

2-12-2015

## GlimmerGlass Volume 74 Number 08 (2015)

Destiny Mitchell (Executive Editor)  
*Olivet Nazarene University*

Jay Martinson (Advisor)  
*Olivet Nazarene University*

Follow this and additional works at: <https://digitalcommons.olivet.edu/gg>

---

### Recommended Citation

Mitchell, Destiny (Executive Editor) and Martinson, Jay (Advisor), "GlimmerGlass Volume 74 Number 08 (2015)" (2015).  
*GlimmerGlass*. 993.  
<https://digitalcommons.olivet.edu/gg/993>

This News Article is brought to you for free and open access by the University Archives at Digital Commons @ Olivet. It has been accepted for inclusion in GlimmerGlass by an authorized administrator of Digital Commons @ Olivet. For more information, please contact [digitalcommons@olivet.edu](mailto:digitalcommons@olivet.edu).





A measles outbreak is under investigation after nine cases were reportedly linked with Disneyland or Disney California Adventure Park.

## Making Disney magic: measles edition

Justine Von Arb  
Staff Writer

A Dec. 2014 measles outbreak that started in Disneyland has spread not only the virus, but also an uproar about vaccinations. NPR reports some parents are threatening to leave certain medical practices if the pediatricians continue to see and treat unvaccinated patients. For highly contagious airborne diseases such as measles, exposure to the disease in a waiting room puts patients, especially infants, at risk.

When students enroll at Olivet, they're asked to turn in a health and immunization form that records their required vaccinations against diseases such as tetanus and MMR: measles, mumps, and rubella. In other parts of

the country, however, some parents are refusing to vaccinate their children against these diseases, leaving the air open for the spread of highly contagious diseases, such as measles.

According to Dr. Michael Pyle, M.D., a professor of biology at Olivet, infants between six and 12 months of age and those with suppressed immune systems are especially vulnerable. Such individuals usually aren't vaccinated because the risk of their vaccination outweighs its benefits. In elderly patients, the immunity provided by a vaccine may wane, so booster shots are recommended. Unvaccinated individuals are encouraged to get the vaccination, and the Center for Disease Control notes that getting a second vaccination is not harmful.

The unvaccinated are protected by

herd immunity, Pyle noted. If enough people are vaccinated against diseases – about 90 percent of a given population in the case of measles – immunity barriers are erected and the disease won't spread quickly enough for it to cross the line from outbreak to epidemic.

Pyle has seen the dangerous effects of a measles outbreak firsthand in Papua New Guinea. "Measles is a terrible problem in the third world," he said. The virus can be still be transmitted through the air two hours after contact with an infected person, and 90 people out of 100 who came in contact with the contaminated air contracted the disease.

According to the Center for Disease Control, signs and symptoms of measles in the first week of infection

include high fever, cough, runny nose, and red, watery eyes. Two to three days after the first symptoms, tiny white spots may appear in the mouth. Three to five days after the first symptoms, a rash breaks out.

Due to the high risk of contagion, unvaccinated students in some California school districts were asked to stay home, Gil Chavez, the deputy director of the California Department of Public Health, told USA Today. Furthermore, Disneyland's high volume of domestic and international visitors has contributed to the disease's spread to Utah, Washington, Colorado, Oregon, and Mexico – and the spread of press coverage of the outbreak.

Unvaccinated individuals are at a high risk for contagion in such cases of outbreak, and many parents have

refused vaccinations for their children because of the "dust in the air as a result of the vaccine controversy," Pyle said. Even though the vaccine-autism link has been disproven over and over, doctors and researchers still have to work to convince patients that there is no connection between the two.

Ultimately, the vaccination question results in a question of ethics. There's an "ethical sense of responsibility" at work in such instances, Pyle said. Parents who don't vaccinate their children come to terms with the fact that their child is at an increased risk of disease, but they also need to acknowledge that their decision endangers others who cannot be vaccinated for medical reasons. "You can make a decision for your child, but you need to know that your decision affects others," Pyle

## Snapchat re-enabling 'best friends' feature next update

Taylor Provost  
Assistant News Editor

After Snapchat's most recent update irritated many users, Snapchat CEO Evan Spiegel announced on Twitter that the app will be bringing back the "best friends" feature.

Prior to the update, Snapchat not only allowed users to see who they snapped the most, but who everyone else had as their top friends. The update included a new feature called Discover, which allowed CNN, Vice, and Comedy Central to broadcast clips.

Snapchat described this feature in a blog post: "Snapchat Discover is a new way to explore stories from different editorial teams. It's the result of collaboration with world-class leaders in media to build a storytelling format that puts the narrative first. This is not social media." Snapchat also wrote that Discover is a good advertising

opportunity.

However, more notably, the update also eliminated the app's "best friends" feature, receiving more media attention from users than the Discover feature by far. Most Twitter negativity concerning the update revolved around users not being able to see the "best friends" of their significant other.

Top tweets about the update included, "You can't see best friends on Snapchat anymore . . . It's like an early Christmas present for all the cheaters out there," and "The decision to get rid of Snapchat best friends was definitely made by a guy."

The same day as the update and Twitter uproar, Spiegel explained the reason behind the hidden "best friends," but added Snapchat can bring the feature back.

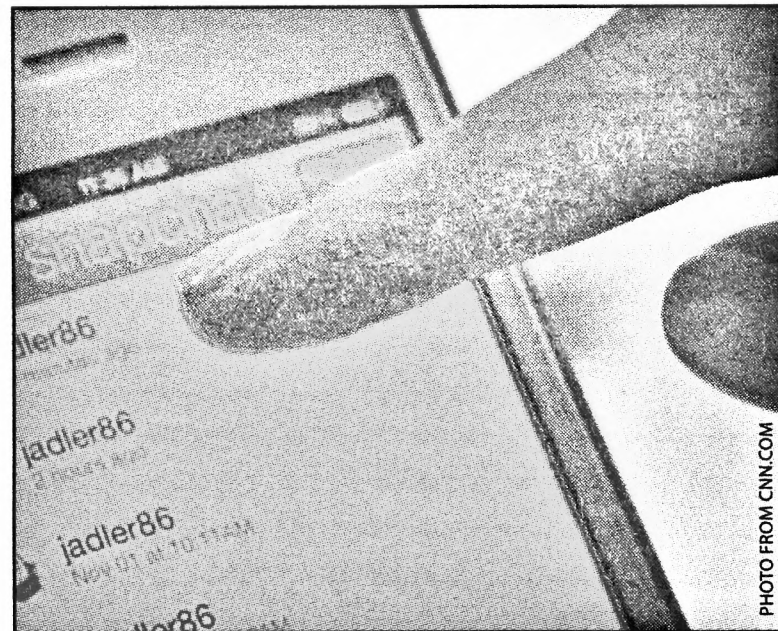
"We'll bring back BFs soon. A few

higher-profile friends wanted to keep their usernames private – we'll come up with a better way to do that," Spiegel tweeted on Jan. 27.

Not all Snapchat users have been fond of the best friends feature to begin with, however. Olivet junior and frequent Snapchat user, Emily Swartzwelder, described the feature as "creepy."

"If you're worried about your [significant other's] Snapchat best friends maybe you shouldn't be dating them," Swartzwelder said. "[Those wanting to see their partner's best friends] are obviously not very trusting people . . . If you really think they're talking to another person via Snapchat then don't date them."

Snapchat users are likely to see the "best friends" of their significant others and friends again with the app's next update.



In response to complaints after a recent update, Snapchat will re-enable the viewing of 'best friends'.

### LOOK INSIDE

#### SHOULD SEX WAIT?

Remembering what sex is for and what it represents can help turn down the noise of our culture's view of sex. **03**

#### CATS AND COFFEE

Cat cafes are becoming a worldwide trend, originating in Japan. Customers can stop by to say hi, or walk out with a new pet. **05**

#### MARRIAGE IN THE CHURCH

"Consequently, marriage has not become simply an option for Christians; it is the option for Christians." **06**

#### GET FIT, FALL IN LOVE

Couples who work out together, stay together. Create healthy habits together for a healthier relationship. **07**



