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Car parts thieves arrested

Taylor Provost
News Editor

Two weeks ago, Kankakee police arrested two Kankakee men believed to be responsible for an extensive series of catalytic converter thefts over the past few months.

Cordero T. Williams, 24, and Randy K. Smith, 20 have been charged with theft from a motor vehicle, but it is not yet known if they are also responsible for recent catalytic converter thefts in Bourbonnais, Bradley and Manteno, according to the Daily Journal.

A catalytic converter is located on the underside of a motor vehicle, and handles a vehicle's emissions in order to prevent harmful pollution.

Converters are typically stolen from vehicles manufactured in the late 90s and early 2000s, specifically vehicles such as Cavaliers and Sunfires which are easier to steal the part from, according to Sara Potts, owner of Car Care Auto Center in Bourbonnais.

Replacing a catalytic converter costs about \$200 at Car Care, but is a necessary expense required by law. Without one, the car will also make a "deafeningly loud noise," according to Potts.

Potts said that catalytic converter thefts are becoming more common because they can be scrapped for a lot of money.

Older converters have platinum inside of them, a precious metal that

now trades for slightly over \$1000 per ounce. The amount varies between vehicles, but an average converter contains about two to seven grams of platinum.

Madison Dalton, 20, of Kankakee, a victim of converter theft last month, two days before Valentine's Day, joked that she hoped the money the thief scrapped her converter for was spent on their Valentine.

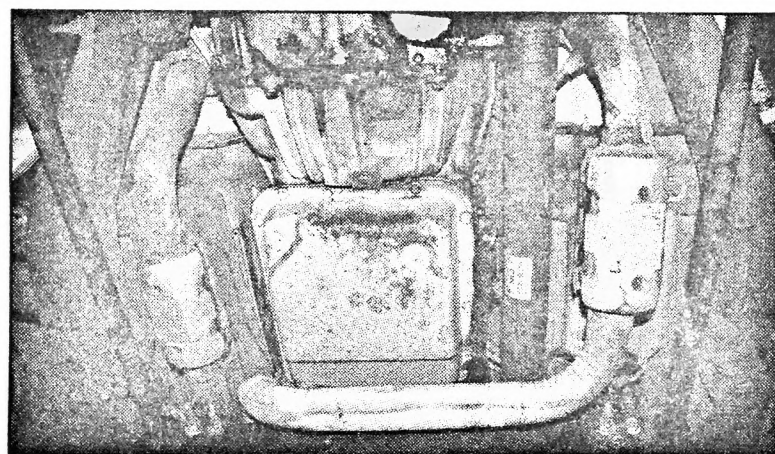
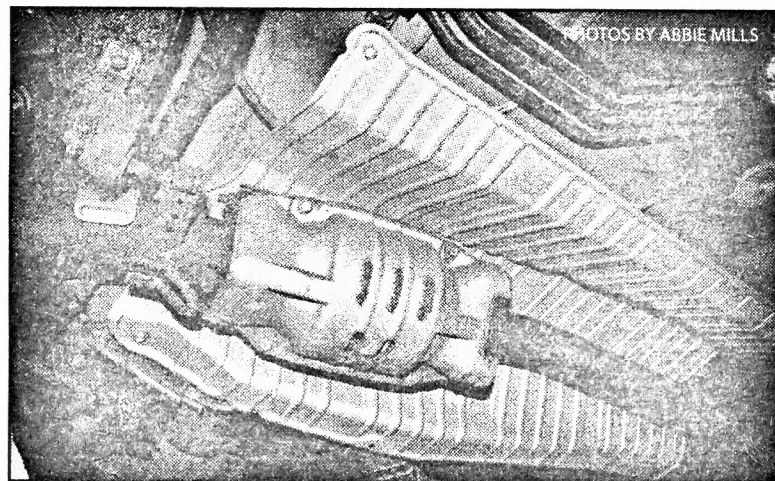
Dalton got her converter replaced at Car Care. "I think the new [converters] they put on don't have the platinum in them, but I really don't know how a person that's just checking random cars and stealing these would be able to tell," she said.

Between 2013 and 2014, there were five reported catalytic converter thefts on Olivet's campus, Director of Public Safety Dale Newsome said.

One theft was in the Centennial West parking lot, one in the Shine.FM lot, two in the Ward Field parking lot and one in the Stratford Drive East parking lot.

Newsome said the theft can be completed in less than two minutes.

"All the parking areas on campus are all under video surveillance," Newsome said. "Parking in a well-lit area when possible is a deterrent to theft or damage to vehicles."



Catalytic converters are located under a vehicle to prevent harmful pollution. They are typically stolen from vehicles from the late 90s, early 2000s.

SNL: 'Don't worry Dad, it's only ISIS'

Erica Browning
Staff Writer

The popular comedy show Saturday Night Live has decided to turn some of its attention to the comedic possibilities of ISIS.

The first ISIS sketch aired last November and highlighted the radical group's strength and numbers while they cracked jokes at the popular show Shark Tank and ISIS's income from stolen oil. However, SNL recently aired a new sketch of a young college girl leaving home to join ISIS. While the idea of young intelligent wom-

en going to join a murderous radical group may seem farfetched, it is not.

Recently, more and more young women, especially from the U.K., have been joining ISIS. They are becoming some of their most prominent recruiters, according to CNN. ISIS has amazing influence via social media, and through this they have managed to spread their ideals to people who

may have never considered a group like this.

The propaganda that these online accounts are putting out show an ideology centered on cleansing the world of Western filth. Many from Australia to the U.S. are seeing ISIS as a viable and alluring option. ISIS is an active movement that is changing political boundaries and making history and

that alone is enough to draw young activists' attention.

The question still remains on how these young people are looking past the brutal attacks and killings that have been so widely spread throughout the media over the past few months. From pictures of children with severed heads, to videos of dozens of Christians being systematically killed, there

seems to be an overwhelming amount of evidence that what this group is doing is a tragedy.

ISIS is succeeding in appealing to our generation by having thousands of tweets going out in real time. They have become Internet sensations by using religion and what they have deemed to be "God's Will" to get ahead of the curb and push a political agenda for power in the Middle East.

Not everything about this group is hopeless. As they recruit more people and gain more territory a small shift is being witnessed. Within the first few days of March the ISIS had released 19 Christian prisoners, CNN reported. No one is sure how to interpret this change of pace within the group. As of now it seems that moderates within ISIS may be swaying the group to work with the other countries in that region more than they have been in the past.

The future of ISIS is hard to predict, and the current events are even harder to decipher. Governments are scrambling to stop the flow of young supporters to the Middle East while they weigh their options on how to act next, but as more negotiations are being opened between ISIS and their neighbors, the hope of change is being seen.



Dakota Johnson joined ISIS during a skit on Saturday Night Live.

The question remains on how these young people are looking past the brutal attacks and killings that are so widely spread throughout the media.

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The Bourbonnais Culvers was awarded a \$50,000 cash prize by the nationwide Culver's Crew Challenge for being the best. **03**

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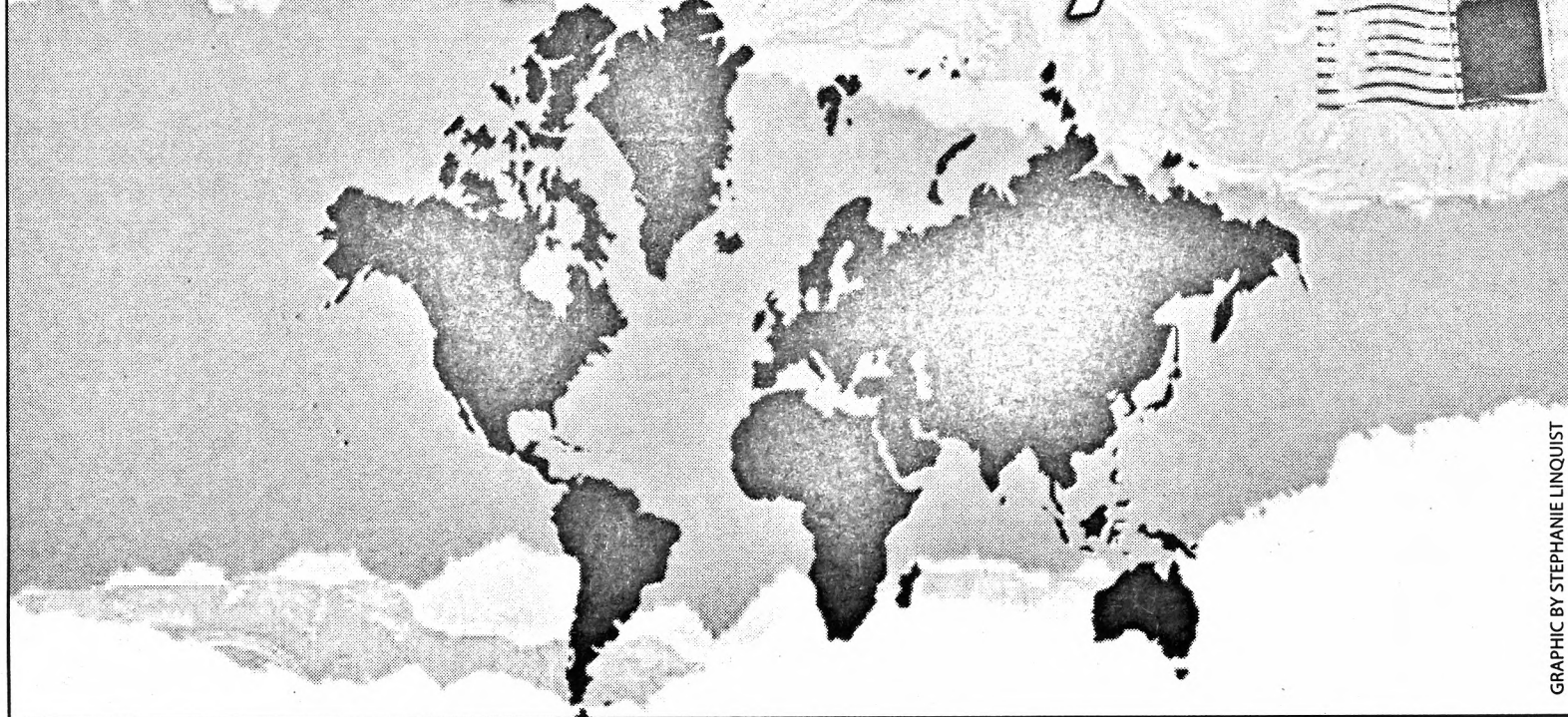
The *GlimmerGlass* is the official newspaper of the Associated Students of Olivet Nazarene University and a member of the Illinois College Press Association. The opinions expressed are those of each writer and are not necessarily held by the Associated Students Council, faculty, administration or students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

A Global Glimpse



GRAPHIC BY STEPHANIE LINQUIST

'Monster' storm devastates islands in South Pacific

WELLINGTON, NEW ZEALAND — Thousands of people are displaced in the South Pacific archipelago of Vanuatu by Cyclone Pam, AP reports.

The cyclone destroyed or damaged 90 percent of the buildings in the capital, according to the president of Vanuatu, Baldwin Lonsdale. The United Nations reported 24 people dead.

"This is a very devastating cyclone in Vanuatu," Lonsdale said to AP. "I term it as a monster, a monster. It's a setback for the government and for the people of Vanuatu. After all the development that has taken place, all this development has been wiped out."

Radio and telephone communications with outer islands have yet to be established. Lonsdale said that families are unable to be reached and many do not know if their families are safe.

Transportation in Vanuatu is limited and traveling by vehicle is impossible. Access to food and water is urgent, according to UNICEF spokeswoman Alice Clements. The city's water supply is tainted and residents are boiling water to drink.

The islands of Kiribati and the Solomon Islands have also been damaged by the cyclone.

Teens arrested in Turkey on their way to Syria

LONDON — The arrest of three male teens from Britain who were attempting to travel to Syria is the latest example of a worrying trend of young Britons seeking to join extremists, AP reports.

British police arrested the two 17-year-old boys and a 19-year-old man on suspicion of planning terrorist acts. They have not been charged and their names have not been released.

The suspects were questioned soon after three British schoolgirls avoided the police and crossed into Syria. They are believed to have joined Islamic State militants, according to the police.

Police counterterrorism officials and security services personnel are trying to maintain surveillance on the growing number of individuals interested in joining the extremists.

"Turkey is doing all that it can to stop the passage into Syria, but there has to be cooperation," a Turkish official said.

About 700 Britons have traveled to Syria to join extremists, with a growing number of young women traveling there to become "jihadi brides," according to British police.

Ebola monitoring for returning Americans

ATLANTA, GA — Several Americans returning from Sierra Leone may have been exposed to Ebola. They will be monitored by The Centers for Disease Control and Prevention, AP reports.

Four Americans may have come into contact with a health care worker who contracted Ebola while volunteering in Sierra Leone. The patient was brought to the National Institutes of Health in Bethesda, Maryland, for treatment.

Another American was brought to Atlanta for monitoring, the CDC said on Friday. Several other Americans are being monitored near Emory University Hospital in Atlanta, the University of Nebraska Medical Center in Omaha, and the National Institutes of Health in Bethesda.

"In the unlikely instance that one of them does develop symptoms, we would take them to the Biocontainment Unit immediately for evaluation and treatment," Biocontainment Unit Director Phil Smith said.

An estimated 10,000 people have been killed by Ebola, according to the World Health Organization. The current outbreak is the largest ever for the disease.

China world's third-biggest arms exporter

BEIJING — China's share of the world market is up 16 percent from 2009-2014, making it now the world's third-biggest arms exporter, AP reports.

According to a report released by the Stockholm International Peace Research Institute (SIPRI), China has replaced Germany, with exports of warplanes, ships, side arms and other weaponry.

China's domestic arms industry is also growing, producing fourth-generation fighter jets, navy frigates and a wide-range of smaller weapons used in conflicts around the globe.

"Generally speaking, China offers medium quality weapons systems at affordable prices, a combination attractive to cash-strapped militaries in South Asia, Africa and Latin America," said Philip Saunders, director of the Center for the Study of Chinese Military Affairs at the U.S. National Defense University.

