

THE NAUTILUS

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TEXAS A&M UNIVERSITY AT GALVESTON

OCTOBER 15, 2018

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| Photos by: Alinoe Roussie, Nautilus Staff

Yell leaders energize students at Yell Practice before the Texas A&M Aggies played against the University of Kentucky (top). The Aggies defeated No. 13 Kentucky Wildcats for their first signature win of the season. Jack Clark (left) and Jacob Pratt (right) encourage the Aggies to show their Aggie Spirit.

Beto O'Rourke's visit to TAMUG sparks debate

By Mylasia Miklas, '20

Thanks to the efforts of the TAMUG Black Student Alliance, and Cameron Waller, a sophomore and March for our lives advocate, the visit by US representative Beto O'Rourke attracted more than 1,300 students and visitors to the Texas A&M Galveston campus.

"Something that is really important to me is women's rights," said Waller "And the continuation to fund planned parenthood which Beto supports. He also supports March for Our Lives and he marched with us whenever he was in El Paso, which speaks loads."

While O'Rourke's visit was anticipated by supporters and curious students, his appearance also drew some who opposed his viewpoints.

Mikayla Childs, a sophomore marine biology student, shared a post that sparked a heated debate by stating "#VoteCruz" on the TAMUG app.

Beto debate

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Contact tamugnautilus@
gmail.com if interested.

Krissy Johnson joins staff as new Fitness & Wellness Coordinator

By Mylasia Miklas, '20

Texas A&M University at Galveston Campus Recreation department welcomed Krissy Johnson, a National academy of Sports Medicine (NASM) certified personal trainer, as the new Fitness and Wellness coordinator for TAMUG campus this Fall 2018 semester.

As Fitness and Wellness coordinator, Johnson plans to promote health and well-being on campus by developing exercise programs, increasing the opportunities for exercise, and by serving as a member on the wellness committee.

“My personal goal for my position is to make exercise appealing and accessible to every student on campus regardless of race, sexual orientation or any other identifying factors,”

explained Krissy.

Although Krissy has only just begun her journey at TAMUG, she has been busy implementing new and exciting programs, such as group and small fitness classes and personal training. These programs are scheduled to begin on October 1st and are scheduled to last through the semester until December 6th.

Group fitness classes are free to all students for this semester and will be held in the multipurpose room in the P.E facility. Classes will be held on Monday and Thursday and will feature classes such as Zumba, Cardio Strength conditioning, and Strong mobility conditioning.

Through her short time here on campus, Johnson has met several stu-

dents that have expressed interest in having potential careers in the fitness industry. “Here at TAMUG we do not have degrees that step into fitness, but I think fitness is just a fun side hustle”, explained Johnson. She hopes to have enough students certified and involved so all programs will eventually be student run.

Johnson believes the implementation and development is important for this campus.

“We always say that you have the same opportunities as those at main campus, but sometimes I do not see it play out. I want to make sure that TAMUG students have as many opportunities and resources available to them.”

Beto debate Continued



| Photo by: Alione Roussie, Nautilus Staff

Faith Simpson, Vice President of Black student alliance, applauds O'Rourke.

“I did not mean for all of this to happen,” explained Childs.

Childs believed it was important to share her opinion on a school platform rather than a different social media outlet, in order to express the view point of a more conservative students position.

Once her post

was shared, several other students started to share their personal political opinions from both conservatives and liberal viewpoints.

“They posted about Beto, but what about Cruz,” stated Childs. “You cannot forget about the other person.”

As the posts continued, oth-

er students and school officials reminded everyone to be respectful of their fellow Aggies.

As a reminder, general elections begin on November the 6th.

Early voting begins in Texas on Monday, October 22nd and ends Friday, November the 2nd.

TAMUG CAMPUS RECREATION

GROUP FITNESS SCHEDULE

Mondays:
5:30-6:15 Zumba
6:30-7:00 Cardio strength

Thursdays:
5:30-6:15 Strong Mobility (Veteran Friendly)
6:30-7:00 Cardio Strength

—

Until 12/6, all group fitness classes are FREE to TAMUG students. Please contact Krissy @ Krissyjohnson@tamug.edu for more details.

