

10-22-2015

## GlimmerGlass Volume 75 Number 04 (2015)

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### Recommended Citation

King, Grace (Executive Editor) and Martinson, Jay (Advisor), "GlimmerGlass Volume 75 Number 04 (2015)" (2015). *GlimmerGlass*. 1001.  
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## 'Skip' Walker School of Engineering dedicated

Grace King  
Executive Editor

The Martin D. Walker School of Engineering in Reed Hall of Science was dedicated Oct. 7 in honor of the five million dollars donated to Olivet Nazarene University by Martin Walker.

Known as "Skip" to friends and family, Walker "epitomized Christian business leadership in guiding and growing a number of leading manufacturing and business enterprises. He and his family have supported countless industry, corporate and nonprofit organizations through volunteer service," an Olivet press release said.

The dedication of the establishment of the Walker School of Engineering was held in the atrium in Reed. Speakers were President at Olivet Dr. John Bowling, Vice President of Academic Affairs Carol Maxson, Chair of the School of Engineering Shane Ritter, senior engineering student Preston Shelton and Walker himself.

Engineering students, faculty, staff and the Board of Trustees gathered wearing matching shirts that read "Martin D. Walker School of Engineering" on the back and pins on their left shoulder that said, "Thanks, Skip!"

"This marks a new beginning for the Olivet School of Engineering. Our buttons proudly declare 'Thanks, Skip!' Skip is wearing a button that says, 'I'm Skip!'" Bowling said with a chuckle. "This is the future of engineering. It doesn't start 20 years from today. It starts right now."

Bowling said that individuals cannot buy recognition at Olivet, but are recognized for their gifts as believers and followers of Christ.

"[Walker] represents the qualities and values we celebrate as an Olivet community. His life reminds us that success is not just about titles and positions, but also about significance, which flows from a life of faith, service and generosity," Bowling said in a press release.

Chair of the School of Engineering Dr. Shane Ritter said, "The Lord continues to bless [the engineering program] as we have seen great fruit already."

Senior engineering student Preston Shelton said that Walker continues to challenge the engineering students to continue to do their best and not ac-



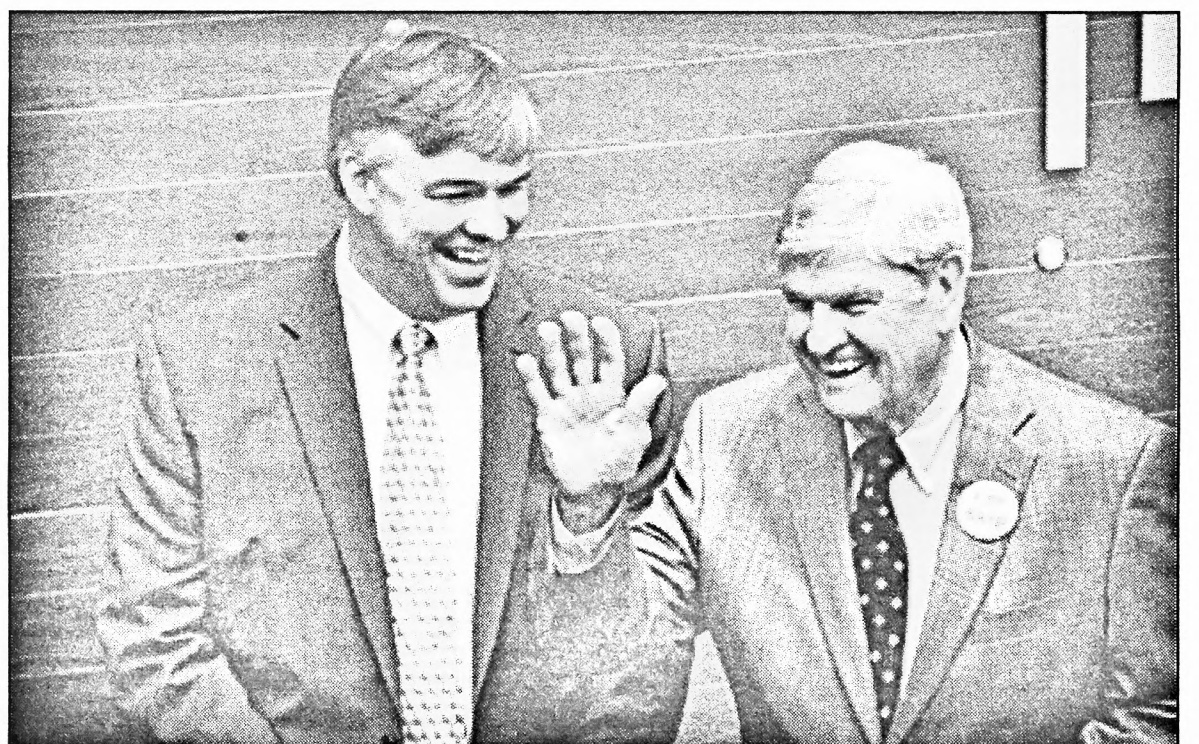
cept mediocrity. "We hope that God will give us the same opportunity someday [to give back]," he said.

Walker said, "I want to thank God for what he's done for me. He's allowed me to do things I never thought I could do. I'm proud to be associated with all you guys and gals. I hope and pray you'll enjoy your profession as much as I did. God is really the giver of this gift. He just used me."

Walker talked and laughed with engineering students after the dedication as they posed for photos with him.

**Top: The Martin D. Walker School of Engineering was dedicated in honor of Martin "Skip" Walker Oct. 7. Students, staff and faculty gathered to celebrate in Reed Hall of Science.**

**Bottom: Martin Walker greets students after the dedication.**



### LOOK INSIDE

#### AROUND THE WORLD

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#### MORE THAN TRADITION

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## ABOUT GLIMMERGLASS

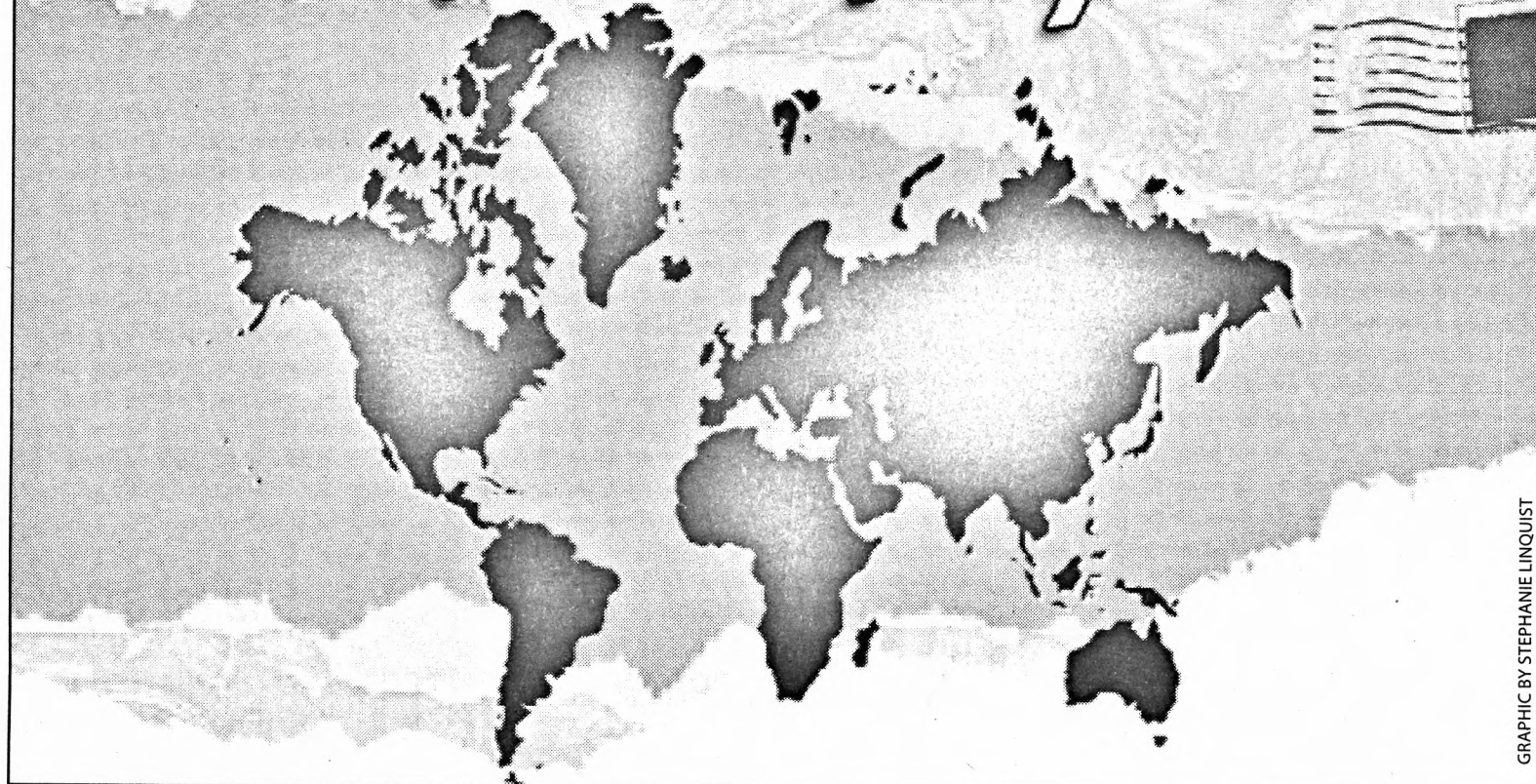
The *GlimmerGlass* is the official newspaper of the Associated Students of Olivet Nazarene University and a member of the Illinois College Press Association. The opinions expressed are those of each writer and are not necessarily held by the Associated Students Council, faculty, administration or students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

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

## LETTER SUBMISSION

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

## A Global Glimpse



GRAPHIC BY STEPHANIE LINQUIST

## A Leaderless Palestinian rebel youth attacks ensue

PALESTINE – Violence between the Palestinians and the Israelis is escalating rapidly. However, this current violent uprising is very different from the second Palestinian intifada that began in 1987, according to the New York Times.

This uprising does not consist of well-organized armed groups, but instead involves spontaneous outbursts by individual young people unaffiliated with any formal political movement.

Instead of suicide bombs, their arsenal includes a variety of weapons from small knives to screwdrivers and even a potato peeler. The youth seem to be motivated by social media campaigns.

Most attacks seem to not be religious, it being noted that none of the men wore beards, as is common for devout Muslims.

## Anti-Columbus Day activists call for change

U.S. – Columbus Day, Oct. 12, is a day schools tend to pause and celebrate, yet it seems like that tradition is about to change.

It first became a federal holiday in 1934. Nine cities so far in the U.S. have pressed for resolutions to recognize Oct. 12 as Indigenous People's Day, including Albuquerque, NM, according to TV news network rt.com.

Not only have there been Anti-Columbus protests across the U.S., including a statue of the explorer being vandalized in Detroit, there were also protests in Chile, according to International Business Times. The protests were led by Chile's biggest indigenous group, the Mapuche community.

There has also been Spanish opposition to the national holiday, and indigenous tribes in Guatemala last year closed down major roads all over the country in demonstrations against the holiday, according to The National.

## MH17 Ukraine Disaster: DSB blames missile

UKRAINE – The Dutch Safety Board (DSB) is now saying that the Malaysia Airlines plane was shot out of the sky by a Russian-made Buk missile in 2014 as it flew over eastern Ukraine, killing 298 people, according to BBC News.

The plane crashed at the height of the conflict between government troops and pro-Russian separatists. The West and Ukraine say Russian-backed rebels brought down the Boeing 777, but Russia in return blames Ukrainian forces.

The report said that between the end of April and July 17, 2014, Ukraine had reported at least 16 of its forces' helicopters and planes had been shot down, but "neither Ukraine nor other states or international organizations issued any specific security warnings to civil aviation about the airspace above the eastern part of Ukraine," the DSB said.

A criminal investigation led by Dutch prosecutors is being made, according to CNN.

## More bodies recovered in Guatemala after landslide

GUATEMALA – Officials said that 253 bodies have been recovered from the hillside that collapsed and buried a neighborhood in a Guatemala City suburb in October, but 374 people are still missing, according to the New York Times.

Guatemalan officials have yet to declare a state of disaster that would force the people living nearby to evict. Officials have told the people to leave because of the possibility of additional landslides. The neighborhood containing nearby residents of the Cambray community has also been declared uninhabitable.

As a result, people have begun questioning why citizens were allowed to build homes at the base of a dangerous hillside next to a small river. USA News reported that the disaster reduction commission said it had warned of the risk Cambray faced since last year and had recommended that inhabitants be relocated, although some residents said they were never warned.

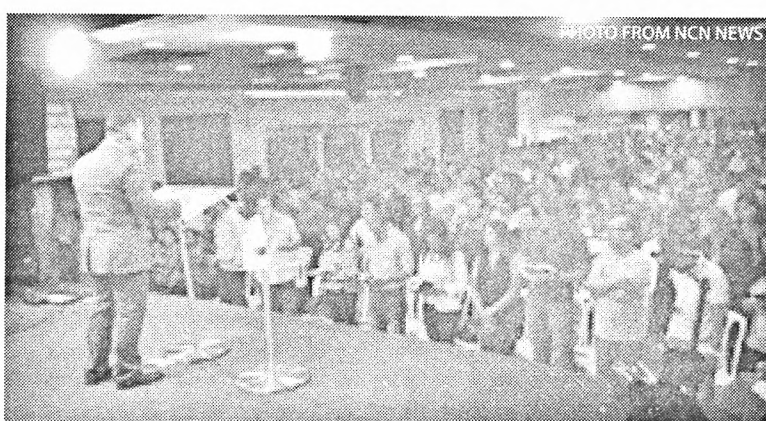
## In the church around the world

## Nazarene pastor appointed to Obama's Advisory Council

NEW YORK – Co-lead pastor of the Lamb's Church of the Nazarene in New York City, New York, Gabriel Salguero, will be appointed to U.S. President Barack Obama's Advisory Council on Faith-based and Neighborhood Partnerships, according to NCN News.

