



THE

COSMOS

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CEDAR RAPIDS, IOWA

Coe Hosts Annual Coespe's Awards to Honor Athletes



Delena Humble
Sports Editor

This past weekend Coe honored athletes from all programs at the annual Coespe's. The Coespe's are a newer tradition for Coe athletics, where students get to vote on ten awards to be given to specific athletes or programs to honor the 2017-2018 athletic accomplishments.

The first award given out was the famous Dougie award. This award is presented to an individual who exemplifies the spirit of Dougie, the equipment manager of Coe. This year, volleyball head coach DeAnne Woodin was given this honor.

Jack Greene (20') won male Rookie of the Year

for his outstanding performances on the baseball diamond.

Following Jack, freshman Sydney Schroder walked away with female Rookie of the Year award

for her strong performances on both the basketball court and the soccer field.

In the individual sport category, Brady Anderson (18') took home male athlete of the year award for his performances in tennis this past year. Another award went to the tennis team as Lauren French (19') walked away with Female Athlete of the Year.

In team sports, Drew

Heitland (18') took home the male athlete of the year award for his outstanding final year on the football field. Haley Jones (19') from the softball team took home Female Athlete of the Year.

For the team awards, wrestling walked away with Men's Team of the Year for their incredible progress this year, after having three All-American wrestlers in this past sea-

son. On the women's side, softball clinched the Team of the Year award.

The final award of the evening was the Lugnut Award. This award is given to an individual who did not necessarily see the most playing time, but their presence and contributions were instrumental in their team's success. This year, Ali Arns (18') took home this award.



Photo courtesy by Coe Athletics



SEXUAL MISCONDUCT P. 3



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THE COSMOS
2017-2018 STAFF

Friday, April 20, 2018

An Update on Coe's policies for Handling Sexual Misconduct Cases

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Delena Humble
Sports Editor

During the Obama administration in 2011, the "Dear Colleague" letter was released, highlighting some key changes in how colleges and universities handle their sexual misconduct cases.

Now, 7 years later, Betsy Devos is making it her mission to impact Title 9 laws.

This past September, new guidelines were released for schools and their sexual misconduct policies. This included removing the 60 day clause, which held schools accountable for insuring a thorough investigation took place within 60 days of the report.

Now, it is up to the school's discretion to handle these cases in a "timely manner." These guidelines also expanded the options for school's

burden of proof.

The three standards set out for burden of proof are "clear and convincing," "more likely than not," and "beyond reasonable doubt." It has been recommended that schools utilize "more likely than not" as their burden of proof, however, these latest changes have allowed schools to pick which burden of proof they want to use for all sexual misconduct cases.

Although these guidelines were set forth, the government is still in having public forums regarding these issues, meaning there has been no direct or permanent changes to Coe's policies or reporting process.

"Students have a lot of options when it comes to reporting these incidents," said Dean of Students, Tom Hicks.

When an incident is first brought to someone's attention in an official capacity, whether it be a worried friend coming in or the victim directly sharing,

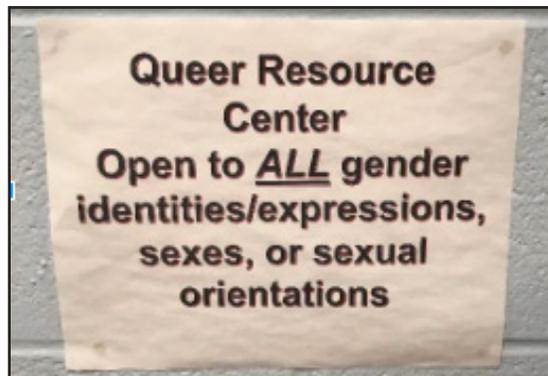


Photo by Delena Humble

process. Their job is to listen, ensure the student's mental and physical well-being, provide support options, make any accommodations needed, and provide the survivor with a list of possible options for proceeding.

Following the report, survivors and respondents alike may be asked to give a statement detailing the events in question.

These testimonies as well as any witnesses listed will be reviewed by a panel of three individuals: a faculty member, staff member, and one student. These three individuals will then proceed to review the case and all of its pieces, doing their best to come to an unbiased and fair decision regarding the next steps or consequences.

Once a decision has been made, both parties are notified. There is the option to appeal the decision within 7 days, which will call for a new panel of three to go over the case and see if the proper decision was made. Any new verdicts or changes will then be shared with the students involved.

