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THE GLIMMERGLASS

OLIVET NAZARENE UNIVERSITY

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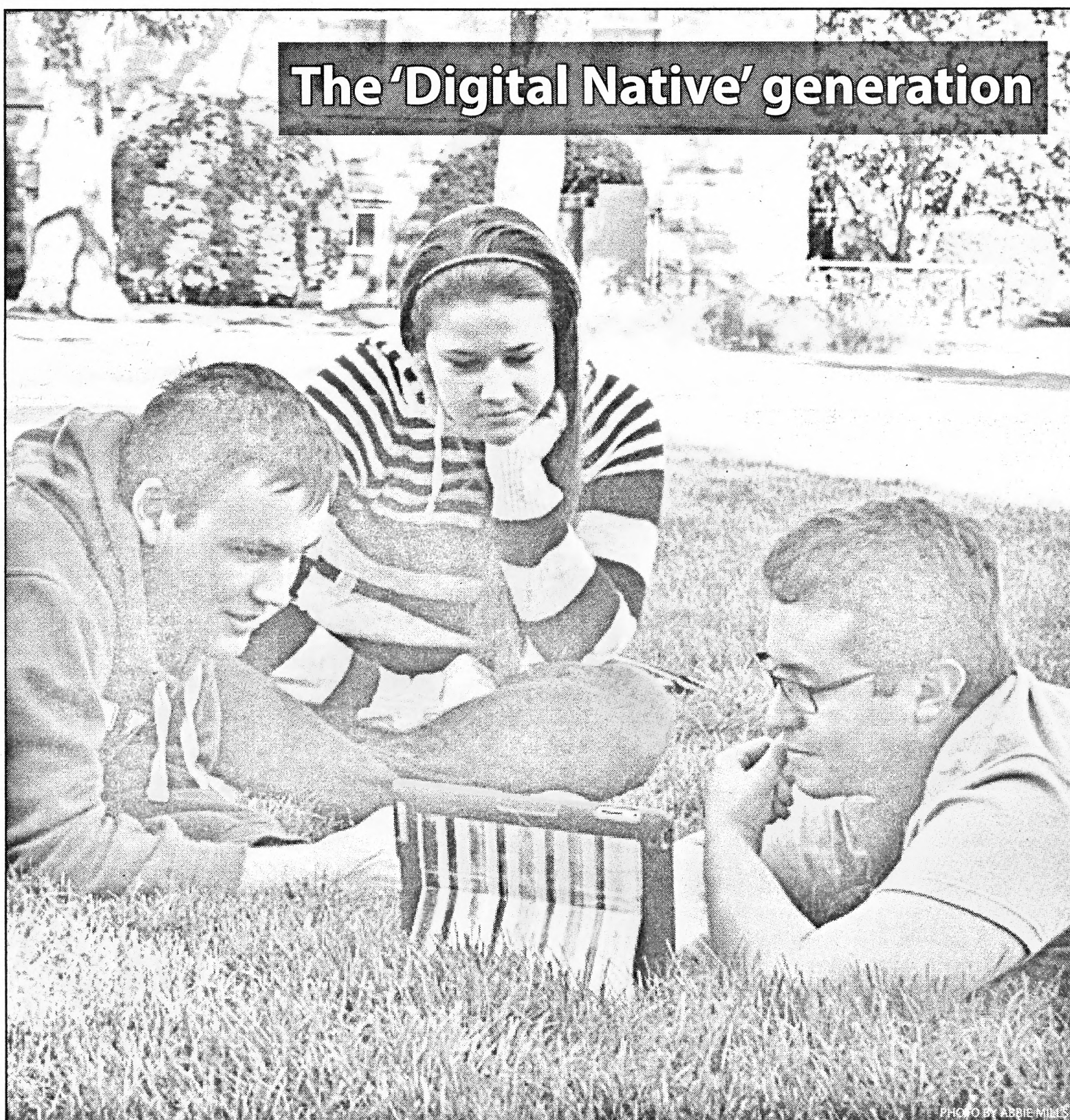


PHOTO BY ABBIE MILLS

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ABOUT GLIMMERGLASS

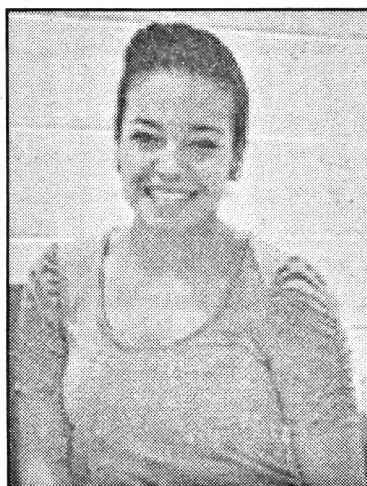
The *GlimmerGlass* is the official newspaper of the Associated Students of Olivet Nazarene University and a member of the Illinois College Press Association. The opinions expressed are those of each writer and are not necessarily held by the Associated Students Council, faculty, administration or students of the university.

Until 1941, the university newspaper was known simply as *Olivet News*. Former adviser Bertha Supplee proposed the name *GlimmerGlass* after visiting upstate New York, where she discovered a lake with the same name. The lake was as clear as glass and "glimmered" in the breeze. The newspaper staff adopted the name in spring of 1941, with the vision that it would symbolize the paper's mission to reflect the truth and the values of Olivet Nazarene University.

LETTER SUBMISSION

The *GlimmerGlass* encourages readers to respond through letters to the editor. For publication, letters must be signed and sent to campus box 6024 or e-mailed to glimmerglass@olivet.edu. The editor reserves the right to edit letters for structure, style and length. Publication is not guaranteed.

Welcome, freshmen class council



Rachel Grimmert

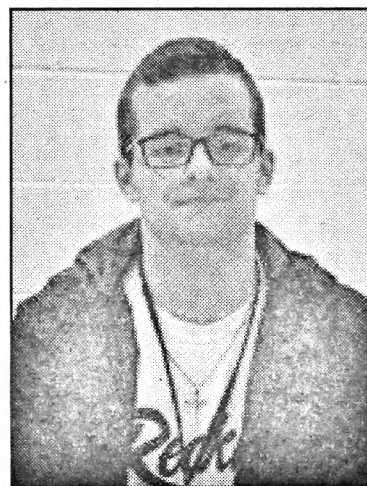
Major: Business Administration (for Event Planning)

Hometown: St. Louis, MO

Position in ASC: Freshman Class President

Why she joined ASC: Rachel lead numerous clubs and events in high school, a major reason she decided to go into Event Planning. She feels like God has given her many talents and abilities and she is excited to use them for her class.

Random Fact: No favorite color. It changes everyday.



JP Boop

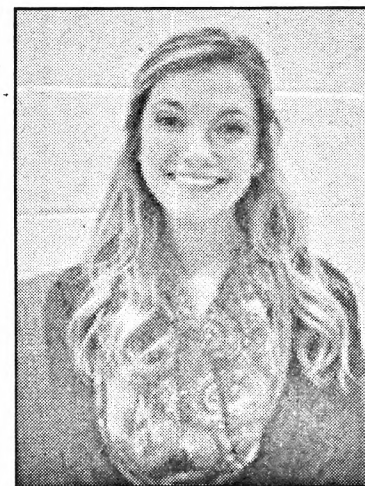
Major: Youth Ministry

Hometown: Alpharetta, Georgia

Position in ASC: Freshman Chaplain

Why he joined ASC: JP went to the ASC table at the block party to get a Starburst. The person working the table said he had to listen to what she had to say about ASC before he could get one. So, he listened. He felt like God wanted him to pursue ASC and decided to run for Chaplain.

Random Fact: He can talk in pretty much any accent.



Erin Meyers

Major: Marketing

Hometown: Plymouth, Michigan

Position in ASC: Class Representative

Why she joined ASC: Erin joined ASC because she felt like God was calling her to. She thinks that God gave her the gift of friendliness, so that is how she wants to represent the students in the Freshmen class.

Random Fact: She was raised in 5 different states: Indiana, Alabama, Minnesota, Michigan, Tennessee, and then Michigan again.



Sarah Ritter

Major: Currently Undeclared, but looking into business

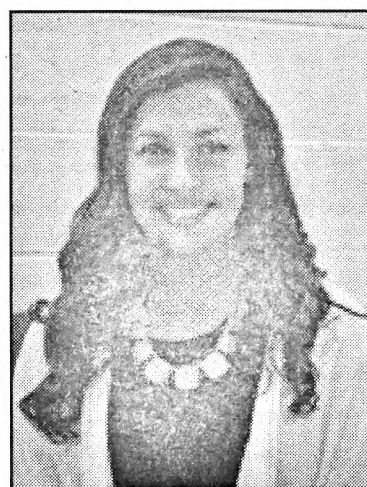
Hometown: Charlotte, North Carolina

Position in ASC: Class Representative

Why she joined ASC: Sarah loves servant leadership and was looking for ways to get involved and serve her class while also growing alongside them

Random Fact: She has four sisters and three brothers

INFORMATION EMILY RUSH



Lydia Puentes

Major: Nursing

Hometown: Washington, IL

Position in ASC: Class Representative

Why she joined ASC: Lydia joined ASC because she loves to serve her school and be a part of its development and social events.

Random Fact: she is campus rep for an organization called 31 Bits



Micah Forshee

Major: Mechanical Engineering

Hometown: Flint Michigan

Position in ASC: Class representative

Why he joined ASC: Joined ASC because he loved participating in student government in high school and helping out his class.

Random Fact: He really loves to travel.



Jessica Grimmert

Major: Non-Profit Management

Hometown: St. Louis, Missouri

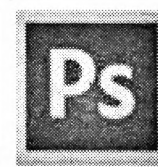
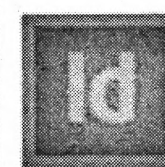
Position in ASC: Class Representative

Why she Joined ASC: She wants to lead and use the abilities God has given her to make this year memorable and worthwhile.

Random Fact: After watching a movie one or two times she can usually quote the major lines in it from beginning to end.

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Watch out iMusic, here comes iArt

Apps and online textbooks take over traditional classroom resources

By Megan Lingle
Staff Writer

The iPad initiative has got the art department in its crosshairs, as students are now required to buy the device for their courses.

