College

COREY SCAROLA
STAFF WRITER

Here's a hypothetical: Legendary French political philosopher and eccentric personality François-Marie Arouet, or Voltaire, dropped out of college, citing an inability to pay his tuition as the reason. When questioned further about his decision Voltaire immediately proceeded to rant for over an hour about the tuition hike in a nearly unintelligible French accent. One segment of his seemingly nonsensical rant, which touched on topics ranging from the individual's right to freedom and privacy to the need for democracy in a stable society, was actually understood. "I don't know why those snooty swine raised my tuition. All I wished to do was study the human condition and make people aware of the injustices committed by overbearing governments, but I guess that was too unimportant!" Voltaire then stormed out of the interview room, knocking over several pieces of furniture on his way out.

Because Voltaire did not finish his studies, the world will never benefit

from his thoughts on government, religion and human nature. We will be without his famous works of literary satire, like the widely read *Candide*, and without his comedic yet profound insights on everyday life, which have influenced modern governments in countless ways. His observations on the Holy Roman Empire being neither holy nor Roman and not even an empire will also be missed.

Imagine for a moment, that this story were true. Imagine, for just a moment, if someone like Voltaire hadn't been around to influence the development of modern society and philosophy. Imagine what our world would be like now if there was no Socrates or Plato. What if John Locke, Adam Smith, Confucius and Thomas Paine were never around? Or, perhaps a little closer to home: Thomas Jefferson, George Washington, John Adams and James Madison?

That concept probably seems pretty farfetched; as well it should. There should always be room for those who want to study humanities and devote their lives to such endeavors. I know that that belief is probably even more dearly held here at Connecticut Col-

lege because it is such a prominent liberal arts school; but that belief is being challenged elsewhere in the country.

In Florida, Governor Rick Scott commissioned a task force to study the public university system and figure out ways to make it more efficient and effective. Well, the study is over and some of the things the task force is suggesting are, in a word, extreme. The task force wants to place a priority on students planning to study subjects that fall under the STEM (science, technology, engineering and math) category by lowering the cost of higher education for them. But that reduced cost comes at a price, and that price is paid by prospective students who, like many of us here, want to study one of the humanities (languages, literature, history, philosophy, religion and visual and performing arts). The theory behind this is that studies in the STEM fields lead to "high return, high skill and high performance" jobs.

What are they saying by suggesting these tuition changes? They're saying that the scientist is more valuable than the author and the philosopher. That is antithetical to the ideas of individual

freedom and opportunity first drawn up by the people who founded our country and our way of life; most of whom, by the way, would have studied the humanities. The scientist is important; you'll hear no argument from me there. But, no offense to mathematicians, you guys didn't invent democracy.

I find it particularly insulting that someone could so arbitrarily place me that low on the totem pole. I write both to entertain and to convey my own opinions about matters that interest me. If I have an impact on either of those fields, I consider myself to have been successful. What right does a Floridian educational commission have to tell me any differently?

Dale Brill, the chairman of this misguided task force, said of humanities students, "You better really want to [study the field that you choose]. Because you may have to pay more." I do really want to study it, and I shouldn't be barred from doing it just because Dale Brill doesn't think I contribute to society. Everyone has their own interests, Dale, and your proposal may well bar the next Coldplay or Vincent Van

Gogh from sharing their talents with us.

There are thousands of political and social arguments I could make against this tuition hike, and I'm sure each of us has our own. That's really what's at the core of this whole issue: individuality. The right and the privilege to pursue whatever it is that interests us and makes us happy. Someone who wants to be a nuclear physicist should pay the same amount of money to attend college as someone who wants to study ancient Inuit tribes.

The truth is that art and science have always coexisted and worked in tandem. Artists give us new things to enjoy and scientists give us new ways to enjoy them, and both help the forward progression of society with groundbreaking technologies and insightful philosophies.

Do you have a smart-phone? Take a moment to think about this: who made that? Who created the technology that allows us to do so much with such a small device? Now think about this: who created everything – the music, the movies, the games, the books – that fills it up? •

Obama's Changes (For Himself, That Is)

ANDREW SHAW
CONTRIBUTOR

On Tuesday, November 6, 2012, Barack Hussein Obama was elected to a second term as President. But is he the same man that the country elected in November 2008? No. He's less idealistic. In the 2008 race, he ran on a platform of changing Washington's political culture and cleaning up the cesspool that was the result of eight years of economic policies skewed towards the rich.

Obama began his first term devoted to the idea of "post-partisanship." He proposed that he could get the political parties to work together, that he was the catalyst to cordial disagreement rather than simple blame. As Andrew Sullivan, a self-proclaimed conservative, wrote in *The Atlantic* in

December 2007, "Unlike any of the other candidates, [Obama] could take America - finally - past the debilitating, self-perpetuating family quarrel of the Baby Boom generation that has long engulfed all of us." Unfortunately, as the continued gridlock in Congress demonstrates, the President was not able to end the "family quarrel." He has instead, one could say, lost his innocence after four years immersed in the political realities of our nation's capital.

As a result, the President took a different approach to his second campaign. He ran mainly on the simple, straightforward plea to the American people that change of the magnitude that the country requires takes a while – certainly more than four years. After establishing this plea, he focused on his successes as Presi-

dent: thirty-two consecutive months of economic growth in the private sector (amounting to 5.4 million new jobs); his work to save the American automobile industry and the addition of 479,000 manufacturing jobs since January 2010; and his passage of healthcare reform through the Patient Protection and Affordable Care Act, better known as Obamacare. He ran on the assertion that he's had all of this success despite the challenges he's faced in Washington trying to get Democrats and Republicans to work together.

As he begins his second term, Obama's main goals are far less grandiose than they were in 2008. Due to the current state of the country, almost all of them are related to economic growth in some way. President Obama vows to change the tax code so

that there are incentives to companies to create jobs in the United States; he wants to make tax cuts for the middle class permanent. He says that he'll invest in education, research and technology. This reduction of grandiosity is directly proportional to the lack of optimism of the American people. According to Julian Zelizer, a presidential historian at Princeton University, Americans have "less faith in what the political system can do." After watching a presidency characterized by gridlock, I know I certainly do. I just hope that Obama's new, less idealistic goals won't prove to require someone of epic hero proportions to realize.

