



# THE COSMOS

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CEDAR RAPIDS, IOWA

## COE TO KEEP HIGHER WORK STUDY WAGE

**Lisa McDonald**  
Editor-in-chief

In an email sent to campus January 6, 2017, the Office of Financial Aid explained the minimum wage for Linn County was increased from \$7.25 per hour to \$8.25 per hour.

For Coe College, this meant students would now work less hours in their work study positions to reach their maximum financial aid award. However, in a recent bill signed into law by Iowa Governor Terry Branstad, Iowa counties are required to set their minimum wage back to \$7.25 per hour.

Dean of the Faculty and Provost Paula O'Loughlin said the senior staff discussed changing the work study

wage but decided to keep it at the higher rate.

"We don't want to change [the work study wage] and then have to change it back again, which could happen," said O'Loughlin. "That's not fair to students or the departments and offices who budget for their pay."

Director of Library Services Jill Jack said she appreciates how this will aid students by minimizing the amount of work hours they need to fit into their busy schedules. However, this presents another challenge for the library to consider when planning for how to run library operations next year, Jack added.

Of the various measures Coe implemented to cut costs at the college, the library is one area that

*Below: Fisher Library in Marquis Hall.  
Photo by Lisa McDonald.*



*While the increased wage aids students by lessening the load on their busy schedules, Director of Library Services Jill Jack said in the face of pending staff cuts it presents a challenge for the library on how best to schedule student hours.*

faced a decrease in staff.

"We really don't want the budget cuts to affect the students," said Director of Library Services Jill Jack. However, because of the loss of some staff and the fewer work study hours, Jack said changes are inevitable.

Jack said fewer work study hours makes it more difficult to train students for certain positions, like interlibrary loan, since the position requires a fair bit of training. Additionally, the reference/interlibrary loan librari-

**Continued on pg. 2.**

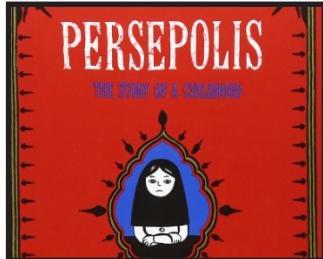
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ian position changed to part-time, so the librarian who runs interlibrary loan will be on campus less as well.

Starting in fall 2017 there will no longer be a designated music library supervisor for the Fisher Library located in Marquis Hall. Without this position, Jack said the library will rely solely on student workers to run the space.

Jack explained she worked this past semester with Rich Adkins, the music library supervisor, to find out the peak times the Fisher Library

is used. This information will help determine the best times to assign work study students' hours.

Ideally the library will be open for a couple hours during the day, Jack said, and retain the current evening hours. Jack added someone from the main library will act as the supervisor for the Fisher Library work study students but the details have not yet been determined.

Jack said another position the library is losing next fall is the assistant archivist. As such, the archives will mostly be run by herself and other

Friday, April 14, 2017

staff members as well as a work study student, whose hours will be less with the minimum wage increase.

"We'll have to schedule things more," Jack said. Until the end of the semester people can contact Archivist Assistant Harlene Hansen to schedule use of the archives, but in the fall people will need to contact Jack.

Jack said work study students provide a great service to the library and college as a whole.

"We really couldn't do this job without them," Jack said.

## Coe-community Camera

*Seniors, counterclockwise from top left, Michael Campos, Olivia Leisinger, Rob Volpe, Amber Brooks and Andy Baird display their thesis exhibitions in the Sinclair Galleries during the opening reception April 7. The exhibits are open until April 14.*  
*Photos by Lisa McDonald.*



Friday, April 14, 2017

# Prophetic poetry

**Mariah Porter**

Columnist

Ray Young Bear, a sixty-six year old Meskwaki author from the Tama Iowa area, came to Coe College on April 6 to read poetry from his recently published collection of poetry titled *Wolverine* as well as describe his life and his writing process.