However, the U.S. and Russia are still far ahead of the global arms market, with the U.S. retaining a 31 percent share and Russia second, with a 27 percent global share, according to the SIPRI.

Radon: Silent but deadly

Grace King
Layout Editor

Spring cleaning is for clearing out your closet of a winter's worth of unworn clothing, scrubbing the salt from your floors, and sweeping the dust bunnies from under your bed. Opening your windows is a must as well — especially when it comes to airing out an odorless, colorless gas called radon.

Radon is a gas formed from the break down of uranium in the soil. It is a naturally occurring radioactive gas that seeps through the soil and into the air and can accumulate in buildings when there is minimal airflow.

In the winter, radon levels are going to be higher because there is little air movement to dissipate the gas, according to Environmental Health Director at the Kankakee County Health Department (KCHD), John Bevis.

Because the gas is radioactive, daily exposure in high amounts can be toxic. Radon is the second leading cause of lung cancer after smoking, causing 21,000 lung cancer deaths a year in the U.S., according to the United States Environmental Protection Agency's (EPA) 2013 Assessment of Risks from

Radon in Homes.

Bevis said Kankakee County is at a moderate risk for high radon levels. "We do know there are pockets where radon is present. We encourage people, if they're concerned, to do a home test. Maybe it would explain cancer if someone never smoked," he said.

Lung cancer is caused by radon when the radioactive particles are trapped in your lungs when you breathe. The particles break down further and damage lung tissue, which can lead to cancer over the course of a lifetime. The amount of time between exposure and the onset of lung cancer caused by radon can be years, according to the EPA.

Radon is measured in picocuries per liter of air (pCi/L), which is one-trillionth of a Curie, an international measurement unit of radioactivity. The level of radon accumulated inside a building should not reach more than four picocuries, according to Professor of Geoscience at Olivet Nazarene University, Larry Ferren, Ph.D.

"When you talk about radon, it's

one of those things you have to live with. We do have radiation in our environment. It's just a part of us," Ferren said. "We have gamma rays from the sun, we have radioactive potassium in our bodies, we have radioactivity from the building materials, we have radiation around us all the time. It is just part of the risk."

Physical Plant Director at Olivet, Matt Whitis, said radon is tested for at Olivet on a case-by-case basis. If there is a potential issue with air quality of any kind, they go in and test for all air quality.

"Radon is fairly simple. It's mainly air exchange. Radon is not a hard thing to remediate. [If there was a high concentration of radon] we would follow the appropriate procedures," Whitis said.

You can test for radon with a Do-It-Yourself radon test kit that can be obtained from the American Lung Association or you can find a licensed radon measurement professional in your county.

Anthrax: From disease to disease-fighter

Justine Von Arb
Staff Writer

Cancer is a word that has metastasized throughout society. Family members and friends are diagnosed, and no one is truly safe from its reach.

Cancer, it is said, is no respecter of persons. Researchers at the Massachusetts Institute of Technology, however, are trying to fight cancer with an unlikely weapon – anthrax.

The anthrax toxin is made up of three parts, but researchers are only using one of the parts of the anthrax toxin, the protective antigen (PA), to deliver cancer-fighting drugs to cells.

Dr. Dwight Ginn, the chair of Olivet's department of biological sciences, said that the real importance of using PA is that it functions like a "revolving door." In other words, it allows certain types of molecules to cross the cell membrane and enter the cell. These molecules, called antibody mimics, can kill cancer cells.

Dr. Bradley Pentelute, one of the researchers working with anthrax, said in a November 2014 interview with Ivanhoe Broadcast News that he and his team "took the components of anthrax toxin and...eliminated their toxicity altogether but still left one critical function, which was this delivery function. And the delivery function allows us now to hijack that and to deliver next-generation cancer therapeutics inside cells, which has been a grand challenge in the field."

Ginn said that the risk for contracting the anthrax disease is "next to nothing," as the researchers are only using the non-lethal part of the toxin.

Olivet senior Lindsay Miller, a survivor of Hodgkin's lymphoma, agreed. "Just because [anthrax] has a bad reputation doesn't mean that it can't be used for something good," she said.

In fact, Pentelute said that the po-

It's encouraging to find something new to fight [cancer] with... Something as ugly as cancer may one day meet its maker.

—Senior Lindsay Miller

tency of anthrax as a toxin is the very thing that allows it to be so helpful when pursuing different options to kill cancer. In the interview with Ivanhoe Broadcast News, Pentelute said that one of the questions his research team asked was, "Can we take nature's machinery and re-engineer it so that it's no longer toxic?" The answer seems to be yes.

Of course, the research is not finished. Researchers are still working to target specific cells. So far, they have primarily worked towards treating leukemia and brain cancer.

As with any kind of medical research, the process is very deliberate, Ginn said, and treatments need to target each difference type of cancer differently.

Even so, the new development in drug delivery is something that is really significant, Ginn said.

Miller was also excited. "It's encouraging to find something new to fight [cancer] with," she said. The continuing research on cancer treatment gives her hope that "something as ugly as cancer may one day meet its maker."

Custard and customer service make Culver's champions

Sarah Anderson
Staff Writer

Signed photos of popular Bears football players line the walls. Cheese curds and ButterBurgers are served and eaten continuously. And despite the line that often stretches through the restaurant, everyone leaves happy. This is the Culver's of Bourbonnais—but this is also the best Culver's in the nation. And they have the \$50,000 prize to prove it.

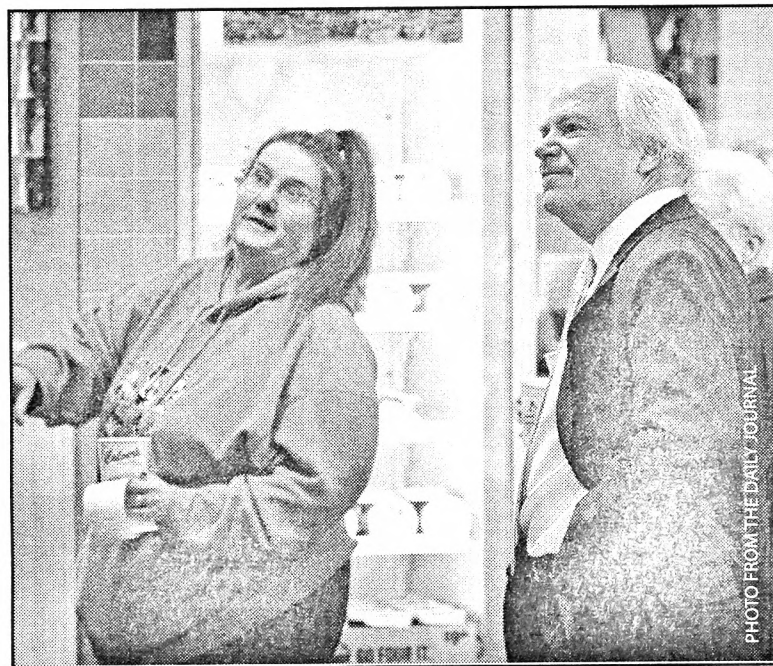
At Culver's' yearly convention on Feb. 4, Bourbonnais Culver's owner Katie Smith found out her Culver's had won the nationwide Culver's Crew Challenge. The contest ran for an entire year, and out of the estimated 500 stores in the nation, this Culver's was the cream of the crop (their unbelievably creamy custard notwithstanding).

According to the Culver's website, as part of the challenge, each restaurant was evaluated "in the areas of quality, service, cleanliness, hospitality, community outreach as well as team member training [and] development." A good portion of the contest is dedicated to the restaurant's place within the community, creating a good atmosphere for visitors and locals alike.

Through the busiest season, the highs and lows of the company and the ebb and flow of Olivet students, the employees constantly had to be at their best, never knowing if a customer was there to judge their service.

According to the Daily Journal, out of the 40 current employees, each worker will get a share of the \$50,000 prize depending on the hours they worked within the contest year in an effort to spread the winnings evenly.

Many visitors attribute the restaurant's success to one person—the owner, Katie Smith. She is an



Craig Culver visited the Bourbonnais Culver's Dec. 15 to present the \$10,000 check to the Culver's employees for the No. 1 ranked restaurant chain in Illinois and Indiana. They also won the nationwide Culver's Crew Challenge in February.

alumnus of Olivet, graduating from the business administration program in 2006. After being open for only six years, her Culver's won the highest honor that can be awarded. She owns four other Culver's, and devotes an equal amount of time and attention to all.

Smith's Culvers in Crete won a Commitment to Excellence award in the year 2014, showing her great influence in all of her restaurants. A company is only as good as those who run it, and it is agreed that Katie Smith is behind the success of the Culver's of Bourbonnais.

Olivet students also bring an exciting atmosphere to the restaurant. After school events, employees and regulars alike readily admit that Cul-

ver's is unbelievably busy as students and their families come for concrete mixers. The custard is one of the primary attractions to Culver's, but the quick service is what keeps Olivet students and their families coming back.

"It's not surprising," Culver's regular Evelyn Kmetty said. "Every time I come here this place is busy, but the food is always on time and the employees will take away our trays for us. I'm a culinary student, and I know how hard that kind of customer service can be."

Star Trek's Leonard Nimoy dies at 83

Lauren Stancle
Staff Writer

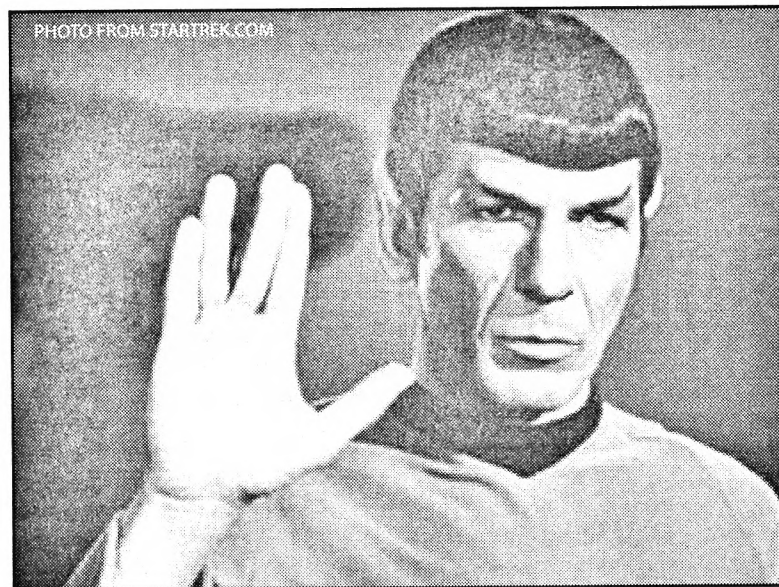
Leonard Nimoy, also known as Spock from "Star Trek," may have passed on, but his legacy and cultural influence will live forever.

At the age of 83, Nimoy died in LA of end-stage chronic obstructive pulmonary disease on Feb. 27, according to IMDb.

The death of the iconic figure has left Trekkies remembering a unique and influential character in a unique and creative way. According to Mashable, Canadians have even "Spoked" their \$5 bills in remembrance of Nimoy—that is, taking past Canadian Prime Minister Sir Wilfrid Laurier and transforming his picture into Spock.

In an interview with Quartz, Canadian Design Resource (CDR) publisher Todd Falkowsky said, "This series of Canadian bills was an easy target. The existing portraits are quite large and can be improvised easily, and the color of our \$5 are the same blue as Spock's uniform."

Heather Taylor, sophomore at Kankakee Community College, has been a Star Trek fan for as long as she can remember. "Star Trek has always been a part of my conscious life," she said. Taylor said that she watched "Star Trek: The Next Generation" every night before bed with her family. "Star Trek and most sci-fi genres have



Leonard Nimoy, better known as Spock, died Feb. 27.

shaped the way my family works. It's a familiar bond."

Avid Star Trek fan Emily Schnepfer, 23, started watching the show in 2010.

"My reaction to Nimoy's death was sort of shock," Schnepfer said. "Even though I knew he had been sick, I kind of figured he'd be around forever. I was really sad we lost a legend and such a fantastic human being."

Nimoy was born March 26, 1931 in Boston, Mass. His parents Dora (Spinner) and Max Nimoy were Ukrainian

Jewish immigrants and his father owned a barbershop. Nimoy began acting at the age of eight, but didn't make his first Hollywood appearance until the age of 20.

Nimoy had several small parts in productions such as "Queen For a Day" (1951) and "Zombies of the Stratosphere" (1952), but his most memorable performance was that of his character Spock in the well-loved "Star Trek" in 1966, which IMDb describes as "one of television's all-time most successful series."

Nimoy also guest starred on a couple episodes of "The Simpsons" in 1989 and was in the movie, "Aldous Huxley's Brave New World" (1998). He was the voice of Sentinel Prime in "Transformers: Dark of the Moon" (2011) and also played Spock in newer versions of "Star Trek." After 60 years of acting in the "motion picture industry," Nimoy retired April 21, 2010.

Nimoy brought to popularity the use of the split-finger Vulcan salute that many struggle to perfect. In a 2010 interview with The A.V. Club, Nimoy explained that the salute originated in Hebrew synagogues, which he attended as a child.

"There comes a moment...when the congregation is blessed by a group of gentlemen known as Kohanim, members of the priestly tribe of the Hebrews," he said. "And the blessing is one that we see in the Old and New Testament: 'May the Lord bless you and keep you; may the Lord cause His countenance to shine upon you', and so forth. When they give this blessing, you're told not to look! You're supposed to avert your eyes. I peeked, and I saw these guys with their hands stretched out—there were five or six of them, all with their hands stretched out toward the congregation—in that gesture, that split-fingered gesture. Some time later, I learned that the shape that hand creates is a letter in the Hebrew alphabet, the letter shin, which is the

first letter in the word Shaddai, which is the name of the Almighty. So the suggestion is that they're using a symbol of God's name with their hands as they bless the congregation."

Besides acting, Nimoy found himself involved in other forms of art. He won three Emmy awards for his performances, which sparked his being a writer and director, for example, with the movie "Star Trek IV: The Voyage Home" (1986), which IMDb says is the most successful of the "Star Trek" movies. Nimoy has also written multiple volumes of poetry and created the "Full Body Project"—Nimoy's use of photographing bigger, naked women, which tests people's concept of beauty. Mashable says he was also a musician.