SEA AGGIE PERSONAL TRAINING

Training Rates

3 sessions	\$65
5 sessions	\$102
10 sessions	\$175
20 sessions	\$300

AggieM4 Personal 2018

The growth in student population harboring a growing division between students

By Mylasia Miklas, '20

Texas A&M University at Galveston has experienced exponential growth in student population within the past five years. While this growth has allowed this campus to not only provide more opportunities and resources, it has created a growing divide between students.

Although this slow growth is due to more students learning about our small campus here on Pelican Island, the implementation of the Engineering at Galveston program plays a considerable role.

The Engineering at Galveston program is the effect of the implementation of the 25 by 25 initiative. The goal of this initiative is to grow the total enrollment of engineering program to 25,000 students by the year 2025. One way this will be carried out is by hosting students in multiple off-campus locations like TAMUG.

The 25 by 25 initiative was started in 2013 in order to increase the enrollment and accessibility of the Engineering Program. As explained in a press release by Dr. M Katherine Banks, the vice chancellor of engineering and national laboratories and dean for Texas A&M University College of Engineering, the College of Engineering was rejecting applicants due to a low enroll-

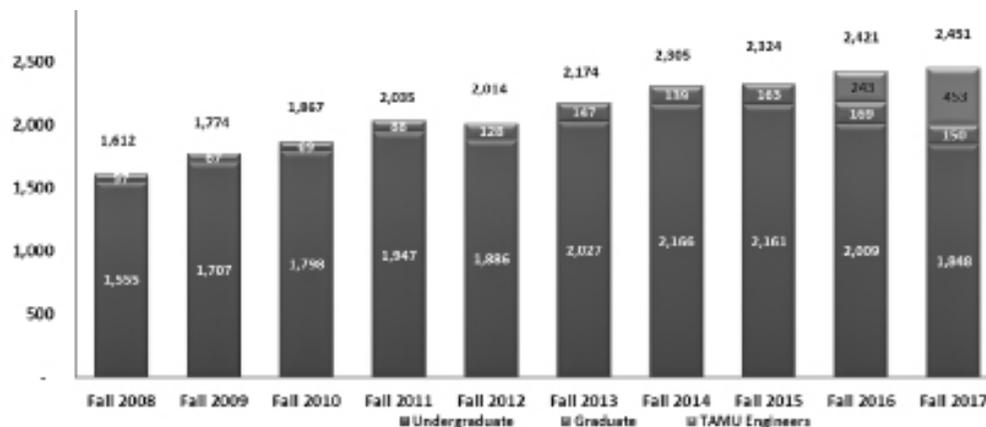
ment cap.

TAMUG partnered with TAMU in order to broaden and grow the engineering programs offered in Galveston. Additional programs such as multiple and interdisciplinary engineering and environmental engineering may potentially be implemented in the near future. This will allow students to continue their educational career at TAMUG without leaving. Potential future plans consist of providing TAMUG with buildings specifically for engineering studies in order to account for the influx of engineering students.

“If we cannot defend that, we cannot exist.”

In the Fall 2017 semester, TAMUG experienced a record enrollment rate of 2,451 students; with the Engineering at Galveston student population included. The Engineering at Galveston population is not observed when analyzing the population of TAMUG, even though engineering students are dually enrolled. Instead the students contribute to the population on main campus.

While TAMUG experienced a record enrollment, only 1,848 undergraduate and 150 graduate students were enrolled. The addition of the 453 engineering stu-



| Graph: TAMUG Programmatic Budget Review

The trend in population from Fall 2009 to Fall 2017.

dents is what contributed to the record breaking enrollment.

While we are all Aggies at TAMUG, there continues to be a growing divide between students a part of the Engineering students and students with maritime focused majors.

Caylin Piezchala, a Junior marine biology major, believes the reason for the divide is because many feel that the program is taking advantage of the campus and the students.

“I have a heart for this campus. I enjoy the size, the atmosphere, and everything about it. I feel that the people coming in are just taking advantage of the campus until they get to where they want be, which I can understand. But this attitude pulls from the atmosphere on campus” Piezchala explained.

