



THE

COSMOS

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CEDAR RAPIDS, IOWA

PLAYING WITH SCIENCE



Robert Schauner ('18) performs a chemistry experiment for children during the Playground of Science Oct. 20. Photo by Lisa McDonald. Continued on pg. 7.

INSIDE THE COSMOS



POLITICAL EXCHANGE
P. 2



ENRICHING THE OLD
P. 6



BIRTHDAY BASH
P. 9

INDEX

NEWS	2
REVIEW	6
OPINION	7
FEATURES	8
DIVERSIONS	10

THE COSMOS
2016-2017 STAFF

EDITOR-IN-CHIEF

Lisa McDonald

COPY EDITORS

Lisa McDonald
Rachel Deyoe

ASSISTANT LAYOUT

EDITORS

Allison Bartnick
Rachel Deyoe
Mai Fukuhara

PHOTOGRAPHERS

Amanda Bourne
Morgan Rasmussen

STAFF WRITERS

Rachel Deyoe
Bridget Moore
Yuan Chai
Mai Fukuhara
Allison Bartnick

SPORTS EDITOR

Rick Webb

GUEST WRITERS

Arron Potter
Marissa Bouska

RECIPE CONTRIBUTOR

Nina Wilson

TREASURER

Rachel Deyoe

FACULTY ADVISOR

Shawn Harmsen

CONTACT US

cosmos@coe.edu
Phone: 319-299-8646
Fax: 319-399-8031

Coe hosts Congressional debate

Lisa McDonald
Editor-in-chief

For everyone who placed bets, it took 62 minutes for Trump to be mentioned at the Iowa First District Congressional debate Oct. 26.

The 90-minute debate, the first and only one of its kind for this district this election cycle, took place in Sinclair Auditorium between incumbent Rod Blum (R) and challenger Monica Vernon (D).

"[Trump] is the guy who has disparaged nearly ethnic group, every religious group," Vernon said. "He's been a sexual predator toward women."

Vernon criticized Blum for continuing to support the GOP presidential nominee.

Blum conceded that Trump's language is "crude," but Trump is a "New York City guy" and tried to shift the focus onto Clinton, calling her a "pathological liar."

"Both of them have personality flaws," Blum said.

The connection between this Iowa Congressional race and the presidential race is a strong one, with both presidential nominees campaigning in Cedar Rapids this



Rod Blum (R) and Monica Vernon (D) greet each other before their one and only Congressional debate Oct. 26.

The 90-minute debate covered a variety of issues from local to federal level.

Photo by Lisa McDonald.

Friday, Oct. 28.

Along with discussion of the presidential candidates, the Congressional contenders covered a variety of state and federal topics.

Trans-Pacific Partnership

Special attention was paid to the Trans-Pacific Partnership (TPP). The TPP is a trade agreement among twelve Pacific Rim countries currently awaiting ratification. Contention between Democrats and Republicans comes from the free trade structure of the agreement.

Vernon said she believes TPP is "free trade, not fair trade," and though it might bring monetary gain for the top economic class, it would

not ensure monetary gain for everyone else.

Blum said though he has not yet read the entirety of TPP, agricultural industry experts state TPP would be good for Iowa agriculture.

Every Student Succeeds Act

Conflict over education arose at the debate.

The Every Student Succeeds Act (ESSA) was enacted last year as a replacement for No Child Left Behind (NCLB).

Blum said though he voted for the act, he believes federal government should have no say in education regulation. Education programs should be decided by state governments, Blum said,

Friday, October 28, 2016

and ESSA puts more of the power back into state governments' hands.

Ideally, Blum said, he would like to see the U.S. Department of Education dismantled.

Vernon said she would not dismantle the Department of Education, since it is necessary for keeping postsecondary education affordable for students.

Cedar Rapids flood compensation

Vernon went on the offensive when questioning why Blum has not done more to secure funding for flood prevention from the federal government.

