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## GlimmerGlass Volume 75 Number 02 (2015)

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# THE GLIMMERGLASS

September 17, 2015 | GLIMMERGLASS.OLIVET.EDU | VOL. 75 NO. 2 OLIVET NAZARENE UNIVERSITY

## 'Give up our lives to live for him'

Evan Sherar  
Staff Writer

His name is Dr. Scott Daniels. An impressive background leading the church with brilliant scholarship and strong homiletics, Daniels concluded his eight services last night. He spoke about finding God in a land of exile, in an empire that is changing with the culture to the congregation of College Church along with students, faculty, and staff at Olivet Nazarene University.

Daniels' experience has given him a unique ability to communicate the message of the Gospel and the findings of scholars in a way that the general populous can understand and appreciate. Daniels kicked off revival Sunday night by speaking from Isaiah. He called on Christians to remember who they are and recall their defining story as a people.

During Tuesday's chapel service, Daniels said, "God is the center of all things, and we find our life as we center ourselves in Him."

The rest of the week, Daniels con-

tinued to talk about what that defining story was and in what ways this story effects how Christians should approach the conflicts they face daily.

"Jesus is not a condiment that we add to our lives. We are supposed to give up our lives so that we can live for him," Daniels concluded during chapel Wednesday morning.

"I liked that he was a knowledgeable revival speaker and not just 'feel-good, Bible-preachy,'" junior Connor Berg said.

As revival drew to a close, Daniels began to draw attention to the ways the church as a community of believers can help to sustain each other as a people in the midst of the surrounding "empire" in which they find themselves.

One of the empires Daniels mentioned was the empire of consumerism. He talked about a few ways consumerism seems to have left its mark on American Evangelicalism, as well as his thoughts on turning away from these corruptions.

Daniels said in a culture full of noise, we need to rediscover the spiri-

*It was filled with a better understanding on how to be Christians in a non-Christian world.*  
-Mitch Lamb, junior

tual discipline of silence.

Junior Mitch Lamb said, "I think it was filled with a better understanding on how to be Christians in a non-Christian world."

Daniels served as a professor at Southern Nazarene University, was the pastor of Pasadena First Church of the Nazarene and Dean of the School of Theology at Azusa Pacific University in Los Angeles. He now serves as senior pastor of College Church of the Nazarene in Nampa, Idaho.

Among Dr. Daniels' many achievements, he has also written a few books and spoken at other campus revivals, including previously at Olivet.

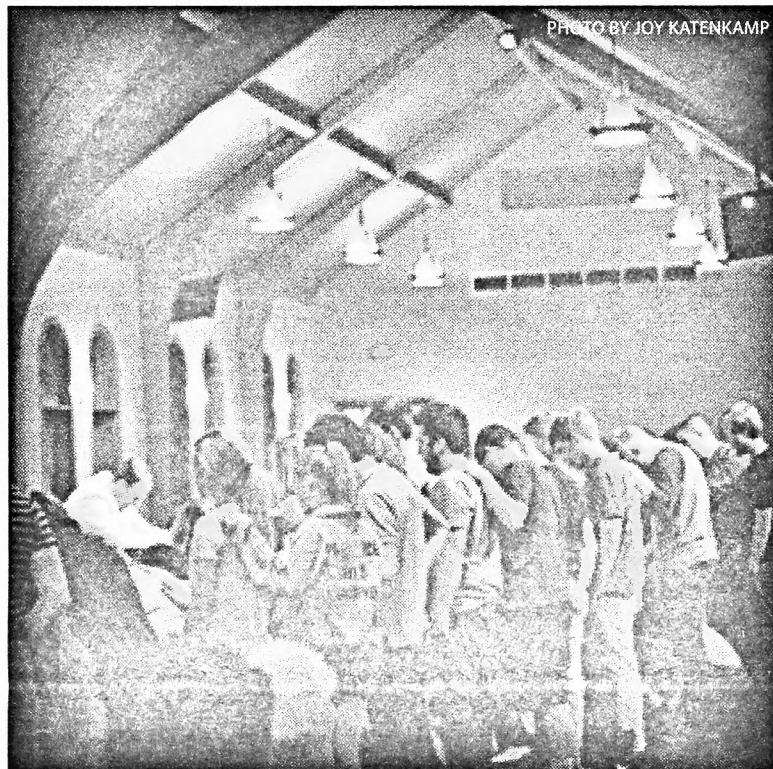


PHOTO BY JOY KATENKAMP

Students gathered at the altar to pray with and for one another after revival service Monday night, Sept. 14, at College Church.

## Studio upgrades allow 'The Dating Game' to return

Becca Hunt  
Staff Writer

The Dating Game is set to return this semester.

According to communication professor and The Dating Game executive producer Mark Bishop, the show is in its fifth season, but has not been produced since 2010. The show, designed to set students up with each other, calls for 48 contestants - 24 young men and 24 young women.

"There are going to be six episodes featuring six guys and girls," Bishop said. "I've been called Prof. Matchmaker over the years because of this show."

It will be produced by Bishop's Studio Production class, COMM 371, an upper division class required for Multimedia majors. Prerequisites for the class include Nonlinear Editing and Basic Video Production.

Nick Shaffer, a senior in COMM 371, is part of the marketing team, a camera operator and one of the directors for the show. Shaffer said the most interesting aspect of the show will be seeing how the chosen contestants in-

teract with each other. "We are really emphasizing the 'real' people finding 'real' love aspect, so [there is] no acting," he said. "With them being so raw, we hope for it to be really entertaining."

Upgrades were made to Studio B, allowing a new technology set-up, thus the return of the show. The show will be available to view online and has its own Facebook page called "Olivet's 'The Dating Game.'"

Bishop said there are phases contestants need to go through to sign up for the show. First is sending an email to [DatingGame@olivet.edu](mailto:DatingGame@olivet.edu) stating your interest in signing up. Second is the application process, where you fill out questions about yourself and attach a recent picture.

"I signed up for the Dating Game because it's my senior year and I'm sort of running out of time, so to speak," senior Melissa Luby said. "I'm really just hoping to meet someone I might have overlooked or is outside my usual circle of friends. Also, I figured I might as well laugh about my singleness rather than be sad about it."

Luby is looking forward to having



PHOTO BY MARK BISHOP

Lillian Guenseth, host of Olivet's new show, The Dating Game, prepares for camera on set in Studio B in the communications department building.

some fun without having to spend money. "With the Dating Game, there isn't a huge amount of pressure to commit," she said. "I don't think that I'm going to find my soulmate on the show. If I do find love, I'll be pretty

blown away. God has a weird sense of humor about these kinds of things."

Lillian Guenseth, an Olivet graduate with a degree in music, was selected as the host of the show. "She's good on her feet, funny and energetic. She's re-

ally good at ad-libbing," Bishop said. "In the past we have gone with two hosts, but Lillian can hold her own. I don't think she needs a backup."

Guenseth will be conducting "women on the street interviews," where she will walk around with a full camera crew, pulling students aside and asking them to give dating tips they may have. Right now, the class and the show is every other year, but depending on popularity, may be brought back more often.

"We start shooting the show in October," Shaffer said. "This is only a tentative plan, but we were thinking of airing half the episodes this semester and the other half next semester."

The Dating Game may not be the only game show produced on campus. "I want to, in the future, try to bring a Family Feud type game," Bishop said. "It just gets the students as well as faculty more involved, and makes learning more fun."

### LOOK INSIDE

#### POPE COMING TO US

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The Color Run 5K and Paint Wars will now alternate instead of having both events every year. **07**

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"While the account is damaging to women in obvious ways, perhaps less obvious is the damage this account is causing men, as well." **08**

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Olivet's diving team hopes to qualify for nationals this season, adding three new divers. **11**



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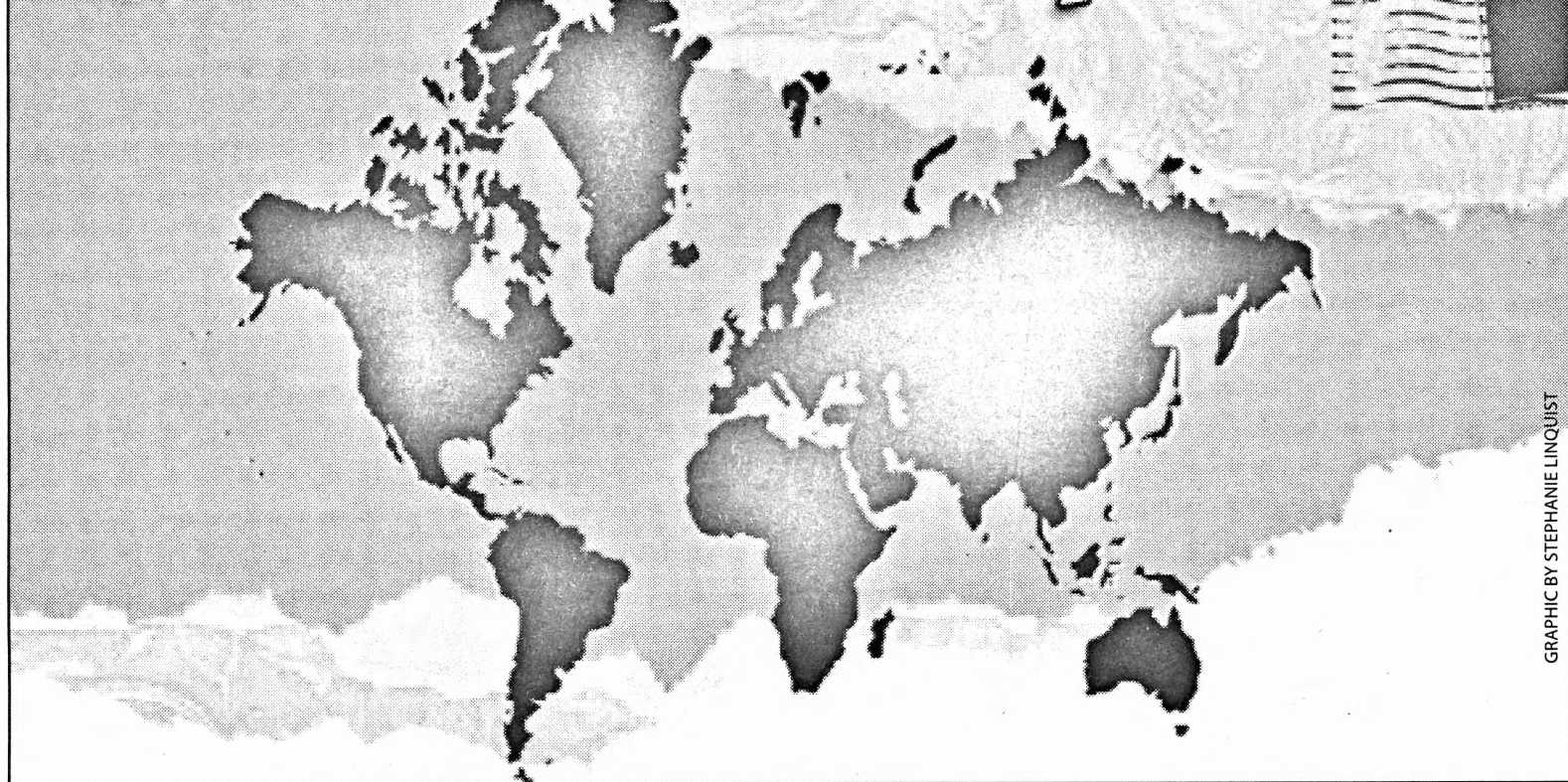
The *GlimmerGlass* is the official newspaper of the Associated Students of Olivet Nazarene University and a member of the Illinois College Press Association. The opinions expressed are those of each writer and are not necessarily held by the Associated Students Council, faculty, administration or students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

## A Global Glimpse



GRAPHIC BY STEPHANIE LINQUIST

## A Mexican network uses Trump to hype soccer showdown with US

MEXICO — On Oct. 10, the U.S. Men's National Soccer Team will go head-to-head against Mexico, according to the New York Times.

What has made this game more than another rival for the next Confederations Cup, however, is that TV Azteca, a Mexican Network, produced an advertisement blasting the U.S. team.

The network remixed Trump's comments about the death of the American dream into a commercial mocking the chances of the team. The new ad hopes to channel the recent distaste for Trump as a way to stir up nationalist passions ahead of the game.

## Queen Elizabeth II becomes Britain's longest reigning monarch

BRITAIN — At age 89, Queen Elizabeth II has surpassed her great-great-grandmother, Queen Victoria, reigning for 63 years and 217 days, according to ABC News.

Not only did she beat her grandmother's record, but she has also outlasted 12 U.S. presidents, 12 British prime ministers, and seven popes during her reign. The Queen, who ascended the throne at 25, celebrated the milestone in a "business as usual" manner, inaugurating a new train in Scotland while the rest of her country celebrated their Queen.

