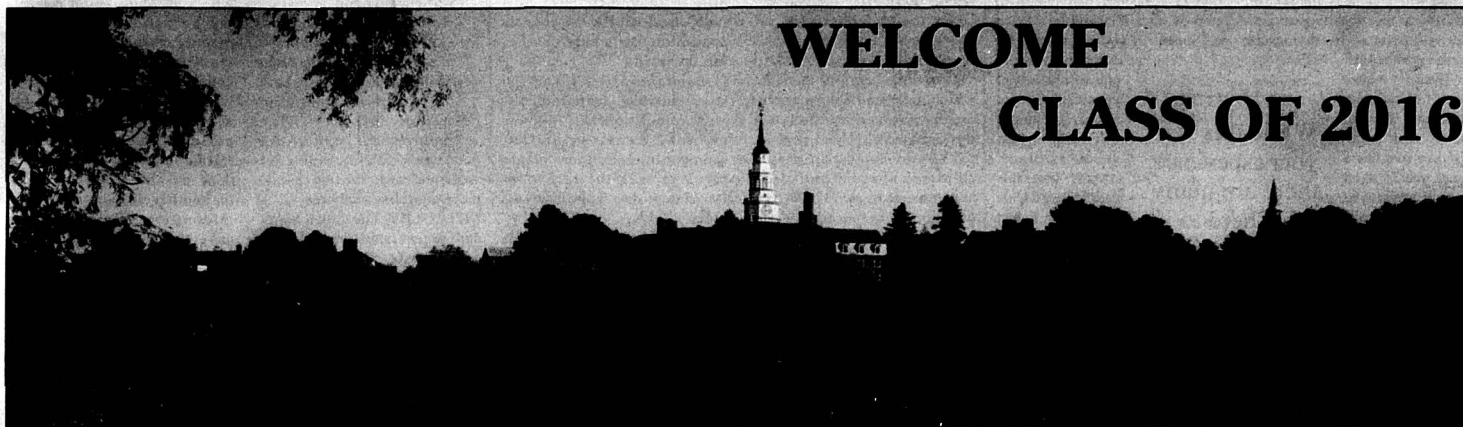


# THE COLBY ECHO

Orientation Issue 2012

August 28, 2012

Published by the students of Colby College since 1847



## WELCOME CLASS OF 2016

### President greets class of 2016

By WILLIAM D. ADAMS  
COLLEGE PRESIDENT

To members of the Class of 2016 and to transfer students entering the classes of 2015 and 2014, welcome to Mayflower Hill.

Your arrival here marks the beginning of a journey that promises to change who you are, how you think and what you know. But like all beginnings, this one also marks the end of something.

Over the past few years, you have been contacted, courted and cajoled by an untold number of colleges and universities, all of whom were eager to have you join their ranks. They have coveted your minds, your intentions and your potential. And now, in no uncertain terms, that process has ended. You have well and truly decided to entrust this college with your futures. For that, I have to tell you, I am grateful. And it is my sincere belief that, in very short order, you will be equally grateful for having made the choice to join us.

But what kind of community have you joined? As it happens, I have some ideas about that, and I hope you'll allow me to share them.

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These are critical characteristics, for in the course of your exploration you are certain to find yourself in unfamiliar territory. Pressing ahead in such territory—and press ahead you must—requires an openness to movement in any necessary direction and the confidence that you will find solid ground on the path ahead. This is the compact we make with one another at Colby—to engender and nurture that openness, and to both offer and benefit from our mutual trust.

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If we've done our work correctly, these are the qualities that you have come here to seek—whether you have fully articulated them in this way or not. These are the qualities that you understand as essential to your continued growth—as a scholar, as a citizen and as a human being.

Living and learning in this kind of environment is invigorating, but it is also demanding.

You will, without question, push up against many frontiers—intellectual, emotional, social—and pushing those frontiers can be, and often is, demanding.

But you will push anyway. You will push because your professors will encourage you. You will push because your peers are counting on you to do so. And most importantly, you will push because you are *you*—the person we so eagerly sought out so many long months ago. The person we knew would excel in precisely this kind of community and, by excelling, enrich that same community even further.

So welcome to Colby. We are glad you are here. Now let's get to work.

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MORGAN LINGAR

SGA VP & PRESIDENT

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Over the next few days, you all will begin a process that will eventually lead to you being able to call Colby your true home as well. You will soon learn that it is a wonderful place and that it is filled with truly extraordinary people.

As your SGA president and vice president, our job is to lead our team of student representatives to make sure that every one of you has what you need to make your time on the Hill as enjoyable and valuable as possible.

Specifically, we will be devoting a great deal of our efforts this year to bringing our campus community closer together. The most valuable

learning tools you have at this college are not your books, your laptop or even your professors—instead, they are the people that surround you, the people that you will live with for the next four years.

As your representatives, we will do everything we can to make sure that you get to hear your classmates' stories and engage in conversations with people who may be incredibly similar to, or very different from, you.

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And this is the message we hope to pass on to all of you as the leaders of SGA—do not underestimate the value of differences here at Colby. You may be a bit uncomfortable at first, but in the end, you will likely find yourself right at home.



CHRIS KASPRAK/THE COLBY ECHO

Kalil '13 and Lingar '13 are this year's SGA Vice President and President.

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By TERRY COWDREY  
VICE PRESIDENT AND DEAN OF  
ADMISSIONS AND FINANCIAL AID

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As the person responsible for leading the staff who selected the Class of 2016 from a record number of applications, I want you all to know that the invitation to join this community is a precious one, with fewer than one in three applicants getting that chance. You were one of the students invited to join our community because we are confident that you bring both your talents and your energy and are ready to fully engage the Colby experience.

What does it mean to fully engage? It means deciding, right now, to make the most of every moment of your college career. Prepare for each class to get all you can out of it. Initiate conversations with people you don't know—faculty, students and staff. Read posters and watch for e-mail announcements of events you might want to attend or organizations that intrigue you. Stay connected to the classmates you meet during C2IT and on your COOT and introduce them to your hallmates and meet theirs. Walk on different paths when you are crossing campus. Take care of yourself so you can be your best, in class

and out.

The commitment you are making to engage is primarily a commitment to yourself. Make the most of each day. Remain idealistic. Take intellectual risks when you choose your courses. Get involved with an organization that you weren't involved with in high school. Respect your environment. Focus your attention and your energy on the task at hand. Strike a balance. Treat others the way you wish to be treated. Live your Colby life with purpose and with joy.

Colby is, by and large, a happy place. It is a community of smart, ambitious people who find joy in learning, in discovering and creating new knowledge, in making beautiful music and art, in developing a better understanding of the world and all of the communities we each inhabit: the campus, Waterville, Maine, the U.S. and the globe. In addition, Colby people know how to have fun while volunteering in the community, celebrating Mule athletic victories, relishing the beauty of our campus and enjoying all that this setting affords us. Colby is a happy place because all of us know that we are fortunate to be here—learning, teaching, working—and we don't take the opportunity for granted.

So get at it. Start creating for yourself the Colby experience that you will enjoy while you are here on the Hill and appreciate for many years after you have left. Do so, and in May 2016, you will have no regrets.

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Your arrival on Mayflower Hill marks an important passage for you, for your family and for Colby. For nearly 200 years, new students have been making their way to Waterville in the waning days of summer to enter into this particular community of scholars. Now it's your turn. To become part of something enduring is both a privilege and a responsibility. You have the opportunity to leave your mark on Colby, and to be marked indelibly by the College in ways that will enrich every aspect of

your life from this point forward. You worked hard and achieved much to get here, so make the most of all of your Colby days.

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In the coming days and weeks we will focus more attention on the specific details of your Colby experience—the opportunities available to you as well as our expectations of you as members of this special community. For now, focus on orientation and COOT. Get to know this place and the people with whom you will share your time here.

Welcome to Colby! Have fun, work hard and ask lots of questions.

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To the newest Mules on "the Hill": Welcome to Colby! As the first director of gender and sexual diversity programs, I have much to learn from the Colby student body(ies) and hopefully some insights of my own to share. Let me start here, with a story: Recently on a bus in Columbus, someone sat down next to me and struck up a conversation—the type of pleasant "stranger" contact that happens so often on public transit. When I shared that I was studying Women's, Gender, and Sexuality Studies (WGSS), they responded with, "Well that's biased!" My response? "You're right! I teach about gender and sexuality and how they relate to our race, class and other identities—something we all have, eh? So yeah, bias and prejudice come up a lot when we're examining how and why they exist at all." This led to a great conversation about our own gendered and racialized experiences, until our exchange was cut short by arrival at our stops.

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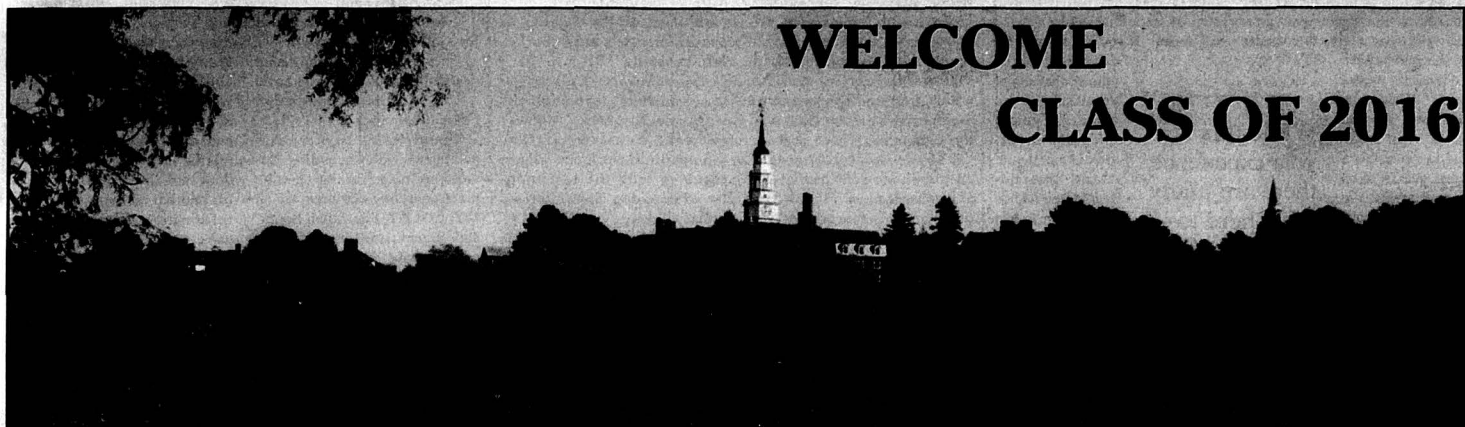


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# Life on the Hill A message from Health Services

By **CAMPUS LIFE STAFF**

Hello, and welcome to your 2012-13 academic year! Whether you are new to Colby or a returning student, the Office of Campus Life is thrilled to welcome you to campus and is eager to offer a few questions to ponder and some advice to consider as the year begins.

What excites you? What does fun look like to you? What is going to make this a great year? Who is that person who lives down the hall? What will be your contribution to the Colby community?

Whatever your answers, make sure they are your own. Jump in to your experience and let it great. Say "yes" more often than you say "no." Say hello to everyone you come across and introduce yourself to those that say hello back, pause or look like they could use a pick up. Don't worry about what other people are thinking. Take showers. Try something new. Take care of your friends. Call home. Have fun.

College is your time to experiment, to try new things and learn about yourself. You should laugh, think, feel challenged and flex your muscles every day. If you don't, then you should change your routine. As you mix it up and explore this place and yourself, you will meet great suc-

cesses and face inevitable challenges. Know that you are never alone. While this is your experience, there are many of us here to help you along the way.

If you have a great idea for a new program, student organization or residence hall initiative, stop by our office and let's make it happen! If you just want to sit

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down with someone to chat about your Colby experience, Campus Life staff is eager to meet you. At any time this year, if you decide you'd like to get more involved on campus or if you just feel a general sense that you'd like to change something about your experience at Colby, please know that the door to Campus Life is always open.

The Campus Life team consists of the following staff and departmental areas:

- Jordan Birmingham, Outdoor Education
- Katrina Danby, Residential Education and Living
- Shannon Hodgdon, Campus Life Secretary
- Kim Kenniston, Residential Education and Living
- Paul Spangle, Leadership Development Campus Programs
- Jed Wartman, Director of Campus Life

We look forward to meeting you and sharing your journey with you!

By **PAUL BERKNER**  
MEDICAL DIRECTOR/TEAM  
PHYSICIAN

I would like to take this opportunity to welcome you all to Colby and to introduce you to the Health Services at Colby College.

We are a full service primary care practice that is open to all Colby students. We provide a wide array of services, which are listed below, and we are open from 8 a.m. to 8 p.m. throughout the school year.

The services that are provided to you are confidential and at no charge to you. If you have questions or concerns please stop in and meet with us.

Again, welcome to Colby College.

**Garrison Foster Health Center**  
Hours-Appointments

Monday - Friday  
8 a.m. to 4 p.m.  
Nurse visits 8 a.m./8 p.m. M-F  
12 p.m. to 8 p.m. S-S  
Emergencies—Call x5911 to reach the Security Office.

**Charges**—Health Center visits are free of charge except for medications, immunizations and some lab tests. STD testing and HIV tests are available at low cost or free. Bring your prescription drug or insurance cards plus cash/check/Colby Card to appointments in case charges are incurred.

**Appointments**—Call x4460 to schedule appointments with practitioners, Monday to Friday, 8 a.m.-4 p.m. During appointment hours please check in with the receptionist. Same day appointments are available.

Appointments can be made for "well visits," routine or urgent problems.

Examples include:

- asthma/wheezing
- urinary tract infection
- laceration or cut
- sprained ankle
- nausea, vomiting, diarrhea
- bronchitis
- sinus infection

- eating concerns
- STD and HIV testing
- pregnancy testing
- women's health exams/ Pap smears
- birth control
- emergency contraception (morning-after pill)
- physical exam to go abroad or for a job
- prescription from home doctor
- immunizations for foreign travel
- flu shot clinics during October and November

**Counseling services**—Appointments with Counseling Services are made on line through the Counseling Services tab at MY COLBY For "after hours" and urgent situations, students call security 5911. Counselors are located in the Garrison-Foster Building. Students can request consultation for:

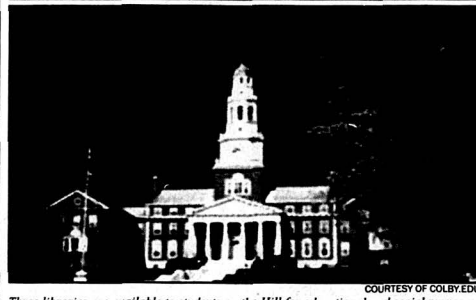
- concerns about academics, friends, family - body image and eating concerns
- problems of sexual orientation
- depression
- issues of diversity and color

- stress
- relationship issues
- dealing with death and dying
- anxiety and panic
- ... or any other concern

**Confidentiality**—All health service encounters are treated with confidentiality. Counseling Services information and records are kept separate from a student's medical record, and information is not shared with anyone without the student's specific written permission. The only exception to this is if we believe a student is a threat to themselves or another person. Likewise, information from the medical record is not given to anyone—friends, professors or even parents—without the student's permission.

**More**—For further information on topics such as lab charges, the student insurance policy and for more detail on health services at Colby, refer to:

- Student Handbook
- <http://www.colby.edu/healthserv/>



Three libraries are available to students on the Hill for educational and social purposes.

## Visit our libraries

By **CLEM GUTHRO & MARILYN PUKKILA**  
DIRECTOR OF THE COLBY LIBRARIES  
& HEAD OF INSTRUCTIONAL SERVICES

Welcome to the Colby Libraries! We will be an important part of your new home for the next four years and want to be central in your educational and social experience on the Hill. The libraries are great places to do assignments, work on research, use a computer, check Facebook, chat with friends, read the news, browse a popular magazine, pickup a good book or DVD or sit with a cup of coffee and just ponder the meaning of life.

The College has three libraries—Miller Library, Bixler Library, and Olin Library—each with its own "vibe." Miller Library, the big building with the clock tower, is the largest library with the humanities and social science collections. It is also home to the most study space on campus and the Street, a campus thoroughfare and popular lounge for group projects and socializing. Bixler Library, the arts library, hosts a stellar collection supporting all aspects of art and music. Olin Library specializes in the natural sciences, computer science and math.

Each library provides space for study and socializing, a wealth of books, DVDs and CDs, e-books and e-journals and other academic resources. Most importantly you will find librarians and staff ready to help with assignments and research projects.

All three libraries have unique hours, aimed at accommodating students and each provides wi-fi hotspots, rental laptops, and clusters of Macs and PCs, equipped with various software. But even when the libraries are closed, rest assured that there are eight PCs available 24 hours a day in the Street.

Looking for a great flick to watch this weekend? Check out our DVD/video collection on the main floor of Miller Library. Want to listen to something besides music on your afternoon jog or your next long trip? Our audio book collection has fiction and non-fiction titles for your enjoyment.

Not sure how to use the library catalog or library website? Need help with an assignment? Looking for journal articles, pictures, statistics, data sets or books? Feel

frustrated with Google giving you a million or more results? You are not alone. Check out the library website and speak to one of the scholarly resources and services librarians for assistance.