Following the 2008 flood, the city of Cedar

Rapids drafted a \$625 million flood prevention, which included \$73 million federal contribution. The plan was authorized by Congress in 2013, and sent to be accepted by the U.S. Army Corps of Engineers and the Office of Management and Budget (OMB), but still has not been ratified.

Blum said the Army Corps accepted the proposal, but the plan did not meet OMB standards since real estate values in Cedar Rapids, when compared to places like Miami, are not high enough to necessitate funding.

Vernon said she believed this reason to be only "finger pointing,"

and more action needs to be taken through face-to-face communication to facilitate real discussion and solutions.

Water quality

Though Vernon and Blum disagreed on how to approach various other issues, both shared similar responses for how to deal with the water contamination by nitrate runoff from farm fields.

Blum said Iowa should rely on the Iowa Department of Natural Resources (DNR) to work with the farmers and find a compromise, since the federal Environmental Protection Agency (EPA) pushes their agenda like

a "lawsuit at the end of a bayonet."

Vernon also said she would rather Iowa solved the problem at the state level, but if Iowans cannot, then the EPA should step in.

Final remarks

The last question asked if the Congressional contenders had words of encouragement for college students whose "future looks the worse" due to the economic recession.

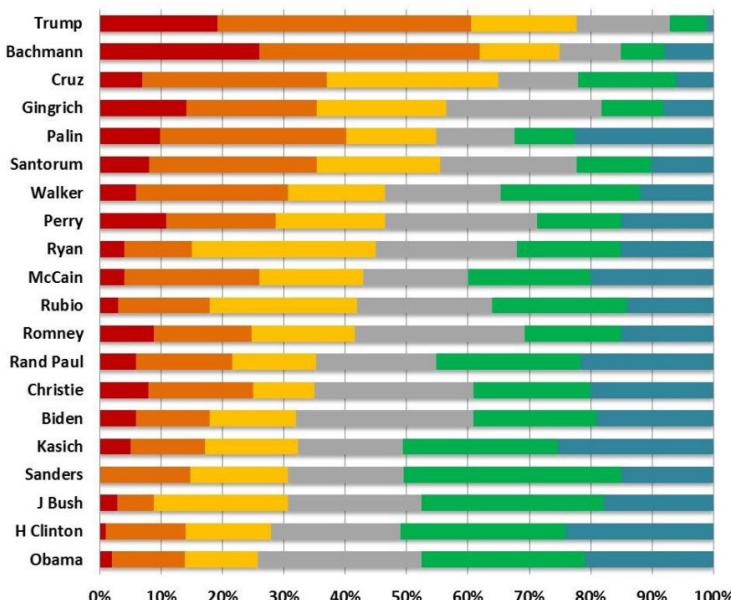
Blum said the federal government needs to cut taxes and regulations to spur economic growth.

Vernon said the best thing college students can do is increase their political activism and vote for people they feel will make the changes the students wish to see.

Who Lies More: A Comparison

PolitiFact, an independent fact-checking website, has graded more than 50 statements since 2007 from each of these candidates. Here is how they rank.

■ Pants On Fire: ■ False: ■ Mostly False: ■ Half True: ■ Mostly True: ■ True:



Robert Mann, of Michael Sandberg's Data Visualization Blog, analyzed data coming from the independent site PolitiFact's ongoing review of candidates statements to create this graphic, comparing the number of falsehoods and truths told by each major political candidate.

Graphic courtesy of datavizblog.com

ACEing the volunteerism

Mai Fukuhara

Staff writer

On Oct. 25, the New Ambassadors of Community Engagement (ACE) held an open house in the Pub.

ACE was created this year, and is working with the Office of Community Engagement to help Coe students wanting to get involved in Cedar Rapids connect with community organizations.

ACE is made up of nine students who specialize in different fields of volunteer and professional work in the Cedar Rapids community.

