



THE

COSMOS

VOLUME 136 ISSUE 07

FRIDAY, Dec 08, 2023

CEDAR RAPIDS, IOWA

Iowa Winter Survival Tips

by: Kayla Staley
Staff Writer

As winter approaches and warm weather becomes just a fleeting memory, life might just get a little bit harder.

To help you get through the next few months, here are some tips to not just survive, but thrive, this winter.

Layer up! Sure, the bulky coat, hat, and mittens may not look so cool, but it'll be worth it when you're nice and warm in the cold winter wind.

Additionally, leggings under sweatpants or jeans can make a big difference when the temperature is in the negatives. Also, if the gloves aren't cutting it,

try sticking some hand warmers in them-- it'll change your life.

Keep kitty litter in your car. If you are driving, whether it's to class, work, or just the mall, it's a good idea to keep kitty litter close at hand because it can provide great traction for your wheels.

Simply, sprinkle some on the ground in front of your tires when it's too slushy or ice, and you'll find it's much easier to drive.

Always bring backup socks. You never know when you'll get stuck in deep snow or step in a puddle of slush that soaks right through your shoes, so consider having a second pair of socks—preferably



Coe College during winter. Photo courtesy of Coe College webpage

fuzzy-- with you at all times. Just tuck them into your backpack pocket and you're good to go!

Treat yourself to a warm drink. A nice coffee, hot chocolate, or cider is not just a sweet treat, but can be a great option for keeping your hands warm when walking

to class or sitting in a classroom that seems like it's below freezing.

Leave early! You may be able to walk to class in just a few minutes in the nice fall weather, but all that goes out the window in the winter. The addition of snow and ice on the ground can add an extra five to

INDEX

Winter Tips	2
Finals Schedule	2
Serbia May Term	3-4
Profile: Dr. Carson	5-6
Winter Break Schedules	7
Diversions	8



Cedar Rapids Weekly Forecast

	Fri	SAT	SUN	MON	TUES	WED	THRS
	Partly Cloudy	Cloudy	Mostly Sunny	Mostly Sunny	Partly Cloudy	Mostly Sunny	Sunny
	54*/38*	29*/23*	32*/20*	38*/22*	37*/20*	37*/22*	41*/28*

Courtesy of the National Weather Service

What's Happening

THE COSMOS
2023-2024
EDITORIAL

STAFF
EDITORS-IN-CHIEF

Breanna Abshire
Jeana Quinlan

ASSISTANT TO THE EDITOR
Autumn Vargas

COPY EDITORS
Christina Harrelson

LAYOUT EDITOR
Breanna Abshire

ASSISTANT LAYOUT EDITOR
Morgan Reyes

SPORTS EDITOR

Social Media Manager
Megan Carlson

Social Media Assistant
Jania Johnson

Study Abroad Correspondents
Jeana Quinlan
Ashley Conde
Faith Webb

TREASURER
Breanna Abshire

FACULTY ADVISOR
Shawn Harmsen

CONTACT US
cosmos@coe.edu
OR VISIT US AT...
coecosmos.com

Friday, Dec 08, 2023

ten minutes to your average commute if you are walking cautiously. So, to avoid any slipping and sliding from hurried walking, plan to leave a few minutes earlier than usual.

Moisturize, moisturize, and moisturize. To truly thrive this winter, keep lotion, chapstick, and vaseline on you at all

times to avoid any dry and cracking skin. Your body will thank you for it.

Take some time for yourself. It's easy to get lost in the hustle and bustle of winter and the holiday season, especially when you are cooped up inside for most of the day. Don't forget to take some time to check-in with yourself and evaluate your needs.

Maybe you need to call a friend or just sit down with a good book and a cup of cocoa. Whatever it may be, remember to take the time to value your needs this winter.

Your mental health matters no matter what season it is!

Final Exam Schedule Fall Term 2023

Exam Date	Exam Time	Course Meets
Mon 12/11	8:00 AM	8:00 AM TTh
	11:00 AM	11:00 AM TTh
	2:00 PM	12:30 PM TTh
	5:00 PM	11:00 AM MWF
	7:00 PM	Monday pm*
Tue 12/12	8:00AM	9:00 AM MWF
	11:00 AM	12:00 noon MWF
	2:00 PM	2:00 PM MWF
	5:00 PM	8:00 AM MWF
	7:00 PM	Tuesday pm*
Wed 12/13	8:00 AM	10:00 AM MWF
	11:00 AM	1:00 PM MWF
	2:00 PM	2:00 PM TTh
	5:00 PM	Wednesday pm*
	8:00 AM	9:30 AM TTh
Thur 12/14	11:00 AM	3:00 PM MWF
	2:00 PM	Thursday pm*

* pm courses begin at 4:00 pm or later

What's Happening

Friday, Dec 08, 2023

3

Finals Study Tips

by: Breanna Abshire
Co-Editor-in-Chief

That dreaded time is upon us, Kohawks: Finals Week.

