

BEGINNINGS

COLLEGE STARTS HERE

A YEARLY PUBLICATION OF

 **THE BEACON**
MCLA'S STUDENT NEWSPAPER EST. 1979

Welcome

To your new home for the next four years (at least when it's not summer)! The staff of The Beacon has compiled this special section for those new to campus. This includes everything from places to eat in the area to tips on how to decorate your dorm room, to on campus resources available to you, written by students, for students!

In this first volume, we go over what we think is essential for newcomers to know about MCLA and the surrounding area of North Adams. Every story has a beginning, and with this first volume, we hope to help new students start the school year off right.

College can be a scary in between-time your teenage years and adulthood, but we've been there and we're here to help. It is my pleasure to introduce this first volume of what will be a yearly publication put out by The Beacon.

Mitchell Chapman
Beginnings Editor

Editor-in-Chief of The Beacon, Spring 2017

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A guide to dining in North Adams and beyond

By Jon Hoel
Staff Writer

Welcome to North Adams! All right, enough chatter, let's get down to brass tacks. We all know the most important thing about any city is the food. North Adams has a respectable supply of restaurant options, and for those willing to venture slightly further into the Berkshires, nearby Williamstown doubles the selection.

If you're new to the area, you may need some suggestions to get started: Look no further! Here are some of the best eats available:

Angelina's Sub Shop

Price Point: \$
From Campus: Quick Walk (0.5 Miles)
Tastiness: Tasty
Detail:

Cheaper than any generic fast food nearby (Dominos, McDonalds, and so on) but way tastier, Angelina's is a godsend that not everybody seems aware of. In the warmer months, next door they serve ice cream! But all year round, they serve up delicious subs at reasonable prices (less than Subway). Best of all, they are open until midnight every night, way later than almost everything in North Adams stays open. You may not know this if you're a freshman, but you're gonna need that 11 p.m. steak and cheese, trust me. They have a second location in Adams too, if you're en-route from Pittsfield.

Christo's Famous Pizza

Price Point: \$
From Campus: Decent Walk (1.0 Miles)
Tastiness: Tasty
Detail:

Christo's is a staple pizzeria in the area (40+ years) and also boasts the cheapest slice in town, at \$1.50 a pop. Not bad, especially when it's so tasty. They also make a killer grinder, and the best souvlaki in North Adams. There is an enormous selection of pizzerias in the Berkshires; it's a good idea to start with Christo's, who do a really great slice of pizza—a quality to start with so you never settle for less.

Coyote Flaco

Price Point: \$\$\$
From Campus: Drive (7.4 Miles)
Tastiness: Very Tasty
Detail:

Coyote Flaco is the most authentic Mexican food in the Berkshires. It's a little bit of a hike (past the Clark in Williamstown) which takes about 20 minutes. It's worth it though, the food is delicious, the house margaritas are to die for. It's not cheap, but if you can manage the prices, it's absolutely worth every penny for the quality.

Desperados Fresh Mexican Grill

Price Point: \$\$
From Campus: Decent Walk (0.8 Miles)
Tastiness: Very Tasty

Detail:

Desperados is great for two reasons—it's close to the campus and it's pretty fairly priced Mexican food for the starving college-budget soul. The only expensive item is the guacamole, but that is overpriced everywhere. Anyway, the margaritas are really good, the nachos are always fresh, and despite its popularity it's never OVER-crowded which makes dinner a pleasant time, as a party of two or a larger group. The staff is always really good here too, very kind.

Gramercy Bistro

Price Point: \$\$\$
From Campus: Long Walk (1.3 Miles)
Tastiness: Very Tasty
Detail:

Gramercy is the black-tie dining in the area, perhaps only matched in luxury by Public. The food is as good as the prices imply, but your poor college wallet will be screaming. It's probably worth it though; you never leave feeling dissatisfied. It is also conveniently located on the MASS MoCA grounds, so you can make an afternoon of visiting the museum and treat yourself to some fine dining.

The Hub – Food & Spirits

Price Point: \$\$
From Campus: Decent Walk (0.8 Miles)
Tastiness: Tasty
Detail:

The Hub is a go-to for many students on campus, for a wide variety of Americana dishes and reasonably priced drinks. Not many restaurants in the Berkshires can match the quality of their French Dip, a thinly sliced roast beef and melted Swiss on a hoagie roll. Because of its ideal placement downtown, it's sometimes pretty packed, but other nights quiet, so it's ideal for either atmosphere.

Jack's Hot Dog Stand

Price Point: \$
From Campus: Decent Walk (0.8 Miles)
Tastiness: Tasty
Detail:

The oldest mainstay restaurant in North Adams, Jack's opened its doors in 1917. After 100 years, it's still a thriving part of the vibrant activity downtown. As scrumptious as the food is, the best part has to be the prices, which don't seem that far afield from 1917. You can get a hot dog for \$1.35, or a hamburger for the same price. Don't even try to beat that, because you can't.

Korean Garden

Price Point: \$\$
From Campus: Quick Walk (0.4 Miles)
Tastiness: Very Tasty
Detail:

Korean Garden is a pretty new addition to the restaurant selection in the area, and its newness is evident in the atmosphere of the restaurant. With discounted sushi on Wednesday nights, Sake on sale weekends and other delightful deals, it's difficult to stay away from Korean Garden for very long. It is a little pricier on a starving college student budget, but if you can make it

work, you should definitely eat here for a satisfying meal.

Lickety Split Cafe

Price Point: \$\$
From Campus: Long Walk (1.3 Miles)
Tastiness: Very Tasty
Detail:

Lickety Split started as a small ice cream vendor in Williamstown and is now inside MASS MoCA. An ideal location for a moderately priced snack and the BEST lemonade anywhere nearby, freshly squeezed right in front of you. Because of their roots in ice cream, they have a delicious variety of desserts too. Don't miss out on their ice creams.

Moonlight Diner & Grille

Price Point: \$
From Campus: Drive (4.9 Miles)
Tastiness: Very Tasty
Detail:

A quick dip into Williamstown brings you to Moonlight, a must for a relaxing weekend breakfast or brunch. Moonlight brings the quintessential diner experience: great breakfast and lunch foods at respectable prices. Something for everybody to enjoy. The only downside is their early closing times—3 p.m. Sunday through Tuesday, 8 p.m. Wednesday and Thursdays and 9 p.m. on Friday and Saturdays. Great for the early meals, but really missing an opportunity for the late night breakfast rush crowd, a large trend with college students that they should be cashing in on.

Pizza Works

Price Point: \$
From Campus: Quick Walk (0.2 Miles)
Tastiness: Tasty
Detail:

Pizza Works is the closest and one of the student favorites for pizza around North Adams. Two dollars for a slice of pizza is a pretty good bargain, especially when it's just a brisk jog away. In the bitterest weeks of winter, the convenience of Pizza Works is a must, especially if you miss dinner at the cafeteria or need some variety.

Public

Price Point: \$\$\$
From Campus: Decent Walk (0.8 Miles)
Tastiness: Extremely Tasty
Detail:

Public is perhaps the best dining experience North Adams has to offer, with a relaxed and comfortable atmosphere, excellent food and ideal location—a breeze of a walk from MASS MoCA, or a quick drive from MCLA or Williams. The selection is exquisite, with good options for vegan and gluten free options as well. Downside? There really isn't any. Just bring your wallet.

Ramunto's Brick Oven Pizza

Price Point: \$\$

INDOOR ACTIVITIES IN THE AREA

By Lily Schaub and Nora Hones
Staff Writers

Although the North Adams area is small, the city still holds many places to go.

The Goodwill located on 166 State St. is a roughly 23 minute walk or an eight minute drive from the College. It is open Mon-Sat 9 a.m. - 7 p.m. and Sun 11 a.m. - 6 p.m. The Goodwill organizes their items by different colored tags for clothes and price tags for non-clothing items. Items start at \$1. They also have certain deals on different days as well, such as half off green tags only.

The North Adams Movieplex 8 is located on 86 Main St. It is an easy 12 minute walk from the College. The Movieplex plays new movies for—in comparison to Regal Cinemas located in Pittsfield, Mass.—cheap. For matinee tickets, it is \$8 for adults every day. However, for College students, when shown your MCLA ID at a night showing, tickets are \$8, otherwise they are \$9.50. Every Tuesday 2D movie tickets are \$6 and 3D tickets are \$8.50.

The Berkshire Emporium & Antiques is a locally owned antique store located on Main St. It is the largest antique shop and gift store in the northern Berkshire area. The store holds more than 100 independent vendors and suppliers throughout New England. The two-story building filled with multiple rooms is around a 15 minute walk from campus. The store's January through May hours are: Mon.-Wed., 12 p.m.- 5 p.m., Thur.- Fri. 11 a.m.- 5 p.m. and Sat. 11 a.m.- 4 p.m. The store's June through December hours are Mon.- Wed. 11 a.m.- 5 p.m., Thur.- Fri. 10 a.m.- 5 p.m., Sat. 11 a.m.- 5 p.m. and Sun. 12 p.m.- 3 p.m.