Each professor has made use of the iPad, and is looking forward to the new applications it will bring to the art world. Some feel the incorporation of the iPad into the art department is creating a loss of originality and disconnects the artist from the art, others feel it is expanding horizons and the future

of art on a powerful level. While art is constantly changing, technology is bringing new changes no one can foresee.

Scott Dombrowski, professor of photography, had an easier time adjusting to the digital age of the iPad. Dombrowski feels the iPad allows a more even playing field for students, allowing them to bring their own ideas to the table in a more interactive format. "Since so many were apprehensive, we had to fight those initial feelings and look at the positives it could bring to the department," Dombrowski

said.

Gary Thomas, professor of the painting, drawing and printmaking on campus, has chosen to use the iPad in a more practical sense: Using it in classes for demonstration purposes and providing a comfortable learning environment for students in class. Thomas says he is able to provide better structure using iTunes U. "I like the way it allows me to organize classes," he said. Thomas has also noticed students seem to be following along better in classes too.

And of course, in classes that are digitally based, such as Professor

Patrick Kirk's digital and graphics courses, there are positive changes too. Kirk jokingly said, "People have commented that it is like my new security blanket." He too is making the experience worthwhile for students, having them use it in every class for a variety of assignments, from sketchbook thumbnails to in-class notes.

The professors all gave positive feedback, upon further investigation. Some students, however, showed concerns from money, usage, and general confusion. Art student Jordan Garza said, "There is just a lot of

confusion as to why it is required." Other students are learning to love it, expressing a love of branching out into different arenas of art. "I'm learning to love it, now that I have it," said another art student, Rebekah Hernandez.

Students who have purchased their iPad through the school have talked about the benefit it provides for them, saying breaking it up into different payments helps them financially rather than buying it outright.

Physical plant: masters behind the mayhem

By Grace King
Layout Editor

When living in Old Oak 469 last September, senior Bradley Speakman walked into his apartment and noticed a slight zig-zag crack in the ceiling. He put in a work order, but not before waking up to a crashing sound in the middle of the night.

Speakman's ceiling had partially collapsed on his Lego set, destroying the Legos and creating a mess.

Physical Plant, the maintenance crew at Olivet Nazarene University, came the next day and repaired the damage quickly in Speakman's apartment.

In emergencies such as these, Physical Plant will come and take care of the issue right away. They even have a third shift crew if the emergencies happen after hours, Dean of Residential Life, Phil Steward, said.

"Physical Plant does a tremendous job in the never-ending effort to respond to work orders and building and maintenance needs. They go above and beyond and work countless hours to make sure codes are met and the students have everything they need," Resident Director in Grand, Drew Benson, said.

The most common issues Physical Plant addresses are clogged drains, water stains, pipe bursts and mold problems, according to senior Griselda Guzman, who is in her second year as a resident assistant in Grand.

Junior Sydney Hyde temporarily moved out of her apartment in University Place 500 because mold was found in her room. "The school is working very hard on getting the UP apartments back in order," she said.

According to Steward, Physical Plant found the mold while addressing a water leak issue. They took down the drywall and treated the wet wood. Because the maintenance was "a little invasive," Hyde and her roommates were given the option to temporarily move out, according to Steward.

"We gave [the students] in Grand 500 the option to temporarily move out because of the amount of dirt and dust that would be created during repairs," Steward said.

All work orders are put into a website called myschool-building.com by either the resident director or resident assistant. The site asks for the building, area, room number, area of Physical Plant responsible for maintenance and a description of the problem.

Physical plant receives work orders, reviews them and prioritizes the requests, said Coordinating Purchaser at Physical Plant, Tammy Potoski.

For example, an area of ceiling that needed some repairs had been cleaned and treated by Physical Plant, but is still on the maintenance list because they still have to paint it, Steward said.

While speaking with Steward, the number of requests on the website was 43,186 for all residents halls, apartments, and Ludwig center.

"This is my fifth year and I am so impressed with the level of care that Physical Plant uses. You have probably seen their shirts say 'PFI: Protect the First Impression.' I'm just impressed with how they live that out," Steward said. "They're really cautious about what people see when they walk on campus and what students experience, and ask 'how do we make that as positive as possible?'"

Guzman said that during her time as an RA, she has noticed there are limited people designated to each building for maintenance. According to Guzman, the work order process slows down when students file maintenance requests for squeaky doors or loose towel rods.

Recently, the campus was divided and Physical Plant employees were assigned to certain buildings because work orders get done faster when maintenance becomes more familiar with their building, Potoski, said.

A lot of the maintenance problems are caused by students, Guzman said. "We had an outlet catch fire in the girls' room last year because of a flat iron cord that was torn a little. They just pulled the plug from the socket and I flipped off the electricity," she said. "A lot of the issues we have are preventable."

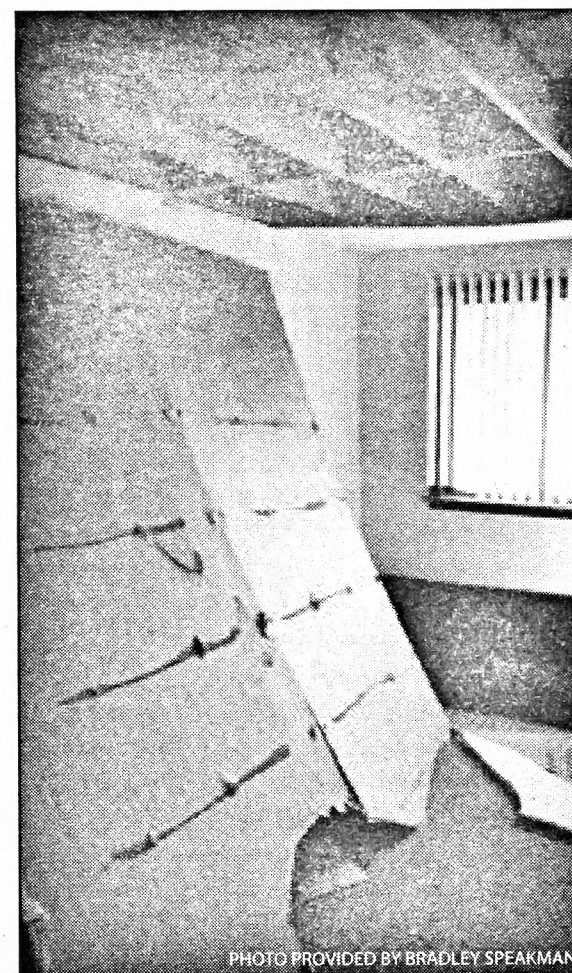
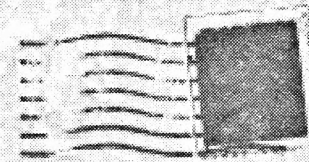


PHOTO PROVIDED BY BRADLEY SPEAKMAN

Last year, senior Bradley Speakman's Old Oak apartment was renovated after suffering a collapsed ceiling.

A Global Glimpse



GRAPHIC BY STEPHANIE LINQUIST

3 dead in double shooting

PHILADELPHIA, Penn. – A woman and her unborn child were killed in a double shooting in North Philadelphia early Wednesday morning, CBS reports.

After responding to the shooting just before 1 a.m. Wednesday, police found two victims suffering from gunshot wounds. One of the victims was a female, 25, who was eight months pregnant.

The woman and a 26-year-old man were both taken to Albert Einstein Medical Center, where the woman and her baby were both pronounced dead.

The man is in critical condition, but expected to survive.

Police believe at least 11 shots were fired and are currently searching for a suspect in the shooting.

– CBS NEWS

Gardasil causing dangerous reactions

BOGOTA, Colombia. – A mystery illness in northern Colombia has sent many teenage girls to the hospital with symptoms that parents think could be an adverse reaction to Gardasil, a common vaccine against cervical cancer, CBS reports.

Symptoms including fainting, numbness in the hands, and headaches

have occurred in more than 200 girls, ages 9 to 16, in El Carmen de Bolivar. The cause of the epidemic is still unknown to authorities, although some have hinted that the town of 95,000 could be experiencing a rare case of mass hysteria.

All the girls were injected with the vaccine in the few months prior to the outbreak, leading to suspicion among parents. Residents marched peacefully to demand a thorough investigation on Wednesday.

While the illness began in May, it has been steadily increasing ever since. Over the weekend, 120 girls were rushed to hospitals, collapsing the town's limited medical facilities. No symptoms shown were life-threatening.

Head of communications in Latin America for Merck, Veronica Trulin, said the vaccine, including the shipments to Colombia, meets all required quality and safety standards.

– CBS NEWS

Parking law violated by Mosque

CAPE TOWN, Africa. – Newly established Open Mosque has violated municipal by-laws by not having any parking spaces, according to a City of Cape Town councilor, BBC reports.

On Friday, the mosque officially

opened its doors despite criticism from members of local Muslims.

Founder Taj Hargey said the mosque would help counter radicalism.

"The City Council is trying to close the mosque using ridiculous bylaws and I will not be threatened by them or anyone else," Hargey told the BBC.

"We have freedom of religion and expression in this country. No-one has the right to tell anyone what to believe in. This is a gender equal mosque, autonomous and independent and will remain so," he said.

City councilor Ganief Hendricks said Hargey had not applied to change the use of the building from a warehouse to a mosque, posing health and safety issues.

Hendricks also said there were not any parking bays, which violates a local by-law stipulates that a place of worship should have one parking bay per 10 worshippers on the premises.

Hargey believed everything was in order.

"It is pure intimidation. Why are they so scared? Because they know if this mosque succeeds their theological monopoly is over," he said. "This is not a gay mosque. But I will not turn anyone away based on race or sexual orientation."

– BBC

Organized crime decrease

EUROPE. – Over 1,000 suspected criminals have been arrested over the past week as a part of Operation Archimedes. The Europol operation's goal is to reduce organized crime in European nations.

Operation Archimedes is the largest cross-border anti-crime operation in European history. The operation includes police officers from 28 European Union members and six partner nations. Officers in Switzerland, Serbia, Norway, the United States, Australia, and Colombia also made arrests at their nations airports and border crossings.

Current efforts target activities such as human trafficking, arms trading, and drug smuggling. Efforts to curtail drug smuggling have been particularly effective: Raids seized 600 kilos (lbs) of cocaine and 200 kilos (lbs) of heroin.