## Indian acid attack victim makes a bold statement with red lipstick

INDIA — Acid attack victim Reshma Bano Quereshi made a peppy and helpful online video tutorial on how to apply red lipstick, according to the New York Times.

However, unlike the hundreds of thousands other online tutorial videos, this one had a twist: after sharing her cosmetic tips, Quereshi, who is only 18, talks about how it is just as easy to buy red lipstick in the market as it is to buy acid like the one that permanently scarred her face and led to the absence of her left eye. The video was produced by the group Make Love Not Scars, to bring attention to persistent attacks against women in India.

## Ecuador moves to shut down freedom of the press group

ECUADOR — President Rafael Correa's government initiated proceedings to shut down Ecuador's sole remaining press freedom group, according to the Associated Press.

The government is accusing Fundamedios of political partisanship or bias. Director Cesar Ricuarte contended that the group was targeted for denouncing government attacks on journalists, and was given ten days to defend itself before a government hearing.

## Church global glimpses

## Indiana church begins new special needs ministry

FOUNTAIN CITY, IND. — Two churches in Ind. will be joining in an attempt to outreach to those with special needs. Services will begin mid-November at the former Fountain City Methodist Church in Fountain City, Ind., according to NCN News.

Pastor Joshua Cook is focused on getting families of those with special needs back in the church and believes this is possible through the joining of the Centerville Church of the Nazarene and Whosoever Ministries, this is possible.

In June 2014, the former United Methodist Church in the location of the new ministry. Since then, Whosoever Ministries is the only ministry to successfully establish themselves in the location.

Cook said the long-term plan is for all employees and volunteers of the church to receive training in how to assist those with special needs. He hopes that those passionate about helping those with special needs are attracted to the church within the next five years. The ultimate vision is to create an accredited, licensed facility that offers a space for worship as well as weekly social and health-related

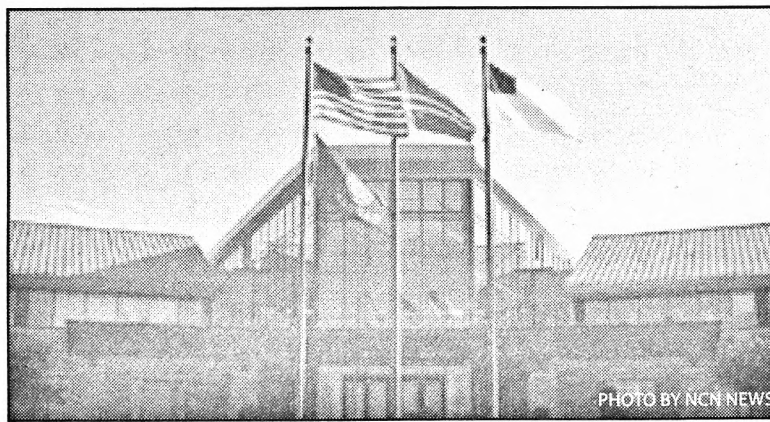


PHOTO BY NCN NEWS

The 10 stars on the flag represent the main islands of the nation. The blue represents the ocean and the sky. The band of white and red represents the road toward the construction of the nation and the colors stand for peace (white) and effort (red). (NCN News)

## GMC flies Cabo Verde flag last week

CABO VERDE — Last week, the Church of the Nazarene's Global Ministry Center (GMC) flew Cabo Verde's flag — the GMC flies a flag weekly of one of the nations in which the Nazarene denomination has a ministry presence, according to NCN News.

Leaders were invited to send a national flag to be flown at the GMC alongside the U.S. flag. The nation-

al flags rotate weekly, and photos of them raised are sent to the church leaders of said nation.

The Church of the Nazarene officially entered Cabo Verde in 1901.

The nation is home to General Superintendent Eugénio R. Duarte, and in 2014 had a population of 538,535. Cabo Verde reported 58 Churches of the Nazarene in 2014, 52 of which have been organized officially.

For more information about the Africa Region, visit [africanazarene.org](http://africanazarene.org).

## Nazarene Theological Seminary of Peru holds conference

PERU — The Nazarene Theological Seminary of Peru held a conference Aug. 17 to 29, according to NCN News. 74 faculty and staff attended.

The conference was held to discuss the seven identifying traits of the Church of the Nazarene and effects the church has had on the nation over the last 100 years.

The Nazarene denomination's seven priorities are significant worship, theological coherence, impassioned evangelism, intentional discipleship, church development, transformational leadership, and purposeful compassion. Those in attendance discussed new ways that enthusiasm can be incorporated into these priorities.

Sociologist and historian Thomas Gutierrez also presented two dissertations: "The Contributions of the Evangelical Church to the development of Peru in its 100-year History," and "Present-day Challenges for Pastors."

Seminary leaders expressed gratitude to God and everyone involved in the conference.



# Where do the candidates stand?

Taylor Provost News Editor	Republican		Democratic	
	Donald Trump	Ben Carson	Bernie Sanders	Hillary Clinton
Abortion	"Ban late abortions; exceptions for rape, incest or health." (June 2015)	"Ban abortion more than 20 weeks after fertilization." (May 2015)	"Ban anti-abortion limitations on abortion services." (Nov. 2013)	"Make abortion rare by supporting adoption and foster care." (April 2008)
Civil Rights	"Political correctness is country's problem, not my problem." (Aug. 2015)	"Homosexuality is a choice, but same-sex marriage is the law." (May 2015)	"Equal pay for equal work by women." (March 2015)	"I support gay marriage personally and as law." (March 2013)
Corporations	"I've used bankruptcy laws to do a great job for my companies." (Aug. 2015)	"Highest corporate tax rate causes highest national debt." (Jan. 2012)	"Worker-owned cooperatives instead of corporate tax breaks." (March 2015)	"OpEd: Disagrees with progressives on corporatism and military." (Dec. 2014)
Education	"Cut the Department of Education way, way down." (June 2015)	"Private schooling better than Common Core public schooling." (Feb. 2015)	"\$18B to fund two years free tuition at state colleges." (April 2015)	"Teach Bible as history and literature; not science or religion." (April 2015)
Energy & Oil	"Climate change is a hoax." (June 2015)	"Climate debate is distracting and irrelevant." (May 2015)	"Transform to sustainable system and away from fossil fuels." (Mar. 2015)	"\$100B per year by 2020 for climate change mitigation." (June 2014)
Foreign Policy	"More sanctions on Iran; more support of Israel." (June 2015)	"Back Israel and follow what Netanyahu wants on Iran." (May 2015)	"Focus on domestic needs instead of international conflict." (April 2015)	"Political restraint against Iran's Ahmadinejad was a mistake." (June 2014)
Gun Control	"A very strong person on the Second Amendment." (June 2015)	"Law-abiding citizens have right to guns without registration." (March 2014)	"Mixed approach to gun control vs. gun rights." (April 2015)	"Rein in idea that anybody can have a gun anywhere, anytime." (May 2014)
Health Care	"ObamaCare is a catastrophe that must be repealed and replaced." (June 2015)	"ObamaCare is about restriction and control." (Feb. 2015)	"Voted for ObamaCare; but prefers single-payer system." (April 2015)	"Non-employer system better; but don't turn back ObamaCare." (March 2014)
Immigration	"We need wall on Mexican border, but OK to have a door in it." (Aug. 2015)	"Pathway to citizenship unfair to past and current immigrants." (Feb. 2015)	"Offer path to citizenship; waive deportation for DREAMers." (April 2015)	"Immigrants keep America young and dynamic." (June 2014)

Taylor Provost  
News Editor

INFOGRAPHIC BY NICOLE PILBEAM  
ONTHEISSUES.ORG

## Kankakee burglaries bring attention to campus safety

Erica Browning  
Staff Writer

"Late [Sept. 1], Kankakee County Sheriff's Police, working in conjunction with investigators from Will and Livingston County Sheriff's Police, detained two men suspected for numerous burglaries in the three counties," the Kankakee Sheriff's department released in a statement earlier this month.

There are over 30 burglaries still under investigation by the three counties, most of these in rural communities throughout Kankakee County.

Olivet Nazarene University's Public Safety has a section in the University Handbook about vehicle and apartment safety for students, but many students may not actually take advantage of these resources.

Senior Dan Flynn admits to never having read the handbook section on public safety during his four years at Olivet. "I feel like in order to be safe, it requires a lot of common sense, and you shouldn't need a handbook in order to do that," Flynn said.

Assistant Director of Public Safety Darren Blair said that simply locking a door could prevent a crime from happening. "They want stuff quick, they want it now," Blair said. "Keeping

your vehicles locked can do a lot to discourage crime."

While Blair acknowledged that theft on campus is relatively uncommon, it is still possible. "Leave valuables at home. If you have to take something to class, don't leave it unattended. Don't let people borrow things; don't leave them in your apartment; don't leave them in a vehicle," Blair said. "If you're going to work out, take your own lock. Then, you're doing things that are proactive and preventative."

The locker rooms on campus do not provide combination locks, but investing in one can help keep keys and wallets safe for students and athletes using the Perry Center.

Olivet is required by the federal government every year to divulge crime statistics to the public. According to the 2013 report, there were six reported campus burglaries and four incidents of motor vehicle theft.

Blair's bigger concern on campus is unattended bicycles. He warns that attaching the body of the bike to the front wheel does little to discourage theft and that bikes should always be locked to a rack on campus. If the bike is secured by the front wheel to the rack, Blair said it is much more secure.

With limits on parking, many students depend on bikes to be an effi-

**Leave valuables at home. If you have to take something to class, don't leave it unattended. Don't let people borrow things; don't leave them in your apartment; don't leave them in a vehicle. - Darren Blair, Assistant Director of Public Safety**

cient method of transportation. Public safety offers five-dollar bike locks for sale in their offices in Ludwig. These locks are more affordable than most others that are available at stores and are resources that Public Safety hopes students utilize.

For the size of Olivet's student body, the rate of on-campus crime is relatively low, but Blair urged students to become more proactive. "A lot of [being safe] is taking steps and understanding that sometimes bad things happen to good people," he said.

## Bradley gains and loses businesses

Taylor Provost  
News Editor

Tentatively on Oct. 15, a new Salvation Army Family Store & Donation Center location will be opening on Armour Road in Bradley at the former Aldi location. The Kankakee Salvation Army location will remain open as well.

"It might [open] a week or two after Oct. 15," director of retail operations at both locations Robert Schumann said. "We have to still buy racks for all of the clothing and we have only hired 16 employees so far - we want between 18 and 24." In addition to a new Salvation Army, Bradley will be gaining other businesses.

On Saturday, Sept. 12, Lone Star Steakhouse & Saloon, located on Illinois Route 50 in front of Target, closed its business after 18 years.

According to the Daily Journal, plans are being finalized for the construction of two separate buildings, one being a two-unit and the other being a three-unit, in the restaurant's space.

While these are some of the most recent business changes in the area, they are not the only ones.

Over the summer, the Starbucks Coffee on Illinois Route 50 located in front of Hobby Lobby closed. However, a Starbucks Coffee opened down the road from the previous location in a new building complex in front of Northfield Square Mall. The complex stands where Pizza Hut formerly stood and also leases to Sleepy's Mattress and Vision Works.

Route 50 in Bradley also gained a Mexican restaurant, El Cortez. The restaurant opened this summer and is located in the former El Campesino building.

