

**THE COSMOS**  
2015-2016 STAFF

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## Making it count

**Rachel Deyoe**  
Editor-in-Chief

Many Americans across the country spent Monday morning grateful for a little extra sleep granted by the freedom of a day off, in honor of Martin Luther King, Jr. At Coe, however, students, staff and faculty, and community members alike were encouraged to view MLK Day as “a day on, not a day off.” More than an extra window of time for shut-eye and study, MLK Day is a day to remember what freedom and equality truly mean.

The day featured a series of events sponsored by Coe to reflect on the way Dr. King’s life and values shaped the nation as it is today. Earlier

events included gospel music in Kesler Lecture Hall, followed by a presentation from Associate Professor of History Brie Swenson-Arnold, who reminded her audience that Dr. King himself spoke at Coe during homecoming week of 1962, only ten months before delivering his famed “I Have a Dream Speech.”

“Have we left the dream behind?” Swenson-Arnold asked. She explained that, as with many key historical figures, certain facts or moments are “etched into public memory,” while others fade into the background. Swenson-Arnold encouraged her audience to remember Dr. King not as a series of inspirational quotes or moments,

but as a man who strove for the betterment of a nation, and whose legacy lives on today.

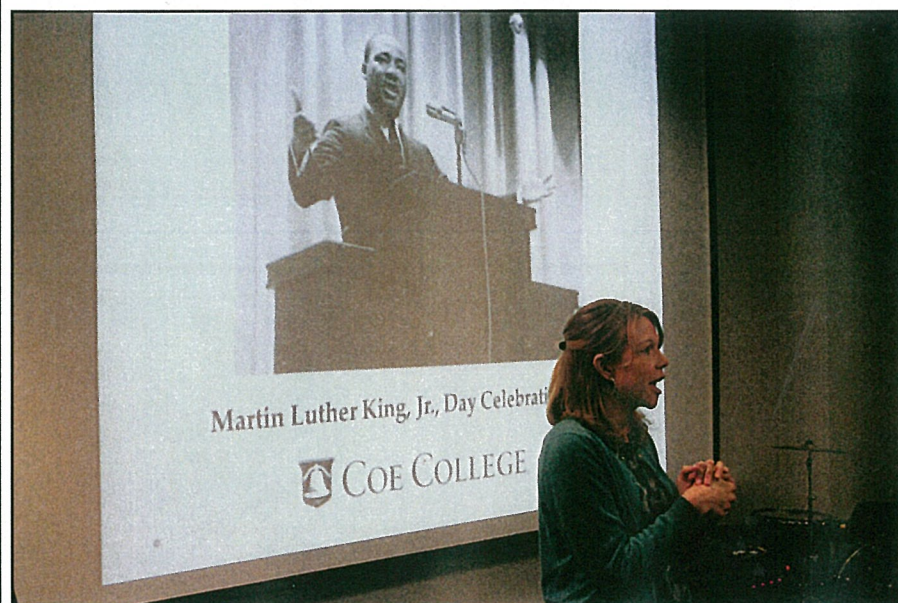
And it’s not just remembering that matters; it’s also doing. For Coe students, one way of honoring Dr. King’s legacy was to extend a hand where needed in the community. Volunteering with Gems of Hope and Ronald McDonald House, Kohawks made 175 beaded bookmarks for cancer patients and provided 175 bags of trail mix for families in need.

The day closed with a screening of the movie “Selma” and a discussion thereof.

As Arnold-Swenson said: “The way we remember Dr. Martin Luther King, Jr. matters.”

*Associate Professor of History Dr. Brie Arnold-Swenson presents on MLK Day about the life, legend, and legacy of Dr. Martin Luther King, Jr.*

*Photo by Rachel Deyoe.*



## Coe Earns Its Blue Stripes

**Lisa McDonald**  
News Editor

Last November, the Iowa State Design Lab came to Coe to present on the future sustainable landscape planned for Coe College, one of five local organizations selected to participate in the Blue Zones Project of Cedar Rapids. This Wednesday, Jan. 20, Coe received an even bigger distinction: designation as an official Blue Zones Worksite.

The Coe Wellness Committee has worked diligently for over a year toward this recognition, implementing various improvements around campus that include mapping out walking paths, providing more holistic fitness classes such as

yoga and meditation, and encouraging the Coe Triathlon.

Coe College President David McNally thanked the Wellness Committee for all their hard work, and even provided a shout-out to student Tucker Dangremond ('17) for introducing him to Blue Zones. McNally took the time to talk about the new athletic facilities planned for Coe, and joked about changing Coe’s motto: “Come to Coe College and we guarantee you will live longer!”

The greater Cedar Rapids community has also been hard at work. Assistant City Manager Sandi

Fowler spoke of the emphasis on expanding walkability throughout Cedar Rapids, and thanked Blue Zones for providing a context in which the community

could have these discussions of healthy living. Going forward, the newly formed Wellbeing Advisory Committee will work to further the Blue Zones agenda in the community.

Regardless of all the grander schemes, McNally made sure to remind everyone not to forget one of the biggest components of a healthy lifestyle: stress control. “Work is more enjoyable, and frequently more productive, when shared.”

*Above: Fowler presents McNally with the Blue Zones Worksite certification.*

*Left: McNally cuts the ribbon to symbolize Coe’s new designation as a Blue Zones Worksite.*

*Photos by Lisa McDonald.*



### Coe College Photo of the Month Contest



One Coe-themed photo will selected from all submissions each month. Multiple submissions accepted. Digital photo resolution minimum of 1800x2400 pixels. Photo must be taken during the month of submission. Submit to ssubanc@coe.edu by the last day of the month. Winning photo will receive a \$25 Amazon gift card and the photo will be printed, framed and hung in the struve Communication Center. Open to current Coe students only.