I also hope that he spends time working to improve civil rights, which he championed during his first term. President Obama abolished "Don't

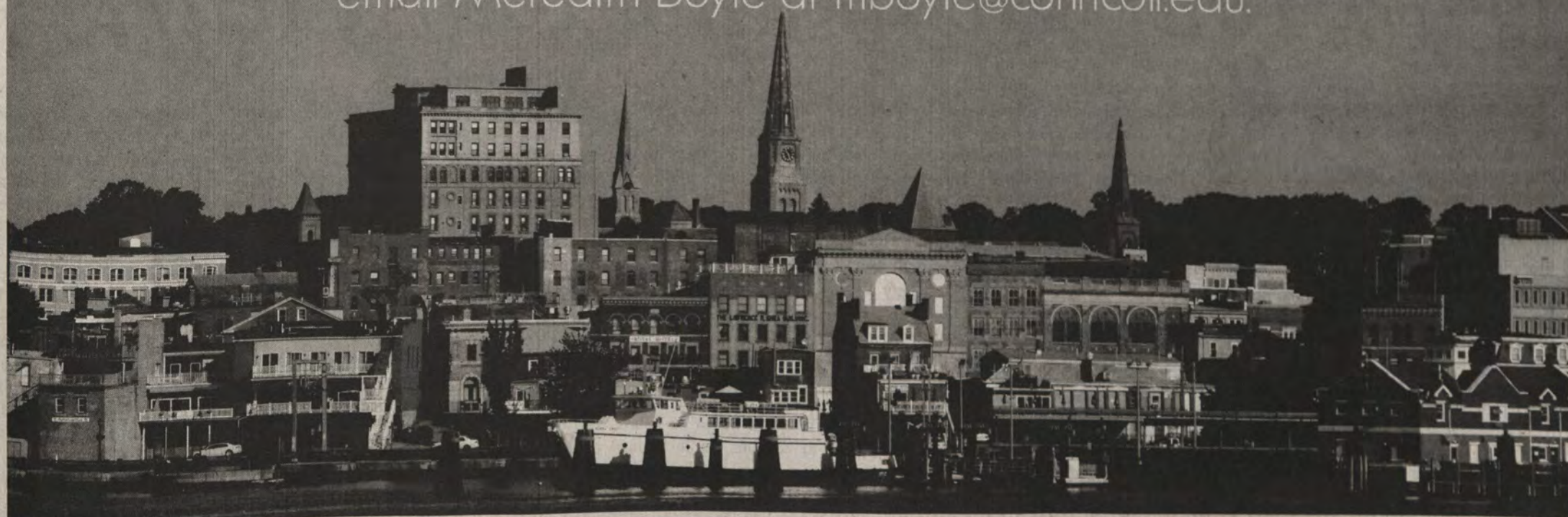
Ask, Don't Tell" through the Don't Ask, Don't Tell Repeal Act of 2010, and protected against wage discrimination of women, minorities and the disabled through the Lilly Ledbetter Fair Pay Act. Just as he withdrew troops from Iraq in January of this year, I hope he maintains his commitment to ending the war in Afghanistan in 2014.

Overall, I hope (and expect) that Obama will prove to Americans that he is more than just the better of two presidential candidates. I think that if he manages to leave the country in good economic working order continues to improve social issues, and removes the military from their current constant state of war, he will amount to more than just a better choice. He will amount to being a good choice – the right man, at the right time. •

The College Voice seeks ideas for our first ever New London issue!

We want to dedicate an entire newspaper issue to our host city - exploring everything from architecture to music to high school football.

If you'd like to contribute or simply suggest an idea, email Meredith Boyle at mboyle@conncoll.edu.



"I Love Abbey House Kids and They Are My Best Friends"

MIKE AMATO
STAFF WRITER

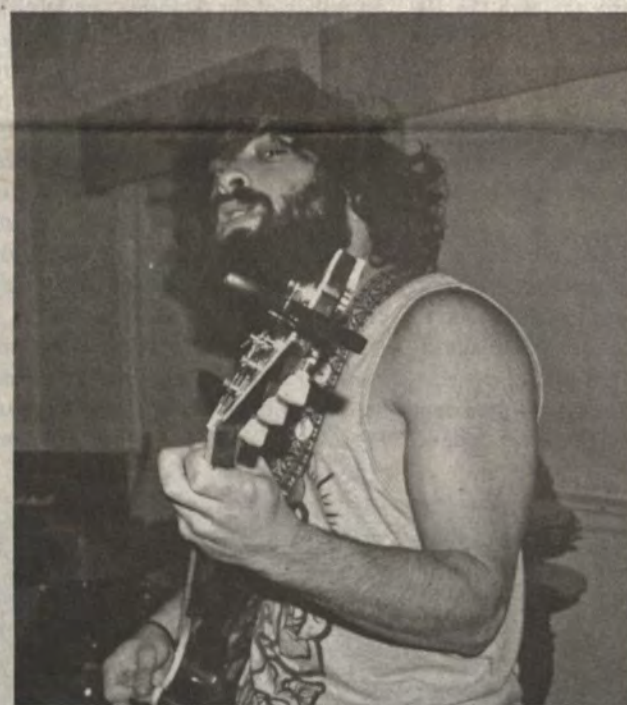
"Melted faces in a sweaty room. That's what we came here to do," said Matt Addison '10, the drummer for Shake the Baron, a New York-based independent band. Originally hailing from Connecticut College, the group made a stop back at its alma mater last week to play a public show in Abbey House. Comprised of lead vocalist Andrew Oedel '10, bassist Max Currier '10, the highly energetic and legendary Jon Markson '12 on guitar and Addison on drums, Shake the Baron is currently taking a break after recording its second album, *Ghost Hits*, and touring with stops in Los Angeles, Chicago, Boston and Terre Haute, Indiana.

The show in Abbey House was legendary, as was the first performance in the once-frequented living room of Abbey. Shake the Baron, in its final song, even alluded to the community of Abbey House with mock lyrics, Markson crooning, "I love Abbey House kids; They are my best friends." Their music was high energy with an undercurrent of reflection and dismay.

The show in Abbey House was legendary, as was the first performance in the once-frequented living room of Abbey. Shake the Baron, in its final song, even alluded to the community of Abbey House with mock lyrics, Markson crooning, "I love Abbey House kids; They are my best friends."

Oedel and Markson played similar guitar parts, mirroring one another to set a base theme, and then broke off into separate ideas. This splitting of harmonies provided music that was full of energy without the repetition and endless drum beats found in large portions of the independent rock scene. Nowadays, the independent scene really lacks independent thinking. Listen to Shake the Baron for a fresh view, and support some fellow Camels.

Their performance was opened up by the latest project from Andy



CECILIA BROWN

Conn Alum band, Shake the Baron, returns to play at Abbey House.