Need something you can't find in our Libraries? MainCat and NExpress allow students to borrow resources from Bates, Bowdoin, Middlebury, Northeastern, Williams and Wellesley, among many other libraries. Also, students can use an interlibrary loan to borrow materials from across the country and around the world.

In today's technology-rich environment, it is not surprising that we have a group of people dedicated to working with the library systems that help students find resources needed for assignments and also help on getting information to where they work—on a phone, tablet or computer.

Digital and Special Collections is a group of librarians and staff who work on building rich collections of locally digitized materials as well as

helping students use physical primary source materials in their research projects. Located in Miller Library, Special Collections holds literary manuscripts, rare books and magazines, photographs and other graphic materials suitable for individual and group research projects. Special Collections include materials for women's

studies, multicultural studies, Maine and regional history, World War I, 19th and 20th century American and British literature, and Irish literature from the 1880s to the present. It also has a Colbiana or "Colby history" section, which documents many fascinating aspects of the College's history.

Get to know the staff at the service desks. They can help make your time in the library productive and pleasant, and they're also just great people to know. They help with checking out books, collecting fines (not that you'll have any!), locating reserve readings or wrestling with the photocopyers and printers, and at least a dozen other things.

If you have special needs or a suggestion on how to improve library services, feel free to contact Clem Guthro, the director of the Libraries. The doors are open, the lights are on, and you've been invited. We have the resources and the people to help you make your first year a success.

## The scoop on dining

By **FIROUZ KHAKSAR**  
DIRECTOR OF DINING SERVICES

Welcome back—

We would like to welcome new students and returning friends. We are excited for the opportunity to serve you. Sodexo's Dining Services team at Colby is committed to creating an exceptional dining experience for Colby's students. I would like to take this opportunity to highlight some of our Colby traditional favorites, as well as some new initiatives for the fall semester.

Dining Services is committed to health and wellness. We encourage you to participate in Meatless Monday, which alternates locations weekly between Dana and Roberts. We continue to serve your dietary needs and will be happy to speak with you regarding any dietary restrictions/allergies you may have. You will notice new logos on our menus to identify menu items that are gluten free, dairy free, nut free, vegan, vegetarian and more.

Foss Dining Hall continues to be your main source for vegan and vegetarian options. This hall offers a diverse selection of international menu items and explores spices from around the world to satisfy your curiosity and sense of adventure. Roberts serves traditional restaurant-style meals and regional ethnic cuisine and many local items in the salad bar. Dana Dining Hall will provide the latest culinary delights and variety of menu options to include action stations that prepare made-to-order food from around the world.

The Joseph Family Spa offers old favorites and also explores new options to provide alternatives for your dining pleasure. You may experience and enjoy a variety of featured daily and weekly specials or enjoy an afternoon snack or specialty coffee to brighten your day.

Our Take Four program at Caprale Lounge is your grab-and-go location. It will offer a variety of menu options on a weekly basis between the hours of 11 a.m. and 2 p.m., Monday through Friday.

Some of our highlights this year include a variety of new menu items from your favorite campus bakery, interactive dessert stations and new dessert action stations. Also, be on the lookout for a variety of new special events throughout the year. We would also like to encourage you to engage by participating in our Battle of the Chefs, open mic nights at Foss, Harry Potter night and many more.

Colby Dining Services, in cooperation with the College and students, is committed to sustainability by offering local products whenever possible, composting, offering a reusable cup (Adopt-a-Mug) program, lowering BPA (reducing canned food by 50 percent) and implementing a new Choose to Reuse-to-go container program. We are also offering local (Maine) sea salt and fresh peppercorns in grinders at the food stations to reduce disposable salt and pepper shakers on the tables in all halls and in the Spa.

In response to last year's student survey, Dining Services will be offering a greater variety of menu items and dining programs in all halls and at the Spa. I would like to encourage you to stay connected with Dining Services by visiting us on Facebook or following us on Twitter, or scan our new Q-R codes that will be available throughout the dining halls to stay updated with our many special events and menu items.

Please feel free to call or stop by my office as I would love to hear your thoughts and suggestions and always welcome your feedback. I look forward to seeing you in our many dining locations enjoying your meals.

Have a great year!

## Getting to know the Pugh Center and its programs

By **TASHIA BRADLEY**  
ASSOCIATE DEAN OF STUDENTS  
AND DIRECTOR OF  
THE PUGH CENTER

The mission of the Pugh Center is to promote multicultural communication, awareness and understanding. The Pugh Center serves as an intellectual and social focal point on campus for conversation, exploration and celebration of the diversity—relating to race, ethnicity, gender, culture, sexual orientation, identity, class/socio-economic status and spirituality—on the Hill. It is also a gathering place for Colby students who identify with groups that have been traditionally underrepresented within the Colby community.

The Pugh Center hosts a wide range of student organizations including the Pugh Community Board (PCB), which is a student-led multicultural programming board that hosts such signature programs as PC Coffee and S.H.O.U.T. week. A list of all Pugh Center student organizations can be found at [www.colby.edu/pughcenter](http://www.colby.edu/pughcenter).

The Pugh Center is more than a physical space and the sum of the student organizations housed there. It is a reflection of Colby's vision of a multicultural society, one in which all members are free to be themselves, to explore,

to affirm and to celebrate who they are, a community in which students, faculty and staff alike recognize, respect, honor and learn from their important differences.

We attempt to create this community through a wide variety of programs and activities such as the Pugh Center Scholars and Pugh Center lecture series; the Ralph Bunche Scholars; Diversity, Dialogue and Dinner; OUTalies and OUTPeers workshops; dinners for first generation college students; heritage and history month celebrations; and many more. This year's new opportunities for engaging, exploring and educating include the addition of the Associate Director of the Pugh Center/Director of Gender and Sexual Diversity Programs Andrea Breaux, doctoral candidate, and the Diversity Peer Education Team course available through the Education Department.

In addition to housing student organizations, providing programming, support and trainings, the Pugh Center also provides a dynamic space for education in the common learning area. The common learning area can be reserved by visiting [www.colby.edu/pughcenter](http://www.colby.edu/pughcenter). The common learning space also houses a small diversity-related resource area. Holdings can be checked out, and a list of resources can be viewed on the Pugh Center web page.

**The Pugh Center is more than a physical space and the sum of the student organizations housed there.**

## A warm welcome from Dean Johnston

By **PAUL JOHNSTON**  
DEAN OF STUDENTS

Let me be, yet again, another in a long line of voices to welcome you to campus this week. That day has finally arrived. You are now a college student. A true adult. Master of your own fate. Free to make decisions for yourself. Do so. Do so with the confidence that you've spent years preparing for. Assuming that you

are at least 18 years of age, you are now legally responsible for those decisions and for the consequences of those decisions. Many of you will find yourselves entering new and unfamiliar territory. Having the freedom, and expectation, to choose. Fear not. Ninety-nine point nine percent of the time you will make good decisions. You've spent a lifetime working hard to get into one of the top schools in the nation—it's no accident that you're here.

You've earned it.

You're going to do great things at Colby. You're going to discover interests, passions and hobbies that you've never before even considered. Embrace them, pursue them, perfect them. Maintain an open mind. It's quite possible that some of what you "know to be true" will be challenged. You'll experience conflict. You may even decide to discard some of the old in exchange

for the new. That's OK. That's the first step toward becoming who you truly are.

So, start each day with this thought: "What can I do today that will make me a wiser person, a better friend and a real contributor to this place?" If you spend a little time each day being concerned about how you'll be remembered by your faculty, your peers and your family for the time you spent in college, you can't help but succeed! Best wishes....



# A welcome from Counseling Services

By PATTI NEWMEN  
DIRECTOR OF COUNSELING SERVICES

Welcome to Colby from the staff of the Counseling Services Department!

Entering college is a time of great excitement for most students. A new environment, new people, new experiences all await you. However, for most, if not all, it is also a time of apprehension. Will you get along with your roommate(s)? Will you be successful academically, socially and in extra-curricular activities? And what about all of the special people you are leaving behind—family, friends, girlfriends and boyfriends—how will those relationships change now that you are at Colby? As you grapple with this time of transition in your life, our counselors are available to offer support along with a safe and confi-

dential space where you can talk about your feelings. We invite you to utilize our services at any time during your Colby career.

Students seek counseling for a wide variety of issues. Some students have seen therapists or counselors before and want to continue in a counseling relationship at college. Many students come seeking help in dealing with feelings of anxiety or depression. Sometimes students just need an objective adult with whom they can talk through concerns about homesickness, relationships, family problems or other personal situations.

Time management, stress reduction and difficulties with food or body image are other issues that students often address in counseling sessions.

Any concern that interferes with the quality of your life at Colby is an appropriate topic for a conversation with a counselor. If we are unable to help, we will make every effort to direct you to someone who can. When appropriate we refer students to the medical practitioners for assessment for medication. We also have the services of a consulting psychiatrist who comes to campus several times a week.

**There is always a counselor on-call whenever the college is in session.**

## A look at the athletic options

Many choices, from D-III teams to intramurals

By MARCELLA ZALOT  
HAROLD ALFOND DIRECTOR OF ATHLETICS

The Department of Athletics welcomes the Class of 2016 and would like to extend our best wishes for an exciting and productive first year. The department has offerings for all levels of athletes and invites you to participate in any level of your choosing.

The intercollegiate program is for the competitive athlete who wants an intense intercollegiate athletic experience. Colby belongs to the Division III level of the NCAA (National Collegiate Athletic Association). On the conference level, we compete in the NESCAC (New England Small College Athletic Conference), arguably one of the best Division III conferences in the country. Colby sponsors 32 intercollegiate sports—16 for women, 15 for men and one co-ed team. For information on the intercollegiate programs offered, please see our website at [www.colby.edu/athletics](http://www.colby.edu/athletics). If you are interested in trying out for a team, the names, phone numbers and e-mail addresses of the coaching staff are also on the website. The department also offers

an intramural program called iPlay during the fall, winter and spring. Intramural offerings include soccer, field hockey, flag football, team handball and broomball in the fall; indoor soccer, basketball, table tennis and broomball in the winter and softball and soccer in the spring. Special events take place throughout the academic

**The Harold Alfond Athletic Center is open 12 to 15 hours a day and seven days a week throughout the academic year.**

year and in the past have included a triathlon, a home run derby and a squash tournament. See the piece Head iPlay Commissioner Jake Tucker '13 wrote for information about the sign-up process.

Additionally, the department oversees club sports that have an

athletic component. Club sports are student-run and are offered if there is enough student interest to sustain the club. Recent club sports include: men's and women's rugby, the woodsmen's team, badminton, ultimate frisbee, bicycling, water polo, men's volleyball and fencing.

Finally, the Harold Alfond Athletic Center is open 12 to 15 hours a day and seven days a week throughout the academic year. We invite you to come down and use the facilities at your convenience. The facilities include an ice hockey rink, squash courts, basketball courts, an indoor track, indoor tennis courts, a climbing wall, a pool and an aerobic studio. The indoor field house, which includes the indoor track and tennis courts, will be newly resurfaced for the 2012-13 academic year. The Boulos Family Fitness Center offers free weights, selectorized equipment by Bodymaster and over 25 pieces of cardiovascular equipment. Lifetime fitness classes will also be offered during the academic year. Classes last year included yoga, aerobics, kick-boxing and fitness training. Check our website during the first few weeks of classes for the schedule. All classes are held in the aerobics room of the Alfond Athletic Center. The schedule is also posted on the door to the aerobics room.

Good luck in the upcoming year and all the best as you embark on your Colby experience!

## iPlay offers year-round fun

By JAKE TUCKER

HEAD IPLAY COMMISSIONER

As the American Basketball Association great Jackie Moon once said, "Use small children as shields. Bears like soft tender meat." Here at the Colby intramural sports program (iPlay) we try to keep you out of such morally challenging scenarios. Instead, by offering 13 seasonal sports and a handful of other weekend events and tournaments, we provide fun and friendly outlets for all of your pent-up competitive and athletic energy.

Most sports are divided into "recreational" and "competitive" leagues so that players can partake in an activity at the level of intensity that they prefer. Depending on the season, teams participate in one or two games per week, and there are no practices. Captains organize their own teams, creating their squad during a designated sign-up period. These captains are responsible for the organization and management of their teams within the rules and regulations of iPlay and each individual sport. If you're interested in participating in iPlay you may either captain your own team or join someone else's. If necessary, iPlay will find a team for you. Sign-ups generally occur online prior to each season, and these opportunities will be advertised

in the General Announcements, in posters around campus or through word of mouth. We will also have a table at the Campus Life Club Expo on Sept. 12. Each season will feature a

**This first semester alone, look forward to field hockey, flag football, soccer, tennis, team handball, broomball and dodgeball.**

"Comp" and "Rec" champion, with coveted t-shirts awarded to the victors. Student commissioners of varying class years organize and operate the intramural program, and we try to keep a constant and accessible presence among the student body. iPlay is an inclusive program at Colby, open to all regardless of past experience. Players of all skill levels can and do take part. iPlay can be a great way to stay active, meet new people and enjoy a

beautiful afternoon during the brief but glorious warm month(s?) up here in Waterville.

iPlay is an integral part of many people's lives here on the Hill. Many players participate in both the mainstream and the more obscure sports and events. Our program's crown jewel—most subscribed to and often most unusual to first-years—is "broomball," a sport akin to ice hockey. Played during weekday nights on our ice rink, the sport consists of players wearing sneakers on ice and holding a stick roughly resembling a broom—all the while attempting to hit a small ball into their opponents' net. Games are absurdly fun, so fun in fact that we have been forced in recent years to add an extra season to satisfy student demand. Given the three seasons of broomball that iPlay will put on this upcoming year, there will be plenty of opportunities to give this sport a shot, in addition to all the other sports we offer. This first semester alone, look forward to field hockey, flag football, soccer, tennis, team handball, broomball and dodgeball.

Check out the iPlay website ([www.colby.edu/iplay](http://www.colby.edu/iplay)) and Facebook page throughout the year for additional information, schedules, standings and employment opportunities. See you out on the field/court/rink!

## MAV challenges stereotypes, hosts and supports campus events

By JOHN KALIN

MAV PRESIDENT

Mules Against Violence (formerly Male Athletes Against Violence) is a coalition of men who aim to raise awareness of sexual violence in the Colby community as well as to challenge stereotypes of masculinity and male athletes on the Hill.

How does our society define masculinity? As MAV co-founder Cody McKinney '11 wrote in a 2011 *Inside Colby* article, "the ideal male college student in 21st-century America" is thought to possess the following traits: "he is an athlete, probably in one of the contact-intensive spectator sports. He is strong both physically and mentally. He is stoic. He goes out at least three nights a week and can hold his liquor. He gets a lot of women. He calls his friends' masculinity into question, often using homophobic or sexist epithets." This definition undoubtedly

comes with many negative consequences. Joe Ehrmann, former NFL Pro-Bowl Lineman and focus of Jeffery Marx's book *Season of Life*, believes that society's false definition of masculinity is a factor, directly or indirectly, in almost every issue that plagues the world today.

With a solid foundation set by McKinney and Eric Barthold '12, along with the continuous backing of Professor and Director of the Education Department Mark Tappan, MAV seeks to develop a more sustainable, safe, enjoyable social experience for every member of the Colby community. We do this through showing support in whatever way we can for events run by the Feminist Alliance, Gentlemen of Quality and The Bridge, and by participating in Take Back The Night. Some of the speakers we invite lead events that count as first-year

wellness seminars.

Additionally, MAV has begun to host its own events, including bringing Sexual Health Comedian Cindy Pierce to campus, spearheading the Party With Consent movement and throwing the extremely successful Kegs with Consent party in the Heights Residence Hall lounge.

Although MAV is less than a year and a half old, we have a dynamic group of alumni who care about the success of our organization with a passion that is far from typical.

If you are a man that is willing to give up one hour a week and you want to make a positive difference in your community, meet great people and have your perspective stretched and challenged, then MAV is the group for you.

Catch us at the Campus Life Club Expo or e-mail me at [jmkalin@colby.edu](mailto:jmkalin@colby.edu) for more details or to sign up.

## Mule Mob promotes spirit

By JULIA PREZIOSO

MULE MOB CO-PRESIDENT

Don't worry about signing up for this club, because when you come to the College you automatically become a member. Get pumped to cheer on the athletes and your fellow classmates while decked out in your best Colby at-

tire. There will be tanks, face paint and clappers as well as tailgates, pep rallies and, most importantly, exhilarating New England Small College Athletic Conference (NESCAC) games for the Mule Mob to attend.

Stay updated with team and player statistics and in-game

news on our Facebook page ([www.facebook.com/mulemob](http://www.facebook.com/mulemob)) and our Twitter ([www.twitter.com/MuleMob](http://www.twitter.com/MuleMob)). These pages will also keep you posted on Code Blue and Mule Mob events, Colby's home/away games and maybe even our mascot Mule and its whereabouts.