Once all of this occurs, if a student wishes Coe can put a no contact order in place to ensure each parties' safety on campus. Coe also requires all students involved to sign and agree to a non-retaliation statement in an effort to minimize victim blaming or any form of

the incident goes straight to Tom Hicks or Tess Warner. They are the two people involved in the initial intake

What's Happening

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slandering for either student.

Although Coe is under no obligation to change their policies as of yet, the team at Coe in charge of handling these cases are always looking for ways to improve and simplify their material.

“One of our main goals is to simplify our polices without losing the core message and idea of affirmative consent,” said Hicks

With simplifications and adjustments on the way, Coe is hoping to bring more awareness to students in regards to the reporting process. Students often do not know where to turn after these traumatic experiences, and the school hopes that by increasing awareness, more students will feel comfortable and safe with coming forward with their stories.

Director of health and wellness Emily Barnard is a resource listed for these students. Barnard is a licensed social worker and counselor.

Barnard’s main goal “is to act as a resource for both parties, providing students with a safe place for open discussion and healing to occur.”

Barnard not only provides emotional support, but also lists on and off campus support systems that may be utilized by students involved.

On campus, there are 5 confidential resources that students can use: Emily Baranrd, John Chaimov,

Karla Steffens-Moran, Kayla Waskow and Malea White. Each of these individuals is prohibited from sharing the student’s story or information unless the student gives approval. If victims do not wish to report, these confidential resources act as support and try to provide guidance through their healing process.

Another on campus resource available is the rape and sexual violence protection (RSVP) Club. The RSVP Club is an organization that provides students a place to find support within their fellow peers.

This club is student run, giving those students who do not want to report another option for finding help. The club continuously holds events to raise awareness for affirmative consent and encourages all students to practice safe sex.

Maggie Hart, the treasurer of RSVP, states, “we have such a supportive group of individuals. We are a unit, who is there to support people, not judge them. RSVP is a place to heal, a place where people can realize they are not alone.”

In addition to these on campus resources, Emily Barnard hands out pamphlets from The River View Center and Way Point, which are both facilities here in Cedar Rapids that provide additional safe places and environments to work through the pain of



Photo by Delena Humble

these experiences.

Although Coe has made no direct change to their reporting polices, the school is trying to find new ways to share ideas of affirmative consent and safe sex. One of their newer projects involves sharing generalized knowledge to Coe’s freshman population in hopes to bring awareness of consent to the campus.

According to Hicks, some students come into college with little to no knowledge of what affirmative consent is. In an effort to combat this lack of knowledge, Coe has required all freshman to complete two modules, Alcohol Edu and Safe Haven. Alcohol edu shares information with students about the dangers of binge drinking and offers safe resolutions to consuming mass mounts of alcohol. Whereas Safe

Haven is a program that thoroughly explains Coe’s consent policies, including affirmative consent, highlighting that a firm yes is needed at each step in order for the act to be consensual.

Three years ago, Coe also started requiring all FYS students to attend a seminar during their second semester to remind and reinforce what affirmative consent is, as well as making sure all students know the proper steps for reporting these incidents.

“Consent was never something talked about in high school,” said Alexys Forman ('22). “All through our freshman year, Coe has given us a lot of tools and videos to help us understand, making all of the knowledge pretty generalized while still being clear on what their policies are.”

Friday, April 20, 2018

Stress Rises on Coe Campus

Josie Navarro
Guest Writer

For some students, stress can feel like a never ending cycle and as finals approach, stress can cause other issues as well.

Students Amanda Fuscheza and Katlyn Downs opened up about stress and how it affects their college career. For both students, stress negatively affects their eating habits.

“I could eat breakfast and then I could forget to eat lunch because I have so much going on and so much to think about and I have to ask myself, did I eat?” Fuscheza said.

Both students also admitted that stress affects their sleeping habits as well.

“It just makes you tired all the time, I always want to sleep,” said Downs.

High School senior Alyse Linde opened up about her experiences with stress as high school comes to an end and college stress sets in. Linde says that the negative effect stress has on her sleeping and eating

habits, in more intense times of stress, has led to having an irritable attitude towards others.

“Intense stress makes me very emotional and angry with others even at very little issues that arise,” said Linde, “it just makes me not want to do anything besides be alone and try to figure things out on my own.”

The three students all admitted to even developing physical pain from stress. Downs and Linde said that their experience with stress cause them chronic headaches. While Fuscheza said the stress she experiences causes headaches that can sometimes escalate to nausea.