Persnickety Toys is a small toy store located on Eagle St. It is a perfect spot to get entertaining toys and crafts for people of all ages. Persnickety offers some specialty toys ranging from musical equipment, books and arts and crafts. The store's hours are Mon.-Thurs. 10 a.m.- 5:30 p.m., Fri.- Sat. 10 a.m.- 6 p.m. and Sun. 11 a.m.- 4 p.m. These are just a few of the local hang out spots during the day for MCLA Students. Most stores to go to that were not listed are on Main St. or on Eagle St., right in the center of town!



PHOTO BY LILY SCHAUB

Downtown North Adams has several things to do inside.

Food

From Page 1

From Campus: Decent Walk (0.8 Miles)

Tastiness: Very Tasty

Detail:

Ramunto's is the current hip-and-happenin' place in downtown North Adams, likely due to its newness (it opened in late 2016). The selection doesn't end at pizza either—there's calzones, pasta, burgers and their salads are actually really good for a pizza place. Ramunto's lives in the comfortable niche between pizza

place and restaurant, and can make for an ideal dinner if you like the buzzing atmosphere.

The SereniTea Parlor

Price Point: \$\$

From Campus: Quick Walk (0.2 Miles)

Tastiness: Tasty

Detail:

The SereniTea Parlor (formerly the Parlor/Elf Parlor) is a delightful café that is favored by many students as the ideal hangout/homework spot. The owners are extremely nice and always go out of their way to meet their customer's in-

dividual needs, especially allergies. The variety of food is great but as the name implies, it's the tea that really makes it worth your while. Also, their coffee is competitively-priced! It's higher quality than Dunkin' Donuts for a fraction of the price.

The Sushi House

Price Point: \$\$

From Campus: Decent Walk (0.8 Miles)

Tastiness: Tasty

Detail:

Sushi House is a cornerstone of downtown

North Adams, providing a slightly wider selection than Korean Garden, at a cheaper total price. The downside? The sushi itself isn't always quite as good, but it's still delicious, especially at the cost. There's something about the edamame here too. Whatever they do to it, it works, because it's delicious.

*This is just the beginning—there's many other places to check out in your time in the Berkshires: Rene's, Village, Chopsticks, Gala, Freight Yard Pub, the list goes on and on. There's good options in each category, at all prices. Just remember to tip your servers.



PHOTO BY NORA HONES

Windsor Lake, site of FIGMENT participatory art and other such events, is a perfect place to let loose and relax

OUTDOOR ACTIVITIES IN THE AREA

By Nora Hones
Staff Writer

The Natural Beauties

North Adams might not seem like a place where there's a lot to do unless you want to drive somewhere far or spend a lot of money, but if you like parks, water and pretty views, that couldn't be any further from the truth. Either within walking distance or a short drive away, there are four places every new student at MCLA should check out.

Windsor Lake (Fish Pond)

Windsor Lake, or as it is more commonly known by students, Fish Pond, is located just 0.9 miles away – about a 15 minute walk from campus. If you go up Church Street and turn up Bradley St. and then just keep walking, it will be right on your left where Bradley Street intersects Kemp Avenue. There's swimming with

lifeguards, playgrounds, camping areas, grills and lots of trails for hiking.

Cascades Trail

The Cascades Trail is located at 182 Marion Ave, about 2.3 miles away from campus. It's either about a 10-minute drive or a 45-minute walk. The Cascades Trail is a nice, short, easy hike along a waterway ending at a small falls. Mostly, it's just a pretty hiking trail, but there are some swimming holes and a great view from the top of the falls also.

Natural Bridge

Natural Bridge State Park is located at 1 McAuley Rd, which is just 1.8 miles from campus: a 10-minute drive or a 45-minute walk. There is a daily parking fee of \$5 MA vehicles and \$6 non-MA vehicles. The park is 48

acres of land and has the only naturally formed white marble arch AND man-made white marble dam in North America. It includes: accessible restrooms, fishing areas, grilling areas, picnicking areas, lots of scenic viewing spots and plenty of hiking/walking trails.

Top of the World

Top of the World is located on the Mohawk Trail (RT-2) just five miles away from the campus (or a 15-minute drive). Top of the World doesn't have an address, exactly, but you can get there if you depart from MCLA and head onto Mohawk Trail (RT-2). Go past the hairpin turn, drive about a mile, and then on your right you'll see a gift shop. About 100 ft. past the gift shop, there is an entrance on your left to Top of the World, though it's not labeled as an entrance. It's a short walk from where you park to the lookout point, about 5 minutes.

Your guide to Public Safety

By Reagan Smith
City Editor

There are a lot of things incoming freshmen need to consider during their first year here at MCLA, and one of them is safety. The College has implemented several policies to protect students, but what's most important is knowing how to use some of the resources Public Safety offers.

The Public Safety office is located at 277 Ashland Street and is open 24 hours a day, seven days a week and can be reached at 413.662.5283 or extension 5284.

Daniel J. Colonno is the campus police chief and director of Public Safety, and can be reached through email on Outlook or at 413.662.5281.

The Guardian App can be installed on any smartphone, and will alert campus police of a student's location and situation with the touch of a button. Upon opening the app there are several functional buttons. Not only can students

press the red emergency button to call Public Safety's emergency hotline, but they can use the app for calling 911 or reporting anonymous tips to campus police.

The app does not require students to fill out a complete profile in order to be effective. For example, they might opt to include as little, or as much, information about themselves as they prefer. This includes name, their photo and where they live on campus (if they live on campus).

Any situation a student may find themselves in, whether it be walking home at night, spotting a suspicious vehicle around campus or an emergency such as assault, can be reported through the Guardian App. However, this is not the only resource Public Safety provides.

Campus police officers can help students do things such as jumpstart their vehicle, gain access to a room or vehicle after being locked out, or get across campus safely. The Public Safety office is also where students should go if they



BEACON FILE PHOTO

lost their student ID and need a new one, or when picking up parking permits.

Emergency quick-guides for situations such as fire or natural disasters

can be found on the Public Safety website at www.mcla.edu/Student_Life/publicsafety, along with parking information, a shuttle schedule and tips on keeping each other safe.

TITLE IX RESOURCES: YOU ARE NOT ALONE

By Hannah Snell
Campus Editor

TRIGGER WARNING: Deals with topics on sexual assault, violence, rape and PTSD that may be triggering to some readers.

Title IX "prohibits discrimination on the basis of sex in educational programs and activities receiving federal funding," according to the MCLA's Title IX online page.

MCLA's Title IX Coordinator, Theresa O'Bryant, has ensured visibility of Title IX and what it entails both online and in campus literature.

Since students are more likely to get their information online, according to O'Bryant, she has made sure that the Title IX homepage is the first thing that appears in search results for "MCLA Title IX," with all typos and spellings considered.

However, while Title IX itself is a law that protects, and has protected, many students, it is only a small piece of a greater, more complex process of grief, trauma and recovery.

So why would a piece like this be long in the "Campus" section? Because, while MCLA places importance on creating a safe campus, it's still necessary to be aware and educated of various laws and resources that students have access to.

This section, as well as this article, will direct you to various resource centers on campus where you can receive help if you choose to.

People here want to help.

Title IX ensures that the Title IX Coordinator trains responsible members of the campus community, including staff at various departments (such as CSSE and Student Affairs), Resident Advisers (RAs), Resident Directors (RDs), professors and members of administration.

If you feel comfortable speaking with your Stats or College Writing II professors, by all means reach out to them. Once you start classes at MCLA, you will quickly realize that the small class sizes make professors more accessible to students, as well as more invested in the success of their students.

Accommodations with CSSE

Students who are victims of sexual assault or who are survivors of traumatic experiences are able to receive accommodations through the Center for Student Success and Engagement (CSSE), which is located on the second floor of Eldridge Hall.

In addition, if you ever feel unsafe walking alone on campus, call Public Safety and request that an officer walks with you. Public Safety is here for you and your safety and sense of security on campus is worth any phone call.

Just please know, no matter what, you are not alone.

Additional resources:

For tips on safe and consensual sex, turn to page (?) in Lifestyles for Nicolette Tanzi's piece "The College Student's Guide to Safe Sex."

For an outline of the numerous resource centers that MCLA offers, including the Susan B. Anthony Women's Center, turn to page (?) in Campus for Lily Schaub's piece on diversity, gender and sexuality resources and organiza-

tions on campus.

For tips on how to contact Public Safety and how to use resources such as The Guardian app, turn to page (?) in Campus for Reagan Smith's overview of Public Safety.

To learn more about Title IX, visit http://www.mcla.edu/About_MCLA/Title-IX/

Or, you can contact Theresa O'Bryant, Title IX Coordinator at:

Email: Theresa.OBryant@mcla.edu

Phone: (413)-662-5231

Title IX For Survivors: <https://www.titleixforsurvivors.com/>

Elizabeth Freeman Center: Pittsfield main office- (413) 499-2425

24-Hour Toll-Free Hotline: (866)-401-2425

Public Safety: (413) 662-5100

Berkshire Health North: (413)-664-5000

71 Hospital Ave., North Adams, Mass. Health Services: (413) 662-5421

Counseling Services: (413)-662-5331

National Sexual Assault Hotline (RAINN)- 1-800-656-4673

CSSE IS HERE FOR YOU

By Jon Hoel
Staff Writer

No matter what your year or discipline, chances are you're going to end up spending a large amount of time at MCLA's Center for Student Success and Engagement (CSSE).