For example, Margaret Parkhurst ('17) is organizing a volunteer opportunity between the Rape and Sexual Violent Protection (RSVP) and Waypoint Services, a Cedar Rapids organization that helps wom-

en in domestic abuse situations.

Parkhurst said since most of the student ambassadors are seniors, new students will replace them when they graduate.

The ACE office is located in the Community Engagement office.

The ACE office will be open 9 a.m. - 5 p.m. Monday through Friday, with at least one ACE member present at any given time.

If anyone is interested in volunteering or doing professional work off campus, they can go there to talk with the ACE ambassadors about



The ACE ambassadors gathered in the Pub Oct. 25 for an open house. Students interested in volunteering on doing professional work in the Cedar Rapids community can visit the ACE office 9 a.m. - 5 p.m. Monday through Friday.

Photos by Mai Fukuhara.

ACE AMBASSADORS

Hospitals-Haley Resnick.

Education-Claire Tupper.

Museum and the Arts-Merrill Miller.

Human Rights-Margaret Parkhurst.

Nature and Preservation-Katie Gerhart.

Mental Health-Emma Gooding Lord.

Youth Programming-Josie Mitz.

Animal Rights-Alize McClure.

Food and Hunger-Silvie Lehtis.



Coe College Photo of the Month Contest



One Coe-themed photo will be selected from all submissions each month. Multiple submissions accepted. Digital photo resolution minimum of 1800x2400 pixels. Photo must be taken during the month of submission. Submit to sgubanc@coe.edu by the last day of the month.

Winning photo will receive a \$25 Amazon gift card and the photo will be printed, framed and hung in the Struve Communication Center.

Open to current Coe students only.

Friday, October 28, 2016

Discovering mindfulness

Lisa McDonald

Editor-in-chief

When Dr. Allison Niebes-Davis polled the audience, they came to a consensus: even though many people know what mindfulness is, not nearly as many practice mindfulness on a daily basis.

Davis came to Coe Oct. 24 at the invitation of the Psychology Club, to discuss the importance of using mindfulness in one's daily routine. Throughout the talk, Davis emphasized one thing.

"Mindfulness is awareness," Davis said. To do this, Davis listed three things to consider: body,

thoughts and emotions.

Anxious thinking comes from worrying too much about the future, Davis said, and some depressive thinking comes from worrying too much about the past. In contrast, mindful thinking focuses on the right now.

Though being aware of one's body, thoughts and emotions can be tiring, Davis said, exercising mindfulness is the same as exercising any muscle, since "practice makes progress."

"Awareness comes before insight," Davis said. "We can't heal what we can't feel."

Davis said while medi-



Davis presented on mindfulness Oct. 24. Besides reducing stress and increasing focus, Davis said, mindfulness has been shown to improve a student's GRE score.

Photo by Lisa McDonald.

tation is a type of mindfulness, it is not the only way to achieve mindfulness.

Davis challenged the audience to try incorporating daily mindful exercises into their routine for three weeks, since at that point the audience should start witnessing the benefits.

Benefits of mindfulness include increased focus and attention, and decreased stress and anxiety. Additionally, studies show

students who practice mindfulness improve their GRE reading comprehension scores, Davis said.

Davis said there are several apps, like Stop, Breathe & Think, that can help students develop a daily mindfulness routine. The Reflection Room in Upper Gage is also available to students 24/7. If locked, students can call security to open it.

Enactus promotes entrepreneurs

Rachel Deyoe

Staff writer

On Wednesday, Coe College's Enactus chapter held a meeting hosting guest speaker David Tominsky. A Coe grad of '98, Tominsky works with the Iowa Startup Accelerator (ISA). The accelerator is funded to bring startup companies to Cedar Rapids and help them grow.

Tominsky explained the upcoming "Launch Day 2016" event happening November 3 at 5p.m. in the Paramount Theatre.

The event features this year's six startup companies, which will present pitches and explain how they have focused the development of their company in the past 90 days in the ISA program. "I see this event as a celebration of entrepreneurship, a celebration of our community," said Tominsky.