Even expressing these symptoms of stress, all three students revealed that they haven’t used the resources on campus, or at their school to talk to someone about ways to cope with it.

I know there’s resources, I just never use them,” said Downs, “I don’t think there’s a stigma, I’m always busy with two jobs and school so I just don’t have the time or want to go out of my way to go find a

resource.”

However, Fuscheza said, going out of her way and making an appointment makes her feel like the problem is getting out of control, especially if she’s going to talk to someone she doesn’t know.

“It would be easier for me if I was around the counselors more often,” said Fuscheza, “it’s easier to talk and open up to my professors because they know me.”

Although students have differing opinions on whether or not stigma is still attached to seeking help, Associate Dean for Student Academics Gina Hausknecht explains, from the perspective of someone in the learning Commons, that she thinks a lot of students feel the stigma but a lot of them don’t.

“I think getting help carries less stigma than it used to,” said Hausknecht, “one thing we’re (the learning commons) always really interested in is student ideas about how we can enhance students developing help seeking behaviors.”

Hausknecht also mentioned that from her

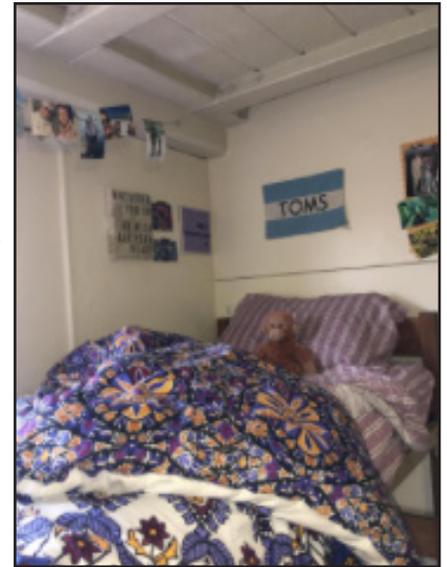


Photo by Josie Navarro

experience in the Learning Commons, that the students who are the most overwhelmed or are encountering more debilitating stress are the students who don’t or are more reluctant to seek help.

“I get students pretty constantly after spring break and after fall break but increasingly as the semester goes on,” said Hausknecht. “The other stress point is the time in the semester when the last day to drop classes is coming up, and of course, as finals sneak into the near future.

When students are struggling, feeling like they want to give up or are just feeling overwhelmed, they are

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referred to Hausknecht, although a lot of her advisees' volunteer to chat when they feel they need to.

But what causes all this stress? In a poll taken from 80 teens both high school and college age, 80% of them said that classes and grades give them the most stress while only 20% said they develop the most stress from other factors such as managing their social life.

For Downs, she fears the unknown and that fear causes her the most stress as a college student.

"You have to figure everything out in such a short time in college," said Downs. "All the while something could change in a split second."

Fuscheza's stress



Gina Hausknecht
Photo courtesy of Coe

stems from feeling overwhelmed balancing two jobs and school work.

"When I fall behind on assignments my professors are usually nice about giving extensions but when I get the extensions I get even more overwhelmed with making up work, the papers just pile up," said Fuscheza.

As a senior in high school, Linde says her stress is also the result of trying to balance large amounts of homework while maintaining a part time job. Linde also has already started to develop stress about college.

"I stress about many things about college, the courses, what I want to major in, the financial costs and where I ultimately want to continue my education," said Linde.

For students, stress can feel like a never ending cycle. However, Hausknecht confirms that there is hope. Hausknecht admits that after college the stress she experienced didn't decline, but her coping mechanisms improved with surviving a lot of stress and hard times both personally and professionally.

When Hausknecht feels stress rising she says she reminds herself to have eagle vision. She does this by stepping back and raising her perspective instead of using narrow, "mouse" vision.

"It's normal to experience stress, said Hausknecht "Stress is a natural reaction to your circumstances, on top of academics your living with strangers and sharing a bathroom and eating in a huge cafeteria, it's stressful in a natural, normal sense."

Hausknecht encourages time management or self-regulation to help handle or combat stress on the academic level.

Some of the ways Psychology Today suggests to help reduce stress are deep breathing exercises, making a schedule, regular exercise and restricting coffee intake.

Mind Body Green also said, "Reducing

7 WAYS TO POSITIVELY DEAL WITH STRESS

1. GET A GOOD NIGHTS SLEEP

Sufficient sleep leaves you feeling rejuvenated and leads to healthy eating habits

2. WRITE IT DOWN

This could be helpful if you feel uncomfortable or too busy to talk to someone.