The council's responsibilities include "Identifying best practices and successful modes of delivering social services, evaluating the need for improvements in the implementation and coordination of public policies relating to faith-based and neighborhood organizations and making recommendations to the president and the administration on changes in policies, programs, and practices," according to whitehouse.gov.

The council also aims to reduce inequality and poverty – two of Salguero's passions. Salguero has been listed among the nation's top Latino leaders by several organizations.



Over 1,000 gathered in Cali, Colombia last month for the ninth International Master's Plan Convention.

## International Master's Plan Convention attracts more than 1,000

COLOMBIA – Casa de Oración Church of the Nazarene in Cali, Colombia, held the ninth International Master's Plan Convention last month for more than a thousand ministers and leaders globally, according to NCN News.

During the conference, pastors Ruddy Garcia, Miguel Arrazola de Rios, and Adalberto Herrera and his wife, Nineye de Herrera, spoke. Singer Daniel Calveti and the Casa de Oración band led worship.

The Master's Plan is historically and biblically based and aims to unite the elements of sound teaching for discipleship gain, in harmony with the Great Commission. The plan integrates the church's local ministries.

## Tribal dispute takes place in Papua New Guinea

KUDJIP – Last month reports circulated that members of the tribe that live around the Kudjip area recruited assistance of another tribe and then raided the area of Banz town, according to NCN News.

The raid was in retribution for the fatality of one of their own tribesmen. According to unofficial reports, two people died in these events along with 122 homes burned and serious property damage.

Police action has seemed to help settle turmoil. About 50 men from the Kudjip area were arrested by the police. The police have also tried to keep weapons from road junctions and markets and are dissuading people from lingering there.

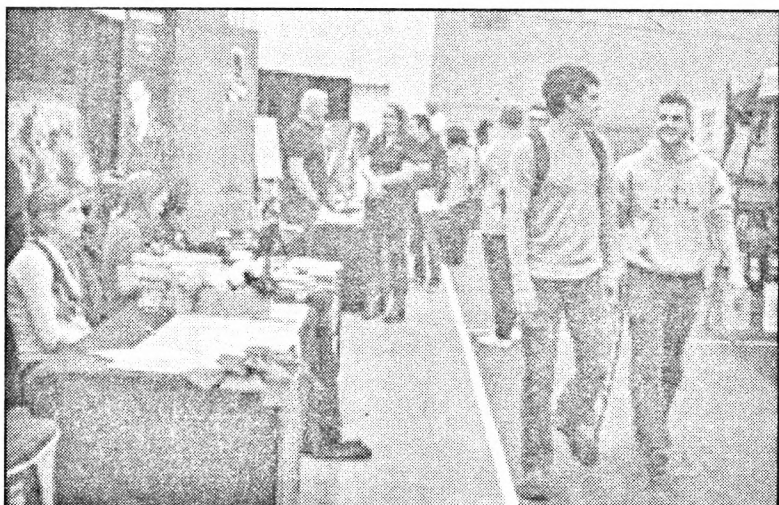
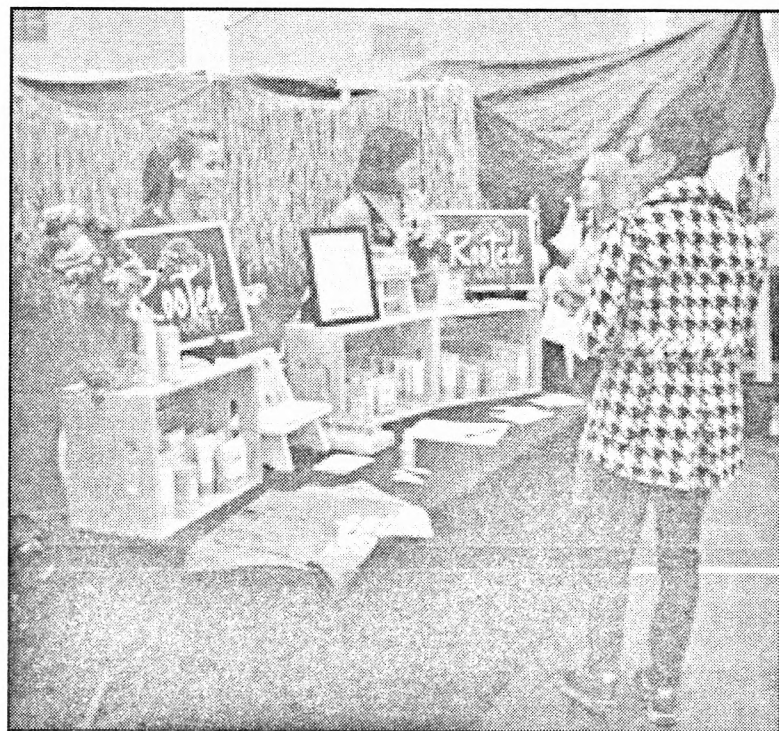
Two Nazarene Health Ministry leaders' help was requested to start peace talks between the two groups. Both sides currently have agreed to mediate. Local churches are attempting to reach out to the community that was damaged around Banz.



# The whole world in His hands

Illustration by Jonah Sunderland

Bi-yearly missions fair held Oct. 16 introduced ministry opportunities



PHOTOS BY ABBIE MILLS

Give Your Life Away week took place Oct. 14-16. Coordinated by Missions In Action (MIA), the festivities this year included a missions fair focusing on the theme of social justice and ending human trafficking.

Set up as a way to "ministry shop," the missions fair included booths of mission trip destinations for MIA spring and summer 2016 trips.

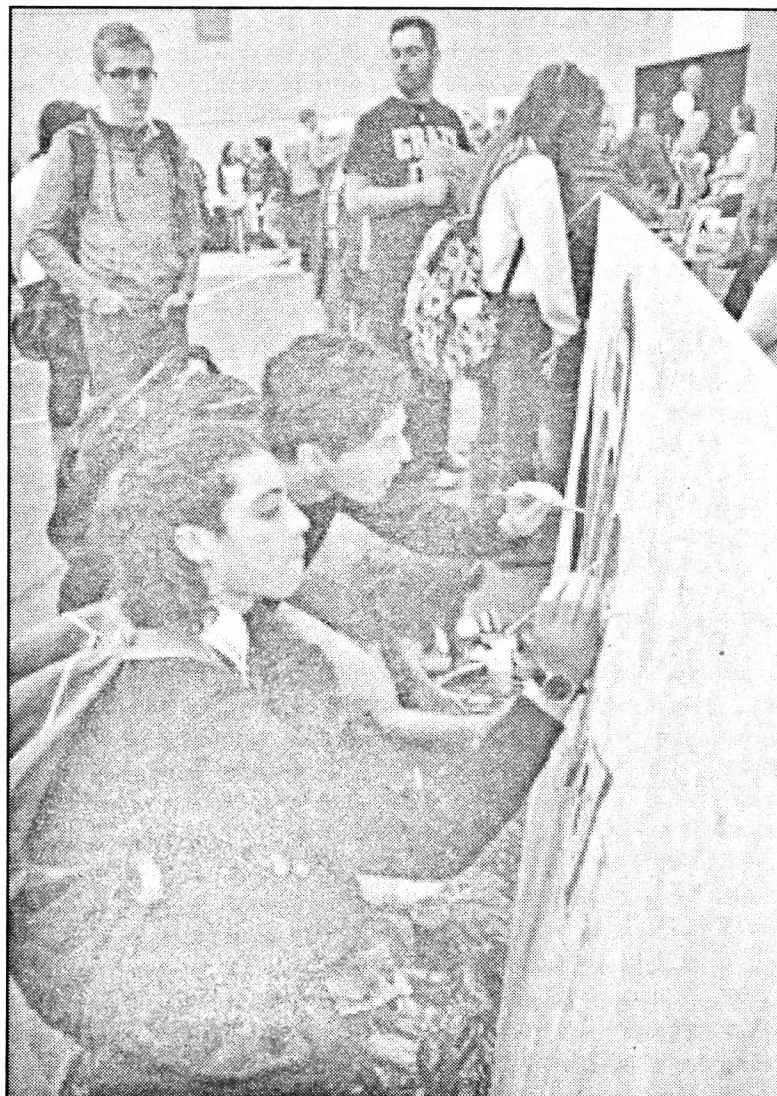
Top left: Rooted Beauty

Middle left: Students were required to attend the missions fair for chapel credit. Students were able to walk around with friends and classmates and learn about mission opportunities abroad and in the U.S.

Bottom left: HeArt ministry was founded at Olivet two years ago. Club members use art their art to be a light for Christ. Students can frequently see them live painting during a chapel service.

Top right: This booth for a Haiti mission trip was one of the many advertising for MIA trips for 2016.

Bottom right: A live drumline played during the missions fair. Habitat for Humanity, Heart 4 Missions, Team World Vision and different aspects of Nazarene Compassionate Ministries were also present at the fair.





# NASA strikes water on Mars

Erica Browning  
Staff Writer

On Sept. 28, NASA released a statement confirming findings that indicate there is flowing water on Mars. "Any time astronomers start to see water we get excited about life," said Olivet astronomy and physical sciences professor Dr. Stephen Case about the newly discovered water on Mars. "As far as we know, everything we know about life on the Earth is that water is a prerequisite."

These findings are the strongest evidence that liquid water is still present on Mars. "There were these features, or these sorts of stains that would show up on the Martian slopes and they would change over time, get bigger and disappear with seasonal fluctuations. The idea that maybe this was water seeping up, a sort of subsurface water. Data from the Mars Reconnaissance Orbiter showed that it was consistent with briny or salty water," Case said.

NASA released that their scientists have used spectroscopic instruments on the orbiter to gather data on the composition of these Martian features since 2006.

"Going back decades, just from telescope observations there were features on Mars that suggested materials had been transported by fluid, which the immediate thing you jump to is water," Olivet professor of geological sciences Dr. Carrigan said. "[Mars] has long been seen as a potential planet that may have had water in the past."

Olivet sophomore Joseph Gosnell received the Pence-Boyce research grant last summer to work with the same spectroscopic technology that is used on the orbiter. Spectroscopy is the process of shining light at a sample to observe how much light is absorbed

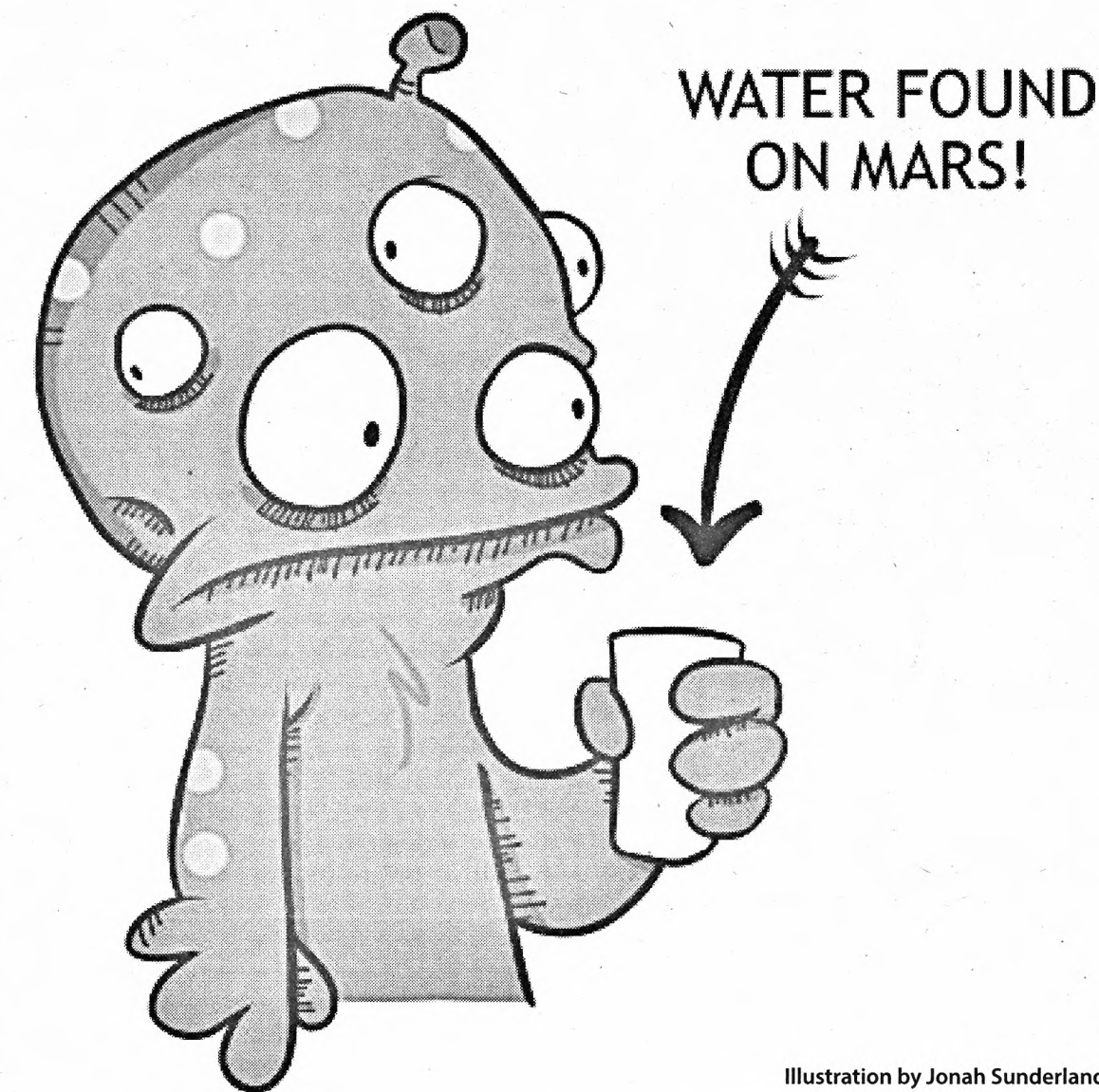


Illustration by Jonah Sunderland

to determine the chemical makeup of that sample.