Jonathan Raley ('19), Coe's Enactus president, said "This is the largest entrepreneurship event in the state [...] something you should definitely take advantage of."

Enactus also hosted Barb Tupper, Coe's Executive Director of External Partnerships, to discuss how to make valuable connections in the entrepreneurial world.

Finally, Enactus welcomed Jason McClenahan to talk with students about finding internal motivation to press on when things get hard. Previously a founding member of an Enactus chapter himself, McClenahan is now a graduate student at the University of Iowa. "The reason

you're here," he said, "is not about you. It's about using what you can do to help someone who can't."



Jason McClenahan discusses internal motivation with students.

Photo by Rachel Deyoe.

Art using words

Allison Bartnick

Staff writer

The Sinclair Art Galleries are currently featuring two new exhibits as part of their annual rotating exhibitions.

These exhibits are "Index of Influence: Archiving Pablo Neruda's Poetry and Politics," a detailed display of Assistant Professor of English Audrey Golden's award-winning collection of books by Chilean-poet Pablo Neruda, and "The Internal Affairs of Mr. Invincible," a series of surreal drawings by artist Lou Ferreri.

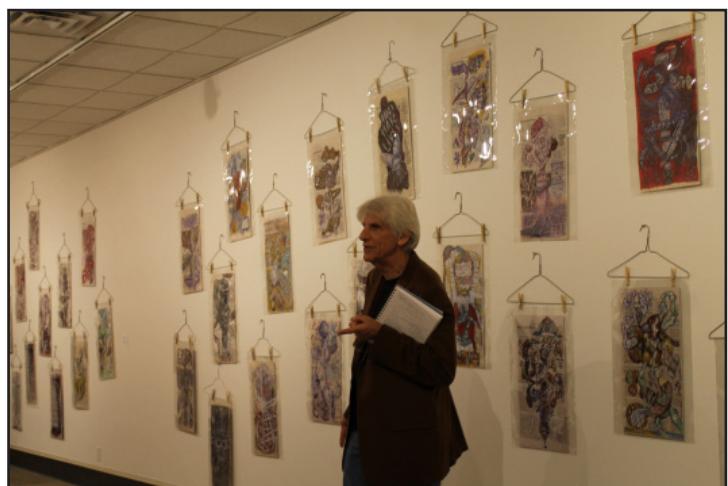
On Friday, Oct. 21, from 5 - 7 p.m., an opening reception for both

exhibitions was held in the Sinclair lobby. Golden and Ferreri each gave gallery talks.

Golden spoke about the political significance of her collection and of Neruda's poetry. She also told interesting personal accounts of how she came to acquire some specific pieces.

Golden and Assistant Professor of Art History Ranelle Knight-Lueth are co-curating the Neruda exhibition in honor of the 45th anniversary of Pablo Neruda winning the Nobel Prize for Literature.

The collection features archival material from 40 different countries and examines how Neruda's political activism relates



Lou Ferreri said daily newspaper debates occurred in his home when he was a child, forming his career commitment to narrative drawing. "I follow a path of curiosity beginning with a single drawn line," Ferreri said.

Photos by
Allison Bartnick.



Audrey Golden poses with one of her books from her award-winning collection of works by Chilean-poet Pablo Neruda. While the pieces hold great political significance, Golden also talked about her personal journey to obtaining some of these pieces.

to his global and literary significance.

Ferreri spoke about his series of bright and colorful drawings, each one done on a different editorial page from *The New York Times*. While some of his pieces are reflective of the newspaper's content, others are not.

Ferreri's images are incredibly diverse, and each one, in some abstract way, relates to observations in everyday life.

Both exhibits are open to the public from 4 - 6



p.m. each day; however, these exhibits will only be open until Sunday, Nov. 13, so students should make an effort to visit these free and enriching exhibits before they disappear.

