



THE

COSMOS

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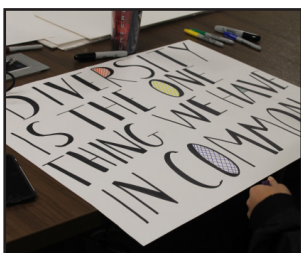
CEDAR RAPIDS, IOWA

PAM SAYS GOODBYE



Sodexo worker Pam Hoback emailed campus Nov. 7 with the news she and her husband would be moving to California for his new job. Hoback worked at Coe for seven years. Continued on pg. 3.

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Coe discusses pro-equality

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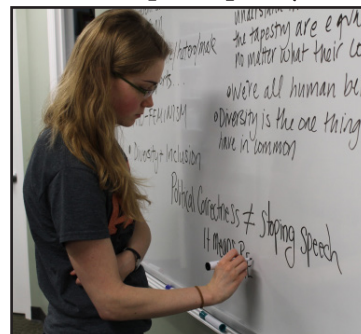
Editor-in-chief

Just over a week since voting resulted in Republican candidate Donald Trump claiming the race for 45th president of the United States, tensions continue to run high, nationally and on Coe's campus.

In response to these tensions, Assistant Professor of English Audrey Golden organized a meeting Nov. 14 with President David McNally, Provost Paula O'Loughlin, and faculty and students to discuss how to promote an egalitarian living and learning environment.

"More people need to read more, think more," Golden said, "appreciate the multiplicity of differences, and be able to recognize their own biases."

Golden said people at the meeting brainstormed ideas to promote pro-equality speech on campus, ideas which included a pro-equality



Claire Tollefsrud ('18) brainstorms pro-equality sentences during the poster-making session Nov. 17.

Photo by Lisa McDonald.

poster-making session Nov. 17 in Hickok at 2 p.m.

There have been reports on campus of students wearing shirts portraying the Confederate flag, and some students have reported hearing an increase in jokes about rape and other disturbing and threatening things being said around campus.

Provost Paula O'Loughlin and Vice President for Student Development Erik Albinson sent a campus-wide email Nov. 16. The email contained

information on how a student can report a biased incident they experienced, witnessed or heard about.

Ambassador for Community Engagement Claire Tupper ('18) also sent an email on Nov. 14. Tupper encouraged anyone looking for ways to make a positive impact to volunteer at the Catherine McAuley Center, a non-profit that teaches English skills to immigrants and refugees. Those interested can email Tupper at cmtupper@coe.edu.

What to do if you experience, witness or are made aware of a possible bias incident

1. If there is an immediate physical threat, contact security at 319-399-8888.
2. Report the incident to:
Erik Albinson (VP of Student Development)
 - Phone: x8843
 - Email: ealbinson@coe.edu
 Paula O'Loughlin (Provost)
 - Phone: x8616
 - Email: poloughlin@coe.edu
 Kris Bridges (Director of Human Resources)
 - Phone: x8100
 - Email: kbridges@coe.edu
3. Provide as much detail as you can: who you are, when, where, any other witnesses, the alleged perpetrator(s), photos, video.
4. Contact Coe security at 319-399-8888 to document any physical evidence, like graffiti.
5. Seek out support resources for yourself. If a student, seek out support from Student Development. If an employee, Human Resources has EAP resources to use.

We'll miss you, Pam

Rachel Deyoe
Staff writer

For nearly six years, Coe students have been welcomed by name into the cafeteria, had their photos taken at dances and been cheered on toward success by Coe's own

Pam Hoback. Now, Coe students prepare to say goodbye, as this week marks Hoback's last before she moves to California.

Serving as the Sodexo cashier and hostess in the "U," Hoback earned Sodexo's national divisional Customer Service Excellence Award. It's not hard to see why. Year by year, Hoback learns the names of the students she checks out quickly, and serves as a familiar face for students from first-years to seniors.

"I didn't even know I was good at remembering names," Hoback said, reminiscing about when she first came to Coe. The job opportunity looked like fun, she said, because her oldest son was headed to college at the time. He was going to a large campus, Hoback said. "Wouldn't it be cool

if somebody on campus knew my son's name? That's how it started," Hoback said.

But more than Hoback knowing the students, the students know her. "The students have treated me like a celebrity," she laughed. "It's like

the cafeteria as well, whether that means helping out with Intervarsity on the occasional Tuesday night, taking photos on Flunk Day, or attending a sporting event.