"What we have done in this operation is brought together the combined forces of law enforcement community," said Europol director Rob Wainwright in an interview with Euronews. "Working together over nine days, carrying out over 250 operational actions in 300 towns, cities, airports, ports, right around Europe to dismantle the criminal infrastructure that is preying on our citizens and our

economy every day. I think in terms of the scale and impact of this operation, it ranks as the single largest coordinated assault on organised crime that we've seen in Europe."

– Euronews

India reaches Mars

NEW DELHI, India. – India's space program successfully launched a satellite in orbit around Mars, making India the first Asian nation to reach the planet. India is also the first Asian nation to launch a successful satellite on its first try.

The satellite, launched ten months ago, reached the orbit of Mars early Wednesday. The satellite is named "Mangalyaan" after the Hindi word for "Mars Craft."

Adding to India's success is the relatively low cost of launching the satellite: Mangalyaan cost only \$74 million, while the most recent American satellite cost \$671 million. Re-using old technologies and utilizing the slingshot-effect of earth's gravity helped India keep costs down.

"We have dared to reach out into the unknown and have achieved the near impossible," said Indian Prime Minister Narendra Modi.

The European Space Agency also congratulated India's success by tweeting, "Welcome to the club @ MarsOrbiter."

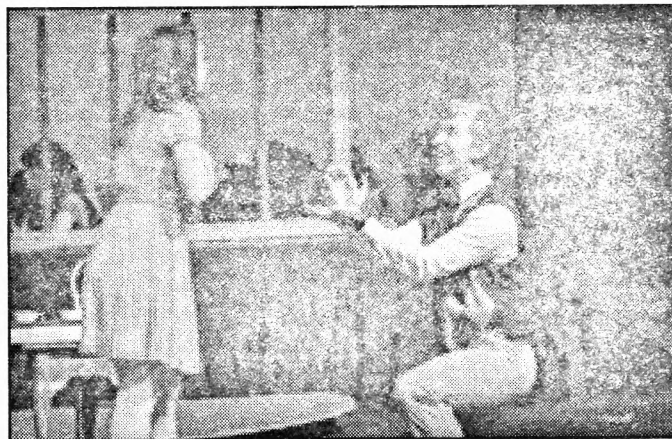
NEWS

Broadway Revue puts you to sleep



One of Olivet's fall favorites, Broadway Revue, is back. This year's show is titled "In Your Dreams" and features hit songs from the musicals *Wicked*, *Phantom of the Opera*, *Children of Eden* and *Annie*.

Broadway Revue hits the stage Thursday, 9/25 and Friday, 9/26 at 7pm and 9pm in Kresge.



PHOTOS BY BEKAH COLBERT

Mobile Home Park gets cat population under control

By Taylor Provost
Staff Writer

"I remember I'd see new litters of kittens around my house every couple months and now I can't even find one," Jackie Annes, lifelong resident of Burch's Mobile Home Park, said.

Burch's Mobile Home Park, located behind Denny's was home to dozens of stray cats. Sunrise Center Animal Rescue is working to help get the cat population under control.

Karen Hemza, owner of Sunrise Center Animal Rescue in St. Anne, began the initiative to control the cat over-population last April after a Burch's resident contacted her.

Four residents were threatened with eviction by the health department if they did not "control the cat population," and the park received citation, according to Hemza. After one of the

four residents contacted her for help, Hemza proposed a plan called Trap, Neuter and Return (TNR) to Burch's management. Management agreed to TNR and is working alongside Hemza and her team of volunteers.

Since April, Sunrise has spayed and neutered at least 100 cats and removed about 70 kittens from the park. These cats and kittens have also received necessary medical attention deemed. "In rare situations, that may mean we must take the step to have a cat euthanized, but it is always with the best interests of the cat in mind and under veterinary recommendations," according to a newsletter Burch's residents received from Sunrise.

Other medical services provided to the cats included antibiotics, rabies and distemper shots, flea treatments, and deworming. Some are then set up

for adoption through other pet adoption agencies. Others are released back into the park for rodent control, but have clipped ears to identify them as sterilized and healthy.

These services have been at no expense to Burch's management or residents. Sunrise's first 40 cat sterilizations were paid for by Spay Illinois. Sunrise also received a private donation of \$3,000, and Hemza has personally invested money into the cause.

Hemza's goal goes beyond covering expenses of the stray cats they capture within Burch's.

Sunrise has paid for the sterilization of residents' indoor cats also, in order to prevent indoor cats from trying to go outside and roam. "I want to reach out to the residents, even those with inside cats," Hemza said.

"I'm really happy management is actually doing something and that so many kittens have been taken out and put up for adoption," Annes, 20, said.

However, not all residents are happy with Sunrise's work.

"When we went to go pay our rent, one of the office assistants said that someone was poisoning the cats, including the ones that were rescued and fixed, and then throwing their bodies away at the dumpster," Annes said.

"It has come to our attention that some residents do not believe that this program is working fast enough for them," Sunrise's newsletter to Burch's residents said. "Killing, poisoning or removing cats is not humane and is not sanctioned by the Illinois Humane Care of Animals Act."

The act states that poisoning and

cruel treatment are both Class A misdemeanors, and that aggravated cruelty is a Class 4 felony.

"We've already caught one woman trapping cats, but she has been stopped," Vicki Stahl, property manager of Burch's, said. "We can't pinpoint everyone involved, though."

Hemza tried to explain the motivations for the poisonings. "I think [some residents] are angry the cats aren't being removed completely," Hemza said.

Hemza hopes to be done with the TNR program this April. "We have maybe about 30 cats left to work with," she said.

Hemza and other Sunrise volunteers will visit every two weeks to capture cats until all the remaining cats have received medical attention and have been sterilized.

LIFE & CULTURE

The Postmodern Man

By J.T Cummings

Staff Writer

Shower. Exfoliate. Moisturize. Manscape. Style. Brush. Blow dry. Pluck. Spray. File. Repeat.

Welcome to the life of the Postmodern Man.

The average man is now spending more and more time dressing his body to perfection every morning before his daily endeavors. What used to be considered metrosexuality is now considered the norm. Some men are now applying tinted moisturizers, manscaping, blow-drying, plucking, exfoliating and filing - all as a part of their daily routines.

The metrosexual movement began in the early 1990s as part of a "marketing tool," wrote Margaret C. Ervin in her book "Performing American Masculinities." Big companies realized that women were the main consumers of clothing and grooming products. If there were a way to attract males into a cycle of consumerism, then they would be making the big bucks.

What is metrosexuality? "Is that where you're just super hipster—not hipster...hip? Dressing the style of right now?" sophomore Mitchell Moon asked.

"Metrosexuality" is a term born from the meshing of the words heterosexual and metropolitan. Since the 1990s, the term "metrosexual" has fallen out of fashionable vocabulary, but the concept remains the same: consumerism, fashion, grooming and culture—the Postmodern Man.

What advertisers did not realize at the time was that "what began as a fashion and marketing phenomenon," as Ervin wrote in her book, "would end up changing the way we view postmodern masculinity and male sexuality."

"I've been called it, but I wouldn't consider myself [metrosexual]," Moon said. "I like looking good, and I feel like if I look good then I feel good."

Fashion forward and technologically enhanced, Cincinnati native Moon is the epitome of the Postmodern Man.

Caring about how he looks, the Postmodern Man will often spend more time grooming than what society expects of traditional men. He is



Sophomore Mitchell Moon shows off his hipster style. Moon does not consider himself metrosexual.

more apt to care about manscaping, working out, shopping, decorating and the latest advances in technology—not to mention occasional facials, manicures, pedicures, and massages.

In Ancient Egypt affluent men were known to decorate themselves with the finest gems and softest silks in the land. The Greeks prided themselves with the most ornate materials imaginable. Wealthy French men were known for royal blues, silky golds, makeup and wigs during the 17th to 19th centuries. So what happened to men's fashion?

The French Revolution is when men's fashion "took a nose dive," said senior Gretchen Elliott, a student of fashion history. The reason clothes became more simplified is because the monarchy was overthrown. Both men's and women's attire became less ornate during this time period; however, only men's fashion carried the trend of simplification to the modern era.

"King Louis had over 250 attendees throughout the day. They were in charge of his make up, the white powder on his face, the curly wig... [et cetera]," Elliott said. "Part of the

reason the upper class went broke is because they were constantly buying ball gowns and suits, and what not, to go to these balls three or four times a week."

During the Late Baroque or Rococo Period, the Bourgeoisie and upper class were gaining wealth and becoming increasingly corrupt, ultimately putting the French state in debt, leading to the French Revolution.

After the revolution, men's fashion never made a come back. Fast forward to the modern era—the 1950s and 1960s in the U.S.—this was a time of fashion conformity, especially for men.

"This was the time period of normalcy. When everyone wanted their white picket fence and to all dress the same," Elliott said.

Just as the French Revolution killed men's fashion, the metrosexual movement revived it.

The metrosexual movement of the 1990s changed men's view of masculinity and fashion drastically and can be seen all over the world. In Korea, the Postmodern Man is known to be equally attentive to his looks as his female counterpart.

"They are willing to spend a lot of time and money on their appearance and lifestyle," according to japansociology.com. "They may use makeup and other beauty products, pluck their eyebrows, manicure their nails, gel and style their hair, get facials, get massages and even have cosmetic surgery."

Bon Jun Ku, a transfer student from Korea Nazarene University, feels the pressure to be on top of his appearance.

"When I came here, we wear hoodies and training pants. Korean guys do not like to wear training pants [when not working out]," Bon said.

Spending a lot of time on his appearance and presentation, the Postmodern Man is often compared to gay men, not in sexuality, but in style.

"Korean guys wear skinny jeans, and skinny shirts. You cannot tell who is gay and who is straight," Bon said.

Like Korean men, Moon takes the time to look presentable before he leaves his apartment.

"I think that certain people put their time and efforts into different things, and me, I just like to look fashionable," Moon said.