Located on the top floor of Eldridge Hall above the Student Accounts and Registrar offices, CSSE exists to advocate for you throughout your college career and beyond. Their mission statement proudly assures its strives to help ease the transition to college, as well as helping students through their four years at MCLA, and even after that, with plenty of additional resources available through career services.

If you're undecided on a major and want to do some scope-work, CSSE might be a good place to start. CSSE carries flow sheets for all majors and minors, which list the courses required in each program. They also have forms for other academic needs such as class registration and withdrawals, applying for an independent study, and scheduling charts so you can go into every semester prepared. Included as well is the form declare your major, concentration, or minor—or even change it if you decide to go in another direction than you started with. At MCLA, we know discoveries are made as your interests broaden.

CSSE is one of MCLA's busiest spots, but that's because of the number of services it provides its students, from the first days to applying for graduation. Do not be afraid to step in, even with your biggest concerns, because their knowledgeable and friendly staff is always at the ready to assist.

Some of the most essential help CSSE can offer is its advising faculties. The advisers at CSSE are some of the wisest people on campus. While the faces there at the time of this article may not be the exact same faces five years in the future, it seems the sagest faculty somehow end up in this area. Wendy Guerra is certainly one of the hardest working and passionate academic advisers MCLA has to offer. If you're an MCLA student

and stumped about something such as a schedule conflict or a major requirement, Guerra is one of the best people to ask. This is not to discount the other terrific advisers in CSSE though—Deb Foss and Jennifer Alibozek are just as adept and are veterans of the process.

This is just the tip of the iceberg though. CSSE has so much more to offer every student. This is where you go for any/all disability requirements,

which MCLA strives to provide reasonable accommodations for. Where MCLA strives to provide these requirements, CSSE will aggressively advocate for you, whether this be extended exam periods or tutoring.

Thinking about maybe studying elsewhere next spring? The first destination to visit is CSSE. Guerra works with MCLA's Study Abroad and Study Away programs. Study Abroad allows qualifying student to spend a semester learning at campuses worldwide, from China to England and anywhere in between. For a option closer to Massachusetts, Study Away is similar to Study Abroad but lets students remain in the United States.

If you are seeking employment through MCLA's Work Study program, Career Services is another feature in CSSE and worth looking into. Students can apply for positions all over campus including the Freel Library, the mailroom, and even CSSE as an office assistant. Career Services is also the place to go for information on internships.

CSSE is one of MCLA's busiest spots, but that's because of the number of services it provides its students, from the first days to applying for graduation. Do not be afraid to step in, even with your biggest concerns, because their knowledgeable and friendly staff is always at the ready to assist.

CAMPUS RESOURCES CENTERS: HERE IF YOU NEED THEM

By Lily Schaub
Staff Writer

MCLA has three focused resource centers—Multicultural Education Resource Center, Susan B. Anthony Women's Center and Identity and Gender Equality (IGE) Resource Center—on specific diversity issues. The resource centers are safe spaces for those who want to talk about these specific issues or just need a comforting, inclusive environment.

The Multicultural Education Resource Center works to build community and celebrate diversity and inclusion. They encourage students, faculty and staff to share their expe-

riences and vision for empowerment for all members of campus. The Center encourages cross-cultural relations and leadership especially for ALANA (African American, Latino, Asian, and Native American), international and veteran students. They house the ALANA Club Council, which also houses more clubs underneath it such as The Black Student Union, Asian Club, Latin American Society and Multicultural Student Society. The Center also holds events on campus celebrating expression and cultural knowledge. The Center is open Monday through Friday 9 a.m.- 5 p.m. in the Amsler Campus Center room 320.

Susan B. Anthony Women's Center focuses on empowering all genders to stand against

oppression. They provide talks and workshops with different individuals and topics each week. The center hopes to help the community by addressing issues and concerns related to different types of feminism. They meet at 3 p.m. on Wednesday for Women's Center Wednesdays in the Amsler Campus Center, room 323. The centers room is always open, not just for meetings, but as a safe zone to go to. Their hours are Monday through Thursday 9 a.m.- 7 p.m. and Friday 9 a.m.- 5 p.m.

The Identity and Gender Equality (IGE) Resource Center reaches out to unite queer, straight, cisgender, transgender and non-binary students on campus. Their main goal is to promote general education and the accep-

tance of students regardless of sexual orientation and gender identity. They do this by maintaining an alliance of all orientations and identities as well as create a safe environment for all open discussion, educational activities and social events. Meetings for the club are Monday 8 p.m. in the Amsler Campus Center room 324A. The center's resource room is located in the Amsler Campus Center in room 321.

All of these Centers are on the third floor of the Campus Center and work together to form an inclusive, powerful and diverse task force in the College.

THINGS TO DO ON-CAMPUS ON THE WEEKENDS

By Victoria Weichel
Staff Writer

There are plenty of things to do on campus and many ways to find out about events.

The first way to find out about events on-campus is to download the MCLA Events app. This app contains a handful of informa-

tion about events happening on-campus and nearby. It provides when and where it happening and what the event is about.

Towards the end of the spring semester, checking the event app will allow you to know about events that are part of Spring Fling. Spring Fling is run by the Student Activities Counsel (SAC). Spring Fling includes a spring show and Spring Fest.

The second way is posters around campus. You can look over posters while waiting for an elevator or go into class.

MCLA's Fine and Performing Arts department will have posters up about upcoming performances. They put on two shows each semester for two weeks. Tickets for the performances are available online.

Some events happen within the resident

areas, too, put on by each area's Advisory Board. Posters for these events will be hung around each respective building.

If you can't find events that you are interested in, hanging out on the Academic Quad when the weather is warm is a great way to spend your time. You may find friends and classmates playing soccer or relaxing in the sun.

Where is your favorite place on campus?



"That weird nook in between Eldridge [Hall] and the steps leading out of the quad because they have the trees blooming and a little bit of the bench you can sit on and it's kind of private, but also not isolated enough that you [can't] see people in the quad going about their day. People also break out the chalk and you can see artwork all around you. It's calm and peaceful, but also very creative."

-Ally Thienel, Class of 2019



"The triangle trees or the hanging seat behind Bowman, between Bowman and the Townhouses."

-Preston Long, Class of 2020



"The theater because I'm a theater major and that's where I spend most of my time."

-Tori Perry, Class of 2017



"Usually behind the library on the corner you can sit there and look at the parking lot at nighttime. Or, even the roof on the top of the Campus Center I like to sit there when it's late at night. I think late at night is the best, but in the mornings I like to be at the quad when it's sunny."

-Sundra Lam, Class of 2019

Tune in to *your* radio station.



**Live programming
10 a.m. to midnight**

**From pop to hip hop, polka to folk, rock
to metal--you'll hear it all on WJJW!**

Also streaming at mcla.edu/wjjw

*Want to get involved? Contact WJJW President
James Swinchoski at js1555@mcla.edu*

SAC will bring the fun to you

By Jon Hoel
Staff Writer

A common trope you hear a lot in the Liberal Arts College crowds is this notion that your college experience is up to you. You can determine how much fun you have with the environment in front of you. It's cliché, but it's very true. And one of the most utilizable assets you have as a student at MCLA for entertainment is the Student Activity Council, also known as SAC.

Every year when you pay your tuition, you'll notice a small "student activities fee." It's a nominal sum, but multiply that by every student on campus and what's that get you? Some pretty decent entertainment, given the size of the campus. Notable entertainment has included R&B pop star Kehlani, SNL comedian Pete Davidson, comedian Bo Burnham, YouTube rapper Watsky, pop-punk band Mayday Parade and numerous other acts over the years.

Typically, mid-Fall semester, the Concert chair of SAC curates a roster of student-suggested bands for the spring show, which is then voted on by the student body. The top choice is then usually announced the following semester. It's a really exciting thing for the music lovers on campus.



PHOTO BY DOMONIQUE ACKLEY

SAC's annual barn babies event comforts students before finals.

SAC also puts on lots of smaller shows—often comedians, hypnotists, and magicians. They organize trips to other con-

certs, Six Flags and tons of other locations. It's always a very outgoing attempt at having fun and it tends to pay off. A lot of the

best memories people have at MCLA will be reflected on by their experiences with activities provided by SAC.

WJJW: THE PINNACLE OF COLLEGE RADIO

By Jon Hoel
Staff Writer

One of the few quintessential elements to the truest college experience, as we have come to define it in the 21st century, is having your own radio show. Such is the popularity of college radio that as of the '80s it had its own classification as a genre: "College rock," "College indie," etc.

And MCLA has you covered with its very own popular station, WJJW North Adams on 91.1 FM. WJJW boasts over 80 hours of programming every week, featuring student DJs with a variety of programming, ranging in topic and genre—music and talk radio as well. For more than four decades, WJJW has been

providing the North Adams campus with a marvelous soundtrack.

Junior Emma Monahan is the 2016- 2017 WJJW president and station manager, hosts her own show on the station, and is an Arts & Entertainment writer for The Beacon.