It does not have to be the most stressful time of the year, if you follow some of these helpful tips.

Talk to your professors. If you are having trouble understanding something or you have missed some classes, get in touch with your professor and have a chat. They have office hours for a reason-- use them and pass those classes!

Visit the Writing Center. The consultants at the Writing Center can help you at any time during the writing process whether you have a thousand words written or only your name. There is no wrong time to visit the Writing Center!

Do something not related to school. Set aside thirty minutes everyday to sit back and watch an episode of your favorite show, color, or even take a little nap. The main goal of this tip is that you try to relax completely and do not spend the entire thirty



Photo of study materials by Jeana Quinlan ('24)

minutes worrying over what you need to do when you get back to work.

Try a new study area. If you find that you can no longer focus in your typical study area, switch it up! Go to one of the Stuart or Peterson Hall lounges, study outside, or move to a different area of the library. Having a new study area can switch things up just enough to keep you engaged in your work and keep you moving forward to finals.

Study with friends or clubs. Many clubs use this time of year to host study events, so even if all your friends are busy you can go hang out with

club members and get some work done.

Get some sun. Getting some natural sunlight is more important now than ever due to the shortened winter days. Be sure to bundle up and take a walk outside in the wintry sunshine as a way to move your body in between study sessions and tests.

Study methods. It can be really tempting to try all new study methods in the week before Finals, but if you already have methods that work for you then why stress yourself out with new ones? However, if

THE COSMOS
2023-2024 STAFF

COLUMNISTS

STAFF WRITERS

Zane Becker-Byrd
Hailey Fry
Nikolas Neumann
Kayla Staley
Neah Randle
Cynthia Espino
Madison McDonald
Grayce Venema
Chloe Ramer
Sammie Schneider
Sweta Thapa
Anika Jensen
Zoey Denson

SPORTS WRITERS

Kat Merino-Leal

PHOTOGRAPHERS

Jaime Sanchez-Rubio
Rose Nodland
Arturo Balbuena

Distribution Staff

Shannon Grogan

INSTAGRAM

@coecosmos

TWITTER

@coecosmos

WANT TO SEE YOUR NAME IN PRINT?

Email The Cosmos for
more information

Friday, Dec 08, 2023

you have yet to find a good study method or routine feel free to try something new out like the Pomodoro Method, flash cards, creating study guides or practice tests, or teaching your friend whatever subject it is that you are struggling with.

Sleep! Make sure that

you are taking enough time every night to rest and recharge for the next day. A healthy sleep schedule is practically unheard of in college students, but getting enough rest will help your immune system fight off any last second colds and will help you focus better on your

studies and your tests.

Eat well. Coe has a 24-hour food pantry (The Nest) located in Upper Gage. The Nest is open to all students, staff, and faculty. It is located just past the men's restroom and to access it all you need to do is scan your Coe ID and grab some great

study snacks like raisins or dry cereal. You can also get food from the cafeteria which is open from 7 AM to 7 PM every weekday. If you've still got Coe Cash or a credit card, feel free to buy frozen and ready-to-eat meals from the Kohawk shop.

Serbia May Term 2024

by: Ollie Stansbery-Dobbs
Guest Writer

Professor Dennis Barnett, from the Theatre department, says the upcoming May Term to Serbia will be the last before his retirement.

Coe encourages students to take opportunities like this where students will spend three-and-a-half weeks in a class off-campus. Many are offered several times on a rotating basis, such as the Serbia May Term offered by Professor Dennis Barnett-- which has been offered around 9 times during his time at Coe.

Barnett says this trip is, "absolutely, completely unlike other May terms."

Barnett's history with Serbia goes back to 1991. After writing

his dissertation about a Serbian playwright, Barnett traveled to Belgrade to interview the playwright and did so several times.

Eventually, he discovered DAH Theatre, which is the focus of the 2024 May Term. According to their website, DAH Theatre is "[An] independent, professional theater group and artistic collective that uses contemporary theater techniques to create engaging art and initiate positive social change, both locally and globally."

"[DAH Theatre] has an approach to writing and working with the body that is unique," said Ben Schmidt, an instructor of Theatre Arts, who has attended the trip with Barnett in



Photo of Professor Dennis Barnett, courtesy of the Coe College web page

the past. Both Barnett and Schmidt offered insight into the value of this trip by citing the rich history of the location, the spontaneity and generosity of the local Serbs, and opportunities for independent exploration.

"It's interesting visiting a country where there are people that remember

what it was like to be under communism," said Schmidt. "I also found it pretty fascinating that, while our country did a lot of damage to that country. The people that we met all treated us extremely well, which was a little surprising."