3. GET SOME FRESH AIR

Take a walk, a run or try some yoga! It's okay to take a break occasionally.

4. LISTEN TO MUSIC

Unwind for a bit by listening to your favorite songs!

5. MANAGE YOUR TIME

Plan your day, make a list of things you want and need to do and assign an appropriate time you'll allow for each.

6. GRAB A SNACK

Eating good makes you feel good! Healthy snacks like fruits, vegetables and nuts also keep you energized.

7. TALK TO SOMEONE

A counselor, a professor, a friend, anyone you feel comfortable with! The Student Development Office and the Learning commons are filled with helping hands and

Photo courtesy of StressGuide

stress in your everyday life is vital for maintaining your overall health, as it can improve your mood, boost immune function, promote longevity and allow you to be more productive."

Friday, April 20, 2018

Festival of Bands



Mohan
Xu
Staff Writer



The Coe College Band performs to mark the end of the 2018 Festival of Bands. Photo by Mohan Xu.

On Saturday, April 14, Coe College Music Department and Friends of Music at Coe presented Festival of Bands Gala Concert in the Sinclair Auditorium. This concert also invited guest Ed Huckeby who is a conductor & composer,

and saxophone soloist, Eugene Rousseau.

There were two sections in this program. There were several pieces in the sections, Foundations, Frostiana, Music for Prague: 1968, Three Dance Episodes from On the Town,

Heroic Sketches, Porgy and Bess Medley, and From Whom All Blessings Flow. In the first section, the VII movement of Frostiana was led by Coe College Concert choir and Dr. Marc Falk. In the second section, Eugene Rousseau performed George Gershwin's Porgy and Bess Medley.

Upcoming Ensemble Concert

Saturday, April 21, 7:00 pm., Sinclair Auditorium
Coe College Symphony Orchestra

Sunday, April 22, 4:00 pm., Daehler-Kitchin Auditorium
Coe College Chorale & Handbell Concert

Tuesday, April 24, 7:30pm., Daehler-Kitchin Auditorium
Coe College Chamber Ensemble Recital

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Market Talk



Michael Lachocki
Columnist

As Benjamin Franklin so eloquently put it “In this world nothing is certain but death and taxes.”

Both of which obviously can have negative financial repercussions, but there are certain ideas and incentives to combat the stress they can cause.

In 2016 the BEA reported real estate, rentals, and leasing accounted for 13.3% of

that years GDP. With this industry historically accounting for such a large portion of our GDP, the government has an established way of incentivising people to buy a home.

You can sell your house and make \$250,000 in profit without being taxed on it. There are requirements like: you must have lived in it for two years during the five years you have to own it and you can't get the tax break if you've taken the break on another house in the

past two years.

Although, not many buy a home just for this reason, it is nice knowing you can profit tax free on your home after all of the time, effort, and money you put into it. So there are some ways to minimize your tax burden, what about the whole death thing?

Sadly you can't avoid death, but there are ideas floating around that would help you avoid the taxes the government takes on your estate when you die. An estate just being all of the money and property owned by a person. Some progress has been made on getting rid of the “death tax”. If you're worth less than 11.2 million the federal government won't tax your estate upon death. Every state differs on there threshold for their estate tax despite federal law.

Death is inevitable but it seems there may be ways to get away from having to pay some taxes.

Market News

- Markets are up at the start of the week, the S&P 500 again getting over 2,700
- Bitcoin remains more than \$10,000 down from its peak price.
- The IRS has extended the deadline for filing taxes one day in light of computer problems.
- Twitter (TWTR) shares were up more than 11% on Tuesday.
- Netflix (NFLX) shares were up over 9% on Tuesday as they beat international net subscribers expectations.



World Map

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Cuba's National Assembly announced Thursday that First Vice President Miguel Diaz-Canel, 57, will replace Raul Castro as the head of the Cuban government.

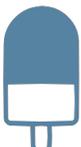
British Prime Minister Theresa May apologized Tuesday for her government's treatment of some Caribbean immigrants to the United Kingdom and insisted they were still welcome in the country.



Negotiation talks between the Nigerian government and Boko Haram militants on the release of the remaining Chibok girls have been set back, President Muhammadu Buhari said.

One of China's biggest social media companies on Monday reversed a decision to censor gay content -- a rare victory for the country's nascent but increasingly vocal LGBT rights movement.