Gosnell described the lab machinery as very controlled and accurate, but casted a few doubts on the orbiter's findings. "Any attempts at collecting spectra [from Mars] has to come from reflected light in an open environment

which means the testing may have been thrown off by stray light from something else," Gosnell said. "Basically, the spectra [NASA] collected from the water on Mars only lets [NASA] guess that's it's water, but it's possible that it is another compound that has similar photochemistry to wa-

ter. [NASA] won't know for sure until [they] can get a sample of the water and run it through a more controlled and accurate machine. That doesn't mean it isn't water, because in all likelihood it is based on the data, but further testing in the future might show otherwise."

*If this could even conceivably be a sign of the presence of life on Mars... we want to be really, really careful not to contaminate it.*  
- Dr. Stephen Case, astronomy professor

For the past decade, rovers and orbiters have been observing the formations on Mars more in depth. Until this point the Curiosity Rover has been the most abundant source of information on the present state of the planet.

"The goal of the Curiosity [Rover] mission was to determine if it was possible for life to have existed on Mars," Carrigan said. With the discovery of surface water the possibility of an ecosystem being able to support life is at an all-time high.

While the prospect of finding present-day water on Mars is exciting, NASA has not released what it hopes the next steps of confirming these findings will be.

"The only problem with studying anything like this more closely is that now if this could even conceivably be a sign of the presence of life on Mars, if there is even a possibility of that, we want to be really, really careful not to contaminate it," Case said. "So anything we send would have to be completely sterilized so that we're not contaminating anything ourselves that could be a possible biosphere. I'm not exactly sure what steps NASA will look into taking next."

## Olivet departments cut and revise budgets by 10 percent

Grace King  
Executive Editor

Deans and department chairs at Olivet Nazarene University were asked to "reduce their respective operating budgets by 10 percent for the [2015-2016 school] year without the reduction of any employees," President of Olivet Dr. John Bowling said.

For the past 75 years, Olivet has operated with a balanced budget. When looking at finances for this fiscal year in August, the administrative team determined the budget would need to be adjusted to maintain this balance. Bowling attributes the need to adjust the budget to the recession of 2008 that brought increased financial pressures on many businesses, colleges and universities.

"What started on Wall Street and moved to main street has come to University Avenue," Bowling said. "Nonetheless, Olivet has remained strong with growing enrollments, campus improvements and expanding programs."

Bowling said he does not anticipate the cuts to extend beyond this

*What started on Wall Street and moved to main street has come to University Avenue.*  
- Dr. John Bowling

fiscal year, which runs from July 1 to June 30. The recommended reductions would save the university two million dollars and "ensure stability going forward," Bowling said.

Vice President of Finance Doug Perry said that Olivet is working on the revenue side strategically rather than cutting back. Because the university is at maximum growth with on-campus enrollment, they are focusing on expanding the School of Graduate and Continuing Studies and investing in online course growth.

"Over time it's easy to see budget creep and it's a good process and good stewardship [to evaluate finances periodically]," Perry said. "[Departments] who have to reduce their dollars don't

see it that way, but we're getting good cooperation and positive response."

Director of Recreational Services Matt Smith responded to the request to decrease the Perry Center's expenses by closing at 11 p.m. instead of midnight every night and opening at 2 p.m. instead of noon on Sundays. Staffing positions were also reduced, such as eliminating the second front desk worker in the morning.

"I've received nothing but support from [student workers]. We've got to land and just see how it works. [Operation hours] will be up for reevaluation at the end of the school year," Smith said.

Bowling compared ensuring the financial stability of an institution to driving a car. "There's a set of dials on the dashboard; fuel, sometimes RPM, obviously speed, and when you're driving you just need to keep your eye on that. The same is true for running an institution. There's a dashboard. I need to watch enrollment, revenue and expenses," Bowling said. "And then watch road signs and weather conditions outside," he added.

## Alpha launches in Bourbonnais

Rachel Schramm  
Contributing Writer

For 11 weeks, College Church, GatheringPoint and Second Place churches have teamed up to bring Alpha to Kankakee County. Alpha is a widespread 10-week program designed to examine the basics of the Christian faith. Meetings include food, a weekly topic and interactive discussions.

Alpha originated at Holy Trinity Brompton Church in central London as an introductory course for new Christians. It was not introduced to the U.S. until the 1990s and has now served more than 27 million people. The New York Times has called Alpha, "A novel approach to Christian education that has been catching on nationwide."

Each Wednesday night from 9 to 10:30 p.m., community members and students gather in College Church for Alpha. The event draws 120-125 participants on average, according to Brian Robbins, University Student Pastor at College Church. Members break off into small groups of 8-12 and gather around a table led by a facilitator.

"Alpha is for anyone, that's just kind of the nature of the program. You can come in if you're just learning about your faith and your walk with God or you've been a Christian for a while but you still have questions...

anything in between," Robbins said. "It's just a great time to have conversation and you can always use that no matter what."

Topics in this program include how can we have faith, why and how one should pray, how one can resist evil and other topics. The groups discuss a multitude of questions pertaining to each week's topic in between watching a video that initiates the discussion.

"Alpha challenges your faith and gives you a reason for why you believe what you believe," junior Brendan Shea said.

A unique aspect to this program is that it can be hosted in multiple locations. Alpha welcomes anyone from any background to join no matter what week the course is on.

"It's a really open atmosphere, we have a lot of fun," Olivet graduate student Matt Jones said. "I enjoy that it's good honest conversation."

Some Olivet students have also become Alpha leaders. Their task is to facilitate the conversation at each of their assigned tables.

Sophomore Steven Nowinski said Alpha benefits those attending because, "It will give you questions to think about... it will push you to grow more in your faith."





PHOTOS BY ABBIE MILLS

Local Heartland Bluegrass Band, played at the Kankakee Farmers' Market. Nearly every Saturday this summer, the market had live entertainment. The market will be closing at the end of October.

## Kankakee Farmers' Market season ends this month

Taylor Provost  
News Editor

The Kankakee Farmers' Market on Schuyler Ave. in Kankakee behind the Kankakee Public Library is coming to a close at the end of October. Market manager Elizabeth Gernon-Lipofski encourages Olivet students to enjoy the last two Saturday mornings they will be open for the season – Oct. 24 and Oct. 31, from 8 a.m. to noon.

This Saturday morning at the market, Lipofski said Feed Arts and Cultural Center will be hosting a 3D pumpkin carving. The carving is open to anyone willing to join and requires no prior registration to participate.

Most likely to draw students to the

market, though, is the food, Lipofski said. "We've got hot apple cider, we've got apple pie doughnuts; people are getting into the fall mode and bringing out some yummy stuff," she said. The Pie Ladye, a local vendor at the market, will also be serving homemade chicken pot pies.

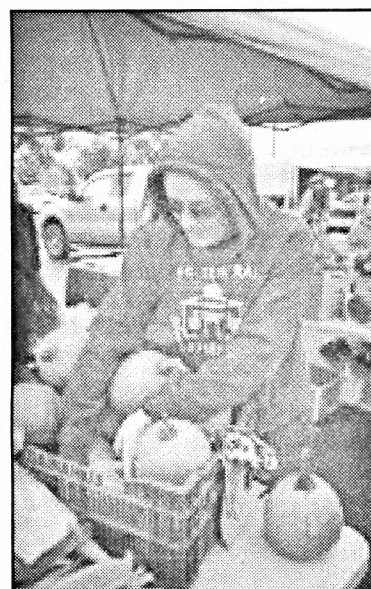
Some other vendors include The Neighborhood Kitchen, which serves American-style egg rolls; Gourmet on the Go, which sells traditional and novelty barbecue sauces; Dickman's, a local meat vendor; Madeline's Heavenly Harvest, a local raw honey and beeswax vendor; and Heavenly Doggy Treats, a local homemade dog treat vendor.

Market-goers are encouraged to bring their dogs along to the market

to sample the treats and socialize with other dogs.

As the season comes to a close, there are fewer vendors at the market than during the height of the season, but there will still be local produce and other products available, as well as entertainment provided. This coming Saturday a local jazz musician, "Big Daddy," will be performing. Local musician Chris James will be performing the final Saturday.

Junior, Alli Howell, perused pumpkin selections at the Kankakee Farmers' Market. Pumpkins will be available at the market until the end of the season.



## Youth for Christ tutors local children in reading

Whitney Welch  
Contributing Writer

*Those who suffer the most are the children born into poverty – that's where Youth for Christ (YFC) steps in.*

Two-thirds of all students who cannot read at a proficient level by the fourth grade will end up in jail or on welfare, according to begintoread.com. Kankakee is no stranger to this statistic or the damaging effects of poverty.

According to the U.S. Census Bureau, Kankakee is above the Illinois average in all poverty trends. Those who suffer the most are the children born into poverty – that's where Youth for Christ (YFC) steps in.

Local community members are stepping up and volunteering their time to help decrease the illiteracy rate. Of the many ministries YFC offers in the area, one relatively new program is Mentoring One Student Towards Success (MOSTS). It is a tutoring program in literacy for children first through sixth grade.

MOSTS meets from 4 to 5:30 p.m. on Mondays and Wednesdays throughout the school year at the City Life Center in Kankakee. While the overall goal of the program is to further develop literacy skills in students, a relationship between the tutors and students is strongly encouraged.

A tutor is assigned one student to work with for the entire duration of the program to build a more personal connection. The tutors also work as mentors and provide the student with a new friend.

"These kids don't necessarily have the best home life. I think this program is very important because the kids can get a chance to see some good role models," tutor and program organizer Marta Franseen said.

Challenges tutors face sometimes include personally connecting with students, as not each student is receptive to new teachers, and determining each student's particular reading level.

"These kids deserve to have someone tell them that they are smart and that they can do it," Franseen said. Not only does the program work inside the classroom setting, but several times throughout the year field trips are scheduled to reward the students for their hard work.

## Illinois students may lose MAP grants

Grace King  
Executive Editor

Students at Olivet and across the state may be at risk of losing their Monetary Award Program grant (MAP grant), which provides tuition assistance to Illinois residents who demonstrated financial need, according to a press release from the Office of Illinois State Treasurer.

The budget was vetoed in June by Illinois Governor Bruce Rauner, placing 130,000 families in financial uncertainty. Illinois Treasurer Michael Frerichs is advocating for the grant

to be reinstated after the state Senate came back and passed a bill funding 373 million dollars, down from 397 million.

The bill now waits for House action. When they have enough votes to pass it, the House will call for a vote, Frerichs said.

At Olivet, 908 students receive an average of \$3,964 from the grant, a total of 3.6 million dollars, Vice President for Student Development Woody Webb said.

Senior Madalyn Lathrop has received the MAP grant all four years at Olivet. After hearing about the possible loss of funding, she took a

closer look and totaled up the money she received through the MAP grant. "I didn't realize how big of a grant it was... thinking about how much more I would have to pay without it. For some students, it could mean they couldn't come here or would need to find a job.

Frerichs is holding press conferences and hearings around the state to highlight through media attention the negative impact of not passing this funding.

"We need to be supporting education. They want students to be educated and have careers, but they can't do that if the MAP grant is taken

away," Frerichs said. "As someone who was a first generation college graduate and helps families save for college, I believe the governor should say higher education is a priority."

In a press release, Frerichs said, "A college education opens doors for life-long employment and feeds the pipeline of reliable workers that Illinois employers require. The state has kept its word when it promised tax incentives to a new business, so it only is fair that the state keeps its word to students who were promised financial aid."



# 'Life is just a comma'

## Fall play 'Wit' opens this weekend in Kresge Auditorium

Lauren Stancle

Assistant Life & Culture Editor

This year's fall play is *Wit*: a story of a scholar diagnosed with stage four ovarian cancer.

The play won the Pulitzer Prize in 1999 and was written by Margaret Edson, the first and only play she wrote.

"It's pretty amazing to think that someone with no background in theatre wrote this amazing work of art," school play director and Communications professor Jerry Cohagen said. "It's a beautiful, compelling story of something we'll all face, and that is death."

Cohagen has been working with Olivet for 14 years and has directed between 30 and 40 plays, but he was saving this one in particular until the time was right.

"I read the play back in 1999... [and] I've always wanted to do it since 1999," Cohagen said. "I was waiting for the right talent to come along." That "right talent" that Cohagen speaks of is senior Ashley Sarver.