News: 1-2  
Life & Culture: 3-5  
Opinion: 6  
Sports: 7-8



## STAFF LIST

**Destiny Mitchell**  
EXECUTIVE EDITOR

**Melissa Luby**  
NEWS EDITOR

**Taylor Provost**  
ASSISTANT NEWS EDITOR

**A.J.W. Ewers**  
LIFE & CULTURE EDITOR

**Nathan DiCamillo**  
SPORTS EDITOR

**Justin Kollar**  
ASSISTANT SPORTS EDITOR

**Bekah Colbert**  
IMAGE EDITOR

**Jay Martinson**  
ADVISOR

## LAYOUT EDITORS

**Grace King**

**Mary Hall**

**Claire Schmidt**

## ONLINE EDITORS

**Mary Hall**

**Zach Brown**

## BUSINESS MANAGERS

**Trinity Evans**

**Trey Ballard**

## STAFF WRITERS

**Stacy Knoderer**

**Emily Lohr**

**JT Cummings**

**Allison Alexy**

**Samuel Cullado**

**Michael Krebill**

**Becca Hunt**

**Justine Von Arb**

## PHOTOGRAPHERS

**Lindsay Hathaway**

**Abbie Mills**

**JT Cummings**

**Mike Parks**

**Brittany Clinard**

**Gretchen Elliott**  
CARTOONIST

## CRITICS

**Mary Bass**

**Austin Siscoe**

**Kate Kettelkamp**

**Seth Lowery**

**Haley Peterson**

**Alexandra Van Dehey**

**Alexis Smith**

## COPY EDITORS

**Jessica Ellison**

**Andrew Fischer**

## ABOUT GLIMMERGLASS

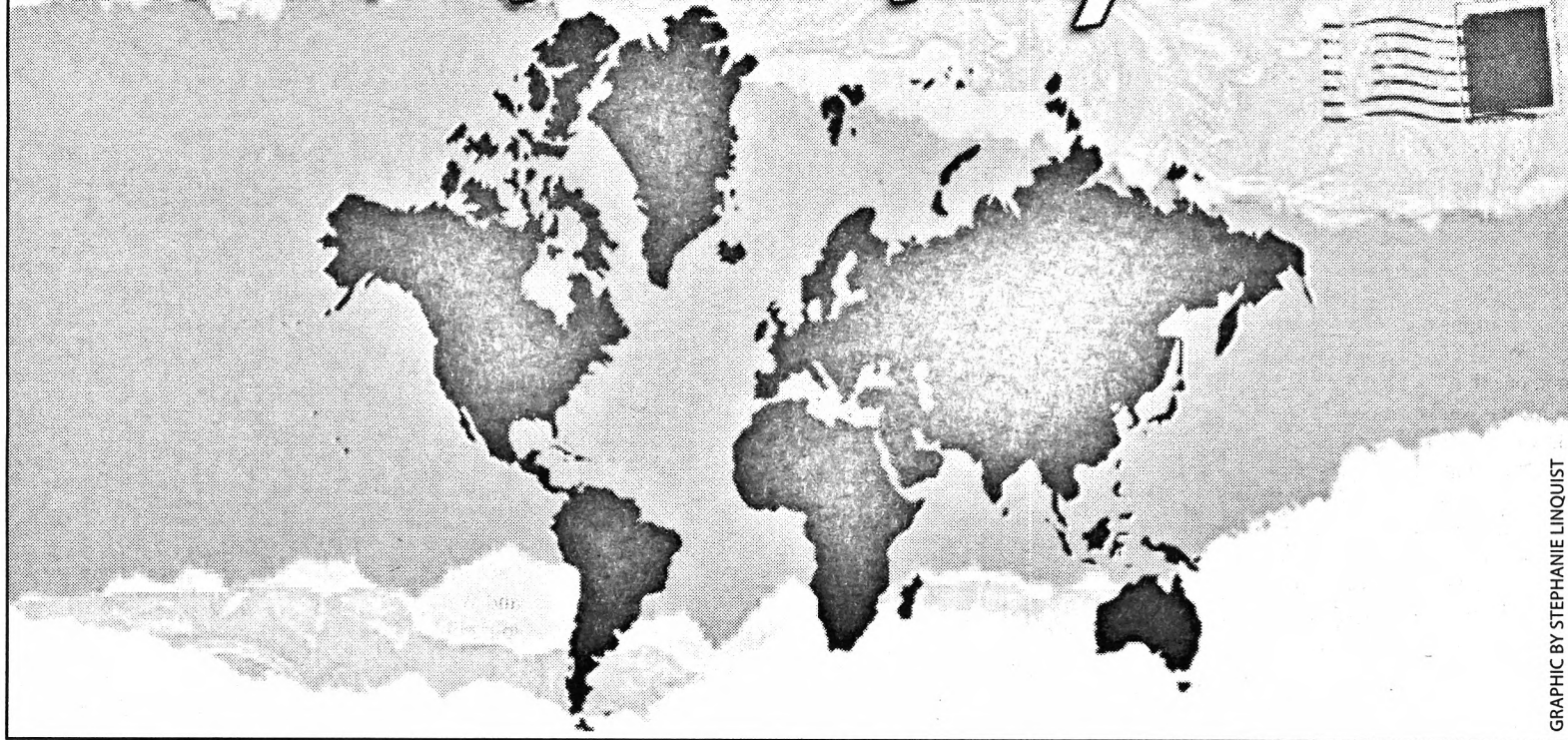
The *GlimmerGlass* is the official newspaper of the Associated Students of Olivet Nazarene University and a member of the Illinois College Press Association. The opinions expressed are those of each writer and are not necessarily held by the Associated Students Council, faculty, administration or students 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](mailto:glimmerglass@olivet.edu). The editor reserves the right to edit letters for structure, style and length. Publication is not guaranteed.

## A Global Glimpse



GRAPHIC BY STEPHANIE LINOQUIST

## 162 dead in AirAsia crash on Jan. 31

JAKARTA, INDONESIA — Rescue workers have now recovered the bodies of 100 of the believed 162 victims of an AirAsia crash, USA Today reports.

The flight from Surabaya, Indonesia to Singapore crashed into the Java Sea on Dec. 28, killing all passengers on board. On Jan. 31, after attempting to raise the plane's fuselage from the crash site, searches resumed, now including more than 60 divers. The divers recovered a total of seven bodies last weekend—four on Friday and three on Saturday—bringing the total number of bodies recovered to 100. Divers were able to recover one of the bodies from the cockpit, either the pilot or the copilot, but the other remained inaccessible. Some of the other recent recoveries were found over 600 miles away from the crash site.

On Sunday, another AirAsia flight was forced to return to Kuala Lumpur shortly after takeoff due to the failure of the auto-thrust system. AirAsia's chief executive Kamarudin Meranun addressed the problem in an Associated Press interview, saying "There is no emergency. It is not a safety issue. It is just a precautionary measure. Safety is paramount to us." The passengers on board were transferred to another flight after a five-hour delay.

The Dec. 28 crash was the first fatality involving an AirAsia flight. The group formed in 2001.

## Gunmen target police before prime minister visit

MARSEILLE, FRANCE — Several hooded gunmen clashed with French police in the early hours of Monday morning, the Washington Post reports. The violence occurred in the port city of Marseille, where the prime minister was due to visit later that day to speak about security and education.

Authorities are still investigating whether the attack was related to the prime minister's visit, an act of terrorism, or gang-related violence. Violence involving drug gangs and human traffickers is common in Marseille, particularly in the Castellane area where the attack occurred.

As police responded to the shots with tactical units, businesses and schools were placed on lockdown. At the time of this writing, it is unclear if any casualties occurred.

The attack comes on the heels of a recent spate of violence in France; last month, Islamic extremists attacked several sites in Paris, including the satirical newspaper *Charlie Hebdo*. A total of 17 people were killed during the violence. Last week, in Nice, a knife-wielding man attacked soldiers stationed outside a Jewish center.

Since the clashes in Paris, France and other European countries have increased counterterrorism practices. French troops have been stationed outside many places of worship and other public sites.

## Coffee prices increased 60 percent in the last year

BRAZIL — In January, Brazil's coffee exports increased 6.8 percent in volume and rose 53.5 percent in value, compared to last January, according to the Brazilian Coffee Exporters Council, or CeCafe, Fox News reports.

Globally, coffee prices increased almost 60 percent within the last year.

From Jan. 2014 to last month, Brazil exported 36.6 million sacks of coffee valued at \$6.8 billion, Guilherme Braga, CeCafe's director, said.

According to the report, some 61 percent of Brazilian coffee exports went to Europe; 19 percent went to North America; and 15 percent to Asia.

High-quality Arabica coffee made up 79 percent of Brazil's coffee exports, with Robusta accounting for 11.9 percent and soluble coffee accounting for 9 percent.

## Experts exploring option of legal rhino horn trade

SOUTH AFRICA — South Africa has appointed a team of experts to explore the possibility of a legal rhino horn trade, the environmental affairs ministry said on Tuesday, The Guardian reports.

In a statement, the ministry said that South Africa has not taken a position on the issue and will not state a position until experts have finished their work.

The team includes conservationists, scientists and immigration authorities and is responsible for identifying measures to curb illegal killings. They are to submit their report to the government before the end of the year.

Home to the world's largest rhino population facing a poaching crisis, South Africa had 1,215 animals killed in 2014, a 21 percent increase from 2013.

While rhino's horns are popularly believed to have medicinal qualities, no scientific evidence has proved this claim.

The rhino horn trade was banned internationally by the Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES) in 1977. However, a domestic trade persisted in South Africa for decades.

If the country decides to pursue a legal rhino horn trade, it will have to win over 60 percent of member states at the next CITES conference, which will be held in 2016.

## Hershey bans Cadbury imports

**Becca Hunt**  
Staff Writer

Hershey's and Let's Buy British Imports have made a deal to stop importing Britain's Cadbury chocolates from overseas. The issue is not the chocolate itself, because the tastes are different, but the packaging. Hershey claims the packaging of Cadbury's Toffee Crips are too similar to Hershey's Reese's. There is no reason to worry about not having the Cadbury crème eggs this Easter, however, as Hershey's has a licensed agreement to manufacture Cadbury's chocolate in the U.S., with a different recipe.

Hershey says because they hold exclusive rights to produce their products in the U.S., the sale of the

British variety should be banned. There is, however, a difference in taste between the two companies. The U.S. has a minimum of 10 percent of cocoa solids, and the U.K. products have a minimum of 20 percent. The decision to ban Cadbury imports has outraged some consumers, who voiced their objections on social media as #boycotthershey. More than 25,000 people have signed a petition on MoveOn.org in hopes of saving their favorite Cadbury chocolates.

Some iconic Cadbury chocolates are the Dairy Milk Bars, Cadbury Crème Eggs, and Toffee Crips. Flake, Curly Wurley's or Crunchie bars, along with British KitKats, will no longer be imported to the U.S. Jeff Beckman, a Hershey spokesman, said "It is important for Hershey

to protect its trademark rights and to prevent consumers from being confused or misled when they see a product name or product package that is confusingly similar to a Hershey name or trade dress. Hershey has always vigorously protected its brands and will continue to do so whenever we believe that others have infringed on these valuable intellectual assets.

While some students were not as affected to the loss of Cadbury chocolates, others were unhappy upon receiving the news. Sophomore Chey Foster said "What! I think that it is ridiculous that they are doing that."