"The first time I realized my life impacted others," Hoback said,

"I walked into a basketball game and the student section was chanting 'Pam!' I was frozen in time. I had no idea what to do."

Now, as she heads for California with her husband, Hoback reminds students to treat the next Sodexo hostess as well as they treated her.

"Give grace and mercy and love to the next one that comes," Hoback

said, "and show her why I fell in love with 1,200 students."

"It doesn't matter how long it takes you," Hoback said, "but I expect everyone to cross that graduation platform!"

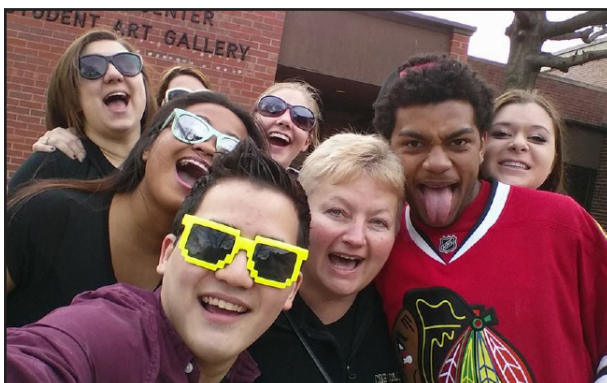


Sodexo Cashier and Hostess Pam Hoback at her work station, where students have been greeted by her for nearly six years.

Photo by Rachel Deyoe.

having Dougie status."

Over the years, students have seen Hoback getting involved with them outside



Left: Hoback celebrates Flunk Day with students. Photo courtesy of Marissa Bouska.



In 2011, Hoback won Sodexo's Customer Service Excellence Award.

Photo courtesy of Coe College.

Coe receives MLK grant

Mai Fukuhara
Staff writer

Coe College's proposed plan to provide support and resources for veterans in the Cedar Rapids community resulted in them receiving a special Martin Luther King Jr.'s (MLK) Day of Service grant.

More than 60 institutions applied for the grants, grants awarded by the Iowa Campus Compact (IACC).

IACC is an Iowa association of college and university presidents who prepare students to become engaged citizens in their communities.

The IACC grant was funded by the Corporation for National and Community Service

(CNCS), an organization that connects individuals of all ages and backgrounds to service opportunities helping to meet local needs.

Coe College will use the \$2,000 grant to collaborate with the Willis Dady Emergency Shelter to provide programming assisting veterans with skills and training, said Volunteer Coordinator Ashley Glassberg ('16).

Coe College will hold a fair at the Cedar Rapids Public Library Jan. 23, 2017, Glassberg said, where volunteers will be providing supply bags to all veterans who attend. Volunteers will also connect veterans to support services in mental health, finances, and a resume and interview workshop,

Glassberg added.

Coe College will be reaching out for volunteers for the event in the coming weeks, Glassberg said.

If people can't volunteer at this event, Glassberg noted, they have another opportunity to help.

The packing of the supply bags will occur Reading Day Dec. 10 from 10 a.m. - 10 p.m. in the Lynch Room in Lower Gage.

"Everyone is welcome to come for a little study break to help out," Glassberg said.

The purpose of the MLK Day of Service grant, Glassberg said, is to gather students of higher education institutions, community

members and community organization together to recognize the overall cause of MLK Day, to be "A Day On, Not a Day Off".

MLK Day is an American federal holiday held on Martin Luther King Jr.'s birthday.

Martin Luther King Jr. was the representative of nonviolent action in the Civil Right Movement, and he opposed racial discrimination in federal and state law. His vision was equality of people.

The Coe veteran project fits with this vision, Glassberg said, in that it "empowers individuals, strengthens communities, bridges barriers, [and] creates solutions to social problems."

Construction Update

Power updates and conversions will occur in Eby during Thanksgiving break. Eby power will be down from Tuesday, Nov. 22 at 7:30 a.m. until approximately 8 p.m. Wednesday, Nov. 23.

Additionally, power to the entire main campus (including Clark Racquet Center) will be down 7:30 a.m. - 8 p.m. Wednesday, Nov. 23.

There will be generators set up so phone

and Internet will remain available to those on the east campus.