"The best thing about having a show on WJJW is the freedom to play whatever kind of music you want. We have shows ranging from hip-hop to country, pop and even polka. You're able to express yourself and share some awesome new music to people who may have never listened to it before."

Monahan's not joking about polka—one of the most popular programs on WJJW is "Ry-Guy Polka Time," a standard of the station by Ryan Pause, a Berkshires native. It airs every Sunday, 10:30 a.m. to 12:30 p.m. and features

traditional polka as well as Polish folk tunes.

"WJJW is a great time—you have to be willing to put in the work to create a substantive show, but if you think long and hard about the kind of show you would listen to, then you should go for it," senior Christopher Riemer said. Riemer is the WJJW Treasurer and has been hosting his show "On Air With Devin" for three years.

"It's an important public service that most people wouldn't even think about. As a function of the greater industry—college radio in particular serves as a great way to share art with people," Riemer said.

Creating a great radio show is a lot like making a perfect mixtape—it's equal parts art and science. You develop the best tunes to fade into others...what

genres blend well enough to be featured together, and what just simply doesn't work. If this sounds intimidating to you, don't worry. Everybody starts out in the same place.

"When I talked to new students about WJJW I usually ask, 'Do you love music?'" Monahan said. "WJJW is the type of club that's perfect to start out with if you're interested in getting involved on campus, because you start out with doing one radio show once a week, and then work your way up the ladder if you want to hold an E-board position or become more involved."

If you're interested in having a show on WJJW, keep an eye out on campus for one of their fliers or contact their E-board, or faculty adviser Jim Niedbalski, on Outlook 365.

Allegrettos for Those Who Love to Sing

By Emma Monahan
Clubs Editor

MCLA's accapella and gospel choir, Allegrettos, is the only club on campus solely dedicated to music. According to Dirk Correia, co-director for the 2017-2018 year for Allegrettos, the club is a creative outlet for those who need one, and is highly supportive towards students of color and LGBTQ students.

Allegrettos is a club for all students where they perform songs by bands like Fall Out Boy and The Script, and artist like Ed Sheeran. Although they perform gospel prayers and worship songs, that doesn't mean you have to be religious to be a part of the club.

The group often performs at other club events, as well as events put on by MCLA. On April 21, Allegrettos performed at President Jamie Birge's Inauguration, singing "The Best Is Yet To Come" by Donald Lawrence.

For those who are interested in joining Allegrettos, an event to get to know the members and Executive Board called Tea Time is held at the beginning of the fall semester. Students can interact with the group, as well as audition to showcase their talent. At the end of the spring semester, a concert is put on for the campus community with a mixture of contemporary and gospel songs.

When it comes to picking songs to perform, members of Allegrettos are more than welcomed to make suggestions, but ultimately it's the director's decision. There are between two to four directors to work with members, and from previous performances, everyone looks like they're all having the time of their lives.

For those who are interested in joining Allegrettos, they can contact the current Executive Board, attend auditions, and if you're not chosen to be a part of the singing ensemble, you're encouraged to work with the group's public relations team.



The Allegrettos in performance.

BEACON FILE PHOTO

FINDING THE CLUB FOR YOU

IF YOU LIKE...

By Emma Monahan
Clubs Editor

If you like singing/music/acting, you'll like:

- Harlequin Musical Theater Club
- WJJW Radio Station
- Allegrettos

• Yorick

If you like dancing, you'll like:

- NeXXus Step Team
- Cheerleading Squad
- Dance Company

If you like to write or read, you'll like:

• Yearbook

- Writers' Guild
- SLAM Poetry
- Book Club
- The Beacon Newspaper

If you want to try something new, you'll

like:

- Aikido Club
- American Sign Language
- Crafting Club
- Good Vibes
- Photography Club
- Student Activities Council

Complete list of SGA clubs and organizations

Mitchell Chapman
Beginnings Editor

Below is the list of all 51 SAG-affiliated clubs. Affiliation allows clubs to use campus rooms to hold general meetings and events.

If you are interested in starting a club, please contact Amanda Schuler on Office 365. New SGA clubs are required to exist for a full affiliated year before they are eligible for funding.

If you are interested in any club, we encourage you to look for them online and to reach out to current members.

African Student Association

Aikido Club

Allegrettos

American Sign Language

Anime Club

Asian & American Union

The Beacon (student newspaper)

Biology Club

Black Student Union

Book Club

Cape Verdean Student Alliance

Cheerleading Squad

Chemistry Club

Christian Fellowship

Colleges Against Cancer



BEACON FILE PHOTO

Dance Company holds one performance per semester.

(MCLA Chapter)

Computer Society

Crafting Club

Dance Company

Debate Club

Education Club

Environuts Club

Fashion Student Organization

Film Club

Gaming Alliance

Good Vibes

Harlequin Musical Theatre Club

History Society

Latin American Society

Mathematics Society

MASSPIRG

Multicultural Student Society

Nexus Step Team

Outdoor Trailblazers

Photography Club

Political Science Club

Psychology Club

Queer Student Union

Rugby Club

Ski Club

SLAM Poetry

Society of Physics Students

Sociology Club

Student Activities Council (SAC)

Student Veterans Association

Students for a Democratic Society

Students Taking Action for Gender Equality (STAGE)

Students for Sensible Drug Policy

Television and Film Society

Unitarians in Action

Wildlife Society

WJJW (91.1 FM) Radio Station

Writers' Guild

Yearbook

Yorick Club (Shakespeare performance club)

Exploring North Adams' art scene

By Chris Riemer
Co-Arts Editor

After I'd arrived in North Adams and the glow of the first few weeks had worn off, I remember wondering what it was that people did around here.

It's a question you will never fully answer. However! There are a few things you can do very well, and possibly the most emotionally rewarding is visiting one of the many galleries, murals, or art installations in the town and surrounding area.

I'm sure you've already heard of MASS MoCA, which by the time you read this will be the biggest museum of contemporary art in the United States. Although often unfairly characterized as the only thing North Adams has going on, it's certainly the most going-on thing we have. The Sol Lewitt wall drawing retrospective is a great place to update your profile picture, but don't forget to check out the rotating installations and tour the grounds.

Gallery 51 is owned by the College, and you'll probably be required to head there for a course-related event at some point, but it's worth going on your own to check out the local exhibitions they host. Some of the weirdest and most surprising stuff I've seen has been at G51 rather than MoCA, and the Design Lab next door is a great place for meetings, getting work done off-campus, or just kicking back and watching cars go by.

The cool award has to go to the outside gallery. (They're too cool for capital letters!!!) The minimal space on Ashland Street hosts small exhibitions from excellent international artists, who are often involved in the New York art scene. It's a very quiet and relaxing gallery, all white and natural wood grain, and you can really get lost in both the art and their collection of zines.

As far as art installations go, there are the obvious ones—massive murals on the backs of the buildings on Eagle Street, that really big rock in front of MASS MoCA that they cut in half—but my personal favorite has to be Harmonic Bridge; the system of tuning tubes and cement speakers on/under the Route 2 bridge that create this ominous resonant note whenever traffic goes by. Sometimes you can hear it on campus and it sounds like the world is ending!

There's also Walter Fähndrich's "Music for a Quarry" in the Natural State Bridge Park, a daily music event set up in the Hoosac Marble Quarry that begins at twilight each night. However, you'll want to go soon, since according to their website, the Natural State Bridge Park closes for the season on Columbus Day.

There are more, of course. The Clark Museum in our neighboring Williamstown is indispensable, and even in North Adams itself there are half a dozen little galleries waiting to be explored. Although our fair city might still be lacking a little culturally, the more you get out of the house and wander around, the more things you'll find to like about it.



BEACON FILE PHOTOS

Top, the annual FIGMENT participatory art festival. Left, a show at Gallery 51. Right, a show put on by the Fine and Performing Arts Department.

ARTS

Don't miss the FreshGrass music festival



BEACON FILE PHOTO

FreshGrass is one of MASS MoCA's largest festivals, rivaled only by the summer's Solid Sound Music Festival.

By Ron Leja
Co-Arts Editor

The FreshGrass music festival has grown to be an expected and cherished event for North Adams, Mass. Come mid-September, banjos, fiddles and the roar of spirited hoots and hollers flood the grounds of MASS MoCA for a weekend of bluegrass music, workshops and plenty of FreshGrass IPA!

FreshGrass is MASS MoCA's annual bluegrass and progressive roots music festival. Every September for the past seven years, the contemporary arts museum has showcased a plethora of

artists in the reemerging genre. Newcomers and bluegrass legends from all across the United States make up the three day event, each bringing a sound all their own. Last year saw the return of The Devil Makes Three, Old Crow Medicine Show, The Infamous String Dusters, and four-time Grammy award winner Ricky Skaggs and Kentucky Thunder.

The sense of community is always amped up for FreshGrass. Each of the four stages are only a quick stroll away, making for a close-knit and united experience throughout the entirety of FreshGrass. Local bands and smaller acts have also been known to play in the galleries inside of MASS

MoCA as well, and the entire museum is open to those who attend the festivities. Festival-goers from Vermont and New York blended right in with the Berkshire locals and help to create a free-spirited, approachable mashup of easy going bluegrass enthusiast.