Junior Nathan Arel, who has English heritage, said he was raised on what he called, "a balance of Cadbury and Hershey chocolate."

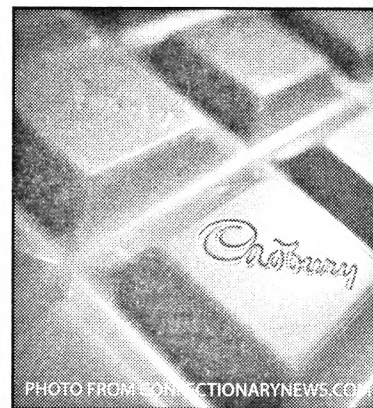


PHOTO FROM CONNECTIONARYNEWS.COM

"If we are to see Cadbury no longer imported here, then it is absolutely a sad day!" he said. "Hershey is fine, but Cadbury was always my preference, even if it was harder to come by."



# First comes sex, then comes marriage?

Jada Fisher  
Staff Writer

From day one, most of us were told not to 'do it,' but everything around us tells us the opposite - even our own bodies. Whether you've had sex or not, one thing is true for most Olivet students: you know how it all goes down.

Along with other topics, more and more people believe that the Bible is culturally outdated when it comes to sex. In 2012, one in every 30 Americans waited to have sex until marriage successfully and 20 percent of people from religious groups waited, according to Waiting Till Marriage Organization site.

In the 2014 State of Dating in America presented by Christian Mingle and JDate, 58 percent of 18-24 year olds said they would have sex before getting married. About 22 percent said they would if they were in love, and six percent would post-engagement. The statistics show that people just aren't waiting anymore, not even Christians.

When it comes to unmarried individuals and the topic of sex, there are two basic sides of the spectrum. One side is sexuality active and the other is not. But of course it's not that simple. Most students might resonate with one of the following statements below.

The unmarried and sexually active might say, I'm in a serious (and or) monogamous relationship and I'm in love, I have the maturity to be sexually active or I want to have sex so I have sex. The unmarried and not sexually active might say, I'm not ready for sex, I'm saving sex for marriage to hold the biblical standard, to honor God or I haven't found the

*Is there anything more intimate than sex?  
No. For there is no greater physical expression  
of trust than two bodies uniting.  
-Ian Gregory, author of "No Sex Please"*

right person yet.

Honestly, there aren't very many credible sources for good reasons to have premarital sex. Success stories of couples that had relations and made it down the aisle can be a dime-a-dozen. For comedian and NPR host Ophira Eisenberg "sleeping around paid off," she told Cosmopolitan and the world in her memoir. Eisenberg has since married, but even she says everyone has different relationship trajectories.

"If you have sex before marriage you may actually enjoy it. You may find yourself surprised by how much it stirs something within you, and you'll probably want to do it again," said Chip Ingram and Tim Walker in "Sex 180." They followed that up with inevitably getting burned and coming to the realization that you're using someone or being used.

A few arguments people that aren't waiting make against those who are include sexual incompatability, not being good for your partner, wanting to have sex with other people, being engaged and not to mention the "test drive before you buy" analogy said Mike from WTM. Those arguments have been countered many times before but consider these fresh perspectives.

A concern for sexual compatibility could be valid, but does it imply a degree of selfishness? "No Sex Please" author Ian Gregory might say yes.

"Real sex is not about my pleasure, my ecstasy, but yours. In real sex we both seek first in foremost out partner's pleasure," Gregory said.

For the non-sexually active person pressured into worrying about not being 'good' at sex, Ingram and Walker would say don't because you probably won't be graded! It's been said that most people aren't great at first and you don't have to be. Marriage entails learning about sex together and there are plenty of opportunities to get better, Ingram and Walker said.

Then some say that being engaged is practically being married so it's alright. Of course this isn't recommended, especially not amongst believers. "Engagement is still a time of evaluation. Each of you still has the option to break off the relationship. Sex will cloud your judgment and stop you from taking that crucial last look before you leap into marriage," Gregory said.

We already know that the consensus for Christians has always been no premarital sex. Our culture today challenges that as well as our decision to follow that. As believers, remembering what sex is for and its representation can help with the noise from the culture and our free will to choose when to have sex.

"Is there anything more intimate than sex? No. For there is no greater physical expression of trust than two bodies uniting," wrote Gregory.

## History behind the Hallmark

Taylor Provost  
Assistant News Editor

Valentine's Day has a different meaning depending on who you are.

For restaurants, it means booked reservations. For greeting card companies, it means millions of dollars in sales. For stores, it means selling out of pink and red gifts, decorations, candies and flowers. For couples, it means celebrating their relationship. For those not in a relationship, it is known as Single Awareness Day. But for St. Valentine, it meant a brutal three-part execution. But what does a third century martyr have to do with Feb. 14 now?

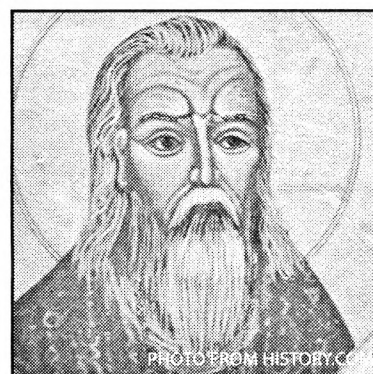
A few details in the history behind the holiday remain mysterious, but the widely accepted story behind the holiday began with a third century Roman priest named Valentine. During this time, Rome was ruled by a power-bent emperor, Claudius II. Claudius' main concern was his military. Fearing a military filled with soldiers less willing to fight because of their wives and families, Claudius outlawed marriage for young men. Valentine, a firm believer in the sacredness of marriage, continued to wed couples in secret... until he got caught.

After Valentine was caught, he was imprisoned, tortured and sentenced to death. During his time in prison, legend says that Valentine befriended the young daughter of a jailer, Asterius, who was one of the men to judge Valentine. Valentine prayed with the woman and she eventually was healed of her blindness, leading Asterius to become a Christian.

Around Feb. 14, 270 AD, Valentine's execution was carried out. Before Valentine was beaten, stoned and decapitated, Valentine wrote a farewell letter to Asterius' daughter, signing it "from your Valentine."

The Valentine's Day we celebrate today also has pagan roots.

In fifth century Rome, people celebrated the Feast of Lupercalia in the



middle of February. During the fertility festival, young men would draw women's names out of an urn and court them for marriage. The tone of the celebration changed around 498 A.D., when Pope Gelasius declared Feb. 14 as St. Valentine's Day, honoring the martyr and ending the pagan traditions.

Father Mario Quejadas, Roman Catholic priest at St. Martin of Tours in Kankakee, shed some light on what the holiday has become in America today.

"I think [Valentine's Day] is a great opportunity to talk about love as demonstrated by the martyr St. Valentine, a love deeply rooted in the Lord Jesus Christ," Quejadas said. "It is a love that is faithful, sacrificial and eternal. These are the three foundations of divine love, matrimonial love and love in any form."

Quejadas said that while the holiday's focus on couples is important, the focus on couples is too much because everyone "hungers for love; that is the basic human nature."

"[Focus on couples] is good because God's love is matrimonial," he said. However, Quejadas said that the focus on couples is bad when it leads us to "think that without romantic love, we are nothing."

"You cannot give what you don't have," he said. "So, focus instead on loving yourself as God loves you. Then, and only then, can you start loving others."

## Your WORST dating nightmare

Allison Steele  
Staff Writer

Showered? Check. Shaved? Done. Gum? Got it. Cologne? Maybe a little too much.

The ritual for getting ready for a date is a grueling one. Even more gruesome? Doing it all for nothing.

Many people have a couple bad dates under their belts, but these excerpts from mingling singles might just be the worst:

The "best" date ever is definitely sitting in the car listening to the boyfriend rap like the guy who won the Strangest Guy Ever award. It's supposed to be date out at a nice restaurant, but now it is date night in the car. Instead of good music, it is gangster rap and the strangest guy ever is trying to rap and look cool. In reality, he looks even dumber. A girl's dream come true... Except not.

It is the first date out at Aurelio's Pizza with the prettiest girl you know in the 8<sup>th</sup> grade. It is a double date with your best friend and the two couples are sitting next to each other in the booth. The girl reaches over to grab something, but instead spills a full glass of pop right into her date's lap. It ruined his mood, and he went home with dried pop covering him. Definitely a date you shower after.

It's a happy birthday at Olive Garden. She even bought the man a gift.

It was a dog tag necklace, so that's a pretty cool gift for a guy, at least she thought. He hated the gift and refused to take it. She picked up the check and everything. Wait, it gets worse: they are driving home when his car breaks down and they are stranded outside on a cold, snowy night for two hours. Anyone would remember this date.

He plans the perfect date for his girl. He drives over to his friend's house before the date, only he does not make it there. His car starts making strange sounds and does not respond as it normally does. He can tell something is wrong, and he is right: his engine ended up dying before he even got to his friend's house, which meant no date for him.

This date would not be forgettable, no matter how hard you tried to forget. It is movie night. The couple went to the theatre after they both knew he was not feeling well. She tried to convince him to stay home, but he said he was fine, so they went. The movie starts and the popcorn is disappearing. She is about to get some more popcorn, but luckily she hesitates while he leans over and hurls in the popcorn bucket. This date scared the poor girl for life.

## Date ideas to impress

JT Cummings  
Staff Writer

Want a better Valentine's Day than a sappy movie during open dorms and Sodexo for dinner? Check out these Valentine's Day dates that are sure to woo even the most unimpressed of people. This year, do the romance right.

### Photo-Scavenger Hunt

What is a barn quilt? Few Olivet students know that Kankakee County is known for its barn quilts. A barn quilt is a painted quilt hung on a barn for decoration, simple as that. Collect these barn quilts with a date by drawing them in a journal and captioning them with lyrics to your favorite love song. Don't forget to bundle up and bring a thermos of hot chocolate because it's cold out there! To plan your adventure, find a map of the 50 barn quilts of Kankakee County in Benner Library.