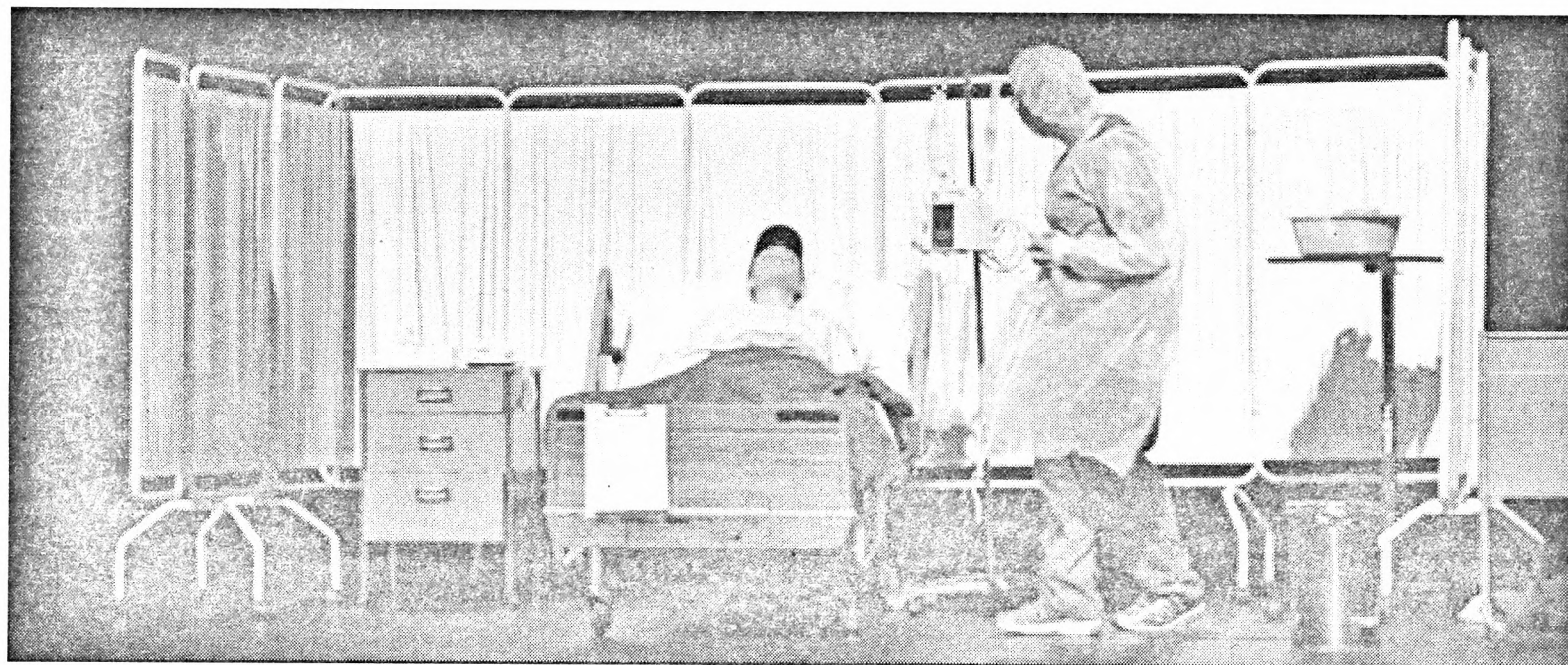
Playing the lead role, Sarver prepared herself for a difficult role that would challenge her as an actress, but she shaved her head for the part of the woman with cancer.

"I did this not only for characterization, but out of respect for those who have struggled and are struggling with this very disease," Sarver said in an interview for Access ONU. "I shaved my head for them and for the power of theatre."

This will be Sarver's last undergraduate play and, just as it's impacted her life, she hopes that it will have an impact on others.

Cohagen says the 22 cast members have been working hard on this play and he hopes people won't decide not to come because of the serious subject matter. He expects the audience to be moved and surprised that humor can still be found in this story. He said it will also make people reflect on their own lives.

"It's a fearful journey knowing that we're all going to die, but this play



shows that, although there is fear of the unknown, it's the journey to the next step," Cohagen said. "Hopefully people will be enlightened by it."

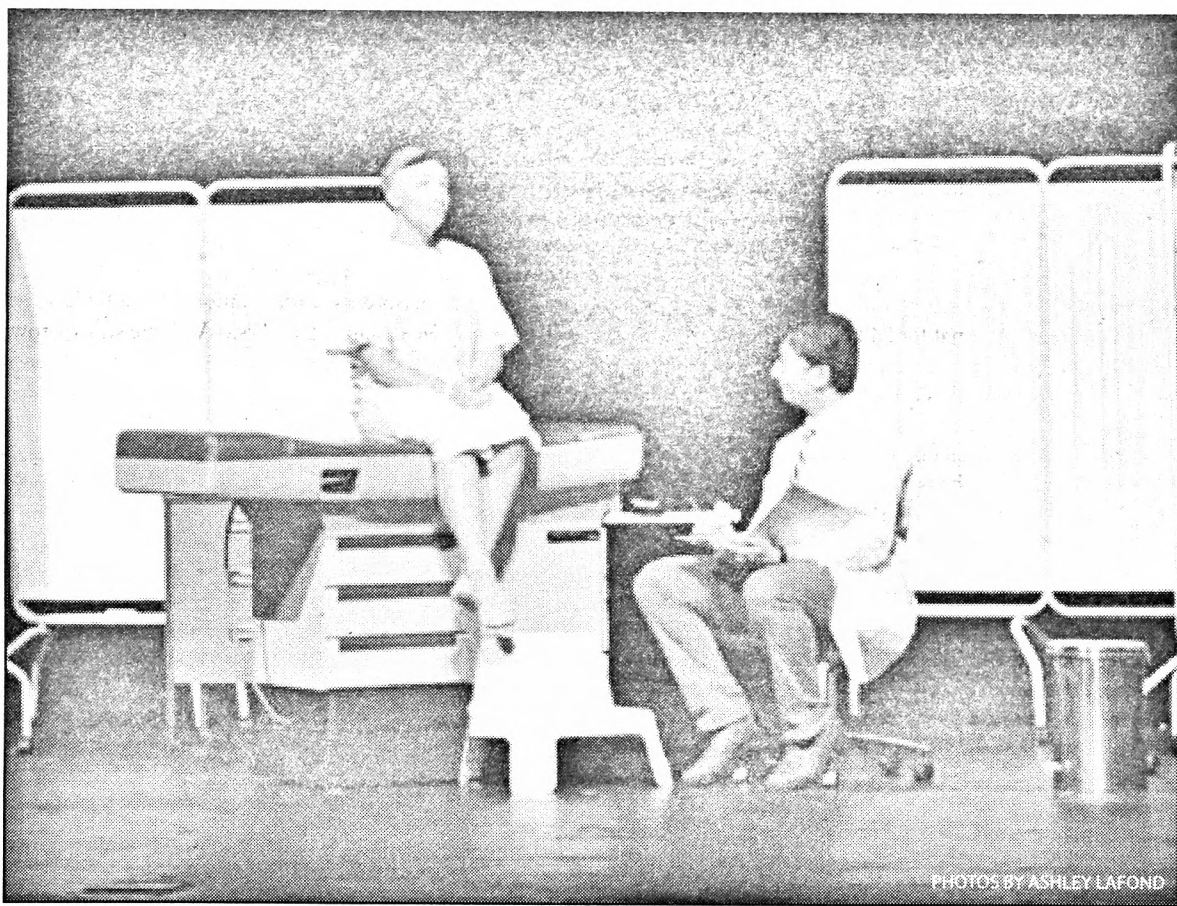
"['Wit'] asks the question when we come to the end of our journey, what matters? Not our intelligence, not our wit, not our ability to reason, but what we can feel with our heart," Cohagen said. The play also makes the point that "life is just a comma," he said.

"Buy lots of Kleenexes, bring a medical dictionary, and try to remember the fact that this is a very real thing that people are still struggling with," Cast member Dan Flynn said according to Access ONU.

The showings of "*Wit*" will be on Friday, Oct. 23 at 7:30 p.m., and Saturday, Oct. 24 at 3 p.m. You can purchase tickets by calling: 815-928-5791 or visiting <https://securepay.olivet.edu/homecoming/>.

The following weekend, showings are Friday, Oct. 30 at 7 p.m., and Saturday, Oct. 31 at both 2 p.m. and 7 p.m. For these dates you can purchase tickets by calling a different number: 815-928-5543 or visiting a separate website, [www.olivet.edu/tickets](http://www.olivet.edu/tickets).

The showings will take place in Kresge Auditorium.



PHOTOS BY ASHLEY LAFOND

The fall play "*Wit*" opens this weekend with shows Friday and Saturday and again Oct. 30 and 31.

## 'Feed'ing art and culture in Kankakee

Alexandra Van-Dehey

Contributing Writer

Feed Arts & Cultural Center, a local not-for-profit organization based downtown, took its name from its mission: to feed the creative and cultural facets of Kankakee county.

Feed's website provides a description of its goals: "To encourage and nurture emerging and established artists and to increase the appreciation and understanding of the arts within the Kankakeeland communities through classes, workshops, outreach, exhibitions, lectures, film screenings and other cultural events."

The group was founded in 2014 by art students Michael Costanza and Chris Clark, who said, "After completing graduate school, we were looking for a way to use our talents and education to support our community. Eventually, we found a bunch of people to help out, and Feed was born."

Feed is one of the newest additions to a variety of projects and businesses that are trying to revive downtown

Kankakee. Bill Yohnka, a Kankakee native and advocate for the city, is one of the most active leaders of this revival.

He has been closely involved with Feed from the beginning and said, "My hopes for the future of Kankakee are bold, and Feed fits into this in a huge way, because the concept of Feed is so much bigger than the building on Schuyler Avenue. It is about realizing the ambitious creative power that lives in the people here."

Feed hosts classes and events for the community while also providing a studio space for its member artists, who pay a monthly fee to use the materials and workspace available at Feed's studio location. Members are also afforded opportunities to exhibit their work and teach classes.

Katie Bretzlaff, a Feed member and art teacher at Bradley Bourbonnais Community High School, said, "It's a place where people who care about

our community come together. The networking that takes place between creative people is tremendous and is changing our community for the better."

One of Kankakee's most ambitious development plans, a project that Feed was closely involved in, was the decision to host an artist-in-residence. Brandi Burgess, an actress and artist from New York City, lived in Kankakee for the summer of 2014, shortly after Feed's opening. She worked closely with local artists in the studio, trying to encourage "growth through creativity." As an outsider from a big city, Burgess had a different perspective on Feed.

"Kankakee has a great amount of creative talent," she said. "Feed is really good at helping encourage that talent, and it shows in the projects that are going on in the community."

While the majority of Feed's events happen inside the studio, the orga-

nization also tries to go out into the community. Feed helped with the marketing and art sides of Merchant Street Music Festival, and they have a close relationship with the Kankakee Public Library, where they often host readings and screen films. Feed members can also be spotted at Perry Farm doing Art in the Park events, which showcase local talent and teach art to children.

Feed has an interactive website with information about member artists, upcoming events, and opportunities to support their cause. The site is updated often, as new things are happening all the time. Feed's latest endeavor is setting up a scholarship fund for developing artists.

"It feels great to be a part of something positive," said Clark. "Long term, I hope the Feed movement continues to spread, inspiring others to take a chance on their dreams."



# Reconnecting after disconnecting: Three Olivet students take a 24 hour break from technology

Nathan  
Dicamillo  
Life & Culture Editor



PHOTO BY LUKE BAKER

"We're not comfortable with silence, which really might say something about how shallow most friendships are."  
-Junior Erica Browning

"The experiment hasn't even started yet, and already spending 24 hours without technology is affecting my life," senior Melissa Luby said before she disconnected from her phone and laptop for an entire day. Luby warned her Facebook friends that she would be absent from social media and planned her homework around not being able to access Microsoft Word.

Along with two other students, Luby traded her phone and other technology for a notebook and pen to journal for 24 hours.

"I fell asleep super fast last night," freshman Nicole Pilbeam said. "I usually sit up for hours looking at my phone before bed." Going off the grid helped Pilbeam to relax and boosted her creativity, as she used the time to paint.

"Phone is off," Sophomore Erica Browning said. "I'm going out with a friend tonight so it shouldn't be too big a deal not having it. Maybe it'll help me be more present. I'm only just now realizing that a watch would be a good investment." Browning became frustrated at how much her friends relied on technology once she cut off

her obsession-or-maybe addiction to technology.

Here is where the terminology becomes muddied. When it comes to any sort of addiction to technology, "the literature has not caught up to technological progress," Dr. Lisa Vander Veer, Director of Counseling and Health Services, said via email. Because of this, "technology addiction as an actual disorder is not listed in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-V)," Veer said. The DSM-V lists gambling and many substances as addictive disorders, but has yet to speak on issues dealing with more modern issues.

It does help to look at what qualifies as an addiction. "Generally, addiction is a problematic pattern of use over time that leads to clinically significant impairment or distress," Veer said. "A person often experiences physiological or psychological withdrawal, builds up a tolerance to the stimulus, and needs more and more of it to get the same effect."

The study conducted by these three Olivet students is not long enough to

make any conclusions from, but two of the subjects expressed some level of withdrawal symptoms.

Luby is at a loss without technology. "We have [a] grand total of ONE board game in our apartment: Yahtzee," she wrote. "I don't even know how to spend time with my loved ones without technology."

Browning had difficulty not taking her phone with her when she went to bed. "I'm fighting this weird urge to take my turned off phone to bed with me still," Browning said. "That's really bad. It's basically the equivalent of an adult binky."

As Browning noticed her apartment mates on their phones, she became determined to not be on her phone before going to bed in the future.

Conversely, Pilbeam experienced a sense of calm by turning off technology. "I totally would recommend one day or even just a night with no technology," Pilbeam said. "It really is helping me connect with myself again."

Veer believes that social media presence adds to the everyday stress of life. She wonders how many students

recognize that "social media presence" is a large priority in their life.

"Many people spend more time on social media than they do socializing in person, exercising, praying or reading their Bible," Veer said. "These are valuable lessons that suggest if we take time to 'unplug' during in-person social interactions or when work needs to get done, it could be very beneficial. It could be as simple as taking two to three hours a day where we intentionally go offline (maybe even let family and friends know we are doing this) in order to enjoy the present moment and be more productive."

All three subjects in the experiment reported wanting to do the experiment again.

"Going to turn my phone back on now. It's strange," Browning wrote. "I really don't want to, and if I owned an alarm clock I probably wouldn't. It sucks a little sitting in a room when all of your friends are on their phones. We're not comfortable with silence, which really might say something about how shallow most friendships are. Without technology, I've gotten more done. I waste so much time on my phone or watching Netflix. More than I realize. I wish I could say this would change something about my life, but in all honesty it probably won't. I'm a creature of habit and technology is a big one. Maybe at most I hope I am more self-aware, and, at least, I know now that I'm capable of going 24 hours without technology."

An important side note, in our technologically dependent society, is that important conversations—fights, breakups, confessions—should be done in person, Veer noted.

"I cannot tell you how many times students tell me about an intense conversation they had with someone and then will pull out their phone to 'show' me the conversation," Veer said. "If at least two-thirds of communication is non-verbal, we miss a great deal by using technology to have tough conversations. It can be more difficult to have these conversations face to face, but today's emerging adults would benefit from the practice."

## Steps to combat pornography addiction

Claire Schmidt  
Staff Writer

Porn addiction. Not lightly talked about nor well-known, the condition has grown in the last decade. In a study conducted by Cambridge University scholars, research shows that it has strongly affected over half of relationships, with one partner in each relationship suffering from porn addiction.