## CONCORD COACH LINES

Read Down: BANGOR COLBY AUGUSTA PORTLAND  
BOSTON LOGAN AIRPORT

Schedule No.	55	59	315	73	71
LV Orono ME - UMaine		7:00	9:00		3:30
LV Bangor ME				12:15	4:35
LV Colby College ME				1:15	4:45
LV Augusta ME	6:15	8:15	10:15		
AR Portland ME	7:25	9:25	11:25	2:25	5:55
LV Portland ME	7:30*	9:30*	11:30	2:30*	6:00
AR Boston MA (South Station)	9:25	11:25	1:40	4:25	7:55
AR Logan Airport MA	9:25	11:25	1:25	4:25	8:10

Read Down: LOGAN AIRPORT - BOSTON - PORTLAND  
AUGUSTA - COLBY - BANGOR

Schedule No.	52	56	62	72
LV Logan Airport MA	9:20	12:35	3:35*	6:35*
LV Boston MA (South Station)	10:00	1:15	4:15	7:15
AR Portland ME	11:55	3:10	6:10	9:10
LV Portland ME	12:05	3:15	6:15	9:15
LV Augusta ME	1:15	4:15	7:20	10:15
AR Colby College ME		4:45		
AR Bangor ME			8:35	
AR Orono ME - UMaine				

Colby College - Northbound service begins Friday, August 31, 2012. Southbound service begins Friday, September 7, 2012. Additional northbound service Monday September 3rd 2012 schedule #62872

**ON LINE TICKETING NOW AVAILABLE!**

Our website is always open so you can buy on-line. Use our student discount code to get \$5 off a round trip! Code: [coupon11](http://colby.edu/coupon11)

**Colby**

**Frequency Codes:**

- \* Top operates FRIDAY and SUNDAY only during UMaine-Orono fall semester.
- \* Top operates SUNDAY only during UMaine-Orono and Colby College fall and spring semesters.
- \* Service from Colby College will operate FRIDAY only during fall and spring semesters. Pick-up ONLY for SOUTHBOUND.
- \* Service to/from UMaine-Orono and Colby College operates daily during fall and spring semesters unless otherwise noted.
- \* On Sundays Arrives in Bangor at 8:50 pm.
- \* Discharge Only
- \* Indicates a bus change in Portland to/from Logan Airport express bus if passenger is continuing to/from Logan Airport

The *Echo* is published every Wednesday the College is in session and consists of five sections weekly. It is the best way to stay in touch with campus news, events and sports, while becoming familiar with students through the opinions and features pages.

With a subscription you not only gain weekly access to Mayflower Hill right at home, but you support one of the largest student clubs on campus. Without subscriptions, the paper cannot be provided to students free of charge.

TO SUBSCRIBE:

Visit our table at the Orientation Vendor Fair or e-mail [mkbrown@colby.edu](mailto:mkbrown@colby.edu)

**\$60.00**  
per year

## Write for the Echo!

Writing for the *Echo* is a great way to familiarize yourself with the campus and your new peers.

Interested in joining the *Echo* staff? Stop by our table at the Orientation Vendor Fair or e-mail [mmstrach@colby.edu](mailto:mmstrach@colby.edu).

ORIENTATION VENDOR FAIR

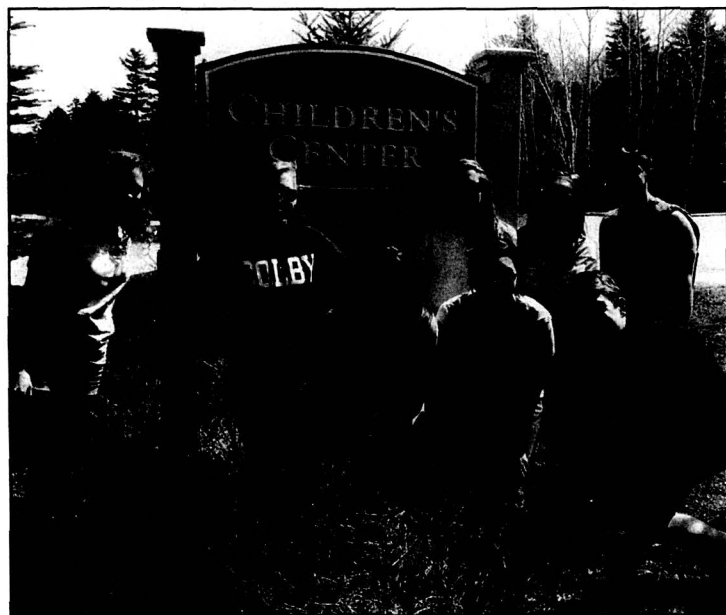
Tuesday, August 28

8 a.m. to 12 p.m.

Dana / Cotter Lawn



# SPB plans months of fun



COURTESY OF JESSICA VILLELLA

2011-12 SPB Executive Board poses while volunteering on Colby Cares Day.

By **JESSICA VILLELLA**  
SPB PRESIDENT

Are you interested in deciding which music is brought to campus? Do you want to get more involved with campus events and help plan Loudness weekends?

Considering joining the Student Programming Board (SPB)? Every year we look for new volunteers who want to get more involved in the planning of campus events. We decide which music comes to campus, what the Loudness themes will

be and which performers come to the Hill. We plan some of the year's biggest events, including Oktoberfest, big-prize bingo, free movie nights at Flagship Cinemas, tailgates and the Mr. Colby Pageant.

In the last few years we've brought musicians such as Wiz Kalifa, J. Cole, Dropkick Murphys, White Panda, Big Boi, Timeflies, Super Mash Bros. and more. Since our group mostly consists of volunteers, there is no application! Just sign up and

you can choose to be placed on a specific committee; options include the live music, social, entertainment or publicity committees. Members enjoy perks like free tickets to all shows and free Loudness t-shirts! Joining SPB is a great way to get more involved in campus activities and the job is easy and ridiculously fun. Contact Alex Gucinski '14 (aggucinski@colby.edu) or Jessica Villella '13 (javilllel@colby.edu) for more information.

# Student Health on Campus

By **HILARY PERREY**  
SHOC CO-PRESIDENT

Student Health on Campus (SHOC) is a student-run organization that, in conjunction with the Garrison Foster Health Center, seeks to engage the College community members in a discussion of college-related health topics. As a peer-health educator with SHOC, you will hold a paid position and assist in promoting wellness and healthy lifestyles on campus. We work with organizations including Mules Against Violence (MAV), Gentleman of Quality (GQ), Women's Alliance, Active Minds, Student Government Association

(SGA), the community advisors and other groups to extend our reach on campus.

As a member of SHOC, you will have the opportunity to assist in first-year supper seminars, facilitate dorm talks and organize campus-wide events like speed dating, sex narratives, mental health narratives, Body Image Awareness Week and our end-of-the-semester celebration, the Stressbuster Fair.

Please consider joining SHOC! If you are interested in medicine, healthcare, public health, education or healthcare administration, you may find working with SHOC to be a rewarding experience. During the upcoming Campus Life Club Expo on Sept. 12, we will

have a table staffed by current SHOC members. Be sure to drop by and sign up to be on our mailing list! During the spring semester we will provide you with information regarding the application process, as well as interview candidates and select our newest SHOC members.

As a SHOC member, you hold an influential place in the College community. It is an exciting and empowering opportunity to serve on the Hill and to promote health on our campus. Our leadership this year consists of Co-President Hilary Perrey '13, Co-President Cale Wardell '13 and Vice President Jack Mauel '13. We look forward to getting to know and working with you!

# Oak Fellow: Nhlengetwa seeks respite at Colby

By **RACHEL ROSENBAUM**  
OAK RESEARCH ASSISTANT

Since 1998, the Oak Institute for the Study of International Human Rights has invited prominent human rights activists focused on a variety of issues to seek respite on the Hill and share their stories with our community. We have hosted activists working to address the trafficking of young women in Southeast Asia, political violence in Zimbabwe, drug violence in Colombia and restricted health care for Palestinians in the occupied territories. Last fall we had the amazing activist, Fatima Burnad, who works with India's "untouchables."

This fall, Oak turns its attention to issues afflicting children and youth. We will be bringing Zandile Nhlengetwa, founder of the Ulsuda school of South Africa, to campus. Ulsuda School is a primary and secondary school that promotes female education and conducts programs on issues faced by post-apartheid communities in the province of KwaZulu-Natal, the area in which Nhlengetwa grew up. Nhlengetwa and the Ulsuda School aim to provide a safe and accessible space for community development and a positive educational atmosphere.

Nhlengetwa grew up during apartheid and saw KwaZulu-Natal suffer through over a decade of conflict between political parties. Her province is still plagued by high levels of violence, crime, substance abuse, sexual abuse, domestic violence, poverty, the highest rate of HIV/AIDS in South Africa and a very high population of at-risk youth.

After the murder of her husband, a justice activist, in 1989, Nhlengetwa decided she would devote her life to youth and community development. Focusing on areas with high levels of violence, Nhlengetwa promotes peace, community and personal development.

It is with great pleasure that the Oak Institute awards Nhlengetwa the fellowship and welcomes her to the Hill. At the College, Nhlengetwa will lead a one-credit seminar on the post-apartheid era of South Africa. The focus of the course will be on community development and will touch on the themes of poverty, violence, HIV/AIDS, development and the connection between trauma work and peace building work.

Director Ken Rodman, the William R. Cotter distinguished teaching professor of government, and Interim Assistant Director Judy Brody lead the Oak Institute

with the help of the students. The Oak Student Committee, created in the spring of 2011, consists of very dedicated students who will participate in Oak programming and serve as the primary liaisons between the Fellow and the student body. As it hosts its 2012 Fellow, the Oak Institute will be busy preparing for the 2013 Fellow. It already is soliciting applications from activists who work for the rights of interned and displaced peoples outside the United States, and who are in need of respite due to risks associated with their front-line efforts. The winner of the 2013 fellowship will be announced in the spring.

For now, we are excited to learn more about the world from Nhlengetwa, an extraordinary human rights activist. She will offer the College, as well as central Maine, a unique opportunity to better understand post-conflict societies and the toll that violence can take on a community. The Oak Institute encourages the entire campus and surrounding community to take part in its fall event series and to get to know Nhlengetwa.

More information on 2012 Oak Events can be found under the events tab on the Oak website: <http://web.colby.edu/oak/events/>.

# Colby Emergency Response



COURTESY OF JACK LEWIS

Ben Hannon '13 and Erin Love '14 treat a patient at a CER drill.

By **CHARLIE FRANK**  
CER CHIEF

Whenever help is needed, students can call for Colby Emergency Response (CER). When students dial (207) 859-5911, a team of Colby students trained as Emergency Medical Technicians will respond and provide confidential medical aid 24 hours a day, seven days a week. CER is the first response for any medical emergency on campus and will determine what level of medical care

is needed. Students will receive care on scene or at the health center, or an ambulance or Security will take them to Maine General Medical Center, Thayer Campus. Many students are unsure at what point they need to call for help. Our advice is always to err on the side of caution; never hesitate to call. Trying to keep an eye on a student who is ill is never a wise choice; CER will bring resources to help stabilize and ensure the safety of any student. Our mission is to ensure the health and safety

of the Colby community, and CER never functions in a disciplinary role.

We encourage first-years to come learn CPR during the campus explorations listed in the orientation calendar, and we'll be at the Campus Life Club Expo on Sept. 12.

CER is always looking for new volunteers and offers an EMT course during JanPlan. Anyone looking for more information about CER should visit [www.colby.edu/CER](http://www.colby.edu/CER) or e-mail CER's Chief, Charlie Frank '13, at [cefrank@colby.edu](mailto:cefrank@colby.edu).

# THE COLBY ECHO

PUBLISHED BY THE STUDENTS OF COLBY COLLEGE SINCE 1877

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The Colby Echo is the weekly student newspaper of Colby College in Waterville, Maine. The paper is published every Wednesday that the College is in session. Students are strongly encouraged to contribute and should contact the editor(s) of the section(s) they are interested in working for in order to learn more.

## LETTERS

The Echo encourages letters from its readers, especially those within the immediate community. Letters should not exceed 400 words and pertain to a current topic or issue. However, the Echo reserves the right to run longer letters. Also, the Echo reserves the right to edit submissions for grammar and clarity and may choose not to run a letter. The Echo will not, under any circumstances, print an unsigned letter.

Letters are due to the Echo by midnight of the Sunday preceding the publication date. They should be submitted via e-mail to Sarah Lyon at [silyon@colby.edu](mailto:silyon@colby.edu) and be in a text-only format.

## OPINION PAGE

Editorials represent the majority opinion of the editorial board. Opinions expressed in the individual columns, letters or cartoons are those of the author, not of the Echo.

The Echo welcomes column and cartoon submissions from members of the Colby community.

## ADVERTISING & SUBSCRIPTIONS

For more information on publication dates or advertising rates, contact David Deneroff at [ddeneroff@colby.edu](mailto:ddeneroff@colby.edu).

# Reaching out to Waterville

By **BRITA MIDNESS**  
CWA PRESIDENT

The Colby-Waterville Alliance (CWA) encourages collaboration between Colby College and the City of Waterville. Originally founded as the Colby South End Coalition, the organization has been actively working to improve relations within the community since 2003. Students saw an opportunity to improve the lives of those living in the South End neighborhood of Waterville through civic engagement and the raising of awareness.

In 2007, as the Colby South End Coalition grew, the name was changed to the Colby-Waterville Alliance to reflect our increased engagement within the community. Today, the CWA continues to grow and is consistently working to improve the relations between students and the citizens of Waterville.

The CWA organizes many events during the year including Burst the Bubble Week and A Taste of Waterville, which are fun ways to support our local businesses. At the different events and volunteer opportunities organized by the CWA, you can

meet new people and learn more about the community in which we all live. Each interaction, no matter how big or small, is important to help strengthen the existing bonds between Colby College and the City of Waterville.

There are many ways to become an active member of the CWA. We are looking forward to the coming academic year and hope to see you at the events that we will be hosting this fall. If you would like more information on how to become involved in the CWA, please do not hesitate to contact Brita Midness '13 at [bmidness@colby.edu](mailto:bmidness@colby.edu).



# Colby pride from Spain to Maine



Tortorello '13 spent her first semester of College in Salamanca, Spain.

## The secret of what meshes Colby together

By AMY TORTORELLO  
CLASS OF 2013

Welcome to Colby! You have probably spent the last three months wondering what exactly college life will be like—maybe you have been agonizing over every single detail of how to arrange your room, how you will manage your classes, how you might not manage your classes,

which clubs you might join or how you will navigate through the chaos of the dining hall. Or maybe you've spent most of your summer procrastinating, pushing off preparations for Colby until the last second and you have just now begun to acknowledge the fact that yes, your COOT trip does start in less than a week. Yikes!

Butterflies or no butterflies, nervous or ready to dive right in, I can promise that you are about to embark on an adventure that you will remember for the rest of your life. Whether you will be scaling a mountaintop, practicing yoga in the Maine wilderness or harvesting organic vegetables, your COOT experience will bring you right to the heart of what Colby College stands for.

I myself did not begin my career at Colby with the traditional COOT experience. My long-awaited acceptance letter also came with an important side note—my first semester would be spent in Salamanca, Spain. Yes, I was a Feb-Frosh. A First-Semester Away student. Instead of spending a weekend in the Maine wilderness, I would be spending 10 hours on an airplane and four months in a foreign country.

My time in Spain was irreplaceable and one of the most amazing experiences of my life, but I did not return in January feeling as connected to Colby as my peers who had spent their first semester on campus. What had I missed?

It was not until I led my own COOT trip at the beginning of my junior year that I finally figured it out. I finally got a taste what Colby College was really about.

My experience as a COOT leader was easily the most meaningful I have had since being at Colby. Because I did not have the opportunity to experience a "real" first-year orientation while I was

in Salamanca, I felt like I finally had the opportunity to grasp what it is about Colby that every member of our school truly loves. It was funny to me that like the first-years, I, too, was experiencing my "first" COOT. Never have I felt more connected to Colby than I did while I was here on campus last August with the returning leaders and then with the new first-years—I felt like I had finally unlocked the secret of what meshes Colby together, and I couldn't believe that I had waited until junior year to figure it out.

My challenge to you, Class of 2016, is to unlock that secret. Find out what truly makes Colby tick, and more importantly, find what part of Colby makes you tick. Whether it's watching your first sunset from Runnals Hill, scoring the winning goal in an iPlay soccer game or finding out you are actually really, really good at organic chemistry, every single one of you will have that Colby moment. Make the most not only of your COOT trip, but also of whatever else your first year at Colby might have in store for you. Be adventurous. Be goofy. Be smart. Create friendships and memories. Unlock the secret! Best of luck.

# Enjoy life at Camp Colby



Zeller '13 recommends meeting as many people as possible on campus.

By NICK ZELLER  
CLASS OF 2013

There's a reason a lot of people call the first two or three weeks of the school year "Camp Colby." There are few alternatives that can accurately describe the positive, welcoming and adventurous vibe on campus at the beginning of the semester. Nearly every person on campus, whether senior or first-year, is meeting someone new.

My advice: do not let these magical, welcoming weeks slip through your fingers, and meet everyone.

If you are thinking, "Here's just another senior windbag wistfully dwelling on his first year in a vain attempt to escape the certain doom that is graduation," then you're right. But I also think my three years on the Hill give me the authority to say that I am also right.

A lot of people are going to tell you to get involved and that is good advice. The College, as any tour guide will tell you, is about more than the classroom. And for most of the student body I think that's definitely true. When the Campus Life Club Expo comes around, you'll see a mad scramble to get on the e-mail list for plenty

of worthy clubs. To me, that process has always felt forced. It is as if someone is saying to all of the new students, "Look! Go engage! Go care about all these things you know nothing about!" It is certainly not a bad thing that first-years are being pushed to get involved in their community, but there are alternatives.