Restaurants and catering services line the pathway making up the festival grounds, many of which offer all-natural meals using fresh and locally grown ingredients. Good to Go from Bolton, Vt., serve up handmade chicken and pork dumplings that have become a FreshGrass fan favorite, while Mach's offers a variety of all natural, wood fired pizza. Paired

with a Freshgrass IPA or a moonshine slushy, the flavors of FreshGrass are always just as enjoyable as the performances themselves.

The lineup for FreshGrass 2017 is already setting the stage for what is sure to be yet another memorable experience. Be sure to check out The Suitcase Junket, The Hackensaw Boys, The Wood Brothers, and bluegrass legend Del McCoury with special guest David Grisman!

FreshGrass 2017 will take place September 15-17. A three day student pass is currently priced at \$89, with day passes to be announced as the festival approaches.

Out of town: Purple Dragon Games

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By Ron Leja
Co-Arts Editor

Purple Dragon Games, a new gaming store located on 40 Spring Street in Williamstown, Mass., offers an alternative to digital gaming in the form of tabletop board games, pen and paper role-playing akin to the ever popular and highly criticized Dungeons & Dragons (D&D) and collectible trading card games, predominantly Magic: The Gathering.

These games, especially those along the lines of D&D, help to promote the use of ones imagination in order to craft the world, as well as tell the stories of the players that inhabit it. Play

does not occur online, nor perched in front of a TV screen, but seated at a table alongside like-minded individuals, face to face. These games allow for a level of social interaction that video games lack, despite the inclusion of online multiplayer.

Store owner Niko White, a conversant gamer, Berkshire county local and Williams graduate of Philosophy, has always been interested in gaming culture. Upon hearing that a storefront had opened up on Spring Street, in the heart of the Williams College community, he jumped at the chance to promote his passion by opening Purple Dragon Games.

Purple Dragon Games aims to give those interested in learning the ins

and outs of tabletop games a place to learn and explore the numerous titles currently on the market. The store prides itself on its welcoming, inclusive atmosphere and aims to serve, more-so than anything, as a community-driven space for game enthusiast to indulge in their hobby.

For those who have found themselves interested in D&D at one point or another, but were hesitant or unsure of how to get involved, White and his staff encourage new players to stop in during their weekly D&D session, every Sunday at 1 p.m. For an entry fee of \$2, White and his community Dungeon Masters (DMs) will assist in introducing new players to the world of D&D, in a way that is not

only enjoyable, but made simple for the sake of learning the basics. Pre-made characters are available, and potential players need not bring anything but their enthusiasm and will to learn.

Purple Dragon Games plans to host regularly scheduled events on a weekly basis, including but not limited too Magic: The Gathering standard constructed and booster draft, open board game nights and, of course, Dungeons and Dragons. Times for these events can be found on their website, www.purpdragongames.com. The store is open from 1 p.m. to 10 p.m. Wednesday through Friday, and 11 a.m. to 8 p.m. Saturday and Sunday.

TOONERVILLE TROLLEY RECORDS HAS EVERYTHING YOU NEED

By Emily Gabert
Spotlights Editor

A small blue house sits on Water Street in Williamstown. By first glance, it blends in just as much as any house would to one driving by, but with a closer glance a light yellow circular sign stands tall on the blue house's lawn, giving a name to the building. "Toonerville Trolley Records."

The inside of the building greets customers with hundreds of CD's. The first half of the small shop is mostly discs, with some vinyls weaved into each section of music. The back of the store is the central haven for hundreds of vinyls, most in good condition.

Hal March, owner of Toonerville, every so often gets up from his spot at the front of the store – where a glass counter holds different electronics, guitar accessories, and products for cleaning discs, along with the cash register – to make his rounds, putting away different albums. Soft instrumental music surrounds the small shop, and sometimes you can catch March bobbing his head to the music.

"I love music," March explained. "I started my business of selling records

out of my truck on the Bennington College campus. I always liked jazz."

Bennington College is known for its appreciation of jazz music. When March began to sell records, most students on campus were big fans of the genre back in the '70s, and a large selection of jazz albums can be found around the shop. By observation, it is almost safe to say that the jazz and rock music collections are the largest selections in the store.

Toonerville has stood strong since 1977 in Williamstown. It is open from 10 a.m. to 6 p.m. Monday through Saturday. Unwanted CD's and vinyls can be sold to the store. According to their website they also carry newer albums.

Some familiar rock bands and artists fill the rock music selection, while a large selection of unknown names are wedged between the big names. A few Bob Dylan and Elton John albums can be found in the center of the rock music section. My eyes gazed over one Kiss album, and a few of Incubus' newer albums.

It's easy to look at one genre, but it is also even easier to walk away from what you originally intended to look at and find yourself walking to a completely different genre, lightly pushing through CD after CD. I made a circle around the store, starting from rock music to hip-hop – I passed by reggae, classical music, folk,



BEACON FILE PHOTO

Though a town over, Toonerville is well stocked.

soundtracks, and more. I found myself back at the rock music once more, finding Chevelle's 2009 album "Sci-Fi Crimes," and a small smile spread across my face.

While cashing out, MCLA's student radio station WJJW was brought up. March recollected about the times he spent at the radio station, when his friends had shows on the network. He was happy to hear that the station was still up and running, and even mentioned how he used to call in requests. March is close with a current DJ named Ken Swiatek, who

is also a musician.

Despite the small size of Toonerville, March estimated that sometimes he believes he gets anywhere between a hundred to two hundred customers a week. He estimated that at least 90 percent of his sales were in vinyls, due to the vinyl revival that has been taking place in the last couple of years.

March's favorite part about owning the store is not only the music, but the interactions he has with customers.

Tips to a Transfer Student, From a Transfer Student

By Nicollette Tanzi
Lifestyles Editor

Transferring from a community college to a four-year school was definitely the best, yet most stressful, decision that I have ever made in my relatively short life. Even though I quickly fell in love with MCLA's small, quiet campus and open-minded students, I was worried that I would be a fish out of water when I transferred to MCLA in the fall of 2015. I was twenty-one years old entering with a class full of rowdy wide-eyed eighteen-year-olds who were fresh out of high school, and I assumed that everyone my age on campus had already known each other made their friend groups. However, I was surprised to find out that there were a lot more transfer students than I thought, and my suite in Berkshire

Towers was put together with other first year transfer students just like me, who are still my best friends to this day. Suddenly, things did not seem so bad.

While MCLA does its best to ease the stress of transferring by housing transfers together, it can still be a challenge to acclimate on campus because you're not coming in with a "class" like the incoming freshmen do. Being a transfer can feel a bit isolating at times, and my friends who also transferred agree. However, the two years I spent at MCLA have been full of many positive experiences because I pushed myself to get involved on campus. Even if you are a transfer, it is possible for this campus to feel like home in no time. Here are some tips that helped me:

Make Yourself at Home

You have probably heard of the term, "fake it 'til you make it." This phrase

has become my motto here at school. The first few weeks, I felt uncomfortable. I hardly knew anyone or where anything was, but I kept calm and realized that everyone feels like this in a new setting at first. Once I started walking with my head higher and with more confidence, I started to feel like I belonged at MCLA until I finally realized that I do belong here.

Get Comfortable With The Uncomfortable

Because I transferred, I moved in on the same day as the incoming freshmen and had to attend the same orientation activities I felt a bit out of place at first, and I was not exactly thrilled to those icebreaker games, but it was so worth it. The orientation leaders were enthusiastic and helpful, and I got to meet other transfers as well as freshmen and make some acquaintances. It feels good to pass someone

on campus and just share a friendly smile.

Get Involved!

As cliché as it sounds, there really is no way to feel comfortable on campus without fully immersing yourself. So join clubs, try out for a sport, (we even offer intramural sports if you are athletically challenged) make small talk with the person who sits next to you. Yes, it is scary at first, but the more you do it, the better you will feel. Not only do extracurriculars look good on resumes, but they are a great way to make friends and get involved in your campus community. Whether you are eighteen or in your twenties, it can be challenging to adjust to a new setting, but here at MCLA, anything is possible - and it will be well worth it in the end.

Nicollette Tanzi was the Editor-in-Chief of MCLA's chapter of The Odyssey. Go to theodysseyonline.com for more of her work.

RESIDENCE HALL BASICS: HOOSAC HALL AND BERKSHIRE TOWERS

By Corey Mitchell-Labrie
Staff Writer

Hoosac Hall and Berkshire Towers, commonly called BT, are two of the residence areas available to students at MCLA. Hoosac sports the traditional residence hall structure while BT hosts suite stylized accommodations. The choice of the two is a commonly debated topic among students.

"Hoosac hall has seven floors," described Megan McGinley, '20. "Each floor has two sides with the hallways being a line of dorms that are doubles, and on the ends are singles."

Hoosac is located closer to Amsler Campus Center, which houses MCLA's centennial room, bookstore, and fitness center. Hoosac also contains a kitchenette in the lobby that can be used by students along with tables for pool and ping-pong.

"In the end lounges and stuff the RA's put on events," said Timothy Fontaine, '20. "It's not random stuff either, each is tailored for the specific floor."

Berkshire Towers, commonly known as BT, is located across the street from Mark Hopkins has a straight walking path to the quad. Since it's across the street from the rest of the campus, the rooms facing the buildings are said to get the best views on campus.