Playground makes science fun

Arron Potter

Guest writer

Children of all ages flooded into Peterson and Stuart Oct. 20 for Coe's Playground of Science event, where kids can experience science firsthand (and have fun too).

Every year, student and faculty volunteers prepare dozens of demonstrations of all kinds in an attempt to make science exciting, and it seems like it's working - the event drew well over a thousand people this year.

Departments invent new experiments to show off every year, though many classics--like liquid nitrogen ice cream, mul-

ticolored dragon's breath flames, pumpkin-launching and insect-drawn chariots--show up every year. Many children return multiple years in a row looking for their favorite demonstrations.

The Playground's behind-the-scenes work begins weeks in advance, but setup begins in earnest the night before the event. Student and faculty volunteers from seven departments buy supplies, double-check their demonstrations and construct barriers to keep inquisitive hands out of dangerous places.

Each department also makes sure to adorn their floor with Hallow-

een-themed decorations, covering the walls and ceilings with colorful streamers, fake spider-webs and various spooky novelties.

One of many community Outreach events at Coe, the Playground of Science shows young kids that science can be fun

and hands-on. Perhaps equally importantly, the Playground of Science helps those who are a little older (and more stressed) remember that science, far from existing just inside the classroom, is also a rewarding, human engagement.



Students and faculty work together to present science demonstrations to children during Playground of Science Oct. 20. Photos by Lisa McDonald.

Anniversaries in Writing

The Coe Review

Marissa Bouska

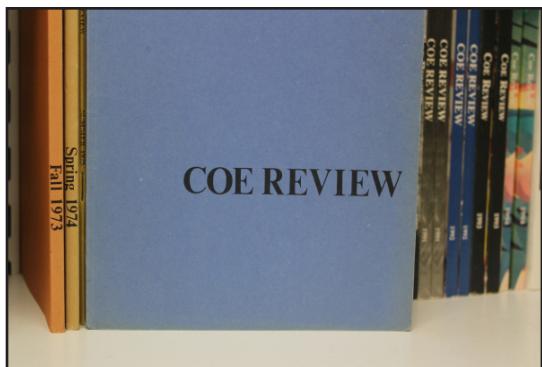
Guest writer

On Oct. 7, the *Coe Review* hosted a reading by alumni and faculty to celebrate the literary magazine's 44th anniversary, as well as the creative writing program and the Writing Center. Readers included alumni Ezra Silver-Stewart, Tara Walker and Laura Farmer, who all worked on the *Coe Review* and returned to share their current work in the writing field with Coe. National Fellowship Advisor Ann Struthers and Assistant Professor of English Gordon Mennenga also performed work for this celebration.

The *Coe Review* was created in 1972 by the English department and the student senate at Coe College. Since its creation, it has taken many different and forms and has published writing from around the world. It has become a staple of the campus for those interested in literature, and has even been mentioned in the back of *Best American Short Stories 2014*.

In the last decade, the magazine has been consistently publishing two issues a year: a poetry issue in the fall, and a fiction issue in the spring. This is done through the hard work of students at Coe and faculty advisor, Gordon Mennenga, who sift through over 500 submissions each semester to narrow down and publish the best in each issue.

The magazine is proud to support the creative writing and writing majors at Coe College by giving them opportunities to work within the publication industry, gaining knowledge and skills which can be transferred to careers in these areas, and opportunities to publish their work in a reputable magazine along with people from around the world.



Left: A 1972 copy of the *Coe Review*, with 1973 and 1974 issues to its left.

Right: The new Creative Writing and English lounge space in Hickok hall.

Photos by Rachel Deyoe.

Creative Writing major

Rachel Deyoe

Staff writer

Many colleges and universities offer creative writing courses, but creative writing as a major is rare. Coe, however, boasts such a program.

Professor of Creative Writing and Film Nick Twemlow said the program has flourished, especially in how it provides students opportunities to connect with the established writing world. One way the program has grown recently is in its ability to bring diverse writers to campus.