Top: Andrew Oedel and Max Currier, Bottom Left: Jon Markson, Right: Matt Addison

Stein-Zeller '14: I'll Have Star Wars Concert Music, Please. His group has gained some notoriety in the art circles of campus recently, with a close-

ing performance in Coffee Grounds at the start of the year. The group's music, a mix of alternative rock and dance, sent the crowd members into a

frenzy of boogie and shaking. Stein-Zeller was certainly pleased with the outcome, noting that he "want[ed] to make music conducive to people

having a good time." This theme followed into the next group, Camp. Led by Liz de Lise '13, a back-up vocalist and guitarist in I'll Have Star Wars Concert Music Please, Camp last played in the Arboretum's first bluegrass festival. De Lise has played in five bands over her past four years at Conn — the most notable being Fleur de Lise.

Abbey House seems an unlikely place to hold a concert. The living room, though a bit larger than your average living room is hardly a place for a rock show. Nevertheless, after shoving in half a dozen amplifiers, a PA system, a drum set and three microphones, there was enough space to fit the audience, if not a bit closely. After the show started I could see why the vibe of Abbey House was so strong among the musicians: the flow of music, shoulder to shoulder crowds, shaking floor and furniture shoved to the sides of the room provided a very intimate atmosphere for the bands. If you were close enough to the stage, which most of the audience was, Oedel could be heard without the aid of the PA system amplifying his voice. Markson even took the time to roll in circles on the floor during his solo of their last piece, sending the already packed crowd into an even closer space.

The ability to have these types of shows on campus is a remarkable aspect of our college. Even better is the fact that they are comprised of student-run groups, or in the case of Shake the Baron, alumni groups. Support for MOBROC, or Musicians Organized for Band Rights On Campus, is essential in providing these types of shows. The Barn, which holds thousands of dollars' worth of musical equipment, has been built up over the years with new gear. This outlet is an almost perfect space to practice. It is the best a college student could ask for — take that from a musician. Even though I have only been on campus for a little while, the word from upperclassmen is that MOBROC receives much less respect as a club than groups that have absolutely no output on campus whatsoever. It is evident that large portions of the student population enjoy going to student-run shows, and should continue to show their support by attending these MOBROC performances.

Folksy New Band Will Get Stuck in Your Head and Your Heart

SAMANTHA GRAINGER SHUBA
STAFF WRITER

From the wet, rainy land out west, home of Kurt Cobain's grunge and the Kingsmen's "Louie Louie," come the rising stars of the Americana genre. The Head and the Heart call Seattle their home, and have had tremendous success there, much like Nirvana and other Seattle bands before it.

The band was started by duo Josiah Johnson and Jonathan Russell, who originally met at several open mic nights in Seattle's Ballard district during the summer of 2009. They make up the core of the songwriting for The

Head and the Heart. Soon after, they added keyboardist Kenny Hensley, violinist-vocalist Charity Rose Thiel, bassist Chris Zasche and drummer Tyler Williams. Williams was living in Virginia — Russell's home state — but was sent a demo version of the soon-to-be hit song "Down in the Valley" and was persuaded to relocate to the soggy West Coast. In 2011, The Head and the Heart signed with the label Sub Pop Records, and came out with their self-titled album. They have also followed the trend of recording on vinyl.

Their album shows many different faces of the band, while also staying

steadfastly within their genre, which resembles the folksy Mumford & Sons with close harmonies. Yet their sound also has a sparseness that reminds the listener of the haunting duo, now in a band called

The Swell Season, from the movie *Once*. The violin and acoustic guitar play an important role in the Americana style of music, but at points, especially in "Honey Come Home," The Head and the Heart achieve a pumped up bluegrass sound that suits their grassroots lyrics perfectly. They do not incorporate a banjo or dobro like Mumford & Sons do in trying to create the country-but-not-really

sound to their songs, which actually sets them farther from the British band that currently has hipsters pretending that they "knew them before they were big." One of the things The Head and the Heart does well is that they do not let the drums overpower the violin or piano or the beautiful three-part harmony. Instead, they create a head-bopping, finger-tapping beat that will have you making a drum kit out of your steering wheel.

Johnson and Russel, in addition to songwriting, provide the lead vocals for the band. Thiel contributes vocally, mostly in harmony with her throaty alto and adds an immense

amount of depth to the songs, which rely heavily on lots of fat harmonies. The lyrics are evocative, which only adds to the evocativeness of the songs. The songs do not have as many repetitive lyrics, as say, "We Found Love" by Rihanna, but are so catchy that by the second chorus you will be desperately trying to sing along, if only to be included in the sound of this band.

No matter what walk of life you are from, or what genre of music you are into, give them a chance. The Head and the Heart will find a permanent place in both your head and your heart.

Arts & Entertainment

NOVEMBER 19, 2012

THE COLLEGE VOICE

Cadenza Live Highlights the Importance of Creativity and Self-Expression

SAM NORCROSS
CONTRIBUTOR

Mikey Corenthal '13 emerged from the audience, walked to the front of the room with his guitar and after a few moments of preparation, took the stage as Kid Nomad. He introduced the audience to his partner, the "The Historical Discontinuity Machine," a guitar loop pedal. The pedal allowed him to build other textural material on top of riffs he already played.

"When played correctly, the historical experiential discontinuity machine can distort the experience of historical time," he explained. And using his discontinuity machine, he layered musical phrases into harmony before belting out one of his "Poems from the Future Written in the Past Tense." The effect was bizarre and fascinating as he described the year 2051, in which a boy with bat wings was born.

Corenthal was one of the brave members of our student body who performed at Cadenza Live, an open-mic style event held in Coffee Grounds last Friday night. The performances were varied, ranging from poetry recitations to musical performances to a reading of Tupac Shakur's "Sometimes I Cry." Emma Wittenberg '13 organized the event as one of the three chief editors of Cadenza, the literary magazine on campus. Cadenza was something I had heard mentioned several times since my freshman year, but I wasn't actually sure the club was still in existence until last spring semester.

"I don't blame you," said Wittenberg. "The magazine wasn't properly publicized until last year, [2011]. My fellow editor, Elizabeth Lee, and I decided that we needed to make some major changes to Cadenza, and our spring issue was a total change from what the magazine used to be."

The revamped Cadenza magazine, which can still be found around campus, features student written poetry and prose integrated with original student art in a sizeable fifty page booklet. "When we designed each spread, we attempted to create some sort of dialogue between the artwork and the writing on each page," explained Wittenberg. "Clearly, it does not and should not happen that each piece of art directly illustrates the meaning of the written piece, but we find it to be more engaging to present the work in this way."