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# Pope visiting US soon

Taylor Provost

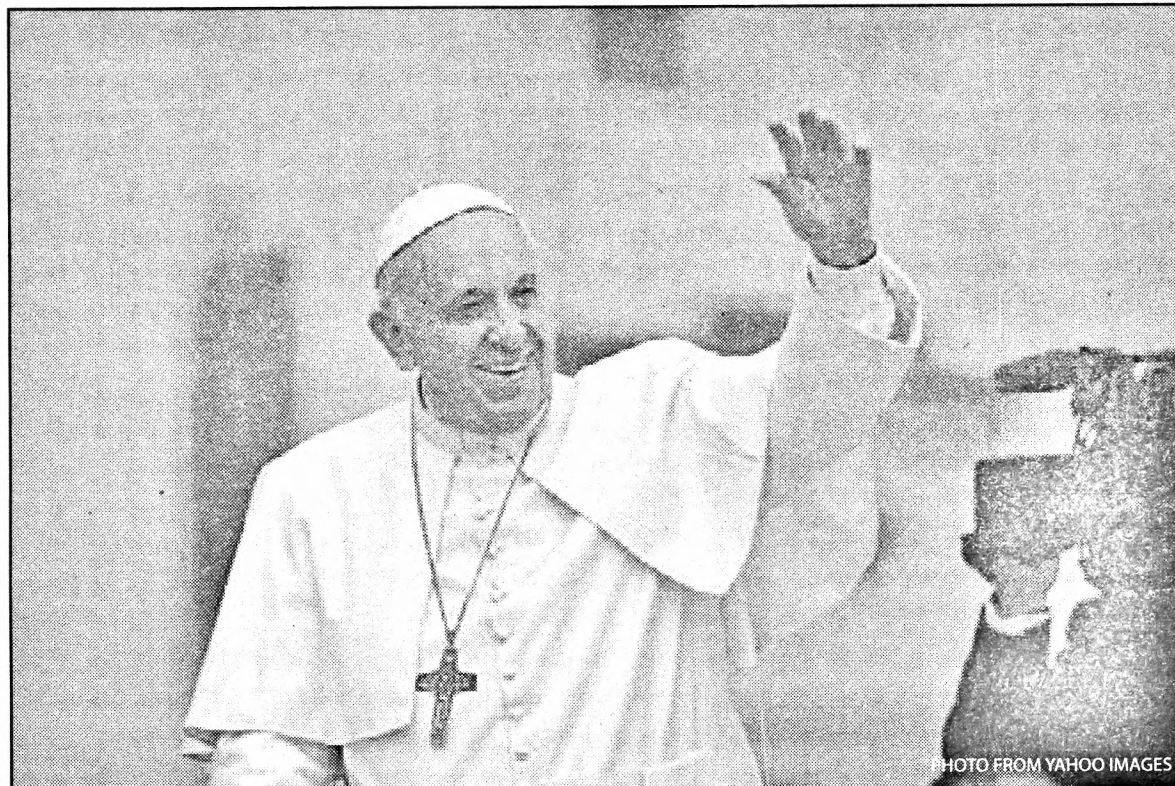
News Editor

For the first time in his papacy, Pope Francis is visiting the U.S. this month from Sept. 22-27. Part of his agenda includes celebrating Mass at the World Meeting of Families in Philadelphia, which is expected to draw about one million people – one of whom is an Olivet Nazarene University junior Jackie DesLauriers.

DesLauriers typically attends Mass at Maternity of the Blessed Virgin Mary directly next to Olivet's campus, or St. Joseph's in Bradley. She received information and train tickets to attend the Mass in Philadelphia through a friend who attends Villanova University in Philadelphia.

"I am so excited to celebrate the Mass and worship Jesus with such a huge group of Catholics," DesLauriers said. "The fact that I don't have many Catholic friends at Olivet is something I struggle with while being here, so I am extremely excited to have that experience with so many other people with the same beliefs as myself. I honestly don't know what his homily will be about, but I am sure it will be life-changing."

Teresa Urbanczyk, a religious sister of the Missionary Sisters of the Holy Family in Kankakee and leader of a Catholic Olivet student



Pope Francis will be coming to the U.S. at the end of this month, where he will attend the World Meeting of Families in Philadelphia, Pa.

ministry group, said she looks up to Pope Francis for "fatherly guidance." Urbanczyk is also intending on going to Philadelphia.

"When I heard [Pope Francis] is

coming, I was and still am excited and filled with hope for our Catholic church here in United States," she said. "No doubt that he is a great sign of God's Love and Mer-

cy to all of us in our times."

Kankakee native Michael Groth, currently a seminarian at St. John Vianney College Seminary in St. Paul, Minn., is spend-

*I am so excited to celebrate the Mass and worship Jesus with such a huge group of Catholics. -Jackie DesLauriers, junior*

ing a semester in Rome where he will continue to see Pope Francis numerous times after he returns from the U.S.

"I'll see Francis in a Papal Audience two or three times and at the canonization of St. Teresa's parents," Groth said. Groth said he will also likely greet Pope Benedict at some point in his trip. "Our chaplain knows Pope Benedict personally, so that's our connection there."

"It is my hope and prayer that in seeing the Holy Father and hearing his wise words filled with Holy Spirit, my faith will be strengthened and I will be encouraged to share the Good News with all I work with and meet every day," Urbanczyk said. "Only a couple more weeks and the Holy Father will be here; I can't wait."



PHOTO FROM BLOOMBERG.COM

## Sodexo scrambles to respond to egg crisis

Mariah Garratt

Staff Writer

Last week, Sodexo released the official notice: "Effective every Tuesday and Thursday, scrambled eggs will no longer be available on the breakfast line."

While signs posted around Ludwig have attempted to prepare the Olivet Nazarene University community for upcoming changes, some are still a bit shell-shocked by the news. Jared Broom, a junior and faithful breakfast lover, was taken aback when he learned about the alterations made to the standard menu.

Avian Influenza Strand H5N8, commonly known as "bird flu," is the reason for the egg shortage. Starting last December, the flu spread to the U.S. at an astounding velocity, taking the egg industry by surprise. The Washington Post reported that within a two-month period, the victims of this disease went from under a million to almost 40 million cases of infection.

According to NBC News, egg prices rose from an average of \$1.19 to \$2.80 in local grocery stores. Fox-News also reported that McDonald's

might only be making the situation worse with their new all-day breakfast menu. The egg market has taken a hammering, limiting the number that suppliers can buy at once. This eventually caused the up-and-coming menu change at Olivet.

Sodexo manager Brice Grudzien emphatically expressed that the kitchen team has worked hard to ensure that the new limitation on scrambled eggs was communicated to students openly. The Olivet food team posted signs as soon as they found out about the rationing.

"We want to provide this for you," Grudzien said, stressing the team's commitment to providing proper nutrition for students. All the same, he wants people to recognize that the global shortage may take an even greater toll on the options they are capable of serving Olivet.

"The omelets here are absolutely amazing," Olivet cross-country runner Reagen Dykhouse said. Many students at Olivet share his love for this particular aspect of the morning menu, but it might be put on-hold longer if suppliers continue to narrow their egg rations.

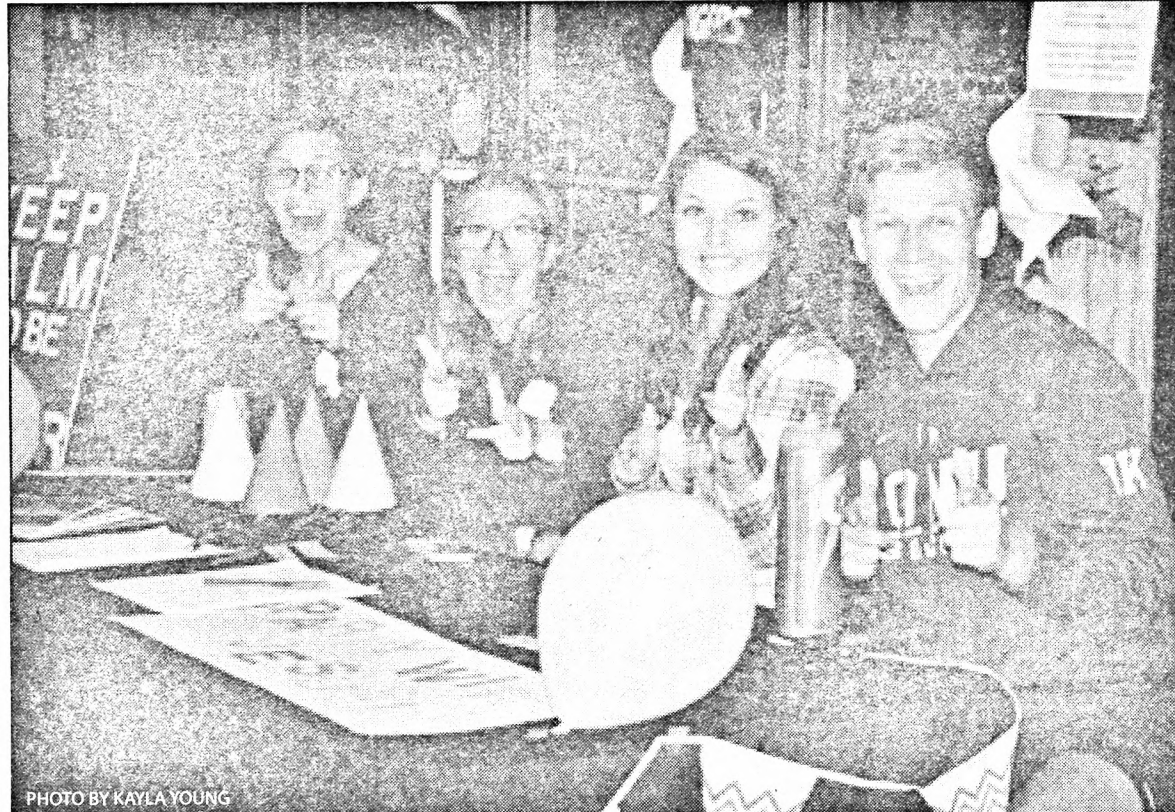


PHOTO BY KAYLA YOUNG

Students sign up for campus ministries at the Festival of Ministries on Sept. 10.

## Students get involved in campus ministries

Brandon Grossi

Staff Writer

The Festival of Ministries did not have any elephant ears or fireworks, but it did offer a wealth of information about the many spiritual organizations at Olivet Nazarene University.

On Thursday, Sept. 10, booths representing many of Olivet's student ministries filled the main entryway of Ludwig, offering students a chance to learn about their respective organizations and an opportunity to sign up.

According to [www.olivet.edu/spiritual-life/](http://www.olivet.edu/spiritual-life/), there are 18 student-led ministries at Olivet. These range from Music Ministry teams to Prayer Warriors.

One such mission is "Disciplers." Led by junior Anthony St. Yves and

sophomore Nichole Goumas, the purpose of this ministry is to help kids memorize verses and develop relationships with them. On Mondays and Wednesdays, members travel to a location near Austin Park to assist other ministry workers.

Other ministries stay on campus. "Party with Jesus" meets at the Warming House on Mondays at 9 p.m. to worship God and sometimes share a message.

According to members Mellissa Mansfield and Caleb Drake, they offer a more personal worship service to help students feel powered up for the week ahead. "It's a really great community to be in," Mansfield said.

Another ministry that meets at the Warming House is Fellowship of Christian Athletes (FCA). According

to senior Bethany Pilat and junior Jonathon Robey, FCA aims to bring athletes, coaches, and other students together to worship God while having fun and eating food.

"FCA is not only for athletes; It's for everyone," Robey said. "We'll start with a game like crab soccer or ninja." From there, members have a time of worship and a short message before breaking into small groups. The meetings then end with a snack. "I'm signing up, you got me," said junior Brenden Shae, who was present while Pilat and Robey were describing the ministry.

More information about Olivet's student ministries can be found at [www.olivet.edu/spiritual-life/](http://www.olivet.edu/spiritual-life/), or at the Associated Student Council Office in downstairs Ludwig.



# Porn Kills Love

## Campus group aims to stop harmful addiction

Nathan DiCamillo

Life & Culture Editor

"It kills you," senior Ryan Clark said. "It changes your heart, mind, and how you think about women."

Pornography. Clark was introduced to "the drug" in eighth grade. It made him distrustful in his romantic relationships with women and hindered his faith.

Junior Carolina Campos understands porn and its effects in two ways—by dating men who struggled with it and struggling with it herself. Now, with 18 other students, both men and women, Clark and Campos have set to raise awareness about the effects of porn.

At a young age, junior Connor Berg began viewing porn after accidentally finding it online. Porn caused Berg to view women in an "unhealthy and unnatural way" and made him insecure about his body image.

It all started with a picture. Four students, Clark, sophomore JD Dulinsky, Berg, and senior Lucas Sorenson took a picture with shirts that displayed the message "Porn Kills Love." Clark



PHOTO FROM FIGHTTHENEWDRUG ON FACEBOOK

posted the photo on his Facebook page in Oct. 2014.

"Over the summer, I felt like we could make it a bigger thing," Clark said. "I knew we should when I had a few people ask me about the group. I was like, 'Man, God, is this something you want me to do?'"

The group met on Aug. 26, 2015, to talk about the future of the group. They want the group to meet regularly, invite professors to speak, and find literature to start discussions. At

first, the group was focused only on accountability. With women coming to the group, the group's focus has broadened to human trafficking since it is linked to some types of porn.

The inclusion of women in the conversation about porn has brought new perspectives to the group.

"People like to play it off as a male problem," Campos said. "It's a human problem, not just a male problem."

When the group begins to meet regularly, they plan to split off into small

gender specific groups and then into "prayer partners."

"This is very personal stuff," Campos said. "The struggle is different because we are two different genders, but hearing both sides is very important."

The anti-porn students have received backlash from people fighting to make porn normative and not taboo. Their response to counter-arguments is testimony.

When Berg is mocked for his anti-porn stance, he shares his story of how porn hurt his ability to have healthy intimacy with women in his life.

"I've run into a lot of people who have been trolls on Facebook," Clark said. "Mostly, I don't comment back. I like to have more of a one-on-one convo with that person—showing them love, sharing stories about my life."

Clark also stressed that their groups does not give porn addicts a "magic pill" to overcome their addiction.

"We're just here to try to help people, give them a safe place," Campos said. "This is a battle."

