



THE

COSMOS

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CEDAR RAPIDS, IOWA

The History of Flunk Day

Allison Bartnick

Staff writer

With spring break just around the corner, so too is the chance for Flunk Day to occur.

For the past 106 years, Flunk Day has been an upheld tradition at Coe College. It began on May 3, 1911, when a group of students planned the first organized skip day on campus.

The students announced this plan by handing out small flyers that encouraged students to take advantage of the nice weather and go out for a picnic and boating on the Cedar River. Soon, the whole campus was covered in these flyers, which said that “for physiological, biolog-

ical, and psychological reasons” students should “pause in their mad rush for knowledge and give intellectual organs respite.” Spontaneous and fun, thus began the Flunk Day tradition.

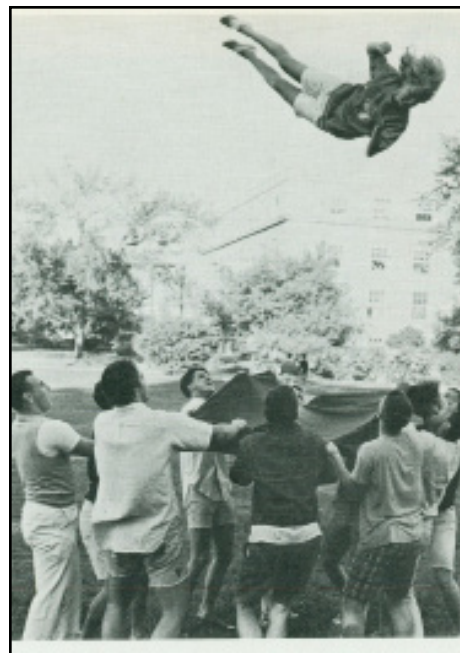
The Cedar Rapids public expressed very little opinion on Flunk Day until 1955 when a woman received first degree burns from scalding hot water in a Flunk Day prank gone wrong, and an article telling of the incident was published in the *Cedar Rapids Gazette*.

In 1968, police arrested several students for setting up barricades to stop traffic on B Avenue “so that they might party without experiencing the inconvenience of passing traffic” according to Randy Roeder. After several

years of similar behavior, often involving fireworks and plenty of “alcohol-inspired students,” some members of the community expressed their doubts about Coe’s tradition and requested that the Flunk Day committee cancel Flunk Day indefinitely.

Flunk Day, however, was not cancelled, and Coe College President Joe McCabe used the controversial events to make a case for closing B Avenue in front of Coe’s library due to safety concerns which became even more prevalent on Flunk Day.

By the 1980s, Flunk



Flunk Day 1965. Photo courtesy Carla Frazer from the Coe Archives.

Day evolved into a large scale event held at a rural county park. Once the issue of drinking and driving became a distinct risk, the event was brought to Chapman’s Fun World, a local recreational park, and

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then eventually back to Coe's campus, due to the college's reasoning that encouraging students to stay on campus for Flunk Day helps keep students safe from drinking and driving.

"Coe College cherishes tradition," said Rod Pritchard, Secretary of the College, "but we want day to be safe and for everyone to act in a responsible manner."

The alcohol-fueled atmosphere of Flunk Day has been a present at least since the early 1950s, as by the end of the decade there was already a well-established tradition of students seeking out local bars by 8 a.m.

Controversy continues to surround the amount of time and money spent on Flunk Day planning, but according to Coe alumna Kaileb Armbruster ('13), "Flunk Day is important because of the tradition it holds. People look forward to Flunk Day every year."

"So far as I'm concerned, it's the only tradition that is left," said alumna Peggy Knott ('65). "All of the other traditions have gone, so I would like to see it continue."