Cost: Free

Contact: Kankakee County Convention & Visitors Bureau at 1.800.747.4837

### Polar Plunge

Reenact the Titanic and take the polar plunge with your valentine this year at Haigh Quarry. For those with adventurous hearts, Haigh Quarry is offering an ice dive on Feb. 21-22.

For the faint of spirit, diving season opens in April on weekends only adding weekdays in May on through the summer months. Self-proclaimed the "Caribbean of the Midwest," divers can experience life underwater and see many types of fish as well as sunken trucks and tractors.

Cost: Prices vary depending on certification requirements

Contact: 1.815.939.7797 or visit [www.haighquarry.com](http://www.haighquarry.com)

### Paint Date

Feed Arts & Cultural Center located in downtown Kankakee is having a Valentine's Day painting session for couples. Providing all the materials needed to create true "heart art" including canvases, paints, and collaging materials. Feed offers different exhibitions and events year round, check them out! Visit their website and click the calendar tab for more upcoming events. Before your date stop at Johnny's Pizza right next door for an Valentine's dinner sure to satisfy.

Cost: \$10 in advanced, \$12 at the door

Contact: Feed Arts & Cultural Center at 1.815.496.0278 or [www.feedarts.org](http://www.feedarts.org) Johnny's Pizza at 1.815.939.2333

### Sweetie Skate

Stop by The Pie Layde and split a scrumptious mid-afternoon treat just before making your way over to Ice

Valley's Sweetie Skate on Saturday Feb. 14 from 1-3 p.m. The Pie Layde's Valentine's Day special will be chocolate chess pie, an intense chocolate brownie-like pie sure to fulfill the lover's palate. The Pie Layde also offers soup, sandwiches, and quiche for those not so keen to sweets.

Cost: Pie by the Slice \$3.50 — Ice Valle General Admission \$6, Skate Rentals \$3 Contact: Ice Valley at 1.815.939.1946 or visit [icevalleycentre.com](http://icevalleycentre.com)

The Pie Layde 1.815.939.7437

### Winter Picnic

Time to put on your heavy parka and mittens! What better way to woo a date than a picnic in the snow? Make your way over the Kankakee River State Park via Illinois Route 102, take the main entrance into the park. Park in the first lot and make your way over to one of the various lookouts built for romantic river gazers. Be sure to bring a waterproof tarp to put under your blanket or sleeping bag, plenty of hand warmers, a large thermos of hot cocoa, some freshly baked chocolate chip cookies, a warm blanket to share, and a guitar or your favorite book of poems. Assemble and enjoy.

Cost: \$10 for cookies and hot cocoa Contact: Kankakee River State Park at 1-(815) 933-1383 or visit [www.stateparks.com/kankakee](http://www.stateparks.com/kankakee)



## How to get a second date

Allie Alexy  
Staff Writer

"What are you, 40?"

I had gotten a Diet Coke. The look of utter shock on my face must have been visible to everyone else, except for the guy I was on a first date with.

This comment followed him telling me that I was "wasting my time in college" because I'm a girl.

Needless to say, this guy did not get a second date. But that brings me to the question: what does it take to get a second date?

Ace the first date. But how? There are a few basic ways to do that.

### Stalk them.

No, not in the creepy, call-the-cops way, but check out their social media profiles to make sure you have things in common. If you do not like anything they talk about or how they act on social media, chances are you are not going to like how they act in person. A bonus with creeping is you can see what they like, which gives you starting points for conversations.

In fact, it is better if you were friends to begin with. Juniors Kyle Sleik and Bethany Smith built a friendship before beginning to date. After a year of dating, they both agreed that the most important thing was creating a friendship first.

### Keep it casual.

When dates are made into a big deal, they can turn into really awkward situations. According to seniors Tyler Koch and Josilee Ray, whose wedding is set for this May, first dates are better if they are casual. Ray and Koch met while in a photography class, but the first time they talked was the last week of school. Their first date was to Hobby Lobby to pick up supplies for their final. "[Our date] was good because it wasn't meant to be a date," Ray said. "It was just going to get stuff. We just had really natural conversation, there were no really awkward silent moments. It felt really natural."

### Keep it conversation-oriented.

The point of first dates is to get to know each other. "Most couples try to go to the theater to see a movie, but then you can't really get to know each other," Koch said. In fact, Koch and Ray said that they have never been to a movie theater together. Make sure to let them talk and try to be interested in what they are saying.

### Don't...

Even if you are on your best behavior, there are conversation topics that can send you down a slippery slope. Do not insult the other person. This is a way to make sure that you will not get a second date. Also, do not talk about your future together. I know some of you are probably reading this and thinking no one would ever do that. Trust me, it happens. It is okay to talk about your personal future plans and goals, but not about your future with the person you are on a date with. It scares people off.

### Ask.

Do not be scared to ask for the second date. If you had a good time on your first date, or even if you didn't, and you want to go out on a second, just ask.

At the end of the day, be yourself. People want to get to know the real you, especially on the first date. If all goes well, you will have no issue getting a second date. As Sleik said, "Keep it simple, stupid. KISS, without the actual kiss part." Unless you want to, of course.



Seniors Shea and Sarah Mowry married May 2014. In preparation for their wedding vows, the couple went through premarital counseling through Mentor-A-Couple, a program out of Olivet Nazarene University's Center for Student Success that pairs engaged couples with experienced married couples.

## Couple counseling prepares students for marriage

Grace King  
Layout Editor

"It's not like a psychologist-patient relationship," senior Shea Mowry said about the Mentor-A-Couple program run out of Center for Student Success at Olivet Nazarene University.

Mentor-A-Couple (MAC) provides engaged students with the opportunity to do their premarital counseling with an experienced married couple. The program is an inexpensive and convenient alternative to traditional premarital counseling, where couples sit down with a pastor to talk about issues that may arise in marriage.

Shea went through the program last year with his then fiancée. "It's something that has to be done because communication is the most important thing."

His wife of nine months, Sarah Mowry, said that through MAC "you learn how to work with who you are and how to work with how you became who you are. That's going to hit or miss at times during your marriage."

The Mowrys were hesitant to sign

up for the MAC program, not because they didn't think they should do counseling, but because "premarital counseling is for bringing up all the stuff that's going to come out later. We knew there was going to be some tough and awkward conversations," Sarah said.

The MAC program consists of eight sessions, one introductory, one focusing on finances, a third covering sexuality, and the rest one-on-one meetings with the mentors. There are a series of worksheets and themes mentors and mentees work through in sessions. When the couples prepare for the program, they are issued two surveys from Life Innovations, a national organization dedicated to improving marriages, according to Kathy Heck, administrative assistant for the Center

of Student Success.

Mentors for MAC Butch and Deb Stafford role model and share examples from their own marriage life that mentees can apply to their relationship.

"We want to make it personal. We don't want them to think we're only looking at their test results because we're real people and we've had ups and downs too," Deb said.

Shea said, "These mentors aren't pushovers. If you're not talking they do know how to talk about their experience to get you to talk. They're good teachers in a sense that they can get their students to answer the question so it's not like a graveyard."

Shea and Sarah said during their mentoring sessions they spent a lot of time on managing and finding ways

to deal with each others stress levels because the tests they took showed Sarah's stress level at 98% and Shea's at 11%.

"[Our mentors] just looked at that and said 'We need to talk,'" Sarah said with a laugh.

Sarah said it was easier for her to open up about premarital issues with the mentors because they were not previously connected with the mentors. "It's nice to have that outlet," she said.

The Staffords would have preferred a mentor program like MAC when they were going through premarital counseling. "When we were married, we would just try to glean from experienced married couples during church activities, but [MAC] is intentionally setting up experienced married couples to go through a strong curriculum, opposed to the traditional sit down with the pastor," Butch said.

"We call [MAC] marriage insurance," said Beth Olney, Director of the Center for Student Success.

To find out more about MAC, contact Center for Student Success at 800-648-1463.

*We want to make it personal. We don't want them to think we're only looking at their test results because we're real people and we've had ups and downs too.*

*— Deb Stafford, mentor for Mentor-A-Couple*

## Use to take professional #selfies

Becca Hunt  
Staff Writer

Everyone is familiar with the term "selfie," and it's not uncommon to see someone out in public taking pictures of themselves, either alone or with a group of friends.

In 2014, the band Chainsmokers noticed the selfie trend and in response made a demo of a song with monologue from a female clubber. The song "#Selfie" was a hit and was commonly used in popular Vines. Now it seems that there is a new phenomenon for selfie-lovers.

The "selfie-stick" has become incredibly popular and recently reached America. The selfie-stick started in Asia, where most tech trends originate. The design of the selfie-stick is a long extendable metal rod, which clasps on to a smartphone. This rod can extend to three feet or more. Some require a camera timer, while others have Bluetooth remotes.

The selfie-stick not only makes it convenient for taking larger group pictures, but it also avoids having to ask a stranger to take a picture of you

and your group of friends. The New York Post said, "Selfie on a stick — a local company that sells the device online and at a select Nordstrom and Opening Ceremony stores — has seen 3,000 percent growth in sales in November alone. They've sold out of their Nordstrom stock three times already this season."

Even pop star Beyoncé took the selfie-stick for a spin in her new music video "7/11." When searching #selfie on social media, the selfie-stick can be seen used by all different types of people.

"We thought that it would just be a great addition to the American Market," Jacqueline Verdier, co-owner of Selfie-on-a-Stick, said. While some people are excited about the new selfie on a stick, others such as Jesse Fox, an assistant professor of communications at The Ohio State University, is not as pleased with the concept.