## Fast Facts

- Porn sites receive more regular traffic than Netflix, Amazon, & Twitter combined. (HuffPost)
- 35% of all internet downloads are porn-related. (WebRoot)
- 34% of internet users have been exposed to unwanted porn via ads, pop-ups, etc. (WebRoot)
- Porn increased marital infidelity by 300%. (WebRoot)
- 30% of all data transferred across the internet is porn-related. (HuffPost)
- Most common female role in porn is women in their 20's portraying teenagers. (Jon Millward. In 2013, Millward conducted the largest personal research study on the Porn Industry in the U.S. He interviewed 10,000 porn stars about various aspects of the business.)
- Child porn is one of the fastest growing online businesses. (IWF)
- 624,000 child porn traders have been discovered online in the U.S. (Innocent Justice)
- Approximately 55% of teen girls living on the streets have engaged in prostitution. (Enough.org)
- Child porn is a \$3 billion industry. (TopTenReviews)

### Sites fighting porn:

- FightTheNewDrug.org
- TripleXChurch.com

### Sites fighting Human Trafficking:

- PolarisProject.org
- EndItMovement.com

Aggregated from  
FightTheNewDrug.com

## Testimonies from members

### Senior Ryan Clark

Posted on Facebook on Sept. 13

Simply put. Many of you know that I fight against pornography. I fight because it destroys love; it destroys trust and harms relationships. Especially my relationship with Christ. I fight to tell others what it can do to our lives and our relationships with others. I fight because I don't want others to end up like me to where you have to relearn how to trust and where you have to reteach yourself how you need to look at women.

It has not been easy, but by the grace of God I have been changing. By His grace, I have been able to trust better and I have been able to say no to the temptations that are thrown my way, whether they are lustful or just falling to pornography in general.

When I first gave this addiction to Lord I gave it half-heartedly. This does not work. You need to give it all so that you can let him work in you so that you can run from these temptations and thoughts. You need to toss the

stone (your addictions or struggles) in the water so that when it sinks down in the water, you will never be able to take back what you just threw away.

Jesus gave me hope that this battle with pornography will be won. He gave me hope that my story, that my life can be used to help others who are fighting this. He gave me a love worth fighting for. Fight for that Love! Fight the new drug!

### Junior Jessica Emmons

Posted on Facebook on Sept. 13

Until recently, I didn't realize I struggled with porn. I never had the desire to watch porn or seek out videos. Though how many times I would watch a commercial, see an advertisement, or watch a movie like the "Notebook," and by the end I was longing, even lusting for a "love" like that. God pointed out to me that it is in my longing and lust for a moment like we watch in these movies that I am essentially watching porn. That my thoughts are not Christ like but ones that are being driven by my human

nature.

In middle school, I wanted to fit in. It was encouraged by peers to wear things that are revealing. I would always be borderline modest. And I hated it! I would feel so objectified, yet I also wanted to feel loved and wanted.

God convicted me. I wanted to live my WHOLE life pleasing and honoring to him no matter the cost. I became aware of how I dressed. I began to not want to hear the stories peers would tell me.

I want to make a difference in other's lives and make them feel loved and accepted for who they are. They don't have to give into the lie of a destroying love cycle. It breaks my heart to see others being used. There is a God higher than all of this.

### Junior Carolina Campos

Posted on Facebook on Sept. 13

I often get asked why the Porn Kills Love movement is so important to me. I usually give the response that my passion to fight sex trafficking is the main

reason. Women and men involved in porn are often abused, drugged, and trafficked. It hasn't been until recently that I have been able to express the other side of this movement.

I began to struggle with viewing and reading pornography in the 7th grade. Pornography became a routine for me. It became my comfort through difficult times. Pornography began to effect who I was as a person. I struggled with seeing myself as worthy of any good person or thing that came my way. I dated to find love, I dated to be wanted by someone.

It wasn't until I was saved in January of 2014 that this battle became something I recognized I didn't have to fight alone. I found my worth IN CHRIST. I found my identity IN CHRIST. I have been REDEEMED AND FORGIVEN IN CHRIST. I am LOVED and HAVE VALUE because of who HE IS. I have a Heavenly Father who loves me so deeply and gives me a reason to smile every single day. It has been over a year since I have viewed pornography. This isn't to say

that I am still not affected by it today. I still battle this temptation daily, but the Lord continues to give me strength to fight on.

When people say this is a male problem, they are 100% wrong. Women struggle just as much and are affected just as deeply. I am a woman who has struggled with porn. Ladies, if you struggle, you are not alone in this fight. The battle is a journey, but there are more of us out here wanting to fight with you and wanting to support you. You are loved and you are worth more than what you believe. Your struggle is not who you are.

## Major decision: Choosing a career

Brandon Grossi

Staff Writer

Freshman Holly Spencer has absolutely no idea what she wants to major in, and according to the Center for Student Success here at Olivet, that is definitely okay.

Picking a major is a difficult decision, and a few members of the Olivet family would like to share some major-picking advice with the community.

Spencer is not alone by any means. Every year, freshman and upperclassmen visit Jorge Bonilla to seek his advice regarding major selection. Bonilla

is the Coordinator of Retention Alert and Degree Completion at the Center for Student Success, located right next to Reed, and he is no stranger to undecided underclassmen.

To those unsure freshmen students, like Spencer, he encourages them to take the year to find their footing and start looking for things they like.

"It's a good opportunity for the student to explore different areas. Take the first year, look at different majors. Educate yourself," Bonilla said.

Don't take just general education classes your first year. An exercise he often has both undecided freshmen and upperclassmen try is to write

down a list of three or four majors they could see themselves doing, and then slowly narrow it down as the year progresses.

When it comes to choosing a minor or whether or not to double major, Bonilla says it depends on the student. As long as you are able to handle the extra classes and put in the time, it's a great idea.

"There are more opportunities for double majors," Bonilla said.

Regarding minors, you should pursue something you're passionate about, or something that will blend well with your major. For example, Bonilla thinks Spanish would be a

good minor for a Social Work degree, since it give you skills that will make you more attractive to your employer.

Sophomore Kaleb Smith has changed majors four times. Smith, who is now a Pre-Med Biology major, had a difficult time choosing one subject he loved.

"There are a lot of things I like doing. It's hard to pick just one," Smith said.

His parents were concerned he wouldn't graduate on time with all his switching, but they're glad he's taking time to find what he really feels called to do. Smith thinks that no one should be afraid to switch their major if it's to

find what they're meant to do.

"It's okay to not know what you want to do. It's okay to change your major. It's okay to be here an extra year, because in the end, it's better to be here another year than to do something you hate," Smith said.

Spencer and other undecided freshmen like her have a year of exploration ahead of them. Fortunately, Spencer has the support of her parents in her search for the right career path. She's a little nervous about not knowing what she wants to do now, but, she said, "I know that I'll find one eventually."



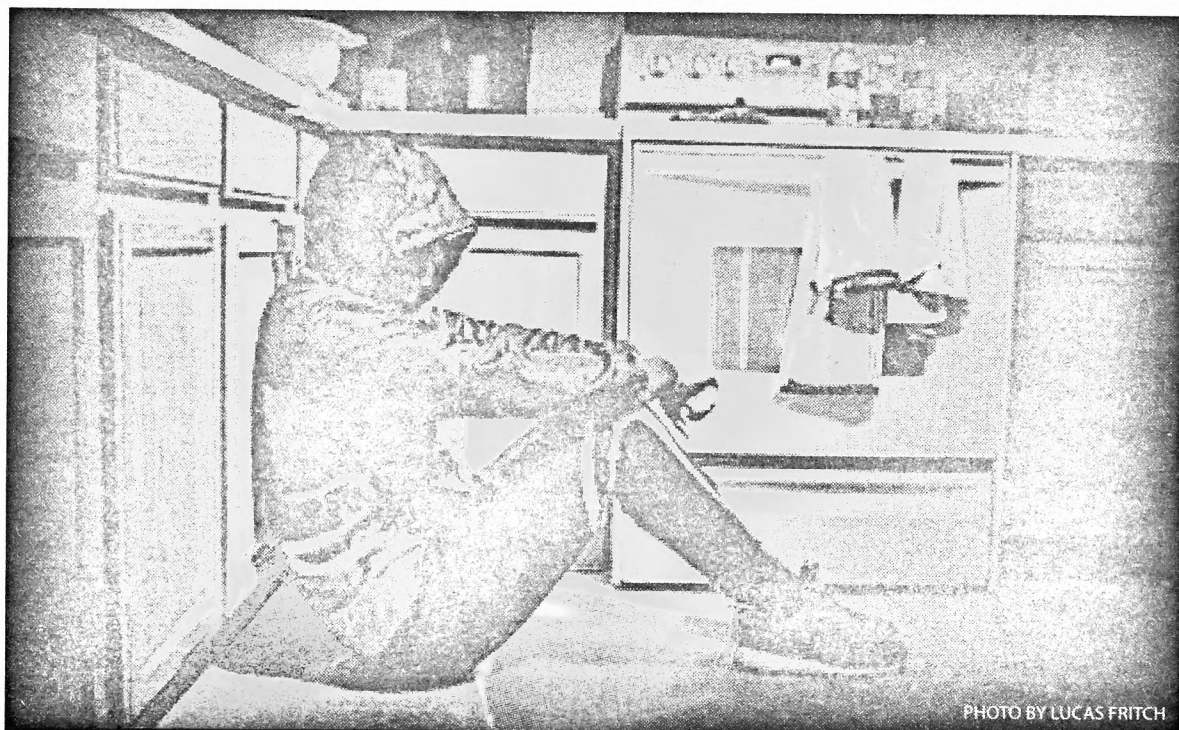


PHOTO BY LUCAS FRITCH

Seasonal affective disorder is a subset of major depression and occurs during the colder, darker months.

## (Pre)fighting winter blues

Allie Alexy  
Staff Writer

"When it's winter I don't want to leave my bed. There doesn't seem to be a point to it," an Olivet senior said. "When it's summer I'm the first one out the door."

Americans today are more likely to report symptoms of depression than they were in the 1980s, according to a 2014 study published in the Journal of Social Indicators Research.

Teenagers were 38 percent more likely to admit to memory problems, 74 percent more likely to admit they had trouble sleeping; however, 50 percent of college students would just say they felt overwhelmed.

"Despite all of these symptoms, people are not any more likely to say they are depressed when asked directly, again suggesting that the rise is not based on people being more willing to admit depression," San Diego State University psychology professor Jean Twenge said.

According to Psychology Today, seasonal depression, referred to as seasonal affective disorder (SAD), affects approximately ten million Americans, with another ten percent of people affected with mild SAD. While SAD is more common in women than in men, the illness typically begins around age 20.

The winter on-set depression, also known as the "Winter Blues," is found to be more common the farther north a

person lives.

Mayo Clinic describes those affected by the winter variant to be irritable, tired with low energy, relational issues, hypersensitivity, "leaden" feeling, oversleeping, craving high-fat foods, and gaining weight. As a subset of major depression, researchers have found SAD to include symptoms of depression, including loss of interest, feeling of hopelessness, sleeping problems, and low energy.

"I just don't hear too many people say they have seasonal affective," Junior nursing major Kirsten Cornella-Carlson said. "I bet there are so many people that have it that don't realize it and just think it's depression."

Winter on-set SAD is caused by the days getting shorter. The loss of sunlight changes one's circadian rhythm (biological clock), serotonin and melatonin levels, all of which affect a person's mood.

"SAD isn't normally diagnosed first," Dr. Lisa Vander Veer, Director of Counseling and Health Services at Olivet, said. "Normally after a couple years of struggling with depression, they realize that it comes in a seasonal pattern."

Vander Veer suggests that a person who struggles with SAD or feels depressed in the winter, should get outside for at least ten minutes. "Vitamin D [which comes from sunlight] is important," Vander Veer said. "We offer therapy for those that are depressed and also teach coping skills."

Mayo Clinic suggests regular exercise in an effort to combat SAD.

"Exercise and other types of physical activity help relieve stress and anxiety, both of which can increase SAD symptoms. Being more fit can make you feel better about yourself, too, which can lift your mood," according to Mayo.

Being fit also includes eating well. While SAD causes cravings of high-fat foods, clinical therapist Dr. Paul Hokemeyer recommends more unprocessed whole-foods because they regulate insulin, which in-turn can improve your mood.

Don't give up on friends struggling with depression, Vander Veer said. Depression can be expressed through angry outbursts, less social activity or things that used to bring enjoyment no longer doing so. "Don't take it all upon yourself," Vander Veer said. "Make sure to get professional help or tell them to see what the counseling center has to offer."

Olivet's counseling center is open all school days, with appointments made online through My.Olivet.

"If someone is in crisis and doesn't feel safe, they can come in during office hours and we will get them in to see someone," Vander Veer said. "If it's not during office hours, I am on call 24/7 and all they need to do is talk to their resident assistant, resident director or public safety and they will call me."