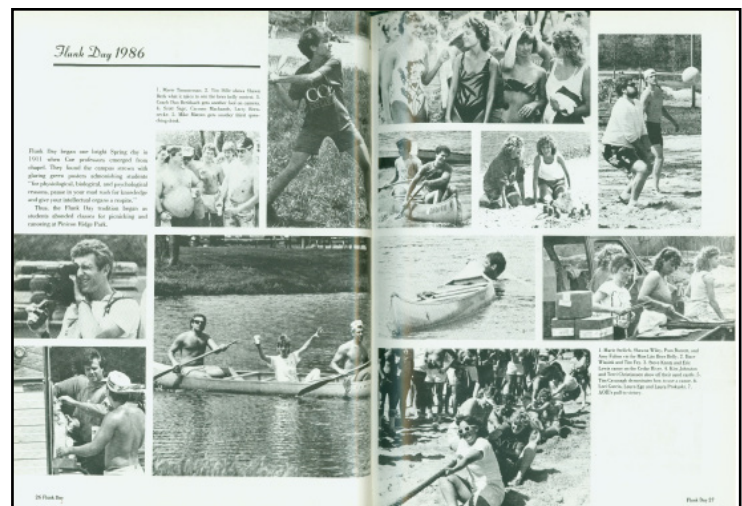


Flunk Day 1939

Photos courtesy
Carla Frazer
from the Coe
Archives.



Flunk Day 1940



Flunk Day 1986



Flunk Day 1992

Cultural Appreciation Week: Round Two

Bridget Moore

Staff writer

Last week BSEO, Multicultural Fusion and International Club celebrated the second Cultural Appreciation Week at Coe. The week of events featured movies, food, and discussion to celebrate different cultures at Coe.

The idea for Cultural Appreciation week sprung from a conversation in spring 2016 to create a joint event between BSEO, Multicultural

Fusion and International Club.

The first Cultural Appreciation Week debuted last fall. Afterwards, a campus-wide survey was sent to gauge interest in holding the Week again. The responses were positive, with one respondent saying, "It would be great if perhaps a conversation about cultural appropriation vs appreciation happened once a semester, but for sure every year. There are so many students on Coe's campus

that don't know the difference, or don't know how to negotiate the

differences."

According to Psych2Go.net, cultural appropriation involves the taking and adaptation and/or use of elements of a culture, often leading to distorted understanding of the elements and wrongful perceptions of the culture through this misuse.

Cultural appreciation, on the other hand, focuses on practicing the culture and learning to both understand and respect it.

President of Multicultural Fusion Kyrsha Balderas ('18) plans to make Cultural Appreciation Week an annual event, and involve other groups like Latinx.



Students "learn to walk with swag" during Cultural Appreciation Week. Photos courtesy of Kyrsha Balderas.

"This [Cultural Appreciation Week], the poster campaign we led in the fall and the feedback we received from the poster campaign demonstrated how much Coe needs events like this," Balderas said.



Students participate in Trivia Night during Cultural Appreciation Week.

Violinist and pianist perform at Coe

Tabetha Sprunk

Staff writer

On Feb. 15, Friends of Music at Coe (FOMAC) hosted a recital by violinist Katie Wolfe and pianist Liang-yu Wang, entitled "Music Between the Wars." From the enchanting and stately work of Erich Wolfgang

Korngold, to the brutally beautiful songs of Francis Poulenc, the audience was led on a journey through the spectrum of sound composed by Olivier Messiaen and Igor Stravinsky in times of both war and peace.

Katie Wolfe and Liang-yu Wang perform a recital entitled "Music between the Wars". Photo by Tabetha Sprunk.



Professor leads students in research

Claudia Chiappa
Staff writer

A Coe College professor and some of his students are part of a research project at St. Luke's Hospital that is working to introduce a new approach to the area of rehabilitation.

Assistant Professor of Psychology Benjamin Tallman is a health rehabilitation/psychologist that, outside of his job as a professor at Coe, works in the rehabilitation unit at UnityPoint Health-St. Luke's Hospital. There he deals with patients going through recovery after traumatic experiences, such as cancer and surgery.

In his third year at Coe, Tallman said his teaching areas are health psychology, statistics and career development. At his job at St. Luke's, where he's been working since 2012, Tallman said he provides health and behavioral evaluations of his patients to identify all obstacles that could hamper their healing process. Tallman explained he uses interventions such as



Benjamin Tallman is working with students to introduce a new approach to the area of rehabilitation through a research project. Photo courtesy of Benjamin Tallman.

mindfulness meditation, clinical hypnosis and biofeedback as a way to teach his patients to relax and have better control of their body, and to "put a blanket over the areas of the brain that causes anxiety."

