



THE

COSMOS

VOLUME 128, ISSUE 16

FRIDAY, FEBRUARY 3, 2017

CEDAR RAPIDS, IOWA

MCINALLY ADDRESSES TRAVEL BAN

Lisa McDonald
Editor-in-chief

Coe President David McInally issued a campus-wide email on Jan. 30, calling for all members of the Coe community, whatever their political background, to find common ground supporting fellow students and faculty who are from the seven countries named

"Our full support will be given to all members of the Coe community, including those from the nations in the travel ban."

- Coe President David McInally

in the presidential travel ban, and to protect Coe's international educational mission.

McInally's letter to the campus came after President Donald Trump

Photo courtesy of Coe College.

Continued on pg. 2.



Students and faculty stand together during the silent protest last semester on Oct. 31, 2016. The protest was in response to hate speech left on a Multicultural Fusion poster. Photo by Lisa McDonald.

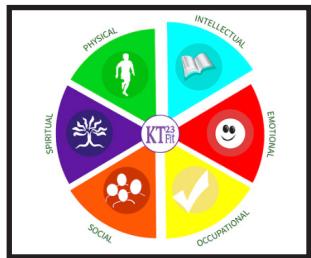
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issued an executive order over the weekend invoking a travel ban on residents from seven predominantly Muslim countries. Those countries are Iran, Iraq, Libya, Somalia, Sudan, Syria and Yemen.

Included in the original ban were those who have gone through the process to have legal rights to visit, live, work, and study in the United States. Since then, there has been talk of modifications, but there is still a great deal of confusion.

The move sent shock-waves through the nation, sparking protests at airports around the country including here in Cedar Rapids on Sunday, Jan. 29.

The ban drew varying degrees of criticism and

response from the leaders of colleges and universities across the nation. For example, the University of Chicago President sent an open letter to the Trump administration stating:

"We understand that the motivation for recent actions concerning immigration has been a concern for national security and the threat of terrorism ... But we strongly urge that the methods of doing so be examined and thought through carefully, so that the many people who can add so much to the country through immigration have the opportunity to do so, and those who are doing so already are treated with the respect and dignity they deserve."

Closer to home, in his letter to the Coe Campus, President McInally expressed the need to build consensus around the core educational missions, by valuing "all people and affirm[ing] their fundamental humanity without regard to religion or national origin" and understanding "international travel and study are important parts of our mission to prepare graduates for life in a global society and economy, so we will continue to be advocates for immigration policies that support that educational aim."

Further updates on how this ban will affect members of the Coe community will be provided in next week's issue of the *Cosmos*.

Coe-community Camera

*Admitted students visit Coe College campus during Crimson & Gold visit days on Jan. 27 and 28.
Photos by Katie Guinane.*



Coe organizes Global Village

Mohan Xu

Staff writer

According to the Global Village Application, Global Village, located in the Coe old apartments, is a developing living area for students who are interested in learning different cultures and interacting with international students. There are eight spots available, four rooms with two students in each, and the student ratio of international to domestic students is 1:1.

“Global Village will be managed by the I-Club, designed for internation-

ally-minded students to foster community together,” said International Student advisor Peter Gerlach.

Gerlach said the Global Village will allow students to “[learn] about each other’s cultures and backgrounds and [engage] in conversation and activities to promote and celebrate one another, their differences and similarities, the global-local ties that make them a community.”

Gerlach said from the 1970s to 1990s Coe reserved acquired houses near campus for international students, with occupancy between two and four students in each.

“These houses were similar to the BSEO house and other student-living houses off-campus that exist today,” Gerlach explained.

Vice President for Student Development Erik

Albinson said the Global Village is an idea that the Student Development staff has been considering for the last couple of years.

Albinson said Coe currently provides several themed housing options. The Global Village would be an expansion of this themed-housing program.

“International students are an important part of the Coe community, and an understanding of global issues is a hallmark of a Coe College graduate,” Albinson said.

Albinson said Gerlach worked with the Residence Life team to determine if there was enough interest in the Global Village to create a new housing opportunity for Coe students, which there was.

Global Village committee member Yuan (Catherine) Chai (‘19) said the development is important to the college’s internationalization.

“It is a good experience

for international students and domestic students to experience different culture,” Chai said, “and it will cultivate the relationship between them.”

Some students have already applied for the Global Village, like Abhijnav Shrestha, (‘19) from Nepalese. Shrestha said he came to the United States to immerse himself into different cultures and share with others some of himself.