Regarding the passing of Nimoy, Taylor said she cried when she heard the news. "My heart goes out to his family, friends, and fellow honorary grandchildren."

"Leonard Nimoy was probably one of the warmest, kindest actors [and] person[s] I've ever come across," Schnepfer said. "He was similar to Spock in that he was very un-judging and stood for what he believed was right."

"Loss of life is to be mourned," Nimoy said as his character Spock, "but only if the life was wasted."

Feminists focused on equality not man-hating

An in-depth look at what feminism means for the women of America today

Allie Alexy

Assistant Life & Culture Editor

Feminism and femininity. Similar words, yet in today's society they tend to be treated as contradictions.

"There is not an ounce of me that believes any of that crap that they say," actress Zooey Deschanel said in an interview with Glamour magazine. "We can't be feminine and be feminists and be successful? I want to be a f----- feminist and wear a f----- Peter Pan collar. So f----- what?"

Feminism is seen as the hatred of all things feminine, as well as the hatred of men. That all feminists are angry women, yelling at men for having more rights than women; however, feminism at its root is defined by Merriam-Webster as the belief that men and women should have equal rights and opportunities.

Emma Watson, during a speech at the UN, said, "Fighting for women's rights has far too often become synonymous with man hating. If there's one thing I know for certain, it is that this has to stop." However, man hating is a completely separate issue, known as misandry.

Feminism in the United States began in 1848 in New York at the Seneca Falls Convention. The "Declaration of Sentiments and Resolution" was signed at the end of the convention and followed the style of the Declaration of Independence.

"We hold these truths to be self evident, that all men and women are created equal and endowed by their creator with certain inalienable rights." It continued, "The history of mankind is a history of repeated injuries and usurpations on the part of man towards woman."

Three years later in 1851, Sojourner Truth, abolitionist and suffragist, delivered a speech at a Women's Convention in Ohio. "Then that little

man in the back there, he says women can't have as much rights as men, 'cause Christ wasn't a woman! Where did your Christ come from? From God and a woman! Man had nothing to do with Him," Truth said.

"If the first woman God ever made was strong enough to turn the world upside down all alone, these women together ought to be able to turn it back, and get it right side up again! And now they are asking to do it, the men better let them," Truth continued.

The point of feminism has always been to gain equal rights for all. Equality, at its core, is that all people should be able to have the same opportunities as everyone else.

From a young age, girls are treated differently from boys. For example, according to banbossy.com, "When a little boy asserts himself, he's called a 'leader.' Yet when a little girl does the same, she risks being branded 'bossy.'"

Boys are also limited in our society. They are not supposed to be sensitive or show their feelings. Little boys are not supposed to play with dolls or like pink, yet if a little girl likes playing sports she is called a "tomboy". Neither is free to do what they would like, yet a boy is less limited.

There are even jobs that are classified for different genders. Women should study to be nurses and teachers, whereas men are to be doctors, engineers, pastors, and heads of corporations or governments.

Cultural expectations of women is that they sit back and are docile, while doing whatever their husband asks of them. Women were treated much like children, to be seen and not heard.

When it comes to gender equality, the United States is far behind other nations. There has never been a female president and only 19 percent of Congress is female. Great Britain has

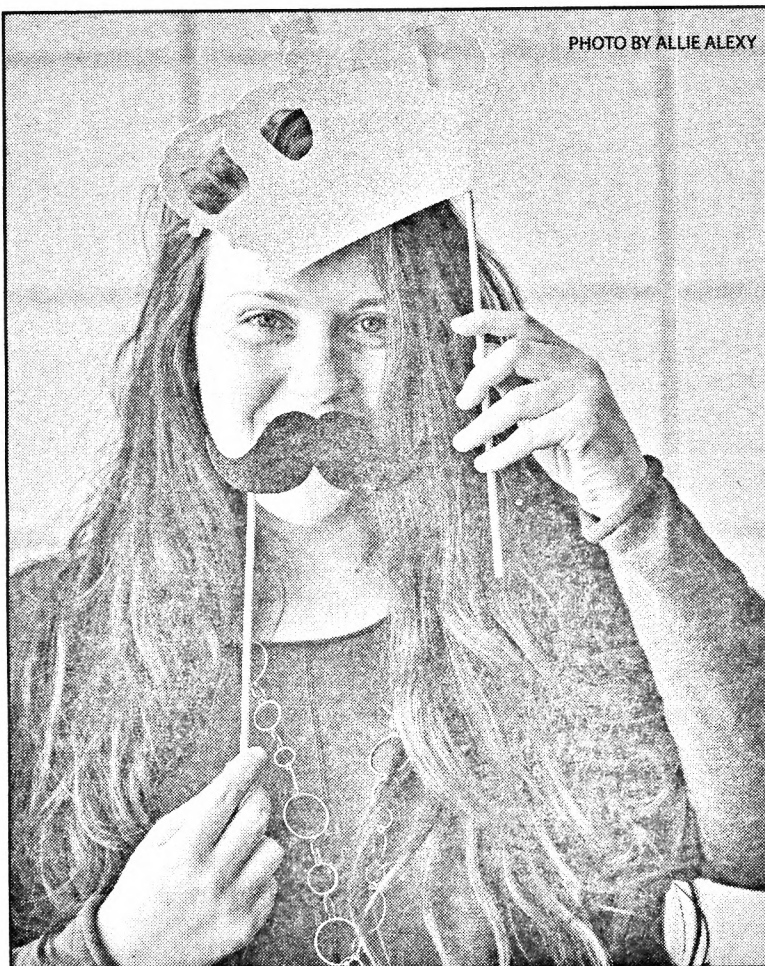


PHOTO BY ALLIE ALEXY

Actors like Zooey Deschanel and Emma Watson are redefining what it means to be a feminist in the 21st century.

had a female Prime Minister and, in 21 out of 50 years, India and Ireland have had a female head of state. In fact, Cuba and Nicaragua have more women serving in legislature than the United States, according to a 2013 World Economic Forum.

Women are paid less in annual salaries than men when it comes to annual salary. "More than half a century after the United States passed the Equal Pay Act, and 45 years after similar legislation in the UK, women across the

world earn 77 percent of the amount paid to men, a figure that has improved by only three percentage points in the past 20 years," according to a statement released by the UN's International Labor Organization.

In Illinois, women are paid 79 cents to the dollar compared to men. While the pay gap is the worst in Wyoming, 65 cents to the dollar, the smallest gap is in Nevada and Vermont at 85 cents to the dollar.

The UN launched a new initiative

on March 6, "Planet 50-50 by 2030: Step It Up for Gender Equality," in an attempt to further increase equality. "Today, we are calling on governments, everywhere in the world, to Step It Up," said UN Women Executive Director Phumzile Mlambo-Ngcuka. "By 2030 at the latest, we want to live in a world where at least half of all parliamentarians, university students, CEOs, civil society leaders and any other category, are women. Real progress requires 50-50"

"I think men think it's a women's word. That it's only for women, but it really just means that you believe in equality. And if you stand for equality, then you're a feminist. Sorry to tell you," said Watson in a question and answer session for the equality organization HeForShe.

Being a feminist does not mean that a woman acts like a man, or should be characterized as manly. Just because a woman likes glitter or pink or fashion does not mean that she is weak and cannot be powerful.

Queen Elizabeth I had no problem ruling a country by herself, just like Prime Minister Margaret Thatcher was known as the Iron Lady. Women have proved many times that they are capable of being powerful leaders. Society only has to allow them.

Unlike many male agendas and movements, "Feminism has fought no wars. It has killed no opponents. It has set up no concentration camps, starved no enemies, practiced no cruelties," wrote author Dale Spender in his book, "Man Made Language." "Its battles have been for education, for the vote, for better working conditions, for safety in the streets, for child care, for social welfare, for rape crisis centres, women's refuges, reforms in the law. If someone says, 'Oh, I'm not a feminist', I ask, 'Why? What's your problem?'"

St. Patrick's Day about more than Shamrock Shakes

Erica Browning

Staff Writer

For many college students, St. Patrick's Day means green beer and clothing centered on the phrase, 'Kiss me. I'm Irish.' For most Olivet students it means shamrock shakes are back at McDonalds and, in an effort to avoid being pinched, wearing green.

Most people are aware of these American traditions surrounding this holy day in March, but many are unaware of what St. Patrick actually did to earn his fame. Perhaps the most important fact is that St. Patrick was not Irish.

"The Confessions of St. Patrick" tell of a young man from Britain. Taken to Ireland as a slave in his teens, he spent his time in the wilderness connecting with God. After he converted, he found his way back to his family in Britain and studied under the Church.

He then returned to Ireland to witness to the very same groups of people who had held him captive. Most of the Catholic influence in Ireland can be traced back to the work of St. Patrick. His work was mostly trying to stop human sacrifice and slavery that the pagan tribes in Ireland were so fond of during this time.

The modern celebrations may seem far from the acts of the Saint who devoted his life by going into some of the

most dangerous parts of Ireland to be a missionary. The church, however, still regards the celebration of St. Patrick the same way it does all other saints.

"On the Church's calendar, Saint Patrick's Day is a Memorial, like many significant saints on the liturgical calendar," said Father Michael Mary Dosch, the priest of Saint Patrick's Catholic Church in Columbus, Ohio.

Some countries will put special emphasis on specific saints that hold considerable meaning to their history or people, despite the usual uniformity of the Catholic Church. "At places where St. Patrick is the patron, like my parish, many dioceses, Ireland, Nigeria ... the feast has the highest ranking, that of a Solemnity," said Dosch. Solemnity is the religious tradition, but can describe things of great dignity, which are to be taken seriously.

From the shamrock-patterned shirts to the shimmery green bowler hats, it is difficult to equate the commercialized version to the dignified celebration. "[The Irish] do not celebrate it like in America. It's mostly liturgies, processions, and a lot less drinking," said Dosch.

There is no harm in loving shamrock shakes and wearing a extra green, but the challenge keeping in mind the people who truly deserve to be celebrated.



PHOTO BY EDDIE OCHOA

Olivet students celebrate St. Patrick's Day in style.



PHOTO FROM DAILYMAIL.CO.UK

ISIS smashes ancient Assyrian treasures and other historic art artifacts so the people can not worship art as idols.

ISIS erasing art history

Sarah Anderson
Staff Writer

ISIS has taken to destroying ancient artifacts and bulldozing ancient cities.

In a video released in February, ISIS members destroyed statues in the Mosul Museum in Iraq. In the mass destruction of hundreds of artifacts, many dating back to the 7th century B.C., ISIS targeted winged Assyrian bulls that are important to Iraq's culture and are featured on their money. A few days prior, ISIS burned down the Mosul Library, destroying thousands of rare books and manuscripts.

The destruction of art and culture follows a similar tactic used by the Nazis in WWII. The Nazi's collect-

ed and stole priceless artwork, many of which were in the personal collections of Jews. Europe's public art collections were looted to help create a "super" museum in Hitler's hometown. When the Nazis realized they were losing the war, much of it was destroyed. Some is still missing or, as shown in the recent movie "The Monuments Men," was recovered by the Allies.

"If you're going to eradicate someone's identity, the best way is to eradicate their art," said William Webber, from the UK-based Art Loss Register, in an interview with CNN.

"They see this art as blasphemous because it portrays deities. In areas of Syria, ISIS is also attacking anything

that's pre-Islamic or that they don't agree with in Shia areas or in Christian churches," Weber said.

"This is a war against humanity. They want a master religion just as the Nazis wanted a master race. That's what this is about," Senator Lindsey Graham, R-S.C., said at the American Israel Public Affairs Committee conference.

According to the New York Times, many art historians agree that a good portion of the artifacts destroyed in the video were plaster reproductions, because of metal reinforcement poles shown in the video.

Warren, on the other hand, added that many of them were real. "Much of the material in the museums was

made out of limestone or fragile stone, so if you threw it to the floor it might look as though it was made of plaster of Paris, but really it's just fragile. It's tragic to see it," he said.

In fact, Eleanor Robson, chairwoman of the British Institute for the Study of Iraq, said "On repeated viewing of that very grainy video, we now suspect that there (were) far more originals in the museum than I first thought."

In the video, ISIS members proclaimed, "The prophet Mohammed ordered us!" This was in reference to an area in the Quran where Mohammed demanded the destruction of all idols. The New York Times, however, claims that this religious proclamation is nothing more than a front.

Pimp My Ride, Olivet Style

JT Cummings
Staff Writer

Have a car that you are embarrassed to drive? Can't afford to buy a new one? MTV's hit show "Pimp My Ride" helps people with old cars pimp them out.

Unfortunately after rapper Xzibit 'pimps' these people's cars out, they tend to look worse than they did to start with. Bright red leather interior or a lightning bolt paint job never looks good.

Cars are important. They get us places, and we rely heavily on them. But whether we are aware of it or not, they also leave a lasting impression on those we meet. Future employers, dates, and friends alike will all notice your car. It is important to keep it up to shape.

Sadly, the 1987 Mercedes C Class that you inherited from your grandmother will not look good after Xzibit gets his hands on it. According to an article in The Huffington Post, a lot of the additions made to the cars such as TVs and champagne bottle dispensers were just for the show and were taken out as soon as the car was given back to the client.

I would like to offer you some simple steps to keep your car looking good. There are six things you can do to achieve a classier car. Remember, don't try to make your car something that it is not. If you have a Ford Taurus, it will always be a Ford Taurus no matter how much time you spend trying to class it up.

GG's Class Your Car

Rust: Here, cars are exposed to a lot of moisture, causing rust. Once spotted, that rust just continues to grow. Rust comes from the oxidation of the metal underneath the paint job of your car according to autoeducation.com.

The way to prevent this? Make sure your car is adequately painted. Paint acts a barrier between the metal and the air and moisture. Even the smallest scratch reveals your car's metal framework.

To relieve your car of rust is a lot of work. You must sand all the rust off with a sander and repaint. Though it can be done, it may be easier to visit an auto shop.