Literary Review

New York Times best seller

The Goldfinch

By Alex Van Dehey

Literary Critic

Although "The Goldfinch" by Donna Tartt is currently in its 46th week on the New York Times' Best Seller List, suggesting it must have some merit. The book is full of various annoyances that make it difficult to praise: the overly-precocious main character, the incessant use of tired clichés, the combination of an absurd plot and a distressingly simple use of language, and, perhaps worst of all, the forced message slapped on at the end to make the whole story mean something: "art saves."

While I don't think this book is deserving of its 2013 Pulitzer Prize and would hesitate to recommend it to anyone with literary taste, I must admit that Tartt has written a good story.

The New York Times called it "Dickensian," although Dickens was writing for a different time. The postmodern reader may find the overly crafted characters and the idea that art will rescue us from "the ungainly sadness of creatures pushing and struggling to live" too sentimental to swallow.

The stilted plot and its simplistic presentation are actually reminiscent of Wes Anderson's films, and his ability to craft fantastic stories in a flattened world that have been highly acclaimed. Of course, that's film, which is an entirely different animal.

If you believe David Foster Wallace's claim that "TV and the commercial-art culture's trained [today's readership] to be sort of lazy and childish in its expectations," then Tartt's popularity is no surprise. She's mimicked the fiction of television and film, and this mimicry doesn't require developed language or difficult structure because that isn't what her audience is looking for.

"The Goldfinch" is feel-good fiction that's easy to get lost in, fostering sympathy for Theo's hardship and facilitating a shallow emotional release without the hard work that real-life pleasure and serious fiction require.

So while I will admit that I anxiously wondered what the dying old



"The Goldfinch" is feel-good fiction that's easy to get lost in, fostering sympathy for Theo's hardship and facilitating a shallow emotional release without the hard work that real-life pleasure and serious fiction require.

man meant when he handed Theo a ring and whispered, "Hobart and Blackwell" in the hellish chaos after the terrorist bomb; felt charmed by the street-smart, hilariously disturbed Ukrainian teenager, Boris; and deeply desired to enter Hobie's subterranean furniture workshop in the Village, I wouldn't regret never reading this book any more than I'd regret not watching a series on Netflix.

"The Goldfinch" is entertaining, and if that's what you're looking for, then by all means, read it. But if substance and craftsmanship are what you crave, spend your 800 pages elsewhere.

LIFE & CULTURE

Keeping it smooth

C-Mac and his prof's mission is to help folks get healthy, "one smoothie at a time."

By Emily Lohr
Staff Writer

It's a breezy fall morning at the Kankakee farmer's market, but the length of the line in front of C-Mac's Smoothie stand at the Kankakee Farmer's Market would make you think it was a hot summer's day.

With a smile that tells you she's proud of her product, Dr. Heather Attig, Olivet communications professor, hands a young girl a C-Mac signature mix – the spinach smoothie.

"Parents love these smoothies, to buy [them] for their kids – especially the spinach smoothie," said Attig. "It's the most popular smoothie we sell because it tastes sweet."

"It doesn't look good," she adds with a laugh. "But it's got all the nutrition. Everything your body needs is in that smoothie."

Calling the beverage chocolate-colored might be a bit of a stretch, but if doing so gets kids to give the drink a chance, then stand owner Corey McLaughlin is all for it.

McLaughlin is passionate not only about the taste of his products, but also about their health benefits, a fact that is clear to anyone who reads C-Mac's mission statement: "Helping folks get healthy, one smoothie at a time."

Ask him about the nutritional content of the smoothie, and he's right there spouting off a list of vitamins and minerals so long it would make the back of your cereal box jealous. And while the nutritional content might be what brings the parents out, it's the taste that keeps the kids coming back again and again.

"She comes every week," Attig motions towards young Allie Battrell, waiting off to the side for her made-to-order smoothie. Her preference? The spinach smoothie, of course.

"But with all the other fruits, you can't taste it," Battrell said. "I thought it was kind of weird, but when I tried it, it tasted amazing."

Now Battrell comes to the market to get a smoothie every week.

Most of C-Mac's customers are like that: repeat customers who try a smoothie once and get hooked.

McLaughlin started his smoothie operation back in Kansas City, Missouri, where he sold his 100 percent fruit and veggie smoothies at a much smaller venue. When he moved to Bourbonnais last March, the smoothie business came with him.

"The very first week we were [at the market], we sold out in two hours because we didn't have a clue how much to bring," Attig said.

It took the couple about three weeks to find the right level of raw products

to bring.

And raw product is pretty much all they bring. All of C-Mac's smoothies contain only the fruit listed in the name and water – no sugar or fillers to speak of.

The market's manager is also a fan of the transparently simple recipe.

"I love that there's no sugar at all. I look forward to it every Saturday," market manager Liz Gernon-Lipofski remarked as she sipped her smoothie.

But C-Mac's Smoothies don't just have the power to please the taste buds and power the body: these smoothies are known to bring people together.

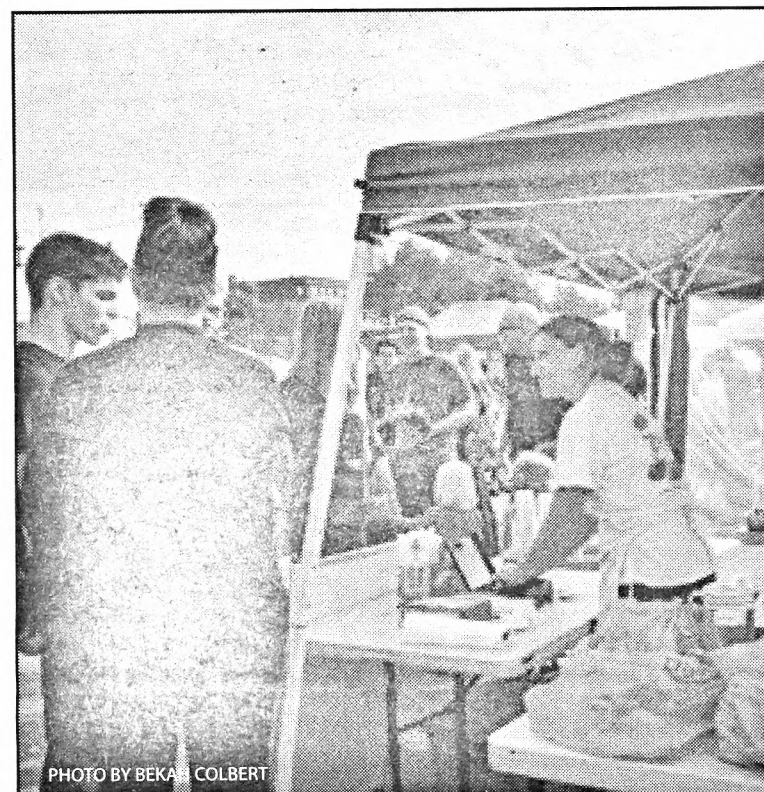
"He sent out an email to all the volunteers at the church that said, 'Hey, come to my smoothie stand at the farmer's market.' It was a nice little segue into getting to know each other," Attig recalled fondly.

Attig and McLaughlin are engaged to be married this October.

Both Attig and McLaughlin agree the best moments are when one of their healthy smoothies can bring joy to an unexpected situation.

This summer, one mother approached Attig to tell her how much C-Mac's Smoothies had meant to her. Her son, who had been recovering from a brain tumor, was having a hard time getting the nutrients he needed to recover.

"She says, 'I make him smooth-



Dr. Heather Attig, communications professor at Olivet Nazarene University, runs the C-Mac's Smoothie stand on Sat. Sept. 20.

ies, but he doesn't like my smoothies nearly as much as yours," Attig said. "So she would come to the market on Saturday to get him a smoothie and that was a really cool realization for

us. It's small, but it's helping people."

Although this Saturday marks the last farmer's market of the season, be sure to look for C-Mac's Smoothies next spring.

Theatre Review

By Seth Lowery
Theatre Critic

Shattered Globe Theatre recently premiered a new play by Joe Forbich, "The Whaleship Essex." The play is derived from the real events that led to and followed the demise of the whaler of the same name. A sperm whale in the south Pacific attacked the Essex, which inspired Herman Melville's classic novel "Moby Dick" in 1820 while on its mission from Nantucket, Mass.

The beginning of the show introduces a married couple looking for a place to stay during their visit to Nantucket. Through a conversation with a man who offers them lodging, it is revealed that the husband, an author looking for inspiration, is visiting Nantucket on the 30th anniversary of the last voyage of The Whaleship Essex, a ship dedicated to hunting whales for the valuable oil made from their blubber. The innkeeper offers to tell his own story of the demise of the Essex.

As the innkeeper narrates, the characters set the scene aboard the ship. It is quickly learned that the crew is a com-

bination of young and experienced men.

The ship's crew suffers many tensions during this voyage. There is a power struggle between the captain and first mate, challenging leadership models. The young, new crewmembers have an immense thirst to prove themselves, challenging how people view age. There are black men aboard the ship, amidst a culture that condones slavery, challenging ideas of race and culture.

Through the struggle of the crew, personal and moral boundaries are drawn and crossed by circumstance. Questions are raised about human nature and to what lengths people will go for achievement.

This play offers a realistic glimpse into the crude life of 19th century sailors. The audience may not feel personal attachment to each of the characters, but Forbich's brilliant use of narration and the creative blocking of Lou Contey enables each audience member to feel like a part of the story.

The Whaleship Essex

LIFE & CULTURE

Olivet: the next generation

Armed with smartphones and iPads, Digital Natives arrive on campus for the first time

Samuel Cullado
Staff Writer

This year's freshmen class heralds in a new generation, not just of students at Olivet, but around the world: the Digital Natives generation.

This generation describes anyone born between 1995 and 2010. This excludes sophomores, juniors and seniors — all Millennials.

Mark Prensky, educational author, coined the term Digital Natives in 2001 work "Digital Natives, Digital Immigrants." Prensky writes, "today's students are no longer the people our educational system was designed to teach."

Freshman Jimmy Sutherland said, "I [feel like part of a new generation] in certain aspects, just with the way iPads are being used in classes nowadays. I was looking into doing a choir, and they were like, 'you're going to have to buy an iPad anyways by the time you graduate, because we're getting ready to go paperless.' It's so easy to do that nowadays."