Which is why I will bring it back to my little piece of advice. Go out of your way to meet everyone. Everyone. It is not easy. It is definitely something I was awful at as a first-year and that I still work on now. More so than anything else, meeting and trying to befriend as many of the people that inhabit our community as possible can show you what it is that you really want to do with your experience on the Hill.

I am not saying you should let other people define you or let them pick your path for you. I just honestly believe that if you are putting yourself out there enough, the rest of this puzzle that is the next four years will work itself out. You will find activities you love, things you care about and, probably best of all, awesome, incredible people with whom to share it all.

# Make the most of Colby College



Yaverbaum '14 urges first-years to embrace being a liberal arts student.

By COLE YAVERBAUM  
CLASS OF 2014

Welcome first-years! My name is Cole Yaverbaum, and I'm a junior.

My advice to make the most of your time at Colby College? Meet people. Embrace orientation—it's long but fun, and after it's over, you'll feel like you know some really good people here. Don't complain on COOT: after it's over, you'll miss it and want to be a COOT leader (and you should apply!). Become friends with your Community Advisor (and as a corollary, don't commit dorm damage). Enjoy September: you will not feel the sun again for six months. I'm only kind of kidding.

Try every dining hall. Join the outing club and use their gear to go on arboretum adventures. Be a liberal arts student: take classes outside of your major and study subjects that are foreign to you. Be an active thinker: learn about the issues that face our community. Have conversations about everything, even

things that make you uncomfortable. Take Multicultural Literacy. Go to the club fair. Decide what you love and join a club related to it. If it doesn't exist, start it. Try a Spa quesadilla. Realize the first floor library is a social place: go to the second floor to get actual work done. Be involved in the Pugh Center. Attend Colby Connect workshops. Take your professors out to lunch. Explore Waterville—there really are some nice spots to eat in town. Go to Freeport for the day.

There are literally thousands of amazing things to do and get involved in at Colby. The most important advice I can give is to enjoy it all. Yeah, everybody says "life goes by fast," or "these are the best four years of your life"... and you think, "yeah, OK..." But seriously, Life does go by fast, and as far as I can tell, these are the best four years of your life. At least so far. Realize how incredibly lucky you are to be here. This is such a special place. I'm so grateful I have two more years here—and you all are lucky—you have four!

# 12 tidbits from a senior

By KEITH LOVE  
CLASS OF 2013

By the time you read this, you will have learned and forgotten the names of at least a quarter of your class. While this place seems foreign, you'll soon define the crux of your Colby existence as the question, Foss, Dana or Bob's?

But for today, let's focus on this exceptional community as an extraordinary stage of your journey. These will not be the best years of your life; one shouldn't peak before the age 22.

However, I believe these are four years in which you can prepare for the best years of your life. When I entered Colby I was young and foolish. Now I am three years older, just as foolish and swamped with AARP paperwork. But for what it's worth, here are 12 tidbits a washed up senior

wishes he'd known earlier in the game.

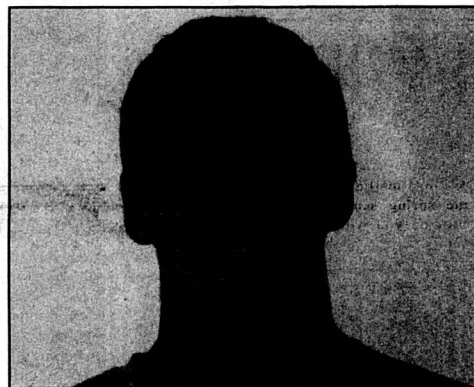
1) Get to know your professors. We have access to great minds in an incredible variety of academic fields. Make the most of this. Moreover, find a mentor. Find someone doing something you admire, someone living the way you want to live, and learn his or her story.

2) Take classes in something you are uncomfortable learning. Conversely, explore your passion and focus your energy on being great at it.

3) Learn how to navigate Hillside.

4) Your GPA is a transient number; your relationships will indefinitely outlast it.

5) Enter this community by actively working to make Colby what you envision it to be. Your experience will be a balance of the highs and not-as-highs, be they social, academic or otherwise. It is your job to



Love '13 shares some of his favorite spots to eat off campus.

affect this balance.

6) Always do the Slip n' Slide.

7) Attend lectures and events. After a long day of classes, labs, clubs and athletics, there are numerous happenings throughout the campus. Pay attention to what's available and go to as many as possible.

8) The term "the administration" refers to a massive number of people with a variety of responsibilities outside of alcohol policies and parties.

9) Always go to "First Thursdays" at the museum. And check out the Interna-

tional Food Festival.

10) Get off campus. Get to know Waterville and the Belgrade Lakes region. Hike French Mountain. Become well-versed in the donuts of Kennebec Café, the sandwiches of Big G's, the gelato of Jorgensen's, the burgers of Mainely Brews. Go camping in Baxter. Study abroad.

11) Throw themed parties. There's a no-brainer. A ninja, pirate or ugly sweater-infested Friday night will always be the standard apartment evenings.

12) And finally, find the footbridge in the arboretum.

# Suzuki '14 shares advice

## Junior shares the perks of being a Colby student

By JAMIE SUZUKI  
CLASS OF 2014

Welcome, Class of 2016! My advice for you is to go into every experience here with an open mind! Don't be afraid to try new things, meet new people and step outside your comfort zone. I promise you, whenever you challenge yourself to go farther from the norm, you will be happy with the outcome.

There is a place for everyone at Colby, so always be yourself. Take advantage of every opportunity this "little



Suzuki '14 reflects on her lasting friendships from COOT.

bubble on a hill" has to offer because you will never know where it can lead. Really appreciate your COOT group, they are the first family you will have here. Going

into my junior year, I still get hugs from all of my COOT siblings and parents. My cross-COOT sister—COOT cousin if you will—was my roommate this summer!

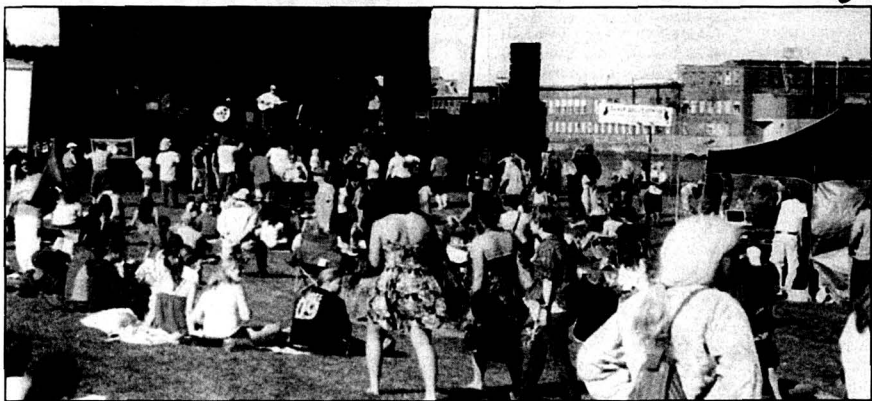
Always order "the Colby size" at Pad Thai Too and always get the Colby special at Papa John's. On a Friday or Saturday night make sure you're willing to wait at least an hour to get your pizza delivered. Keep track of how many Spa quesadillas you eat...when you are broke on Oct. 1, don't say I didn't warn you.

The next few years will be the best experience of your life. Really throw yourself into every moment of it. Don't be afraid to go to a professor's office hours or knock on your neighbor's door. Everyone here is excited you've joined our family on the Hill.

How much does a polar bear weigh? Enough to break the ice! So be that polar bear and meet as many people as possible!



## Best activities each month at Colby



Colby students and Waterville spectators come together to enjoy one of many performances at the Hill 'n the 'Ville each early September.

By SARAH BARRESE  
LOCAL NEWS EDITOR

Anxious but eager, some students come to the Hill as first-years with idealistic expectations. Non-Maine natives may anticipate regular moose sightings from their residence hall windows and lobster as a nightly option in the dining hall. Instead, they arrive on campus and inevitably discover that the dessert table is where the College truly shines. As the year progresses, however, most students realize just how much there is to love about the Hill that isn't just stereotypically "Maine."

### September

#### Colby Outdoor Orientation Trip (COOT)

Occurring over a long weekend before classes start, COOT is a break from the initial stresses of orientation to familiarize oneself more intimately with a group of classmates. Many students form lifelong friendships with their orientation "siblings," continuing their COOT reunions well into senior year. Somehow, any COOT adventure seems like a positive one—even a rainstorm can turn one uncomfortable night of camping into an irreplaceable bonding experience.

#### The Hill 'n the Ville Music Festival

An annual event sponsored by Waterville Main Street and the College, Hill 'n the Ville is immensely popular with both students and town residents. Always one of the first weekends of the school year, the festival involves local food, music, art and the opportunity to soak up the last few days of warm weather.

### October

#### Apple picking

New England autumns are nearly as widely renowned as the lengthy winters they precede and with good reason. There is no better way to enjoy foliage than spending time at one of the many nearby apple orchards.

#### Family Homecoming Weekend

Occurring just as new students are beginning to feel assimilated at the College, Family Homecoming Weekend provides an opportunity for students to introduce family to their new homes and friends. The weekend is packed with events and showcases of students' musical and athletic talent, but there is always enough time for parents to treat their children to a delicious meal off-campus.

### November

#### Fall Ball

If you thought you left dances back in high school, think again. Fall Ball, while not exactly a black-tie event, is one of the most highly anticipated dances at the

College each year.

#### Football games

Despite Colby's small size, school spirit abounds on the Hill, and nowhere is our pride more apparent than in the stands at sporting events. Take the opportunity to support your peers as they defeat lesser mammals, like polar bears and bobcats.

### December

#### Sledding on Runnalls Hill

Even in snowy Maine, students anticipate the first few winter storms with excitement and awe. Once snow blankets the campus, everyone flocks to Chapel Hill, but for a real thrill the bravest students zoom down Runnalls Hill.

#### A cappella shows

The products of hours in rehearsal, a cappella concerts flood the last few weeks of every semester. With six exceedingly talented and diverse singing groups on campus, students are guaranteed to enjoy these study breaks.

**The ideal escape for any student suffering through a long night in the library, the Spa provides the ultimate combination of greasy snacks, homework help and similarly sleep-deprived company.**

### January

#### Fun classes

Jan!Plan allows students the opportunity to fulfill requirements or take a course like African drumming or woodworking. With less class time than the normal semester, students often use this chance to participate in winter sports. Speaking of which...

#### Skiing

Nearby Sugarloaf Mountain Resort provides both avid and beginning skiers with easy access to the largest ski area east of the Rocky Mountains.

### February

#### Winter Carnival

Just as you think you can't wait until winter ends, the Student Government Association (SGA) and Student Programming Board (SPB) unite to plan an event that renews the seasonal excitement. Winter Carnival is a weekend full of sledding, horse-drawn sleigh rides, snowy competitions and endless entertainment to break up the wintery monotony.

#### Study breaks at the Spa

The ideal escape for any student suffering through a long night in the library, the Spa provides the ultimate combination of greasy snacks, homework help and similarly sleep-deprived company. The Spa remains open until one a.m. every night and always boasts a lively atmosphere.

### March

#### Alternative Spring Break

Each spring, the Colby Volunteer Center (CVC) organizes multiple Alternative Spring Break trips that allow any student to spend a week providing invaluable service to less-fortunate communities. As an additional bonus, many of these trips occur in warmer climates!

#### Mr. Colby

Watch a male beauty pageant starring your fellow students. There's always plenty of laughter guaranteed.

### April

#### Climb Mount Katahdin

At 5,268 feet, Mount Katahdin is the highest mountain in Maine and provides miles of hiking trails and scenic views. Whether making the excursion with the Colby Outing Club (COC) or a group of friends, the climb is an idyllic way to experience Maine's beauty.

#### Pride Week

The Bridge, the College's gay-straight alliance, spends months planning for this lively, annual celebration of respect and acceptance of the lesbian, gay bisexual, transgender and queer (LGBTQ) communities. Students have great cause for pride during this week full of dynamic discussion, poignant speakers and an energetic Drag Ball.

### May

#### Spring Loudness

A school year of meticulous work and remarkable fun culminates in the last weekend of the semester with a school-wide dance and concert. Recent concerts—at various times throughout the year—have included Dropkick Murphys, Wiz Khalifa, Theophilus London, J. Cole and more.

#### Johnson Pond

Sunshine and spring overtake the Hill in the last month of school, and students are wise to take full advantage of the warm weather. Struck by the beauty of campus in the springtime, students flee from libraries and flock onto the lawn by Johnson Pond, where everyone can relax and reminisce about the year's events.

## Great Attractions Beyond the Hill

By ESTHER KING  
FEATURES EDITOR

You may be thinking that Colby's campus has everything you could possibly want or need: good food, good friends, libraries, laundry, a gym. But what about "razzle dazzle" doughnuts, cheap clothes and Halloween costumes, indie movie screenings and deli sandwiches the size of your face? When the name games and orientation activities subside, rent a bike at the front desk in Cotter Union, grab a friend with a car or take a walk downtown to check out some of Colby's tried and true favorite local haunts.

First for the Main Street staples: new kid on the block Selah Tea opened last fall and boasts free Wi-Fi and delicious food. Go for the great selection of unusual teas, the board games, the comfy couches and that delicious veggie breakfast sandwich.

A little further down the street, old-time favorite Jorgensen's Café is a great place to catch up on work. Settle down at one of the old wooden booths, spread out your books and get some reading done on a weekend afternoon. When you need a break (or three), try their great lunch fare, homemade blood orange gelato or chai tea. The endless stream of Colby kids coming in and out the door and the chatty local customers might distract you from your work, but it definitely beats avoiding work in the library.

Barrel's Community Market makes killer lunches using fresh local ingredients Monday through Saturday. Before you go, check out their website to find out what's on the menu for the day. Pick up some locally baked bread or granola while you're there. Their Maine-made crafts and regional delicacies like maple candy also make great gifts and help support local business and artists. If you have two or three hours to spare a week, ask about volunteering at the store—the atmosphere is fun and it's an easy way to get involved in the community.

On a Thursday afternoon, head over to the weekly farmer's market in the parking lot opposite Selah Tea to browse the stalls and enjoy free samples, or splurge on some local goodies like handmade gelato and warm salty pretzels. The market is small but charming, and most importantly, everything there is absolutely delicious. It's open from 2 to 6 p.m., "rain or shine," but make sure you get there early for the best selection of goods.

The Railroad Square Cinema, an independent movie theater run by a group of devoted film aficionados, is

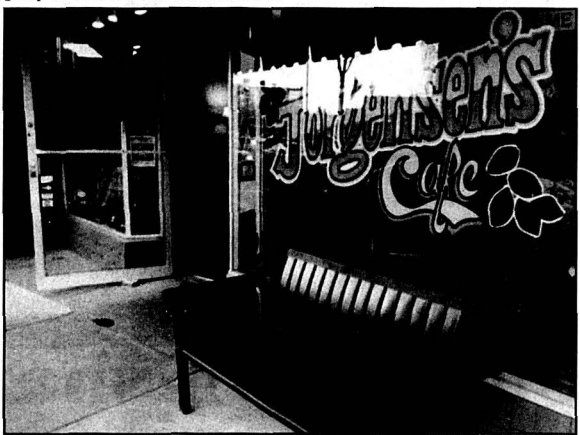
also a great local effort worth supporting. The theater shows mostly foreign and independent movies and hosts \$1 movie nights for Colby students and faculty every Wednesday. The popcorn is home-popped in sunflower oil and real butter, and the bathroom stalls have been scrawled over with funny quotes, love notes and sketches over the years. Next door, you'll find Buen Appetito, a fun Mexican restaurant with famously tasty salsa and margaritas (they also serve non-alcoholic sangria), and Grand Central Café, the best and most creative homemade pizza place in town.

Chances are, you'll be attending or hosting your fare share of themed get-togethers throughout your Colby career. Luckily, Main Street has got you covered: locals bring their '80s neon windbreakers and clunky shoes to Ken-a-Set, and you can always count on Goodwill for ugly sweaters, tiny tube tops and discarded wedding dresses. At the Dollar Store, located right next door in the parking lot behind Main Street, you'll find cheap candy, ridiculous head gear, face paint, tiaras and a whole lot more.

Now about those "razzle dazzle" doughnuts: Kennebec Café in nearby Fairfield is a classic small town diner; small and homey, with endless coffee refills and a cheap breakfast menu but most importantly, over 50 varieties of homemade fried doughnuts. The creative names will make you laugh, but there's nothing funny about how mouth-wateringly delicious and addictive they are. Word on the street is that tiramisu and root beer float flavors will be making their debut this fall.

Located in neighboring Winslow, Big G's notoriously huge portions and delicious comfort food has inspired a huge following at Colby. Make sure you're hungry: finishing a whole sandwich, which is a serious challenge and potentially food-coma inducing, has evolved into a Colby rite of passage. Their freshly baked pastries, pumpkin pancakes and classic whoopie pies, Maine's official dessert, are also certainly worth a trip.