The week of Dec. 5, College Drive will be closed for construction to begin work on the sky bridge connecting Clark Racquet Center and Eby. During this construction, no foot traffic will be allowed in the area.

Clark Racquet Center can be accessed by the tennis courts.



Top: Eby construction Sept. 15.

Bottom: Eby construction Nov. 17.



When completed, Eby will have a new above-ground arena, strength and conditioning room, wrestling room, fitness area, office and classroom space, and additional locker rooms.

Photos by Lisa McDonald.

Alumnus photographer returns to Coe

Bridget Moore
Staff writer

When you walk into Stewart Library and pass the Learning Commons desk, looking on the right wall next to the east stairwell is a picture of a couple standing in front of an open window.

The man has his hands on his hips and a shadow perfectly silhouettes the man as sunlight streams through the window.

This picture was taken by George T. Henry, and shows a moment in Coe College history.

Coe alumni and current students, along with faculty and community members, gathered in the Perrine gallery Nov. 11 for a reception honoring George and Kay Henry.

Before the reception began, the video “Eighty years through the lens: The Life and Work of George T. Henry” was played in the connecting Pashgian gallery.

In the video, it shows how George Henry discovered his love of photography through classes at Coe, and he bought his first camera to take pictures of school events. Along with a ladder, Henry took pictures from angles no one else ever took.

During his time at Coe, Henry enlisted during WWII for the air force.

After finishing his time in the air force, Henry took up photography again. He graduated



George Henry, right, and his wife, Kay Henry, left, speak during the reception in their honor held Nov. 11 in Stewart Library.

in 1949 and continued to photograph the college and the Cedar Rapids community.

George Henry was the official Coe College photographer for 56 years before retiring in 2004. His photos can be found all over campus, in every building. The largest collection of his photos can be found in the George T. Henry archives, dedicated in 1999.

During the reception, Director of Alumni Programs Jean Johnson spoke.

“We are lucky to have what is the longest history of any college in black and white by one man: George,” Johnson said.

Next Abby Kabina who spoke about Kay and her time at the college. Kay was a mentor

to everyone and would always be there to help the faculty.

After all the guest speakers finished talking, George Henry himself, as well as Kay, addressed the crowd.

“I am very lucky to be able to do the things I want to do and the people who helped me,” Henry said. Johnson said Coe College will always remember George Henry as the photographer for the school both when he was a student and when he was an alumnus. Henry gave students a unique way to see Coe’s history and growth, Johnson said, as well as gave students the chance to learn about him.

“You can’t think of Coe without George,” Johnson said.



George Henry, left, speaks with audience members during the Nov. 11 reception. Henry was the official Coe photographer for 56 years before retiring in 2005. Photos by Bridget Moore.

Fighting type 1 diabetes

Rachel Deyoe
Staff writer

On Nov. 16, the sisters of Alpha Gamma Delta hosted AGD member Emily Davis and AGD alumna Suzanne Bell to discuss diabetes awareness and their own experiences with diabetes in family members, as part of multiple events this week in honor of National Diabetes Awareness Month.

For their philanthropy, Alpha Gamma Delta partners with the American Diabetes Association.

Speaking with an intimate group of students, Davis explained that type 1 diabetes (T1D), also called Juvenile Diabetes, cannot be brought on by diet, but is an autoimmune disease in which the body attacks cells in the pancreas, leaving

them unable to produce insulin. The body becomes unable to regulate blood sugar levels, which if left unchecked or poorly monitored, can be fatal.

Davis' father was diagnosed with diabetes later in life with T1D. She explained watching him monitor and regulate the glucose levels in his blood. "He would let me eat his glucose tablets," Davis said.

In her first year of high school, Davis' father passed away as a result of health complications caused by his diabetes.

"Since he was diagnosed so late in life, it was hard to make the adjustments that were necessary," Davis said.

AGD alumna Suzanne Bell described how her passion for fighting T1D stems from her niece,

Mallory, who was diagnosed as a child. Now 19 years old in her first year of college, Mallory has been living with the disease for nearly 10 years.

"That's why I'm so passionate about this," Bell said, "to give her hope."

Bell works with JDRF, the Juvenile Diabetes Research Foundation, where she says the goal is to make T1D "more manageable, less scary, and more predictable. But at the end of the day, the goal is to get rid of it."

Bell strongly believes in a cure for the disease. "Science knows the why [it occurs], it's just a matter of how to correct it," Bell said.