Porn addiction is one of the more dangerous addictions because of how easily accessible it is in today's tech-savvy world. Dr. Freddy Tung, a staff psychologist and counselor at Olivet, said. Tung, who has been at Olivet for three years, has experience in counseling students with problems like porn addiction.

Nathaniel Sahyouni is also a counselor at Olivet, and is currently writing his dissertation on how pornography affects Christian marriages. As far as Christian relationships go, Nathaniel said research seems to indicate that if one of the partners is looking at porn, it reduces feelings of commitment.

Outside of a Christian environment, viewing porn isn't typically considered a problem. It all depends on how one defines it: as infidelity or a societal normality, according to Sahyouni. In the Christian world, however, small amounts of porn use can cause many relationship problems.

That is why Olivet has taken steps to combat this. Through the Olivet's Counseling Center, male resident assistants (RAs) are trained to handle situations involving porn use during their training at the beginning of the year. Conversely, female RAs are not trained as much for those scenarios.

During RA training, the RA's split up into male only and female only groups for specific instructions and training. Male RAs are shown a video on how to deal with students having porn addiction problems while female RA's focus on other matters, such as eating disorders, pregnancy, and self-harm.

The reason, said Residential Director of McClain Amanda Hogan, is that it is "predominantly a male issue, although for women

in particular it could be an isolating stigma." In addition, it is "hard to cover everything in RA training, so you have to cover what you will deal with the most," and counseling and health services are provided for additional help.

As with all addictions, viewing pornography is hard to stop once you start. It's important to create as many barriers as possible, Tung said, though that won't necessarily dissuade everyone.

Outside of counseling, it's important to have an accountability partner, such as an RA or a friend: someone who can keep you accountable or give you a daily reminder to fight the urge. In addition, there is the Counseling Center with qualified staff and free sessions.

The Counseling Center also used to have a Men of Integrity group that would meet occasionally. It was for male students and discussed a variety of things, including porn addiction. However, student interest in the group dropped and it has not met in the last two years.

### Warning Signs of Porn Addiction:

You should never accuse someone of having a porn addiction, but there are a couple of warning signs of porn addiction that you can keep an eye out for.

If the person starts isolating themselves more and spending a lot of time on their device, those behaviors combined could be an indicator of porn addiction, although not an obvious one.

Hogan said that another warning sign could be when an RA walks in, the student quickly shuts their computer.

Generally, those who suffer from porn addiction perceive a sense of less control, Sahyouni said.

Being diagnosed as a porn addict is harder than the general populace would assume, Sahyouni said. The amount of time a person has to be watching porn for it to be considered an addiction has to be enough to be disrupting daily life. Some studies suggest about eight or nine hours a week. Although, numbers are gen-

erally meaningless in determining whether or not someone is a porn addict, Sahyouni said.

On secular campuses, 90 percent of students have watched porn in the last month. At Olivet, people are more actively trying not to, though it is still happening, even with the filters Olivet puts in place.

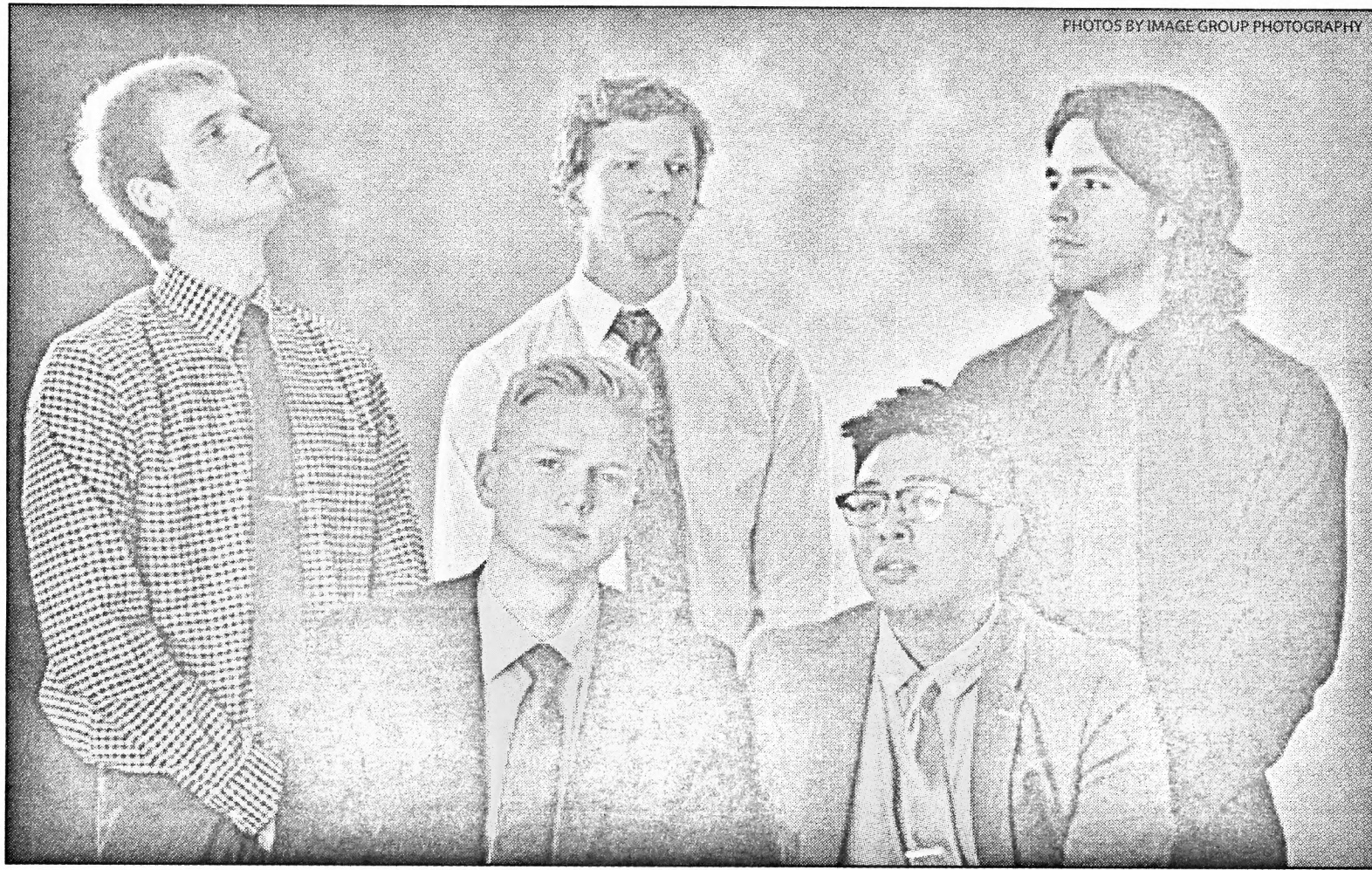
While researching, Nathaniel said that the average age of first exposure for boys is 11 and declining. The average age for women is 13. The percentage of women who watch porn has grown in the past few decades. Studies have reported varying percentages from 70 percent to 30 percent of women who watch porn, depending on how the researchers defined porn, such as watching it versus reading erotic novels.

Porn addiction worsens when it is kept secret. Porn addicts can help themselves by not being embarrassed and talking about their addiction with someone they trust.

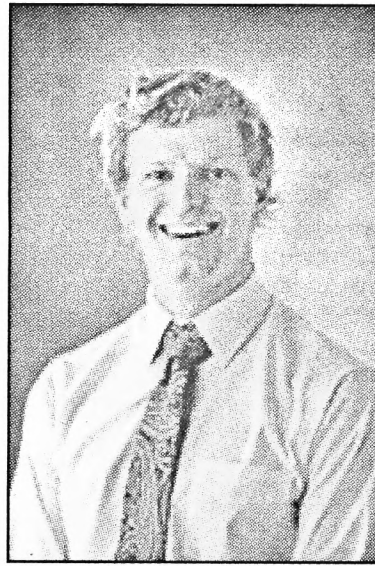


# More than tradition

Jada Fisher  
Staff Writer



Left to right: Jacob Gouge, Kyle Johnston, Andrew Fisher, Brandon Maranion, and Levi Himes



## Andrew Fischer

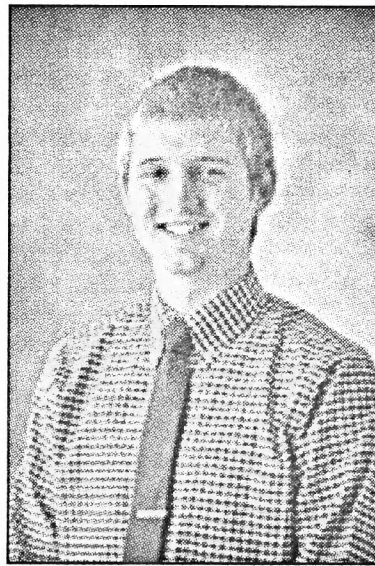
This English major and ESL minor is successful on wet and dry land. Andrew's mom, a swimmer herself, taught him how to swim at an early age. Before becoming a three-time NAIA National Champion and eight-time All-American, his knowledge of swimming saved his life at four years old after being pulled under water by a whirl-pool at the mouth of Kariega River.

Today, he swims with the Olivet team. Last year, he also swam across Lake Michigan with a group that raised over \$20,000 for Team World Vision.

It is also the swim team that has influenced Andrew most. Their support and encouraging words helped him gain a new perspective after a hard season.

Last summer was spent teaching English in China and South Korea. "The trip was very rewarding, and having the opportunity to share God's love with children in China who might never necessarily hear about God's love was incredible," he said.

Andrew has been an active member of Spiritual Life, a co-leader for Prayer Warriors for the last two years, and a copy editor and assistant sports editor for GlimmerGlass. He's also in the English Honor's Society, Sigma Tau Delta.



## Jacob Gouge

Jacob's passion is to love God and others.

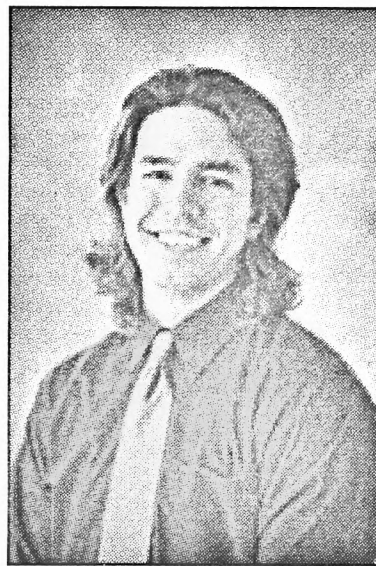
He's a youth ministry major and has been a resident assistant, Student Life and Recreation Center supervisor, an intern at Shepherd Community Center and youth leader at Chicago Heights Church of the Nazarene.

Jacob has also been on three MIA mission trips. During his trip to the Congo, he shared his testimony with a group of students at the English school there. His testimony influenced a man, whom he got to pray for and encourage. "I will never forget that because of the hunger, this young man had to know Jesus and have a deeper relationship with Him," he said.

He's been most influenced by his freshman connections mentor, Tom Ward, and they have since been good friends. Jacob has been encouraged in his faith and challenged by him in leadership.

Jacob enjoys basketball, spending time with friends, going to Kelly Prayer Chapel and playing NBA 2K and FIFA.

Post-graduation, Jacob plans to get a master's degree in ministry and have graduate assistantship with the student life and recreation center. "[My] goal is to eventually work in a church and live intentionally and missionally amongst the people of the community that I end up in," he said.



## Levi Himes

Levi's no Indiana Jones, but the avid traveler and outdoorsman has probably had just as many adventures.

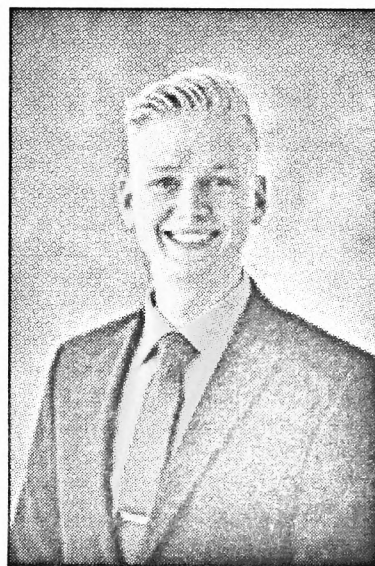
Levi has been to Hawaii, Utah and across the west coast for fun, leisurely happenings. He's also traveled abroad for missions to Haiti, Jamaica and Thailand.

During a hike with friends in Utah at the canyons of Escalante, Levi faced a bit of danger. He climbed out of a slot to get a better view, then to another spot. "In the midst of it, the sandstone became very unstable and a large rock broke free cutting my wrist and falling to the base of the canyon, crashing into the walls just before landing directly in front of my friend," he said.

Levi isn't always on risky hikes, though — he's also interested in art, writing letters and cooking. Since visiting Thailand, he's tried making Khao Soi. "It is a very spicy curry/Thai pepper dish with chicken and egg noodles, in a mixture of coconut milk and chicken broth. It is absolutely delicious but it packs some heat as well," he said.

The ministerial mission major currently serves as Senior Class Chaplain and a preaching ambassador. Levi is also a runner for the Chicago marathon team with World Vision.

Levi described his "life at Olivet" as "a cataclysmic susurrus."



## Kyle Johnston

Kyle's "Life at Olivet" has been a "life-changing experience," he said.

The youth ministry major has participated in intramural sports, Mr. ONU, Spoons 4 Forks and works in Admissions.