And speaking of desserts, Holy Cannoli! has established itself as Waterville's first bakery over the summer. Owner Candace Savinelli learned her culinary skills from her Italian mother-in-law and must be doing something right, as the Italian pastries and homemade pepperoni and provolone-stuffed breads sold out the first day they opened. They're set to become Colby favorites, too, so be sure to make a trip to Waterville's newest Main Street addition while you're out exploring.



Located on Main Street in downtown Waterville, Jorgensen's Café is a favorite study spot, coffee joint and lunch destination for students on the Hill.

## The Bridge welcomes everyone

By PAT ADAMS AND CARLA ARONSOHN  
BRIDGE STEERING COMMITTEE

The Bridge is Colby's all inclusive lesbian, gay, bisexual, transgender, queer (LGBTQ) and ally community, and it's our pleasure to welcome you to Colby! Our mission is to do everything we can to make Colby a safe and welcoming place for all. We are a programming board, a social network, a support group and a community of passionate activists. We're comprised of everyone from athletes and student government representatives to campus leaders, artists and faculty. We are more than a club. We've been known to break out the bubble machine on special occasions, lobby President Adams

and the administration and throw a stellar Drag Ball during Pride Week in April. Two years ago we hosted a New-England wide conference. We brought amazing speakers, artists and activists to campus, and yes, even a porn star. We teamed up with Waterville High School's burgeoning gay-straight alliance, and we also volunteer at the local Unitarian Universalist church. We initiated the push for a gender and sexual diversity resource center, and after two years of hard work, we are excited that Director of Gender and Sexual Diversity Programs Andrea Breaux will be joining us this fall.

Our leadership is comprised of a 10 person steering committee. We're the ones who organize events and keep you up to date on news affecting our community.

If you need someone to talk to, you can

find us among the names on the "OUT-Peers/OUTAllies" list on a bulletin board in your residence hall, or you can contact us at colbycollegebridge@gmail.com. All e-mails we receive are confidential.

It doesn't matter who you are or what you're into; we're "all-inclusive" for a reason. We have an office on the second floor of the Pugh Center that is almost always open. You'll find the green couches are a great place to nap, study or watch Lady Gaga videos or *The L Word*. Check us out at the Campus Life Club Expo, show up at the Queer and Ally Tea on Wednesday, Sept. 5 or swing by a meeting or event. Our private e-mail list will keep you informed of pertinent events, meetings, activism and news. If you want to join the 400 others who are already in the loop, simply shoot us an e-mail at colbycollegebridge@gmail.com.



Wiz Khalifa performed at the College for a 2011 Spring Loudness weekend. The concert was held in Wadsworth Gymnasium and was open to both students and Waterville residents.



# How to survive and excel in your first year at college

By JULIANNA HAUBNER  
A&E EDITOR

Alright, little ones, here's what you need to know. From wearing sandals in the shower, to being able to create your own class schedule, to getting thrown into the lion's den otherwise known as the Campus Life Club Expo, the next four years of your life are going to be full of change and new experiences. So, in the hopes of making things a little less terrifying and a little more exciting, here's a list of things to look out for, from one Colby-loving mule to another. Add, cross out, embellish—this is your time to do what you want, to form your own opinions and views and to figure out who you are. Sure, the first year is overwhelming, and it may not even be the best one you have here on the Hill, but before you know it, you'll be a junior wondering how you're going to survive your spring semester abroad without doughnut Thursday in Bobs, so make the most of it!

## YOUR FIRST WEEK AT COLBY

- Introduce yourself—the best thing you'll ever do on this campus is stick out your hand and say "hi." You never know who might end up being your best friend.
- Lay down ground rules with your roommate(s)—you'll be glad you did.
- Don't let first impressions be the end-all-be-all—everyone is nervous and trying to figure out what role they want to play. Give people time to adjust and find their footing, but at the same time, trust your instincts.
- Find a place you can relax—with all of the activities, people and forums you have your first week on campus, make sure that you find somewhere that you can slow down

and enjoy the quiet.

- Get organized—you're here for almost a week before classes actually start, but once COOT starts and everyone else is on campus, you won't want to spend time figuring out where you packed your alarm clock or laptop charger.
- Go to everything you can—there are going to be a ton of events, from concerts and exhibits to barbecues and club expos. You never know what might catch your eye.
- Ask questions—ask your Community Advisor (CA), ask your COOT parents, ask someone walking through Pulver anything you want to know...they'll be happy to answer!
- Embrace the opportunity to start over—seize the opportunity to try something new and be someone you felt you couldn't be before.
- Let go of high school stereotypes—we all know them, and at some point, we've all lived by them. Don't let them affect the friendships you make or the experiences you have here.
- Let your parents know you're OK—believe me, they're more freaked out about this than you are.

## YOUR FIRST MONTH AT COLBY

- Reunite with your COOT family—these, in all likelihood, were the first people you spent an extended amount of time with. Grab a meal or take some time to catch up and relive the good times.
- Go to your residence hall meetings—get to know your neighbors and create a sense of community.
- Find someone you trust—whether it's your CA, your roommate, a COOT sibling, a counselor, your advisor, whoever; find someone with whom you are comfortable enough to share how you're feeling or how you're adjusting. Good news or bad, surround yourself with people who will support you and listen when you need it.

• Reach out to your home friends—you may be having the time of your life at Colby, but these people have known you the longest and might know you the best. Make sure that you don't lose touch.

• Establish a routine—figure out how to balance everything you have to do, and work out a rhythm while things are still a bit calm; that way, you can adjust it when things are busy.

- Try something new and do something different—self explanatory.
- Talk to your professors—they are the ones who will help you, teach you and inspire you. Don't be afraid to just stop by to introduce yourself!
- Visit downtown Waterville and explore Maine—you're about to spend the next four years in an incredibly beautiful place. Get out to the coast, the mountains, the Hume Center, the Apple Farm and downtown Waterville as much as you can.
- Enjoy the weather—everyone here loves snow, but we like the little sunshine we can get just as much.
- Keep an open mind—your first month is going to be a time of huge adjustments; if you're having a tough time, don't close yourself off to the possibility that things are going to get better.

## YOUR FIRST YEAR AT COLBY



CHRIS KASPRAK / THE COLBY ECHO

Attending sporting events and participating in the Mule Mob strengthens the sense of community on campus.

- Volunteer—whether it's through Johnson Day, Colby Cares Day, with a group of friends or by yourself, take some time to give back to the school and the community.
- Fall in love...with anything—whether it's your group of friends, a special someone, a class, a club or a team, find something that you love and are excited about. You never know what it might lead to.
- Show some school pride—join the Mule Mob, throw on some face paint and show some spirit! If there's any time you'll see the Colby community in full swing, it's at the Bowdoin-Colby home hockey game.
- Make mistakes—everyone will, and that's the only way to learn. They may seem like the worst thing at the time, but a couple months later, you'll be glad you made them.
- Don't let your first friends be your only friends—people change, and

you'll change. Don't limit yourself to having only a few people you feel you can hang out with, and open yourself up to meeting new people whenever you can.

- Be flexible—you'll find that sometimes, things just won't work out. Bounce back and make it work.
- Don't think too much about the future—sure, it's great to have a plan, but don't let that dictate how you spend your time. You're only a first-year; now is the time to explore. But, that being said...
- Visit the Career Center—they are a great resource for internships, resume and cover letter editing and review, and the Colby Connect program is one that not many schools have.
- Stay healthy—whether it's physically, mentally or emotionally, make sure that you're taking the time to take care of yourself.
- Be yourself—I know, but I had to say it.

## CCAK inspires mentees and mentors



JEFF POULAND

Leah Walpuck '13 and her mentee enjoy warm beverages after an afternoon of sledding.

By REBEKAH STOUTAMYER  
CCAK ADVISORY BOARD

There is nothing like seeing my mentee Becca's face light up after a week apart. She may have been shy when I first started visiting her, but now she opens up about her week and how she is feeling. This is always the highlight of my week, as it is for many Colby students who take part in Colby Cares

## About Kids (CCAK).

My name is Rebekah Stoutamyer '15, and I am thrilled to be a member of CCAK's student advisory board. This mentoring program allows elementary and middle school students to have someone in their lives who is stable, fun and caring, which can make a huge difference for them socially and academically.

Mentors meet with their mentees

once or twice a week and do a range of activities. Sometimes I play outside with my mentee, talk about what is frustrating her or help her catch up on her schoolwork. Each activity is meaningful for her, as is having someone supportive in her life.

This program doesn't just help the little ones, though, it does us big kids a great service as well. It's wonderful to be able to get out into the community and know that you're making a difference in someone's life. Many of my friends in CCAK agree that mentoring is one of the most relaxing and enjoyable parts of their week. Who doesn't want to go play with kids on the playground even though we are breaching our 20's?!

There are many activities that mentors and mentees participate in throughout the year, such as sledding at Colby and an end-of-year barbecue. Seeing a group of kids smiling coming off of the school bus about to spend the day doing activities we all enjoy is a great feeling. I couldn't ask for a better organization to be a part of, and I encourage all students that are interesting in having this wonderful experience to sign up and meet a kid who can make their day and put a smile on their face!

Please feel free to contact CCAK Coordinator Lori Morin (lmorin@colby.edu) with any questions about the program.

## Enjoying college but breaking the cliché

By MADELINE STRACHOTA  
MANAGING EDITOR

Welcome to the Hill! You are now beginning the "best four years of your life." You have been transplanted to a picturesque campus, home to one of the top colleges, surrounded by exceptional, attractive peers and, there are no parents! Well, that just sounds like fun, fun, fun!

As I commence my fourth year on this campus, I can tell you with certainty, you will have fun. However, it is not all fun. I am sharing with you some words that came few and far between when I blissfully began my college career.

There are so many wonderful things about the College that will make each of your experiences unique and I hope, extremely successful. I recommend being curious—meet as many people as possible, join clubs and teams, explore the outdoors of Maine and learn the ins and outs of the College. If you try to make the best of your time on the Hill, I believe you will succeed. As students here, we are provided with incredible resources and opportunities, and it is up to each

of us to forge our own paths.

You should know however, college is not always "fun." When people reflect on their college experience, they often forget to mention that there are many challenges that come with the package as well as much to juggle. Consider first, we are maintaining an average workload of four classes per semester at one of the top liberal arts colleges in the world. Add the extracurricular activities and social aspects that accompany these classes. Then, throw in the sleeping, eating and exercising, which must fit into this schedule. Oh, and don't forget to do your laundry.

I remember being in a panic somewhere near the end of my first semester on the Hill thinking, "If I am not having the best time of my life all the time, something is wrong!" Well, that is awfully daunting, wouldn't you say?

I urge you to cut yourself some slack and look around. First, during orientation, know that everyone is nervous. Then, this year, and in the years to come, look around knowing that each and every smiling person you encounter on this campus has their own struggles. I believe that as soon as you realize that it is perfectly normal to encounter challenges during your college experience,



COURTESY OF MADELINE STRACHOTA

Madeline is the managing editor of the Echo. you will be better equipped to embrace your four years. My recommendation is to confront your challenges head on: if you are shy, meet your hallmates; if you are struggling in a class, make an appointment to meet with the professor and take advantage of our school-funded tutors; if you make a mistake, learn from it; if you have physical or mental health concerns, utilize the Health Center. Do not be confused by the cliché of "the best years of your life," and embrace the community, because we are all in this together.

## Stay sane and enjoy Maine

By SARAH LYON  
EDITOR-IN-CHIEF



COURTESY OF SARAH LYON

Sarah Lyon '13 is the Echo's editor-in-chief.

Welcome, Class of 2016! As the other student columnists in this issue demonstrate, Colby students can't get enough of their time here. While what you do with your four years on Mayflower Hill is certainly important, your experience during your first few days here will be equally memorable and exciting.

When I arrived on campus in the fall of 2009, I was extremely excited to begin my Colby experience. I had completed the majority of my back-to-school shopping in July, sported a Colby t-shirt on the ride up and overall couldn't wait to begin life at the college I had been waiting to attend since the previous December.

That doesn't mean that my transition was completely flawless. Though I was distracted by all of the fun activities and nice people I met during orientation, I still hadn't been away from my family for more than three days at a time. I grew up on the east coast, but I'd only heard the word "wicked" in reference to witches...and thought New Englanders sounded both weird and hilarious. I had always prided myself on having a good sense of direction, but somehow I thought my first residence hall meeting was in the basement, not on the first floor, and missed the first 10 minutes during which all of the first-years in my building introduced themselves.

But my mistakes and differences ended up proving useful over time. Spending weeks away from home led me to feel confident and independent enough to study abroad my junior year, my home outside Washington, DC, became a popular tourist destination for several of my northeastern friends and I managed to discover a great place in my residence hall for late Saturday night conversations.

Generally speaking, some moments on the Hill will be more fun and easier than others, but don't completely disregard your "mistakes." Our time here goes by quickly enough, and it becomes even shorter with JanPlans and semesters abroad and hours spent in

the library. So I encourage you to make the most of it. Get to know your COOT family, or your roommate's COOT family, or your COOT family's roommates. People from all three of these categories are among my closest friends today. Get involved, whether that means completely dedicating yourself to a club or a sport or simply attending the informational meeting. Even if you don't end up joining, chances are you'll meet someone with whom you may not have overlapped otherwise. Keep Waterville taxi numbers in your phone, get to know upperclassmen who can tell you where to go when you're locked out of your room (again) and stay in the library until it closes talking to a classmate you don't know that well.

Don't be a slug during finals. Make trips into town with your friends, watch a student-made documentary or grab ice cream to stay sane and make that dreaded week go by faster. Meet new people and stay in touch with them. Utilize the alumni network. Take plenty of pictures and save them to look back on, but also remember that you don't have to spend every waking hour with your closest group of friends. Get to know your professors and keep them updated on your life. Join a broomball team, even if it's just so you can say you did. Join the Echo (!). These are only a few suggestions, but you'll soon find that even on a sparsely populated campus in the middle of rural Maine, there's a million new things to try. And you'll be glad you did.

## See what's up on collegeTempo

By EDDIE BENJAMIN  
COLLEGETEMPO FOUNDER

What's going on? Where are my friends? Is there anything happening in town? collegeTempo (cT) may just be the answer you are looking for, and if this becomes big, we can say it all started right here. I'm Eddie Benjamin '11, and I created cT because it was the

site I wanted when I was at Colby.

cT is both a community calendar and a personal calendar with a really cool drag and drop interface. cT will instantaneously be able to link multiple user calendars to create an all-school calendar with real time attendance and popularity statistics. Look for me around campus this week—I'm looking for first-years and student leaders to beta-test the site—you may just get a free t-shirt!



# Practicing Religion on the Hill

## Religious Groups

### A resource for students on the Hill: Office of Religious and Spiritual Life



Kurt Nelson will serve as Colby's first dean of religious and spiritual life.

By KURT NELSON  
DEAN OF RELIGIOUS AND SPIRITUAL LIFE

Education, at Colby, is a robust and holistic enterprise. This is a time to ask big questions. A time to ponder ideas, beliefs and values. And a time for friendship, contemplation and even rest.

In that spirit, the Office of Religious and Spiritual Life (ORSL) seeks to promote the spiritual well-being of the entire Colby community. Our staff chaplains and dean of religious and spiritual life provide leadership, worship,

spiritual counseling and a wide variety of programmatic offerings. We offer ample opportunity to grow in our distinct religious and moral traditions as well as to meaningfully encounter others.

Whether students, faculty and staff are deeply rooted in a faith tradition, seeking a spiritual home or skeptical about the role of religion in the world, they will be welcomed and encouraged to grow, learn and be challenged. And there will be food...lots of good food.

Stop by the Rose Chapel on Friday afternoons for Jumu'ah prayer with the Colby Muslim Commu-

nity. The Catholic Campus Ministry gathers for worship, prayer and spiritual direction, and Fr. Jack Dickinson leads Catholic Mass on Sunday afternoons in Lorimer Chapel. Colby Hillel hosts Friday night candle lighting, Shabbat dinners, Jewish festivals and cultural enrichment. Rabbi Rachel Isaacs also provides classes on Jewish topics. Gather for Ecumenical Christian Chapel Services with dinner every Sunday evening, led by Dean Kurt Nelson. Colby Christian Fellowship provides meals, fellowship and bible study throughout the week.

Join us for dinner meetings with Colby's new multi-faith council, and stay tuned for a wide variety of multi-faith offerings in the coming year.

Visits and questions are always welcome in the Office of Religious and Spiritual Life. Services and offerings are always open. Opportunities to connect with local faith communities abound. And the chaplains and dean are a resource for all for pastoral support, as well as conversations of all kinds.

The Office of Religious and Spiritual Life is here to support the Colby community in its broad educational enterprise. Faith and doubt, convictions and questions, certainty and yearning all belong to this place. The ORSL hopes to be a blessing to all of Colby, that in time we might all be a blessing to the world.

### Catholic campus ministry

Mass is held every Sunday at 4:30 p.m. in Lorimer

By LAURA MCCOWN  
CATHOLIC CHAPLAIN

Colby Catholic campus ministry exists to support students in their faith while on the Hill. The campus ministry team consists of Father Jack Dickinson, chaplain,

and Laura McCown, minister. Fr. Jack celebrates Mass on campus every Sunday and on Holy Days of Obligation in Lorimer Chapel at 4:30 p.m. He is also available before Mass to hear confessions, as well as at other times, by appointment.