Paint job: If your car's paint is fading or has huge scratches, it is time to consider a paint job. Keep the new coat of paint within the style of the car. If your car was tan, don't go for hot pink. It will look worse than before.

Interior: Keep your car vacuumed, free of dirt, crumbs, and trash. Wash your rugs and shampoo your seats regularly for a nice clean look and feel. A lot of people go with a terry-cloth steering wheel and seat covers. Let me be the first to tell you—steer clear of those. Also do not hang excessively fuzzy dice from your mirror; this is not the 1990s, nor are you 16.

Smell: Old cars tend to smell stuffy. Smell has a heavy influence on others. Though you may be adapted to your smelly car and not notice it anymore, others will. Get some Febreze and air fresheners. Fight the smell.

Detailing: Detailing can often be overlooked, but it is amazing what a good wash can do to your old car! Go above and beyond the rest by having your car detailed—in and out. This can be on the pricier side but will keep your car looking dapper. A good auto detailer will wax, polish, vacuum, shine, wash, and everything else imaginable to your car. It's well worth the money.

Social media causes 'street' violence

Nathan DiCamillo
Sports Editor

"It had nothing to do with narcotics," he said. It had everything to do with social media.

Chicago Police deputy chief of detectives Constantine "Dean" Andrews was speaking to a group of community members and leaders. He was addressing a fatal shooting in Uptown Chicago on Mar. 9 caused by taunts on social media, according to DNAInfo.com, a "hyper-local" Chicago news source.

The shooting was part of a conflict between two gangs: the Black P-Stones and Gangster Disciples. The victim was not a gang member but "affiliated" with Conservative Vice Lords and the Black P-Stones.

A member of the community alerted police after finding the taunts on social media, Andrews said.

Violence originating on social media is something that researchers like Desmon Patton, Ph.D., assistant professor of social work at the University

of Michigan, are studying. Patton, lead author of "Social media as a vector for youth violence: A review of the literature," has been collecting qualitative study on 40 gang involved youth in Chicago.

"We have been in-depthly looking at why and how youth mitigate violence and aggression through social media," Patton said. "What do youth in Chicago conceptualize as a threat? What are things in communications that trigger violence outside of the social media platform?"

The research is in the "preliminary phase," but Patton is pursuing granting options. His team is trying to develop machine learning techniques that can detect patterns of violence in the data. The "ultimate goal" for Patton would be to create an automated system to predict violence based on communication on social media. Violence interrupters, like social workers, would then use the system to help them see where potentially dangerous situations might arise.

Gang youth involvement is often

youth falsely presenting themselves as gang members to avoid conflict, Patton said. He is interested, therefore, not in youth who are gang members but in youth who are gang involved. Gang involved youth post photos of themselves on social media wearing gang colors, making gang hand signals, or showing off tattoos that are indicative of gang involvement. Patton's work is focused on gang related violence in the community as opposed to domestic violence.

Patton is concentrating on the content and context of posts on social media that lead to violence in urban areas. He names a lack of understanding about the meaning of some content as a barrier to effective research.

"So I think that we need to spend more time on exploratory work," Patton said. "What are some of the most salient points in the data that need to be examined around threats and how violence moves from communities to social media and back and forth. [Then] we need to test the data [and ask] what's this child posting? Can it

We have been in-depthly looking at why and how youth mitigate violence and aggression through social media.

—Desmon Patton, Ph.D.

predict violence in their behavior?"

Patton is hoping that social media sites will respond to whatever he finds in his research.

"I would love for Facebook and Twitter to become more knowledgeable about some of these patterns of violence on their platform," Patton said. "I'm not interested in censorship, but I think a key element is education. Many youth are risk takers and I think a lot of youth don't have an awareness of the permanency of social media communication and aren't aware of who is really reading their posts."

InspireU challenges people to redefine 'brave'

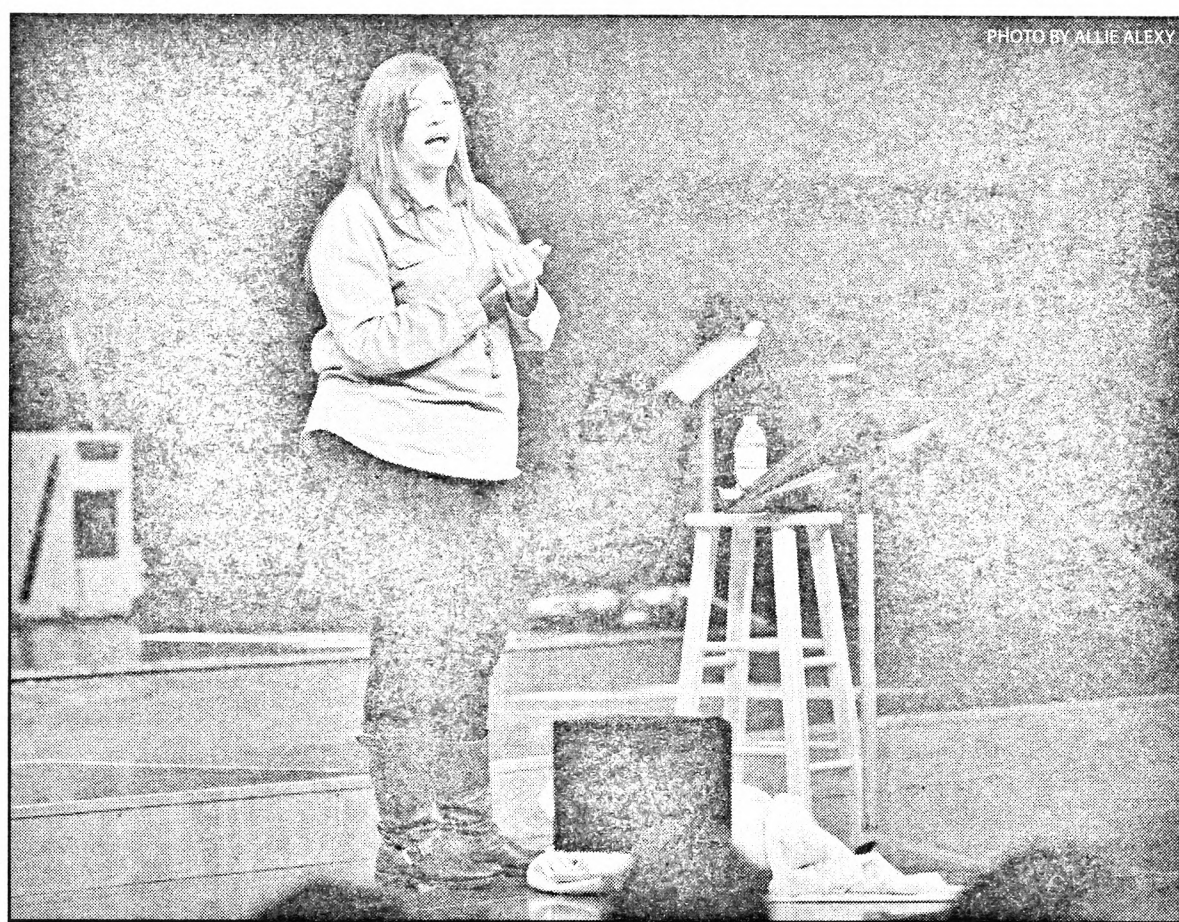


PHOTO BY ALLIE ALEXY

Author of "Let's All Be Brave: Living Life with Everything You Have," Annie Downs, speaks at an InspireU Conference in Milwaukee, Wis.

Allie Alexy

Assistant Life & Culture Editor

It can be difficult for a speaker to keep a room full of 13- to 18-year-old girls entertained.

To keep a room full of 19- to 80-year-old women entertained an hour later, can be challenging. Yet, author and speaker, Annie Downs did it without a problem at the InspireU Conference at Elmbrook Church in Milwaukee, Wisconsin.

In fact, she didn't just succeed in keeping them entertained. Downs had women leaving with tears streaming down their face because they were so impacted by what she had said. She even had teenage girls promising to "speak life" to one another instead of "death".

The author of "Let's All Be Brave: Living Life with Everything You Have", is a person who instantly makes you want to have her as your best friend. Known by many attendees as "the funny one" and self-described as a "loud laughter", Downs has no problem making people laugh in person and in her writing.

"Let's All Be Brave" is a challenge to everyone to redefine his or her definition of "brave".

"I won't be making a list of brave things you should do. I won't be saying, 'Here is exactly what courage looks like' or 'If you want to really risk in a way that impacts the people around you, do these particular things'.... I don't think you need me to tell you what to do," writes Downs. "I think you know. I think you just need a little pregame warm-up. A little something to oomph you along. An understanding of the map you are holding."

Throughout the book, Downs stresses the fact that being brave does not mean that you know the end of the story. In fact, it tends to be the opposite. She writes that one of the biggest mistakes Christians make while reading the Bible is assuming that everyone knew how the story was going to end, while Jesus was the only one who actually did.

"RT @KristaHeinen: @annief-downs thanks for reminding me to be brave enough to believe that this is the good life. #InspireU2015" That is what "Let's All Be Brave" is—a reminder.

Violence against women—a tolerance

Taylor Provost

News Editor

"Are you walking or working?" a car full of teenage boys asked Olivet junior Alexis Smith on her way to class last month. Smith was exiting College Church and crossing University Avenue when approached. "There was not an inch of my body that wasn't covered in clothes," she said.

Sexual violence is not limited to physical contact, according to the Center for Disease Control's website. Sexual harassment is also a form of sexual violence and, according to the Kankakee County Center Against Sexual Assault (KC-CASA), sexual assault is the most under-reported violent crime in the U.S.

According to the World Health Organization's website, 35 percent of women worldwide have experienced either physical and/or sexual intimate partner violence or non-partner sexual violence.

"I don't think people realize it's a problem on [Olivet's] campus," former Olivet student Ayla Connell, 23, said. During Connell's freshman year at Olivet in 2010, her friend "who was a curvier girl" wore a dress to class. "[The dress] was totally appropriate, and a group of guys started yelling sexual things at her, like what they wanted to do to her," she said. Connell said that the incident went unreported because "she felt she might have been dressed inappropriately."

Connell also recalled a firsthand account of sexual harassment at Olivet in 2011. She received an unsolicited nude photo from a male student. "I thought we were friends, and he asked me if I wanted to see something," she said.

While violence against women is not condoned at the surface level, rape culture has been perpetuated by widespread validation of men in the media who commit violent crimes against women. American R&B

musician Chris Brown maintains a net worth of \$30 million, despite his 2009 felony domestic violence assault against then-girlfriend Rihanna.

Former American boxer and heavyweight champion Mike Tyson is a convicted rapist, and now plays a comical cartoon TV detective on "Mike Tyson Mysteries." John Lennon, former Beatle and hippie icon, openly admitted to repeated battery against his first and second wife.

However, famous violent celebrities are not the only things contributing to a growing acceptance of violence against women. Victim-blaming continues to play a key role in rape culture, even on Olivet's campus.

During Connell's freshman year at Olivet, she attended a freshman seminar that focused on modesty. "The speaker was raped at 16 years old and she claimed it was because she wore a bikini," Connell said. Connell said that the speaker told the freshman women at the seminar that dressing immodestly can be a cause of rape and assault.

"I knew better, but so many girls don't," Connell said. "What if they get assaulted and our school taught them it was their own fault?"

In the case of an assault, the use of pepper spray in the U.S. is legal in all 50 states. Bourbonnais has no additional ordinances or regulations regarding the use and carry of pepper spray.

Olivet also does not prohibit the use of pepper spray on campus, as long as it is used for self-defense.

"The use of pepper spray in a self-defense situation could give someone the opportunity to escape," Director of Public Safety Dale Newsome said. "But keep in mind that this product is not effective on everyone. It is a useful self-defense tool, but should not be your only one."



PHOTO FROM THE SOUND OF MUSIC

"The Sound of Music" celebrates its 50th year this year, with five Oscars, and two Golden Globes.

'The Sound of Music:' Still singing 50 years later

Allie Alexy and Becca Hunt

Staff Writers

Cinemark Theater, in Northfield Square Mall, will be showing the third highest grossing film of all time on April 19-22.

"The Sound of Music" celebrated its 50th anniversary on Mar. 2, joining the ranks of its movie classic partners like "Gone With the Wind", "The Wizard of Oz", and "Citizen Kane".

Having won five Oscars and two Golden Globes, the movie focuses on the life of the Von Trapp family in Austria at the beginning WWII.

The real Maria Von Trapp wrote a book titled "The Story of Trapp Family Singers", which was the inspiration

for the film.

"Everyone thinks the Sound of Music was exactly the way things happened, and of course it wasn't because there had to be artistic license," said Johannes Von Trapp, the youngest son of Georg and Maria Von Trapp, in a BBC interview.

The family escaped to America and settled on a farm in Vermont, where the descendants still run a hotel. BBC reported that Mrs. Von Trapp only learned about Hollywood making the movie about her family's life through a newspaper.

"My long drawn out misery is I can't get these diverse Marias to be as wild and untamed as I was at that age

— they are all very ladylike you see and I was not," recalled Mrs. Von Trapp in an early BBC interview.

There have been many tributes to the original performance, including some that have occurred in the last few years. In 2013 Carrie Underwood starred as Maria in a live television broadcast performance of the musical. During the Oscars this year, Lady Gaga performed a tribute to The Sound of Music, and, after the performance, Julie Andrews walked across the stage to embrace Gaga.

Time always tells whether something will become a classic. So far, the Sound of Music is passing the test of time.