Ray Young Bear has been publishing since the 1960's and has published fiction and nonfiction as well as poetry. He is a bilingual author, writing in both Mesquakie and English.

He opened the reading by singing a few Native American songs that he had learned from different

Native Nations, including the song "Listen to the Good Voiced One," a socially-oriented song from a Meskwaki settlement. He said his uncles would tell him to shut up when he would practice singing Meskwaki songs. However, his grandmother would tell his uncles that they should be more supportive of their nephew's singing because he may go to Coe College someday to sing, he joked.

Much of Young Bear's poetry in *Wolverine* is based around prophetic dreams and stories from his early life.

"I believe the writing process from my angle is basically a series of images," Young Bear said.



*"Exiling myself from popular literature was contemplated. Sylvia Plath would be first followed by elite literary magazines. Today at 63 I made the shift to compose in Mesquakie and the New Yorker finally accepted a poem, plus an audio recording for a podcast is set to be released in the magazines digitized issue, but that took light-years."*

An excerpt from the first poem in *Wolverine* that Ray Young Bear chose to read.

Photo by Mariah Porter.

# Lectura poetica

**Mariah Porter**

Columnist

Adjunct Professor of Spanish Andrea Chapela performed a special poetry reading April 10: poetry in Spanish with English subtitles.

Chapela is not only a writer. Born in Mexico City, Chapela earned a bachelor's degree in Chemistry at the Universidad Nacional Autónoma de México (UNAM) before coming to America to

earn a master's in Creative Writing at the University of Iowa.

Her parents gave her the idea of mixing her poetry with her chemistry and making something unique. The first poem she wrote using chemistry was titled *Synthesizing Aspirin*.

Chapela read three poems during the event from her book *Fundamentals of Applied Chemistry*, a collection containing poems written about

scientific theories and concepts. Following these poems Chapela also read part of a sci-fi short story she is currently working on.

Chapela said she is now working on a new project that, while still involving science, will differ from *Fundamentals* by not focusing as extensively on ensuring complete scientific accuracy in all the poems.



*Andrea Chapela read some of her Spanish poetry on April 10, and included English subtitles. Photo by Mariah Porter.*

# Rising above the flood

**Claudia Chiappa**

Staff writer

This past weekend, Coe hosted a three-day Festival of Bands, which started on Friday, April 7 and ended with the performance on the afternoon of Sunday, April 9.

On Saturday night, the theme of the performance was "Rising above the flood," a way to remember the flood Cedar Rapids faced last September and, in particular, how the town was able to recover from the catastrophe.

"We are here to celebrate the resilience

and determination of the people of Iowa," said William Carson, Director of Bands. He also welcomed on the stage Cedar Rapids Mayor Ron Corbett.

"More and more communities around the world deal with flooding," said Corbett, who reminded the audience how citizens from Cedar Rapids and from Coe worked together to overcome the obstacle. "When the community works together it has great results."

Corbett thanked everyone for being part of the Cedar Rapids community.

Many of the pieces that the band performed

touched on the topic of river and tragedy. For example, one of the songs was *Rio Grande* by local composer Michael Daugherty, a composition that celebrates the power of one of America's iconic rivers; or *Here We Stand – Unsinkable*, by Steven Melillo, that relates to the storm theme.

The final piece of the performance received particular approval. Coe welcomed on stage guest conductor Robert W. Smith, composer of *Promising Skies*. The piece describes how the festive skies above the city of New Orleans became threatening as Hurricane

Katrina approached, in a way similar to what went through in Cedar Rapids.

As the students re-created the sound of the pouring rain and of a typical thunderstorm, a PowerPoint presentation showed images of both New Orleans and Cedar Rapids, as they faced these natural tragedies. The composition received a standing ovation from the public, moved by the message of hope it carried.

Smith said what he wanted to celebrate is in fact not the storm, or the flood itself, but the spirit of rebirth it generates in the hearts of the citizens.