## Commentary:

# Deception in campaign ads

Erica Browning  
Staff Writer

A little girl stands in a field counting the petals on a daisy. When she reaches nine the camera zooms in to show a mushroom cloud blowing up the field that the girl is standing in.

Possibly one of the best-known historical campaign advertisements from the 1964 Lyndon B. Johnson incumbent race, "Peace, Little Girl," is a prime example of how scare tactics and manipulation can be used in political advertisements.

Most political candidates in the presidential race will be spending millions on advertisements for the upcoming election. National Public Radio reported earlier this year that, "Political TV ad spending will top \$4.4 billion for federal races this year, up from \$3.8 billion in 2012."

Putting that many resources into one campaign platform might seem over the top, but according to the Nielsen Group's Total Audience Series 2015 report over 87 percent of adults will be reached weekly by television, and another 93 percent will be reached by radio.

Name recognition is one of the highest priorities to candidates when it comes to advertising, but with over two-dozen people in the race for the presidency next year it will take more than familiarity to gain the nomination. The Annenberg Public Policy Center and the Pew Research Center conducted a study that said with the rise of negative attack advertisements that it has also led to a rise in the amount of deceptive information within campaign ads.

Leading researcher on the study Kenneth M. Winneg wrote, "More than a fifth of the dollars spent by the top groups purchased ads containing at least one claim judged as misleading by independent fact checkers. The proportion of dollars that these groups spent on ads containing at least one deception was much greater during the primaries than afterward."

With such a rise in misinformation, it may be difficult for many people to decipher what is and is not true when

it comes to campaign ads. For students following the election here are some helpful tips to avoid misinformation:

Take advantage of online fact checkers such as FactCheck.org or their student aimed affiliate FlackCheck.org. These sites will usually have articles up as soon as a day or two after a debate or advertisement airs on television.

Understand the process. Many claims made by those running for executive office have to do with things that the President does not hold power to do.

Beware of fear mongering. Candidates will tend to use overblown hypotheticals as a scare tactic to gain support for their campaigns, promising to solve the problem they have introduced.

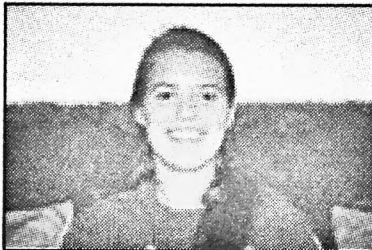
Do research. If something in an advertisement sounds questionable, there is most likely a statement made about it on a candidates website or through another news source. The more information that is available the less likely it is that misinformation will find its way through.

While spending on television advertisements may be at an all time high, it might not stay that way. In an interview with the New York Times, Kip Cassino, vice president of research at Borrell, said, "Spending on TV will deteriorate. By 2020 you're going to see this kind of spending approach what used to be spent on TV. It'll be within a billion of TV by the 2020 election."

The new generation of voters may be leading the shift to non-conventional news outlets. When asked about her feelings on advertisement campaigns, sophomore Crystal Sauder said, "What if I don't watch TV and what if I don't care who's elected?"

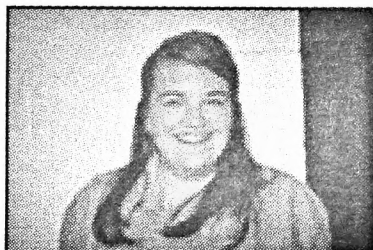
The change in campaigning may be changed by the need to gain the attention of the smartphone generation. As candidates struggle to get the spotlight, bigger and flashier news tactics will become necessary, and with the wow factor up front, it might not leave much room for the truth.

# 'What does holiness mean to you?'



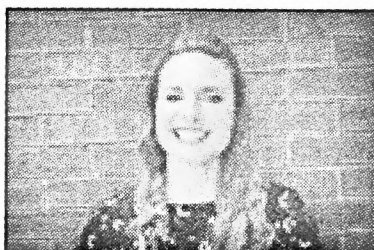
Jessica Tarchala (sophomore)

"To me, holiness means living in every situation in your life how God would or applying every aspect of your life to the Bible. Living like Christ, asking what Jesus would do and doing that."



Jill Meier (sophomore)

"I think holiness is that thing humans strive for but is always out of reach. It's to one characteristic of God that we will never be able to attain. I think we'll never be able to love as deeply as Him, forgive or be as gracious. There's never a point where you can say, 'I'm holy enough.' You can always strive to be more holy. I don't think it's something we'll fully understand until we get to Heaven. But I think it's cool because you can spend your entire life chasing after it."



Katie Reed (senior)

"The Bible spells out holiness pretty clearly: 'Loving God with your whole heart, soul, mind, & strength - & your neighbor as yourself!'

My grandpa always says, 'Holiness is more than a word. It is a life style.' It is an act of setting ourselves apart. It is supreme love for God on our part and an empowering on God's part to live daily for Him and with Him. Holiness is what I long for."



Keren Marsh (senior)

"The literal meaning is set apart. It's different. It's free from blemishes and any kind of corruption. Being holy is to be on an entirely different level from the norm. God is the only perfect holy being, we're not on the same level as Him."



Colton Diaz (senior)

"Living a life that reflects the love of God so that people can see His Kingdom here."

Jada Fisher  
Staff Writer





Students celebrate their success after finishing the RecCity Color Run 5k Sept. 5. This is the second year of the color run at Olivet.

# Run with color and paint it too

Jada Fisher  
Staff Writer

This year marked the second RecCity Color Run 5K. The outdoor race amid powdered color is now a new tradition, but a different color event is missing from this year's event calendar: Paint Wars.

Paint Wars is a series of games incorporating paint where students are divided into teams, each represented by a specific color of paint. "Weapons" of colorful destruction have included paint-filled balloons and squirt guns. It was spring 2012 when students first gathered at Fortin Villa in white t-shirts for the friendly battle.

According to Dean of Community Life Kathy Steinacker, Color Run and Paint Wars will now rotate each year.

Though both will no longer be held during the same school year, students can look forward to one color event each September.

"I would have to say that I'm disappointed. I think it would be cool to offer both of them each year and allow students to choose," said senior Emily Swartzwelder.

The change has been in the works. "Hosting two color events in the same month, in addition to the other back-to-school events was never the long term plan," said Steinacker.

The financial aspect of the decision

*Alternating events will provide a student with the opportunity to participate in the RecCity Color 5k and Paint Wars two times during their four years at Olivet. - Kathy Steinacker, Dean of Community Life*

was to spread out expenses, as neither event generates revenue she said.

"Alternating events will provide a student with the opportunity to participate in the RecCity Color 5k and Paint Wars two times during their four years at Olivet," said Steinacker.

This is good news for junior students and younger, but graduating seniors will not get to participate in Paint Wars again.

"I was able to attend Paint Wars as a freshman, and it was one of the highlights of my first semester. The atmosphere is a lot more energetic; although [the Color Run] was fun and I had a good time. I love the feeling of participating in something with the whole student body," said Swartzwelder.



Above: After blasting through the blue station, students run towards the next color on their trek through the 5k.

Top right: The resident assistants of Olde Oak color the participants purple.

Bottom right: All the colors were let loose at the finish line of the RecCity 5k. The 5k will continue ever other year with Paint Wars occurring on the off years.





# @HottestONUGirls Twitter account is damaging to all

Taylor Provost

News Editor

Last week, an anonymous Twitter account, @HottestONUGirls was created and outraged students across Olivet Nazarene University's campus – and rightfully so.

According to the account's biography description, in order to participate, students need to "Just follow the link below and submit the first and last name of a girl that you think is the hottest girl at Olivet. Submissions are 100% anonymous."

The account quickly gained 43 followers and, surprisingly, the poll received 200 votes. Students quickly responded to the account's tweets, as well.

"The first tweet I sent out was, 'Dear @HottestONUGirls, girls are not here for you to rank by "hotness." We are here to learn. We are not things. Grow up,'" junior Maggie Risher said. "I tried to explain how it was sexist, and they combatted with 'Well we're going to do ONU Hottest Guys next,' [to] which I said that that didn't make it better because no one should be rated based on appearance."

Despite overall negative feedback, the account posted the first and last names of the "top results."

"Here's the top 50 submissions," the account tweeted, including screenshots of the Olivet women's names.

In an attempt to appease angry students, the account posted another screenshot. "Some clarification of this account," the screenshot said, "Submissions of names are made by the student body or anyone who comes

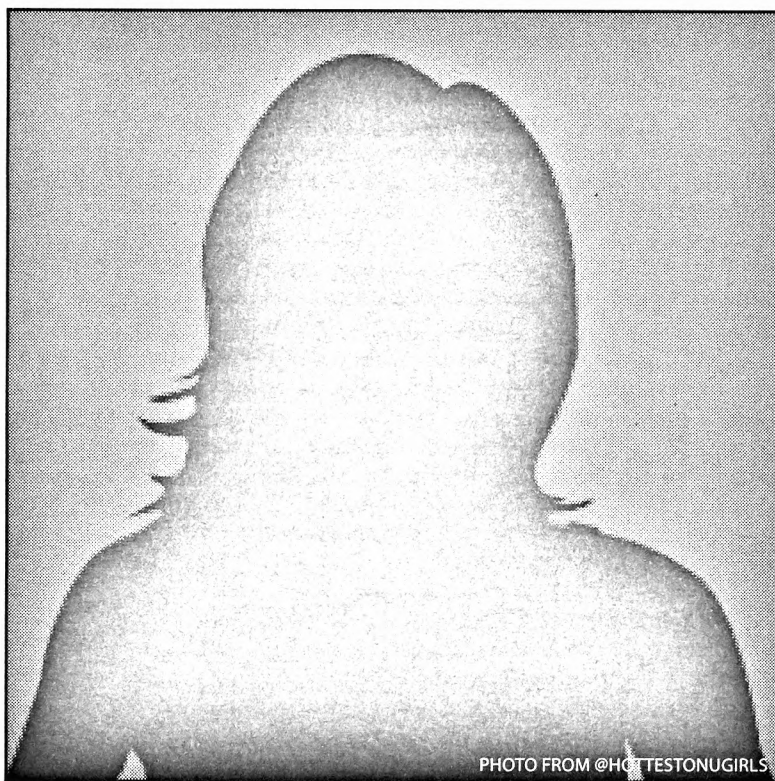


PHOTO FROM @HOTTESTONUGIRLS

across this account. This account does not rank anyone or participate in the voting."

"If you are upset that it appears women will be ranked by their looks, then you should submit the name of a girl who has an amazing heart for Jesus or some impressive talent," they added. "All this account does is share the information provided anonymously."

The problem is, the account appears to rank women on their looks because that is the exact purpose of the account. It is clear the creator understands the offensive nature of the

account, because along with the list of women's names the account added, "There were at least 100 other names so don't be upset if you don't see yours."

What the account creator seems to be missing is the bigger picture, though – the basis of the judgment of women is not relevant, because ranking women for any reason is wrong.

When a public forum releases the full names of students without their consent, these students are violated. But when these names are released with the intent of objectifying these students, a new level of violation has

*"Dear @HottestONUGirls, girls are not here for you to rank by 'hotness.' We are here to learn. We are not things. Grow up."*  
-Junior Maggie Risher

occurred – a violation I am extremely disappointed to see at a university that is based on Christian values.

The administration expressed concern, as well.

"I just learned of this account today," VP for Student Development Woody Webb said in an email on Sept. 9. "It's very disappointing."

Webb and Phil Steward, Dean of Residential Life, worked with the IT department to attempt to rectify the situation, but could not confirm who was responsible for the account.

"Whoever established the account understands how to conceal their identity, which is making a quick ID nearly impossible," Webb said. "However, it does not mean that over time we will not be able to identify the person responsible. We will continue to work towards that end."

While the account is damaging to women in obvious ways, perhaps less obvious is the damage this account is causing men, as well.

"New research, published in Psychology of Women Quarterly, discovered that more objectification of a female partner's body is related to more incidents of sexual pressure and coercion in romantic relationships," Mic News reported.

The lead psychologists in the study, Laura R. Ramsey and Tiffany Hoyt, wrote "Men who frequently objectify their partner's bodies by excessively focusing on their appearance are more likely to feel shame about the shape and size of their partner's body, which in turn is related to increased sexual pressure (i.e., the belief that men expect sex and that it is a woman's role to provide sex for her partner) and sexual coercion, both in general and through violence and manipulation."

Men who have no qualms with objectifying women on an anonymous public forum are more likely to objectify women in everyday life, and this account only encourages this behavior amongst our university's men.

"I think that guys often believe that girls like to be compared to other women; that 'oh you're so much prettier than her,' is a great compliment," Risher said. "But really, it's absolutely terrible. Women are constantly pitted against other women, whether it's two celebrities, or in this case. It's a major problem in society that needs to be actively looked down upon and changed."

"There shouldn't be a competition," Risher added. "And the fact that this account came from an [Olivet] student shows that the Christian community is clearly not blameless in the matter, either."