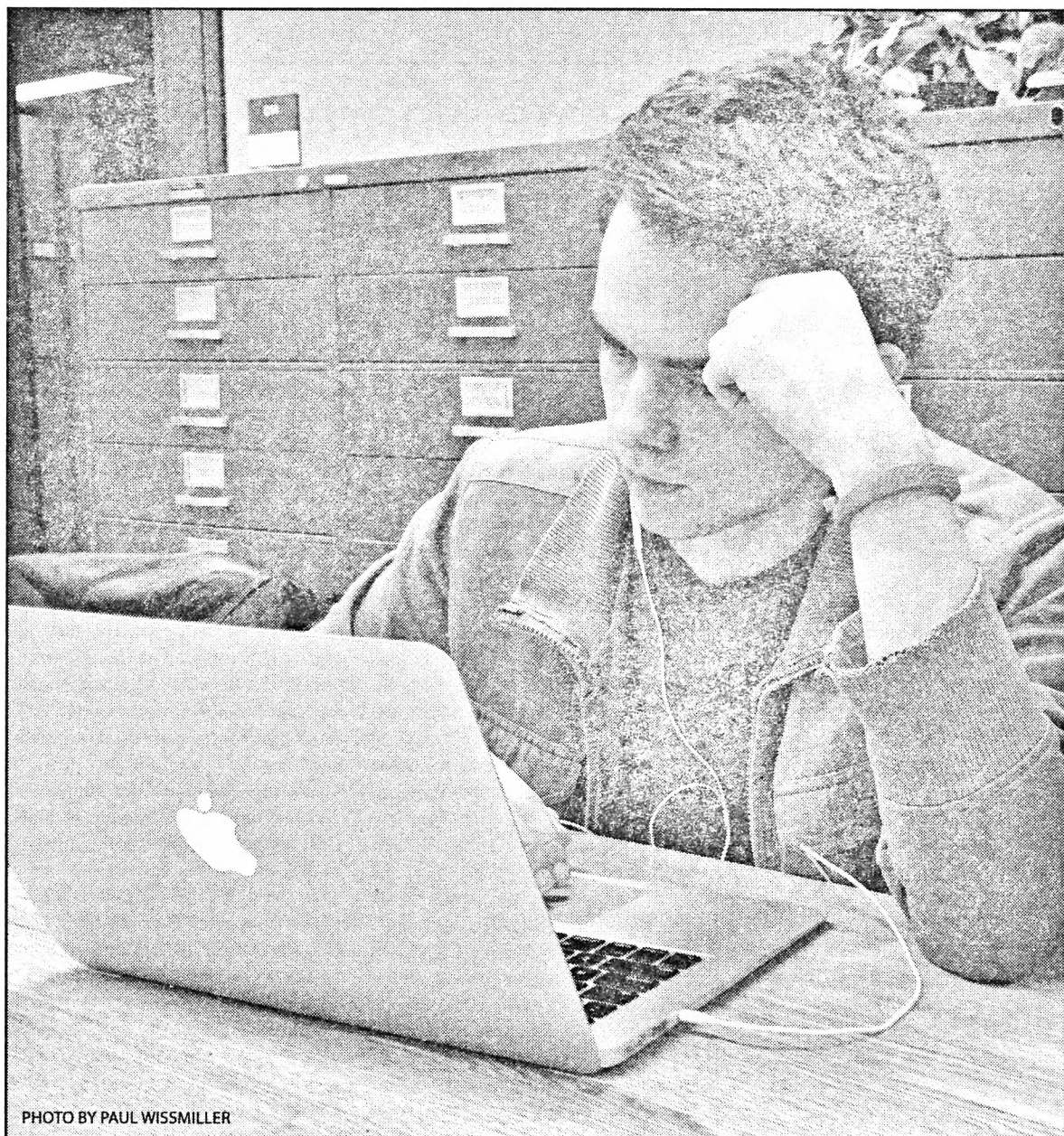


PHOTO BY PAUL WISSMILLER

Junior Ian Lopshire wearing his Jawbone fitness band.

Fitness bands inspiring health

Paul Wissmiller

Staff Writer

Fitness trackers are the new fad hitting technology with Apple set to release the Smartwatch later this spring, but there are several trackers already on the market. Here's a look at two of the most popular brands, Fitbit and Jawbone.

Let's start with Fitbit. All Fitbits come in small, large and extra large models.

Fitbit Charge

Charge is the flagship model Fitbit. According to the Fitbit website, the Charge model "tracks steps, distance, calories burned, floors climbed, active minutes and sleep." The Fitbit itself is the small screen that displays the time, while the wristband part is replaceable and comes in an assortment of colors and sizes.

Some other Fitbit models are the Charge HR, which is the Charge model with an added heart rate monitor, and the Flex, which is the first Fitbit to be released. The Flex is a step and sleep tracker. Fitbit also produces a model called the Surge, which is billed

as a "fitness super watch." The Surge includes a GPS tracker as well as the ability to link with a smartphone and pushes the wearer notifications and controls music and phone calls.

Prices range from \$100 for the Charge to \$250 for the Surge.

There are only two Jawbone models currently in production: the UP and the UP 3. Similar to the Fitbit Flex, the UP tracks sleep and steps taken each day.

UP 3

Slightly more expensive than the Fitbit competitor at \$150, the UP 3 boasts smart technology that claims to learn your daily pattern of activities with even small differences (say the difference between going for a run, or playing ultimate Frisbee with your friends) and can give you a more detailed description of your daily calorie burn.

It also claims more advanced sleep sensors that track different stages of sleep: light, deep and REM.

Along with these advancements it includes the basic features of step counting, being water-resistant and shockproof, and being able to sync

with your phone.

The downside to the Jawbone is it is much less durable than the Fitbit. The band is irreplaceable without buying a completely new device, whereas the Fitbit has replaceable bands for when they wear out.

Junior Ian Lopshire owns and uses a Jawbone UP 24, a slightly older model of the UP 3 being sold now. He said he mainly uses it for sleep tracking and keeping track of his running training. "It's nice to keep track of my running gains, since I'm training for a marathon," he said. "I have a goal of 10,000 steps every day, and it will vibrate when I hit my goal."

"Also I like the way it optimizes your sleep and can be used as an alarm clock to wake you up," he said. Lopshire's sleep goal is seven and a half hours per night and he uses the Jawbone to maintain consistency.

Each of these brands have a lot to offer, so if you are an active person that just can't wait a few more months for the Apple watch—consider one of the offerings from Fitbit or Jawbone.

Commentary:

On being a woman

Mary Hall

Online Editor

I am not a feminist. Or if I am, I don't try to be. My mother simply taught me that a girl can be quick-witted and ambitious and feminine and family-oriented — and that she doesn't have to leave any of those by the wayside when she becomes a woman.

There's a great confusion I see in today's society regarding what it means to be a woman. There's a great anger regarding past oppressions committed by men. I see it in our classrooms any time the topic of advertising, modesty, pornography or women's rights comes up.

There is a message in our culture that media's over-sexualization of women is the source of our insecurities, and that men are to blame. I don't want to, in any way, diminish those insecurities or deny that they have a huge impact in shaping our identity as women. But perhaps what needs to be said is that we need a fundamental tone shift in how we view ourselves as women — and how we as women view others.

The frustration and cry for freedom is not new. We see it in some of the most prolific women writers — Jane Austen, the Brontë sisters, Elizabeth Gaskell and Louisa May Alcott — and many more before and after. These women wrote about the voice of women entrapped by society's restrictions. The freedom they wrote about is the same we want, but is often misunderstood today.

Where freedom is won, there shouldn't be a lingering sense of anger. As a society we've turned a historical fight for freedom into a present fight of bitterness. In doing so, we've distorted the voice of the very women we are trying to liberate. I would never excuse a man who abused or suppressed a woman's voice. But neither would I excuse a woman who did the same to a man. I see both in our society today.

I see men in the classroom afraid to speak up because they don't want to offend. In many ways we are suppressing their voice just as much as we were suppressed. Where has this incessant need to rail against the man come from?

The '20s mark the first wave of feminism in our country, an era which brought us the right to vote and speak publicly. Nellie Bly and other women became investigative journalists, breaking through the male-dominated field of writing and proving that women do have a place in public conversation. Because of those women I can write this article today.

Then came WWII. Women took jobs previously held by men. They worked and were moms, joined the war effort and lead church potlucks.

After the war, the '50s was the era of perfect homes in the suburbs. In many ways, the working mom went away and the "Leave it to Beaver" mom emerged.

Then came the second wave of feminism in the '60s. It started as a call for equal pay for equal work. But with it came the sexual revolution, which turned very radical very fast. In her book "Who Stole Feminism?" Christina Hoff Sommers writes, "No group of women can wage war on men without at the same time denigrating the women who respect those men."

If our grandmothers in the '50s said our role was only in the home; our sisters of the '60s said burn the bras and hate men. My dear women, is there not a balance in which we neither define ourselves by our submission to men nor by our dominance over them — but perhaps, by who we ourselves want to be?

There's a scene in "Divergent" that comes to mind. In the book, the different sections of society have each taken one virtue and held it up as the savior of society. The virtues become so distorted to be unrecognizable. Tobias, one of the main characters, says, "We've all started to put down the virtues of the other factions in the process of bolstering our own. I don't want to do that. I want to be brave, and selfless, and smart, and kind and honest."

We do the same thing in our fight to find our identity as women. The question is not (and never has been): what does it mean to be a woman or a man? The question is: what does it mean to be human? It means to be kind. To be creative. To be loyal.

I, for one, want to be wise and compassionate, responsible and passionate, honest and respected and merciful and optimistic. None of those qualities are inherent in one sex or another. They are human.

Of those qualities that are feminine, one day I want to be a good mother. I want to be a snappy dresser and I never want to be afraid to be "feminine."

But I also want to be hard working, of strong convictions, firm, and to never shy away from an argument. I never want to be afraid of being put down for "wearing the pants" or seeming "masculine."

Men and women alike will never find freedom by shucking one stereotype for another. The truth is we are all human. We have passed the age of suppression, but we've also passed the age of beating down our brothers because they happen to be men.

To be a woman is first and foremost to be human, and to be human — or what it should be — is to be love.

Women misrepresented in politics

Claire Schmidt

Staff Writer

Since Lucretia Mott and Elizabeth Cady Stanton were barred from attending the World Anti-Slavery Convention in 1840, women in politics have made much progress. However, many still say that women haven't come far enough in terms of equality.

"Why does the U.S. still have so few women in office," Steven Hill from the online magazine The Nation questions. The U.S. now ranks 98th in the world for percentage of women in its national legislature, down from

59th in 1998 — that means the U.S. is just behind Kenya and Indonesia in ranking, and barely above the United Arab Emirates. While there are leading women politicians, like Secretary of State Hilary Clinton and Secretary of Health Kathleen Sebelius, there are still only a few women in a political world dominated by men.

Kankakee Mayor Nina Epstein, the first female and current mayor of Kankakee, thinks that numbers are increasing for women in politics. During her political career of 14 years working for the Kankakee school district, two terms on the Kankakee

Women won't achieve fair representation for nearly 500 years.

—Cynthia Terrel, chair of Fair Vote's "Representation 2020" project

city council, and now on her second term as mayor, she said that she has seen changes. When she was on the council, there was just her and one other woman — now there are around four or five.

Although it was difficult as a woman, as Epstein said, she does "feel that you truly had to prove yourself for respect." She also added that you have to "be very prepared, and know issues that you talk about."

But while numbers may be increasing in certain parts of the country, there is still not full equality.

At the rate of progress today, "women won't achieve fair representation for nearly 500 years," says Cynthia Terrel, chair of Fair Vote's "Representation 2020" project, which released a recent study on women's representation.

But when asked about what she thought about this statistic, Epstein said she doesn't "really care for statistics — not every female wants to be in politics. Nowadays women have far more opportunities for careers."

Man, I feel like a woman: Improving the female narrative

Erica Browning
Staff Writer

“Beauty is in the eye of the beholder.” It’s such a weird concept. That everyone who sees me has the right to say whether or not I am beautiful.

I recently read an opinion piece in the New York Times titled “Great! Another Thing to Hate About Ourselves.” Even the title makes me sick to my stomach. With all the self-loathing I see within the women around me – the fantastic, enchanting, stunning women – why do we need anything else to hate?

Most beauty commercials are teaching women not to be seen. “Make fine lines disappear.” “Shrink your waist line.” “Eliminate stretch-marks.” Even the classic pop culture movie “Mean Girls” makes the statement that there is no longer just fat and skinny, you can hate a lot about yourself, and in today’s culture that is all that young women are taught to do.

But maybe... Just maybe... There can be some hope. I’ve witnessed a new trend in feminine product commercials. It’s not the typical ‘be pretty and be delicate and be feminine’ view that most toiletries try to sell us. They’re trying to redefine beauty, because our society has begun to cry out that there is something missing in our view of women. I tend to agree with them.

Look at the craze over the Super Bowl – people weren’t talking about the game. Advertisers look at what we are craving and it is their job to give it to us. This pro-woman messages have been rolling in for a few years. These are commercials and campaigns that are trying to define a new type of beauty, a new idea of what it means to be a woman, that being a woman might actually mean being a person, and I believe it is because it is what we are craving. We want to have a reason to love ourselves again.

Always’ super bowl-run commercial “#LikeAGirl”

Premise: Girls and boys of different ages are told to do things ‘like a girl.’ The older boys and girls will act wimpy and weak when asked to throw and run like a girl. Younger girls put every ounce of power into it. The interviewer ask if the participants realized that they might have been insulting the women in their families or themselves by portraying them as lesser than men.

The older girls then redo each activity with all of their effort because that is ‘like a girl.’

Doing something ‘like a girl’ means doing something like yourself. Being your best and strongest and most powerful self. ‘Like a girl’ shouldn’t be an insult, and by perpetuating the myth that being a girl means you aren’t as good as a man we are harming our views of ourselves and the views of younger girls who are trying to be themselves.

Pantene also turned heads with their Shine Strong Campaign. The premise: Women apologizing for taking up space, apologizing for speaking their mind, apologizing for things that are normal everyday activities. Halfway through the commercial they replay the scenes, except the

women stop apologizing. They start being confident in their questions and activities and around others.

For women, the message says that your existence is not something you have to apologize for. Don’t apologize for speaking your mind, or taking up space. Don’t apologize for expecting things out of others or being noticed. You deserve to live your life without feeling sorry about it.

“Don’t Let Labels Hold You Back”

Verizon’s “Inspire Her Mind” had a more educational spin. The premise: little girl loves nature, is adventurous and curious about the world around her. She enjoys things like math and science projects. We hear the parents continually telling her not to get her dress dirty, to leave things alone, to leave it to her brother. By the end she completely ignores science related things to be the typical ‘pretty girl’ that she is expected to be.