## Upcoming student recitals!

A composition recital will be on Monday, April 17 at 7:30 p.m. in Daehler-Kitchin Auditorium.

**Merrill Miller ('17)**

Major: Music

"I will be playing three pieces: an unnamed instrumental piece for solo guitar and electronics and two songs from my album Murals. Belfast, which is a Folk Tune in an Irish style I wrote about a friend going on a trip to Ireland to be inspired. The second song from my album that I'll perform is *Alone* which is a introspective song about personal struggles."

Miller will perform on guitar and vocals and will be assisted by William Benson and William Pollock.

A recital will be on Tuesday, April 18 at 7 p.m. in Daehler-Kitchin Auditorium.

**Makayla Kaune ('19), Laura Gibson ('19), Heidi Graff ('19)**

Majors: Instrumental music education

All three performers are instrumental. They will be playing four of "Five Bagatelles, Op. 23" by Gerald Finzi, J.S. Bach's "Sonata in E Major (B.MV 1035)," "Never Odd or Even" by student William Benson, "Fantasia No. 11 in G Major" by Georg Philipp Telemann, Willson Osborne's "Rhapsody for Clarinet," and four of Robert Muczynski's "Duos for Flute and Clarinet."

# Why yoga is the way to go

**Alexa Wasicek**

Guest Writer

As a fellow college student, I know we all experience a common problem quite often: stress. An effective way to channel our minds and bodies to deal with this common problem is to practice yoga.

I have done research on yoga, practiced yoga for three years myself, and experienced four years of college life. Because of this, I feel it is important to address the problem of stress in the college environment, propose yoga as a solution, and tell you how you can get practicing right away.

College students have shown high instances of stress, which has harm-

ful physical, mental and emotional effects. In the 2015 National College Health Assessment, 85 percent of college students said they felt overwhelmed by college's academic and social demands.

The solution I propose is to practice yoga because it can relieve stress and its harmful side effects as well as promote overall health and well being.

The word yoga means to unite. In practice, yoga strengthens the mind and body connection that increases physical and mental wellness.

Sat Bir Singh Khalsa, a neuroscientist and professor of medicine at Harvard Medical School, has practiced yoga himself for 35 years and has published studies showing

that yoga targets unmanaged stress. According to Khalsa, yoga reduces the body's stress response, which includes the activity of the sympathetic nervous system and the levels of the hormone hydrocortisone.

To me, the best thing about yoga is that it is extremely practical, versatile and personaliz-

be practiced virtually anywhere, making it extremely practical. It can be done at home, at the gym, or in a structured class.

There are various types of yoga depending on the goal of the user, including power yoga for those hoping to torch calories and lose weight. Modifications and advancements can be made at a personal pace, so all fitness levels are welcome and encouraged. Contrary to popular belief, you do not have to be flexible to practice yoga!

In conclusion, yoga can be easily fit into any busy schedule, can be practiced by anyone regardless of fitness level and can be great stress reliever. My call to action for you is to practice yoga at least once a week. This can be done by downloading an app on your smartphone, using Youtube or attending the free class in Clark Racquet Center on Mondays and Wednesdays at 5 p.m. and Fridays at 6:45 a.m.

Other benefits of regular yoga practice include:

Better immune functions  
Muscle tone  
Strength and endurance  
Flexibility and injury prevention  
Improved digestion and sleep patterns

able. Yoga practice can be beneficial in as little as ten minute increments once a week. Also, yoga can



*Yoga can be incredibly beneficial for lowering stress and increasing strength and flexibility. Photo from OmtheRangeYoga.com*

According to the Mayo Clinic, stress that is uncontrolled can lead to:

Physical pain and sickness

Mood changes

Undesirable behavior

As one would imagine, stress is very high among college students trying to balance school, work, and social pressures.

# A call for more intercultural competency

**Skyler Andrews**

Guest writer

A liberal arts education emphasizes a wide array of experiences, but currently lacks a vital component to educating our rapidly diversifying population. Students entering college today are, on the whole, part of the millennial generation, the most racially diverse generation in America, according to a Pew Research Center 2014 study.