Fr. Jack and Laura serve as advisors to the Catholic student group, the Newman Council, which typically meets every Thursday night from 7 to 9 p.m. in the Pugh Center. Newman Council provides students with opportunities includ-

ing instruction on various aspects of the faith, Eucharistic adoration, retreats and participation in the local 40 Days for Life campaign during Lent, volunteer opportunities at the homeless shelter and youth projects and collaborative activities with the Catholic students from Bates and Bowdoin.

We are open to all and welcome your participation in our growing community!

For more information contact Kelsey Conroy '13 or Brittany Colford '13, co-presidents of Newman Council.

### Rabbi Rachel Isaacs leads Jewish worship on campus

By RACHEL ISAACS  
JEWISH CHAPLAIN

Hillel is a warm, open and fun place for students to learn more about Judaism and celebrate with one another.

Hillel provides spiritual support and Jewish cultural enrichment for all students at Colby. We have Friday night candle lighting on the bridge

in Pulver Pavilion and Shabbat dinner every week.

We also have Shabbat lunches every other week and we celebrate Jewish festivals together.

Rabbi Isaacs provides classes on Jewish topics and serves as a pastoral resource for students, faculty and staff.

Our office in the Pugh Center has a kosher kitchen

so that the dietary needs of observant students can be met.

Additionally, Hillel celebrates and learns with local synagogue, Beth Israel Congregation.

You can access their schedule at <http://www.bethisraelwaterville.org>. Hillel is led by Lyndsey Pecker '14, who is the president, and is advised by Rabbi Rachel Isaacs (Lovejoy 347).

### Campus Clubs on the Hill

- |   |   |
|---|---|
| Adults Reading to Children (ARC)                        | Debate (The George E. Murray Debate Society)            |
| Alternative High School Program                         | El Club de Espanol                                      |
| Amnesty International                                   | Enviro-Co   |
| Asia Business Consulting                                | EVE   |
| Asia Cultural Society                                   | Express Poetry Club                                     |
| Biology Club  | Four Winds  |
| Blue Lights   | Freeride Club   |
| Broadway Musical Revue (BMR)                            | French Club   |
| The Bridge  | Gentlemen of Quality                                    |
| Chemistry Club  | Geology Club  |
| Chess Club  | Global China Connect                                    |
| Colby African Society                                   | Goldfarb Center   |
| Colby Ballroom  | Hillel  |
| Colby Barbecue Federation                               | Historical European Martial Arts Club                   |
| Colby Blue Wave Tae Kwon Do                             | International Club                                      |
| Colby Bowling Club                                      | Luzicare  |
| Colby Christian Fellowship (CCF)                        | Male Athletes against Violence                          |
| Colby College Oracle                                    | MEDLIFE Club  |
| Colby Comedy Club                                       | Megalomaniacs   |
| Colby Consulting Club                                   | Mock Trial  |
| Colby Contra Dance Club                                 | Model UN  |
| Colby Cycling   | Mule Mob  |
| Colby Culinary Society                                  | Musicians Alliance                                      |
| Colby Dancers   | Nirvana   |
| Colby Democrats   | OASIS   |
| Colby DJs   | Outside Colby   |
| Colby Echo  | Pequod  |
| Colby Eight   | Photography Club  |
| Colby Emergency Response (CER)                          | Ping Pong & Badminton Club                              |
| Colby Engineering                                       | Pottery Club  |
| Colby Equestrian  | Powder and Wig  |
| Colby Feminist Alliance                                 | Pre-health Society                                      |
| Colby Fencing Club                                      | Quilting Club   |
| Colby Film  | Relay for Life  |
| Colby Hip-Hop's Alliance                                | Rotaract  |
| Colby Hipnotik Dance Team                               | Running Club  |
| Colby Improv  | SGA   |
| Colby Juggling  | Sirens  |
| Colby Magic the Gathering Club                          | Social Entrepreneurs Club                               |
| Colby Martial Arts                                      | Student Alumni Association (SAA)                        |
| Colby Museum of Art Student Association                 | Student Art Committee (SAC)                             |
| Colby Muslim Group                                      | Students for Education Reform                           |
| Newman Council  | Students for a Free Tibet                               |
| Colby Organic Farmers and Gardeners Association (COFGA) | Student Health on Campus (SHOC)                         |
| Colby Outing Club (COC)                                 | Students Organized for Black and Hispanic Unity (SOBHU) |
| Quidditch Club  | The Colby Report  |
| Colby Republicans                                       | The Charles Hamilton Houston Pre-Law Club               |
| Colby Ringers   | The Mule Mob  |
| Colby Sex Club  | The Society for Modern Visual Culture                   |
| Colby Sportsmen   | Ultimate Frisbee  |
| Colby Stand   | Volleyball Club   |
| Colby Student Investment Association (CSIA)             | Water Polo Club   |
| Colby Taiko   | WMHB  |
| Colby Tang Soo Do                                       | Women's Rugby   |
| Colby Waterville Alliance                               | United World at Colby                                   |
| Colby Woodsmen  |   |
| Colbyettes  |   |

### PCB makes Colby your home



2012-12 PCB board poses with Spike Lee during his visit to campus.

By ALEX MURRY  
PCB CHAIR

To the Class of 2016:  
Happy first week of college! As I'm sure all of the addresses in this issue will tell you, these next four years are going to be transformative in ways you cannot even imagine. Like all challenges, college will incite both hardship and reward—but, I'm happy to report, it will be mostly the latter!

Let me introduce myself: my name is Alex Murry and I am the Chair of the Pugh Community Board (PCB). I am a senior double majoring in American studies and English with a concentration in creative writing. As PCB Chair, I have the enormous and invaluable pleasure of working with some of Colby's most innovative student leaders in the Pugh Center. It is truly an honor to work in Pugh—the activism and spirit that you will find there is singular and completely, unendingly inspiring.

As you enter into your first year on the Hill, you will likely feel a sort of stratification in place: is your home here, at Colby? Or is it back where you grew up? Can you have only have one home—or can you have two, or three? In my case, home was New York City. Coming to Maine proved one massive culture shock. To some, Colby is a very familiar setting, but to others, it can be the polar opposite of where, and how, they were raised. That old admissions adage—"I felt at home

as soon as I stepped on campus"—is, sadly, not always true for everyone. Not immediately, at least.

PCB works to fix that. We are a student-run programming organization whose events cover the vast range of multiculturalism. PCB offers programs on all aspects of identity: race, ethnicity, sexuality, gender, social class, education, religion and all the other things that make our campus truly, surprisingly, diverse. Some of our past events have included lectures by the Academy Award-nominated director Spike Lee, former Black Panther Angela Davis, The *L Word* Executive Producer Rose Troche, renowned psychology expert Dr. Kay Jamison and the Pulitzer Prize-winning author Junot Diaz. We've put on step dance performances in the middle of Pulver Pavilion, screened banned films in the Pugh Center and turned Strider Theater into a stage for some of the country's foremost dance companies. PCB works, in short, to make Colby a place where everyone in our community can feel at home.

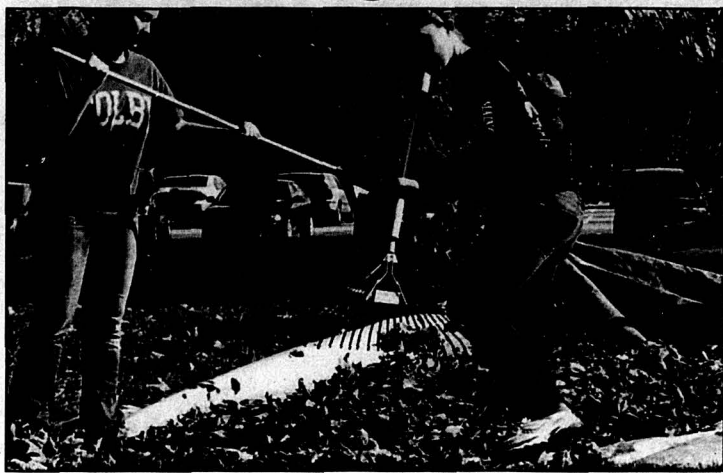
This year you can expect big things from us. Be sure to attend our kick-off event, the Pugh Club Palooza, on Thursday, Sept. 20. Palooza is an annual open house in the Pugh Center, Colby's multicultural center. We will have student performers rapping, singing, reciting poetry, doing traditional Japanese drum renditions and more. All the Pugh clubs will open their doors and greet you

with delicious food and wonderful conversation. Watch out for a spoken word performance by the internationally acclaimed poet Anis Mojgani, who is one of the most famous spoken word artists of our time and has appeared on HBO's *Def Poetry Jam* and was a nominee for the National Book Award.

In October, don't miss the art activist Favianna Rodriguez, who comes all the way from California to exhibit her radical posters in Pulver and speak to us about activism in the digital age. The phenomenal and prolific feminist, civil rights advocate and pedagogue, bell hooks, will lecture on the Hill on Oct. 8. And, throughout the year, get excited for our famous S.H.O.U.T! Weekend. The *Onion* editor Baratunde Thurston, "PC Coffee" discussion groups and, of course, Colby Drag Ball, a phenomenal monster of an event that brings students from all corners of campus together, in drag, and in Pride.

So there you have it, 2016-ers! While Colby may at times seem daunting in your first few weeks, rest assured that it won't always. PCB hopes to provide a community for everyone through programming, but also through support. Feel free to shoot me an e-mail at [ramurry@colby.edu](mailto:ramurry@colby.edu) or to stop by the Pugh Center and say hi to all the amazing folks there! Come to our events, meet new people, learn great things and, maybe, see how Colby can become your home.

# Volunteering on the Hill



Jamie Suzuki '14 and Elizabeth Hughes '13 volunteer on Johnson Day 2011.

## By CVC STAFF

Greetings from the Colby Volunteer Center (CVC)! As you begin your experience on Mayflower Hill, we hope that you will get involved in your new community both on and off campus. Volunteering is a great way to get to know your peers, learn about different organizations in Waterville and be a socially engaged member of society.

The CVC is a student-run organization that strives to provide each member of the College community with the opportunity to positively influence the lives of others through volunteerism in the greater Waterville area. We aim to increase awareness of the importance of volunteer work as a social responsibility as well as a form of self-development and education. To accomplish this, the CVC has 17 programs in which we hope

you will become involved. Options range from cooking dinner at a homeless shelter to working at a local food store to playing with animals at the nearby humane society. Most of our programs are only a weekly or bi-weekly commitment of about two hours. Another opportunity is Alternative Spring Break, a program where you participate in a domestic or international volunteer trip during spring break. Visit the CVC website at [colbyvolunteercenter.wordpress.com](http://colbyvolunteercenter.wordpress.com) to find out more about our programs, news, office hours and more.

If a weekly commitment seems like too much for your busy schedule, the CVC also organizes many one-time events every semester. This semester, you will have the chance to participate in Hardy Girls Healthy Women 5K, the annual Halloween Extravaganza and Johnson Day.

These are great opportunities for sports teams, other campus organizations and groups of friends to do together. Make sure to keep an eye out in the General Announcements for any other volunteer opportunities or job openings that become available throughout the semester.

If you have any questions or inspiring ideas for the CVC, please e-mail us at [cvc@colby.edu](mailto:cvc@colby.edu) or stop by our office (Eustis 207D). We also hope to see you at the upcoming Campus Life Club Expo where you can learn more about our programs. We look forward to meeting you!

Sincerely,

Your CVC Staff  
Madison Lovis '13,  
Amanda Lavigneur '13,  
Dan Covert '13,  
Josh Balk '14,  
Amanda Carboneau '14

# Empowering women

By LISA KAPLAN  
BOARD OF DIRECTORS MEMBER

Hardy Girls Healthy Women is a nonprofit in Waterville that seeks to empower girls through education.

Hardy Girls is looking for enthusiastic students who want to work as a muse and lead a girls group. The groups are comprised of girls in grades four through eight, and the groups meet weekly to create a coalition of girl allies and reduce girl fighting by discussing media literacy and how to proactively change the culture through social action projects.

Projects included girls creating their own 'zine, drafting a sexual harassment policy or composing a school pledge to create a safer climate. The groups discuss what it means to be an ally and ways for girls to support each other.

Volunteering with Hardy Girls is a great opportunity to work with youth in the greater Waterville community. It also teaches volunteers the



COURTESY OF CVC

Hardy Girls hosts the annual Freaky 5K event.

psychological theory of hardness and hardness zones and puts theory into practice by allowing volunteers to improve upon their group facilitation skills.

At the same time, volunteers will gain experience implementing positive youth development practices. Being a muse requires volunteer-

ing three to four hours, which includes both time with the groups and meetings with other muses to troubleshoot and build skills in group facilitation and girls' development.

Do you want to give back to the community and empower girls? Contact Jackie Dupont at [jackie@hghw.org](mailto:jackie@hghw.org) to find out how!

## Gentlemen of quality

By SHAQUAN HUNTT  
GQ PRESIDENT

What is a gentleman? What does he look like and how does he behave? How many gentlemen are there at Colby College? How would one define gentlemen of quality? How might you? The Gentlemen of Quality group at Colby College is a network of people who focus on addressing issues regarding the image and behavior of males in society. Our main goal is to support club members and collaborate with the Colby community toward fostering a positive social environment.

We plan to accomplish our goals by creating forums that address social and academic matters, hosting events that promote positive and meaningful social interactions and acting in ways that positively affect the world around us. We encourage our members to be well-rounded, well-read, well-mannered and well-spoken. Our mission is to strengthen the bonds of male unity toward becoming and creating gentlemen of quality.

ward becoming and creating gentlemen of quality.

However, these past couple years have made me wonder if there are many men at Colby College who care to address these issues. Or are there mostly women who truly care about creating "gentlemen of quality?" Our women seem to be the ones mostly concerned with the image and behavior of males in society—they seem to be the ones who constantly try to affect change and make the Colby community and the world a better place, while our men tend to be weak in number and support. Do we men care to address our privilege and influence in society? Do we

care about how we treat each other and our women? Do we care about our image in society and how it affects how others feel about us and how we feel about ourselves? To the women and men of Colby College, GQ asks you to join them for their first meeting of the school year to help them define gentlemen of quality.

Our women seem to be the only ones mostly concerned with the image and behavior of men in society...

## Acting club led by Students

By MARY RANDALL  
POWDER AND WIG PRESIDENT

Powder and Wig is the only student-run theater club on the Hill. Founded in 1925, the group currently has over 100 members and performs a large variety of shows. Whether it is Shakespeare, a musical comedy or an original work by one of our own, we do it all.

Powder and Wig takes pride in welcoming anyone willing to audition or work behind the scenes; no experience is necessary and it is an amazing way to meet fantastic and friendly people. Work with us on one show or on all of them—it's up to you!

This year we will be performing seven shows, not including our One-Act Festival and the *Vagina Monologues* in the spring. We will start the year off with our "one-week musical," *Legally Blonde*, when we have nine days to put an entire musical together.

It's a whirlwind, but it never stops being insanely fun. Powder and Wig is always looking for new recruits, and if anyone wants to help with any aspect of the club or audition for any of the shows, feel free to contact the board at [powderandwig.board@gmail.com](mailto:powderandwig.board@gmail.com) or e-mail President Mary Randall '13 at [mrdrandall@colby.edu](mailto:mrdrandall@colby.edu).

# Save the environment

By ARI PORTER &  
ERIN LOVE  
ENVIROCO PRESIDENTS

What do a 30-mile bike ride, a mob of people covered in green body paint and a camp-out on campus have in common? EnviroCo! The Environmental Coalition, or EnviroCo for short, is a campus club for students interested in raising awareness about environmental issues and taking local actions of global significance.

As a club, we have been working hard on and off campus to raise awareness about environmental issues. Last year, we attended two Keystone XL Pipeline protests—one in Portland, Maine, and one in Washington, D.C. We raised awareness about this

issue on campus with a "green mob"—we painted ourselves green, ran through dining halls during lunch and then tabled in Pulver Pavilion to collect petition signatures.

Last fall, EnviroCo stayed busy. The club participated in 350.org's Moving Planet Day of Action by biking 25 miles to the Common Ground Country Fair, a celebration of rural life in Maine. EnviroCo also hosted Food Week at the College to educate students, staff and faculty about the environmental impacts of food systems. In the spring, the club organized Earth Week activities, including an organic garden work party, camp-out, trash audit, invasive plant species-pulling and Earth Fair.

This year we are focusing our efforts on improving sustainability on the Hill itself. We hope to take a close look at the environmental significance of collective and individual decisions made by students, faculty and staff on campus.

If you think EnviroCo is for you, please don't hesitate to contact us or come to a meeting. We'd love to have you! We meet once a week to discuss issues, share ideas and update each other on project progress. Keep an eye out for a post about our meeting time and location in the general announcements. Feel free to contact Co-Presidents Erin Love '14 ([erlove@colby.edu](mailto:erlove@colby.edu)) and Arianna Porter '15 ([aaporter@colby.edu](mailto:aaporter@colby.edu)). Hope to see you soon!

# Colby Democrats

By BEN WEXLER-WAITE  
COLBY DEMOCRATS PRESIDENT

This election, the contrast between the Democratic and Republican candidates for president couldn't be starker.