He said he believes that this kind of approach can be positive not only for rehabilitation purposes, but also for conditions such as chronic pain, GI related problems, stress, depression or chronic headaches.

About a year ago, Tallman started a project in collaboration with some Coe students, Dr. Munjal

(a surgeon at St. Luke's hospital), the Physicians' Clinic of Iowa and Edward Hines Jr. VA that aims to implement interventions such as the mindfulness meditation inside of hospitals. Tallman and his colleagues worked with patients that had total knee and hip replacements.

Patients were divided into two groups of fifty: a control group, that does not receive any special intervention, and a treatment group, that receive an mp3 with 60 minutes of relaxation exercises three weeks prior to surgery. A week after the surgery, the research team examines outcome variables such as depression and anxiety, or if the sleep patterns of the two groups are different and how.

So far, they have collected about four months of data and soon they will present the results at the Rehabilitation Psychology Conference in Albuquerque, NM, which Tallman will attend with four Coe students.

Tallman said the purpose of this research is to implement these

kinds of intervention not only at St. Luke's, but also in more hospitals within the UnityPoint System. He said his interest is in "helping people with self-regulation" to find balance in their bodies, and he thinks that his particular approach could change the way rehabilitation is seen and perceived.

Tallman said he has several ideas for the next study, but he and the other people involved will wait for the results of this first study before jumping into another.

Tallman said he is thankful for the Coe students, who have been a part of every step of the process. They have been involved with everything, Tallman said, from conceptualizing research idea, to designing the study, to reviewing the literature, to participating in interdisciplinary research team meetings, and even to observing a total knee replacement surgery. It helps them understand what it is like to have a career in health, Tallman said, and it helps them prepare for graduate school.

43rd International Club Banquet

Destiny Perry

Guest writer

Coe's International Club held its 43rd annual International Banquet Sunday, Feb. 12, which was open to Coe and community members. The banquet featured dishes from a variety of nations and cultures made and served by Coe students, as well as a program which included three musical performances.

The banquet is a primarily student-run event and has been since the first one 43 years ago. The same group also put together the first Cultural Show, which also celebrated its 43rd year this past fall.

International Club Advisor Peter Gerlach believes the fact the event

is student run is central both to the banquet's identity and its success.

"I-Club is about a celebration of Coe's international diversity," Gerlach said, "and students feeling empowered to put on large programs themselves, celebrate each other, and share that with the community."

The event began at 6 p.m. with appetizers in both Phifer Commons and the Intercultural Center. Members from BSEO and Latinx prepared their own appetizers and led attendees in arts and crafts, and directed attendees between the two locations, serving as an opportunity for Cedar Rapids community members to see the new Intercultural Center.



Students in International Club cook for the Banquet.

Photos courtesy of Uzir Thapa.

When dining began, the students who made each dish also served it, allowing students to show off their dish and interact with those in attendance.

Ayman Handal ('20), who sang Frank Sinatra's "All the Way" at the event, said performing was his favorite part of the banquet.

"I liked seeing everyone's faces, as well as how happy everyone was to be there; it was the first time I had a chance to process it all," Handal said.

Handal also prepared a dish for the event: cooked grape leaves, which are grape leaves stuffed with rice, meat, and spices.

When asked why he was involved with International Club, Handal said, "I'm involved in I-Club because I think it's a really safe place, and I think it's important to be involved so as to positively influence the club and international students."

At the end of the banquet, the current International Club executive members handed over the reigns to the new elected officials, who will run the club next fall.



Students bake for the International Club's 43rd annual banquet.

Coe hosts IHSSA judging workshop

Claudia Chiappa
Staff writer

On Jan. 10 the Speaking Center hosted an Iowa High School Speech Association (IHSSA) contest judging workshop. The workshop was not only open to the consultants of the Speaking Center, whose volunteers helped organizing it, but to the whole Coe community and to anyone from the Cedar Rapids area.