“The new concept of the residence is that it is centered towards sharing and learning different views and traditions of different societies and ethnicities,” Shrestha said, “so the Global Village is the perfect fit for me.”

If you have any questions about the application, please contact Peter Gerlach at 319.399.8843 or pgerlach@coe.edu, or Global Village Committee members Yuan (Catherine) Chai at ychai@coe.edu or Christine Obiesie at coobiesie@coe.edu.

Message from the Writing Center

Marissa Bouska

Are you a senior writing a thesis this semester and would like help editing or with citations? If so, there are writing center consultants available to work with you one-on-one for whatever stage you are at in the writing process.

If you are interested in being paired up with a consultant, please email Marissa Bouska at mkbouska@coe.edu.

Also note an event occurring later in the semester of a panel of professors who will discuss how to defend your thesis, what the process is like and how to prepare. Date to be announced.



The new Global Village living area, which begins in fall 2017, will consist of the four apartments on the upper floor of these Coe old apartments.

Photo by Mohan Xu.

Tibetan Lama: Benefits of meditation

Claudia Chiappa
Staff writer

On Jan. 26, Coe College welcomed Tibetan Lama Khenpo Choephel Rinpoche as a guest lecturer. Khenpo Rinpoche gave a talk sharing his personal story with students and faculty, and talking about the cultivation of a peaceful state of mind.

Khenpo Rinpoche became a monk at the age of fifteen, during a period in which being a monk in Tibet was extremely dangerous. In 2003, he traveled to Nepal and India, and finally reached the United States as a refugee, where he still lives today. When asked about a typical day, Khenpo Rinpoche

described how varied the life inside of a monastery is. At the beginning of his service as a monk, he was required to take ordination vows and to memorize texts; later, however, besides studying and meditating there are many more activities one can do, such as managing the temple, the gardens, the kitchen, etc.

The main topic Khenpo Rinpoche discussed was the obscuration, or clouding, of the mind and how to fight it. Khenpo Rinpoche

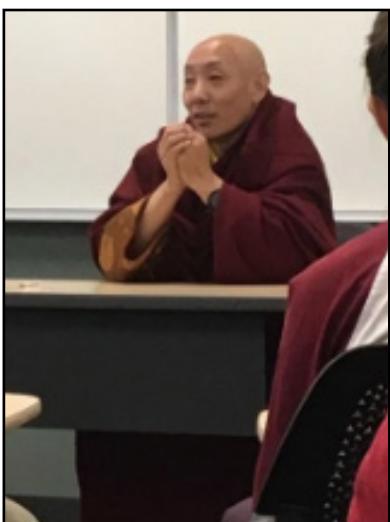


Lama Khenpo Choephel Rinpoche, students and faculty take photos after the talk.

from what are called the “five poisons” that cloud one’s mind: pride, jealousy, doubt, ignorance, and attachment. As Khenpo Rinpoche explained, “meditation means control of those five poisons,” and is therefore one of the

in today’s modern technological world, practicing mindfulness requires slowing down.

“Everything goes so fast,” he explained. “You must reduce the use of electronics, the worst influence on your mind, and meditate. Look



Tibetan Lama Khenpo Choephel Rinpoche speaks about cultivating a peaceful state of mind.

Photos by Claudia Chiappa.

described the mind as a sky, that it is sometimes covered in clouds because of the negative emotions people let influence them. Buddhism, according to Khenpo Rinpoche, helps the individual free himself

ways people can eliminate these negative emotions and clear their heads from the obscuration.

“If the whole world practices [mindfulness] and meditates,” said Khenpo Rinpoche, “there would be world peace.”

Khenpo Rinpoche said

inside.”

“Be respectful of other religions,” Khenpo Rinpoche said, “and meditate.”

“If the whole world practices and meditates, there would be world peace”
~Lama Khenpo Choephel Rinpoche.

Political Speak

Mariah Porter

Coe faculty, students participate in protests

On Jan. 20, President-elect Donald Trump became the 45th president of the United States. The following day, on Jan. 21, there were worldwide protests of the inauguration, from Kenya to Norway, from the U.S.A. to Russia.

It is estimated by *The Atlantic* that there were over 600 protests and up to or over 5 million marchers/protesters, some of which were Coe students and faculty.

Adjunct Assistant Professor of Rhetoric Karla Steffens-Moran attended the D.C. march. She had trouble at first deciding whether or not to go to Chicago, Des Moines, or D.C., but said she ultimately decided D.C. was the best place to voice her concerns and stand with her fellow women.