Diabetes needs to be monitored 24/7, 365 days a year. Bell's niece, Mallory, sent a message with her aunt to remind stu-

dents at Coe that diabetes does not define her.

"I am not diabetic," Mallory said, "I have diabetes."

Mallory's message mentioned that awareness is key. Mallory said she would love to be able to rely on others to lend a hand with the hour-by-hour fight to stay alive and safe.

Even something as simple as carrying fast-acting carbohydrates, like Starburst candy, could be a lifesaver to someone with T1D, Mallory said.

What keeps Mallory going, Bell explained, is the hope for a cure.

"They're so close," Bell said. "It's going to happen, and I want to be there when it does."



Past and present AGD members Suzanne Bell, left, and Emily Davis, right, meet with students to discuss type 1 diabetes and raise awareness about what it's like to live with the disease.

Photo by Rachel Deyoe.

Kohawk cross country wraps up season

Ryan Izer
Sports editor

Coe College Men's and Women's cross country teams wrapped up their seasons this past week in Northfield, Minnesota.

The NCAA D3 Regional meet held on the campus of Carleton College took place Saturday, Nov. 13 and included 32 teams on both the men's and the women's side.

Head Coach Ciara Kissane, under her first year at Coe, and Assistant Coach Jessie Clark lead the 14 Kohawk athletes

into battle on Saturday with competitive expectations.

"It didn't go completely as planned," Kissane said. "Our execution in the middle miles of the race was sloppy, but overall expectations were met."

Top performances from the meet included a 12 second personal record by junior Ben Nelson, improving his time in the 8k (5 miles) from 28:43 to 28:31.

Also on the men's side, top runner and junior Nathan Haerr had a career best 26:36, improving his



Mareena Franke ('19) achieved the ninth fastest time by a sophomore in Coe's history with a time of 24:36 in the 6k (3.75 miles) during the NCAA D3 Regional meet held Nov. 13.

Photos courtesy of Katie Guinane.



Nathan Haerr ('18) set a career best in the 8k (5 miles) by running 26:36, which bested his previous record by 20 seconds. Haerr's time was also the ninth best by a junior in Coe's history.

previous best time by 20 seconds.

On the women's side, sophomore Mareena Franke lead the way for the Kohawks in a time of 24:36 in a 6k (3.75 miles). This marked the 9th fastest time by a sophomore in school history.

"We just didn't let the excitement of a large race overwhelm us," Clark said. "In a large race like a regional meet it's easy to get too excited and race too quickly in the beginning."

The men finished 23rd out of 32 and the women finished 26th out of 32.

The season wrapped up for the Kohawk runners and for most it means a short break before the track season comes around.

"We expect a great track season from the athletes and an even better cross season next year," Kissane said. "Athletes are starting to realize the potential they have and that is going to lead to a lot of breakthroughs. It's hard to replace the seniors, but they will have a strong track season and we look forward to new leaders next year."

Five make All-Iowa Tennis Conference

Lisa McDonald
Editor-in-chief

Third time or first time, the five Coe College women's tennis players who made the All-Iowa Conference Singles and Doubles teams ended their fall season strongly.

Lauren French ('19), Sarah Lasecki ('17), Haruki Omoto ('20) and Haley Resnick ('18) made the Singles team.

Kaitlin Fosler ('17), French, Lasecki and Resnick made the Doubles team.

This was the third year Resnick made the singles and doubles teams, and in the conference went 6-1 in singles play and 7-1 in doubles.

For Lasecki, this was her second time on the singles team and third time on the doubles team, and in the conference went 7-0 in singles and 6-1 in doubles.

This was the first time French made the two teams, and went 8-0 in singles and 6-1 in doubles in the conference.

Omoto made the singles team for the first time, and in the conference went 4-1 in singles.

This was Fosler's first time making the doubles team, and went 7-1 in doubles in the conference.



Haley Resnick

"My favorite part about playing tennis is the continual strengthening of relationships with my teammates and coaches. We all push each other to get better each day during practice, workouts, and meets.

I felt extremely privileged to be able to compete for a third year

in a row. Luckily, I have not experienced any major injuries during my athletic career, so I was ready and healthy for the season!

I wish to improve my serve, and I will try to work on it throughout the offseason. The serve is the most important shot in the game of tennis because it starts every point."