Students also worry that funds and attention will be put toward the engineering program. Dr. Donna Lang, Associate Vice President for Academic Opera-

tions and former student of TAMUG, wants to alleviate all of students worries.

“We are a special purpose institution dedicated to the marine and maritime fields. That is what we are held accountable to in the system of the state. At all times. If we cannot defend that, we cannot exist,” explained Dr. Lang.

Dr. Lang stresses it is important to not sectionalize ourselves into groups, but instead united together.

“I do not want our students to think of themselves as us and them and whatever it means to be us and them. At one time it was cadets and non-cadets and now it is engineers and non-engineers. Whatever the us and them, I want you all to say that this is Texas A&M University at Galveston and we impact the world because of the combination of programs that are here.”

First time fitness fright; How first time gym goers can eliminate the initial fear

By Maximiliano Delgado, '22

Arnold Schwarzenegger, The Mountain, Michael Phelps, Usain Bolt, Rambo, and Johnny Bravo. These are the names and faces that come to mind when picturing top physical fitness and are usually the end goal for many whom attempt to start the physical lifestyle. However, you may feel dissuaded by a variety of factors such as your new to the scene, you may lack confidence or motivation, or you may feel like you just don't have the time to consistently follow through with a regiment. These are all things that can be managed and overcome, granted, you are serious about it.

As Misa, a student worker at the gym explains, "You slowly but surely learn to overcome those jitters and you realize it's not as big of a deal as you may think it is, it's only as big as you make it." She also affirmed that the more you go to the gym, you are likely to gain more confidence and shed some of the negative deterrents that you first walked in with. Stating



| Photo: Faith Murphy, Nautilus Staff

Zar Czarlinsky, a freshman marine engineering student, lifts weight in the P.E Facility.

"Everyone had to start somewhere, don't expect to bench for the day and walk out completely transformed. Consistency is the name of the game ladies and gentlemen."

Another technique suggested by multiple gym goers is to "buddy up" and take a group with you to help with your comfortability at the gym. One such believer in this method is Jack Cezer, a gym attendee and fitness enthusiast. He believes that taking a

buddy with you not only helps with confidence but adds an extra layer of motivation and competition to keep you going. "Even though it's not defined competition, it's friendly competition. This competition therefore helps increase your productivity and makes sure you don't just lift weight for five minutes and call it a day."

However, the biggest killer of physical aspirations is time. When you first start to

approach a near consistent level of regularity, you may find that you are seemingly short for spare time to spend. This can be the case because you have to study for an exam or one out of your thirty Saplings is due that day. But, ask anyone about how they overcame this problem and they will most likely tell you to just simply find a flexible routine during your week. You don't have to "go to the gym at exactly 3:30pm everyday or else you'll never work out again." What makes this lifestyle unique and lucrative is that you can positively, absolutely, one-hundred percent pick up and leave off at any day, any time, and anywhere.

So, go out there and have fun, stay hydrated, and stay open minded. Who knows, maybe you may find that you really enjoy Yoga or Zumba dancing. You could find that you have a natural knack for basketball or powerlifting. But no matter what your niche is, you'll be met with a warm smile and a welcoming environment at our fitness center.

Gym hours

P.E Facility Hours

Sunday: 2:00-11:30 p.m

Monday-Thursday: 7:30 a.m-11:30 p.m

Friday: 7:30 a.m-8:00 p.m

Saturday: 12:00-7:00 p.m

Sea Aggie Fitness Center

Sunday: 2:00-10:00 p.m

Monday-Thursday: 11:00 a.m-10:00 p.m

Friday: 11:00 a.m-8:00 p.m

Saturday: 12:00-7:00 p.m

The perspective of the Maritime Academy; is it skewed among students?

By Alinoe Roussie, '22

People do not always know about how corps works here. Some believe it is a group of military fanatics brainwashing whoever has the lowness of mind of entering the fraternity. Others may think it is like in College Station where virtually everyone in corps is part of the Reserve Officers' Training Corps (ROTC).