Fox believes that promoting this selfie-stick is further isolating this generation, and generations to come. "It's definitely cutting down that social interaction of 'Can you take a photo of us if we take one of you?'

among people," Fox said.

Fox did a recent study that focused on men who spend a large amount of time editing or posting selfies, and it showed that they proved to be more narcissistic. The study led to the conclusion that selfie-taking men were more apt to exhibit more psychopathic qualities. The selfie-stick makes it easy to spot tourists, who may be more focused on taking the picture, than actually seeing where they are.

Some places have even banned the selfie-stick. In South Korea there is a ban on selfie-sticks because the Bluetooth signal from unlicensed sticks cause other cell phones and devices to malfunction. In London, concerts do not allow them, calling them "selfish-sticks." This new phenomenon has taken off and can be seen used just about everywhere.

Sophomores Ashley Fedei and Genesis Garcia pose with a selfie stick in the quad. Selfie sticks are being popularized with the convenience of taking "selfie" group photos.





# Stix and Stones may break your bones, but Hillaryjane might inspire you

Jada Fisher  
Staff Writer

I must admit I had doubts on whether or not I would like "Stix and Stones Unplugged." One reason is because it's just an acoustic version of the original work "Stix and Stones," which released last year.

Although I've never been an unplugged enthusiast, I really like Hillaryjane as an artist, and I didn't want this EP to change my mind.

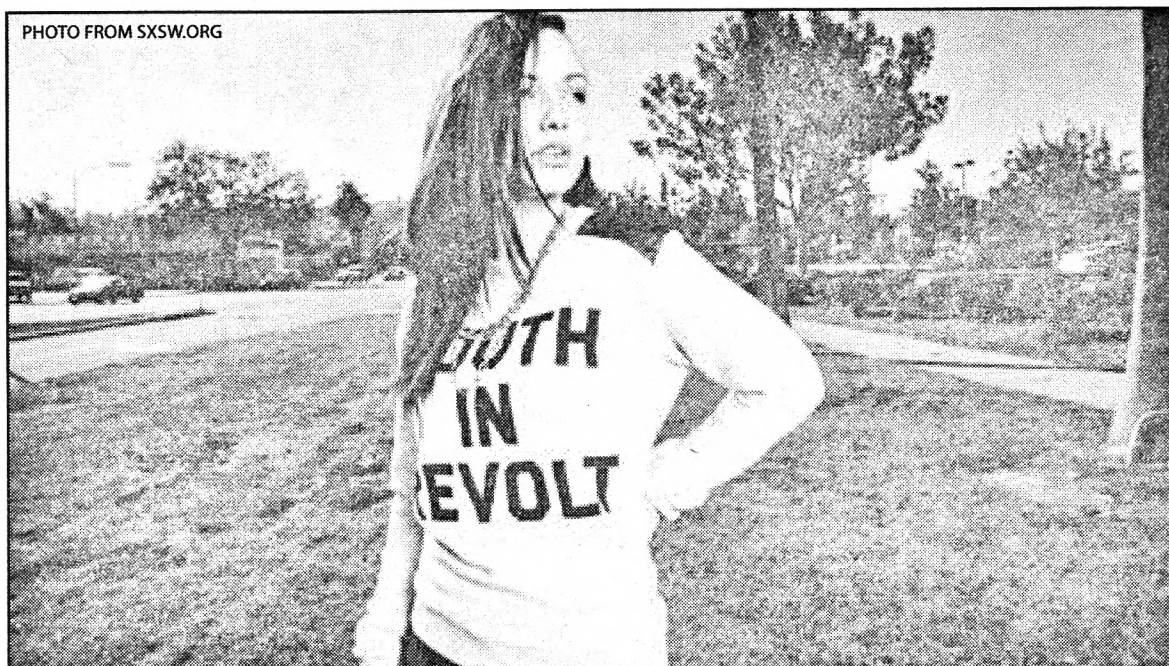
The project wasn't as appealing as the original upon my first listen. I automatically did a lot of comparing to the original. But after listening to the songs again, I noticed the small details that made me appreciate the music more. I realized this EP has a new nature.

The overall sound gave the work has a broader aesthetic compared to the original. It didn't have the allure of 80s or the sexiness a studio soundboard can give a record. It had something of greater depth. I found that if I didn't listen closely, I would've missed these fine details.

"We Fight" is a track near the end of the EP that stood out to me. One of the small details I appreciate in this song is the piano solos in the opening and closing. To me, that added a magical, Disney-esque effect.

The sound progression was excel-

PHOTO FROM SXSW.ORG



Hillaryjane is an up-and-coming Christian artist. Her EP "Stix and Stones Unplugged" was released in December.

lent, but it was also solemn. In October, during a live interview, Hillaryjane mentioned the meaning behind this song. The song is about two Christians struggling in their relationship and how they learn to fight for Christ instead of each other, she said.

Her vocal delivery is strong yet soft. "We Fight" is one of my favorite songs to listen to and the most beautiful song

on this EP.

"Celebrity" sounded like it would be awesome to hear performed live. The opener is slow and very R&B, which transitions into a funky, up-beat jazz arrangement. The sound is polar opposite to the original track, which featured This'1 with a trap beat.

Her vocal delivery on this song was the best compared to the other songs.

The new rap verse was the cherry on top for me. The lyrics seemed very well thought out. "Sin is the trend, I'm all in. Chasin' the wind for the win, when my conscience became conscious. Got me feelin' like." This is another favorite track of mine.

On YouTube you can find many covers of Hillsong UNITED's "Oceans," even Hillaryjane's. Her version was

featured on this EP. "Oceans" has been a popular worship song for the past two years but she definitely did it justice. Her background as a worship leader really showed in this song, especially in her ad-libs at the end.

Though no artists were featured on the project, it definitely sounded like Sheena Lee did the background vocals. I saw her in the mini documentary of the making of "Unplugged."

I enjoyed the sound progression in "Chimneys," it really gave the song a new aura compared to the original. There was guitar, drums and cymbals, which really complemented her voice. "Shotgun" had a much more upbeat tempo than the original. It gave the song a 2000s R&B-esque, neo-soul kind of sound.

Other songs on this EP include "Wild Side" and title track "Stix and Stones," which are also pleasing to the ears.

Unplugged was well received in the Christian music and hip hop community. During its December release date, the EP charted number three on iTunes top Christian albums.

Of this body of work Hillaryjane said, "It has an undertone of confidence." Though she sings of where her confidence comes from, we can be confident that with the success of two EPs, Hillaryjane will be around for quite some time.



PHOTO FROM ABC NEWS

Sit and drink coffee or leave with a newly adopted cat when you dine at a cat café.

## Cat cafés becoming worldwide trend

Taylor Provost  
Assistant News Editor

Hello Kitty isn't the only cat-related trend America picked up from Japan.

Cat cafés house cats for visitors to play with while enjoying their beverage of choice, and technically originated in Taiwan in 1998. However, the concept gained steam in Japan, where about 150 locations have opened within the last decade, according to BBC.

While these cafés serve some food and drink, the main attraction is the ability to play and cuddle with cats without any of the responsibility of a cat-owner. "Since Japan treats cat cafés as exhibition facilities like zoos and aquariums, there are fewer regulations regarding the serving of food and drink as there might be at traditional restaurants," BBC reports.

With enough success in Japan for Americans to notice, especially

*Since Japan treats cat cafés as exhibition facilities like zoos and aquariums, there are fewer regulations regarding the serving of food and drink as there might be at traditional restaurants*  
-BBC

through social media, the U.S. officially joined the cat café bandwagon, opening its first location in April 2014 in New York City. The NYC location, however, served as a pop-up location, only operating for four days.

The first permanent U.S. location opened in Oct. 2014 in Oakland, California. The Oakland shop, Cat

Town Café, was founded by cat lovers Adam Myatt and Ann Dunn and is a place where customers have the option of either walking in or making a reservation, according to Huffington Post. Customers then order drinks and food and walk into a designated "play area" to spend time with six to 12 cats at a time.

The ultimate goal of Cat Town Café, however, is to find "forever homes" for the cats, as customers are encouraged to adopt the cats, from local shelters.

Cat Town Café received major success upon opening, with reservations fully booked for the first three weekends, according to Mashable.

Other major U.S. cities such as San Francisco, Portland, Los Angeles, Denver, San Diego and Seattle are following in Cat Town's paw prints, set to open cat cafés as well, Mashable reports.

## Betty White: 'America's Sweetheart' 93 years and counting

Lauren Stancle  
Staff Writer

Betty White may be 93 years old, but her stage presence and talents are apparently timeless.

Born in Oak Park, Illinois, the widely loved and appreciated actress' birthday was Jan. 17 and she was honored with a special flash mob by the entire show cast and crew of "Hot in Cleveland", a TV show that White stars in, according to mashable.com.

TV Land wrote, "Every day on set, Betty is greeted by her assistant with a hula - today's hula dance was a very special surprise in honor of her 93rd birthday!"

As the cast breaks out in dance, White looks on joyfully with surprise and claps along to the performance. At the end everyone wishes her a happy birthday. White exclaims, "At 93 you shouldn't be doing this!"

White is many things: she's an actress, TV star, comedian, talk show host, producer, author, animal rights activist...

The list goes on and on, and so does her career.

In 1951, just two years after her first TV job in 1949, White got an Emmy nomination for best actress, according to tvguide.com. She won her first Emmy award in 1975 for Outstanding Continuing Performance by a Supporting Actress in a Comedy Series.

Her most recent award is winner of the 2015 People's Choice Awards—Favorite TV Icon. She was named an honorary forest ranger in 2010, has a star on the Hollywood Walk of Fame, and has earned a spot in the Television Hall of Fame in '95, according to tvguide.com. According to famousbirthdays.com, White won the Screen Actors Guild Life Achievement Award in 2009.