Cadenza Live was organized to pro-

mote the magazine (which is currently accepting submissions for its fall issue), and to give students a chance to present their own personal creative works to a real live audience of peers. A guitar duo sang a song about their friend who is paradoxically both a hipster and a bro (a hipster-bro). The a cappella group the Williams Street Mix took the opportunity to perform some of their new songs for this year. And Patrick Bourlett '15 read a slam poem about what it means to be a man.

In an animated performance, Bourlett first sauntered toward the members of the front row, flirting with them in mock machismo, and later lamented with frustration and exasperation our culture's strict ideas about masculinity.

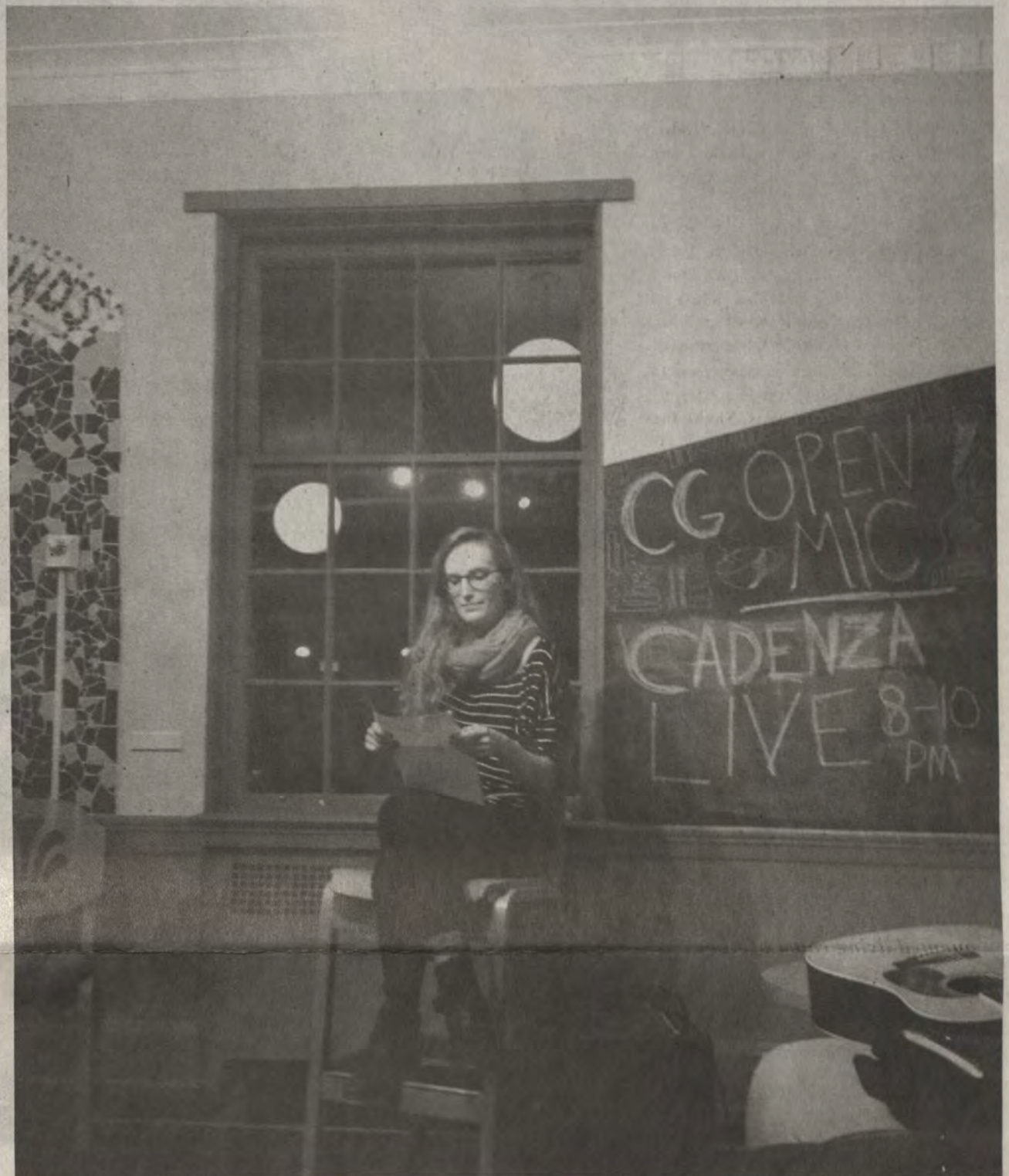
"I like to use a lot of body language when I read my work," he said, explaining how he thinks the performance of poetry can help to focus its interpretation by the audience. "With some pieces, to just read it alone without the performance would be like watching a movie with the sound turned off."

Wittenberg seems to agree that live events such as this one are a great complement to a literary magazine. "Seeing someone perform a piece that they have clearly put a huge amount of time and effort into is an awesome experience," she said. "I spoke to a group of students afterwards who felt that watching the other students perform revealed bravery and creativity that they hadn't necessarily seen on campus before."

And it did seem to take a good deal of bravery. "It was nerve-racking," admitted Bourlett. "I think my biggest worry was that people would misinterpret [the poem]. I try to show my frustration with society [in the poem], and it's nerve-racking to think that some people might get offended."

Corenthal agreed. "I think performing is one of my biggest fears after like nuclear warfare and unrequited love," he said. "This is the type of thing I hang out in my room doing, but getting up in front of people and performing is a whole different thing."

That seems to be the biggest issue in prompting people to get on stage for an event like this. Art is personal, and poetry perhaps the most personal art of all. But the campus turned out. There were readings about loss, readings about victory and defeat and readings of non-original works, that were clearly important to the performers (except for maybe the reading of that



LILY PENDERY

Emma Wittenberg, one of Cadenza's three chief editors, shares during the literary evening.

Tupac song).

One student read the entirety of "Goodnight Moon" from memory, and Wittenberg herself read excerpts from Bob Dylan's "It's alright, Ma," an experience which she described as "liberating." And Corenthal read a second, perhaps more personal piece from his collection "Mating Calls from an Ecosystem that Runs on Fear & a Flower

on the Moon," which he explained was written for his sister.

"I think that the importance of a literary magazine on any college campus is huge," said Wittenberg, summing up the goals of Cadenza as an organization. "We only have so many opportunities to express ourselves creatively, and even fewer opportunities to engage in a creative dialogue with one another.

Being able to compile artistic expressions from all students and faculty allows us to connect. It sounds cheesy, but being able to read a poem or see a painting done by a fellow student that deals with a topic that I can personally relate to gives me such a sense of confidence and pride in my fellow students."