Accessibility Services Coordinator Kim Pierson attended the protest in Saint Paul, Minnesota. She said this was the first march she had ever attended. She described it as very peaceful, but very packed. Student Allie Caste joined Pierson in Saint Paul.



Kim Pierson on the Minnesota March:

There were people from infancy to extremely old, there were people there in their 80's and 90's, males and females, mothers and fathers with their kids, people with disabilities, just people from every walk of life with a variety of issues that they were expressing.

Photo courtesy of Rene Belyo Pritzker.



Karla Steffens-Moran on the D.C. March:
It was literally a sea of people; as far as the eye could see, THERE were people in all directions. It was the most astoundingly diverse and huge group that I've ever-- in all my years --marched alongside. For five or six hours --at least-- we stood shoulder to shoulder, breaking apart only to let an ambulance or medics through, because someone fainted. When it was time to march there was a certain amount of confusion because we weren't marching; we were just standing there, and you couldn't see in front of you.

Photo courtesy of Karla Steffens-Moran.



Students from Coe College, above, attended the Des Moines March. According to the Des Moines Register, 26,000 people attended.

Photos courtesy of Briana Gipson ('19), left, and Ryn Trumble ('19), right.

Bring back full Today@Coe

Tori Eng

Guest writer

There are a lot of things that I love about Coe's campus: the leaves changing in the fall, the friendly people, and the chai lattes from the PUB, to name a few. But one thing that I truly enjoyed and loved about Coe that I receive every single weekday was the Today@Coe email.

I am not talking about the short little blip that is now sent out about the few things that are "different" every day. I am talking about waking up in the morning and looking at what must be two to three pages of ALL the events happening

on Coe's campus. There always seemed to be lots of fun and exciting activity. Now I only get to see what sports are being played and the few times that there are different events on campus. Not to mention the fact that many events on campus never even get put in the Today@Coe email, even if they are new or different from your average club meeting.

The new calendar system that has "all" the "recurring events" only touches on the activity here at Coe. This is partly because faculty and staff have access to add events to the calendar but the

students who plan and advertise these events don't have that same access. The club advisors are busy and it's not their responsibility to plan and advertise these events.

It would be extremely helpful to link the Google calendar to the club email accounts so they can add their events easily. But even if that calendar contained all the events, I doubt many would look at it due to its rather small and easily overlooked spot on the Today@Coe email.

For me, this is not that important because I'm a junior and I barely have enough time to go to the events I plan. But for

many other people, especially underclassmen, how are they getting plugged into other clubs and events after they have decided a certain club wasn't for them? Student-held and student-ran events are probably the best way to get connected to campus. The more connected you are to your college, the harder it is to leave.

I am not saying bringing back the old way of doing the Today@Coe email will dramatically increase retention. But what I am saying is that when the little things that matter in a relationship go away, it makes it a lot easier to leave.

Faculty gives first recital of semester

Bridget Moore

Staff writer

Music faculty gathered on Jan. 22 to perform in the first Faculty Recital of the semester.

The musical instruments ranged from piano to an electric guitar accompanied by a looper.

Faculty performed both operettas in various languages as well as contemporary songs from recent musicals.

Photos by Bridget Moore.



Women's soccer coach resigns

Delena Humble
Sports editor

This past week, the Kohawk women's soccer team lost one of its most valuable members. Scott Myers handed in his resignation to accept a job as 1st assistant coach at NCAA Division I Illinois State University.

Myers, a 2001 Coe graduate, became head coach in 2013, and in

his four years went 38-32-6, with back-to-back winning seasons for the last two years. Myers was named the Iowa Conference Coach of the Year in 2016.

Myers raised the standard of soccer at Coe and will be greatly missed.

Sophomore captain Jessy Holen stated that "losing Scott is truly devastating but also provides our team with

more drive. Now more than ever our team must come together and fight for what we want: a conference championship."

Losing Coach Myers has provided the women's team with challenges but they will continue to train and keep their eyes aimed on the future while a national search for a new coach is conducted.



*Photo courtesy of
Coe Athletics.*

Construction Update

Athletic Director John Chandler said Eby construction is continuing as planned, and the workout areas in Eby and in the Clark Racquet Center will "remain the same until the middle to end of May when we hope to transition to the new building and begin the remainder of the renovations to Eby."



Eby construction on, left, Dec. 1, 2016 and, right, Feb. 2, 2017. When the construction is complete, Eby will have a new wrestling room, fitness center, classrooms and arena, and a skywalk connection to the Clark Racquet Center.

Photos by Lisa McDonald.