"Simply put, BT is just towers with suites in them," described Owen Fitzgerald, '20. "So by suites I mean, everyone has their own room, some with roommates and they're quartered off into these smaller subsections with other people, it's cool."

For common areas, BT has the spacious Ta-



BEACON FILE PHOTOS

Hoosac Hall, left, is a great place to meet a lot of friends. Berkshire Towers, right, is more peaceful.

tonic room along with a conference room for students to utilize. While each floor in Hoosac only has one carpeted end lounge, BT has carpeted lounges for all three of the floor's suites.

"It's nothing fancy," said Fitzgerald. "But it's kinda nice. Some people decorate it, our suite hasn't been because nobody's into decorating. Depending on where you live, each residence area has its own ups and downs. These often make or break students' choices on where they decide to live during following years."

"I don't like how the only place to fill up water

bottles is on the first floor in Hoosac," said McGinley. "Also, I wish the washers and dryers would actually work sometimes."

"In BT, there's no where to put like things in the showers," said Fitzgerald. "So you have to put your soap on the floor, your shampoo on the floor. And that's not very cool, it's not cool at all actually."

An important subject when comparing the dorms is how the layout changes your interactions with others. Hoosac's traditional open style is seen as fitting contrast to BT's closed off suites.

"In Hoosac there's more people around,"

said Fitzgerald. "In BT there's not a lot of people around me, just my suitemate since I have a single."

"I feel like by having the suitemates you'd get better bonds with them," said McGinley. "You interact with them more and get closer friendships."

Hoosac Hall and Berkshire Towers are the only places for freshman residential students to house. Upperclassmen can take up residence in the on campus townhouses which are apartment styled housings.

Visit the RPS website online for more information on the dorms.

Taking Care of Your Mental Health in College

By Nicollette Tanzi
Lifestyles Editor

While it is no secret that college is a stressful time, there still is a lack of discussion across college campus (and the whole world, really) about mental health. Unfortunately, there is still a stigma against talking about mental health, but that does not mean we should stop talking about it. Even though mental health issues may seem more “invisible” than physical ailments like a broken leg or the flu, they can still be just as debilitating. However, just like

a broken bone or the common cold, mental illness can be treated too, and the first step to helping your mental health is to reach out.

In 2015, the American College Health Association revealed that two-thirds of students who struggle with their mental health do not seek treatment. It may feel embarrassing to have to talk about your problems, or to even have to admit that you are struggling - but trust me, it will be worth it. Here at MCLA, Counseling Services (located on the second floor of Health Services) is open Monday through Friday, and offers appointments with licensed psychologists as well as a psychiatrist,

walk-ins, and emergency services - all at no charge! Students often visit counseling services for mental health issues (depression, anxiety, suicidal thoughts, etc.) as well as family and relationship problems, substance abuse, eating disorders, anger management, and an endless amount of other topics. Even if you are not struggling with your mental health, no issue is too big or too small for counseling.

Seeking professional help is extremely important on the road to recovery, but there are also many other ways to manage your mental health. Confiding in a close friend or family member can help, and even just having a sup-

portive group of people around you is very beneficial. It is also important to take some time every day to do something that brings you joy, and it does not have to be a hobby or sport, it can be something as simple as listening to your favorite song, unwinding with a good book, or even visiting the P.O.D. for a refreshing treat. Everyone deserves to take at least some time to get away from their stresses and worries. It is crucial to know that while mental illness can seem terrifying and lonely, it is something that many, especially college students, struggle with. Help here at MCLA is available 24/7, so what do you have to lose?

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LIFESTYLES

MUST HAVE ITEMS FOR YOUR DORM THAT MAY NOT BE ON YOUR SHOPPING LIST

By Gianna Vigliatura
Staff Writer

Everyone has heard of the typical things to bring to college- books, laptop, toothbrush, clothes, posters, etc, but here are some items I learned to bring my freshmen year when you live on campus.

Scissors. Most people don't think “scissors” when they think of things to pack for college, but you'll be thankful that you did it. You're going to buy things you can't open on your own, or you might need them for a class project or for some DIY dorm decorations. At any rate, they are always handy to have around.

Power strips. There is a large chance you will not be able to plug in everything you need to with the limited number of outlets offered in a dorm room. Power strips allow you to make sure all your electronics are able to charge and be fully functioning for class, and will let you have lamps in the room for one the really bright overhead lights in the room get to be a little too much.

A credit, debit, or pre-paid card. Many freshmen do not realize until they arrive at MCLA that the laundry room only accepts cards, so you will not be able to use cash or change to start a machine. Washing clothes is a necessity for your social life, and it is also just plain sanitary. Please do not subject your classmates to your gross, un-

washed clothes and make sure you have a pre-paid card ahead of time to clean your clothes or buy some supplies at the campus bookstore.

A hamper. Speaking of laundry, you are going to need somewhere to put your dirty clothes in between your trips to the laundry room. Mixing them with your clean clothes is just a bad idea, so a hamper is the ideal solution. If you think you need something more portable for when laundry day comes around, spring for a laundry basket. You have to remember that you are going to have to travel more than you're probably use to in order to get to the laundry room, and you're going to want it to be as convenient as possible.

A trash can. Perhaps this one is more obvious to some of you, but plenty of people forget about this one. It is much preferable to have a trash can than to keep a random plastic bag around full of your trash. Coordinate with your roommate (if you have one) to see who is going to bring one for you to share. Or have two trash cans to ensure your room stays extra clean- though let's be honest, it probably will not ever be that clean.

This certainly is not everything that you need, but it is a start. Keep in mind that you're going to be spending the majority of the year at MCLA and you're going to want to make your dorm room as comfortable and homey as possible. Good luck!



PHOTO FROM WIKIMEDIA COMMONS

The College Student's Guide to Safe Sex

By Nicollette Tanzi
Lifestyles Editor

It's no secret that college is a time for many "firsts" whether it be your first college party or your first time skipping class to watch Netflix (trust me, we've all been there). But for some, college can be the time when people start to sexually experiment. When you combine a couple thousand hormonal young adults together with no parents and no curfew, sex is bound to happen for at least some people, and since it is happening, it's time we start talking about it.

Whether you are sexually experienced or not, sexual education is extremely important. Let's be real, most high schools offer little to no sex education. A 2014 Guttmacher Institute study on Sexual Health Education revealed that 76% of U.S. public and private high schools taught

abstinence as the most effective method to avoid pregnancy, and 88% of schools allow parents to exclude their children from sexual health education.

While the education system has some flaws when it comes to sexual education, it's important to note that there does not have to be any shame when it comes to sex. As long as it is done safely and responsibly between consenting adults, sex can be healthy and enjoyable. But before that, it is crucial to educate yourself on how to have safe and responsible sex:

Do some research!

Not sure what to do when the time comes? Don't worry, the internet is your friend. A quick Google search will give you tons of websites and even informational YouTube videos on a variety of topics when it comes to sex education whether it be which birth control option is right for you or tips on how to please your

partner.

Consent, consent, consent!

Remember, sex is only sex if all participants have agreed to engage in sexual activity. Someone who is under the legal age of consent, drunk/high, passed out, etc. can NOT give consent. Check out RAINN.org for an in-depth look on the definition of consent.

Use birth control!

While you should always use a condom, there are many more birth control methods like the pill, a patch, etc. that are worth looking into. Also, visit health services or ask your RA for free condoms! No matter how embarrassing it may feel, remember that rosy cheeks are much better than an unwanted pregnancy and/or STI.

Get tested regularly!

If you're sexually active, it is extremely important to get tested at least every six months or so.

Relax!

It's normal to be nervous, just like it's also normal to not have sex. Just because it may seem like everyone else is doing it, that doesn't mean you have to push yourself into doing something you are not comfortable with. There is no correct age to lose your virginity, and if you want me to let you in on a secret I've learned: no one cares if you are a virgin or not.

Sex does not have to be a taboo topic that is whispered and giggled about, it's a part of life that requires more "homework", and now that you have made it to college, you should know by now how beneficial it is to do your homework.

Nicollette Tanzi was the Editor-in-Chief of MCLA's chapter of *The Odyssey*. Go to theodysseyonline.com for more of her work.

FULLPROOF WAYS TO STAY ON TOP OF YOUR STUDIES

By Nicollette Tanzi
Lifestyles Editor

Congratulations! You finally survived high school and are moving on to bigger and better things. College is a place full of new beginnings and opportunities, and while the college experiences surpasses high school in most ways, the only thing you will probably miss about high school is how much lighter the workload is. Don't stress! There are plenty of ways to balance all of your homework and studying with your newfound freedom and independence.

Get a planner

There is no worse feeling than completely forgetting to submit an assignment, but by carrying an agenda with you, you can write down all of your homework assignments and test dates in one place so you won't forget! If you think you may struggle with remembering your planner, treat yourself to a more aesthetically pleasing journal so you won't want to leave it at home, and by doing so you get more bang for your buck.

Stay organized

Managing multiple classes be overwhelming, so try designating each class to a specific folder or notebook to prevent you from frantically rummag-

ing through handouts from all of your classes in order to find one specific assignment. Having a separate place for each class makes it much easier to navigate through your all work and eases your mind in the process.