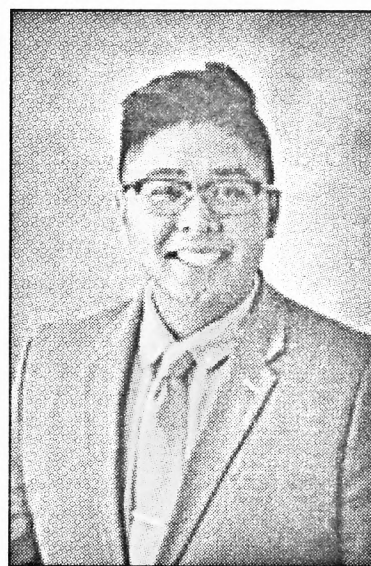
He's also a resident assistant in the Olde Oak apartments and was formerly a resident assistant in Hills hall for two years. Kyle has loved getting to know people and invest in them while being invested in, he said.

He enjoys being a member of the improv comedy club, Spoons 4 Forks. "It's helped me to make boring situations more fun," he said. "I've never had to use improv to get out of a bad situation, but that'd be fun."

His resident director Brandon Davey has had positive influence over him during college. "He has showed me what being a man of God looks like and how they act," he said.

Post-graduation, Kyle hopes to either attend graduate school or get a job in a church working with teenagers or college students, he said.

Romans 8:28 is his favorite scripture, which says, "And we know that for those who love God all things work together for good, for those who are called according to his purpose."



## Brandon Maranion

"Wait, I'm graduating?" are three words that describe Brandon's "life at Olivet."

Though Brandon will probably forget Sodexo's London broil, the Christian Education and Communication Studies double major won't forget his four best friends. "The big five" met as little freshmen on second floor Chapman, but we've done life together here at Olivet," he said. "It's been through this community that God has drawn me closer to Himself and after three years together, I can say that none of us are the same."

The friends he has been able to live and grow with are his most cherished aspect of college life. Whether its random adventures, chill days, taking day trips and photos or just having conversations, he likes to do all of the above with friends. "The people here have been a huge blessing to me," he said.

Brandon has been involved in LifeSong, Music Ambassadors, Admissions, Residential Life, and Associated Student Council.

"1 John 4:12 has been a theme verse for me as I continue to understand God's love in my life," he said.



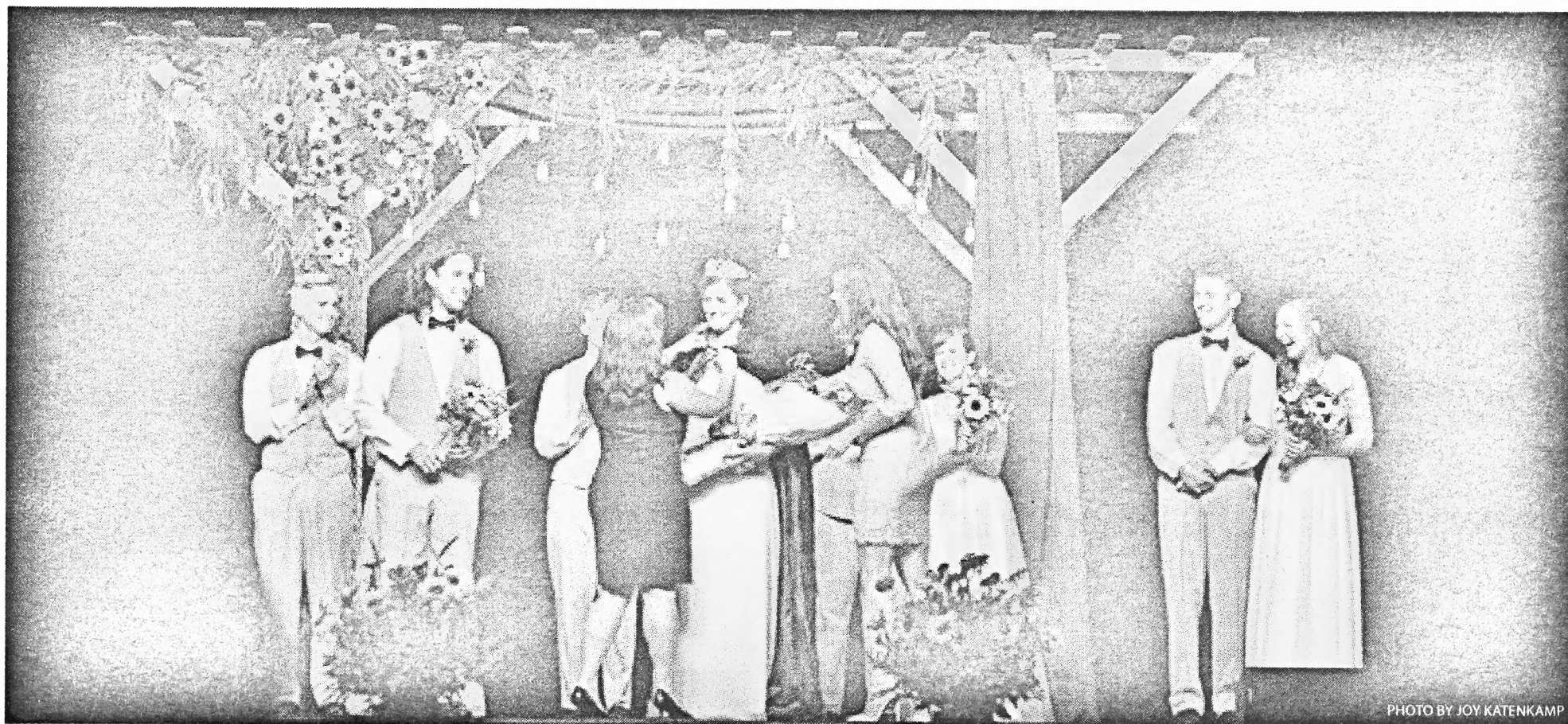


PHOTO BY JOY KATENKAMP

# Jessica Dirkse crowned queen

**Mariah Garratt**

Staff Writer

## Joelle Mannion

Hailing from the small town of Sugar Grove, Illinois, Joelle Mannion is quick to laugh when people don't know where the home of the famous "Sugar Grove Corn Boil" might be on a map.

While Joelle might be a small town girl in her roots, she dreams of working overseas. After a missions trip to Thailand, she found herself loving the culture and her passion to serve others strengthened. Majoring in Christian Education and Intercultural Studies, Joelle feels particularly called towards the issue of human trafficking and rehabilitation of its victims.

Joelle's love for helping others shows through her role as a resident assistant (RA) for Grand apartments and current service in Stratford. She put time with her residents at the top of her favorite Olivet experiences. "Everyone has such an amazing story, and it's beautiful to be in a place where people know they can turn to you if they need help," she said. "It's a big task to be representing Christ to others."

Joelle puts intentionality into her care for others, through ministry work and everyday activities such as intramural sports. Her past work includes Urban Children's Ministry and Save our Streets, along with a prayer group.

Joelle is currently planning for graduate school, where she hopes to gain more training for her work with human trafficking issues. Her desire is to stay local for a while before venturing out into the world, but she would love to end up working in Thailand, India or a number of European countries.

## Jessica Dirkse

Known as "JD" and "Mamma J" to many, Jessica Dirkse is a Math Education major from Downers Grove, Illinois. Jessica quickly named her two years as a freshman RA in Parrott Hall as one of the biggest highlights of the past four years. Building relationships is a clear passion for her; and she sees it as the motive behind her love for teaching.

As a lover of many sports, Jessica is an unstoppable force on the field. Her long list of intramural experiences over the years encompasses almost



PHOTO BY IMAGE GROUP PHOTOGRAPHY

Left to right: Joelle Mannion, Megan McKinley, Katie Reed, Jessica Dirkse, and Laura Graven

every activity offered. A loyal Packers fan, she put flag football near the top of her intramural favorites. In light of the fact that her team is currently undefeated, this should not be surprising. However, the top spot goes to badminton. "I got to be teammates with my sister Sarah," she said. "We lost every game, but it was a blast."

Jessica hopes to begin her work with middle school students – she said she wants to walk with kids during the "awkward years." With an endorsement in physical education, she pictures herself coaching basketball or "anything really." The question of where is still up in the air, but for now Jessica is content loving the people of Olivet.

## Laura Graven

As a girl, Laura Graven didn't see a to stay in her hometown of Bourbonnais. Nonetheless, after a good dose of Wacky Games her freshman year, Laura found a new appreciation for Olivet. "I love that people take so much pride in their time here," she explained.

Laura's Olivet pride earned her a job as an Admissions Office Ambassador, a role that brings her true joy. "Homecoming is one of my favorite times of the year," she said. "It's so beautiful because it's the Olivet family

all coming together again."

It's this love for people that inspired her choice of major, Social Work. She chose this career as a way to walk through the everyday journeys of life right next to those who need help. Laura named "people" as her biggest passion, and spending time with others was high on her list of favorite things.

Yet another way Laura's heart for serving others has manifested itself is through her time at Olivet – Gospel Choir, Mission Impossible, and Sister 2 Sister were some of her favorite extracurricular activities. She also dabbled in informal sports, and ended up becoming a champion intramural badminton player. She ran the Chicago Marathon for Team World Vision her junior year, calling it her favorite day she has ever lived. "It was such a cool parallel to our lives as Christians," she said. "There are mountaintops and valleys, but in the end none of it matters because we have Jesus."

After an MIA trip to Shepherd Community Center in Indianapolis, Laura felt a strong calling to the community. However, Laura's future remains mysterious to her. No matter what happens, she is excited about the prospect of letting God open doors when the time comes.

## Katie Reed

Many students will remember Katie Reed thanks to her bold words on the Gospel, presented in a September chapel service. With a beaming smile and bright positivity, Katie currently serves as Olivet's Vice President for Spiritual Life. Her major is in Social Work with a minor in Not-for-Profit Business.

A huge influence on Katie's life was her family's move to Nairobi, Kenya when she was six years old. Her parents broke the news to Katie and her sisters Becca and Hannah over dinner at McDonald's because, "They thought a Happy Meal would make it all better." While young Katie was devastated at first, she now describes the move as the best thing that has ever happened to her. Katie soon discovered a passion for ministering to diverse cultures.

For three years Katie acted as a co-leader for Compassionate Ministry. She has been an active voice for the Student Philanthropy Council, Preaching Ambassadors and a traveling theater ministry called Modern Day Prophets. She has also served as an RA in the UP apartments and professes a deep love for the family dynamic this experience brings.

"I'm not a big fan of life plans," Katie said with a laugh. "I just want to be a servant when I grow up." She does have the goal of finishing up her social work studies in graduate school before ultimately returning to Africa. Wherever she lands, it's her dream to serve with a Not-for-Profit business aimed at aiding marginalized communities. "My goal through all of this is not to make my name known, but His name known," she said.

## Megan McKinley

Megan McKinley came from a small town to Olivet to study Christian Education and Intercultural Studies. She has a very unique passion for Latin American cultures, which is why she added on a minor in Spanish.

The direction of Megan's studies was largely shaped by her high school youth group, with whom she took her very first mission trip in 2009. Their work in Nicaragua forever changed Megan and she began to feel a call to serve the people of Nicaragua for the rest of her life. "I fell in love with the people there," Megan said. "After that first trip, I knew that I had left my heart there."

Since Megan's first trip, she has returned to Nicaragua many times. Her trip in the summer of 2014 sparked an idea; Megan began visiting groups of women with the intention to pamper them, followed by a presentation on inner beauty and the Gospel message. "We really just want to give these women a place where they can feel free to laugh again," she said. "Beauty really can be a universal struggle."

Megan has been an example to many women on Olivet's campus through her time as an RA. After spending two years with freshman in Parrott, she is currently serving the women of Stratford. One of the other roles was her job as a Student Ambassador. Both these jobs agree with Megan's love for people and her love of encouragement.

In the near future, Megan hopes to bring to life an idea for a not-for-profit ministry of her own design. The plan took shape from a class project for one of Professor Teresa Garner's youth ministry courses. What Megan hopes to achieve through this is a long-term ministry opportunity to the women of Nicaragua, the country that stole her heart.



# Drumbeats: Mrs. Jill Bowling

**Mariah Garratt**  
Staff Writer

*The GlimmerGlass takes a look into the history of Dr. John and Jill Bowling - from Mrs. Bowling's perspective.*

**The GlimmerGlass:** There are rumors that you and your husband left graffiti on the back of the Center for Student Success. Is this true?

**Jill Bowling:** Yes we did! The Center for Student Success was built as the President's Home, so that's where we lived for 15 years. We loved living on campus.

They were replacing the concrete of our driveway so we went out and carved in it. It should still be there at the northwest corner; it says "Jill + John." I should have made it bigger though.

**GG:** How did your relationship with John grow here at Olivet?

**Bowling:** Well, I was WRA president, which is now Women's Residential Life and he was the GlimmerGlass editor. He approached me in my senior year, his junior year, asking if I would like to do a column. From then on I would often see him in the GlimmerGlass office while I was turning in my articles.

My senior year, John was singing for homecoming and I was helping organize everything. He always says that I walked by, and he immediately turned to his roommate and said, "That's who I'm going to marry." After homecoming he asked me out, and the rest is history.

**GG:** What was dating culture like

while you were attending Olivet?

**Bowling:** We didn't have these big group dates like people have now. We had nowhere to go as a group. There were no such things as open-dorms, there weren't a lot of lounges or the Perry center... There was a fancy restaurant called "The Yesteryear" in Kankakee, which would have been a pretty serious date place and often the site of the 'engagement thing.'

Olivet used to have Christmas and Valentine's Day banquets in Chicago. Now no one would have dreamed of going with a bunch of girls--no, you had to have a date. Now who mandated that? I don't know, culture? The 60s? The Beatles? I don't know. But that's just the way it was.