Verizon is saying that there aren’t more men in science and math because it’s a more masculine thing to do, it is because we teach young girls that math and science aren’t things they should be interested in. If we let young girls follow their natural curiosities we have no idea what they might grow up to accomplish. We just aren’t letting them.

I know these are commercials meant to sell a product, and in no way am I sponsored by these products, or do I necessarily even support these products off of their own merit, but if they are the ones to start this conversation then I am more than happy to let them continue talking.

I am lucky enough to have people in my life, specifically my dad, who have pushed me to be confident and curious, and to not let the standards of this world hold me back. He writes me weekly letters to tell me just that, that I have worth and beauty beyond what I could ever try to understand. I have role models here on campus who are strong and powerful women who are passionate about life and I am so thankful for them.

Unfortunately, there are also people, adults, students, and sadly even professors, who do treat me differently because to them I am just a young girl who is trying to take up too much space in this world. It is easy to let these voices get to me, make me doubt that what I’m trying to do is worthwhile, and tell me I should just settle for good enough. There are too many extraordinary things to be done in this world for me to afford to think this way.

I will not apologize for my existence. My Heavenly Father loves me and so do the many people that He put around me to support me. I only hope that I can be that support for someone else.

I have a calling and a life that I am so excited to live out. With all of this, who am I to dare say that I am anything less than beautiful? I know that with everything out there we could be listening to, we all need one more reason to love ourselves and find a way to feel beautiful.

Shame, shame, shame: Getting rid of body stereotypes

Destiny Mitchell
Executive Editor

“We have decided as a group that fat shaming is essential in creating a society of thin, beautiful women who are ashamed for being ugly,” said “Roosh” author for the notorious website, returnofkings.com – a site for “heterosexual, masculine men” as described by administrators.

Patrons of the site, alongside passionate Twitter users, birthed the pseudo holiday they dubbed “Fat Shaming Week.”

On Oct 7 of 2013, many Twitter users began posting pictures they had taken of strangers that were chubby or overweight under the hash tag “fat-shamingweek.” Users also sent out tweets within the thread, saying things like, “If your thighs touch, you’re fat,” “fat chicks: your attractive friends get more free [stuff] than you can imagine and they don’t want to share,” and “Remember: nothing tastes as good as skinny feels.”

Many people would feign disgust or offense at these blatantly cruel comments, but is something like fat shaming week really so shocking, what with the images that pervade our media?

The truth is, we all have been taught that every body is our business. The way that someone looks is subject to our individual scrutiny. The way they feel about themselves should be in direct correlation with our personal opinions of them.

Though those who are considered bigger are often the target, all body types are subject to this harsh criticism – curvy, short, tall, athletic, thin, broad, husky and the rest of the spectrum.

“Real women have curves,” is now not only a movie starring America Ferrera, but a motto, often used by women who have felt minimized and mistreated by the “thing-is-in” culture of the Western world. However, the implications are more than many of them intend to apply. Statements like “real women have curves” and “Bones are for dogs and meat is for men,” undermine the value, the worth, and even the humanity of women who are thin.

We believe that we are supposed to hold the power to dictate someone else’s significance and self-esteem, whether we admit it to it or not. When someone who we don’t find attractive is confident in himself or herself, we experience an irritation that can only be described as offense.

Why is that some people can wear a certain type of bathing suit and others cannot? Why are we insulted when someone who possesses physical traits we find unattractive, would flaunt those same attributes?

No one gets to decide for themselves if they are beautiful – culture does. And if they dare argue back, we cut them down.

Our body-shaming brigade isn’t for-women-only either. We often paint a portrait of idealized masculinity that excludes much of the male population.

“I definitely feel a lot of pressure to go above and beyond to get that six pack and to stay big,” said sophomore and former Olivet athlete Nathan DiCamillo.

While there are movements in place to get women of all shapes and sizes to embrace their natural bodies, such as Dove’s beauty campaign and underwear retailer Aerie’s new “The real

you is sexy” motto, the fight to get men of differing body types to accept themselves is borderline fictional.

Tall, chiseled frames are still the body type championed in magazines, television, film, and advertising. These images imply that these are not only the most attractive men, but also the smartest, the most charismatic, and are better workers and providers.

DiCamillo has noticed that his body type has warranted more respect in his interactions with other people, whereas his siblings who have a lankier build have to earn their respect in other ways.

We do not associate thin men with strength – not strength of body, strength of mind, nor strength of character.

In cartoons, the villainous male character is often thin and frail. Take, Phineas and Ferb’s Dr. Doofenshmirtz, or Mr. Burns from the Simpsons, for examples.

And on the other side of the tracks, chubby males are portrayed as dumb, lazy, or generally unattractive, like Chris and Peter Griffin from Family Guy. Tvtripes.org, a site that lists different reoccurring character types, gives this character trope the title of the “Fat Idiot.” The site says, “In fiction, being overweight doesn’t necessarily mean you’re probably a bad person...maybe you’re just stupid. In any group of characters the fattest one will probably be the dimmest.”

We doubt hefty men’s work ethic, drive, and ability to provide for himself or a family. We tell them that more mass makes for less of a man.

But secular society isn’t the only one casting stones. As Christians, we claim to serve a flawless and awesome God. We affirm His perfect plans. And yet, people of faith are just as prone to finding and creating errors in His design as any other people group.

Modesty is always a topic of interest and debate, especially at Olivet. Though our dress code creates a system of fairness and equality when deciding what is and isn’t appropriate, we often self-evaluate what is and is not appropriate for certain body types to wear.

A female student with a larger bust might get more flack about what sorts of tops she wears more often than another student with a smaller bust. Those with curvy hips and thighs know the feel of wandering eyes that furrow at the sight of a fitted skirt, all while ignoring the lean girl in the corner, sporting a similar outfit.

Did God design women who are shapely, with more robust attributes with less modesty? The idea is preposterous, and yet we still shame women of certain shapes into believing they have to hide themselves. We shame men into believing that there are only certain, specific traits that will earn them their masculinity. We even shame ourselves into feeling that these culturally imposed norms that are not biblically, spiritually, medically, or even intelligently indoctrinated are the mold in which we are to fit.

Beauty looks different in every culture – long necks, broad shoulders, big feet, tattooed mouths, and plumpness are all features that are esteemed in different societies around the globe.

Attractiveness is not built on absolutes – it is not a science. Beauty is a concept; a theory. That theory is broad enough to include every body.

#everyBODYisflawless

Jada Fisher
Staff Writer

In 2004, the Dove Real Beauty Campaign recorded 42 percent of first through third graders wanted to be thinner. I was one of them. Wanting to be less big-boned wasn't a desire that I came up on my own, it was inspired by the teasing and ridicule of peers and "friends." I remember being called "fatty" and feeling unaccepted. As I grew up, my weight became less noticeable so it's not something I deal with in that way anymore. But many men and women still struggle with body image and being accepted.

The stigma has been that an overweight individual is lazy and/or physically undesirable. Walk into any grocery store and you can bet there will be a tabloid celebrating a celebrity's weight loss or negating their weight gain. Talk shows, reality shows and

movies for years have projected the demise of "fat" people. The criticism of body image seems ingrained in our culture at the expense of the receiver's self-image, self-esteem and self-worth.

The negative perceptions and projections have been propelled by clothing labels and sizes implemented by retailers, and body image standards set by the media. For decades those have had immeasurable influence over what body types are acceptable. However, campaigns and public figures have countered such perceptions and projections, recently, to promote "fat acceptance."

Clothing size has been more of an issue for women than men. YouTube and MTV's Braless web series host Laci Green unpacked the past and present of women's clothing sizes in the "Why is Zero a size tho?" episode. Beginning in the late 30's,

sizes were labeled smaller and smaller each passing decade. Fifteen years ago, four was the smallest size period. Now it's down to triple zeros! "Zero means nothing. It suggests that women should take up such a small amount of space that she basically disappears. Why are girls told to strive for that?" Green asked.

Abercrombie and Fitch label what other stores consider a medium as a large. Lululemon only carries up to size 12 and keeps the larger of those sizes in the back. Recently, I wondered, why are ONLY small sizes used in online and catalog advertisements? Even the mannequins wear a small. It's as if small is the ONLY size. Although that's true for Brandy Melville. I think that also perpetuates the stigma of small being better and larger being undesired.

The glorification of small is no doubt propelled by the negation of

fat in the media. In my favorite movie "Save the Last Dance," when Sara gets her first fake I.D., her reaction to the photo is, "she's ugly, she's fat." In "Mean Girls," Regina George wanted everything but to be fat. In the Lifetime series Drop Dead Diva, a formerly small-framed woman reincarnates as a plus sized woman, and struggles with it. Just the acronym for the recently released film "DUFF," meaning designated ugly fat friend, says a lot about the perceptions of young people. Reality shows like "My Big Fat Fab Life" and "Big Women: Big Love" aim to depict identical social lives to smaller women but the emphasis is placed on struggles due to size.

If you ask Meghan Trainor, she says, "I know you think you're fat/ But I'm here to tell you/ Every inch of you is perfect from the bottom to the top." Her tune is one of many efforts to counter the stigma and criticisms

against people that don't wear sizes anywhere near small. Special K has released a number of ads to inspire women to be body positive. Blogger GabiFresh created a music video to Beyonce's "Flawless" flaunting her lovely lady lumps with plus size model Tess (Munster) Holiday. Included in the video's title is the hashtag, #everyBODYisflawless. The upcoming kickstarter documentary "Fattitude" seeks to expose and dismantle fat discrimination. Celebrities have begun to respond to fat shaming. "To people making mean comment about my pics, I mos def cried about it on that private jet on my way to my dream job last night," said Actress Gabourey Sidibe. "Just because you're big doesn't mean you can't be an athlete," said Texas Ranger, Prince Fielder.

There are so many negative things a person can be and fat isn't one in my book.

Editorial



A compliment after a bad day is like a rainbow after it rains – it's a promise that everything is going to be okay. Certain communities, like Olivet, seem to breed kind gestures and affirmative words. Living on this campus is like catching a year-round love bug.

Being surrounded by like-minded individuals who, in essence, share many of the same morals, beliefs, and objectives is a wonderful experience, and yet, at the same time it can be detrimental to healthy criticism.

After four years (or more), students will have to leave Olivet and interact with people in the professional and social world. Some will transition easily and others will not because they have fallen under the disillusion that people need to affirm them.

Here's the skinny: not everyone will like who you are, what you do, or how you do it – and they don't have to. People are not required to bolster your self-esteem with a daily dose of "you can do it." Sometimes you are going to hear "this is what you could have done better," and other days we will hear "this is altogether bad."

Criticism is conducive to becoming a better you. It can strengthen any and all areas of life – spiritual, mental, professional, emotional, social and interpersonal. It's a healthy part of all relationships and should be both given and received.

But when we live in an environment that produces constant affirmation, we become sensitive to those who are not like us – they just seem to rub us the wrong way. We might begin to cry out for attention, for someone to tell us what we have done well instead of tips for improvement. This mentality acts as a barrier to fueling and building relationships, especially the ones we have with ourselves.

It's easy to lean on a crutch when it's always there for you, but there's no true pride and sense of self like being able to stand on your own.

The same goes for affirmation. Other people should not have the ability to define us. Most people we encounter will have a different perspective.

Our worst enemy is someone else's best friend. What each would have to say about the other is likely to be drastically different. Yet, neither is more "right" or more "wrong" than the other. So which do we listen to? Both, but at the same time neither. We can learn a lot about who we are by hearing different views of us, but those views don't define who we are; it defines someone's experience with us.

Living at Olivet, you're bound to hear a lot of great things about yourself, and a lot of great things about other people too. We must recognize that as a commodity of the culture, and not assign it as the basis of our self-esteem.

As Christians, all of us are called to be set apart and to live a lifestyle that is not glamorized by mass media. For that reason alone, we will be criticized heavily.

John 15:18-20 NIV quotes Jesus as saying, "If the world hates you, keep in mind that it hated me first. If you belonged to the world, it would love you as its own. As it is, you do not belong to the world, but I have chosen you out of the world. That is why the world hates you. If they persecuted me, they will persecute you."

If we cannot lend and receive criticism from people who love and cherish us, how do we expect to survive in a world that "hates" us, how will we avoid being torn into shreds when the world knowingly sinks their teeth into the weakest parts of our flesh?

We start by building an armor, that doesn't rest on the words of other people, good or bad. We start by accepting that our flaws are visible to more than just us. We start (and end) by rooting our self-esteem in Christ alone.

Honey, we need to talk:

Street harassment

By Destiny Mitchell
Executive Editor

Slut: a woman who expresses her sexuality in a way that others, particularly men, find disagreeable. This varies from the traditional classification of a "slut" in that a woman no longer has to be promiscuous to be called one.

Under this new definition, I have been considered a slut. I am a slut because I refuse the sexual advances of strange men who throw their voices at me from across the street. I know this because that's what they have called me – amongst other choice names – when I express my sexuality by saying no.

The problem with street harassment is that many don't consider it harassment at all, especially when not all comments come across as crude. "Smile, beautiful" or "You'd be even prettier if you smiled" and their variants are a favorite amongst cat callers, and can be as offensive as some of the most explicit phrases that are barked at women.

In merit, the comment is probably intended to be a sweet phrase, ushering forth a simple gesture. But what lies behind it is what lies behind much of society's attitude towards women: entitlement.

Men are brought up to believe that women owe them – their time, their bodies, their services or anything else they desire of them. If you tell a woman to smile, you are commanding a woman to make herself more attractive for you. You are telling her what to do with her body. If you insult her when she walks away from you, you are exercising the belief that what you want with a woman should overrule what she wants for herself. If you follow a woman, you are demonstrating to her that her "no" means nothing. And it's terrifying.

It's terrifying to not know if we'll be able to walk away from every uncomfortable encounter. Because what we do know is that that certain men feel they have a right to our bodies, and we know that sometimes asking our permission is more of a formality than a requirement.

Women have been assaulted, sexually or otherwise, and many times murdered for rejecting a man. Even in these circumstances, the victim is sub-

ject to blame.