Take better notes

Many classes here at MCLA are lecture-based, meaning you are most likely going to have to do a lot of note-taking. Everyone knows that it is important to take notes so you can study them later, but if you still find yourself having a hard time reading or retaining the information you have written down, try making your notes more organized and attention-grabbing. Color code key terms, highlight anything of importance, draw diagrams, etc! Not only is this rewarding, but it makes note-taking more enjoyable.

Flashcards are your friend

When it comes time to study, taking some notecards and writing down any key terms on one side and the definitions on the other is an easy and efficient method. Flashcards make it easy to study anywhere, and either by yourself or with a friend!

Leave reminders

It can be easy to become scatter-brained in the overwhelming world of college, but investing in a

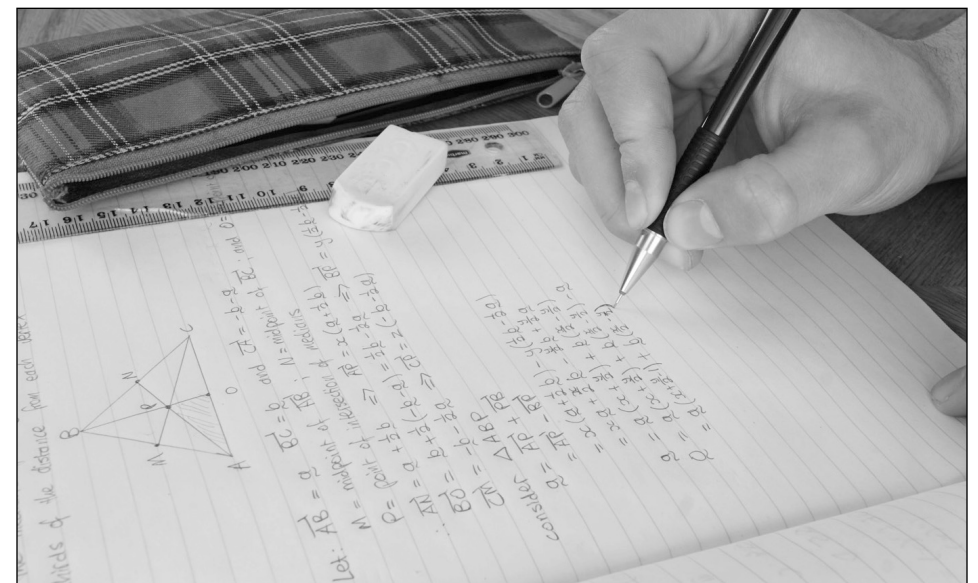


PHOTO FROM WIKIMEDIA COMMONS

calendar, dry erase board, or even some post-it notes are life changing. Not only do these add some pizzazz and personality to your dorm room, but you will never forget an assignment or appointment again by writing it down somewhere you will always see it.

I won't sugar coat things, while homework in college may be more

intense or challenging, it is still possible to get all of your assignments done without getting too overwhelmed! These tips will save you time and energy so you can have fun at that party without stressing about your assignment due the next day.

Nicollette Tanzi was the Editor-in-Chief of MCLA's chapter of *The Odyssey*. Go to theodysseyonline.com for more of her work.

Counseling Services on campus

By Emily Gabert
Spotlights Editor

On the second floor of MCLA's MountainOne Student Wellness Center is Counseling Services, a place where students can go and talk to a trusted professional about any issues they may be having.

Counseling Services offers a wide range of services such as individual counseling, couples counseling, crisis intervention, psychiatric treatment, and even alcohol and other

drug education. It is open from 8:30 to 4:45 p.m. Monday through Friday.

Students visit counseling services for a number of different reasons whether it's anxiety, depression, sexual orientation, disability issues, or even grief.

Counseling Service is free of charge, unless you are referred to an outside resource. Health insurance will then be needed to help cover the costs.

Their services are open to any currently enrolled MCLA students, and those interested are encouraged to stop by and make an ap-

pointment at their front desk. Students are generally seen on an appointment basis only, unless there is a crisis.

Counselors in health services often operate on a "Solution-Focused Brief Therapy" which means counselors encourage their patients to define the problem, identify goals to help solve the problem, and to produce change.

If needed, students can even refer someone to counseling services if there is you becomes concerned with the way somebody is acting.

There are currently four full-time counselors in Counseling Services. There is one

part-time counselor available as well. John Howland, MD is the Consulting Psychiatrist at MCLA's MountainOne Student Wellness Center. Students can be referred to him by their counselors, if the student and their mentor find that the student may need medications to help students feel better.

Besides offering these services, the center also does special training and presentations for the College community, to help make students and the community more aware of the different issues that can plague college students.

THE TRAILBLAZER FITNESS CENTER

By Emily Gabert
Spotlights Editor

The Trailblazer Fitness Center, MCLA's gym, is located on the second floor of the Amsler Campus Center.

The fitness center is welcome to both students and faculty as a place where they can go to get into shape and to even lose some weight if they wish to. Athletic teams use the fitness center, and even MCLA's Athletic Training Department does as well to help students learn.

Although the Trailblazer Fitness Center is laid back in nature, they do have a few rules they want people to abide by.

When entering the gym, you must sign in at the computer located near the front desk. Users must sign in with their MCLA A-number. Equipment used behind the counter requires a valid school ID in order to be used. The fitness center staff also expects that items such as weights be placed back in their proper home after use.

Students are asked to wipe down each piece of equipment after they are done doing using it. Spray bottles and paper towels are available for use. It helps wash away sweat and make it clean for the next user.

There are also cubbies that users can utilize to store their personal belongings. Property of higher value is asked to not be kept out in the open, and anything stolen is not the responsibility of the working staff or the fitness center.

Students are encouraged to bring headphones to listen to as they work out, along with closed container water bottles, and they also are welcomed to ask any question they have about anything pertaining to working out.

Students are also required to wear closed toe shoes and appropriate workout attire, and the fitness center and its staff ask that everyone be respectful, not only to the equipment and the machines, but also to others as well while they're in the fitness center.

In a few years, the fitness center will be expanding into a larger space.



The fitness center is the perfect place to get in shape.

BEACON FILE PHOTO

Take advantage of the writing studio

By Emily Gabert
Spotlights Editor

Opened in January 2016, MCLA's Writing Studio is a creative environment open to every member of the campus community.

Students can use this innovative space to either get help from trained Writing Associates or to just freely work on writing projects and assignments. The Writing Studio is located in Murdock 120 and is open Monday-Thursday 6-9 p.m. Walk-ins are welcome, but students are encouraged to make an appointment online at mcla.mywconline.com

Students can bring any type of writing to the creative space whether it's a paper for a class, poems, resumes, or even research papers.

If a student is bringing a paper for a class, the writing associates ask they bring their assignment prompts, a hard copy of their draft, and their own ideas and questions. Other materials are welcome to be brought along if the student finds it will help with their assignments.

Writing Associates are made up of some students recommended for the program by their professors or by their own choice. Students take the writing associates class during the fall semester, after receiving permission by the studio's director, professor Amber Engelson. Students can then get hired during the spring semester.

Students are encouraged to come each session prepared and ready to play an active role in their work, and to share ideas. The goal of the sessions is to not only help the students, but to also help the individual to become an independent writer.

Professors will not be notified of their visit to the Writing Studio unless the student has chosen to let them know. At the end of each session, the writing associates ask students whether they want to do this or not.

The Writing Studio also hosts events open to members of the campus community, along with faculty writing workshops.



The Writing Studio is a great place to get help with a paper.

BEACON FILE PHOTO

Why they do what they do

By Brady Gerow
Athletics Editor

Division III schools may not offer the best athletic programs out there, but for athletes like sophomore softball player Chelsea Coleman and others, it gives them an opportunity to continue their passion of sports while also pursuing the proper education they desire as well.

When asked why they do it, almost every athlete at MCLA interviewed gave a very similar reason. They continued playing because they wanted to compete, and they love the game they play.

"It's all about the love of the game for me," Freshman baseball player Brody Farnum said. "Baseball has been one of my passions since I was four years old...at the Division III level there is obviously no financial help...this ensures that the athletes you play with are in the sport for the purest reasons."

When you take away the option of getting an athletic scholarship, you seem to get a real sense of the foundation of why these players continue. For many players, it didn't matter that they aren't getting financial help or benefits, they continued playing and took on the extra responsibility because they have passion for their respective sports and the prestige that comes with it.

"I didn't play my freshman year due to medical issues and I really regret not playing," stated junior lacrosse player Courtney Gabrus. "I just thought about how much I missed playing and being part of a team so that's why I decided to play (in college)"

There are a lot of athletes who don't play past high school for many different reasons, and like in Gabrus' case, many of them end up missing the sport they loved to play before. There are some who need to stop playing to understand how much they loved playing, but others know the entire time that they want to play past high school, regardless of the division. Coleman was one of those players.

"I knew since I was like 12 that I wanted to play in college," said Coleman. "Until my senior year (of high school) I was only looking at and talking to coaches at the Division I and II level, as I learned more about what career path I wanted to take, and the time commitment it needed, I started looking at DIII schools."