Though the latter gets closer to what it really is, the former is outright false. What we commonly call corps at Galveston is the organization that trains both Cadets with no military obligations and Navy ROTC cadets whose ultimate goal is to serve in the US Navy. Though the objectives differ, the means are the same: academic excellence, intensive maritime programs and discipline.

Jonathan Frank, a Cadet freshman, describes something non-corps students may miss, "It creates a form of brotherhood, of camaraderie." but then adds "We retain our individuality, the companies are put together so people can learn from each other, from the commitment

and discipline of NROTC cadets to the ease of others to deal with the ocean world and achieve a common goal".

A common goal, all undergraduates have is receiving their bachelor's degree. All graduates have the goal to get their master's degree or PhD.

But here it is a bit different, "It's to work together, get our 3rd mates license" the U.S. merchant marine officer license "and graduate for the betterment of ourselves and the corps": The Corps doesn't take away individual pride or self improvement, it supports it with values that encourages teamwork and academic performance.

The perspective we have on the Maritime Academy is mostly defined by what we see: "the haircut, the uniform to instaurate personal discipline,



| Photo: John Vandewater, Nautilus Staff

Cadet Lieutenant Commander Lucas Young stands in charge of Alpha Company, 1st Company, 1st Battalion cadets.

“For the betterment of ourselves and the corps.”

the respect to my superiors and superior officers” but it is also a great gateway to a public service oriented career.

Proof of this is that most cadets of the Maritime Academy prepare to either integrate the coast guard or the Navy and it is a commitment that thanks to A&M is rewarded by actually commissioning in those organizations. That means that those students already know in what they are going to as soon as they join the Academy.

Conversely, for the exceeding majority of regular

students, they know in what field they want to work at worse and maybe a specific job at best but without knowing which company or where they want to work.

Altogether, the academic excellence, intensive maritime programs, and discipline and the commitment of Corps students demonstrates how different some of us may approach college and that the Maritime Academy may be a mean to successfully go through those college years.

Support your protection

By Matthew Renton, '20

After several recent high-profile mass-shootings in this country, the gun debate has intensified, especially with reference to the legality of the concealed carry of firearms on campuses. Currently, students who possess an LTC (License to Carry, formerly a Concealed Carry License) are legally allowed to carry concealed firearms on TAMUG property. Many students disagree with this policy; however, I'd like to explain why I continue to support the policy.

First of all, I'd like to suggest that if you feel threatened by guns on campus, maybe instead of trying to change the policy for other students, you should carry a gun yourself. Have you ever tried to get a professor to change a policy in their class? It's a lot harder than just preparing for the class in the first place. Now try the same thing with guns, but with the weight of university, local, and state bureaucracy behind it. No really, go ahead; I'll wait.

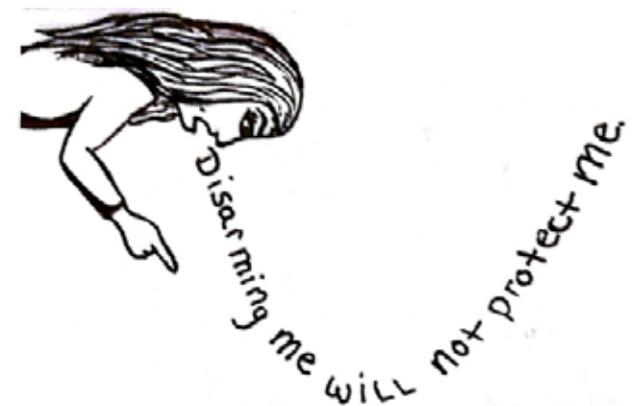
If you are scared that a fellow student might snap one day and just open fire on everybody or if you're a faculty member who thinks a student may seek to get revenge on you for failing them, you have an obligation to protect yourself with as much force as is required to quell the situation. That means

meeting force with equal or greater strength i.e. discharging a firearm if your life or the life of another is in immediate danger.

Second of all, if you feel threatened by guns on campus but believe that guns are an immoral solution, might I ask how you plan to respond to an active shooter? You can try to talk the shooter out of, you know, shooting, but once they've decided to open fire, there's a slim chance of that actually working. If somebody intends to come to campus and open fire on students and faculty, you can either wait until they've run out of ammunition or wait for security to step in and end the problem with...wait for it...more guns.