Last week, Twitter user @ItsAlwaysDaryl posted a screenshot of a News headline that read "Woman Killed By Man She Rejected At Bar" with a caption that said "To you females who think curving [men] is fun." He later tweeted that women needed to be "mindful of who approaches [them]."

"Catcalling" got its name for a reason: because it's what you would do to an animal, not a human being.

In a video experiment called "Why do Men Harass Women on the Street?" "Gothamist" of dailymotion.com asked men and women their thoughts on street harassment.

An older self admitted cat caller asked, "If you have a beautiful body, why can't I say something?" A teenage boy parroted him, saying "If a girl comes out in public with tight leggings on, and you see something back there...I'm saying something."

This view of women is historical in nature, as catcalling is remnant of the social policies that declared women as property. According to historyofwomen.org, "Documents of all the ancient cultures (Greek, Roman, Mosaic, Hebrew, Celtic, Germanic, Assyrian, Christian, Babylonian) depict women as already subordinated to men socially and legally."

The radical idea of women being able to live and choose for themselves is a relatively new concept, and has yet to be completely set in. Though we have freed women from their legal shackles, we are still socially programmed to sustain that women's lives are to revolve around the attention of men. Women don't have to get married – but they should. Women don't have to cater to men – but they should. Women don't need male sanction – but they should be sanctioned by men.

This is why catcallers think their verbalized approval of a woman's appearance is a compliment – they're affirming her worth. It's also why when

actress Shoshanna Roberts ignored a catcall, the man yelled back to her, "someone's acknowledging you for being beautiful, you should say thank you more."

Roberts was the woman featured in the viral Youtube video "10 Hours of Walking in NYC as a Woman," which currently has over 39 million views. The video condensed 10 hours of Roberts silent walking through different parts of Manhattan wearing jeans and a crewneck T-shirt. She was catcalled a total of 108 times and was followed for several minutes in two separate encounters.

Soon after its debut in October 2014, the video was picked up by CNN, who held a panel discussion featuring comedian Amanda Seales and author Steve Santagati.

"From the minute [women] leave the house, we are expected to be smiling and available for whatever men want to say to us," Seales said. "I think that guys think that by letting you know that they would be interested in sleeping with you, that that is a compliment, but it's actually just objectifying."

Santagati – notorious for his views on gender and sex – had a different opinion. "If you don't like it tell him to shut up, stand up for yourself and act like a strong woman," he retaliated.

Views like Santagati's illustrate a common perspective that is one part ignorance, two parts arrogance and altogether wrong. It states that men shouldn't have to be accountable for their actions. It's an attitude that has led to the assault and murders of innocent women. It's the attitude that caused Roberts to receive rape threats for her participation in the PSA.

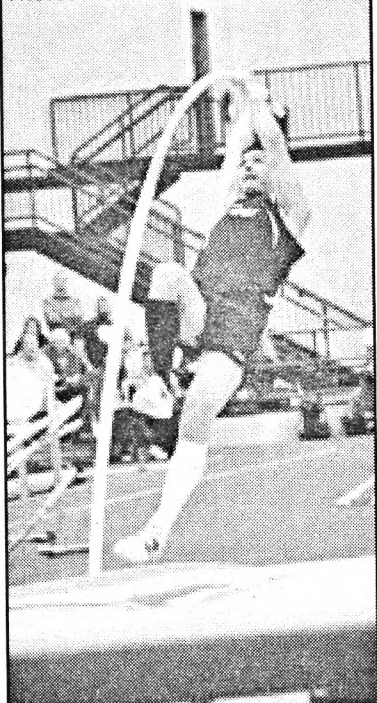
"Catcalling" got its name for a reason: because it's what you would do to an animal, not a human being. Women deserve to exist above the threshold of humanity. We are not pretty pets that you can hiss at for attention. Men do not own women and they are not entitled to reciprocation.

The sooner we honor women's right to feel safe, the closer we will get to the equality that we all claim to be fighting for. We've been taught lessons on respect since preschool when we were instructed to keep our hands and feet to ourselves. Let's keep our dehumanizing thoughts to ourselves too.

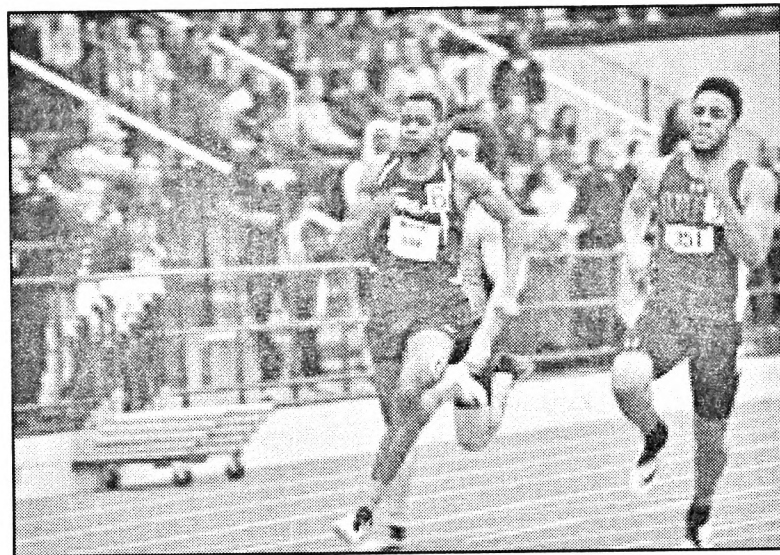
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PHOTOS FROM ONU MARKETING



Above: Senior Brian Michell completed his indoor career as a national runner up in the pole vault. Right: Senior Amy Blucker throws a 15.51-meter shot put, making her a national champion. Top far right: Sophomore Zach Gordon made a school record in 21.31 seconds in the 200-meter dash, taking silver. Bottom far right: Junior Jacob Armbrust takes silver in the shot put with a 17.06-meter throw.



Historic win at indoor nationals

Nathan DiCamillo
Sports Editor

Sophomore Zach Gordon didn't expect to break the school record in the 200-meter dash in 21.31 seconds at the NAIA Indoor National Championships. He just wanted to win points for his team.

Assistant coach for sprints and hurdles Mark Miller pushed Gordon in practice. This practice paid off when Gordon became the national runner-up in the 200. Now Gordon looks forward to the NAIA Outdoor National Championships in late May.

"My goal for outdoor is to bring in as many points as I can to be in the hunt for a team trophy," Gordon said, "[and] to redeem myself in the long jump and the 200."

Senior Brian Michell knew that he

had a chance of winning at nationals. With a 4.95-meter jump, Michell became the national runner-up in the pole vault.

"My training was just a lot of drilling, mental training, and lifting," Mitchell said.

Michell believes that the men's team had an "outstanding performance" at indoor nationals with a seventh place finish—an historic program finish.

On the women's team, Amy Blucker was the only athlete at nationals to claim a NAIA National Champion title with a school record toss of 15.51 meters in the shot put, according to ONU Marketing. She is the first ONU thrower to win a national championship and has one more year of NAIA eligibility.

"In the shot she was ranked number one going in," head track and field

coach Mike McDowell said. "Amy's been consistent. She's been throwing well. She did what she does well and did it on the right day."

Other impressive performances from the women's team came from two All-American relay teams: the 4x800-meter relay team of Karley Brown, Angelica Lafemina, Kylie Lippencott and Alexa Beezhold finished seventh in 9:22.65 and the 4x400-meter relay team of Peyton Kirkland, Kalla Gold, Laura D'Angelo and Kammy Goedhart took seventh with a time of 3:51.07.

Other impressive performances on the men's side came from junior Jacob Armbrust who threw a personal best of 17.06 meters in the shot put to become the national runner-up; senior Marshall Hawn who got fourth place in the 1000 meter run with a time of 2:27.95, finishing thousandths

of a second ahead of the fifth and sixth place finishers; senior Dylan Creger who took seventh in the 5000 meter run in 13:57.17; junior Elisha DeRamus who made a personal record and took eighth in the triple jump by jumping 14.34 meters; the distance medley relay team of sophomore Caleb Drake, Hawn, senior David Powers and junior Alvin Best that took seventh in 10:09.89.

In last year's outdoor nationals Gordon won the long jump. This year he didn't make it to finals. In the 200, he was beat "at the line." No matter what the results, Gordon made it clear that he does not train for himself.

"Accomplishments I achieve in this lifetime will be all for Christ because without Christ none of them would be possible," Gordon said.

My goal for outdoor is to bring in as many points as I can to be in the hunt for a team trophy. Also to redeem myself in the long jump and the 200.

—Sophomore Zach Gordon

This year 'Bite into a healthy lifestyle' with dietitians

Grace King
Layout Editor

Neither the doctor, the nurse nor the pharmacist helped senior Justine Myers overcome her eating disorder. A registered dietitian nutritionist helped her recover and learn to adopt a healthy daily lifestyle. At that moment, Myers knew she wanted to study dietetics.

In 1980, March was named National Nutrition Month in response to growing public interest in nutrition, with the second Wednesday in March being donned Registered Dietitian Nutritionist Day.

This year's National Nutrition Month theme is "Bite into a Healthy Lifestyle." The theme is chosen by the Academy of Nutrition and Dietetics. They encourage people to plan ahead and choose sensible, low-calorie snacks, which can prevent overeating at mealtimes.

The Academy reminds consumers to "adopt a healthy lifestyle that is focused on consuming fewer calories, making smart food choices and getting daily exercise to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health."

"Biting into a healthy lifestyle means balance and moderation. Those are phrases and lifestyles I can implement into my own life and I also want to teach and encourage my clients to do so when I am a practicing dietitian," said senior dietitian major Holly Bonenberger.

A registered dietitian nutritionist has to earn at least a bachelor's degree, complete a yearlong internship, and pass a registration examination, according to the Academy.

"Virtually anyone can call him or herself a 'nutritionist,'" said registered dietitian nutritionist and Academy Spokesperson Tamara Melton. "But

when you consult a registered dietitian nutritionist, you can know you are receiving advice from an educated, trained, and trusted expert."

Bonenberger decided to study dietetics, because it combines many of her personal interests with gifts she already possesses. When she was younger, she thought about studying nursing, but the idea of drawing blood makes her squeamish. During a doctor visit when Bonenberger got a shot and passed out, she realized nursing was not for her.

But Bonenberger loves cooking and planning meals and helping people learn how to be healthier. In the professional world, being a registered dietitian nutritionist means she can work in a hospital, clinic or management position. "It was a very custom made degree for me," she said.

Myers said studying dietetics opened her eyes to all the people struggling with eating disorders, en-

abling her to help them.

"I definitely feel like the public sometimes underestimates dietitians or they don't value them," Myers said. "Your doctor hasn't gone to school for six years to specialize in nutrition. They're more focused on the medical, physical side. We're the experts in nutrition and people don't recognize that as much."

Stanley Bielawski, registered dietitian nutritionist at Silver Cross said that in the hospital setting patients sometimes "get lost in the mix." Bielawski works as a dietitian to educate patients about diet and nutrition as well as working with the hospital pharmacy. He sees about ten to fifteen patients a day to advise them on eating and exercise habits and to make sure they're on the correct diet plan.

For Bielawski, this year's nutrition month theme is a reminder to eat healthily and that doing so does not have to be a difficult task.

"For someone who hates salad, I'm not going to make them eat a salad for lunch everyday," Bonenberger said. "[Healthy eating] just means practicing moderation. Everyone has at least one or two vegetables they can learn to like."

As for exercising, it doesn't mean you have to train for a marathon, Bonenberger said. "It's a great goal, but you don't need that to be healthy. It means making small and doable lifestyle modifications so you still enjoy [exercising]."

Myers agrees that eating balanced meals does not have to be a huge lifestyle shift, but little things like substituting refined grains for whole grains and incorporating more fruits and vegetables into your diet can lead to a healthier you. Make little changes and build on those, Myers said, and take steps towards a healthy lifestyle.



Above: Junior guard/forward Aaron Larson playing against a Knight forward. Larson led his team with 13 points.
Right: Junior forward Leke Solanke goes for a layup.



Tigers defeated in NAIA tournament game

Justine Von Arb
Staff Writer

After a series of exciting games on Wednesday, Feb. 25, Friday, Feb. 27, and Saturday, Feb. 28, Olivet's men's basketball team earned two more titles to add to their collection: the CCAC Regular Season Co-Champions and the CCAC Tournament Champions. Head coach Ralph Hodge said that, while he was "pleased with the outcome," he was "more pleased with how [the team] got there."

The Tigers' season did not end after the CCAC championship game, however. On Saturday, Feb. 21, in a game against Indiana University-South Bend, Olivet's men's basketball team earned an automatic bid to the NAIA

Division II National Tournament, held at the College of the Ozarks in Point Lookout, Mo., March 11 to 17.

Hodge hoped that, as the team was transitioning back into a week of practices before the NAIA tournament, they would "continue to go back to the two things we've emphasized [throughout the season]: poise and purpose." For junior co-captain Aaron Larson, that meant keeping things "as regular as possible."

According to Hodge, the players could not afford to "let distractions interfere with their goals." Senior co-captain Austin Davis said that Hodge was trying to prepare the team both mentally and physically over the rare ten-day gap between games.

Hodge noted that well-recognized

scorers such as Larson, Davis and junior Zach Wagner were important for the team's successes this season, but he also credited the "not-so-obvious improvement" of players like Thorson, sophomore Tyler Crater, senior Hunter Jacobs, junior Leke Solanke and senior Matt Ryan for "propelling the team [forward] and maintaining [a high] level of play."

"This has really been a team effort," Hodge said. Before the tournament, Thorson also emphasized the importance of working together as a team, saying that there were "just team goals at this point."

Despite the focus on routine, excitement for the NAIA tournament was present in every member of the team. Davis said that he was "really excit-

ed to get it in my [playing] career." Larson echoed his teammate's words. "It's going to be an awesome experience," Larson said.

Junior Alex Thorson added, "I'm definitely excited to get to play good competition." The competition certainly delivered.

The Tigers faced off against the No. 16 Warner Pacific University (Ore.) Knights on Wednesday, Mar. 11 at 9:45 p.m. The Knights led the Tigers 40-26 at the half and stayed ahead throughout the second half, ultimately defeating the Tigers 79-54.