Tiedt launches app

Allison Bartnick

Staff writer

Coe College's Head Women's Tennis Coach Kris Tiedt recently developed a new and easy-to-use wellness app, available on all iOS devices for only 99 cents.

The app, KT23Fit, focuses on "overall wellness" according to Tiedt, with the understanding that health and well being are "more than just physical."

After scribbling down her idea for this app with a pen and napkin on an airplane, Tiedt enlisted WebleApps to help her with its development. Her aunt, Christy Goedtke, designed the graphics, and Coe sophomore Nate Ackert created workout music for the app.

With KT23Fit, users track their hours of sleep, glasses of water, and number of superfoods to try to reach at least 18 points out of a maximum of 23 each day. Users can also view their "compass," which tracks six different aspects of wellness: physical, emotional, intellectual, spiritual, social and occupational.

Tiedt said she had several reasons as to why she not only chose 23 for the maximum number of points in the app, but also included the number in the app's title.

"The number 23 has significant meaning to me," she said. "In my childhood, I idolized Michael Jordan; as such, I was #23 on many of the sports teams that I played

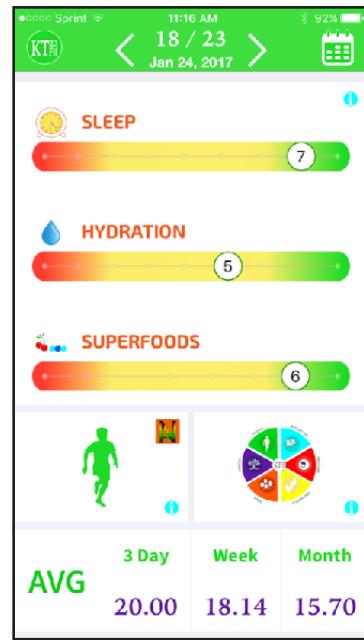
on. More recently, the man in my life happens to have a birthday on the 23rd and our anniversary is June 23rd."

Through the app, Tiedt uses her knowledge of fitness to provide users with suggestions for a variety of superfoods, exercises, and activities. Users can even do a KT23Fit workout to the music provided on the app. These "interval training workouts" can be found in the app or at its companion website, kt23fit.com.

Knowledge is important, Tiedt believes, especially knowledge of one's personal nutrition and wellness. "I would be happy if a user of the app increases their understanding of the various dimensions of wellbeing," Tiedt said.

It is her hope that the simple and positive

framework of this app, which avoids the restrictiveness of measuring serving sizes and counting calories, can help users better themselves on their own terms.



Tiedt's new app, KT23Fit, helps users track their nutrition and wellness through a combination of various dimensions of wellbeing.
Photo courtesy of Kris Tiedt.

Women's Basketball

- On Saturday 01/28, the Kohawks defeated Central College 71-61.
- Next game: Saturday 02/04, Luther College (2 p.m.)

Women's Swimming and Diving

- On Saturday 01/28, the Kohawks tied Luther College 0-0.
- Next game: Wednesday 02/08, Liberal Arts Championships (7 p.m.)

Women's Track and Field

- On Saturday 01/28, the Kohawks competed in the

Sports Reports

Delenia Humble

Wisconsin-Platteville Invite and there was no team score.

- Next game: Saturday 02/04, at Grinnell (9:30 a.m.)

Men's Wrestling

- On Saturday 01/28, the Kohawks competed in the Duhawk Open - JV and there was no team score.
- Next game: Thursday 02/09, University of Dubuque (7 p.m.)

Men's Basketball

- On Saturday 01/28, Kohawks lost

80-61 against Central College.

- Next game: Saturday 02/04, Luther College (4 p.m.)

Men's Swimming and Diving

- On Saturday 01/28, the Kohawks tied Luther College 0-0.
- Next game: Thursday 02/09, Liberal Arts Championships (10 a.m.)

Men's Track and Field

- On Saturday 01/28, the Kohawks competed in the Wisconsin-Platteville Invite and there was no team score.
- Next game: Saturday 02/04, at Grinnell (9:30 a.m.)

New faces of Coe: Firdevs Duru

Yuan Chai

Staff writer

“Being a physicist was my childhood dream,” said Firdevs Duru, Coe College’s new assistant professor in physics. “My father is a good physicist and I wanted to become a physicist since I was four.”