Like Coleman, there are plenty of athletes who don't look to schools just for a place to continue their athletic career. Most players

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PHOTOS FROM MCLA ATHLETICS

Whatever sport they do, student athletes show passion in Division III.

ATHLETICS

WHY

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place academics first, as after all, they are called student-athletes, not just athletes. Gabrus had a somewhat similar path in school selection to Coleman.

"I only applied to MCLA, I did talk to the club coach when I looked at the school," Gabrus said. "...Then coach Bartini and I met and she said I'd be a good asset to the team...I didn't choose MCLA for playing lacrosse, but it worked out pretty well."

Like in the case of Gabrus, there are plenty of athletes who look at academics before athletics when choosing their school. At DI schools, athletes choose schools for their athletics first, and academics is secondary. Most DI athletes get scholarships, so generally they go to the best school that gave them a scholarship. The school's academic history means very little, but the strength of the athletic program and the scholarship means everything.

At this level athletes take the school into account for the academic reasons and the fact that it is their home for the next four years. Some athletes, like junior basketball player Joseph Wiggins, also consider how close each school is to home, or where it is relative to their family.

"Once I graduated BCC (Berkshire Community College) I had to make a decision to either go back to Westfield or be closer to home," said Wiggins. "I figured MCLA was a better choice than Southern Vermont College or going back to Westfield."

Wiggins' choice is not one all students make, but for him it played a huge role in where he continued his athletic career as well. Junior basketball player Kieland Cross also had a similar stance on choosing his school, but for a bit of a different reason.

"What made it easy for me was that when I graduated (from BCC) it's almost an automatic acceptance," said Cross. "I didn't want to live up here, I didn't do well when I went away and lived in the dorm at Westfield State, so I thought if I commuted here I would do way better, and I did."

For some people living on campus doesn't appeal to them right away. Regardless of the basketball program, Cross wanted a school where he could commute enabling him to do as well as he wanted to do in terms of academics.

From the player's perspective, it also changes the recruiting process a bit. In the DI world, most players who are DI bound are known by coaches, and the coaches pursue the best players vigorously. At the DIII level, coaches do seek out good play-

ers, but players also must set up their resumes for coaches that may not be recruiting them.

DIII athletes generally have to compile a highlight video of some sort and a stat-sheet to give out to coaches that may not be recruiting them. Not every student-athlete gets recruited by every school, so if the athlete wants to play at a school that isn't recruiting them, they have to submit their film.

Although DI players make highlight videos and stat sheets like DII and DIII athletes, they are recognized and more widely known than most athletes in the lower divisions. As well as DI

Prospects are often scouted and recruited well before senior and junior year of high school, as opposed to DII and DIII athletes who get recruited generally around junior and senior year of high school.

One aspect of DIII that also differs quite a bit is the academic end. DII and DIII usually share similar aspects, but in certain cases in the DI world it can be vastly different. In some cases, DI athletes who are known to be going to their professional leagues in their respective sports, often don't try in school. Those players have no incentive to do well in school as they generally won't need a degree.

The DIII level is much different, as athletes are always students first. Their degree represents their future, not sports.

"My coach always says how school is more important than sports," said Gabrus. "...college is about furthering your future in a career, and playing a sport only lasts so long."

Despite a very rare case here and there, DIII athletes have virtually no chance of playing professional sports. They may work just as hard as other athletes, but they mostly just don't have the same kind of talent that those athletes in DI have.

One MCLA athlete who did make it, was Ken Hill. Hill played 14 years in the MLB as a pitcher, he played for seven different teams during his career. Hill pitched in a World Series game for the Cleveland Indians in 1995, as well as having led the National league in wins in 1994 for the Montreal Expos. Hill also made the All-Star team that year.

This leads coaches to generally put a much bigger incentive into doing well in class as opposed to doing well on the field or court. At the end of the day, no one will care whether a DIII athlete won all his/her games or had amazing stats, because they won't go pro.

Employers will worry about what their GPA was, how they did in class, and how their professors and peers viewed them as a student, not how they were as an athlete.



PHOTO FROM MCLA ATHLETICS
Whatever sport they do, student athletes show passion in Division III.

The advantages of being an athlete

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By Brady Gerow
Athletics Editor

Going to college can be a big adjustment, especially in your first year of college or on your way to a new school. Being a student athlete at a school like MCLA can give you a bit of a jump start to what the college life is like and how fun it really can be.

Being a college student in general is a hard thing to keep up with, but the life of a student athlete is taking on another job on top of being a good student. Student athletes are asked to take on a tremendous amount of extra work in practice, games, staying in shape, and travel while having to maintain good grades.

Fortunately student athletes are set up with a schedule to help them juggle all of their extra responsibilities. They are assigned study halls, and their class schedules are generally set up in a way that it won't interfere with the schedule of their sports team.

According to junior basketball player Keiland Cross, the study hall is one of the best things to being a student athlete. "I wasn't a fan at first but the previous semester was the best semester I have had academically", said Cross. "It teaches you some time management which is crucial."

Time management is a crucial part to doing well in just college classes, so for the student athletes, study hall couldn't be a better tool to use in their favor.

The college atmosphere in general can be hard to adjust to, having to make new friends, a new place for some, and a new lifestyle from high school. Being a student athlete can help you adjust to some of those changes very quickly.

Freshman baseball player Brody Farnum said it helps best in the social aspect of adjusting to college. "I definitely feel that being part of a sports team really helps a person adjusting to college life in the social aspect", Farnum said. "You are given a group of people who all share at least the common interest of the sport, and then you can build on that."

Meeting new people can be one of the harder aspects of starting college. Being on a sports team eliminates some of that. You are automatically given a set of friends in your teammates as Farnum stated. Once that connection is made, it's easier to expand from there.

"People will come up and tell you nice game and start a conversation with you," said Cross. "Sports overlap and being in the AT (athletic training) room you get to meet some of the other athletes. Then teams will begin to support each other and attend each others games."



PHOTOS FROM MCLA ATHLETICS

Keiland Cross was named the MASCAC Rookie of The Year in the spring. He sat down with the Beacon about life as a Division III student athlete.

It's a lot of extra work being a student athlete, but it has its advantages and disadvantages. Despite all the practice and team activities on top of schoolwork and class it's a great time being a college student. Cross, among other student athletes has learned that very quickly.

"Managing your free time is important but enjoy everything!" stated Cross. "even the annoying practices and early morning workouts, because you never know when it could all be over."

Whether it's at the end of your four years at

MCLA or some other reason, it eventually all comes to an end. Just make the best of your years as a student athlete if you decide to take that path, and know there are a lot of other people in the same boat as you.

HISTORY IS ALL AROUND US

By Joseph Carew
History Editor

Walking from the Amsler Campus Center to Murdock Hall takes you back about seventy years and through seven college presidents. The campus is dominated by its history and that's what makes a trip to class or a venture to late-night grille such a pleasure.

Presidents never leave: they get turned into buildings.

Living in the Flagg (Andrew S. Flagg 1966-69) Townhouses you can have a class in Bowman (Grover C. Bowman 1937-1955), print your essay in the Freil (Eugene F. Freil 1955-66) Library, and maybe just forget about the whole thing and drop the class in Eldridge (Albert G. Eldridge 1932-1936) Hall.

And of all these buildings is the one on the mount: Murdock Hall. Frank F. Murdock was the first president of the College and presided over then the

North Adams Normal School during the Spanish-American War, the beginning of the 20th century, and the First World War. In 1894 it had been just 29 years since the end of the Civil war to provide some context.

The first building, Murdock Hall (then called College Hall), wouldn't be finished until 1897. Four teachers taught just about 32 students (28 women and 3 men) the first year and the College ran a two year program specifically for training teachers. MCLA and its surroundings have changed dramatically in those 123 years.

The Campus of today mainly finds its roots in the mid and late 1900s. Venable came on the scene in 1958 quickly followed by the purchase of Mark Hopkins in 1967 and the construction of Hoosac Hall a year later. A spin around the Quad is evidence of the college explosion with the construction of Bowman Hall, Eldridge and Freil in 1970. The seventies saw the rise of Berkshire Towers and the Campus Center but would mark the end of any major projects for quite some time.

Students today enjoy a renovated Murdock, Smith House



PHOTOS BY JOSEPH CAREW

The first class to physically leave its mark on Murdock Hall etched 1899-1 into the foundation. The tradition of marking the graduating class year has gone on since then.

and Bowman along with the beautiful Feigenbaum Center for Science and Innovation. The campus extends far beyond the reaches of the class gardens that were present in its early years and residential houses have been absorbed as the College needs.

Walking past the presidential buildings one may see another embodiment of history: a NASC shirt. MCLA is the fourth name this institution has had thus far. An elevation of status in 1932 brought about the name North Adams

State Teacher's College and alterations to academic goals in 1960 and 1997 changed that to North Adams State College and Massachusetts College Liberal Arts, respectively.

From the little bomb shelter sign on the side of Venable to the chiseled dates surrounding the foundation of Murdock, MCLA students are always presented with the campus's history. It's up to them to acknowledge and embrace it.



Founded in 1894 MCLA has grown from a small teacher college into a fully accredited university. The College mixes the architectural flavor of three centuries through Murdock Hall (above), Hoosac Hall (left) and Science Center (right).