And if you think that tighter security is a better option, guess again: every second that security doesn't arrive on the scene and quell the situation is another second that a shooter has to open fire on another human being. If your moral positions get in the way of saving lives, you might want to rethink those moral positions, because they might not be as moral as they are a kind of virtue signaling.

Lastly, laws only exist insofar as they are enforced. Even if we are not allowed to carry guns on campus, that won't stop guns from entering the campus. It doesn't matter how much you increase the security around here; you'll never prevent all crime, so why should we be prevented with the best tool to defend ourselves with?



| Cartoon: Tabitha Geiger, guest artist

It would be better for one person to enter with a gun knowing that the odds are good that dozens of students and faculty are armed at all times than for one person to sneak a gun onto the campus knowing that the odds are low that there is enough force to stop them before they can cause some serious damage. If you've ever been to a gun range, you'll know that everybody there is polite because literally everybody in the building is carrying around something that can kill you.

The bottom line is that we are constantly looking to our institutions to protect us when in reality we have the power to protect ourselves. The word "empowerment" gets thrown around a lot, but few things are as empowering as the ability to protect yourself. Therefore, in the interest of empowerment and safety, the policy of allowing concealed firearms on campus should continue.



Photo by: Alinoe Roussie, Nautilus Staff

The Nautilus welcomes a new Editor-in-Chief

By Mylasia Miklas, '20

My name is Mylasia Miklas and I am excited to be taking over as Editor-in-Chief of The Nautilus this fall semester.

When I started Texas A&M University at Galveston, I knew I had to leave behind everything I was comfortable with. I quickly realized that the campus and the town had a different dynamic and culture than I'm used to and every face was

new. I'm sure I wasn't alone in feeling that way as a freshman. All these thoughts and emotions made me feel like an outcast. It wasn't until I found my place at the Nautilus when all that changed.

I am a junior here at TAMUG studying marine biology. A career field which would seem completely outside the realm of journalism. I've dis-

covered that journalism and science fields can be very similar. Both require strong analytical, research, and writing skills.

I always took pride in my organization abilities but this new position has given me quite the challenge in that area.

Firearms over students?

By Emely Cruz, '22

Will guns make us safer? Guns are an uncontrollable variable with the capability to injure and take lives. Despite this known fact we are allowing weapon to easily be placed in the hands of college students. The result is an outrageous amount of incidents on college campuses across the United States. As students of these communities it is our responsibility to prevent the level of tragedy taking over our country.

Many say that guns are not the problem that they are just objects. If this is true than the problem must be those allowed to carry and gain access to weapons. It is also well known that college students are in possibly the most vulnerable mental state in their lives. Academically these students already have a large pile of stress, throw in relationships, family and jobs and you have a person ready to fall apart. The Association for University and College Counseling Directors took note of the main concerns of college students. The AUCCCD noted that the main ones came out to be "Anxiety (48.2%), followed by stress (39.1%), depression (34.5%), suicidal ideation (25.2%), specific relationship concerns (22.9%), family concerns (21.2%), interpersonal functioning

problems (18.8%), sleep problems (15.8%), and loneliness / social isolation (15.5%)". This goes to show that college students are not in the correct mindset to have or be near fire arms.

With these statistics in mind, I believe it is important to understand that this is not simply about guns but about their effects in our school environment. For example last year there was an incident at Texas Tech where a police officer was shot and killed as a result. I spoke to Ronnie Figueroa a student at Texas Tech who was a block away from the location of the active shooter. When asked how he felt being so close he stated "I wasn't scared just a little anxious ,but I was confident in the police." He went on to explain that "[His] perspective changed when [he] found out the shooter managed to kill an officer". He explained that he believed he had to be more aware from there on while walking through his campus. He also explained that " a taser or pepper spray may be useful on campus but guns are excessive". He said he feels this way because as shown in the incident their is to much unknown when it comes to guns.