Both Mitt Romney and Paul Ryan support economic policies that drastically favor the rich over struggling poor and middle class families. Both promise to eliminate Planned Parenthood. Both deny humans are causing climate change. And both strongly endorse a constitutional amendment that would ban same-sex marriage. In other words, Mitt Romney and Paul Ryan couldn't be more out of touch with the 21st Century. We need your help to reelect President Obama and Democrats down the ballot so we can advance the basic values upon which America was founded upon: equal rights and opportunity for all.

While President Obama has at times been up in the polls re-

cently, he has been consistently outpaced by Mitt Romney and faces significant disadvantages with the emergence of super PACs funded by big money interests. Over the past few weeks, the Romney campaign has gained significant ground and plans on spending an unprecedented amount of money on negative ads in critical swing states across the country. We need to fight back.

The Colby Dems plan on working hard for Democratic candidates across the country through the election in November. From phone banks, to parties, to debates with the Republicans, to canvas days with Bates and Bowdoin Dems, we hope to fully engage the Colby community to fight for America's future. The stakes this election couldn't be higher. To get more involved, contact me at [bwexler@colby.edu](mailto:bwexler@colby.edu) and keep an eye out for our table at the Campus Life Club Expo!



# Colby Republicans

By RACHEL JACOBS  
COLBY REPUBLICANS PRESIDENT

If you are interested in fiscal responsibility, an efficient, yet limited government and a free market system to stimulate economic growth, the Colby Republican Club is the right place for you. The Colby Republican Club is open to a wide variety of political opinions—moderates, libertarians and of course, independents and Democrats curious to learn more about Republican values and goals.

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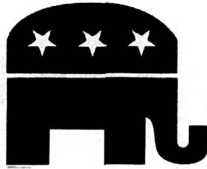
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tion this November.

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If you are even slightly interested in politics, now is the best time to join the Colby Republicans and learn more about the American political system.

If you are interested in the Colby Republicans but don't have the time to attend meetings, please still remember to vote this fall, as every vote counts! For further information about club meeting times and locations, e-mail me at [rjacobs@colby.edu](mailto:rjacobs@colby.edu).



The Colby Democrats and Republicans will be holding a debate on campus prior to the November Presidential election.



# Practicing Religion on the Hill

## Religious Groups

### A resource for students on the Hill: Office of Religious and Spiritual Life



COURTESY OF KURT NELSON  
Kurt Nelson will serve as Colby's first dean of religious and spiritual life.

By **KURT NELSON**  
DEAN OF RELIGIOUS AND  
SPIRITUAL LIFE

Education, at Colby, is a robust and holistic enterprise. This is a time to ask big questions. A time to ponder ideas, beliefs and values. And a time for friendship, contemplation and even rest.

In that spirit, the Office of Religious and Spiritual Life (ORSL) seeks to promote the spiritual well-being of the entire Colby community. Our staff chaplains and dean of religious and spiritual life provide leadership, worship,

spiritual counseling and a wide variety of programmatic offerings. We offer ample opportunity to grow in our distinct religious and moral traditions as well as to meaningfully encounter others.

Whether students, faculty and staff are deeply rooted in a faith tradition, seeking a spiritual home or skeptical about the role of religion in the world, they will be welcomed and encouraged to grow, learn and be challenged. And there will be food...lots of good food.

Stop by the Rose Chapel on Friday afternoons for Jumu'ah prayer with the Colby Muslim Commu-

nity. The Catholic Campus Ministry gathers for worship, prayer and spiritual direction, and Fr. Jack Dickinson leads Catholic Mass on Sunday afternoons in Lorimer Chapel. Colby Hillel hosts Friday night candle lighting, Shabbat dinners, Jewish festivals and cultural enrichment. Rabbi Rachel Isaacs also provides classes on Jewish topics. Gather for Ecumenical Christian Chapel Services with dinner every Sunday evening, led by Dean Kurt Nelson. Colby Christian Fellowship provides meals, fellowship and bible study throughout the week.

Join us for dinner meetings with Colby's new multi-faith council, and stay tuned for a wide variety of multi-faith offerings in the coming year.

Visits and questions are always welcome in the Office of Religious and Spiritual Life. Services and offerings are always open. Opportunities to connect with local faith communities abound. And the chaplains and dean are a resource for all for pastoral support, as well as conversations of all kinds.

The Office of Religious and Spiritual Life is here to support the Colby community in its broad educational enterprise. Faith and doubt, convictions and questions, certainty and yearning all belong to this place. The ORSL hopes to be a blessing to all of Colby, that in time we might all be a blessing to the world.

### Catholic campus ministry

*Mass is held every Sunday at 4:30 p.m. in Lorimer*

By **LAURA MCCOWN**  
CATHOLIC CHAPLAIN

Colby Catholic campus ministry exists to support students in their faith while on the Hill. The campus ministry team consists of Father Jack Dickinson, chaplain,

and Laura McCown, minister. Fr. Jack celebrates Mass on campus every Sunday and on Holy Days of Obligation in Lorimer Chapel at 4:30 p.m. He is also available before Mass to hear confessions, as well as at other times, by appointment.

Fr. Jack and Laura serve as advisors to the Catholic student group, the Newman Council, which typically meets every Thursday night from 7 to 9 p.m. in the Pugh Center. Newman Council provides students with opportunities includ-

ing instruction on various aspects of the faith, Eucharistic adoration, retreats and participation in the local 40 Days for Life campaign during Lent, volunteer opportunities at the homeless shelter and youth projects and collaborative activities with the Catholic students from Bates and Bowdoin.

We are open to all and welcome your participation in our growing community!

For more information contact Kelsey Conroy '13 or Brittany Colford '13, co-presidents of Newman Council.

### Rabbi Rachel Isaacs leads Jewish worship on campus

By **RACHEL ISAACS**  
JEWISH CHAPLAIN

Hillel is a warm, open and fun place for students to learn more about Judaism and celebrate with one another.

Hillel provides spiritual support and Jewish cultural enrichment for all students at Colby. We have Friday night candle lighting on the bridge

in Pulver Pavilion and Shabbat dinner every week.

We also have Shabbat lunches every other week and we celebrate Jewish festivals together.

Rabbi Isaacs provides classes on Jewish topics and serves as a pastoral resource for students, faculty and staff.

Our office in the Pugh Center has a kosher kitchen

so that the dietary needs of observant students can be met.

Additionally, Hillel celebrates and learns with local synagogue, Beth Israel Congregation.

You can access their schedule at <http://www.bethisraelwaterville.org>. Hillel is led by Lyndsey Pecker '14, who is the president, and is advised by Rabbi Rachel Isaacs (Lovejoy 347).

### Campus Clubs on the Hill

- |   |   |
|---|---|
| Adults Reading to Children (ARC)                        | Debate (The George E. Murray Debate Society)            |
| Alternative High School Program                         | El Club de Espanol                                      |
| Amnesty International                                   | Enviro-Co   |
| Asia Business Consulting                                | EVE   |
| Asia Cultural Society                                   | Express Poetry Club                                     |
| Biology Club  | Four Winds  |
| Blue Lights   | Freeride Club   |
| Broadway Musical Revue (BMR)                            | French Club   |
| The Bridge  | Gentlemen of Quality                                    |
| Chemistry Club  | Geology Club  |
| Chess Club  | Global China Connect                                    |
| Colby African Society                                   | Goldfarb Center   |
| Colby Ballroom  | Hillel  |
| Colby Barbecue Federation                               | Historical European Martial Arts Club                   |
| Colby Blue Wave Tae Kwon Do                             | International Club                                      |
| Colby Bowling Club                                      | Luzicare  |
| Colby Christian Fellowship (CCF)                        | Male Athletes against Violence                          |
| Colby College Oracle                                    | MEDLIFE Club  |
| Colby Comedy Club                                       | Megalomaniacs   |
| Colby Consulting Club                                   | Mock Trial  |
| Colby Contra Dance Club                                 | Model UN  |
| Colby Cycling   | Mule Mob  |
| Colby Culinary Society                                  | Musicians Alliance                                      |
| Colby Dancers   | Nirvana   |
| Colby Democrats   | OASIS   |
| Colby DJs   | Outside Colby   |
| Colby Echo  | Pequod  |
| Colby Eight   | Photography Club  |
| Colby Emergency Response (CER)                          | Ping Pong & Badminton Club                              |
| Colby Engineering                                       | Pottery Club  |
| Colby Equestrian  | Powder and Wig  |
| Colby Feminist Alliance                                 | Pre-health Society                                      |
| Colby Fencing Club                                      | Quilting Club   |
| Colby Film  | Relay for Life  |
| Colby Hip-Hop's Alliance                                | Rotaract  |
| Colby Hipnotik Dance Team                               | Running Club  |
| Colby Improv  | SGA   |
| Colby Juggling  | Sirens  |
| Colby Magic the Gathering Club                          | Social Entrepreneurs Club                               |
| Colby Martial Arts                                      | Student Alumni Association (SAA)                        |
| Colby Museum of Art Student Association                 | Student Art Committee (SAC)                             |
| Colby Muslim Group                                      | Students for Education Reform                           |
| Newman Council  | Students for a Free Tibet                               |
| Colby Organic Farmers and Gardeners Association (COFGA) | Student Health on Campus (SHOC)                         |
| Colby Outing Club (COC)                                 | Students Organized for Black and Hispanic Unity (SOBHU) |
| Quidditch Club  | The Colby Report  |
| Colby Republicans                                       | The Charles Hamilton Houston Pre-Law Club               |
| Colby Ringers   | The Mule Mob  |
| Colby Sex Club  | The Society for Modern Visual Culture                   |
| Colby Sportsmen   | Ultimate Frisbee  |
| Colby Stand   | Volleyball Club   |
| Colby Student Investment Association (CSIA)             | Water Polo Club   |
| Colby Taiko   | WMHB  |
| Colby Tang Soo Do                                       | Women's Rugby   |
| Colby Waterville Alliance                               | United World at Colby                                   |
| Colby Woodsmen  |   |
| Colbyettes  |   |

### PCB makes Colby your home



2012-12 PCB board poses with Spike Lee during his visit to campus.

By **ALEX MURRY**  
PCB CHAIR

To the Class of 2016:  
Happy first week of college! As I'm sure all of the addresses in this issue will tell you, these next four years are going to be transformative in ways you cannot even imagine. Like all challenges, college will incite both hardship and reward—but, I'm happy to report, it will be mostly the latter!

Let me introduce myself: my name is Alex Murry and I am the Chair of the Pugh Community Board (PCB). I am a senior double majoring in American studies and English with a concentration in creative writing. As PCB Chair, I have the enormous and invaluable pleasure of working with some of Colby's most innovative student leaders in the Pugh Center. It is truly an honor to work in Pugh—the activism and spirit that you will find there is singular and completely, unendingly inspiring.

As you enter into your first year on the Hill, you will likely feel a sort of stratification in place: is your home here, at Colby? Or is it back where you grew up? Can you have only one home—or can you have two, or three? In my case, home was New York City. Coming to Maine proved one massive culture shock. To some, Colby is a very familiar setting, but to others, it can be the polar opposite of where, and how, they were raised. That old admissions adage—"I felt at home

as soon as I stepped on campus"—is, sadly, not always true for everyone. Not immediately, at least.

PCB works to fix that. We are a student-run programming organization whose events cover the vast range of multiculturalism. PCB offers programs on all aspects of identity: race, ethnicity, sexuality, gender, social class, education, religion and all the other things that make our campus truly, surprisingly, diverse. Some of our past events have included lectures by the Academy Award-nominated director Spike Lee, former Black Panther Angela Davis, the *L Word* Executive Producer Rose Troche, renowned psychology expert Dr. Kay Jamison and the Pulitzer Prize-winning author Junot Diaz. We've put on step dance performances in the middle of Pulver Pavilion, screened banned films in the Pugh Center and turned Strider Theater into a stage for some of the country's foremost dance companies. PCB works, in short, to make Colby a place where *everyone* in our community can feel at home.

This year you can expect big things from us. Be sure to attend our kick-off event, the Pugh Club Palooza, on Thursday, Sept. 20. Palooza is an annual open house in the Pugh Center, Colby's multicultural center. We will have student performers rapping, singing, reciting poetry, doing traditional Japanese drum renditions and more. All the Pugh clubs will open their doors and greet you

with delicious food and wonderful conversation. Watch out for a spoken word performance by the internationally acclaimed poet Anis Mojgani, who is one of the most famous spoken word artists of our time and has appeared on HBO's *Def Poetry Jam* and was a nominee for the National Book Award.

In October, don't miss the art activist Favianna Rodriguez, who comes all the way from California to exhibit her radical posters in Pulver and speak to us about activism in the digital age. The phenomenal and prolific feminist, civil rights advocate and pedagogue, bell hooks, will lecture on the Hill on Oct. 8. And, throughout the year, get excited for our famous S.H.O.U.T! Weekend, The *Onion* editor Baratunde Thurston, "PC Coffee" discussion groups and, of course, Colby Drag Ball, a phenomenal monster of an event that brings students from all corners of campus together, in drag, and in Pride.

So there you have it, 2016-ers! While Colby may at times seem daunting in your first few weeks, rest assured that it won't always. PCB hopes to provide a community for everyone through programming, but also through support. Feel free to shoot me an e-mail at [ramurry@colby.edu](mailto:ramurry@colby.edu) or to stop by the Pugh Center and say hi to all the amazing folks there! Come to our events, meet new people, learn great things and, maybe, see how Colby can become your home.

# Volunteering on the Hill



Jamie Suzuki '14 and Elizabeth Hughes '13 volunteer on Johnson Day 2011.

## By CVC STAFF

Greetings from the Colby Volunteer Center (CVC)! As you begin your experience on Mayflower Hill, we hope that you will get involved in your new community both on and off campus. Volunteering is a great way to get to know your peers, learn about different organizations in Waterville and be a socially engaged member of society.

The CVC is a student-run organization that strives to provide each member of the College community with the opportunity to positively influence the lives of others through volunteerism in the greater Waterville area. We aim to increase awareness of the importance of volunteer work as a social responsibility as well as a form of self-development and education. To accomplish this, the CVC has 17 programs in which we hope

you will become involved. Options range from cooking dinner at a homeless shelter to working at a local food store to playing with animals at the nearby humane society. Most of our programs are only a weekly or bi-weekly commitment of about two hours. Another opportunity is Alternative Spring Break, a program where you participate in a domestic or international volunteer trip during spring break. Visit the CVC website at colbyvolunteercenter.wordpress.com to find out more about our programs, news, office hours and more.

If a weekly commitment seems like too much for your busy schedule, the CVC also organizes many one-time events every semester. This semester, you will have the chance to participate in Hardy Girls Healthy Women 5K, the annual Halloween Extravaganza and Johnson Day.

These are great opportunities for sports teams, other campus organizations and groups of friends to do together. Make sure to keep an eye out in the General Announcements for any other volunteer opportunities or job openings that become available throughout the semester.

If you have any questions or inspiring ideas for the CVC, please e-mail us at [cvc@colby.edu](mailto:cvc@colby.edu) or stop by our office (Eustis 207D). We also hope to see you at the upcoming Campus Life Club Expo where you can learn more about our programs. We look forward to meeting you!

Sincerely,

Your CVC Staff  
Madison Louis '13,  
Amanda Lavigne '13,  
Dan Covert '13,  
Josh Balk '14,  
Amanda Carbonneau '14

# Empowering women

By LISA KAPLAN  
BOARD OF DIRECTORS MEMBER

Hardy Girls Healthy Women is a nonprofit in Waterville that seeks to empower girls through education.

Hardy Girls is looking for enthusiastic students who want to work as a muse and lead a girls group. The groups are comprised of girls in grades four through eight, and the groups meet weekly to create a coalition of girl allies and reduce girl fighting by discussing media literacy and how to proactively change the culture through social action projects.

Projects included girls creating their own 'zine, drafting a sexual harassment policy or composing a school pledge to create a safer climate. The groups discuss what it means to be an ally and ways for girls to support each other.

Volunteering with Hardy Girls is a great opportunity to work with youth in the greater Waterville community. It also teaches volunteers the



COURTESY OF CVC

Hardy Girls hosts the annual Freaky 5K event.

psychological theory of hardness and hardness zones and puts theory into practice by allowing volunteers to improve upon their group facilitation skills.

At the same time, volunteers will gain experience implementing positive youth development practices. Being a muse requires volunteer-

ing three to four hours, which includes both time with the groups and meetings with other muses to troubleshoot and build skills in group facilitation and girls' development.

Do you want to give back to the community and empower girls? Contact Jackie Dupont at [jackie@hghw.org](mailto:jackie@hghw.org) to find out how!

## Gentlemen of quality

By SHAQUAN HUNTT  
GQ PRESIDENT

What is a gentleman? What does he look like and how does he behave? How many gentlemen are there at Colby College? How would one define gentlemen of quality? How

ward becoming and creating gentlemen of quality.

However, these past couple years have made me wonder if there are many men at Colby College who care to address these issues. Or are there mostly women who truly care about creating "gentlemen of quality?" Our

Our women seem to be the only ones mostly concerned with the image and behavior of men in society...

## Acting club led by Students

By MARY RANDALL  
POWDER AND WIG PRESIDENT

Powder and Wig is the only student-run theater club on the Hill. Founded in 1925, the group currently has over 100 members and performs a large variety of shows. Whether it is Shakespeare, a musical comedy or an original work by one of our own, we do it all.