## Christ followers, not denominations

Evan Sherar

Staff Writer

Those of you who know me might know that I'm a candidate for ordained ministry in the United Methodist Church. Then again, perhaps you don't. I'm not very public with this; mostly because I think being a United Methodist is secondary to being a Christian.

One of my favorite hobbies is studying the theology of each of the various Christian traditions, which is why you'll probably never see me ever doing anything cool. By the time I came to Olivet, Catholic theology had become a specialty of mine. When a Catholic friend invited me to her small group in my sophomore year, my sense of theological adventure went nuts. I could meet *real* nuns and observe the challenges *real* Catholics face, and then compare those to the challenges Protestants face.

Being a part of this small group gave me some new friends, new experiences, and new perspectives. One such time was when I joined them for mass at Holy Name Cathedral in Chicago. It was my first mass in a while, and one of the most important things I could remember about going to mass as a Protestant was that I was not allowed to receive the Eucharist. Going to mass for me always raises an interesting conflict: while Christ invites

me to receive him in Communion, the Church forbids Protestants to participate.

I'd been to enough masses that I was fairly comfortable putting my arms across my chest in front of the priest to request a blessing rather than the elements, but for whatever reason at this particular mass I was debating with myself whether I should keep the rule or not.

There are certain Catholics who are a bit more liberal about the Eucharist. They see no reason to deny it to someone who has a theological grasp on the mystery the Church believes is taking place and wishes to receive, even if they are Protestant. Some might say they value the spirit of the law above the letter.

On the other hand, there are also Catholics who believe very strongly that no Protestant should receive the Eucharist, no matter what. Their take is that the rule was set in place for a reason, and the people who made the rule have the experience to know what is most appropriate. I was reflecting on these two opposing ideas, as well as my own beliefs, when the priest raised the consecrated host and proclaimed, "Behold the Lamb of God! Behold him who takes away the sins of the world!"

With the host of the other faithful present, I heard myself pray the response: "Lord, I am not worthy that



Priests give the Eucharist during a Catholic mass. The Eucharist is received by members of the Catholic Church and Protestants are not to participate.

you should enter under my roof, but only say the word and my soul shall be healed." As this happened, I felt the Lord drawing me toward him in a very special way. I was reminded that Christ sees past the labels of "Catholic" and "Protestant" and calls us all his beloved. He extends his extraordinary love to all of us in the ordinary form of a Styrofoam wafer and small sip of wine, or perhaps Kings Hawaiian bread and Welch's grape juice, depending on your tradition.

I did not receive the Eucharist that morning. My respect for the Catholic Church, as well as my respect for my Catholic friends of various opinions, kept me from blatantly disregarding

their way of celebrating Communion. It would be laughable to think God stopped loving me because I didn't receive the Eucharist that morning, and I did eventually have Communion in my own church a few weeks later.

However, my hope is that someday all Christians will be able to celebrate this sacred mystery together, unhindered by our differences. For now, Protestants may not be able to receive the Eucharist along with Catholics, but there is no rule against the two joining together in prayer.

One such form of prayer might be what is called the Chaplet of Divine Mercy, and I invite you to try this try this form of prayer if you feel so led.

A Google search for the "Chaplet of Divine Mercy" will likely lead you to the Catholic form which includes the Hail Mary. If you're uncomfortable praying that (as most Protestants likely are), simply omit it.

The use of actual prayer beads is optional, although it might be useful if praying the Chaplet is something you'll do often. You can find these any local Christian bookstore. As time goes on, you may be comfortable enough with the words of each prayer that you don't need to read them anymore. This is not a bad thing.

Or perhaps you're not into the whole prayer beads thing. That's cool too. God accepts your prayers however they're offered. Perhaps you feel more comfortable saying your own prayer for unity among Christians. I would invite you to keep praying, not only for our leaders to come together but for your own understanding to be broadened.

Whether you go to Maternity BVM or College Church of the Nazarene or perhaps another church in the area, my prayer for us all is that we continue to grow closer into one community of Christ followers. Let's live together as brothers and sisters in Christ as he uses us as the instruments of his mercy for the whole world.

Yes, I am a member of the United Methodist Church; but more importantly, I'm a Christian.



# Protecting America's children

Daneli Rabanalez Hernandez

Contributing Writer

The immigrant experience in the United States of America has not always been easy, but it has been good. I can't fully put into words how grateful I am that God brought my family and me to this country 15 years ago.

As challenging as it sometimes is, I would not trade this life for another. This nation is now home, and its people have become beloved friends and family. Yet in this home, the immigrant community is presently in one of the most challenging situations as we face the possibility of Donald Trump becoming president.

I like to think that it won't happen. I like to think that the people of this nation are educated enough to know that what Trump has to say is false and ignorant. Most of what he says is obviously, grossly inaccurate. Mexican immigrants are not a bunch of criminals out to destroy this country,

and we are certainly not "sent" to the U.S. by the Mexican government.

Trump cannot possibly order a mass deportation of 11 million undocumented immigrants to be completed in two years. Building a wall along the border would be a ridiculous waste of resources and it would be impossible to have Mexico pay for it. (My home country does not exactly have money to spare.) Yet the most terrifying idea he has voiced has to do with the children of undocumented immigrants, the so-called "anchor babies."

Do me a favor and don't use that term. Ever. Perhaps you disagree with immigration reform offering legal stay to undocumented immigrants and maybe you want every single one of them to be deported – you are in your right to believe that and want that. We can have differing views on the topic, but we must always remember that undocumented immigrants and their families are *human*.

They may not have had the blessing of being born in the U.S. or the money, education, and resources to apply for a visa, and, contrary to popular belief, an immigrant cannot simply apply for citizenship. The U.S.-born children of these immigrants are just that, *children*, and the term "anchor baby" is incredibly offensive to them. Implying that these children are only born to serve as a pathway to citizenship is dehumanizing every child of undocumented parents.

First of all, having a child in the US as an undocumented immigrant is not a walk in the park. Parents do not automatically receive legal stay or citizenship when they have their baby, and, what's worse, if they are deported (always a possibility and a fear for people in that situation), the baby stays. This means that after being deported parents would have to choose. They either leave their child with someone in the U.S. to give them a chance at a better life or

*...but we must  
always remember  
that undocumented  
immigrants and their  
families are human.  
-Daneli Rabanalez  
Hernandez*

they track down someone they trust to take the baby to them. None of these opportunities give the child their rights as citizens of the United States of America. Obviously, neither one of these situations are desirable for the child.

These U.S.-born children are the most important part in the whole situation and the ones who are affected the most by this tragic, unlawful suggestion. They have no choice, they

have no knowledge of life outside the US, and they are definitely not at fault for an immigration system that currently isn't working.

Not only would denying birthright citizenship to children of undocumented immigrants be against our very Constitution, it would be punishing innocent children for something over which they had no control. It would be sending U.S. citizens away to live harder lives in countries that simply cannot provide the same opportunities, education, health care, and quality of life for them.

The idea of taking away citizenship that rightfully belongs to a person born in the U.S. is absolutely absurd. These children, no matter their families' backgrounds, are U.S. citizens, simple as that. They are a part of this nation and a part of our nation's future. They belong here. This is their home.

## Editorial



On Sept. 3, Kim Davis was ordered to jail for refusing to issue marriage licenses to gay couples. The Kentucky county clerk cited religious objection as the reason for her insubordination.

This isn't a discussion about homosexuality or gay marriage. The debate over marriage equality here is a moot point. Davis was jailed for practicing her freedom of religion. And for that, Christians should be concerned.

I have heard she should give in. It's the 21 century. Marriage equality is passed across the nation. Davis should abide by the law. After all, a federal judge ordered her to do so.

I have heard she should quit her job. She can have her own opinion. She can refuse to issue same-sex marriage licenses, but then it's time for her to find a career outside of government employment.

I think we're missing the point.

President of Focus on the Family Jim Daly wrote on his blog DalyFocus, "A woman wound up in jail because of her deeply held Christian beliefs... Our first freedom as Americans, Christians and non-Christians alike, is the right of conscience, which includes religious liberty... It's this tradition that separates the United States from so many other nations. And it's also this rich tradition that now hangs precariously in the balance."

A county clerk in Granbury, Texas who refused to issue a license to a same-sex couple was forced to issue those licenses. An ethics investigation was launched into the work of a judge in Oregon after he refused to perform a same-sex marriage. Fifteen judges in Alabama stopped giving marriage licenses after a law passed that states they "may" issue the licenses rather than "shall."

Davis is not an isolated incident. She is not the only one ordered by the government after citing reli-

gious freedom. She is not the only one putting God's Word above man's law.

Christians should stand behind Davis because she went against the law because of her faith and her belief in the Bible. Her job included signing marriage licenses – a job she agreed to before same-sex marriage was passed. She had to make a decision, and she made a decision based on faith.

Daly went on to ask, "It begs the question: Might a pastor's freedom to preach the totality of the Scriptures be in jeopardy someday here in the United States?"

We are called to follow God and abide by His law before the law of man. This is not to say we are not to abide by the law. We are to respect the authority set in place *until it conflicts with God's word*.

In a prepared statement she read Monday after her release from jail, Davis said, "I am no hero. I'm just a person that's been transformed by the grace of God, who wants to work, be with my family. I just want to serve my neighbors quietly without violating my conscience."

By refusing to sign those marriage licenses, Davis wasn't condemning anyone. She was not trying to be "holier-than-thou" or being un-loving. She was obeying God.

Revival speaker Scott Daniels said in revival chapel service at Olivet this week that we are to give up our lives to live for God. Davis was ready to do that. The question remains, are you?

What's an editorial?

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

## 'Do you believe in the political, economic, and social equality of the sexes?'

Kate

Kettelkamp

Contributing Writer

"I considered myself a feminist before it was cool. Now everyone is claiming it." In the latest issue of Cosmopolitan magazine, pop-singer Demi Lovato comments on the recent rise in the popularity of the feminist movement.

Although feminism is undoubtedly a hot topic right now, we can hardly call this long-fought battle for equality "trendy." It is a movement that has been around for hundreds of years and has recently been gaining more traction in this generation.

Are you a feminist? Should you be? It comes down to one question: Do you believe in the political, economic, and social equality of the sexes?

If so, congratulations, according to Merriam-Webster you are a feminist. That statement alone may make some people uncomfortable. We fear being grouped in with the "bra-burners" and so called "feminazis" and shy away from letting ourselves be identified with the controversial movement.

Whether today's modern, third wave feminism reflects the original definition given is irrelevant. It is up to us as a society to define it now -- in our culture, communities, church and campus.

Sexism is ingrained in American culture. This campus is no exception. Recently at the Ollies Follies Athletic Competition, the rule stood that every goal a woman scored would count for two goals. While this is good intentioned, it does not scream equality.

Even if a study says that men can throw farther than women, *all* men cannot throw farther than *all* women. Arguably, that statistic reflects the culture and not true biological ability. Many boys are brought up and trained to throw a ball, and many girls are not. So when someone says "you throw like a girl," perhaps it would be more accurate to say "you throw like someone who has not been trained to throw."

Some women are stronger than men. What if when someone needed boxes carried, they asked for help from the strongest *people* present, instead of immediately giving the task to the men? These seem like trivial matters but they speak to the deeper issues rooted in our sexist culture.

The body of Christ should be the people pushing the agenda for equality. The church is called to reflect unity. As Paul proclaims in Galatians, "There is neither Jew nor Greek, slave nor free, there is no male and female, for you are all one in Christ Jesus."

If there is indeed no male or female in Christ, why aren't Christians advocating a pure and righteous feminist movement?

Some Christians even oppose feminism, arguing that men and women are created equal, but called to fulfill different roles. Many churchgoers support a patriarchal system that forbids a woman to be in leadership over a man, and claim the Bible supports it.

During the civil rights movement in 1954, Brown vs the Board of education challenged the public with the idea that "separate but equal is not equal." Enraged activists argued if it is separate, then it cannot be equal. Equality is not selective. End of story.

This same concept extends to the church. If a woman applies for a pastoral position and is denied because she is woman, then she is not equal to a man. Anyone has the right to believe that men and women should have separate roles, but when they do so they forfeit any right to claim belief that men and women are equal.

The church needs to take a stance on feminism and that stance should reflect the stance of Christ. We should carefully study scripture, the early church, and its culture before we make any harsh judgements about feminists today.

Christians, you do not have to endorse every aspect of the women's liberation movement in order to be a feminist. You just have to believe in equality. And even if you choose not support feminism, the least you can do is stop ridiculing the men and women who do.

For hundreds of years, feminists have been fighting on the front-lines for the equal treatment of women. If you're a woman who appreciates the opportunity to attend Olivet or a man who appreciates the women on campus, maybe you should thank feminism.

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

Please submit all feedback to the editor via email at [glimmerglass@olivet.edu](mailto:glimmerglass@olivet.edu).