In his article, Prensky referred to the "arrival and rapid dissemination of digital technology" as a "singularity." This singularity was



PHOTO BY ABBIE MILLS

most seen in the role cellphones play in the lives of the freshmen.

"My cellphone is the most dominate technology in my life," freshman Kayla Wilson said.

When asked what technology had affected his life the most, Sutherland replied, "Group text messages. I send one text message out [and] get seven responses. The aspect of building community with that and getting closer to friend; I can communicate in that way and build a better friendship as well."

Community was the common response for how freshmen described the way technology affects people.

"[Technology] is more a connection kind of thing," freshman Jessica Grimmert said. "Just keeping up with social media or maybe friends who are distant."

Others felt that while the same devices that built bridges also built barriers.

"People [can] forget about others

around them, and they get absorbed in technology," Wilson said.

"I still desire the community, and the aspect of being able to invest in other people and the people around us," Sutherland said.

Many freshmen agreed that while they felt they had grown up surrounded by technology, the gap between freshmen and seniors was not a large one.

"I guess we've all been exposed to [technology], so in a sense, we're not that different," Grimmert said. "But I'd say maybe that [reaching for technology is] our first instinct while it may not be for seniors."

"I think we've caught up with the technological whirlwind," she added.

Some Freshmen, such as Kayla Wilson, identified more with the Millennial generation and less with the Digital Natives. "I'm more of the other generation, technology-wise. I'm not very good with it," she said.

Sophomore Andrea Hay sits in the sunshine while working on her iPad.

It's not just first-time college students who need a pick-me-up

Lauren Stancle
Staff Writer

"You just know that it's never going to be the same and there's a sadness and a happiness to it."
-Bonnie Krumsieg, mother of freshman Ellie Krumsieg

Nearly a month ago, about 900 freshmen came to college at Olivet Nazarene University, leaving behind friends and family to embark on a new adventure.

But the question now isn't how freshmen are dealing with being away from home. Rather, it's how are the parents coping with the departure of their children?

Freshmen parents have mixed emotions about their children going off to college.

"You just know that it's never going to be the same and there's a sadness and a happiness to it," said Bonnie Krumsieg, mother of freshman Ellie Krumsieg.

Tina Sowers, mother of Rachel Barnitz, noted, "Well, I can do whatever I want, so that's really weird, [and] I don't have to worry about anyone else," said Tina Sowers, mother of freshman Rachel Barnitz.

Parents are also coping with quieter homes.

"It's much quieter," Sowers said as she talked about how everyday life has changed without her daughter.

"It was quiet and a little bit lonely," said Elizabeth Wilth, mother of freshman Adam Wilth. "It has become quieter in the house, very strange."

"It's very quiet in our house and everything feels just a little unbalanced because there's three of us instead of

four," said Jason Sunderland, father of freshman Jonah Sunderland.

Whether it was their first or last child to leave home, these parents had some amount of trouble coping with their child going off to college.

"I don't feel old enough to have a kid in college," Sunderland commented.

However, he feels that his son was ready and prepared to go.

"[He is] a big part of our family," he said.

The realization that his son might never live at home again has been the hardest, Sunderland said.

Parents have only had to make minor adjustments to life, like buying

less food and dealing with a quieter and lonelier home, according to Wilth.

These parents miss what their children have contributed to the family, from leadership and talents to their laughter and singing in the shower, according to Krumsieg and Sunderland.

Most of all however, the parents miss their children's senses of humor.

"She had a great way of having us laugh together," Krumsieg said.

LIFE & CULTURE

The fast answer to your midday drowsiness

Stacy Knoderer
Staff Writer

Having a hard time staying awake throughout the day and usually looking to a cup of coffee for a pick-me-up? Then maybe the caffeine nap is for you.

A caffeine nap is a 20 minute nap that follows the drinking of a cup of coffee. Unsure if it will work? Here is what the research says.

"Though it sounds paradoxical, scientific evidence suggests that consuming caffeine just before taking a short siesta does a better job of restoring your alertness than does simply having a cup of coffee or tea or taking a nap without a caffeine appetizer," Jacqueline Howard wrote in The Huffington Post.

The reason the caffeine nap is said to be so effective is because of the adenosine molecule in the brain, according to University Herald reporter, J. Baukman.

Adenosine is what makes us sleepy. By taking a 20 minute nap after drinking caffeine, the drowsiness caused by adenosine is said to subside. This is because caffeine is in the body's system, Baukman explained.

Any more than 20 minutes and the nap will be ineffective.

"Caffeine's alertness-boosting effect typically peaks about 30 minutes after the stimulant is consumed," Howard wrote in Huffington Post.

By only sleeping for 20 minutes, the level of adenosine is no longer as high. The caffeine then kicks in and overpowers the drowsiness, allowing for the caffeine nap to work its magic.

Still sounds hoaxy? I, along with three of my friends, put it to the test to see what would happen.

After I went ahead and tried out the caffeine nap for myself, I had mixed reactions. I found that I felt very alert - almost too alert. I had a bit of a hard time focusing right after the nap.

When I took the caffeine nap I was not overly tired, so this could be part



The coffee nap may be your ticket to productive, energetic days.

of the reason why it did not work properly for me. Despite my reaction to the nap, I do believe that it can still be effective if the person taking the nap is tired enough.

The other three girls that participated in the caffeine nap had varied

reactions.

"After trying the caffeine nap, I felt pretty well rested. I didn't fall asleep, but I still feel like it was effective, especially if I don't have time for a longer nap," Lindsay Miller, senior education major, said.

Chrissy Michaels, senior criminal justice major, also shared her experience with the caffeine nap.

"I slept well, but I was not fully recharged for the day. I was still tired afterwards."

Kelsey Vihnanek, a senior nursing major, participated in the caffeine nap as well, and shared her experience.

"I felt like the caffeine nap made me less productive. After drinking the coffee, I felt really energized, but after trying to nap, I just wanted to stay in bed. I think the idea would have worked better if I was totally exhausted in the first place."

Looking at our findings, each of us reacted a little differently to the caffeine nap. In general, the majority of us did not find it to be highly effective.

While it was not a huge success for my friends and me, the research does show that it is effective. So, if you are a coffee lover and enjoy naps, go ahead and try out the caffeine nap and see what happens. It may work better for you!

"A-Team" diversity under the scope

Taylor Provost
Staff Writer

"I did not grow up in the church, did not come from a Christian background, so when it comes to diversity of backgrounds we have a wide array of experiences," Dr. Woody Webb, Vice President for Student Development, said of the administrative team at Olivet.

The administrative team, also known as the "A-Team," is made up of five members. These five members include Dr. John Bowling, University President; Dr. Brian Allen, Vice President for Institutional Advancement; Dr. Dennis Crocker, Vice President for Academic Affairs; Dr. Douglas E. Perry, Vice President for Finance; Dr. Ryan Spittal, Vice President for Strategic Expansion; and Dr. Walter "Woody" Webb, Vice President for Student Development.

These five members share common ground in a few areas. They all share Caucasian race, male gender

and Nazarene denomination. And all five are alumni of Olivet.

Olivet is not the only Nazarene school to lack gender and racial diversity in administration either. Dan Boone, who also is a Caucasian male, heads Trevecca Nazarene University as university president. The rest of Trevecca's administrative team includes three Caucasian males and one Caucasian woman.

MidAmerica Nazarene University's president is David J. Spittal, and Point Loma Nazarene University's president is Dr. Bob Brower, both of whom are also Caucasian males.

"Olivet's student body does seem to be mostly Caucasian, so perhaps racial representation [of the student body] is more present [amongst administration] than gender-wise," Daneli Rabanalez said. "There are more female students here than males, so having more of a female presence in the administration makes sense."

Rabanalez suggested paying closer attention during the hiring process in order to add diversity to the administration. Webb explained that the hiring process is not always conventional, though.

"I was an admissions counselor full-time and a part-time Resident Director for six years, so I was involved in Student Development, served on committees and that sort of thing," Webb said.

At the end of those six years, Webb received a call from Dr. Bowling asking if he would consider an interim position as Vice President of Student Development. Webb accepted the position as an interim immediately after the previous vice president left, and shortly after was appointed as the full-time vice president. Webb was offered the position without ever applying and going through an extensive hiring process.

"If there's a need to recruit someone to fill a position, why not

branch out and look for candidates with a wide variety of backgrounds?" Rabanalez said.

However, Dr. Woody Webb pointed out that the "A-Team" is already diverse in other aspects.

"I think backgrounds of the individuals are quite diverse," Webb said. "We have members [of administration] who grew up in a Christian home; they've been a part of the Church of the Nazarene for generations," he said. "But that's not my story - it's kind of just the opposite. And because of that, I come to the table with a different perspective than some of the others."

Webb said the "A-Team" also has "diversity of thought."

"I wouldn't want to be part of a team where there's this groupthink, where everyone just agrees and thinks the same about everything; that's not healthy," he said. "If we all grew up in the Midwest and we all had similar family and church backgrounds, there wouldn't be a lot of diversity there."

We all have different stories."

Former Olivet student Lydia Nelson described her year and a half experience at Olivet as a biracial woman as "very strange."

"Olivet, as a whole, handles things as best they can," Nelson said. "But when the system is run by cis-white men and women from, generally speaking, traditional backgrounds, it's hard to not view things as racially motivated. I had experiences with professors who, it seemed, had little regard for me as a woman of color."

"Diversity in any context is beneficial. It opens us up to new ideas and a variety of takes on a subject. Diversity is something we should embrace," Rabanalez said. "When it comes to the administration of a university with ever-increasing diversity in its student body, wouldn't it be wonderful to see that same diversity represented in the administration?"

OPINION

Celebrating Our Symbols

Bride-to-be reflects on criticism surrounding announcements on social media

By Anna Hoekstra
Contributing Writer

Getting engaged is something to be celebrated, something to be proud of, something to get excited about. Not something to be ashamed of.

Attending a Christian university, surrounded by people who identify with the belief that marriage is a holy union, I have felt most embarrassed to talk about my recent engagement with my peers. Not because I think I am too young for this kind of commitment, or because my relationship is not strong enough to handle the next step of marriage, but because I know how young, engaged women are defined in the Christian society.

College-aged engaged women are seen as immature girls seeking their "ring by spring," going through years of education just in hopes of meeting a nice college boy and settling down together.