Where Alcohol and Open Flames Create Beautiful, Delicious Magic

CONTINUED FROM PAGE 1

The show blew up; surprisingly, Hannah's kitchen hasn't. She's had millions of hits on YouTube and has guest starred on other popular web shows, including My Damn Channel with Daily Grace. She's been interviewed by Time, CBSNewsOnline and The Partners Project among other well-known publications. She has her own website hartoandco.com, and her success has prompted her to expand her video repertoire to include music videos ("Show Me Where Ya Noms At" and "Oh, Internet" are worth a million listens), advice vlogs ("Advice from the Hart") and videos dedicated simply to puns. Hannah even traveled to London for the Olympics and recorded her adventures via a daily vlog. The goofiest of goofballs, Hannah's main goal is make people laugh, or maybe it's to be drunk. Either way, from the charming way she says "Hello" at the beginning of each episode to the inspirational, albeit inappropriately timed, advice she peppers into her videos, Harto is a YouTube goddess among

mere mortals.

The world could learn a lesson from Hannah. The way that this woman loves and admires cheese should be an example of how all of humanity should regard one another. The world would be a cheddar place for it. Or at least, it would be a Gouda place to live. At the end of every video, Hannah makes sure to give her favorite food item a shout out, regardless of whether or not it was involved in the recipe ("Not featured: cheese"). Hannah's heart (hart?) is as big as her appetite with room for more than cheese and mimosas. She's appreciative of her fans; without them, her career would have ended after that whole grilled cheese fiasco. It's clear from the fan feedback that the Internet shares a love of drunken cookery and terrible puns.

The moments when Hannah says or does something so outrageous that she can't even take herself seriously are the best. Watching a Hannah laughing fit is the equivalent of "high-fiving a million

angels," as the wise Liz Lemon once said. Speaking of which, if Tina Fey (or Liz Lemon) ever guest starred on "My Drunk Kitchen" ever guest starred on "My Drunk Kitchen" and made cheesy blasters, I think the Internet would explode. And by the Internet, I mean my mind. While no comedy legends have guest starred yet, certain episodes do feature hysterical guest hosts. Notables include "Macaroni Salad" with Grace Helbig from "Daily Grace" and "Birthday Cake" with Jenna Marbles. If you think Hannah is funny enough on her own, just wait. You'll tear up from laughing faster than if you had been peeling twenty onions at once. And that, my friends, is a real culinary skill.

If you're looking for a show that's going to teach you how to cook or how to make delicious meals while drinking some PBRs, then don't bother watching. But if you're looking for a show that's going to teach you about life, love and all things punny, then "My Drunk Kitchen" is the place for you. Just make sure to always bring the cheese. •



SCREENSHOT FROM WEB



PHOTOS BY CECILIA BROWN



Per-DORM-ance Art Rocks Smith

CONTINUED FROM PAGE 1

The dedication to the art was evident. Jacoby covered pretty much every surface in his room with tin foil (then he and Spitalny ripped it up in an elegant cacophony). Shay took the bed out of her room and put it in the bathroom, and Charky and Elson bounced, pushed and held onto it for dear life. And that's just the half of it.

Yet, unlike art that entails rehearsal upon rehearsal in the lead up to a performance, this art was based on improvisation. Dancers relied solely on instinct and training in their performance. For those of

us who ever dropped a line in a school play, this thought can make the heart drop. In this context, however, the result was the opposite: Volpe said that, "a bunch of people praised it as the most honest performance they'd seen in a while, and that was probably the best compliment I've received about the whole thing."

The night challenged our dynamic of art in space. As Jacoby said, it "provided a new lens for dance and performance on campus." As Camels, we relish the opportunities to see a Dance Club

show or a theater department production, however the dancers all touched on how formalized these performances are. PerDORMance art "stood out," Shay said. "I realized after we did this that the majority of our campus hasn't been exposed to very much of this kind of performance. In my experience here, site-specific performance has been a somewhat rare occurrence. I hope that our show inspires that to change; I'd be ecstatic to see more site-specific performances on campus that are open and engaging to the en-

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tire community. But also in my experience, the 'art world' on campus is pretty open-minded and experimental, which is probably why the audience appreciated it and so many people really connected with it."

Volpe said it solidified how accessible art is to all of us. Art rocks because it can be literally right down the hall. It waits for you at every turn. It doesn't have to be "sacred, or far away, or elite. It can be right in your bedroom, or in your bathroom or in your awkward pantry with two sinks."

This was the first year for perDORMance art, but hopefully not the last. Jacoby said that it laid the groundwork for a future trend of out-of-the-box thinking, which could manifest itself in new classes (note the theater department's sophomore research seminar: "Occupy Blank: The Art of Protest"), new productions, new whatever we can think of from outside that box. I personally would love to see perDORMance art again, be it in Smith or Fanning or wherever it finds itself. •

Top: Grant Jacoby and Chloe Spitalny wrap and unwrap an entire dorm room in aluminum foil. Bottom from left to right: Sammi Shay and Amy Gernux make more room for dancing by removing the bed and putting it in the bathroom. Rachel Pritzlaff and Jeramie Orton use sticky notes with different tasks as their improvisation score. Skyler Volpe finds an assistant to make hummus in a pantry room.