Barnett told stories of the way Serbs live their lives, such as a time when they were

Friday, Dec 08, 2023

headed to dinner and were outside the area Barnett is familiar with. He and the 14-or-so students were on a train with one Serb, who then told them they were headed into a possibly dangerous area.

The stranger went completely out of his way to help them get safely to their destination.

Another instance of locals helping them out was by a friend of Barnett's. He keyed them into an opportunity to see a gypsy band playing in a cafe that was in the middle of a field.

Barnett said they had an incredible time, staying out until four in the morning--

an experience they would have missed out on if it weren't for the helpfulness that is consistent in Serbia.

"The locals were so nice and we would ask them for recommendations for restaurants or things to do," said Gracie Dickerson ('24), who went to Serbia on the May Term in 2022. "Another takeaway [from the trip] was to be more spontaneous and free flowing. Most of what we did was decided in a short amount of time, so being able to go with the flow made the trip that much nicer."

Safety while experiencing independence globally is a priority and not

an issue on this trip. Barnett said he has never experienced anything malevolent in the 17 times he has been there. Not only does he say he feels very familiar with how life works in the area, he also speaks Serbian.

Students stay in one hotel for the whole trip and learn to "follow their own nose," and be spontaneous as Gracie mentioned.

Both Barnett and Schmidt talk about the benefits of this trip as being a cost lower than many other May Terms, having a less-restrictive schedule, and is in a location unlike other

offerings from Coe-- as it is the only study-abroad opportunity to this part of the world.

"It will definitely be a shock being surrounded by a community that speaks a language I don't understand, but it will be an entertaining challenge nonetheless," said Nathan Litterer ('26), who is going on the trip this May. "I hope to meet new people and get new connections out of the trip in case I decide I want to go back someday."

Barnett would like to encourage more people to sign up for this opportunity to become a global citizen and "have their eyes open wide." For anyone interested, he can be reached by email at dbarnett@coe.edu.

Dr. Carson: Music Detective and Band Director

by: Jaime Sanchez-Rubio
Photographer; Staff
Writer

William Stuart Carson, Music Department Chair at Coe College, teaches clarinet and has been Director of Bands at Coe since 1990.

Born in Minneapolis, Minnesota, in 1956, Carson lived there

for two years before moving to Big Rapids, Michigan, a small town with a population of 9,000 where he attended primary and high school.

"I was 15 or 16 and I was playing bass clarinet," Carson said. "Then, a tyrannical conductor stopped the whole band, pointed at



Dr. Carson in front of a painting in his office at Marquis. Picture by Jaime Sánchez-Rubio

What's Happening

Friday, Dec 08, 2023

me, and I thought he was about to kill me. And he said: 'you should go into music.' So I obeyed."

"My family wasn't particularly musical," Carson said. "My mom played the piano, and we would sing around the house. My siblings and I became interested in music. My sister became a very good oboe player. My brother still sings in community choirs and even sang a few years ago with a choir in Carnegie Hall."

Carson went back to Minnesota and got his undergraduate degree in Macalester, part of the Associated Colleges of the Midwest, like Coe.

His doctoral research won the Council for Research in Music Education's Outstanding Dissertation Award.

"The work was about a band from Chicago that went from being unknown to becoming one of the best bands in the world, in 30 years," Carson said. That work turned into a book entitled "On the Path to Excellence: The Northshore Concert Band."

Carson's second

research project began by chance at Coe, while cleaning the Marquis basement.

"I found some handwritten music. It had a stamp, a return address, 1 Cromwell Place, White Plains, New York. And I said, that's Percy Grainger's mailing address."

"I don't know why I knew that. But thank goodness I did, because I said, this could be a piece of music written by hand, in pencil, by Percy Grainger", Carson said.

The piece turned out to be "Spoon River," a 1922 concert band song.

"I spent years verifying that, including trips to White Plains and to Australia. Now it's performed all the time all around the world. And it's just because I recognized his handwriting and his return address."

In addition to being a detective of music, Carson serves as the Director of Bands at Coe College. Carson has a relaxed approach to how to manage the band.

"Some of the [Coe College band] members are music



Dr Carson during a Concert on September 22th at Sinclair Auditorium. Picture by Jaime Sánchez-Rubio

majors, they want to become professional performers, and other people are only in it for fun," Carson says. "People that played the flute in high school want to keep playing, and that's the extent of it. Not serious about music at all. And that's OK."

"One year, the students collected many of Dr. Carson's sayings and made a t-shirt for band members," says Heidi Haney, giving an example of the band's playful spirit. Haney is the most veteran member of the band. She has been playing bass clarinet since Carson became the

conductor.

Carson has visited many cities around the world, but when it comes to U.S. cities, he has two favorites.