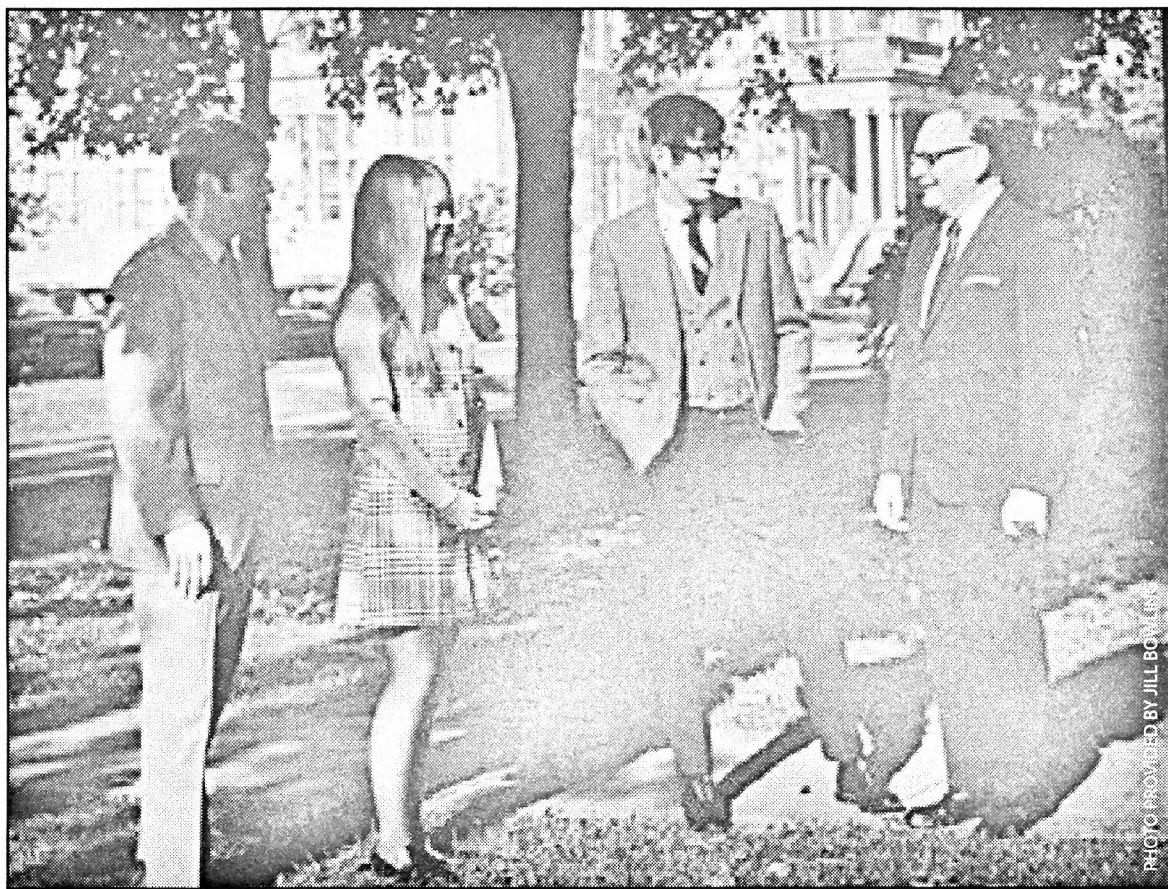
**GG:** Was the idea of "Ring by Spring" more prevalent when you were a student?

**Bowling:** No, not really, although it was kind of silently assumed that you would find a mate at college. It was not unusual at all to get married after your sophomore year.

You know now there's more pressure to go to graduate school and get all these life experiences, but it was not unusual at all to get married while you were in college. And if you wanted to get married here you would first have to ask the president for his approval.

**GG:** What are some aspects of "old Olivet" that you loved the most?

**Bowling:** I know this wouldn't go well with students now, but I loved living in dorms for all four years. It was just easier to get to know everybody, and I just loved that com-



Dr. John and Jill Bowling stand in front of Burke on Olivet's campus as students.

munity. Even though we have gotten bigger, hopefully that same idea is still engendered here.

**GG:** What is one memory you have from living on-campus?

**Bowling:** My freshman year, Williams was completely full, and McClain was just being built. It didn't even have beds yet. They decided that women in the top 10 percent, based

on our grades, would want to live in a quiet study environment.

So they put us on the top floor of McClain, with mattresses on the floor and without desks. We had to yell "woman on the floor" every time we went up there because workmen were still running around finishing everything.

**GG:** What are some things about

Olivet today that you appreciate?

**Bowling:** I'm glad that it's not unusual for women here to major in engineering, criminal justice, or forensics. Then you pretty much chose between being a teacher or a nurse. That was the whole thinking of times really.

## Ado about cold and flu

**Erica Browning**  
Staff Writer

Cold and flu season is fast approaching, and the stress of the semester is steadily growing. With so many students living in such close quarters, the risk of illness and mental stress continually multiplies. Olivet's Counseling and Health Services offers many free and minimal cost services for short term care of students needs, both mentally and physically.

"We see anything in a range of eating disorders to lice from poison ivy to toenail infections. It's a whole gamete, but most of what we see being spread is respiratory and stomach illnesses," Olivet's Nurse Practitioner Mary Schweigert said. She sees anywhere from 10 to 20 students per day depending on the season.

"I'm a nurse practitioner so I can order lab work, I can prescribe medications so they don't have to go somewhere else first," Schweigert said. There is also a second nurse present in the office one to two days of the week for allergy clinics.

Olivet also offers free counseling sessions for students struggling with mental illnesses, unhealthy relationships, and stress. "We do not allow students to work in the office because we are a combined counseling and health service," Schweigert said. "The trend in secondary education is to combine those two to give students the most privacy we can. We do not allow other students to work in our area."

The counseling center has two psychologists, four licensed clinical counselors and six doctoral students working on their doctorates in psychology. According to the

Counseling and Health Services yearly report, the average wait time for students to be scheduled for an appointment with a counselor is about four days.

For students seeking a different option from one-on-one counseling, there are also several counseling groups that help with larger areas of struggle. Groups start the week of Oct. 19 and offer help with support, coping, and building healthy relationships.

"We typically run four to six groups a semester and anywhere from three to 11 students attend any given group," said Dr. Lisa Vander Veer, the Director of Wellness and Career Services. "Groups are extremely well received and are often an ideal form of treatment for many issues college students face. The most difficult part of groups is getting students to attend, but once they do the response is nearly always positive."

Appointments with Health Services revolve around similar types of illnesses, but Schweigert said they have a wide range of reasons why students might find themselves in their offices.

Senior Elisa Caballero has been sick several times over the course of the semester, but only went to Health Services the first time she caught a respiratory illness. "I was worried by the time I got an appointment the second time I would be feeling better again because it was more flu like symptoms, and I assumed it would be a shorter illness," Caballero said. "I go to family if I can and I take advantage of having doctors in the area."

The sooner you make an appointment with the health center for flu-like symptoms, the faster you can

get help.

Influenza is a viral illness, but there is a viral medication specific to the flu that when given within the first 72 hours helps limit your symptoms and disease progression, Schweigert said. If you wait, the recommendation is to go without the medication because it should already be resolving itself. Schweigert said that during flu season, students should be sure to seek an appointment within the first three days of illness.

Strep throat is similar to the flu because it's a bacterial infection and it needs an antibiotic to help your body fight it. It can lead to other problems if you don't get it treated. If you get on an antibiotic within the first 48 hours you're going to feel a lot better than if you come in later, Schweigert said, although there isn't a lot they can do within the first 12 hours. "We really almost need to see more of a progression of the illness in order to make a better diagnosis," she said.

For chronic illness or pain Schweigert recommends that students consult primary care physicians for issues concerning their long term care, but Health Services is willing to help with short-term solutions. Most students can help their own health by remaining aware of the options, recommends Schweigert.

"I would say a lot of students don't know about or don't have access to simple over the counter medications and taking their temperature and they don't know what to do about a respiratory illness or a gastrointestinal illness," Schweigert said. Remaining aware of general student health issues and options for treatment is one of the first steps to avoiding illness while at college.

## Gallery exhibits art of artists with Autism

**Alyssa Franklin**  
Contributing Writer

As reported by Autismspeaks.org, Autism Spectrum Disorder (ASD) is a disorder where a person has difficulties in social interaction, verbal communication, repetitive behaviors, and nonverbal communication. Despite the claims of autistic individuals being unable to speak well or have good social skills, Merchant Street Art Gallery of Artists believe they can help.

"Now we use art to get them jobs," said Janice Miller, Executive Director and President of the Community Art Council at the Merchant Street Art Gallery of Artists. "They can support themselves as a professional artist," she said.

Volunteer Marketing Director of Merchant Street Art Gallery of Artists with Autism, Michael Hansen said, "This program will benefit artists and musicians diagnosed with ASD by showcasing their works and talents on a national scale and proving that those with Autism are talented and can produce quality works of art." Hansen himself has ASD and is involved in the community.

Miller said, "We are serving in New England, California, and we are the only one in the world who serves people with Autism specifically." The gallery began the Spring of 2015, where Miller was asked by a family if she could help with starting the corporation.

"A family has a son with autism that is an artist and they wanted to take an old building from 1907 and refurbish it to become an art gallery,"

Miller said.

Wanting their vision to come to life, they asked Miller if she could help get it going. Miller has worked with autistic students for nine years; she has helped them to get jobs and has wanted to get involved in a project.

Miller said, "I like for people to be successful and I want them to use the talent they have to the maximum."

"What fuels my passion for this organization and all that it represents is the fact that I am autistic. I believe that labeling someone as autistic makes that individual different, not less," Hansen said.

According to Autismspeaks.org, many autistic individuals have a very high ability to obtain information and are able to work. About 40 percent have average to above average intellectual abilities.

Merchant Street Art Gallery of Artists with Autism is fairly new and needs the Kankakee community to spread the word about their incredible work.

To get involved you can do three things: "Support the gallery by coming to shows and fundraising events, volunteer, and keep your eyes out for artists with autism and let them know about the gallery," Miller said.

Their next art show will take place Oct. 23 from 6:30- 9p.m. They are located at 356 E. Merchant Street in Kankakee, IL.

"This will be our opening reception for our Merchant Mash Art Show that runs until Nov. 11," Hansen said.

To learn more visit <http://merchantstreetartgallery.weebly.com/>.



# Boarding at Olivet

Diary of a beginning longboarder

Nathan DiCamillo  
Life & Culture Editor

**H**ypped, stoked, ready to shred it. I'd tried not to bail while hoping to one day be able to bomb this hill like junior Riley Dale. His gnarly tricks and ability to slide with steeze was pretty dope. This was my introduction to the longboarding world.

"Try to come down on your heel not your toes," Dale said. I was trying to learn how to foot brake—a rudimentary skill of any longboarder who wants to be able to skate downhill without bailing.

Dale began longboarding after he rode the board of a fellow camp counselor at a camp he worked at in Michigan over the summer. "It was just that feeling like you're just riding. It was effortless," Dale said.

Senior Colton Diaz wanted one after seeing friends at Olivet ride around.

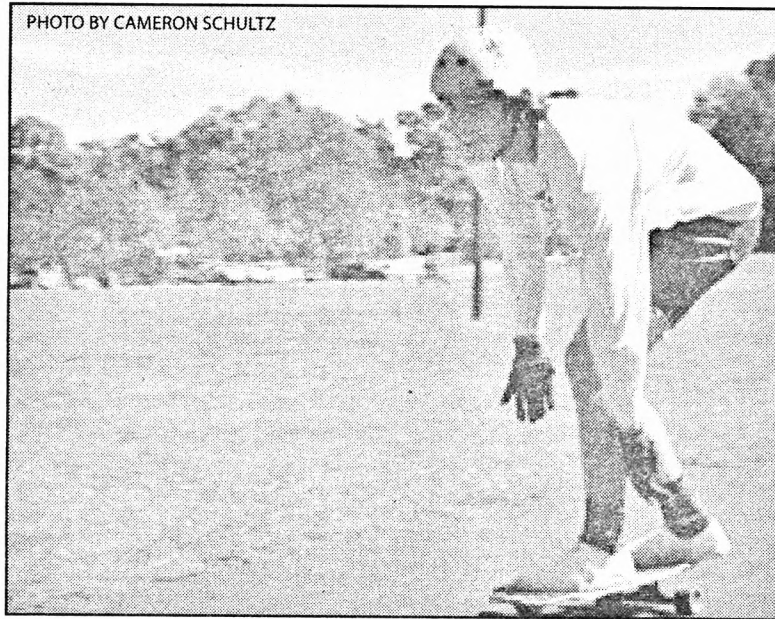
"I was just like 'ah, so much easier to get around campus, and I want one ... and Cam Schultz,'" Diaz said.

Senior Cameron Schultz is arguably the most well-known longboarder on Olivet's campus. Schultz owns his own longboarding company, Sovereign MFG, with a friend, Eric Frenz, from Wheaton College. Schultz got into longboarding back in high school and made his first deck in his garage with his brother.

"We used cinder blocks to give the board some camber [bowed], but it didn't have any concave on it," Schultz said. "Concave is what locks your feet in."

Up until his senior year, Schultz was making decks in his garage for friends. Then he met a friend at church who could build websites. "I made him a deck, and he made us a website," he said. "From that we started getting boarders from all over the U.S."

PHOTO BY CAMERON SCHULTZ



Junior Riley Dale cruises down a hill in the Riverfront Longboard Push race Sept. 26, in Bourbonnais.

Before they left for college, Schultz and Frenz decided that they wanted to take the company to the next level. When a mentor of Frenz gave the young entrepreneurs a "really, really gracious investment" without expecting anything in return, the deck creators contacted a small manufacturer in Rockford.

"It's pretty cool to see how God pushed this company along," Schultz said. "It all started in my garage and now we have a manufacturer."

Schultz also hosts his own longboard races. His most recent was at a common longboarding destination for Olivet boarders: Riverfront Park in Bourbonnais.

"It was just a push race, so the top speed was about 25 miles per hour," Dale said. In a "fast free riding downhill phase," Dale is addicted to bombing hills at 40 miles per hour (with helmet and gloves).

It was the first longboarding race that sophomore Jerry Moreland had competed in. "It's the beginning," Moreland said. "It's going to become something big." Moreland has five longboards and custom paints them. Currently, he's painting a board for a friend whose board was stolen.