Friday, April 20, 2018

what's **H****T** and what's **n****T**

The 1st Annual Charlies



Peyton McGuire
Columnist

As this year is winding down, and because I simply don't have time to see any more films for the remainder of the semester, I've decided to look back on this school year and reflect on the films I've seen. All in all, 24 films were reviewed by myself from August to April; 7 of those movies were viewed on Netflix or Amazon while the rest were seen in theatres. I saw old movies, new movies, thrillers, action flicks, horrors, comedies, remakes, sequels and everything in-between. So, what better way to give overall judgment than by giving these movies some "awards" that mean absolutely nothing outside of this paper?

Therefore, welcome to the First Annual Charlie Awards, hosted/written/voted on by me. If you think a movie should

have triumphed over another, too bad; my selection is final. With that over with, let's see the winners!

NOTE: Not all films I saw made it on this list. I did not give "Worst Cast/Settings/Story/Score" since that would most likely be defined by the "Worst Film" award ("Best Film" just means I liked it the most out of all the movies I've seen this school year).

Best Film 2017-2018 (Golden Charlie): Black Panther (2018)

Worst Film 2017-2018: Assassin's Creed (2016)

Best Cast: Black Panther (2018)

Best Settings: Ready Player One (2018)

Best Score: Star Wars Episode VIII: The Last Jedi (2017)

Best Story: Spider-Man: Homecoming (2017)

Surprisingly Good: (TIE) Happy Death Day (2017) and Jumanji: Welcome to the Jungle (2017)

Disappointingly Bad: The Cloverfield Paradox (2018)

Best Sequel: Thor: Ragnarok (2017)

Worst Sequel: The Clo-

verfield Paradox (2018)

Scariest Film: IT (2017)

Cheesiest Film: Purple Rain (1984)

Snooze-Fest: Gringo (2018)

Most Suspenseful Film: All the Money in the World (2017)

Best Adapted Film: The Disaster Artist (2017)

Future Cult Classic: Wind River (2017)

Would Watch Again: Happy Death Day (2017)

Thanks for a wonderful year, and I'll see you at the movies!