Sports

THE COLLEGE VOICE

NOVEMBER 19, 2012

Iggy's Hockey Corner: Ice Hockey for Dummies

INGMAR STERLING
STAFF WRITER

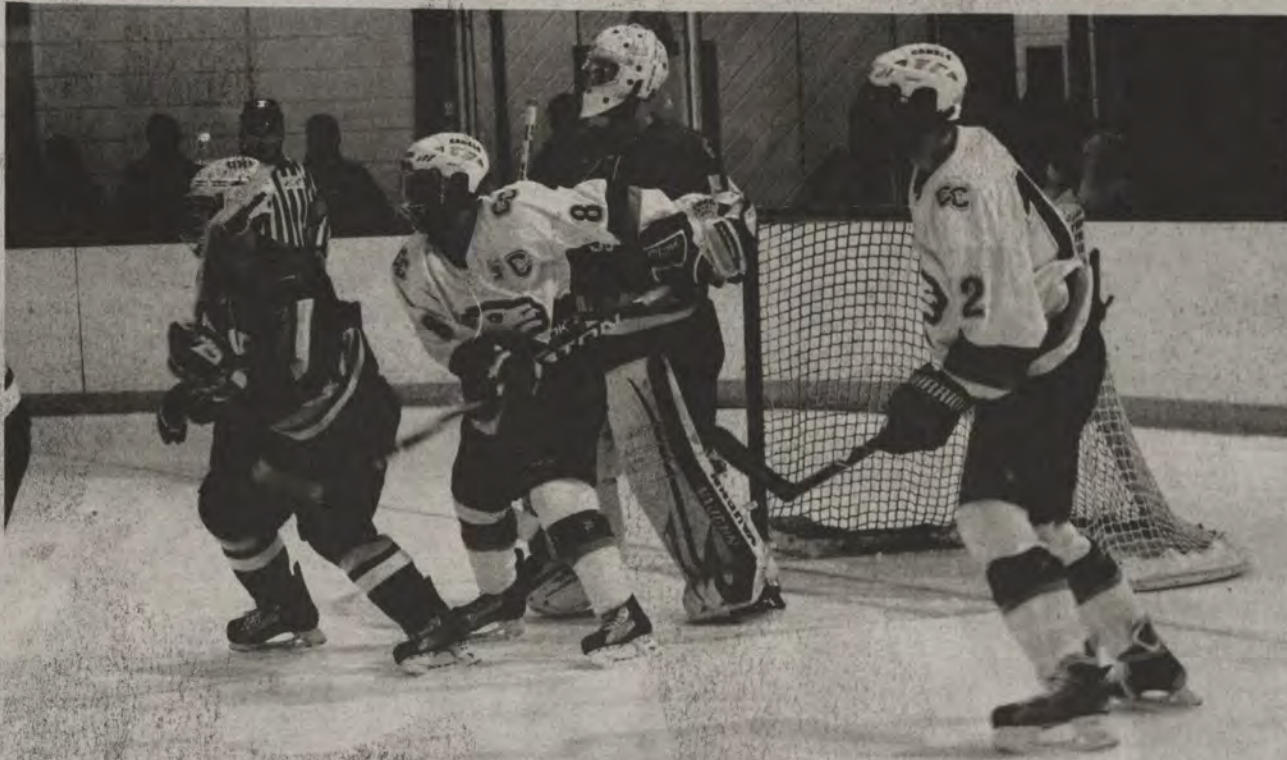
Iggy's hockey corner is a feature that will run periodically throughout the year covering everything and anything in the world of hockey, from the Camels, to the NHL, and beyond.

Not everyone is familiar with ice hockey. As one of North America's less accessible sports, it can be pretty confusing for the first-time fan. With the Camels men's and women's hockey teams you don't want to be "that guy" who has to ask what's going on when you head down to support your Camels at Dayton Arena Friday night. And that's okay; no one likes to look like an idiot, which is why I'm here.

The Basics: Hockey is played with 6 players: a goalie, two defensemen, and three forwards. Players operate in 3-man lines on forward and pairs on defense. While one line is out, the others rest on the bench. In certain situations like near the end of the game, you may even see the goalie be replaced by a 6th skater, but as long as there aren't more than 6 players on the ice, they can change whenever (with one exception that we'll cover later) either during the play, or in between whistles.

Games are 60 minutes long, broken up into 3 equal periods. Unlike soccer or football, the clock only runs when the game is being played. To start each play there is a faceoff and no, it doesn't involve Nicholas Cage or John Travolta. One forward from each team lines up opposite the other, while a referee drops the puck between them. As soon as the puck hits the ice, players are allowed to move their sticks and knock the puck to a team mate. Faceoffs can be critical especially late in the game.

The play usually stops when one of six things happens: The first and most obvious is when one team scores a goal. What is more common though is that the goalie will make a save and "freeze" the puck. That doesn't mean that the puck actually sticks to ice, but refers to when the puck is completely covered up by the goaltender and the referee blows the play dead. Play can also stop if the puck is knocked out of the rink, or when a penalty is called. Finally, the play can be called dead if the team on offense goes "offside" or if they "ice" the puck which unfortunately, does not involve getting on one knee and chugging a certain girlish alcoholic beverage. You're probably asking yourself,



what is offside or icing? Well, as an intuitive reader, let me explain in the next section.

Important Rules: To understand the rules, you need to know the rink. There are 5 lines on an ice rink. At either end, there are two thin red lines that run across the net. These are called goal lines. At center ice, there is another, thicker, red line, known as the red line. On either side of the red line are two thick blue lines, which are called blue lines. Nobody said hockey players are creative geniuses. Offside occurs when a member of the offensive team crosses the opposing side's blue line before the puck does. When that happens you will see a linesman (the guy without an orange strip on his sleeve) put one hand straight up in the air like an overeager 1st grader who knows what 2+2 equals. If after going offside, all of the players on offense come back to their side of the blue line, he will put his hand down and play continues, but if one of the offensive players instead touches the puck while offside, then the play is blown dead and a faceoff happens.

Icing is the other big rule you need to know. If players on defense shoot the puck from behind the center red line, and it goes all the way down the ice past the far goal line without anyone touching it, then that starts a race for the puck. If the team that shot the puck can get there first, or the other team's goalie plays the puck, then the play will con-

tinue, but if a skater from the opposing team can touch the puck, then the play is dead, and the faceoff goes all the way back down to the defensive team's end. The defensive team is also not allowed to change lines during the whistle, which oftentimes can force tired players to stay on the ice in key situations.

The other thing that you will notice about an ice rink is the two blue semi circles in front of each net, called a goal crease. Only the goalie is allowed to be in the crease unless the puck is loose in the crease as well.

Penalties: Hockey is a physical game. That's why it's so much fun to watch, but there are some things you aren't allowed to do. First, contrary to popular belief, you can't punch someone. NCAA hockey does not allow fighting, and any players that get into a fight will be ejected from the game and suspended for one or more subsequent games. Second, you can't hit people with your stick. While small infractions may be ignored by the refs, players are not allowed to use their sticks to hit anything other than another player's stick. If that happens, they can receive a high sticking or slashing penalty.

When a player gets a penalty, the other team gets what is called a powerplay. That is when the player that got the penalty is sent to the penalty box, or sin bin, for a set amount of time, usually 2 minutes. During that time their team has to play shorthanded with only

4 skaters on the ice instead of the usual 5. This is called penalty killing, the only time that a team is allowed to ice the puck without stopping the play. On the other side, the team that still has 5 skaters gets what is called a powerplay. Usually the best players are on the ice for powerplays as it gives the team their best chance to score. Other things you can't do that will send you to the box include hitting a player that does not have the puck (though if they got rid of the puck within 2 seconds prior, they can still be hit), checking a player in the back, making any contact with a player's head, running into a goalie, or tripping another player. These are all bad things, and if you do them, as a wise man once said, you will "Go to box and feel shame. Then you get free."