Lee Meriwether, actress and Bet-



ty White fan, said in an interview for biography.com, "Betty could get away with murder, because everyone loved her."

According to biography.com, White was introduced to the generations after her through a Snickers Super Bowl commercial in 2010. She gained a bigger fan base of younger generations who pushed for her to host Saturday Night Live, and she became the oldest host on the show that year at 88, according to tvguide.com, additionally winning a Grammy for her appearance.

White also starred in the TV show "Golden Girls" in 1992, and was both a guest star and in reoccurring roles in several other shows and movies such as "Password" (where she met her third husband, Allen Ludden, in 1961), according to tvguide.com, "The John Larroquette Show", "Boston Legal", "The Bold and the Beautiful", and "The Proposal", according to biography.com. The prank show, "Betty White's Off Their Rockers," is hosted by none other than Betty White herself.

Biography.com calls Betty White "Hollywood's golden girl" and "America's Sweetheart."

Lee said, "She has those gifts that will keep her in the spotlight forever."



## OPINION

## Love: not the fairytale version

Nathan DiCamillo

Sports Editor

Romeo and Juliet fall in love at first sight. Then Romeo kills himself over what he believes to be a dead Juliet and Juliet responds in the same manner. The story is a tragedy and the love is unrealistic.

Trying to figure out whether or not love at first sight is legitimate is hard to estimate in a world where the idea of romantic love may be illegitimate. After all, love is just as much what you get out of it as it is what you put into it and can sometimes be an investment with little return.

There is an inherent bias when trying to define what love is. Love is a subjective term and when human beings try to define it, they are usually falling in or out of it. TED educator Brad Troeger compares lovers trying to define love to someone who just

won the lottery trying to accurately define the concept of money.

Love can't be defined by lovers, and it can't be measured by scientists. Love acts vary across cultures and even across friend groups. My spending time with a girl here at Olivet usually results in comments about a "ring by spring," whereas the same situation at home wouldn't raise an eyebrow.

In a Ted-Ed Lesson titled "What is Love," Troeger theorizes about the biological nature of what we sometimes think love is. Troeger reduces our idea of love to chemicals in our brains—a physiological addiction to another human being that could last or fade. Dawn Maslar, TED educator and biology professor at Kaplan University, describes love at first sight as a trick that your body plays on you.

"When you first meet someone

*Love can't be defined by lovers, and it can't be measured by scientists. Love acts vary across cultures and even across friend groups.*

you are attracted to, your body releases the neurotransmitter norepinephrine," Maslar writes on her website, dawnmaslar.com. "You are probably more familiar with its cousin adrenaline. Like adrenaline, norepinephrine is part of your fight or flight response. That's what causes all those signs of love at first sight such as rapid heartbeat, shallow breathing, sweaty palms, and a feeling of

nervousness."

Troeger points out that our attempts to define love are either inadequate or too academic. Is love spiritual, legal, or just biological?

The definition of love is subjective. So the debate over whether or not true love exists is subjective to my personal definition of romantic love.

Love is a binding contract. Love is monogamous—a sacredness that is created by the continuous work of two individuals. Desire is selfish, and love is selfless. Love is, really, for better or for worse. Christ defines marriage as two people becoming one flesh by the power of God. The highest standard for every relationship, then, is one that displays not just an affection for each other but the love of God to everyone.

But romantic love—even as it has been romanticized—is not the greatest form of love. Love between

friends binds nations. Love between God and man allows for the salvation of the world. There are many who choose not to get married or have any romantic relationships, and that's fine.

Using the word love to define romantic love gets tiring as romantic love is put on a pedestal. The church emphasizes marriage because church leaders need to keep growing their congregations, and societal stereotypes shame lifelong virgins. It is important for this generation to see romantic love as a commitment—as something that is both worked for and enjoyed. But the romantic love really isn't the best kind of love there is.

It doesn't matter whether or not love at first sight exists. It only matters that we understand how to truly love. Because love exists only so long as we continue to genuinely practice it.

## Editorial



## Base love on love, not gifts

Chocolates, candies, jewelry, flowers and stuffed bears—all of these things are Valentine's Day essentials, but they also share another major commonality: they are all marketed towards women.

Though the national day of love has couples everywhere starry-eyed and weak-kneed, it seems the art of gift giving has only one intended recipient. Advertisements on television, on the radio, and online all boast the perfect gift for a wife or girlfriend.

Love and romanticism is a two-way street—so why don't we recognize that on the one holiday that champions both?

One possibility could be that there is a double standard concerning gender and relationships. Singleness is more of a woman's disease, whereas men are taught to take pride in their days as a bachelor.

It is not uncommon to see women go on faux dates with one another in lieu of a significant other. There tends to be a general hunger that clings closely to the packs of women filling up Olive Garden every February fourteenth. The same is not often seen with men.

All of these perpetuate a relatively old fashioned notion that a woman is to be defined by her relationship and a man is to be defined by his ability to provide. It models the theme that a man must be a predator, hunting, and a woman must be prey to be sought after. This is magnified under the scope of Valentine's Day.

It has been stressed to such an extent that it's even become competitive amongst some women. Any avid social media user knows to be prepared for the incessant, news-feed filling posts showing off all the poorly written haikus and last-minute-Walgreens roses their friends have racked up.

Everyone notices that girl (it's almost always a girl) needlessly lugging that giant teddy bear and heart shaped balloon all across campus. She's a peacock showing off her look-how-loved-I-am feathers.

But recent studies are suggesting that we are moving away from this commercial view of the holiday. A national survey for WP Diamonds, conducted by Impulse research shows that only 14 percent of people report wanting extravagant gifts for Valentine's Day, and the majority, 46 percent, say that they want a romantic evening.

This may go to show that people also tend to harbor kind words and intimate moments to tweet or Instagram to our followers.

It's not atypical human behavior to gloat—it can actually show a healthy amount of pride. But when that braggartism is based on ideals from the same system that believes a woman is a prize to be won, then it may be time to rethink our impulse to share.

Valentine's Day has become so centered on pleasing those of the female persuasion that women who want to buy presents for the men in their life often encounter much difficulty. After all, guys don't tend to look so great in Kay Jewelery.

But the fact that men's gifts are a niche market doesn't mean that they don't deserve them. Anything can be romantic with the right amount of sentimentalism. And who doesn't like chocolate?

## 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.

## Honey, we need to talk:

## Marriage and the gift of singleness

By Erik Young

Contributing Writer

The life of the college student is fraught with anxieties about one's identity. Discovering who we are apart from our families of origin is a spiritual and emotional struggle. The attendant anxieties that come with keeping up with studies and managing a social life are immense. The added pressure of finding a mate is, for some students, too much to bear.

When I attended ONU more than 20 years ago, I didn't date anyone. To be honest, it wasn't for a lack of trying. I was fortunate to have great friends who taught me how to be alone and we spent lots of time alone together. Although I am happily married now, I can't help but believe that discovering who I was as a single person, in my own right, made me a better mate. I also accept, too, that if fate had determined that I remain single, I would be happy there too.

Perhaps the pressure of our university culture to find a mate is creating stresses and anxieties by robbing the students of the knowledge of their self as an individual before God. It is a perspective that deserves to be explored and one that we have a responsibility to address.

I believe that the efforts of well-meaning Christians of all varieties to defend marriage against perceived threats (same-sex marriage, high divorce rates, etc.) has so narrowly circumscribed and inordinately elevated the institution of marriage that unmarried Christians find themselves pushed further toward the margins and, at times, become collateral damage in the skirmishes.

Put simply, the full spectrum of Christian voices in the contemporary world should be speaking to the blessedness and intrinsic value of the individual human relationship with God, and this includes the decision to remain single.

In the battle to protect the sanctity of heterosexual marriage, we have become myopic; seeing only the glory of victory and not the casualties of the battle. Consequently, marriage has not become simply an option for Christians; it is the option for Christians.

The amount of attention given by Christians to marriage in the second half of the 20<sup>th</sup> century far surpasses the extant literature from the previous two millennia. Granted, sociological research falls heavily in favor of the nuclear family as ballast for a stable culture. In short, this research emphasizes the institution of marriage as foundational to economic and civic stability. However, the fact remains that very little literature has been offered by Christian thinkers and theologians regarding the institution of marriage until the last century.

*Singleness is no hindrance to the fully realized life in Christ.*  
- Erik Young

The Church has much to say about the gift of singleness. Singleness is no hindrance to the fully realized life in Christ. It could be vigorously argued that it has been beneficial to the Church that some have chosen not to marry. One need only survey the greatest theological and spiritual writings of Christian history to determine that unmarried Christians are gifted with special graces to inspire the rest of the Church to follow God's leading more faithfully.

In regard to the estate of marriage St. Augustine portrays the gifts of the unmarried John the Baptist and the married Peter and concludes that "for both the celibate of the one, and the marriage estate of the other, did service as soldiers to Christ." The Greek term charisma is used throughout the New Testament to describe gifts or blessings from God.

In our contemporary churches we recognize the existence and necessity of spiritual gifts for the proper function of the church. In the Gospel of Matthew, Jesus teaches his disciples regarding the unmarried life, "Not everyone can accept this teaching, but only those to whom it is given." (19:11) He admonishes them further, "Let anyone accept this who can."

(19:12)

Jesus acknowledges that not all are able to accept this teaching, indicating that some are so inclined to live such a way. Should we refuse to acknowledge this gift given to some and insist that they marry? I pray not. Christian theologians and philosophers have written extensively about the gift of virginity or celibacy.

In his work, Concerning Virginity, St. Ambrose wrote, "The state of Virginity is undoubtedly commended in holy Scripture, both by our Lord and St. Paul..."

Even St. Augustine's high opinion of marriage demurs to the superior gift of virginity. He writes, "...by divine right continence is preferred to wedded life, and pious virginity to marriage."