The day I got engaged was one of the happiest days of my life; and yet I'm cringing a little bit at the thought of people gagging or rolling their eyes after reading that last comment. Why has this situation in particular brought me to allow others to have control over me? These other people, making comments either verbally or mentally, have control over me based on insecurities—both mine and theirs.

Because of these insecurities, we are prone to lash out at each other in subtle ways.

Over the summer while spending time with students from other Christian universities, we all were browsing Facebook, keeping up with our friends back home. Someone made the inevitable comment: "Oh my gosh, everyone's getting engaged!" Although meant to be humorous, the outburst was laced with negativity.

Life events such as engagements, weddings, and even having a baby are so highly publicized on social media platforms. When people are constantly being bombarded by these announcements, a common reaction is to complain, feeling that these posts are intruding on our own lives. We complain about it

behind the computer screen, behind closed doors, not realizing that same negativity is carried through into the way we react in "the real world."

We see people and congratulate them on their exciting life event, and yet something inside us causes this conversation to be insincere.

During that instance of realizing "everyone" was getting engaged and posting about it online, I worried about how others would react to my relationship status. I even thought for a moment that I wouldn't announce it on Facebook, for fear that it would be yet another post to make people groan in agony.

During that instance of realizing "everyone" was getting engaged and posting about it online, I worried about how others would react to my relationship status. I even thought for a moment that I wouldn't announce it on Facebook, for fear that it would be yet another post to make people groan in agony.

You are constantly defined by what you put forth on social media. Every "like," every post, every picture is a fabrication, a production you are projecting out into the world in order to demonstrate who you believe yourself to be, or at the very least who you want to be seen as by others.

The problem with this is that although we think we know ourselves the best out of anyone, there are many instances where this is not true.

This is not to say that we are hopelessly lost, without a clue as to what shapes our true identities. Rather, we are constantly shaping and discovering our identities, using both self-perception and self-

consciousness to fill in the blanks.

But often times we fill in these blanks with opinions that would be deemed untruthful by others.

Recent videos of the Dove "True Beauty" campaign show women describing themselves to a police sketch artist. The women's images are then described by a stranger who has just met them. In all instances the women perceived themselves to be much more flawed and unappealing, while the drawing based on the stranger's description appeared more accurate to the "true" outward image of the woman. Although a simple exercise, it shows that even total strangers have a better concept of our personal image than we do.

Here's where social media comes in. We create these profiles and put up these walls to show others what we're doing, who we're friends with, and who we are. I would argue that social media profiles such as Facebook are not true self-expression, but rather self-production. Being defined by your outward appearance is only just scratching the surface.

We are limited by online profiles, whereas true self-expression is therapeutic and deeply personal. Looking at a person and their personal image can begin to reveal who they are, but does not get down to their heart and inner-being. The fact is that our face, our outward appearance, is not who we really are: our face is a mask that we wear day in and day out, showing the essence of who we may be, but ultimately hides our true identities.

So when we look at the symbols of clothing choice, hairstyle, or even a left-hand ring, we are not really looking at the person that bears them. We are not looking at the reason behind these symbols. We are not looking at every act, every experience that has lead up to the creation of this symbol. All we're really looking at is that: the symbol, and every preconceived notion of ours that comes along with it.

Editorial



Why do we need "Honey We Need to Talk?"

"The Olivet bubble" is a phrase commonly uttered on campus. The term has not only a popularity, but longevity, as it is at least a few decades old. The bubble is used to represent this omnipresent division between Olivet and secular society. There is a barrier—a sense of security from the dark bits of mainstream society.

As a reporter, mediator, and commentator of society, one of news media's goals is to educate. As reporters, mediators, and commentators of Olivet's community, the GlimmerGlass' goal is the same: to educate the student body about real issues. The overlap between the outside world and the sheltered community of Olivet is bigger than what is often admitted.

At an institution where most faces are permanently fixed in a smile and someone not holding the door for you is the rudest gesture you've received all day, it's easy to become disillusioned about what goes on in student's personal lives on and off campus.

The "those types of things don't happen here" mentality is not only false, but also dangerous. It is hazardous to not recognize that all people are subject to the horrors of life, whether they're getting their degree from a school with the word "Nazarene" or some other denomination of the Christian faith in the title, or not.

And not just in the form of a victim—sometimes we are the monsters or the villains.

Earlier in the year, the GlimmerGlass compared itself to a mirror; we reflect our community, whether it is pretty or not. We tell the whole truth, not just the convenient truths.

One of the ways we have implemented this agenda of brute honesty is through the opinion series "Honey, We Need to Talk." If you've ever read one of the topics under this title and squirmed a little in your seat, then good. That's our goal. These are not comfortable issues; they're hairy, ugly, and hard to swallow. But they are real.

All of the topics discussed are things we will all encounter in some

capacity—whether we have already experienced them, will experience them, or meet someone that has. We need to not only be able to identify a problem, but identify when we are contributing it. But many students fail to recognize this reality.

Ignorance is not bliss. Ignorance is detrimental to progress. The refusal to acknowledge a problem, to be truthful and real about it, is the refusal to let yourself and others heal. It is passively accepting the problem and allowing it to live on to victimize other people in the future. Or allow yourself to keep fueling the flames yourself.

There are certain beliefs—spoken and unspoken, true or false—that people adhere to at Olivet. The spiral of silence theory says that people who don't hold ideas that align with the masses, they begin to self-censor. There becomes a standard of what they can and cannot say or what they can and cannot admit to. Their voices dwindle until they become mute.

We want to give them that voice back. We want to look at issues from all angles, and spark real, raw discussions.

For the people who are suffering problems they don't feel safe enough to admit to, we see you. For those of you who are unaware of the issues that plague the world as well as our campus, we see you. For the students with unpopular opinions, we see you. And for the people who want to see the uncomfortable conversations take place, we see you and we're here to serve you.

If there's ever a topic you want the GlimmerGlass to research and discuss for the "Honey, We Need to Talk" series, contact us via e-mail at glimmerglass.olivet.edu.

What's an editorial?

The views expressed in this piece are the collective opinions of the GlimmerGlass Staff. The content was collected and written by the GlimmerGlass' executive editor.

OPINION

Honey, we need to talk:

Domestic Violence

It's certainly not the first time a famed athlete has been caught up in a domestic violence case, but NFL star Ray Rice is the most recent to have come to the forefront. In February, footage of the Ravens' running back dragging fiancé Janay Palmer's unconscious body from an elevator at the Revel Casino Hotel in Atlantic City leaked on the Internet. Even seven months after its debut, the video is still the proverbial talk of the town.

The video does not show the events that led up to and resulted in Palmer's unconscious state, but several reports have come to the conclusion – after gathering statements from witnesses and Palmer herself – that the couple was having a fight, wherein Palmer hits Rice twice before he retaliates with a swift punch to the face.

Though we do not know if Rice's reaction was equivalent to the amount of threat that was being posed against him or just another classic case of "the big guy picking on the little guy," this set of events had had people questioning: is there ever an acceptable time for a man to use physical force against a woman? The answer for a long time has been, "no". But there's another (perhaps minority) opinion that has begun to emerge – the idea that a man should be able to defend himself against any attacker, male or female.

Actress and talk show host Whoopi Goldberg has gotten flack from both her co-hosts as well as her viewing audience after stating a similar opinion on "The View".

"You have to teach women 'do not live with this idea that men have this chivalry thing still with them'...don't be surprised if you hit a man and he hits you back," she said.

Co-host Elisabeth Hassleback countered Goldberg's opinion saying, "Men can't hit women because they are stronger than them."

Hassleback's comment mirrors the general ideal behind the inexcusability of male on female violence. Because, on average, men are physiologically comprised of more muscle than fat and women are physiologically comprised of more fat than muscle, we have historically seen men as more athletic and more physically fit.

However, this logic does make one grave assumption: that a woman cannot be a physical threat to a man, simply because she is a woman.

To assume that a woman is never a threat to a man is to assume that every male/female relationship looks the same: a large, brooding male paired with a small, dainty woman.

Just a glance around Olivet's campus shows that that is not always the case. Some men are stronger than some women and some women are stronger than some men. But regardless of strength, one person does not have to be bigger than another to pose a sincere threat.

What is so innately special about a woman that she should be allowed to protect herself from an attack against a man, but a man would not be allowed to protect himself from an attack against her? Are their bodies more sacred or more valuable?

There is an unfair double standard when it comes to domestic abuse. Men are as susceptible to a volatile relationship as women are.

But that's not the only common misconception in regards to abuse – many don't recognize the emotional,

mental and psychological abuse that can be suffered in hostile affairs, or how and why.

From hindsight bias, it would be easy to misconstrue a person's tolerance of a toxic partner with stupidity. But truthfully, abuse – no matter the form – is a process that involves systematic brainwashing.

The goal for most abusers is essentially the same: control. Being able to take without giving, having someone who is completely devoted and even fearful of you, and being totally in control are prospects too sweet for manipulative party to pass up.

According to Psychology Today's Steven Stonsy, an abusive partner partakes in at least one of three behaviors: undermining the partner's self worth, gaslighting– making someone feel crazy or unstable – and manipulating their partner using fear or shame.

Much of this comes in the form of criticisms like, "You're crazy, I don't want to be associated with someone like you," "Don't think so highly of yourself, you're not as smart as you think you are" or "Nobody loves you but me."

These comments rarely come in at the forefront of a relationship; a manipulator will wait until they earn the love, trust and respect from their partner before they begin to groom them.

The continuation of such comments throughout length of a relationship can not only lead to anxiety, shame and guilt in the short term, but also to depression, emotional instability, substance abuse, and suicidal ideation, amongst a host of other effects.

What Janay Palmer endured on the elevator in February appeared to be, at least excessive force, and if she was, in fact, abused, she certainly shows the keynote signs of a battered woman.

After Rice was suspended from the NFL, she took to her Instagram account to say, "No one knows the pain that the media and unwanted [opinions] from the public has caused my family. To make us relive a moment in our lives that we regret everyday is a horrible thing. To take something away from the man I love that he has worked his [behind] off for all his life just to gain ratings is horrific. This is our life! What don't you all get? If your intentions were to hurt us, embarrass us, make us feel alone, take all happiness away, you've succeeded on so many levels. Just know that we will continue to grow and show the world what real love is!"