Also, many would agree that a weapon is not necessary on a college campus. In truth college is supposed to be a gateway to finding yourself before working in the real world. For so long the culture of college

has been inviting and exciting. By allowing weapons to enter we are ruining this culture. The last thing students need is to be worrying about is if someone has a weapon in the classroom or wether that person knows how to handle the weapon. A study conducted by Brinker in 2008 showed that "approximately 80% of female students and 65% of male students opposed concealed guns on campus". They went on to explain that they simply did not feel safe with guns on campus.

Vladimir Lenin once said that "One man with a gun can control 100 without one". Which further proves that guns are not fit for campuses. This is because no one should feel superior or inferior to anyone in a setting meant for learning.



| Cartoon: Tabitha Geiger, guest artist

Editor-in-Chief Continued

All this reminds me that I am a work in progress.

Being a member of the The Nautilus team has allowed me to push myself out of my comfort zone. I get to experience student life from a different angle and meet cool people along the way. I've been able to exercise and grow my potential.

As I take over as Editor-in-Chief, I hope to carry

on Amanda Barbato, the previous Editor-in-Chief's, legacy. Amanda Barbato worked tirelessly to transform The Nautilus to what it is today and she will always remain an integral part of this publication's history.

Throughout this year, I plan to keep the mission of The Nautilus alive. I also hope to make The Nautilus a resource to better connect the student body. We

are expanding our social media presence, making The Nautilus available to all students by updating our online publications, and by including a greater student involvement throughout each issue.

We appreciate your continued support of The Nautilus as we grow and expand. I would also like to acknowledge and thank our dedicated staff that

has worked so hard to put this first issue together. They are truly what the Aggie spirit is all about. Without them, none of this would have been possible.

With the support of the student body and the dedication of the Nautilus staff, I look forward to seeing what's in store for us here at TAMUG.

TAMUG sailing team begins season with strong performance at Offats Bayou Regatta

By Alineo Roussie, '22

TAMUG Sailing

Schedule

Open team race

Oct. 20-21

At TCYC

Harvest Moon Regatta

Oct. 25

Offshore from Galveston
to Corpus Christi

SEISA Match Race

Champs

Oct. 27-28

TCYC

Lone Star Motorcycle

Rally

Nov. 1-4

Galveston

ICSA Singlehanded

Nationals

Nov. 2-4

Hope College/ Grand
Valley State University

Team Race Practice with

Lakewood/Clear Falls

Nov. 9

LYC

Match Race Practice

Nov. 11-12

TAMUG

Team Night Sail

Nov. 30

TAMUG

Texas A&M University at Galveston sailing club hosted at the Teichman facility on the Offats Bayou, the first regatta of the season on September 15th: the Troy Swetnam Memorial Regatta.

Alex Schwinn, the club's captain this year summarizes it simply as "A great opportunity for underclassmen who have never seen a regatta to actually see what sailboat racing is".

On this first racing day, the teams took advantage of "great wind", Tulane University and The University of Texas were there for "a total of twelve boats on the starting line which is great for a first regatta", explained Schwinn.

For Texas A&M it was indeed a good day: all three teams our club put together after only two weeks of intense practice, won the first three spots of the competition.

But this is just the beginning, according to Alex "we're going to keep pushing in this direction with our new coach, Laura Dalglish, keep competing, train as hard as we can on and off the water".

Laura Dalglish, a proud Aggie, has indeed taken over Gerard



| Photo: Alineo Roussie, Nautilus Staff

Shea King, sophomore maritime transportation license option student, sits out of his boat to not lose speed in the race.

Coleman. She is Houston yacht clubs' head sailing coach and as the new coach for the club, has made a few changes for its members;

"Off the water, the best thing you can do is make sure your body is ready it for eight-hour days", every Wednesday at 6:30 a.m., when corps is in PT, Laura instated an hour intensive workout for sailing team and the results

speak for themselves: on Saturday, sailors were on the water, racing for over 6 hours straight and even then, they unriggered and cleaned up the boats in record time.

Furthermore, this workout shows commitment and that's really important for any sport team especially when the leadership encourages everyone, even new sailors to race

and compete for the team across the country.

Because members have the opportunity to race, because members have the opportunity to represent Texas A&M Galveston all over the United States, sailors push themselves to improve every week, win regattas and the club is heading to a great year thanks to them.