"Bringing writers to campus is an important component of any thriving creative writing program," Twemlow said. "Not only does it allow students to hear the wide range of writing happening in the contemporary literary world, but it gives students a chance to meet living, breathing writers who come from a diverse range of backgrounds and who can speak to how they, as individuals, make their way in the world."

With the renovations in Hickok, creative writing faculty and students enjoy improved spaces. "We are stoked about our new digs over in Hickok Hall," said Twemlow. "Students chill now in our lounge, reading and working at the big conference table, or take breaks on our couch to chat with friends. I love sitting at my desk, door open, and seeing new and familiar faces spread around the lounge."

The program continues to grow in more than just physical aspects, as well. Twemlow mentioned that the department looks forward to hiring a new fiction writer. "We hope the new hire can bring their own vision to the program [to help ensure] it is serving our students well and preparing them to become versatile, independent writers and thinkers."



Friday, October 28, 2016

Birthday bash

Lisa McDonald

Editor-in-chief

The creative writing program and the *Coe Review* aren't the only organizations celebrating anniversaries this year. The 85th anniversary celebrations for the Stewart Memorial Library started Oct. 17, and continues with several events this semester and the next.

Historian Marc Wortman gave a presentation Oct. 19, and this week continued events with the Paul Engle and Marvin Cone Birthday Party Oct. 24.

The next anniversary event will be a Nov. 11 reception honoring community activists Kay and George Henry ('49) from 4-6 p.m. in lower Gage Memorial Union.



*The Cooking Club provided snacks for the attendees.
Photos by Lisa McDonald.*



Students from the Poetry Workshop class honored Marvin Cone's paintings by writing ekphrastic poems, i.e., poems that provide a literary description or commentary about a visual work of art.



Students from the Poetry Workshop class read an assortment of Paul Engle's poems and personal letters from the Coe College archives.



Marvin D. Cone Emeritus Professor of Art Robert "Bob" Kocher talked at the birthday party event. Kocher said besides himself, only two other painters have been hired as part of the Coe College Art Department faculty: Marvin Cone (1934-1960) and Marvin D. Cone Professor of Art Peter Thompson.

Intercultural dedication honors "lasting impact"

Bridget Moore
Staff writer

Friends, family, alumni and current Coe students gathered Oct. 21 in the newly renovated Intercultural Center to celebrate the dedication of the building to James H. Randall.

Randall was a professor at Coe College (1969-1970, 1971-2010) and worked with the Cedar Rapids community constantly over the years. Randall founded the African American Self Educated Organization (AASEO), later renamed the Black Self Educated Organization (BSEO), and

the African American Studies program at Coe.

While working in the Cedar Rapids community he worked on museums and finding new opportunities for the students in the program.

Randall said he founded the African American Studies program and AASEO because "literature reflects societal experience, [and] American experience had not been included... It should have some acknowledgement."

Associate Professor of English Patrick Naick, the current leader of the African American Studies program, said during



James Randall thanks the Coe community during the dedication of the Intercultural Center in his honor Oct. 21.
Photo by Bridget Moore.

his speech that "[Randall's] respect of others, in their opinions, is what is the core of this program." Naick has helped create more courses and more community opportunities for the students in the program since taking it over.

Randall ended by thanking the students

of the program for their generous work and their continued support for this inclusive program.

The new plaque, which can be found in the Intercultural Center, ends with the line, "May his honor and dedication inspire others to commit their lives to making a lasting impact."

WEEKLY SUDOKU

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

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

Easy Peasy Recipes

Recipe courtesy of Allrecipes
Photo by Nina Wilson



Ingredients

- 1 box of any flavor cake mix
- 2 egg yolks
- 1 cup softened butter

Instructions

1. Beat until a stiff dough
2. Roll into balls and place 2 inches apart on an ungreased cookie sheet
3. Bake in preheated 350° degree oven for 15 minutes