Kaitlin Fosler

"Competing for the first time was exciting, nerve-racking, invigorating, and bittersweet. I loved being able to go out and represent my team.

My favorite part of playing tennis is having the amazing teammates and coach that I get to play with. Not only are they my teammates but they are my friends, and that's the best thing I could ever have.

Of course, I plan to continue playing after graduation! I believe ten-



Sarah Lasecki

"Competing for the team for the fourth year in a row has been absolutely amazing, but qualifying for the All-Conference Team in both singles and doubles has been nothing but an honor. For me, it shows my improvement from freshman year, when I didn't make All-Conference at all, to senior year where I made both the

singles and doubles for two years running.

I have played tennis since I was a 5-year-old and it is all I have ever known. Tennis is so unique as it has not only a individual component, but also a team component. This is why I love it so much.

While it will be hard to say good-bye to formally competing, I hope to get involved in league play as well as playing with friends for the rest of my life."

Photos courtesy of Haley Resnick, Kaitlin Fosler and Coe College Athletics.

nis is a life-long sport and gives me the opportunity to have fun, relieve stress, and stay active."

Haruki Omoto

"I participated in a conference like this in Japan. However, I was surprised by the differences between America and Japan. In Japan, audiences are not allowed to cheer on players by name. In America, audiences can. I was surprised when other Coe College players' parents cheered my name. However, I like this American tradition since it creates a homey atmosphere."



Lauren French

This year was the first time sophomore Lauren French was selected to play on the All-Iowa Conference Singles and Doubles teams. She went 8-0 in singles, and 6-1 in doubles.

Congratulations to the seniors who have finished their Coe sports careers

Men's Cross Country

- Beau Freeborn
- Austin Springsteen

Football

- Trevor Heitland
- Seth Williams
- Dylan Stepleton
- Austin Troendle
- Gavin Glenn
- Tait Simpson

- Colton Martin
- Andrew Johnson
- Brandon Roseberry
- Ryan Leonard
- Jake Morris
- Zach Smith
- Andrew Netolicky
- Tyler Gunderson
- Mitchell Malloy
- Nick Elsbury

Men's Soccer

- Michael Alderson
- Ben Mineck
- Matt Pogge
- Kevin Carranza
- Rick Webb
- Jake Mills

Women's Cross Country

- Maddie Bain
- Katie Guinane

Women's Soccer

- Kelsey Fauser
- Sarah Small
- Brenna Winn

Volleyball

- Victoria Hartman
- Olivia Leisinger
- Hanna Reese

Easy Peasy Recipes

Recipe courtesy of Allrecipes

Photo by Nina Wilson



Ingredients

- 1 tbs oil
- 2 tsp salt
- 1 3/4 cups warm water (add as needed)
- 1 package instant yeast
- 6 cups flour
- 4 1/2 tbs white sugar
- 3/4 cup cocoa powder

Instructions

1. Combine flour, salt, sugar and cocoa together.
2. Place yeast in a hole in the middle and cover it with the warm water.
3. Allow the yeast to rest for a bit before adding in the oil.
4. Make a soft dough, knead, and let rise for about half an hour in a warm place, covered.
5. Cut a slit through the top, let rest for ten minutes.
6. Bake at 425° for 35 minutes.

Coe-Community Camera

Veterans Day Ceremony: Coe Recognizes Service & Sacrifice

On Veterans Day, Nov. 11, the Coe College Veterans Day Ceremony was held at 11 a.m. in the Phifer Commons in Upper Gage to honor and recognize the service of those who have served in the Armed Forces. Several members of the Coe Community spoke at the event.



Coe College Provost Paula O'Loughlin speaks at the ceremony.



ROTC Cadet Jeffrey Garcia speaks at the event.

Photos by Niles George.



National Guard Veteran and Director of Human Resources Kris Bridges speaks at the event.

Coe Community Members who Have Served in the US Military

Academic Affairs

Michael Baker
Cal Van Niewaal

Administration

Kris Bridges

ROTC

Major Chris Guderski

Advancement

Lonnie Zingula

Facilities/Operations

Steve Blockhus
Joe Hakes
John Long
Russ Pauly
Lee Schneidermann

Security

Timothy Thomas

{ Although we aren't able to publish all of their names, *Coe Cosmos* would also like to recognize Coe's ROTC students! }

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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