"The purpose was to educate individuals who wished to become IHSSA judges and go through judges training for the IHSSA," said Craig Ih-

nen, Executive Director of IHSSA. Ihnen talked to the participants about the association, explaining what they do, how contests work and what it's like to be a judge. Then, the about 40 students in attendance took a written multiple choice test over the constitutional rules of IHSSA aimed to check their eligibility to become judges. If the grade was good enough and a student passed the test, Ihnen said, they would receive a certification that would allow them to judge local high school contests, while getting paid in the meanwhile.

Speaking Center consultant Dana Bekebrede ('19), who was an All-State contestant in high school, shared her experience with the Cosmos. She took part in many IHSSA contests in high school, doing the reviewing category all four years of high school, and even poetry at one point. "I just loved the experience in high school," said Bekebrede. "I knew it was something I would like to continue being involved in if I could." She said she can't wait to receive her certification so she can judge contests. As of now, Coe students haven't heard back from

the IHSSA because there have been some issues with getting all the necessary information sent out, so there was a delay and they haven't received the certificates yet. But as soon as she gets the certificate, explained Bekebrede, she will start judging. Bekebrede said she loves being able to "see other people's creativity and what they come up with for their pieces," and encourages other Coe students to get involved with the IHSSA.

New kind of fraternity

Nicole Votroubek
Guest writer

Every Monday night at 9:15 p.m. in the Epily Room located in Lower Gage you will find Josie Mitz ('19), along with twenty-six other pledge Coe College students, attending an Alpha Phi Omega service fraternity chapter meeting, the same fraternity Michelle Obama became a member of in 1996.

The Coe chapter of the service fraternity Alpha

Phi Omega was established last school year by Mitz, who is the president of the group.

Mitz says Kayla Lyftogt, Director of the Office of Community Engagement at Coe, gave her the idea and she began Alpha Phi Omega because she has always loved helping people and wanted to find a way to get college students more involved with service.

Mitz said Alpha Phi Omega is different from the social fraternities cur-

rently found on campus because women are able to become members as well as men.

"We created a brotherhood of people who all love to serve others and help use that love to create friendship and leadership skills," said Mitz. "It's a lot of fun to be a part of this organization."

Alpha Phi Omega is nationally affiliated with Boy Scouts, Girl Scouts, and Relay for Life, but Coe's chapter has taken advantage of many local

opportunities to give back. Just a few months ago the chapter helped fold flags for veterans overseas.

"Alpha Phi Omega is something I wish I had had at school," said Janessa Wightman, a Volunteer Coordinator at St. Luke's Hospital in Cedar Rapids and Alpha Phi Omega's Advisor. "It's an amazing opportunity to get involved with and is great for anyone who's even slightly interested in service."

The key to Coe Athletics success

Ashlyn Moos

Guest writer

Ryan Workman interviewed for the position of Sports Information Director just one month after he graduated from college. Now in his 11th year of working at Coe, he is responsible for live-tweeting sporting events, taking stats and posting articles on the Coe athletics website and social media sites.

The articles written by Workman are created to update the public on the stats of the game or match, a summary of the event and who ended up on top.

"I'm writing to make Coe look good," Workman said. Even if the end result wasn't in the Kothawks favor, Workman said he makes a point to highlight the positives from each event.

Graduating from Waldorf College with a

degree in broadcast communications, Workman is no stranger to writing a good article. He makes sure each article has a catchy title and a detailed picture, regardless if a team wins or loses.

"If a team is winning a lot, it's easy to make up what I'm writing about more than I could for a losing team," he explained.

Of course, Workman also receives a little help from the students who do their work study in his office.

"I like to call them my family," Workman said. "We're really close."

Brenna Winn, senior soccer and softball player who does her work study in the sports information department, said she enjoys working with Workman.

"He's a cool guy [and] he loves sports a lot," Winn said, "so it's inter-



Ryan Workman has served as Sports Information Director at Coe for 11 years. He live-tweets events and writes articles for the Coe's athletic page. Photo courtesy of LinkedIn.

esting to listen to him sometimes, just like how much he knows and how much he cares when an athlete is about to break a record."