As to its character as a divine charism, St. Gregory of Nyssa wrote, "[Virginity] belongs to those alone whose struggles to gain this object of noble life are favored and helped by the grace of God."

Clement of Rome spoke even more forcefully, "And those who are virgins rejoice at all times in becoming like God and His Christ, and are imitators of them."

These are but a few examples of the voices of the historic Church and Her witness to the vital importance of the unmarried to the Body of Christ.

Are the contemporary churches (of all varieties) possessed of the courage and humility to stand down from their overzealous battle for marriage?

Even the most well-intentioned apologies for the sanctity of marriage should be tempered by acknowledging that the institution of marriage, blessed as it is, is not the goal of the Christian life.

A defense against cultural stresses on marriage need not, as a consequence, unnecessarily press the single Christian to the margins.

Jesus Christ died an unwed man. He lived life with no wife by his side, and yet He still had a family. He loved and was loved. He was able to live his life according to God's will and fulfill His plans for Him. If singleness was enough for Jesus, why is it so objectionable to us?

All views expressed in the Opinion section are the opinions of individual writers. They do not necessarily express the overall opinion of *The GlimmerGlass*, the exception being the editorial. Readers are encouraged to submit formal feedback, a Letter to the Editor, when they have an opinion about material printed.



# Rolling out sore muscles

Grace King  
Layout Editor

There's more ways than simple stretching to loosen muscles before and after a workout.

Foam rollers are large, plastic foam cylinders used to roll out tight muscles. "Think of your muscles as shoelaces. If you have a knot in your muscle, stretching pulls it tighter," exercise physiologist Mike Ross said to Newswise.

Certified trainer for track and swimming at Olivet Nazarene University, Joel Deckard, not only knows the science behind foam rolling, but implements foam rolling into his own training routine as a runner.

The purpose of foam rolling is to promote myofascial release, a soft tissue therapy for the treatment of muscle pain, Deckard said. "Coupled with stretching before or after practice, foam rolling loosens tight musculature and helps increase muscle extensibility," he said.

Rolling shouldn't only be used to rehab injured muscles, physical therapist Michael Clark, Ph.D., said to Runner's World.

Most often used after a workout, Runner's World is now encouraging athletes to roll before they exert themselves. Foam rolling loosens your muscles, elevates your breathing and heart rate, and is "psychologically preparing you to sweat," said Disa Hatfield, Ph.D., assistant professor of kinesiology at the University of Rhode Island.

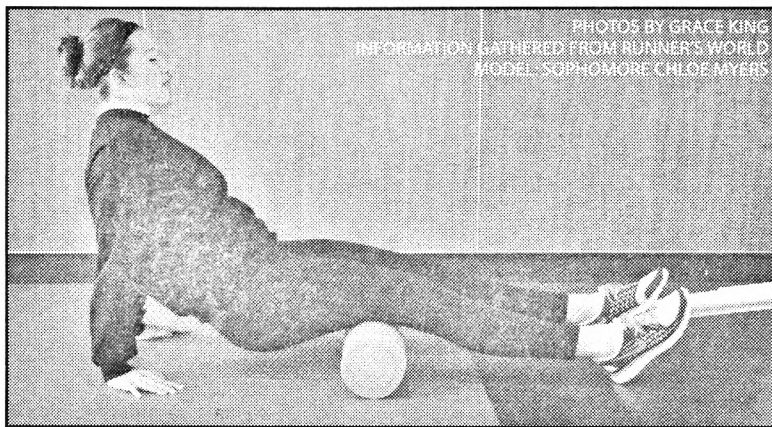
For foam rolling beginners, Ross suggests to roll your body over the foam roller, up and down the length of the muscle, and to pause over painful areas for 30 seconds, allowing the weight of your body to squeeze the knot against the roller.

But be careful when rolling, especially if you have a strained muscle. The muscle needs time to heal and rolling might aggravate an injury, Deckard said. Resting your muscle a few days and then foam rolling can help realign the tissue.

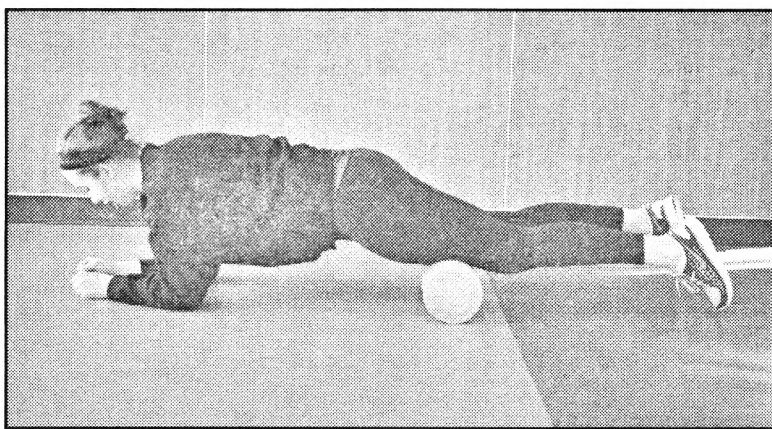
Rolling directly where you feel pain is another rolling mistake. "If you iron out areas of inflammation, you can increase inflammation. And if you are in pain, your body will be too stressed to repair itself," manual therapist Sue Hitzmann said to the Huffington Post.

Don't roll too fast either. Take time when rolling to give your brain enough time to tell your body to relax, certified personal trainer Monica Vazquez said to the Huffington Post.

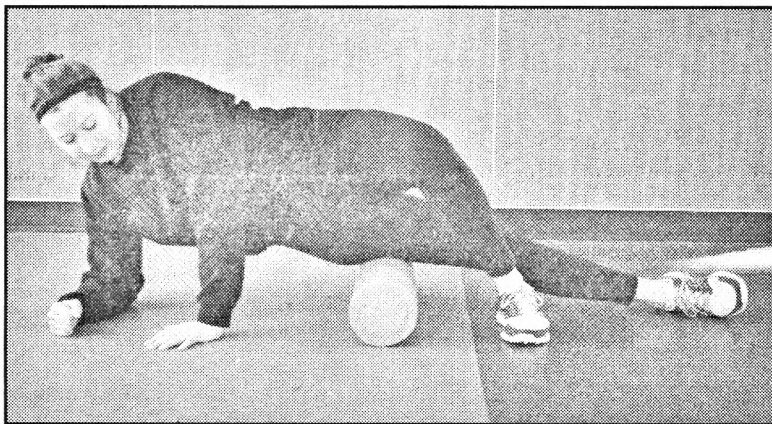
Foam rollers can be purchased at any sporting goods store.



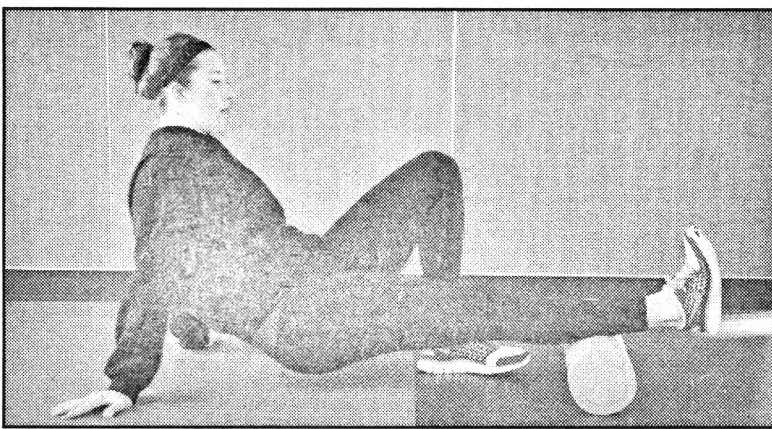
HAMSTRINGS: Place the roller under your thighs. Roll from the knees to the buttocks.



QUADRICEPS: Lie on your stomach with a roller placed under the front of your thigh and slowly roll up and down from the bottom of your hip to the top of your knee.



ILIOTIBIAL BAND: Lie on your side with the roller near your hip, rest your other leg's foot on the floor. Move along your outer thigh.



CALVES: Put the roller under a calf. Rest your other foot on the floor. Roll from the ankle to below the knee. Rotate the leg in, then out.



Olivet girl's basketball team gets pumped up during a game.

## Preparation a slam dunk

Justine Von Arb  
Staff Writer

Winning streaks. Hot hands. Streak shooting. Game-winning momentum. Illusions.

While there is a mental aspect to playing and winning games, said women's head basketball coach Lauren Stamatis, winning and losing is not dependent on previous games.

Stamatis takes the perceived difficulty of teams into account when scheduling non-conference games, but she doesn't pick easy-to-beat teams in an attempt to build up game-winning momentum. She would rather the Lady Tigers (16-9, 8-5) play good teams to prepare them for a competitive conference.

"We learn a lot more [by playing a good team] even if we lose," Stamatis said, and it's the learning that's important. Many of the specific skills necessary for performing well are teachable and correctable, so Stamatis' athletes can work on improving those things to perform at a higher level instead of relying on a winning streak or a hot-handed shooter.

Psychology professor Alison Young, Ph.D., agrees. "Confidence is not necessarily related to accuracy," she said, citing a study performed by Thomas Gilovich, Robert Vallone, and Amos Tversky of Cornell University in 1985. They found that "the outcomes of previous shots influenced...players' predictions but not their performance." In other words, the confidence that players gained from making shots did not affect the probability of making future shots.

A 2014 study by Kevin M. Kniffin and Vince Mihalek took a different approach to this phenomenon but found similar results. Instead of analyzing basketball shots, they studied within-series hockey games. These

back-to-back games are a "uniquely ripe environment for momentum to potentially occur," Kniffin and Mihalek said — but game-winning momentum doesn't occur. "In our evidence, we see that momentum is really just illusory," they concluded.