During tournament preparations, Hodge said, "We can't control our opponents and how they play ... We have to worry about ourselves and let everything else fall where it may."

This year, that meant ending the season with a 25-9 record.

"We've worked hard, and sometimes hard work is rewarded, but not always," Hodge said. The Tigers' hard work was certainly rewarded when it came to the CCAC regular season and tournament, but not when it came to the NAIA tournament.

Hodge said that he is not as much win-oriented as he is process-oriented, focusing on "what we do and how we play."

"I've been challenging these guys since day one as freshmen," he said, and to see his players make it to the national tournament was "so satisfying," even though the Tigers did not advance in the NAIA tournament.

From Holy Spirit to school spirit: Olivet's got it all

Kelli Poole
Staff Writer

The Holy Spirit isn't the only kind of spirit moving around the Olivet campus: school spirit is also moving, and it, too, is a burning fire. According to men's head basketball coach Ralph Hodge, the energy of the crowd in basketball is dubbed "the sixth man."

"That concept that that's an additional player that you have -- that's an additional man that brings a home court advantage," Hodge said, "and I know our players, they talk about it, and they're appreciative of that fact as well."

School spirit is something that we need to keep alive and growing, Hodge said. To do this, head volleyball coach Brenda Williams suggested having a theme for each game.

"With the themes, the students really get into it," she said. "You know, they'll have more fun with it, and then you could have some giveaways and some freebie stuff. Students always love that."

Williams reminisced about a time when Olivet used to have a Hawaiian day.

"We'd like to provide that more for the students so they can have a fun time with it too, and then you'd have a big limbo contest afterwards," she said. "So there's a lot of things we can do that we haven't really done yet, but now that we're seeing kids get more and more active in [school spirit], that'd be fun."

Williams believes that thematic events would get students more in-

involved. "That's what spirit is -- when the students really start picking it up and go, 'that's my team!' and they start getting excited about it and going, 'I'm going to go watch those people,'" she said.

Williams also advocates dressing up for games. She referenced a time when the men's basketball team showed up to a volleyball game all in one col-

or. "They were all in pink," she said. "That was cute."

Hodge said that he is so focused on the court that he often does not notice what the crowd is doing. "Sometimes I've gone back and watched a portion of our tape and [seen] what's going on," he said. "[Like] the fans that had the mannequin out there one game and were doing different things with it."

Junior Tara Hamstra has been to soccer and basketball games. "I didn't see much dressing up at the soccer games," she said, "but basketball, the pep block is generally mainly purple and you've got your front line of guys who always wear morph suits."

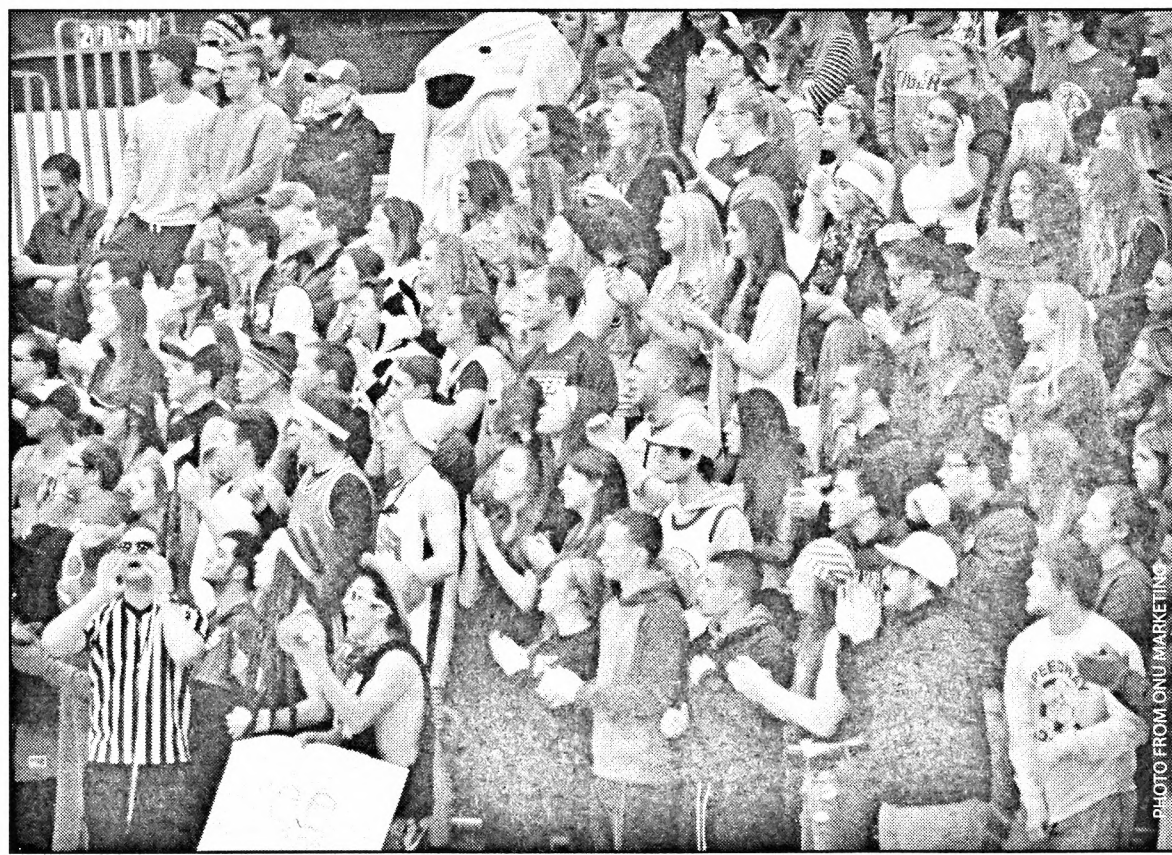
Toby the Tiger is a great way to keep the energy up, Williams said. "Toby's great to have out there. We should

have Toby out there all the time at all the games," she said. Toby is present sometimes, but it is hard to get him at every event. Williams believes Olivet needs more Toby's. "I think the kids love it, so it's really important that we do that," she said.

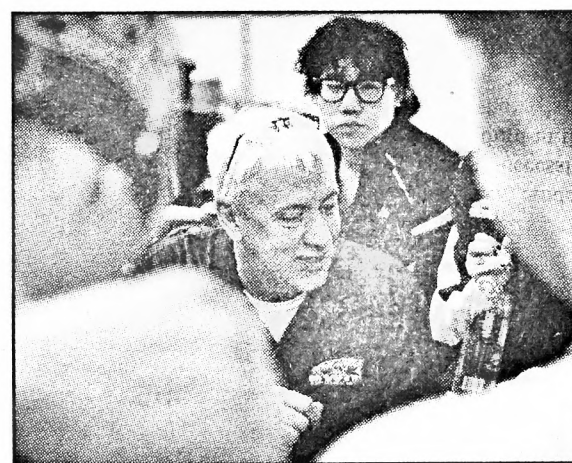
Williams said that if Olivet does look into things like creating themes for each game and having more Toby's to increase school spirit then students can better get involved. She used the example of large, energetic crowds at playoff basketball games. "We need that all the time," she said. "That's what makes it great. And the students feel like they're part of the team and then you can really get them involved."

Hamstra claimed that school spirit overall could be improved. "But I'm comparing to my high school," she said. "Basketball is like 'the thing' in Indiana." Junior Katarena Shiner isn't convinced that school spirit is correlated to the amount of freshman on campus. "It's mostly freshmen who still care because of high school, I think," she said.

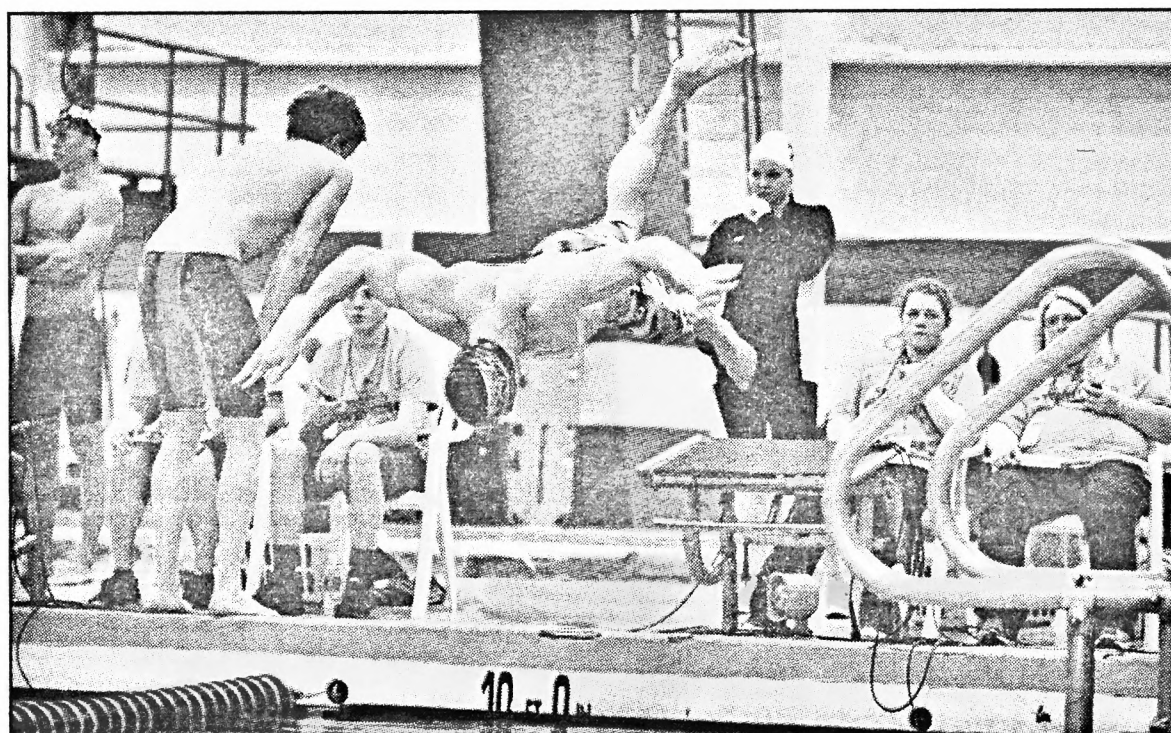
Hodge summed up Olivet's school spirit this way: "Our fans are very positive, cheering us on, being there to get involved with the chants, get involved with the energy in the gym for us ... And it really projects the image of Olivet when we have a packed house, an energetic crowd, and it's been very positive in that. The school spirit's growing, and the student involvement is getting better among our sports. It's my hope that this will continue to grow."



The crowd gets pumped up during an Olivet basketball game.



PHOTOS BY KRISTENA POLL



Top left: The swim team cheers on their teammates during the NAIA Swimming and Diving National Championships.

Bottom left: Freshman Audrey Anderson and sophomore Holly Risinger prepare with one another before a race.

Top right: Junior Calvin Price screams encouragement to swimmers.

Middle right: Head swim coach Scott Teeters giving a pep talk.

Bottom right: Senior Mat Prasser dives off the block.

Commentary:

Done and dusted: Swimming ends on high note

Andrew Fisher

Assistant Sports Editor

For all the more experienced swimmers on the team, returning to the Oklahoma City Community College swimming pool brought up memories of years gone past. This sense of nostalgia has the potential to wreak havoc on an individual's psychological state, or alternatively, provides a fresh mental edge to strive for national glory. NAIA Swimming Championships 2015 was unique, different from the other previous years. Our team was reminded to forget the good and bad memories of the past, forging our ways towards new goals and dreams.

Everyone was quiet at breakfast, and most people were silent as we drove on the bus to the pool. Of course we have individuals on the team who show their anxiety by talking excessively and giggling nervously, but they are a select few. For the most part, the team was able to shake off these pre-race jitters, winning two national titles. I wrote in my journal that night:

Unbelievable! Unbelievable! Simply, too good. Our team is killing it. In a show of pure dominance, Jacob Anderson cruises to victory in the Men's 200 IM, defending his national title. Moreover, he joins Frank Tapia, Josh Lercel, and Simon Pheasant in winning the epic Men's 800 Free Re-

lay. That must be one of the greatest races I've ever watched. What made it beautiful was the team swimming for each other, shouting for each other, and giving of their utmost for each other. Each team member put it all on the table, resulting in the first relay national title for Olivet's swimming program. I can't sleep.

From the incredible high felt by the team after day one of the champi-

onships, day two was a little more sedate. The team still managed to swim incredibly well. Eugenia Sebastiani, Kelsey Weener, Holly Risinger, and Deirdre Gerke were runners up in the Women's 200 Free Relay, claiming the silver medal. In the only change from the previous night's relay, Ty Jacobs was substituted for Tapia, as the men were slightly out touched by our biggest rivals Oklahoma Baptist in

the Men's 200 Free Relay. Tapia and Pheasant showed good form, claiming silver medals in the Men's 100 Fly and the Men's 200 Free respectively. Other highlights included three bronze medals for Sebastiani, Calvin Price and Anderson. The accomplishments were all good and great; however, the unjust disqualification of the Men's 400 Medley Relay put a damper on the night. I consoled myself late that night

and wrote in my journal:

The video footage clearly shows that the takeover was clean, and that he did not jump off the block too early. Why would the judges refuse to look at the evidence? I think they were prideful, unwilling to humble themselves, say they made a mistake, and reverse the decision. Nevertheless, I know our team can come back from this.

Our team did come back. Anderson rounded off his most successful nationals to date, coming third in the Men's 200 Back. Price showed off his prowess with a silver medal in the Men's 200 Breast. Good performances seemed to be the norm. Laura Bryant slashed a chunk of time off her personal best in the Women's Mile, Pheasant swam the gutsiest race of his life in the Men's 100 free, and Price sped to a career-best second place in the Men's 200 Breast. The race of the night, however, goes to Frank Tapia who abolished the field in the Men's 200 Fly, claiming his first individual national title. Nationals always ends on a high note, coupled with a sense of the relief that the swimming season is officially over. I did not have time to write in my journal that night, but I remember feeling happy and content. I may forget many aspects about nationals and swimming when I am older, but the pride and joy I felt, I will remember forever.