Powder and Wig takes pride in welcoming anyone willing to audition or work behind the scenes; no experience is necessary and it is an amazing way to meet fantastic and friendly people. Work with us on one show or on all of them—it's up to you!

This year we will be performing seven shows, not including our One-Act Festival and the *Vagina Monologues* in the spring. We will start the year off with our "one-week musical," *Legally Blonde*, when we have nine days to put an entire musical together.

It's a whirlwind, but it never stops being insanely fun. Powder and Wig is always looking for new recruits, and if anyone wants to help with any aspect of the club or audition for any of the shows, feel free to contact the board at [powderandwig.board@gmail.com](mailto:powderandwig.board@gmail.com) or e-mail President Mary Randall '13 at [mrandall@colby.edu](mailto:mrandall@colby.edu).

# Save the environment

By ARI PORTER &  
ERIN LOVE  
ENVIROCO PRESIDENTS

What do a 30-mile bike ride, a mob of people covered in green body paint and a camp-out on campus have in common? EnviroCo! The Environmental Coalition, or EnviroCo for short, is a campus club for students interested in raising awareness about environmental issues and taking local actions of global significance.

As a club, we have been working hard on and off campus to raise awareness about environmental issues. Last year, we attended two Keystone XL Pipeline protests—one in Portland, Maine, and one in Washington, D.C. We raised awareness about this

issue on campus with a "green mob"—we painted ourselves green, ran through dining halls during lunch and then tabled in Pulver Pavilion to collect petition signatures.

Last fall, EnviroCo stayed busy. The club participated in 350.org's Moving Planet Day of Action by biking 25 miles to the Common Ground Country Fair, a celebration of rural life in Maine. EnviroCo also hosted Food Week at the College to educate students, staff and faculty about the environmental impacts of food systems. In the spring, the club organized Earth Week activities, including an organic garden work party, camp-out, trash audit, invasive plant species-pulling and Earth Fair.

This year we are focusing our efforts on improving sustainability on the Hill itself. We hope to take a close look at the environmental significance of collective and individual decisions made by students, faculty and staff on campus.

If you think EnviroCo is for you, please don't hesitate to contact us or come to a meeting. We'd love to have you! We meet once a week to discuss issues, share ideas and update each other on project progress. Keep an eye out for a post about our meeting time and location in the general announcements. Feel free to contact Co-Presidents Erin Love '14 ([erlove@colby.edu](mailto:erlove@colby.edu)) and Arianna Porter '15 ([aaporter@colby.edu](mailto:aaporter@colby.edu)). Hope to see you soon!

# Colby Democrats Colby Republicans

By BEN WEXLER-WAITE  
COLBY DEMOCRATS PRESIDENT

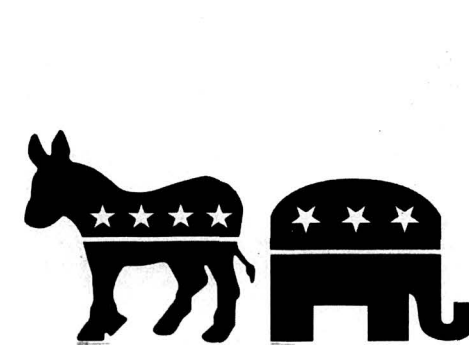
This election, the contrast between the Democratic and Republican candidates for president couldn't be starker.

Both Mitt Romney and Paul Ryan support economic policies that drastically favor the rich over struggling poor and middle class families. Both promise to eliminate Planned Parenthood. Both deny humans are causing climate change. And both strongly endorse a constitutional amendment that would ban same-sex marriage. In other words, Mitt Romney and Paul Ryan couldn't be more out of touch with the 21st Century. We need your help to reelect President Obama and Democrats down the ballot so we can advance the basic values upon which America was founded upon: equal rights and opportunity for all.

While President Obama has at times been up in the polls re-

cently, he has been consistently outpaced by Mitt Romney and faces significant disadvantages with the emergence of super PACs funded by big money interests. Over the past few weeks, the Romney campaign has gained significant ground and plans on spending an unprecedented amount of money on negative ads in critical swing states across the country. We need to fight back.

The Colby Dems plan on working hard for Democratic candidates across the country through the election in November. From phone banks, to parties, to debates with the Republicans, to canvassing with Bates and Bowdoin Dems, we hope to fully engage the Colby community to fight for America's future. The stakes upon which this election couldn't be higher. To get more involved, contact me at [bwexler@colby.edu](mailto:bwexler@colby.edu) and keep an eye out for our table at the Campus Life Club Expo!



The Colby Democrats and Republicans will be holding a debate on campus prior to the November Presidential election.

By RACHEL JACOBS  
COLBY REPUBLICANS PRESIDENT

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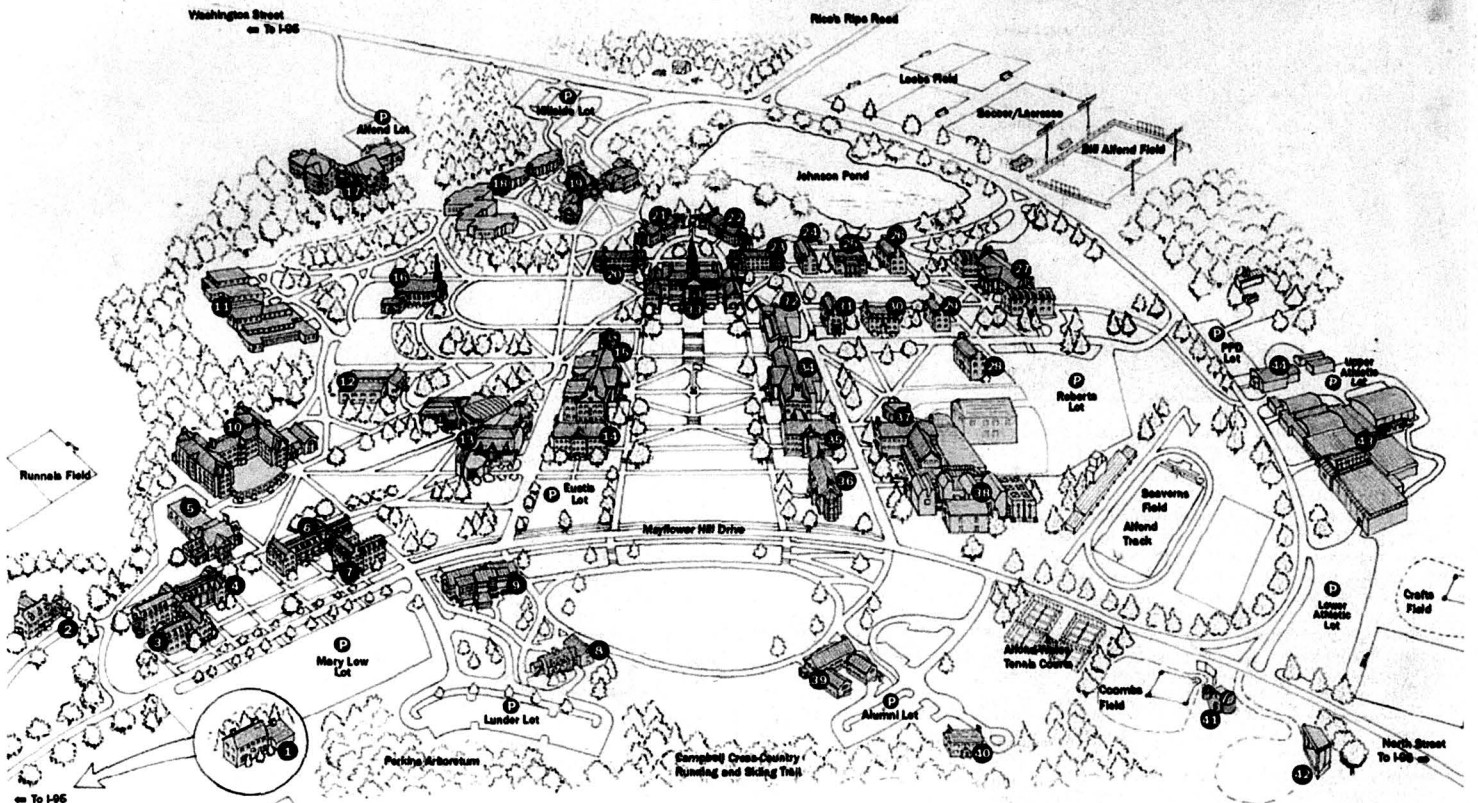
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If you are interested in the Colby Republicans but don't have the time to attend meetings, please still remember to vote this fall, as every vote counts! For further information about club meeting times and locations, e-mail me at [rjacobs@colby.edu](mailto:rjacobs@colby.edu).



# Get oriented: Your guide to campus



## College Buildings

1. Millett House
2. President's House
3. Woodman (R)
4. Foss (R)
5. Runnels (Performing Arts)
6. Mary Low (R)
7. Coburn (R)
8. Lunder House
9. Diamond (Social Sciences, Interdisciplinary Studies)

10. Dana (R)
11. Heights (R)
12. Garrison-Foster Business Office
13. Cotter Union
14. Exits Administration
15. Lovejoy (Classrooms)
16. Lorimer Chapel
17. Harold and Bibby Alford Residence Complex (R)
18. Hillside (R)
19. AMS (R)
20. Averill (R)
21. West Quad (R)
22. East Quad (R)
23. Johnson (R)
24. Piper (R)
25. Drummond (R)
26. Goddard-Hodgkins (R)
27. Roberts

28. Grossman (R)
29. Treworgy (R)
30. Pierce (R)
31. Perkins-Wilson (R)
32. Mudd (Math, Comp. Sci.)
33. Miller Library
34. Keyes (Science)
35. Arey (Science)
36. F.W. Olin Science Center
37. Bixler Art and Music Center
38. Museum of Art
39. Schair-Swenson-Watson Alumni Center
40. Guest House (Hill Family)
41. Collins Observatory
42. Gould Music Shell
43. Harold Alford Athletic Center
44. Physical Plant Department

45. Jett and Davis Galleries
46. The Lunder Wing
47. The Paul J. Schupf Wing
48. Schair-Swenson-Watson Alumni Center
49. Guest House (Hill Family)
50. Collins Observatory
51. Astronomy classroom
52. Gould Music Shell
53. Harold Alford Athletic Center
54. Alford Ice Area
55. Wadsworth Gymnasium
56. Physical Plant Department

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68. Physical Plant Department

## Orientation Schedule, Aug. 30 to Sept. 2

### TUESDAY, AUG. 30

**Class of 2016 Check-In**  
8 a.m. to 12 p.m.  
Cotter Union

Please check in at Pulver Pavilion, where you will receive important information regarding the orientation program and move-in. At check-in you will be issued key(s) to your living space.

You are encouraged to join representatives of the alumni and parents programs for coffee just outside Pulver Pavilion between 8 a.m. and noon.

After you check in, visit people and booths on Dana lawn, just outside Cotter Union, to receive information and ask questions about local banks, iBike, ZipCar, alumni relations, parents programs and more.

**Project R.E.S.C.U.E.**  
9 a.m. to 2 p.m.  
Alford Athletic Center

Stop by the ice rink and shop for household items (furniture, electronics, rugs, accessories) rescued when students left campus last spring. A variety of goods are available at yard-sale prices.

**Colby Computer Connect**  
10 a.m. to 4 p.m.  
Campus-wide

Members of Information Technology Services (ITS) and Student Computer Services (SCS) will offer assistance connecting computers to the network. Staff will be available in the Mary Low Coffeehouse, Dana Lounge, Heights Lounge, Schupf Common Room, West Quad Lounge and Pierce Lounge.

**Lunch**  
11:30 a.m. to 2 p.m.  
Dana and Roberts dining halls

Lunch will be available in Dana and Roberts dining halls from 11:30 a.m. to 2 p.m. Dana will remain open until 3 p.m. (Prices: \$6 for adults and \$3 for children 6 and younger.) A la carte options are available at the Spa, our snack bar, located in Pulver Pavilion in Cotter Union.

**Family Assembly**  
2:15 to 3 p.m.  
Lorimer Chapel

President William D. Adams will formally welcome parents and family members of the Class of 2016.

**President's Reception for the Class of 2016**  
3 to 4:15 p.m.  
Lorimer Chapel lawn

A reception with President Adams, vice presidents, faculty members, deans, coaches, staff and student leaders.

Families whose last names begin with A-L, arrive between 3 and 3:45 p.m. Families whose last names begin with M-Z, arrive between 3:30 and 4:15 p.m.

**Parents Depart Campus**  
4:15 p.m.

**Students Line Up for Colby Welcome**  
4:15 p.m.  
Cotter Drive

Student leaders will assist the Class of 2016 in lining up for the Colby Welcome program. Representatives of the Class of 2015 will lead the procession.

**Colby Welcome and Class of 2016 Photo**

**4:30 to 5:15 p.m.**  
Miller Library steps

You will process to Miller Library steps to hear welcome remarks from President Adams and Vice Presidents Lori Kletzer and Jim Terhune. The Class of 2016 photo will be taken immediately following the welcome address.

**Building Your Community With Your First-Year Cohort**  
5:15 to 5:45 p.m.  
Roberts Row

Do you want to know who lives down the hall? Join your Community Advisor for games and icebreakers with your cohort.

**Dinner**  
5:45 to 7:30 p.m.  
Roberts and Dana dining halls

**Athletic Team Meetings**  
6:45 to 7:45 p.m.

**In Their Footsteps**  
8 to 9 p.m.

Meet with your first-year cohort beforehand and head to Given Auditorium or Diamond 142 as a group.

Hear from students, faculty, and staff about Colby, about what makes it a great place to live and learn, and how you can make the most of this experience.

**Pulver Event**  
9 to 11 p.m.  
Pulver and Dana lawn

On your first night at Colby, come check out the excitement that the Student Programming Board and the student union offer. Join us for games, novelty items, music, gelato and more.

### WEDNESDAY, AUG. 29

**Campus Exploration Programs**

**7 to 8 a.m.**

Participate in a variety of activities designed for group interaction and for enjoying campus resources as well as the outdoors.

**Breakfast**  
7:30 to 9:30 a.m.  
Dana and Roberts dining halls

**Meet With Your First-Year Cohort**  
9 to 10 a.m.

**First Class: Orientation Seminar With Faculty**  
10 to 11:30 a.m.

You will participate in the first class of your college career to discuss a topic that resonates throughout the disciplines.

**Lunch**  
11:30 a.m. to 1 p.m.  
Dana and Roberts dining halls

**An Introduction to a Liberal Arts Education**  
1 to 2:15 p.m.  
Various classrooms

What is a liberal arts education? You will meet in small groups with faculty to discuss the importance of, and opportunities provided in, a liberal arts education as well as the importance of lessons specific to the liberal arts. Topics to be covered include foundation of a liberal arts education, precepts of the College, advising opportunities, classroom and academic etiquette and academic honesty.

**Diversity Program: Talkin' Bout My Generation**  
2:30 to 4 p.m.  
Page Commons, Cotter Union

A dynamic 65-minute mul

timedia performance engages students in exploring diversity through a one-person show.

**Campus Exploration Programs**  
4 to 5 p.m.  
Campus-wide

Participate in a variety of activities designed for group interaction and for enjoying campus resources as well as the outdoors.

**Dinner**  
5 to 7:30 p.m.  
Roberts and Dana dining halls

**Campus Exploration Programs**  
5 to 7 p.m.  
Campus wide

Participate in a variety of activities designed for group interaction and for enjoying campus resources as well as the outdoors.

**COOT Fashion Show and C2IT Briefing**  
8:30 to 10 p.m.  
Roberts lawn

**THURSDAY, AUG. 30**

**Breakfast With COOT Group**  
7 to 8 a.m.  
Dana and Roberts dining halls

**C2IT - Colby Civic Engagement Trips**  
8 a.m. to 1 p.m.  
Depart from Roberts parking lot

Your group will spend the morning going into the community and participating in a project with student leaders. Learn more about your role in the larger community while at Colby.

**Lunch With Your COOT/C2IT Group**  
1 to 2 p.m.

**C2IT Discussion and Reflection**

**With Mayor Karen Heck '74**  
2 p.m.  
Lorimer Chapel

**Dinner**  
5 to 6:15 p.m.  
Roberts and Dana dining halls

**COOT Preparation**  
8:30 to 11 p.m.  
Residence hall lounges

### FRIDAY, AUG. 31

**Breakfast**  
6 to 9:30 a.m.  
Dana dining hall

**COOT Trips Depart**  
7:30 to 10 a.m.  
Dana lawn

You will take part in the Colby Outdoor Orientation Trips (COOT) from Friday through Sunday. Be sure to bring your keys with you and to lock your room door on the way out.

### SATURDAY, SEPT. 1

**COOT**

### SUNDAY, SEPT. 2

**COOT RETURNS**  
10:30 a.m. to 2 p.m.  
Millett House

**Lunch**  
10 a.m. to 5 p.m.  
Dana dining hall

**Athletic Practices**  
5 to 7 p.m.

**Street Fair/Carnival Dinner**  
6 to 8 p.m.  
Roberts Lawn

Join Staff from the Division of Student Affairs for a barbecue and dinner carnival.

**Meet with First-Year Cohort**  
8 to 9 p.m.