# Former Olivet swimmer makes the cut for US Olympic trials

Nathan DiCamillo

Life and Culture Editor

Simon Pheasant wasn't finished.

Simon's wife, Rachel, former Olivet Nazarene University basketball player, recognized that when listening to him talk about his old sport.

"I know when my basketball career was over, I was done," Rachel said. "But Simon only started competitively swimming at 18. I realized he really wasn't ready to be done."

The couple decided Simon should continue his career at a higher level. Early in the summer, he made the U.S. Olympic trials cut in the 50-meter free, making a 23.17 and becoming the first former ONU athlete to make the U.S. Olympic Trials at the USA Swimming Futures Championships in Gresham, Ore.

Pheasant decided to go back to the same program he had trained with for the past two summers: Sun Oaks Aquatics Racing in Redding, CA. There, he trained under head coach

Randy Teeters, who is the nephew of Scott Teeters, Pheasant's coach for his four years as an Olivet swimmer.

Simon's times when he left ONU would have qualified him for any NCAA Division 1 relay team in D1 championships, Scott said. Scott, head swim coach at Olivet, however, found that it was the relationship that Simon had with his teammates that was what determined his success.

"There is a brotherhood-sisterhood covenant these kids have for each other," Scott said. "They hold each other accountable in life. That carries over into the pool. When you come in, I'll pull my weight, you pull your weight mentality. The days you can't pull your own weight, I'll help you pull yours."

Scott, who keeps in close contact with Randy, says that Simon has that same relationship with his current coach.

"The beautiful part about what Simon was able to do with Randy is

PHOTO FROM ONU MARKETING



Simon and Randy have formed their own covenant that those guys work as adults together to get something done," Scott said. "Those guys have a life covenant going on. It's more than

a coach-swimmer relationship."

With approximately nine months to prepare for the swim season, Pheasant focused less on conditioning and more on "perfect and crisp" technique

*The days you can't pull your own weight, I'll help you pull yours.*

*-Scott Teeters, head swim coach*

with some speed work. Pheasant, who swam in the South African Olympic trials in 2012 before he came to Olivet, sees this accomplishment as a step towards his goal of swimming in the Olympics instead of a way to swim in the US trials.

"I was just wanting to swim a best time," Simon said. "Yes making a trial cut is cool, but that's not the end goal."

Even if Pheasant chose to swim in the US Olympic trials, he would not be able to swim for the US in the Olympics since he is not an American citizen.

## Volleyball and track battle for Bowman

Lauren Standle

Staff Writer

Titus Bowman, son of former ONU assistant track coach Danny Bowman, is a five-year-old boy who was diagnosed with Batten disease.

Batten disease is a fatal disease that "has an onset between five and eight or nine years of age and is marked by early symptoms, which progress to blindness, paralysis, and dementia," according to Merriam-Webster medical dictionary. There is no cure.

It started when he was three, when he started to become clumsier than other kids his age, and progressed to seizures, a speech delay, and no longer named colors when he played, according to an article by the Orange County Register. His brother Ely, two-years-old, has not showed symptoms, but also tested positive.

Every year, the volleyball team holds a fundraiser for a cause. Last year the team donated to Autumn's Army in support of Autumn Olney, granddaughter of Beth Olney, Director of the Center for Student Success. Autumn was born with life-threatening Cystic Fibrosis, a disorder that causes damage to the lungs and digestive system. This year the volleyball and track teams are joining forces and standing by the family to fundraise for the cause, Team 4 Titus.

When first finding out about Titus's condition, head track coach, Mike McDowell said, "I almost wanted to cry. As a parent, it's one of the most devastating news you can receive. As a parent, your children are supposed to outlive you."

The Bowman family came to see the volleyball team and thank them for fundraising for Team 4 Titus this year. Sophomore Kelsey Geiman said the

team and players were crying. "It's really sad because their lives are so short unless there's a miracle," she said.

Sophomore and member of the volleyball team, Michaela Marino recalled seeing Titus and Ely for the first time. "I was very emotional and thankful for my life and I realized sometimes I get frustrated when things get out of control. [Titus is] just happy to be alive and it opened my eyes," she said. "He's just a little boy who needs some prayers and help and I think [the support] really helps out his mother too. She's one of the strongest women I've ever met."

"Danny and Bekah (Titus's mother) are amazing," head volleyball coach Brenda Williams said about the Bowman's. "They're just very brave and strong and going through one of the hardest things ever and they're using it as their testimony."

"They're going through one of the hardest things a family could go through, [but] they don't look through the end of the tunnel, they take things one step at a time," Marino said. She said they walk around campus happy and smiling and they have a close walk with Christ.

Although the date for the fundraiser has not officially been set, Williams said people can be supportive now by donating through the Team 4 Titus Facebook page. From there, they can read Bekah Bowman's blog posts and see Titus's story.

McDowell said to help "in the normal things—send them cards, pray for them, show that you're thinking about them, and be a blessing to them."

"Come to our games, support Titus, donate, buy the t-shirts, prayers and just a lot of love for him," Marino said. "Definitely show him a lot of love."

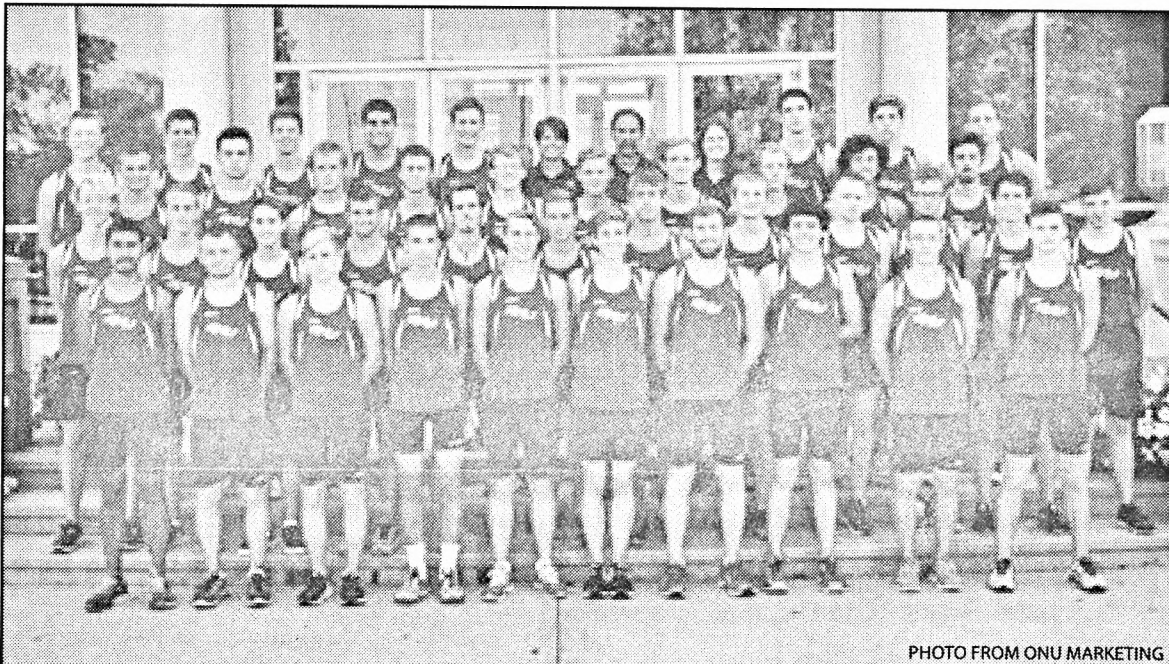


PHOTO FROM ONU MARKETING

## Men's cross country: A team of traditions

Nicole Pilbeam

Sports Editor

"We are the weird, skinny dudes who wear short shorts and have no shame," said Brandon Divan, senior on the cross-country team. "I kind of think we have created a culture where we can be unashamed of who we are, whether the rest of the campus perceives that as weird or strange or whatever the heck they think. We genuinely love each other as we are, so it has allowed us to have fun."

What makes the men's cross-country team so different from the other teams at Olivet Nazarene University? What keeps their era of 'weirdness' traveling from season to season? Traditions.

One tradition that the cross-country team has is renaming one freshman on the team. This tradition has been around for at least 15 years. No one knows the origin. No one knows the history behind the renaming. But still the tradition stands strong.

This year's rename is Ross Roberts. Originally, his name is Will Roberts, but not anymore. "The name of Ross came to our seniors when they thought about the childhood of Rick Ross who was a victim of a drive by shooting at the age of 12," said Reagan Dykhous, a senior on the cross-country team. "Another rename is Norm. You might know him as Norm from Yik Yak. One rename was formerly known as Matthew Chupp. Then he was renamed to Rick Chupp, but now he just goes by Chupp. It's also kind of a good swear name. Like when you say 'Bob Saget!' when you stub your toe only now you can say 'Aw, Chupp!'"

Even though some of the nicknames the team created have no meaning, one date in particular has a huge meaning to the team: February 27th. Even though the cross-country team has not given any speculation on the details of the date, Divan has described the day as "a series of mystical events."

Another event that happens every year for the cross-country team is camp. The camp is held in Michigan, a week-long get-together set before school starts. Within the camp there are a few smaller traditions the team does. The team participates in team bonding activities such as corn sack games, swimming, and campfire worship services. Even though camp is where most of the traditions of the team take place, it is also a time where the runners on the team get in shape for the upcoming season.

"We do everything 100 percent. We work hard, win a lot of races, have a great academic team, and tons of fun," said senior on the cross-country team Dylan Creger.

Even though most of the student body at Olivet may see the team as unusual, Dykhous said, "Basically, the hope would be that if I met a girl and told her I was on the cross-country team, she would still want to date me."



# Broken brothers back for more

Nicole Pilbeam

Sports Editor

A lisfranc dislocation to the right foot, torn ACL, dislocated knee, torn hamstring, and torn LCL are the injuries Michael Ho-Lewis and Zach Gross, players on this year's football team, had between the two of them last year. The teammates were injured around the same time and had a long and stressful recovery after their injuries; thankfully, they recovered and are ready for this year's season.

"The recovery process was long. It would get real frustrating at times because I wasn't able to do things I was able to do before the injury. But after awhile everything started to come back.

It was a good sense of relief once I felt back to normal," Ho-Lewis said. "BJ and training staff here at Olivet did a tremendous job to get me back healthy. BJ is still helping me out everyday with the soreness that comes with [recovery]."

Ho-Lewis and Gross are both in their fifth year here at Olivet, and this will be their fourth year being on the team because they did not play last season because of their injuries. Throughout their time here, Ho-Lewis and Gross have become great friends.

"Michael and I first started hanging out my freshman year when he asked me to be in his fantasy football league. Ever since then, we just have had a natural click since I was the quarterback and he was the running

*We have built a lot of chemistry and our relationship has grown a lot with each year. I was his support and he was my support to get through [injury].*

*- Zach Gross, senior*

back. We spend a lot of time together in practice, which lead us to spending time together off the field to get to know each other," Gross said with a smile.

"We have built a lot of chemistry and our relationship has grown a lot with each year. Then when we both got injured at the same time, it was kind of a process for the both of us, and I was his support and he was my support to get through it," he said.

Not only have these two players had a huge impact on each other they have also had a huge impact on their team.

Head coach, Brian Fish said, "Zach has been a significant role model throughout his time here. He has lined up in a lot of different positions and has a great attitude about contributing in any way he can.

"Michael also played a lot of football for us and has contributed to the

majority of our rushing yards during his time here. We expect both of them to give leadership to the offense and team and by giving us all they have each and every opportunity they get," Fish said.

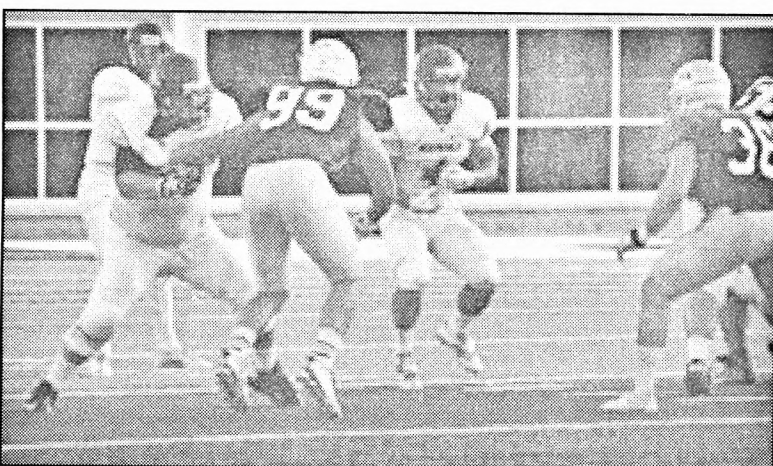
For this season, the men made it a goal to be good leaders for their team. One of Ho-Lewis's leadership goals for the season is to get the younger men prepared for the upcoming seasons.

Gross's leadership goal for this year is to be more vocal to the team. Along with goals for leadership, the boys also have personal goals that they want to fulfill this season.