Without Workman's dedication to Coe and its Athletic teams, Winn noted her soccer and softball career the past four years wouldn't have been the same.

Workman has experi-

enced athletes receiving national titles, playing for a national championship and many conference titles during his time at Coe.

"I love working with student athletes. It's so much fun," Workman said. "Since my office is in the fitness center I'm so close to the athletes."

Coe swim takes on Liberals

Delena Humble

Sports editor

Coe's men's and women's swimming and diving teams set several school records during the Feb. 8-11 Liberal Arts Championships in Elsah, Illinois.

Corbin Faidley ('19) swam the men's 1650 yard freestyle with a time of 16:11.44, finishing second in the race and now has the 30th best time in the nation. Faidley also set a new school record for the men's 200 yard freestyle with a time of 1:44.72.

Quincy Markham ('20) finished right behind Faidley with the second best time in school history at 1:45.23.

Blake Sterns ('20)

finished 8th in the 1650 yard freestyle at 17:03.25, allowing him to now hold the second best time in school history.

Eric Ford ('20) finished in 13th behind Sterns with a time of 18:00.31.

In the women's 200 yard backstroke, Kendall Bundy ('17) came in 3rd place at 2:09.44, the now second best time in school history.

Alanna Thompson ('19) finished behind Bundy in 6th place with a time of 2:13.13, the third best time in school history.

Doug Sauer ('20) competed in the men's 200 yard backstroke and finished 5th with the third best time in school history at 1:58.46.

Quincy Markham ('20) finished fourth in the men's 100 yard freestyle with the fourth best time in school history at 48.39.

In the 200 yard breaststroke, Katie Freeland ('20) finished with a time of 2:26.86 which is now the second best time in school history.

The women's 400 freestyle relay team consisted of Bundy, Appler,

Fitzgerald, and Freeland. They finished fourth with a time of 3:42.94 which is now the third best time in school history.

The Kohawk women finished fourth with 416 points and the Kohawk men were fifth with 335 points. Franklin won the team title with 750 points.

The swimming and diving teams' season is now over for the year.



Coe's swimming and diving team seniors pose for a group photo during the Liberal Arts Championships Feb. 11. Photo courtesy of Kenni Sterns.

Women's Basketball

- On Wednesday 02/15, the Kohawks lost 70-59 against Loras.
- Next game: Saturday 02/18, University of Dubuque (2 p.m.)

Women's Swimming and Diving

- On Saturday 02/11, the Kohawks finished 4th of 11 in the Liberal Arts Championships.
- Next meet: season finished

Women's Track and Field

- On Saturday 02/11, the Kohawks competed in the

Sports Reports

Delena Humble

Wisconsin-Platteville Invite and there was no team score.

- Next meet: Saturday 02/18, at Wartburg Invite (10 a.m.)

Men's Wrestling

- On Thursday 02/09, the Kohawks defeated University of Dubuque 32-12.
- Next meet: Saturday 02/25, at NCAA Regionals (9 a.m.)

Men's Basketball

- On Wednesday 02/15, Kohawks

lost 84-83 against Loras.

- Next game: Saturday 02/18, University of Dubuque (11 a.m.)

Men's Swimming and Diving

- On Saturday 02/11, the Kohawks finished 5th of 9 in the Liberal Arts Championships.
- Next meet: season finished

Men's Track and Field

- On Saturday 02/11, the Kohawks competed in the Wisconsin-Platteville Invite and there was no team score.
- Next meet: Saturday 02/18, at Wartburg Invite (10 a.m.)

Senior wrestlers' farewell

Delena Humble

Sports editor

The seven senior wrestlers said their final farewell to Eby Fieldhouse on Feb. 9 as they closed out their season with a 32-12 victory against the University of Dubuque.

Before the meet began, the seniors were brought out to the center of the mat to address their Kohawk fans for one last time. They were Nik Ramirez, Garrett Kelson, Ryan Harrington, Ryan Donovan, Cody Fritz, Jan Rosenberg and Michael Rathbun.

Nationally-ranked Ryan Harrington said that he's "going to miss wrestling for Coach O and being apart of such an amazing team. These guys know how to be dudes."