Friday, April 20, 2018

COE CROSSWORD

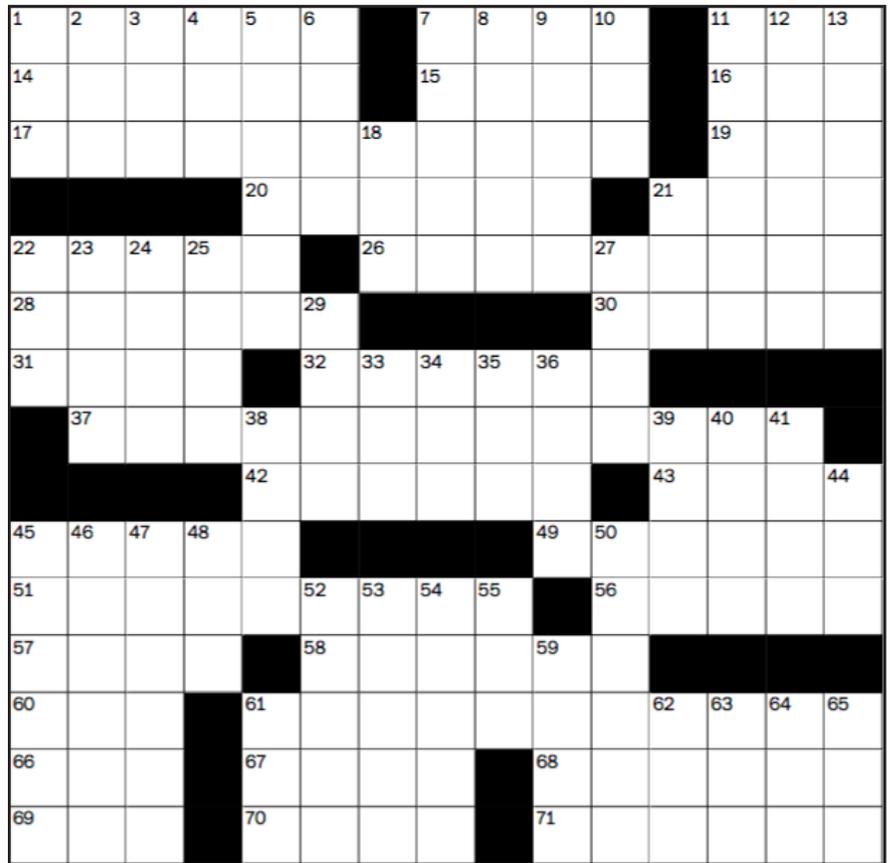
ACROSS

- 1 Space station wear
- 7 "Walk Like ___": Four Seasons hit
- 11 Sharp-tack link
- 14 Stage of intensity
- 15 Pitch a fit
- 16 Happened upon
- 17 *Look for a specific passage in, as a book
- 19 It's near the midpoint of the Miss. River
- 20 Rap sheet data
- 21 Place Sundance liked to see
- 22 "Gotcha!"
- 26 *About 22% of an average 18- hole golf course
- 28 Every time
- 30 Key
- 31 Salt formula
- 32 Sprain application
- 37 *Point where it starts to hurt
- 42 Watch creepily
- 43 Corn syrup brand
- 45 Chimney plumes
- 49 Largest cat in the genus *Leopardus*
- 51 *Like baklava layers
- 56 Change as needed
- 57 Musical meter maid
- 58 Exposes, in a way
- 60 Gender- neutral possessive
- 61 Explorers ... and ones who can determine what the answers to starred clues have in common?
- 66 Numeric prefix
- 67 Tête output
- 68 Canadian dollar coin
- 69 Buddhist school
- 70 Give up
- 71 Con target

DOWN

- 1 Macroeconomics abbr.
- 2 Bering, for one
- 3 Footwear brand
- 4 Wrath

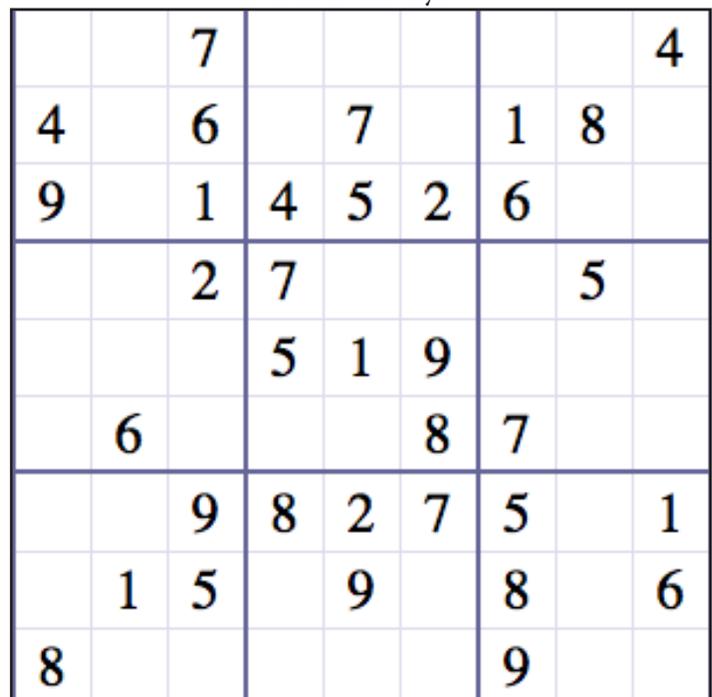
- 5 Easily peeved
- 6 Very, to Schumann
- 7 Candle emanation
- 8 Catcher Joe with a trio of consecutive Gold Glove Awards (2008- 10)
- 9 Fretful feeling
- 10 Indefinite ordinal
- 11 Heineken brand
- 12 Parlor piece
- 13 Finally
- 18 Material flaw
- 21 LPN workplaces
- 22 ___ for gold
- 23 Open-handed hit
- 24 Fem. advocacy group
- 25 City WSW of Bogotá
- 27 Expensive
- 29 Where it's at
- 33 2008 biopic starring Benicio del Toro
- 34 Blow it
- 35 Arthur with two Emmys and a Tony
- 36 Concerning
- 38 Met or Nat
- 39 Signed off on
- 40 Refrain syllables
- 41 Stop talking about
- 44 Legendary Giant
- 45 Quick squirt
- 46 ___ d'hôtel
- 47 Decides to join
- 48 Mauna ___
- 50 "All the Light We ___ See": 2015 Pulitzer novel
- 52 Woodworking, e.g.
- 53 Despised
- 54 "With this ring, ___ ... "
- 55 Bad check letters
- 59 Lubricates
- 61 Photo
- 62 ___-wop
- 63 Roxy Music co-founder
- 64 Fix badly?
- 65 Observe



Crossword courtesy of The Washington Post

WEEKLY SUDOKU

Submit your completed sudoku to the *Cosmos* email to be entered into our monthly drawing to have your photo published and win your choice of candy.



Sudoku courtesy of www.websudoku.com