As for Gross, his personal goals are to be there when the team needs him, to help everyone on the team realize what their roles are, and help them focus on those roles. Ho-Lewis is focusing on staying healthy and setting up the team for future success.

"I take a lot of pride in being an Olivet Tiger, even though we haven't had the success we would like to have on the field. I still have the upmost respect for this program and the way it shapes us players as people," Ho-Lewis said.

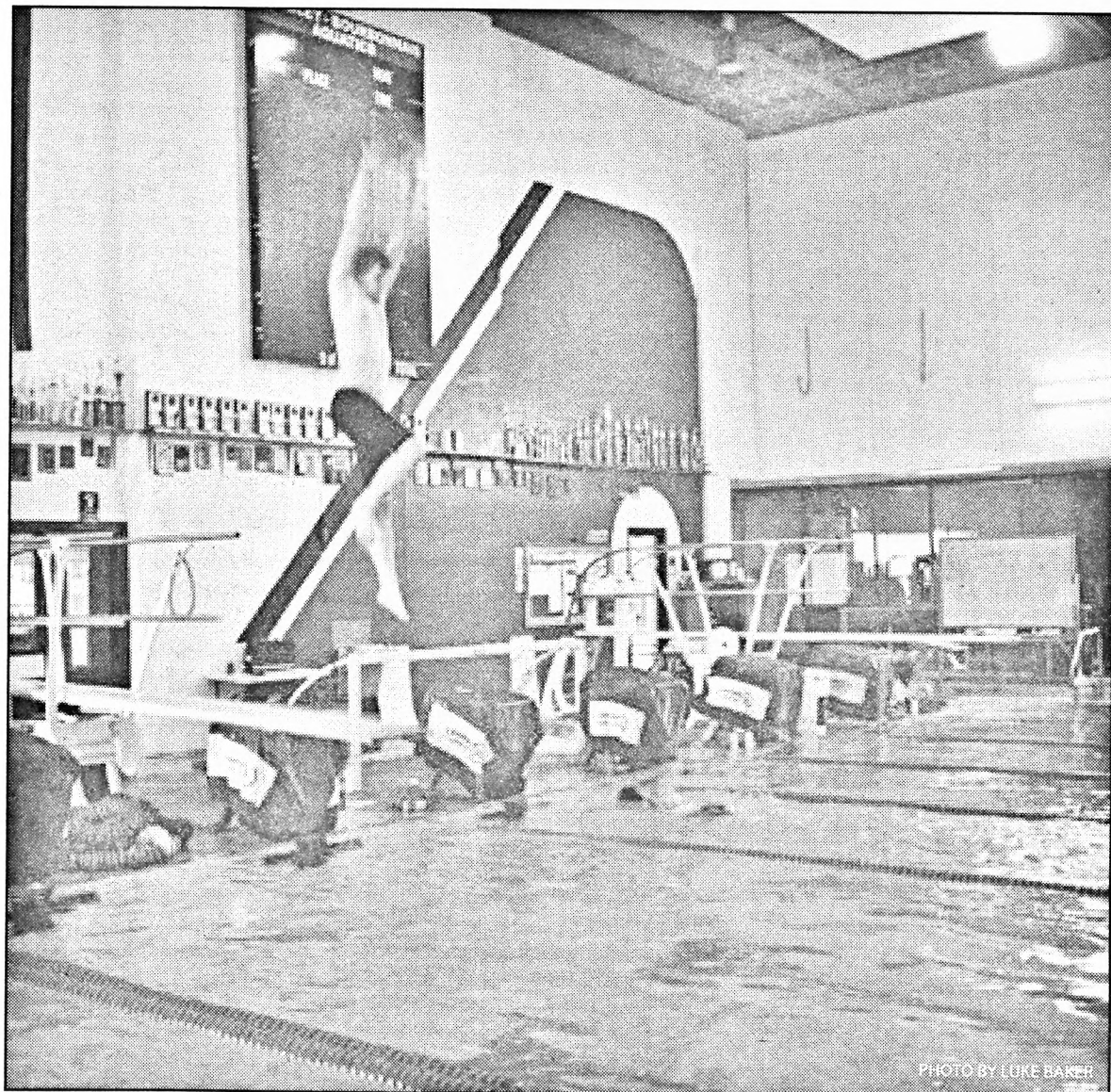
Regardless of the team's record or status, the players could not be happier to be a part of the football team at Olivet. Gross will be returning for a sixth year at Olivet and even though he cannot be an athlete that year, he still wishes to contribute to the football team in any way possible.



Top: Quarterback Zach Gross runs against Lindenwood University-Belleville. The Tigers won 24-23.

Bottom: Running back Michael Ho-Lewis charges through St. Francis University's defensive line. The Tiger lost 59-16.

## Diving Team: Springing off to a new season



The diving team is now in its second season, with three freshman divers.

Samuel Nichols

Staff Writer

Connor Howard, the new graduate assistant for Olivet's diving team, already set high goals. The aim for the dive team in their second season is "to qualify for nationals," Howard said.

"This is such a new experience for myself and our young athletes that we're taking this as mainly a learning experience this season," Howard said. "Obviously, we will still compete and see numerous successes through our talented divers, but this is mainly an acclimation for myself and the athletes. After only a couple weeks with the program, I see a lot of talent and enthusiasm."

Olivet added three fully committed divers to the team. Tyler Timmer, Vanessa Van Oost, and Paige Wiesner, all freshmen, are very excited about the upcoming season.

"I am very confident in my coaches," said Timmer, who was a diver all four years of high school. "I believe they can help me reach the goals I have set for myself."

A recent graduate from University of Illinois Central, Howard was a competitive diver for two years at UIC, a National Collegiate Athletic Association (NCAA) Division I school. He finished second in his conference in the one-meter dive his sophomore season.

Previously, Olivet had not had a full time diving coach. Head swimming and diving coach, Scott Teeters said, "It was hard to find someone because

of how difficult it is to start a new program. Howard has the right kind of experience for the job having competed at the Division I level."

Van Oost, another diver with four years of high school experience, shares his optimism. "I know the training will help me improve. I have already seen a difference. It is good to work with someone who knows what he's talking about," he said. "[Howard] is very experienced. I hope to get new personal records for individual dives as well as my overall score."

Although Paige Wiesner will be unable to compete in the beginning of the dive season because of a deep bone bruise in her leg, Howard said he looks forward to getting her on the blocks once she is healthy.

Last season was a particularly strong one for Olivet's swim and dive team, with second place in the NAIA Swim and Dive National Championship. While the swim team performed phenomenally, the dive team was made up of a few volunteer swimmers who wanted to try their hand at diving. According to Teeters, it was difficult for the dive team to get the experience they needed because they did not have a full time coach to lead them.

The dive team also has to commute to Kankakee High School for training because the Perry Center pool does not have a diving board.

The first dive meet is Oct. 9. The swim team is looking for diving recruits with experience in diving, swimming, gymnastics, or cheerleading.





ONU played Kieser University on Sept 11, Tigers won 1-0. Freshman, Blake Banburggen scored his second goal of the season.

# Soccer kicks off to a great season

## Men's soccer 4-1-1 : Women's soccer 'Audience of one'

Claire Schmidt  
Staff Writer

Olivet Nazarene University's men's soccer team kicked off their season on Aug. 27, with their annual fan appreciation night. To gather the crowd, free root beer was provided, along with a riveting game between Olivet and Spring Arbor.

The opponents from Michigan were described as a "respected non-conference" rival by Olivet's head men's soccer coach David Blahnik.

Although the Tigers lost 2-1, Blahnik said that the men played well and the teams looked evenly matched. Since then, the Tigers have won four games.

The Tigers graduated six seniors last spring and gained nine freshman this fall. "People say that this year is supposed to be our rebuilding year," Blahnik said.

Out of 13 preseasons as a player and a coach, he added that "I feel

better coming out of this preseason than any other."

Describing the team as "hardworking" with a lot of "team chemistry," team captain and senior Richard Paret said he also has high expectations for this year. Last year, Paret helped lead the Tigers to the NAIA Championships, a third consecutive Chicagoland Collegiate Athletic Conference tournament title, and the first-ever Regular Season title.

Blahnik said he would use one word to describe his team this year. "Committed - committed to one another and the ultimate goal of our team, which is to be the best you can be in everything," Blahnik said.

With a record of 15-5-1, two champion wins and one tournament win, the 2014-2015 season for the Tigers was "on paper, the best year ever." Three of the seven All-Conference players returned for this 2015-2016 season.

Solid. Quality. Talented. These are the words Olivet's head women's soccer coach Bill Bahr used to describe his team for the 2015-2016 season. With five freshman and one transfer coming in, the team has 24 players with two redshirts.

In the scrimmage against Ashford on Aug. 22, the women's soccer team won 6-0, compared to 2-0 in a regular game against Ashford last season, according to ONU Athletics. The Tigers tied their long time rival, Lindsey Wilson, 2-2 on Aug. 31. Their record is 3-2-1.

Strengths of the team include being fast and hardworking. Starting-wise, they have veteran players in all of their positions, Bahr said.

However, Bahr says that he believes they have "one of the toughest schedules in the country," which includes games against the 1st, 4th, 9th, and 10th seeded teams in the country. Olivet is ranked 14th.

Even though the Tigers lost six seniors from last season, the incoming



freshman are hardworking, teachable, and have gelled well with the team according to Bahr. "Our leadership is strong with a great group of captains." Leading scorers Betsy Hetrick and Liz Wahl returned, along with the two other team captains Michelle Ditchfield and Sarah Lentini.

Team captain Betsy Hetrick said, "Team chemistry and connection off and on the field is more advanced than last year. We all connected well." Het-

rick started for 18 games last season and has started in two out of the six games played this season.

The phrase that the Tigers are focusing on this year is "Audience of One - not playing for glory, but instead focusing on playing for God," Hetrick said.

Coach Bahr added, "one step ahead of where we were last year. I'm excited about this season."

## Be workout conscience as summer heat lingers

Becca Hunt  
Staff Writer

Although summer has come to end and students have returned back to classes, the weather has shown no mercy. Athletes are feeling the worst of these conditions as temperatures remain in the high 80s and 90s. With exercising in the heat, there are precautions that athletes need to take in order to prevent injury to their body.

"The first thing to remember when exercising in the heat is to pre-hydrate! Consuming fluids before exercising in the heat is extremely important and then regular water breaks are equally important," Women's Soccer Coach Bahr said, "After training in the heat is also important to replenish the nutrients lost through proper diet

and fluids containing electrolytes and protein within 20 minutes after play."

Dehydration is a high risk in all sports when it comes to high temperature conditions. Some symptoms of dehydration are inability to sweat, dizziness, increased thirst, as well as weakness. On a recent press release from Loyola University Health System MD, director of sports, Pietro Tonio said, "Heat injury can be life-threatening. If you take the right precautions, there is no reason you can't get in some great outdoor exercise, even though the thermostat is on the rise."

Richard Paret, team captain of the Men's Soccer team, has a difficult time staying mentally focused during practice in the higher temperatures. "We have trouble at times communi-

cating and having the right energy in practice because of the heat. Although, the heat is tough to deal with, as a team we have been doing a great job over coming it," Paret said. Paret added that he makes sure to have plenty of water throughout the day as well as eating a good breakfast and lunch. "I like to think of my body as a temple, and I have to treat it as best as possible in order to get the most out of me during practice as well as games," Paret said.

In Dr. Tonio's press release he also mentioned that choice of clothing also plays into avoiding dehydration. Tonio said that darker clothing in the hotter months attracts more heat, and can increase the risk of heat stress. The artificial turf that soccer players practice on also presents its risks. "You have to be more careful when practicing

or playing on the artificial turf when the sun is out as well. Because of the black rubber pellets on the field the temperature at the surface is usually five to ten degrees warmer than off the field," Men's Soccer Coach Blahnik said. Coach Blahnik also makes sure to incorporate longer water breaks, as well as allowing his athletes to rest in the shade during the breaks to insure the safety of his athletes.

"Sweat is our body's way of cooling off. But as we perspire, we lose necessary body fluids, which leads to dehydration," Dr. Tonio said. Women's Cross Country co-team captain Andrea Wojciechowski understands the importance of staying hydrated not only before a work out, but after as well. "The heat makes it more difficult to run workouts because it wears

out our bodies quicker, which makes it difficult to hit the times that we are aiming for. It can be discouraging, and recovery time takes longer as well," Wojciechowski said.

Dylan Creger, co-team captain of the Men's Cross Country team believes that recovery is the most important aspect when taking care of your body after a workout. "You have to listen to the feedback your body is giving you and adjust if necessary. We carry water bottles with us at all times to make sure that the body is ready for the taxation from the heat," co-captain of the Men's Cross Country team Brandon Divan said. It's important to remember to stay hydrated throughout the day, and carrying a water bottle around is one way to prevent becoming dehydrated.