Additionally, Wazwaz of U.S. News in 2015 reported that “the minority population is expected to rise to 56 percent of the total population in 2060, compared with 38 percent last year.” This will place the United States in the position of becoming a minority-majority nation.

With the overarching goal of obtaining a college degree to become a valuable employee, students today must know how to demonstrate intercultural competency. Furthermore, researchers Dai and Chen (2015) stated “the development of interculturality penetrates the rigid cultural boundary, provides people with a larger space for interaction, facilitates cultural integration, and inspires human creativity.”

This article proposes that a well-rounded First-Year Seminar (FYS) curriculum should incorporate a diversity and inclusion component that covers topics including, but not limited to:

- the basics of empathy training
- interpersonal communication skills development
- the institution’s policies concerning diversity and inclusion
- critical information about marginalized identity groups
- introduction to resources for further conversation and/or assistance

Covering these five elements in FYS provides a common, basic educational starting point for all students, given that all new students must take a FYS course.

Each student’s personal experience will naturally vary, but this model ensures that all students interact with and discuss the essential information necessary to developing a campus culture of interculturality. This provides as close to a baseline starting point for students as is feasible.

To prepare for this new piece of their existing FYS

curriculum, faculty will need to undergo training.

In a role reversal, administration can look to campus organizations and students leaders to help with this process. Suggestions of which organizations to look to include black student organizations, multicultural or international clubs, LGBTQ+ advocacy groups, and other clubs involving marginalized identity groups. This holds a threefold benefit in the fact that it is:

- a) a cost effective solution for the institution.
- b) an opportunity for students to apply their knowledge from campus organizations to a practical, wide-reaching cause.
- c) relieves some pressure from faculty who may not have experience with diversity education.

Institutions may request that their student leaders propose programs to the administrative body overseeing this process. Another option is to utilize PowerPoint training presentations developed by Sophie Belter ('16). Belter created these presentations during her time at Coe, and these comprehensive trainings include interactive components designed to

provide guidance to and educate both faculty and students on diversity and inclusion.

A college education that begins with an emphasis on diversity and inclusion sets students up for a successful academic career that will see benefits into post-collegiate life.

Rich Caturano, partner and national leader of culture, diversity and inclusion for McGladrey LLP and immediate past chairman of the American Institute of CPAs, states that “College graduates who are culturally competent can communicate, network and work in multicultural teams. They are highly sought-after talent in the increasingly globalized business environment” (Walsh 2017).

With globalization on employers’ minds, colleges that provide intercultural competency education give their graduates a leg up in the job market and skills that will transfer to any field they could imagine.

If Coe wishes to be a producer of competitive, highly skilled graduates, then interculturality is a must.

# Student Symposium



*Coe's student research symposium took place April 11. Photos by Mohan Xu.*



## Women's Tennis

- On Wednesday 04/12, the Kohawks lost 7-2 against Grinnell College.
- Next match: Saturday 04/15, Wisconsin-Oshkosh (10 a.m.)

## Women's Track and Field

- On Saturday 04/08, the Kohawks competed in the Cornell Open and placed 4th of 10.
- Next meet: Friday 04/14, at Jim Duncan Invite (4 p.m.)

## Women's Softball

- On Wednesday 04/12, the

## Sports Reports

**Delena Humble**

Kohawks defeated Nebraska Wesleyan University 7-1 and 6-0.

- Next game: Saturday 04/15, Central College (1 p.m.)

### Men's Baseball

- On Tuesday 04/11, the Kohawks defeated Loras 11-7.
- Next game: Friday 04/14, University of Dubuque (3 p.m.)

## Men's Tennis

- On Sunday 04/09, the Kohawks defeated Depauw University 5-4.
- Next match: Saturday 04/22, Luther College (1 p.m.)