Confidence gained by winning games might play more of a role in sports with fewer variables and less direct contact, suggested Young, but shooting and winning streaks are still illusory. According to Gilovich et al., "the 'detection' of such streaks in random sequences is attributed to a general misconception of chance." Similar misconceptions can be found in coin tossing, as any statistics student learns.

"[Winning games] has more to do with performing well," Stamatis said, because it is ultimately playing well, not momentum, which leads to more wins.

What does that mean for players? Stamatis encourages and inspires her players to work on skills, whether shooting or ball handling, to prepare for a game. "Putting in the preparation in advance gives [players] confidence to be able to perform well," she said. Seeing hard work pay off in a game situation positively contributes to confidence.

Both individual confidence and team confidence are vital to a good performance, though. "They play into each other," Stamatis said. Each of her players must put in the proper amount of preparation to be at her best so that her teammates know that their team is at its best. Such confidence does not come from game-winning momentum, but from preparation and teamwork.

This preparation and teamwork will be on display in McHie Arena as the team takes on Cardinal Stritch University on Feb. 18 at 5:30 p.m.

# Couples who sweat together, stay together

Melissa Luby  
Assistant News Editor

Looking for a romantic idea for Valentine's Day? Try hitting the gym.

A recent study published in JAMA Internal Medicine indicates that couples that work together to form healthy habits are more likely to succeed. The study followed 3,700 couples who were either married or lived together over a period of four years. The study's results showed that when one member of a relationship made a change in lifestyle—for example, a decision to quit smoking or lose weight—their partner was likely to have the same goal. Partners

with the same goals were three times more likely to be successful when compared to couples in which only one partner made a lifestyle change.

A 2000 study reported in Psychology Today indicated that couples felt more satisfied with their relationship and more in love with each other after engaging in physically challenging activity. A follow-up study conducted in 2004 indicated that these emotions stemmed from "physiological arousal" that results from physical activity.

For junior Hardy Carroll and sophomore Kaity Legg, the

satisfaction of working out together is less about physiology and more about time management. "It's a way for us to make time out of our day to do something together that's going to mutually beneficial and isn't just the normal 'Let's hang out,'" Legg said. "Mapping out a time in the day where we spend time just doing something together has really helped [our relationship]."

An older study, conducted in 1965, indicates that having a workout partner—whether a romantic partner or a platonic friend—impacts an individual's ability to exercise on a psychological level. In some cases,

the presence of a partner increases speed and intensity; when learning a new exercise, however, partners may hinder each other's ability to learn.

Carroll and Legg recognize that there is, however, a fine line between motivation and competition. "You have to understand that going into a workout, you are both two separate people, and while one may be able to run two miles, the other can only handle a mile," said Carroll. "You have to be aware of those differences, and I think we are." Legg agrees. "I think we try really hard not to make it a competition, but [working out together] still makes us want to meet

the same goals, she said. "It definitely motivates me to want to try the best that I can to meet our goals."

Legg says that the key to successful "couple" workouts is to plan ahead by setting the goals for the workout beforehand. Communication is also important. "I think you also have to set boundaries and goals so it doesn't start to hinder the relationship and communicate if it ever becomes something one of the two people no longer wants to do," she said.



# Commentary: Tea and crumpets with a side of football

**Paul Wissmiller**  
Staff Writer

I first became a fan in January of 2008. I turned on the TV on Saturday morning, and five seconds later, Didier Drogba, a forward for Chelsea FC scored his second goal of the day, a long shot into the top corner against Hull City. I finished the game, and was rewarded by watching Drogba shred the Hull defense for another goal to get a "hat trick," or three goals by the end. The game was an English Premier League soccer match, and I was instantly hooked.

Soccer, or football as it is called in the rest of the world, is quickly gaining popularity in America. If you tune into ESPN2 on Saturday and Sunday mornings there is usually a "Premier League match of the week" on to enjoy. The English Premier League (or EPL) is the first or "Premier" division of English Soccer.

It is made up of 20 professional teams who compete in 40 games from September to May every year for the honor of being the best team in England. For each win a team receives 3 points in the overall rankings. If the teams tie or "draw" they each receive 1 point, and a losing team never gets any points. The team with the most points at the end of the season wins the league.

It is important even for teams not doing well to play for points. After each season the three teams with the lowest accumulated total of points get dropped to the next lower level league of English soccer while the three best teams in that league get promoted to the Premier League. This keeps lower level teams trying hard to "stay up" because the money made from TV broadcasts in the EPL is significantly higher. The benefit of this for you, the fan, is that there is almost always some

kind of drama playing out every week.

I have seen a lot of EPL team jerseys around Olivet's campus the last semester. Trace Conover, who owns a "Chelsea FC" jersey said "I started watching the EPL back a few years ago, when I was over at a friend's house and he turned the game on." He has been a fan ever since.

I've also seen a lot of Manchester United jerseys, since it is one of the most popular clubs to support worldwide. Manchester, or "Man U" became the most supported EPL team in America long ago thanks to the influence of David Beckham. Cody Harper, an ONU track athlete and former high school soccer player who owns a Manchester United jersey said, "since I first began watching soccer, I have always supported Manchester as my EPL team." There is so many teams in the EPL, that almost everyone can find one they like to watch. Next Saturday, turn on ESPN2 and give it a try!



Wojciech Szczesny from Arsenal scores on Sergio Aguero from Manchester City.

## Can't decide what team you want to watch?

Here's the scoop on the Premier League's six biggest clubs.

### Manchester City "Citizens"

Color: Sky blue  
Home field: Etihad Stadium  
Motto: "Pride in Battle"  
Biggest Rival: Manchester United

### Chelsea "The Blues"

Color: Blue  
Location: North London  
Biggest Rival: Arsenal  
Home Field: Stamford Bridge Stadium  
Unofficial motto: "Keep the blue flag flying high!"

### Liverpool "Reds"

Color: Red  
Nickname:  
Home field: Anfield Stadium  
Motto: "You'll never walk alone"  
Biggest Rival: Manchester United

### Tottenham Hotspur "Spurs"

Colors: white and dark blue  
Home Field: White Hart Lane  
Motto: "To dare is to do"  
Biggest Rival: Arsenal

### Manchester United "Red Devils"

Color: Red  
Biggest Rival: Liverpool  
Home Field: Old Trafford  
Motto: "Youth, Courage, Greatness"

### Arsenal "Gooners"

Colors: Red and White  
Home field: Emirates Stadium  
Motto: "Victory Grows Through Harmony"  
Biggest Rival: Tottenham

## Throwback: hit but not broken

**Allison Steele**  
Staff Writer

It was baseball his junior year in high school. He was pitching. He wound up and released the ball—soaring across the plate at 90 mph. But the crack of the bat cut through the air as the ball headed in a line drive to the pitcher. Pitcher Garret Bronkema had been in this situation many times. All he had to do is lift his mitt, and it's an easy out. But this ball is coming too fast.

Bronkema could not react fast enough. The ball struck Bronkema's left eye. The field went silent, waiting for movement. But Bronkema didn't get up. Panic ensued; his coach, mother, and teammates players headed to the pitcher's mound. When he recovered himself, his coach noticed something wrong. Bronkema's left eye was slightly lower in his head than usual. He missed his last four games and the team struggled without him.

Bronkema has played multiple sports throughout his life, but his heart is with baseball. He has been in love with the game for fifteen years and has been the star pitcher for eight of those fifteen years. Never has he sustained such a gruesome injury. It is an injury that still affects him to this day.

Garret was not able to continue his season and missed the last four games. Without the best pitcher, the team struggled a bit. Not only did it affect his eye, but his arm too. Not being able to pitch or exercise, his

*He went to school like nothing was wrong. He would not accept any pity or sympathy from anyone. Even if someone wanted to treat him differently, he would not let them.*

arm laid dormant and weakened over time. When his eye was healed he had to get back to it and start working out. He worked hard to get his arm back up to the right speed.

When it happened everyone was in shock, but when they came to their senses it was a little different. While Garret blacked out the team was shocked. They did not know what to think. They knew he would be out for the season and would have to finish it without him. His mother was frantic, like any mother would be. His dad was calmer and trusted that his son would be alright. When Garret woke up there was plenty of people standing over him, worrying for him.

When the line drive hit his left eye it changed him physically forever. His eye socket was broke in three different places and his nose had a slight fracture. Garret could not see out of his eye for two to three weeks after the incident. Not only was his eye too swollen to see out of, but his eye was shifting in his head. Garret had perfect vision until this day. Now he has to live with astigmatism of

negative four in his left eye. Eventually, his bad eye sight on his left side deteriorated his eye sight on the right side. His right was trying to compensate for his left eye, but in the end it was not enough and his right eye was sucked into the bad eye sight party. It was hard for him to get used to this injury. It was even harder for him to get used to not having perfect eyesight. For once in his life, his vision was not clear. He was discouraged, but he persevered. The injury still bothers him a bit to this day.

Garret is strong. He did not pout about the injury or give up on his dream and the sport he loved. He went to school like nothing was wrong. He would not accept any pity or sympathy from anyone. Even if someone wanted to treat him differently, he would not let them. Luckily, no one dared to treat him any differently. Garret still pitches a ball over 90 miles per hour. Now he pitches in his favorite game for Olivet Nazarene University.

### DOG WALKER WANTED

- \$100/month.  
- 11 x a week.  
- Friendly dog.



CONTACT DIANE  
815.386.6461

- All dog accessories provided.  
- Located near Jewel.  
- My house or yours.



### Team World Vision

In Africa, water is life. Team World Vision runs for clean water and fullness of life. Find out more about how running the Chicago half or full marathon with Team World Vision helps provide clean water for a child in Africa.

**Informational meeting  
Thursday, February 19,  
6 p.m in Wisner Auditorium.  
Pizza will be provided.**