Wrap Up: So there you have it. The team that puts the puck in the net the most wins. Now you know all the important stuff that goes on while that is happening. It should also be noted that the Flying-V, while a part of all of our childhoods, is not an actual play, neither is a knuckle puck, which is a pretty big letdown if you think about it. So now that you know what ice hockey is all about, you have no reason not to go and support your team. The men's and women's team resume play at Dayton Arena after Turkey break. If that's not enough, club hockey frequently host games at home. Only 111 days to the Coast Guard Game. •

AMY DEGENARO

A Trip to the Gym

LUCA POWELL
STAFF WRITER

One of my friends just told me a horror story of his first time at the gym. It involved an iPod, a treadmill and a high speed collision with the floor. The story ended something to the effect of "Yeah I haven't gone to the gym since". Someone else confirms that this is one of their worst nightmares.

I guess one moral of the story is that this could happen to anyone clumsy enough to drop his iPod. The other is a question: What's up with the gym? I decided to investigate.

I sacked up to take the walk across Mohegan Ave. I didn't go alone though; I'm not big enough for that, plus it seemed like a trip for two, as going out to dinner solo is kind of sad. Rolling in solo in my XS camo wife beater felt like something Johnny Drama would do. Besides I drop weights like it's my job.

So I made it a man-date, taking my friend up on his nagging offer to hit the gym. In the effort to keep him anonymous, I'll only give away his nickname, the "Kleidsdale," because he's a big dude. We're both excited, knowing it'll be nothing short of romantic. Ever since the treadmill-nightmare though, I'm a little nervous. The gym seems intimidating, and it feels like my grand opening. Kleidsdale assures me I just need to assert my masculinity. I mentally fast-forward to myself peeing a wide circle around my corner of the gym, alpha male style. But I figure my scrappy product of No Shave November will have to do.

Immediately upon entering I notice my first problem with the gym. There are chicks. My self-esteem agrees to go into hibernation for the next hour-and-a-half, and I start urgently suggesting we hit the track. (This will later be equally emasculating because the field hockey team will witness me slowly drop out behind my workout partner after two 400 meter runs). For now, though, I commit. We alternate doing squats, Kleidsdale adding an extra 90 pounds each time I nonchalantly return the bar home.

I look around. It seems like a general trend to look confused and walk around in circles when not actually lifting or staring at your gym buddy. A solid looking group of bros was chilling hard around the bench press. I make a mental note: wear mid-calves next time. I put on a tough guy face while I take off the Dale's weights, who casually remarks that the form of the aforementioned bros is atrocious. He's a champ.

Ten minutes later my body has had just about enough of the gym. Time to start taking copious water breaks, stretching, and generally doing nothing. This doesn't look weird though, because it turns out everyone else is doing the same thing. In fact, I think if you look around the gym at any given time maybe one fifth of the people there are actually doing something. Realistically, this is why everyone just stares at each other, or at the yoga pants running on the treadmills. Save one older professor holding down the fort in the vortex of bro-flow.

Later, I'm lying with my back on the grass pretending not to watch field hockey practice. My body has just about given up on me, and YOLO is no longer enough of a reason to endure the gym. Hitting the gym gave me some perspective on staying fit at Conn, which I've boiled down to a few tips for non-athletes looking to release some good old endorphins.

One: Going to the gym is a social experience, shower before and after, and wear your nicest Under Armour.

Two: Having an intimidating athletic friend is probably good for you in the long run.

Three: There is a pretty direct cause and effect relationship between treadmills and looking like an idiot.

Four: If you're not athletic, Tip #3 applies to all machines in the gym.

I guess the moral of my story is that there's no real reason we should be intimidated by the gym, but then again I haven't gone back since either. •

Mike Green's "4 Stages of Drinking"

A combination of honesty, humor and serious life lessons inspire student athletes

KATIE KARLSON
SPORTS EDITOR

On Tuesday, November 6, Mike Greeny from Collegiate Consultants on Drugs and Alcohol, came to campus to speak to Connecticut College students about their alcohol use. Mike, or "Greeny" as he prefers to be called, was a high school and collegiate athlete, as well as a football coach. He brings a lot of himself to his talks, which makes him more credible in the eyes of the audience: "His firsthand experiences as a recovering alcoholic gives him the credibility to honestly relate the dangers drugs and alcohol pose for many students. He has made it his life's work to help young people avoid the perils of abuse."

Men's Ice Hockey Coach Jim Ward runs a hockey training camp that feeds into the Connecticut College Varsity Hockey program. Kevin Reich '14 first saw Greeny speak at this training camp, and, with his involvement in the Connecticut College Gordie Fund Chapter, thought that Greeny's message would be well received on Conn's campus. The event was co-sponsored by the Office of Student Wellness and the Athletic Department, and a huge ef-

fort was made to get Conn's athletic teams to attend. Fran Shields, the Athletic Director, sent a message to team captains urging them to get creative in getting their team to attend. And although the event was open to the entire campus community, athletes did make up the majority of the audience.

Connecticut College Athletics has made a push in the past couple of years to have a more positive presence in the campus environment. According to Shields, "Our department is working as closely as possible with CC Curtiss and Darcie Folsom on issues of alcohol and bystander intervention education. Conn had the opportunity to get on Greeny's schedule and I was able to help bring him to campus through NCAA grant funds. I was proud of our student-athletes and coaches who made it a well-attended event. Greeny's message is easy to understand and he is very direct in an entertaining and educational way. We want our student-athletes to collect these experiences and pay them forward as leaders on campus."

At 7:30 PM, students were scattered throughout the ground level seats in Palmer Auditorium. On the stage, a table was covered with drinking paraphernalia: funnels, shot

glasses, t-shirts with drinking slogans, amongst others.

Greeny immediately made the audience feel comfortable, cracking jokes about drinking culture and nasty hangovers. His talk was an interesting balance of funny stories and seri-

It was the first time that an adult has acknowledged that adolescents and young adults make mistakes under the influence.

ous lessons. Students seemed to take away two general lessons: college students typically are not alcoholics but have "one night problems," and we need to have a better "spotter" system on campus. It was the first time that an adult has acknowledged that adolescents and young adults make mistakes under the influence. Kevin Reich '14 summarized it best: "All it takes is one poor decision... you don't have to have a drinking problem to destroy your life, all it

takes is one bad night."

The "spotter" system, watching out for your friends and stopping a one-night problem before it happens, mirrors Darcie Folsom's Green Dot Initiative that trains students to be active bystanders and intervene when necessary. Greeny emphasized that the scary one-nighters he talked about were avoidable; all it takes is one person to step up to prevent things from getting out of control. CC Curtiss mentioned that Conn is taking steps to set up a student spotter system through its E.P.I.C. program (Encouraging Positive Interventions in Camels). Her hope is that Conn students can "have an epic Saturday without it being an epic fail."