## Men's Track and Field

- On Saturday 04/08, the Kohawks competed in the Cornell Open and placed 3rd of 11.
- Next meet: Friday 04/14, at Jim Duncan Invite (3:30 p.m.)

## Market Talk

### Question of the Week

#### Don't Diversify

In the past I've talked about diversifying, which is investing in several kinds of industries and securities. You diversify to reduce the amount of risk you and your portfolio get exposed to.

However, many investing elite, like Warren Buffett, don't follow this strategy. They believe that when

Michael Lachocki

you diversify you may not have sufficient knowledge of your investments. They feel it is easy to get relaxed and rely on the diversification to minimize losses and make profits instead of your knowledge.

These investing elite say there are few opportunities worth investing in and that the only way to find them is to do exten-

sive research. Once you find one you should invest in it heavily. They do this because they trust the security research provides over the security diversifying would.

This strategy is reserved for the well-educated and experienced because in order to know how to do research you have to be taught, and to become proficient at it you need to practice.

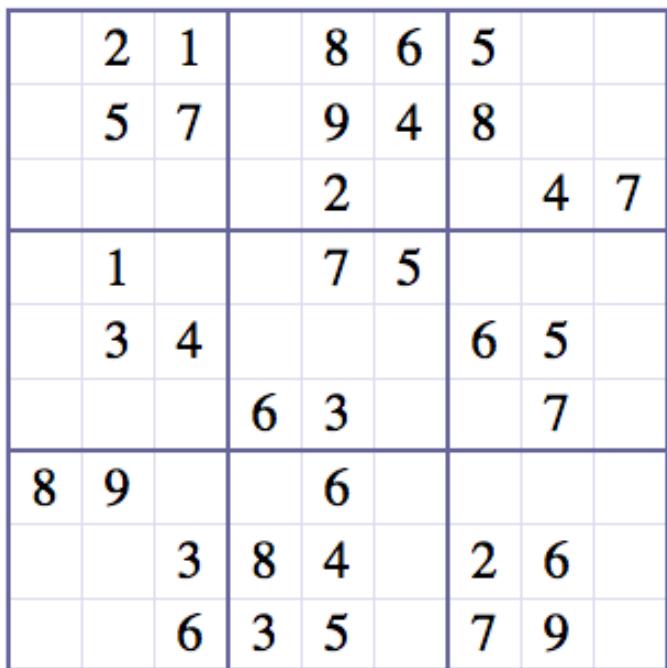
Diversifying is safest when you do it when you have a diverse knowledge of markets. If you look at Warren Buffett's holdings, you

will see that his holdings are very diverse. This is because he's had such a long investing career that he has developed immense understanding of investing practices. When Buffett invests he does so in a broad spectrum of industries and companies in a very meaningful and calculated manner.

Thus, based on your experience and education level, diversifying may or may not be the strategy for you. If you see investing in your future you should strive to gain experience so that you can better trust your investments.

## WEEKLY SUDOKU

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



## Easy Peasy Recipes

Recipe courtesy of *Allrecipes*

Photo by Nina Wilson

### Coffee Cake

#### Ingredients

- 2 cups flour
- 3/4 cup white sugar
- 2 tsp baking powder
- 1/2 tsp salt
- 1/2 cup butter
- 1 egg
- 3/4 cup milk
- 1 1/2 tsp vanilla
- 1/4 cup flour
- 2/3 cup white sugar
- 1 tsp cinnamon
- 1/4 cup butter

#### Instructions

1. Preheat the oven to 350°F, grease a 9x13 inch pan.
2. Combine 1/4 cup flour, 2/3 cup sugar and cinnamon in a medium bowl.
3. Cut in butter until mixture is coarse and crumbly.
4. In a large, bowl, combine 2 cups flour, 3/4 sugar, baking powder, and salt.
5. Cut in butter, add in egg and milk, stir in vanilla, and mix until moist. Sprinkle top with streusel.
6. Bake in the preheated oven for 25-30 minutes.