Ashley Zuber ('27), a Freshman trombonist from Cedar Rapids, gives a hint. "Dr. Carson tells some story every band class," she said, "Usually about his trips to New Orleans, New York or anywhere he has been."

Anyone interested in joining the music department should contact Dr. Carson at wcarson@coe.edu

What's Happening

7

Friday, Dec 08, 2023

Winter Break Schedules

ARC Winter Break Hours

Weight Room/Fitness Center and Clark Racquet Center

Monday-Friday: 6:00 AM-7:00 PM

Saturday: 9:00 AM-3:00 PM

Sunday: 12:00 PM-4:00 PM

Lap Swim

Monday (12/11)- Tuesday (12/12): 12:00 PM-2:00 PM

Monday (12/18)- Thursday (12/21): 12:00 PM- 2:00 PM

Monday (1/3)- Friday (1/5): 12:00 PM- 2:00 PM

Monday (1/8)- Tuesday (1/9): 12:00 PM- 2:00 PM

The Grotto Rock Wall

Closed

Mailroom & Print Center Winter Break Hours

Friday, December 15:	10:00 AM- 1:00 PM
Monday, December 18- Thursday, December 21:	10:00 AM- 1:00 PM
Friday, December 22- Monday, January 1:	Closed
Tuesday, January 2- Friday, January 5:	10:00 AM- 1:00 PM
Monday, January 8:	Regular Hours Resume

Health and Wellness Department Winter Break Hours

Resource	Dates Available
Physician Assistant (PA)	December 8-December 14 January 8, 2024 (regular hours resume)
Certified Medical Assistant (CMA)	December 8-December 21
General Health Services	December 8-December 21 CLOSED December 22-January 1

Diversions

Friday, Dec 08, 2023

COE WORDSEARCH

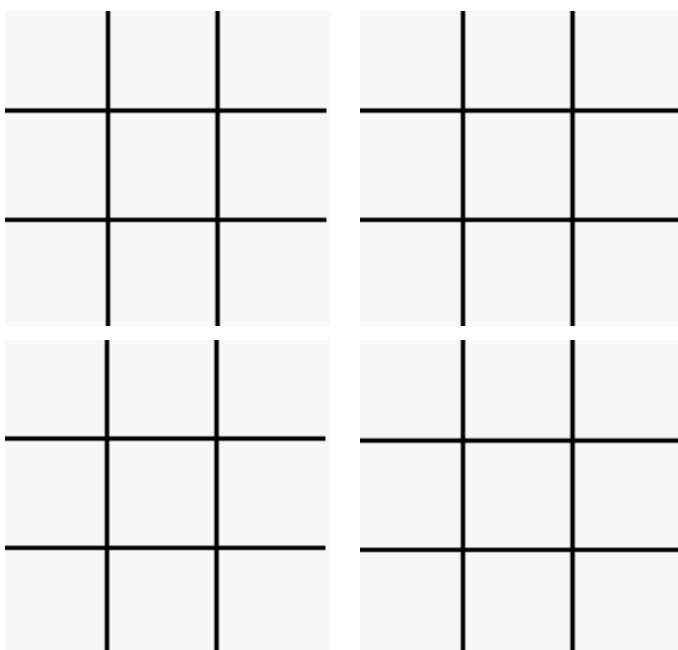
- BOOTS
- FLURRIES
- FROZEN
- GLOVES
- HOCKEY
- HOLIDAYS
- HOT CHOCOLATE
- ICICLE
- IGLOO
- MITTENS
- PENGUIN
- SCARF
- SHOVEL
- SKATES
- SKIING
- SLEDDING
- SNOW ANGELS
- SNOWBALL
- SNOWBOARD
- SNOWMAN
- SNOWSUIT
- SWEATER
- TOBAGGAN
- WINTER

N	K	S	L	I	P	U	H	O	F	D	B
A	X	T	C	Z	S	M	L	E	R	S	W
Y	P	F	B	U	K	D	I	J	N	O	H
M	Z	R	S	C	A	R	F	T	L	C	E
S	N	O	W	J	T	H	S	P	T	K	D
F	G	Z	I	C	E	V	N	A	B	S	M
O	K	E	X	T	U	C	O	L	D	H	Q
R	B	N	A	Y	I	T	W	Z	P	F	S
T	Q	O	D	U	A	G	M	E	L	T	K
S	C	P	O	H	B	F	A	J	A	N	I
U	W	I	N	T	E	R	N	K	Y	G	X
Z	A	H	F	M	S	L	E	D	O	B	P

Crossword courtesy of <https://www.revelleyacademy.com/winter-word-search/>

WEEKLY SUDOKU

Play Tic Tak Coe with a roommate or neighbor



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

Sudoku courtesy of www.websudoku.com Puzzle # 179,049,673