Defending an abusive partner and their abusive behaviors are just some of the symptoms of Stockholm Syndrome – a psychological phenomenon that can result from long term emotional abuse.

Physical abuse stems from long term emotional abuse, thereby jeopardizing the person's physical state in addition to their emotional state.

People who have been abused in relationships tend to seek out the same abusive characteristics in future partners or even repeat some of the abusive behaviors themselves.

Abuse is a cyclical and detrimental chain of events that many people will experience throughout their lifetime. Some of the misconceptions that cloud the issue do not leave space for open, healthy discussion.

When is the appropriate time for a man to use physical force against a woman?



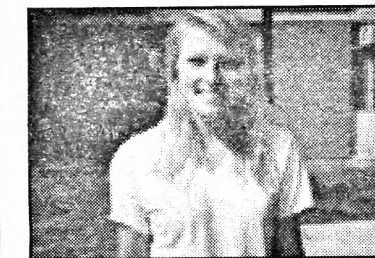
"When it's in self defense, a man has every right to protect himself the same way a woman does."
Senior Johanna Oksnevad



"The only time is in self-defense, teaching her to use self-defense or if it's your sister...then it's free game." Sophomore John Robey



"I don't ever think that it is appropriate, unless they are in the act of trying to save them from harm." Junior Jacob Gouge



"It's never okay. It's just a default that that's not okay." Sophomore Faith Meitzler



"Next question please...can that be my answer?" Senior Alex Phillips



"If it's to protect yourself or to protect the woman. If two girls were either fighting or attacking you or someone you care about."

Sophomore Brendan Shea

PHOTOS BY DESTINY MITCHELL

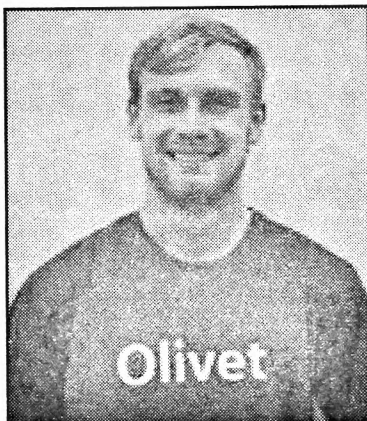
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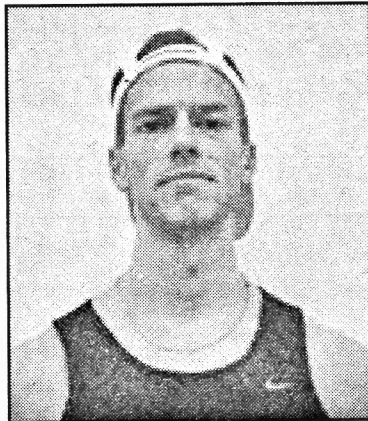
If you have a question or subject you would like to see covered in *The GlimmerGlass's* VOX POP, email us.

Please submit all feedback to the editor via email at glimmerglass@olivet.edu.

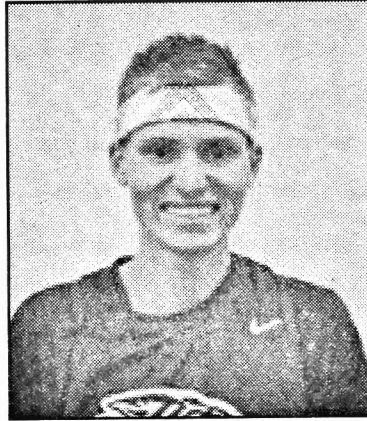
SPORTS



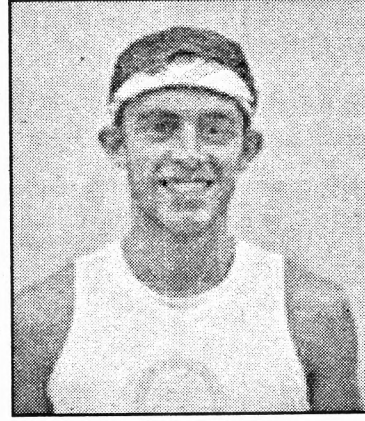
Mitchell Dale, sr.
Fastest time this season: 25:49
Goal time: 25:10
What it will take: Hard work and staying injury free



Ethan Gallagher, sr.
Fastest time this season: 25:00
Goal time: 24:30
What it will take: Training, good racing conditions, and good competition.



Andrew Cowen, sr.
Fastest time this season: 26:01
Goal time: under 25:00
What it will take: Staying healthy. Working hard at every practice and doing every little thing right outside of practice.



Dylan Greger, sr.
Fastest time this season: 25:38
Goal time: Under 25:00
What it will take: Staying committed to training.



Bethany Pilat, jr.
Fastest time this season: 18:38
Goal time: Under 18:00
What it will take: Staying healthy and working hard in practice

PHOTOS AND INFORMATION BY ALLISON ALEXY

Cross country steps up goals

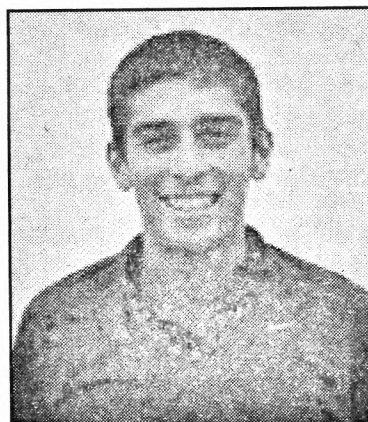
The theme of Olivet Nazarene University's Cross Country this year is "unfinished business," Head Coach Mike McDowell told The Glimmer Glass.

With Cross Country Tigers winning the Illinois intercollegiate title for the second year in a row on Sept. 12-13, according to ONU Marketing, the Tigers beat out four other conference competitors.

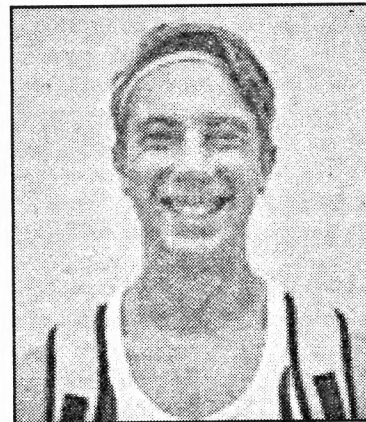
These are the faces of some of the toughest Tiger competitors, their best times, their goal times, and what they believe it will take to achieve those times.

In cross country, men run 8K and women run 5K.

- Nathan DiCamillo, Sports Editor



Ron Milbocker, jr.
Fastest time this season: 25:30
Goal time: Under 25:00
What it will take: Consistent training and not getting injured.



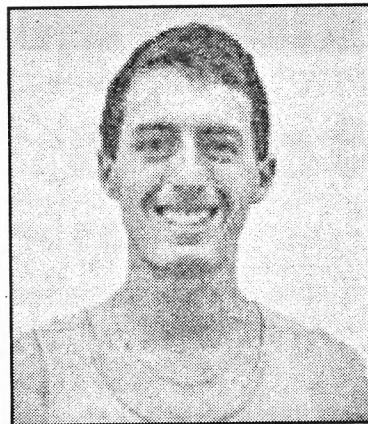
Brandon Divan, jr.
Fastest time this season: 25:49
Goal time: 25:30
What it will take: The Lord's grace, focus, and hard work.



Madison Moyer, jr.
Fastest time this season: 20:00
Goal time: 18:00
What it will take: Encouragement and team spirit



Elizabeth Willford, so.
Fastest time this season: Low 20's
Goal time: in the 19's
What it will take: Hard practices, staying healthy, and taking care of herself.



Caleb Drake, so.
Fastest time this season: 25:30
Goal time: 24:40
What it will take: Focus, positivity, and staying after practice for extra leg and core workouts.



Naomi Springer, fr.
Fastest time this season: 19:17
Goal time: 18:30
What it will take: Working hard in practice, as well as running with her teammates for motivation.



Sarah Ray, so.
Fastest time this season: 18:13
Goal time: 17:15-17:30
What it will take: Hard training, staying healthy, and listening to my body.



Elizabeth Soper, so.
Fastest time this season: around 19 minutes
Goal time: low 18's
What it will take: Hard work and speed work.

SPORTS

Grab your skates, stick and get going

By Grace King
Layout Editor



Senior Lizzy Link has played hockey competitively for 15 years. This photo is taken from her training for state championships in Minnesota. On the ice, Link rocks the number 10 jersey.

Senior Kevin Covarrubias loves hockey. The pace, the movement, the skill it takes to shoot the hockey puck into a goal while balancing on thin skates keeping him alert and on his toes. It wasn't until he came to the Ice Valley Centre Ice Arena in Bourbonnais that he was able to play.

The Centre reopened for the season the first week of September.

Covarrubias and his brother, senior Ryan Covarrubias, found the arena after starting classes at Olivet Nazarene University and have gone back almost every Monday since.

"It's the best sport there is," Kevin said. "It takes so much more skill to play than other sports."

Public skates are Mondays and Wednesdays from 3-5 p.m., Fridays from 3-5 p.m. and 8-10 p.m. and Saturdays and Sundays from 1-3 p.m. Entry fee is \$5 and rental skates are \$3.

Olivet alumni, Daniel Hall brings his niece and nephew to the ice rink once a month during public skate. He started taking his niece, Analilia Acevedo when she was four years old

and his nephew, Milo Acevedo when he was five years old.

"They got pretty good pretty fast," Hall said, as the Acevedo children were running through the ice rink lobby, ice skates on, chasing each other around the air hockey table.

With the arena closed during the summer months, this was the family's first visit back to the ice rink for the season.

"I kind of forgot [how to skate], but I'm still pretty good," Analilia said.

Milo and Analilio enjoy playing tag, follow the leader, and racing while on the ice.

"I usually win," Analilio said with a grin.

General manager at Ice Valley Centre, Preston Newberry, said that the ice rink is encouraging local college students to create a hockey team.

Ice Valley Centre manager, Andrew Maronich said, "If Olivet is interested in putting together a couple hockey teams, we would be open to that."