The dual opened at 165 lbs, where Coe's Ryan Harrington ('17) claimed his last victory at Eby, winning 8-3 against Dubuque's Patrick Mooney.

At 174 pounds, Jake Voss ('19) claimed his 40th career victory over Ted Cappararino. Voss was able to take down Cappararino at 1:02 by fall.

Coe's first loss came

from freshman Taylor Mehmen ('20) at 184 pounds as Dubuque's Ethan Cain was able to barely outlast him. The close match ended with a core of 15-14.

At 197, Coe's Andrew Holladay ('18) won by technical fall against Dubuque's Raven Rodriguez.

Coe's Garrett Kelson ('17) and Dubuque's Jordan Hill went head-to-head for the heavyweight match. Kelson won his last match in Eby Fieldhouse 4-3.

Coe's Jan Rosenberg ('17) closed out his career with a bang as he pinned Dubuque's Javier Guilley in 25 seconds during the first period. Rosenberg is now ranked 8th in the nation and is expected to make it to the national championships.

Coe's Fletcher Green ('18) claimed another victory for the Kohawks at 133 pounds with a 9-4 win.

Coe's second loss came from freshman Sam Uthoff ('20) as he lost by fall to Dubuque's Jeremy Mendez at 2:40.

Cole Erickson ('20) claimed yet another victory for Coe as he too won



The Coe wrestling seniors, from left, Jan Rosenberg, Nik Ramirez, Michael Rathbun, Garrett Kelson, Ryan Harrington, Cody Fritz and Ryan Donovan competed in their last Iowa Conference meet on Feb. 9 in Eby Fieldhouse. Photo by Katie Guinane.

by fall against Nicholas Meyer at 2:22.

The final match of the evening was between Coe's Cody Fritz ('17) and Dubuque's Quincy Kalkbrenner, where Dubuque was able to claim one last victory over Coe.

Teammate Trey Schuler ('18) stated that "the program will not be the same without these guys. They are my friends, my family and my mentors. We will miss them terribly but I know they are going onto great things."

The Kohawks return to action Feb. 25 for the NCAA Central Regionals, hosted by Loras College.

The top three finishers in each weight class will qualify for the NCAA National Championships. Coe is expected to have at least two wrestlers represent Coe at the Championships.

Market Talk

Question of the Week

Michael Lachocki

What is an exchange-traded fund?

A great way to diversify your portfolio is by investing in an exchange-traded fund, or ETF.

An ETF is a way of owning several different stocks for the price of one. This provides you a way to diversify within an industry or index.

A popular ETF that allows you to buy parts of shares of all 500 compa-

nies in the S&P 500 is called the Vanguard S&P 500 ETF (VOO).

How it works is Vanguard, the company that makes the ETF available, buys shares from all 500 companies, and make a portion of those shares available for purchase at one price. This way, you can own a little bit of stock of 500 companies

by buying just one share of VOO.

Since an ETF is generally created by combining several successful companies that have higher share prices due to their success, the accumulated price of a share of the ETF would be higher.

Another reason S&P 500 ETFs are a good investment is because if one company in the top 500 starts to do poorly enough that they drop out of the top 500, an-

other company will take its place that is probably doing a bit better. So really there is no substantial loss if one company doesn't do well. But if all the companies start to do poorly--for example, in a recession--you could suffer some losses.

ETFs usually generate profit very slowly so they're better to hold on to for longer amounts of time but with that slow profit generation you get decreased risk.

WEEKLY SUDOKU

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

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Sudoku courtesy of www.websudoku.com

Easy Peasy Recipes

Recipe courtesy of Allrecipes

Photo by Nina Wilson

Beef Oven Roast

Instructions

1. Heat oven to 325°F.
2. Put stew meat in a casserole dish and coat with the full can of broth.
3. Wash and chop the vegetables and add into casserole dish, along with seasoning.
4. Cover and put in the oven for 1 1/2 hours.



Ingredients

- Two red potatoes
- 2 russet potatoes
- 1 pound stew meat
- 1 carrot
- 1/2 a white onion
- Seasoning to taste
- 1 can broth (beef, chicken, vegetable)