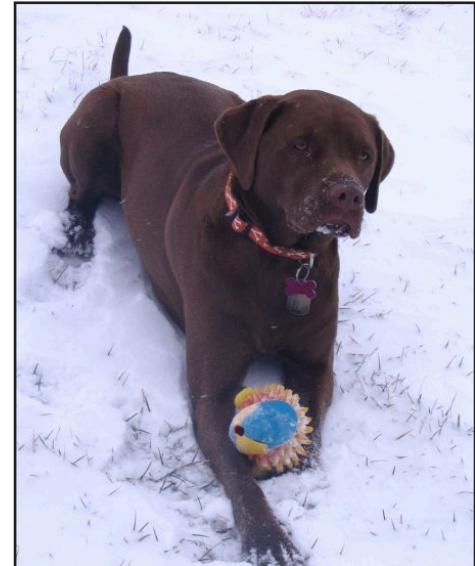
Duru said she has devoted her passion and time into teaching physics and research. After spending four years teaching astronomy classes and labs at Coe part-time, Duru was hired to become a full-time professor in the Physics Department.

“When I first came here, it felt very different, but as I spent more time it became like home to me,” said Duru.

Before coming to Coe, Duru was a research scientist and adjunct professor at the University of Iowa, where she usually taught crowded classes with about 200 students.

Duru said a big difference between her work at Iowa and at Coe is the increased opportunity to interact with students.

“Students can come in



Firdevs Duru and her family, left, and their family dog, Efes, right. Duru's husband, Ugur Akgun, also teaches physics at Coe, and they bring Efes to school each day. Photos courtesy of Firdevs Duru.

anytime and I can help him or her one-on-one,” said Duru.

Duru also recognized the unique academic experience the Coe physics department offers students.

“Students are exposed to different research opportunities,” said Duru.

“We’ve taken students to physics conferences where they present their work,” said Duru. “They learn about being in an academic environment so they get prepared for their Ph.D. programs.”

Originally from Tur-

key, Duru said she became interested in space physics while earning her Ph.D. in experimental high energy physics at the University of Iowa. Currently, her research focuses on the ionosphere of Mars.

Duru received a \$114,000 grant from the NASA Jet Propulsion Laboratory in 2016 to be used for research and data preparation. This is the first grant the Coe physics department has ever received from NASA.

“We have a nice paper in revision, which is

about to publish,” said Duru.

The research with Coe students started in the summer of 2015 and so far there are six students that have been closely involved with the research process.

Duru said she wants her students to know that even if “physics is difficult, if you like it and enjoy it, you should carry on the work.”

“Don’t quit because of temporary difficulties or worries about future,” Duru said. “Physics is fun.”

Market Talk

Question of the Week

What is the difference between common and preferred stock?

There are more than one kind of stocks that you can buy. The two main kinds are common stock and preferred stock.

Common stock is a bit easier to buy and is the more popular choice as only 5-10 percent of companies actually offer preferred stock. Common stock usually sells for less per share than a share of preferred stock.

Michael Lachocki

Depending on the company, owning shares of common stock gives you the ability to vote for current issues within the company. How many votes your shares get also depends on the company. Usually, you get one vote for every share you own, but in some rare cases you can get up to 10 votes per share.

Preferred stock own-

ers usually do not get voting rights within the company, which could make it seem unattractive to own. However, owning preferred stock also has many benefits.

Preferred stock owners get paid dividends before common stock owners, and the dividends payout-per-share is usually more than that of common stock shareholders.

It is not uncommon when a company is in distress that preferred shareholders will get paid dividends while common

shareholders don't get any. If a company was to be liquidated the preferred stockholders would be paid first.

If you're struggling to decide whether to buy common or preferred stock of a company, you could always buy both. That way you get a more insured dividend and get voting rights too. Doing this is one way to diversify your portfolio. Which is what I will be covering in next week's article.

Market Talk: Next Week

What is a diversified portfolio?

WEEKLY SUDOKU

Submit your completed sudoku to the *Cosmos* email to be entered into our monthly drawing to have your photo published.

7			2		3	8
6	1		3	7	5	
2		1	7	9		
5	3				1	6
6						3
1	8			5	9	
	7	2	6	4		
1	6	8		3	2	
4	2	9				5

Easy Peasy Recipes

Recipe courtesy of *Allrecipes*

Photo by Nina Wilson

Pizza Rolls

Instructions

1. Preheat the oven to 350°F
2. Spread out and separate the rolls on the greased cookie sheet.
3. Smooth over about one spoonful of sauce on each rolls, along with one good pinch of mozzarella cheese
4. Add your toppings and roll.
5. Once rolled tightly, bake in the oven for 10-11 minutes.



Ingredients

- One tube crescent rolls
- One small can of pizza sauce
- Shredded mozzarella cheese
- Any topping you want! (Peppers, sausage, pepperoni)