Tom Ward, Olivet's inter mural coordinator, said that they are always open to fresh ideas, but they want to use the facilities they already have, rather than branching out to

community facilities.

"We're pretty much maxed out on how many sports we have each season," Ward said. The sports inter mural schedule is full for this years seasons, he said.

Senior Lizzy Link played competitive hockey for 15 years. Ever since she has been at Olivet, Link has wanted a club team to start.

Shortly after starting college, Link visited Ice Valley Centre to see if there was a team she could join.

"When I skate, it's like this free feeling that I can't get anywhere else. It's empowering," Link said.

"I think the arena should be utilized more by the community and by Olivet," Link said.

Along with public skates, the ice rink has several hockey clubs that practice play at the rink.

The ice arena is home to the Kankakee Coyotes Youth Hockey Club, the Irish High School Hockey Club, and the Kankakee Curling Club. Ice Valley Centre also offers beginning to advance skating classes for \$80.

The ice arena remains open through mid-May before closing for the summer months.

Nothing beats a Tiger tailgate

By Samuel
Cullado
Staff Writer

While tailgating may be a big part of American football culture, it doesn't seem to be very celebrated in the Olivet bubble up until now.

This past Saturday, Olivet had another football game, and while there was food and drinks to be had, the tailgating party consisted mainly of a few baseball players playing cornhole. Traditionally, however, tailgating parties are a major part of college experiences. So why aren't they talked up at Olivet?

When discussing the topic of tailgating and its relevance to Olivet, students had a largely negative response.

"Go to ISU, if you're looking for a tailgating party," said alumnus Jake Ryan.

Senior Mary Hall said that students don't go to sporting events at Olivet in masses.

"I don't go because most of the time it's hot and it's not exactly fun," said Senior Tim Berkey.

Students agreed that tailgating was more important in high school.

"They were big when I was in high school," said Berkey. "I don't think students care."

Other students said they enjoyed tailgating parties, but weren't adamant about having them at Olivet.

"I enjoy eating food outside and getting pumped for the game," said senior Alyssa Keuther, but added that a typical tailgating party "includes alcohol...and that's why Olivet wouldn't have them."

If tailgating parties were to work at Olivet, Keuther said, "they would have to be done the right way."

Traditionally, tailgating has had an association with alcohol that would have to be modified to meet Olivet's standards.

The practice, according to USA today, "hearkens back to ancient harvest festivals." And while the article looked at the community-building aspects of tailgating, it also

cited an incident at Yale, when "a truck carrying beer kegs accelerated into a crowd, killing a woman [in] 2011."

So while the absence of alcohol would significantly decrease liabilities, the stigma with the name may be what's keeping Olivet from talking it up.



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SPORTS

Former Olivet soccer player signs with Sweden

By Alex Hovious

Staff Writer

A former Olivet Nazarene University athlete is now playing in Sweden.

Former Olivet men's soccer player and 2014 graduate Yonda Abogunrin has signed to play soccer with IFK Stockyard/Rörvik IF (Sweden), ONU Marketing reports. During his four years at Olivet, Abogunrin was an outside back for the Tigers and was named Chicagoland Collegiate Athletic Conference (CCAC) second team All-Conference in 2011 and 2012.

Yonda not only had success on the field, but off the field as well. Abogunrin was named a two-time Daktronics-NAIA Scholar-Athlete and CCAC All-Academic Team member in 2012-2013, according to ONU Marketing. Daktronics-NAIA Scholar-Athletes must hold a minimum GPA of 3.50, according to Dak Stats.

"Yonda is one of the hardest working people I know," former

teammate Junior Brett Robertson said. "He constantly would be hard at work, whether it would be during

"[Yonda] constantly would be hard at work, whether it would be during practice with soccer or after practice in the library."
— teammate Brett Robertson, junior

practice with soccer or after practice in the library. He always liked keeping himself busy with certain school work and it truly paid off with his incredibly high GPA. Overall Yonda is a great guy and an overall great teammate. I'll miss playing with him."

Abogunrin described the people at

Olivet as caring and compassionate.

"When you met people in the quad or in Ludwig, there was always a genuine interest regarding each other's well-being. Throughout my four years at Olivet, I saw many small acts of kindness that helped foster the environment of love and compassion at the University," Abogunrin said. There were many students and faculty members who will go out of their way to put the needs of others ahead of their own; and it was remarkable to witness the changes in the life of some students as a result of being immersed in such a positive environment."

Yonda thanks God for his opportunity to play with IFK Stockyard/Rörvik IF.

"Signing for the club is a stepping stone for my professional career and while I've been with the club, I have had the opportunity to play against some talented players and spend a lot of time training," Yonda said. "I'm also very happy and honored to be able to offer my services to assist the club in achieving their season's goal."



PHOTO PROVIDED BY ONU MARKETING

Yonda Abogunrin studied mechanical engineering while playing soccer at Olivet, according to ONU marketing.

Ray Rice ruling triggers dramatic NFL policy changes

By Justin Kollar

Staff Writer

The NFL has undergone many changes in recent weeks. Policies regarding drugs and domestic violence have seen massive overhauls—all triggered by the recent Ray Rice ruling. The league has become stricter on domestic violence and more lenient on drug abuse.

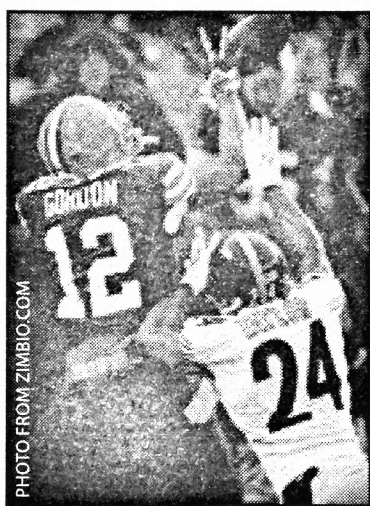
"A chastened NFL Commissioner Roger Goodell said on Friday that the league's poor response to its domestic violence crisis will prompt an overhaul of how it deals with player behavior and punishment in America's most popular sports league," Reuters reports.

Ray Rice, former Baltimore Ravens running back, infamously assaulted his fiancée in an elevator after a night of partying. Rice's fiancée blacked out from the assault with resulting footage showing Rice dragging her body from the elevator.

Rice was punished after the original video was released: a two game

suspension.

Cleveland Browns Josh Gordon, the league's leading receiver last sea-



Cleveland Browns wide receiver Josh Gordon hauls in a long pass over Pittsburgh Steelers corner back Ike Taylor during his career high 237 yard game last November.

son, tested positive for recreational drugs.

"Gordon's 'A' sample tested at 16 nanograms per milliliter, a bare one nanogram per milliliter above the 15-nanogram-per-milliliter threshold, while Gordon's 'B' sample—which should theoretically be consistent with the 'A' sample, as it comes from the exact same specimen—tested at 13.63 ng/ml, lower than the threshold," ESPN's Adam Scheffer said.

Gordon was suspended for an entire year after being tested positively for marijuana while Rice, after physically assaulting his fiancée, was punished by missing two games.

Recently however another video was leaked by TMZ sports that showed Rice actually physically hitting his fiancée in the face. The previous video had only showed Rice dragging her out. Officials had not seen this video when making their original decision in April.

The league realized that they had made a mistake in their decision and

acted swiftly, suspending Rice indefinitely without pay.

With other players such as Wes Welker being tested positively for performance enhancing drugs and star running back Adrian Peterson being charged for two counts of child abuse and neglect, the NFL is finally cracking down on its players.

In light of these happenings, the new policies are far more lenient on drug abuse and much more strict on domestic violence. Key revisions to the policies as laid out by the NFL and NFLPA include:

The first count of domestic violence will result in a six game unpaid suspension.

A second domestic violence charge will result in a lifetime ban from the NFL, as opposed to the two game suspension held prior.

A first violation of the drug policy will result in a suspension without pay for up to six games depending on the nature of the violation.

Use of a diuretic or masking agent will result in a suspension without

pay for two games.

Use of a steroid, stimulant, Human Growth Hormone (HGH) or other banned substance will result in a suspension without pay for four games.

Evidence of any attempt to manipulate a test will result in a suspension without pay for six games.

A second violation of the drug policy will result in a suspension without pay for 10 games.

A third violation will result in banishment for a minimum of two years.

In a recent letter to all NFL team owners, Roger Goodell, NFL Commissioner, said the league had fallen short of its goals in its handling of the Rice case.

"We allowed our standards to fall below where they should be and lost an important opportunity to emphasize our strong stance on a critical issue and the effective programs we have in place," Goodell said. "I didn't get it right. Simply put, we have to do better. And we will."

SPORTS

PHOTO BY MIKE PARKS



Women's soccer beat Holy Cross College 3-0 on Tuesday.

Women's soccer building endurance

By JT
Cummings
Staff Writer

After losing to rival Lindsey Wilson College, at home Sept. 9, Olivet's women's soccer team plans to vamp up its endurance training.

"Looking at [the way the game went] we realized we needed to make some changes. One of them is how hard we train," head coach Bill Bahr said.

Bahr said that many people have been asking him if this year's team is better or worse than last year's varsity line up.

"I've told everybody I think we are a better team [than last year]," Bahr said.

Bahr wants to increase training because the team makes many substitutions. Substitutions can give players a well needed break, but they can also hurt a team. If a team is playing cohesively, and one player is subbed out, it can change the whole team dynamic.

According to Bahr, too many substitutions can be a "detriment" to team dynamics.

Overall, Bahr believes that the number substitutions

has not yet hurt the team.

"If we can move the ball, and the players that are on the field are fit and can move with pace, we can really wear down [other] teams," Bahr said.

According to Bahr, the team has many players to substitute. Playing many players has been a staple of the team.

"We think it can be a strength as long as everyone on board is playing at the same level and pace," said Bahr. "We are still in the midst of making some fine tune adjustments, in part because it's the beginning of the season and in part because we've had so many new players."

The team recently had a ten day hiatus from games, during which they practiced and did fitness training.


"We refocused on the little things, and [did] lots of fitness," senior captain Emily Rosenboom said.

Senior captain Katie Smith believes that the team has potential to progress.

"We had a rough beginning, but are doing well," Smith said.

The team is 3-3, won its last two games, and is playing Judson University at 7 pm this Saturday.

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