The general consensus from the students in attendance was that Greeny was entertaining and his points hit home. Even those who were not excited about sitting through an hour-long presentation found themselves reflecting on how drinking culture on college campuses leaves students vulnerable to experience one-night problems. Many other small liberal arts colleges have incorporated Greeny into their freshmen orientation programs, and it might be time for Connecticut College to consider doing the same. •

Sports

THE COLLEGE VOICE

NOVEMBER 19, 2012

Women's Volleyball Posts Historic Season

Two weeks ago, Camel volleyball reached the NESCAC championship game for the first time in program history, unfortunately dropping a 3-0 decision to Middlebury College. The team's performance this season earned them the honor of hosting a NCAA Regional tournament. After moving past Fram-

ingham State in straight sets, the girls suffered an early exit from the tournament, dropping a 5th set tiebreaker to eventual regional champions, UMASS-Boston, in the second round.

Camel volleyball earned a number of impressive individual honors this year. Head coach Josh Edmed was named

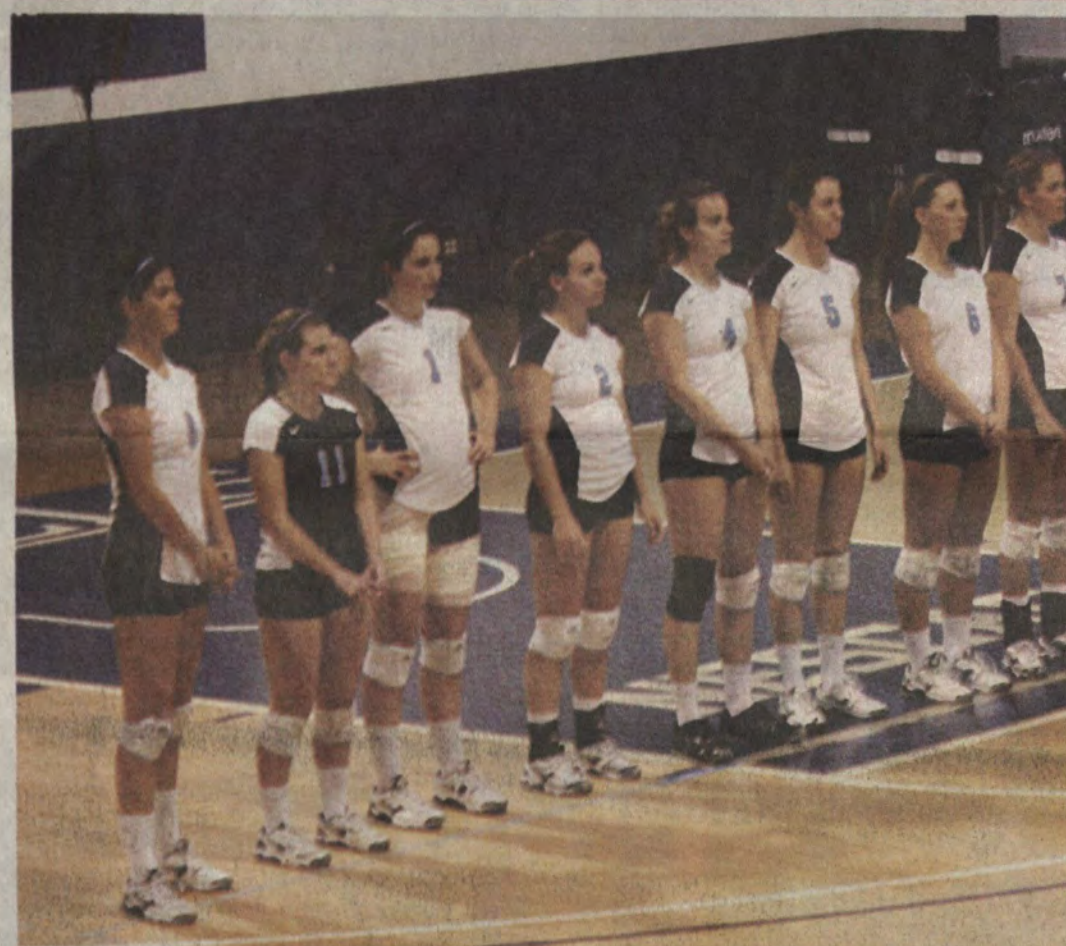
the New England Women's Volleyball Association coach of the year. Seniors Rachel Schroff and Katie Ketcham were named to the first and second all NEWVA teams respectively. First year outside hitter Caroline Martin was recognized on the NEWVA all rookie team. Schroff and Ketcham both earned all

American honorable mention from the American Volleyball Coaches Association. The seniors each made the all NESCAC squad for the first time in their careers.

Martin became the second Camel volleyball player in history to be selected NESCAC rookie of the year.

Schroff was named player of the year for the NESCAC. She led the conference in kills per set at 3.42.

The Camel's posted a combined record of 25-3 in what has to be considered one of the most impressive athletic seasons in the history of Connecticut College.



CECILIA BROWN

IN CASE YOU MISSED IT

Mike LeDuc of Men's Cross Country:
NCAA Division III Championships
at Rose-Hulman Institute of Technology
13th Place

Men's Ice Hockey:
Conn 2 - 5 Wesleyan
Conn 0 - 6 Trinity

Women's Ice Hockey:
Conn 0 - 3 Trinity
Conn 1 - 1 Trinity

Women's Basketball:
Conn 47 - 58 Endicott

Men's Swimming and Diving:
Conn 179.5 - 99.5 Middlebury
Conn 135 - 144 Tufts

Women's Swimming and Diving:
Conn 149 - 138 Middlebury
Conn 159 - 134 Tufts

Men's Basketball:
Conn 59 - 60 Haverford
Conn 76 - 62 Swarthmore

SO YOU DON'T MISS IT AFTER TURKEY DAY!

Men's and Women's Squash:
vs Trinity
11/30 5:00 PM
vs Colby
12/1 5:00 PM

Men's Basketball:
vs Eastern Connecticut State
11/27 5:30 PM
vs Dallas
11/30 8:00 PM

Women's Basketball:
vs Mitchell
11/28 7:00 PM
vs Saint Joseph
12/1 1:00 PM

Men's Ice Hockey:
vs Salem St.
11/25 4:00 PM
vs Middlebury
11/30 7:00 PM

Women's Ice Hockey:
vs Salve Regina
11/20 7:00 PM
vs Hamilton
11/30 7:00 PM

**Men's and Women's
Swimming and Diving:**
vs Coast Guard
12/1 1:00 PM