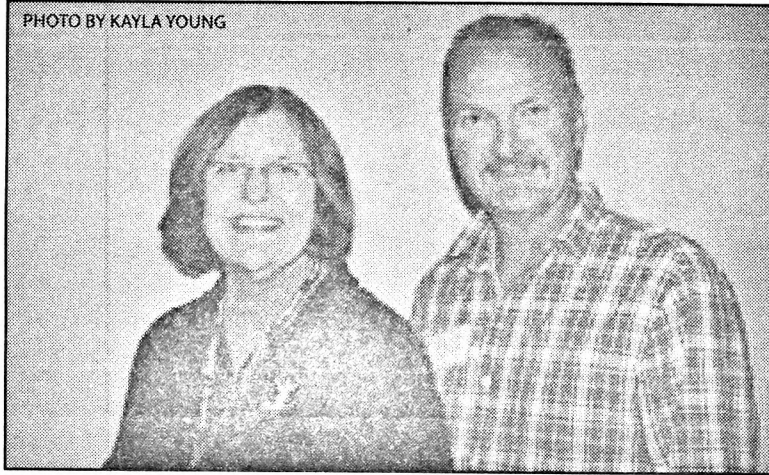
"Most boarders are super friendly because they want to create a good reputation for the sport," Dale said. Dale has found that the sport "brings people together in odd ways" as fellow boarders talk about boarding or just go out and ride together.

In the longboarding community, Schultz has contacts across the US and in Toronto. "It's pretty cool," Schultz said. "We can just go camping and ride."

## Longboarding terminology:

**Bail:** To fall off your board  
**Bomb:** To ride down a hill fast  
**Gnarly:** Extreme, difficult, dangerous  
**Hyped:** Excited, pumped up  
**Steeze:** Coolness  
**Stoked:** Intensely hyped

PHOTO BY KAYLA YOUNG



Pastor Deborah Bell and ministry leader Russ McDowell lead Celebrate Recovery every Tuesday night at GatheringPoint Church in Bourbonnais.

## Celebrate Recovery offers healing

Taylor Provost  
News Editor

"I have a front row seat to the best show on Earth," Celebrate Recovery ministry leader Russ McDowell said of his involvement in the recovery program at GatheringPoint Church in Bourbonnais.

According to its website, "Celebrate Recovery is a biblical and balanced program that helps us overcome our hurts, hang-ups and habits." The program, founded by Pastor Rick Warren, began 20 years ago at Saddleback Church in California and started small. After much success, helping thousands of people recover through the program at Saddleback, it extended to other churches. Today, Celebrate Recovery exists in over 20,000 churches globally.

The program is based on 12 Christ-centered steps and eight recovery principles. The principles are based on the eight beatitudes. The 12 steps, grounded in scripture and prayer, are based on admittance of personal "hurts, hang-ups and habits."

McDowell, a lay member of GatheringPoint and former member of College Church, began leading Celebrate Recovery in 2012 when Pastor of Congregational Care Deborah Bell approached him about the idea of starting the program at their church.

"He's a wonderful man who has been through recovery, and he's a mature Christian and just has great leadership," Bell said of McDowell.

The program coincides with a full calendar year, starting over each year, but is "not a program you 'graduate' from," McDowell said. "Most [participants] go [to Celebrate Recovery] more than one calendar year," he said. "But no matter when you join during the year, it's not confusing — you can start at any time."

The program meets weekly, with 26 lessons and 26 personal testimonies presented on alternating weeks over the course of the year. The les-

sons include themes like denial, hope, action, admittance, gratitude, giving and relapse.

McDowell said the biggest misconception of Celebrate Recovery is that it is a place only for believers and those involved have to have struggled with alcoholism or substance abuse. "We welcome everyone," McDowell said. The group addresses other issues, as well, like codependency, divorce, physical, sexual or emotional abuse, domestic violence, financial challenges, sexual addiction, food addiction, eating disorders and any other hurts. Due to the program's adult themes, it is reserved only for those 18 years or older.

Bell encouraged Olivet Nazarene University students to attend if they felt inclined. "Anyone is welcomed to check out this group," she said. "Celebrate Recovery is completely confidential; a safe place for all."

Each meeting begins with a time of fellowship and visiting in the church's café. Then, the group assembles for general announcements followed by a time of worship. Depending on the week, either a live testimony or a lesson is presented. Afterwards, the large group breaks into men's and women's small groups. Each meeting ends with the large group meeting again in the café for dessert and coffee.

Celebrate Recovery begins at 6:45 pm on Tuesday nights at GatheringPoint, but also meets at River Valley Christian Fellowship in Bourbonnais — the only other local church to host the program. Meetings at River Valley are held at 7 pm on Friday nights and are led by ministry leader Robert McBurnie.

"It's not a quick fix," McBurnie said of the program. "It's not magic; it's a long, hard grind, but it's worth it."

"It's so helpful to have people in your support who care about your recovery," Bell said. "Healing is a process... We have seen miracles happen at Celebrate Recovery."

# Rocky Horror to show in Bourbonnais

Sarah Ortman  
Contributing Writer

On Oct. 30 and 31, the Limelight Theater Works at the Feed Arts & Cultural Center will present The Rocky Horror Picture Show. Limelight Theaters first show, Rocky Horror is an outrageous musical comedy homage to low budget sci-fi and horror fiction films of the mid-twentieth century. The play tells the story of Brad and Janet, two wholesome kids seeking refuge in the castle-home of a mad scientist from another planet, and his motley

crew of servants, groupies, and bizarre associates.

Director Tyler McMahon said he is looking forward to being the first production of The Rocky Horror Picture Show in the Kankakee area. "This is a show people secretly love and it's just so much silliness, tackiness and fun," he said.

Ensemble member Matthew Hess said, "The most exciting thing about being a part of bringing Rocky Horror to the area is the cult following and excitement for this show from peo-

ple that know and love it, and seeing new people be introduced to fun and boundary pushing theatre, not to mention the music is awesome."

The actors are very passionate about performing well and cannot wait to put on a great show for their audiences. McMahon decided to direct this show when the original director had to step down. "It leaves so much to play with and create, but still honors the look that people know from the movie, but give our own twist. We have some special unique treats for the show so die-

hard [Rocky Horror Show] fans will have to be on the look out for a few surprises," McMahon said.

To spark audience attendance even more, Hess said that audience participation of the stage performance is an addition to Limelight Theatre Work's take. "People who know the show well know there is a prop bag of items you bring to throw on stage, a whole list of things you chant from the audience during the show, and some awesome times to get up and dance with the cast," Hess said.

The show will be selling these props to the audience if they choose to participate and are encouraged to come to the show dressed and their favorite character.

Tickets are on sale now. The theater is selling fifty tickets for each of the four performances online. Plus, another twenty tickets for each show at the door. Tickets cost \$10 at the door and they will only be accepting cash. Performances are at FEED Arts and Cultural Center 259 S. Schuyler Ave. Kankakee, IL 60901.



## 'The process of pursuit'

Michael Krebill  
Contributing Writer

From what I have heard on Sunday mornings and from what I have read in Scripture, we are all made in the image and likeness of our God. Therefore, we each carry some of God's DNA. This is how we reflect His image to our world.

Combined with our individual spiritual gifts in the myriad of combinations possible, we each become a one-of-a-kind human being. I have also witnessed God's pursuit of the people He created and loves because I am one of them. I have seen firsthand the salvation of people who had once dissed God all together. God pursues.

But I have also learned that God wants us to pursue him, too. He does not use scare tactics, cold shoulder or silent treatments, nor does he ignore us. If we are to love and pursue as God does, then we need to change our behavior towards one another.

My specific grind is with my own generation's perceived lack of common courtesy and respect for healthy communication and understanding of *pursuit*. I believe the desire to pursue is more with men, but guys like it when ladies move first, too.

My mom remarks how most women appreciate being noticed or *seen* by a man. Even if the man is not someone with whom you would spend the rest of your life with, the point is that someone thought you were special and tried to get to know you. This seems underappreciated by my generation.

Oh, the risk of pursuit! Do any of the women reading this article understand fully how scary it is to risk? Like most people, I fear rejection. Now I am hearing Dr. Phil in my head saying, "What you fear you create."

He's right, you know. If you fear rejection enough, you don't risk the pursuit so you can avoid rejection. If you fear being alone, then you won't risk putting your heart out there. You will avoid rejection and end up alone. Pursuing a woman is risky. However, there is nothing, and I mean nothing more painful than rejection via apathy or avoidance.

If a guy pursues you, please give him the common courtesy of a, "No thank you, I am not interested." Sim-

ple and direct, that is all we need.

As Dr. Phil says about men, "Keep the dots as few as possible and as close as possible, and connect them with a very thick red line."

He's not saying that we're dumb; it's just that we understand and appreciate emotional clarity and simplicity. We are not mind readers. Even Jesus said to let our yes's and no's be firm and straightforward. Too many women fear hurting a guy's feelings by stating the simple line I offered above, but cause more pain by avoiding him and offering no response at all.

A cold shoulder or a shrug could mean you are physically cold or your purse is too heavy. If we assume what is not true, women ding us for that, too. Healthy communication wrapped in courtesy and decency spells respect - the kind of respect Paul talks about in Ephesians 5.

I would rather exercise the muscles of love and kindness and gentleness *before* I get married, and I think men would appreciate women practicing respectful behavior now than later.

I have learned from my parents how men feel loved when they are respected first, and how women feel loved when they are pursued and cherished. When you feel loved by another person, you will do most anything for them with a glad heart.

I think the Apostle Paul's approach works best, but we first must overcome our fears. Only God can help us overcome what scares us, and only God can heal the broken heart.

In summary, healthy communication thrives on courtesy and respect. If you are a man who is afraid of rejection, risk it anyway. If a woman rejects you in an unfair, unhealthy or disrespectful way, she isn't the right woman for you. Why would you put up with disrespect right out of the gate?

If you are a woman who has a pursuer, let him know honestly whether or not you are interested. If not, just say so. Demonstrate respect by letting him know sooner than later. If you are confused whether or not a guy is interested in you beyond friendship, just ask him straight up.

Spare his frightened heart from further pain. Can we please honor God and one another by calling each other to a higher standard where we can all feel valued and worthy?

## Fast Fashion: sweet dream or a beautiful nightmare?

Jada Fisher  
Staff Writer

You walk into your favorite clothing store and you see it. That shirt, those jeans or shoes you've been looking for; or caught your eye. Better yet, it's on sale! Or costs less than you expected. We all have had similar experiences of a planned or spontaneous shopping trip. As a formerly self-proclaimed fashionista, I've had many.

I once fell in love with a certain skater skirt from Charlotte Russe for \$19.99. I saw it again months later at another location on clearance for maybe \$5.00. It has since taken residence in my wardrobe.

Clothing stores like Charlotte Russe (i.e. Forever 21, H&M, Zara and Topshop) are categorized as fast fashion brands. That means they sell mass produced runway-inspired (or trendy) styles of clothing, fast and at discounted prices.

Fast fashion can also be found at department and super stores like Macy's, JCPenny's and Target. I believe most of us are consumers of fast fashion.

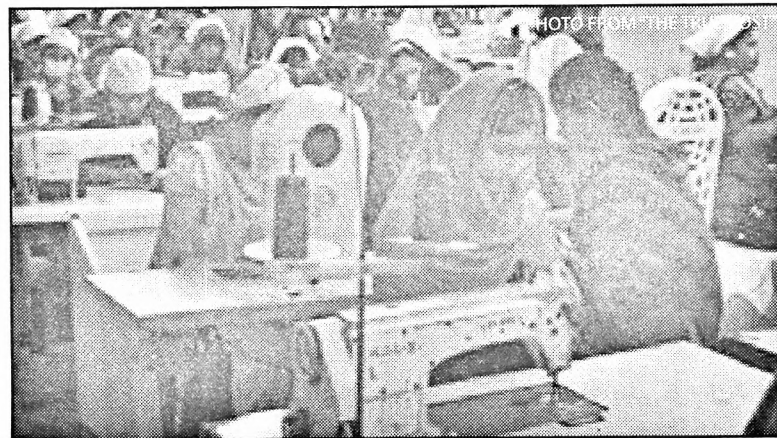
Fast fashion can be beneficial for those that care about fashion to any extent. We can have the latest trends without going broke. For us the cost is cheap. However, I've been confronted with the fact that fast fashion isn't beneficial or cheap for everyone.

I recently watched "The True Cost," a documentary about the effects the fast fashion industry has on workers and environments in foreign countries from which the clothing is made.

Here's how fast fashion works and why it's become problematic. Fast fashion is made quickly to be consumed for cheap at an even faster rate.

Forbes reported, "Styles cycle in and out of stores (and websites) as quickly as every three weeks. Because sales cycles are so short, product development cycles must ALSO be short." Hence, the clothes aren't made to last long.

The Huffington Post reported that some fast fashion items contain lead. The film's site reported, "Fashion is the world's second most polluting industry after oil." My understanding is that this puts a strain on those who produce the clothing.



"The True Cost" is a documentary about the effects the fast fashion industry has on workers and environments in foreign countries.

The big issues in fast fashion are human rights, globalization and the brands.

In an interview clip from the film's website, Executive Producer Livia Firth described her visit to a Bangladesh factory where workers were required to make 100 pieces an hour. According to the site, 97 percent of items are produced overseas and 85 percent of workers are women. Firth also mentioned the strict rules and poor conditions of that factory.

Another contributing factor depicted in the film was pay. Workers aren't nearly paid enough in proportion to the hours they work. The films expresses that when profit is the focus, human rights are often lost. The trillion dollar-plus (fashion) industry profits well but surely the working from sourcing countries don't see a quarter of that.

For me, this was shocking to a degree. I consciously stopped shopping at certain "dirt cheap" stores after I had a hunch that their products might be made in child or harsh labor. I guess I was naïve to think my blazer from Wet Seal wasn't possibly made under similar conditions.

According to Conor Boyle from the Better Work Program, companies source their products in poor foreign countries that lack the infrastructure to meet certain regulations. They often don't and it's the responsibility of the brands to ensure this but they don't.

Executive Director at War on Want John Hilary explained in a clip from the film's site, "The promise of global-

ization was that it was going to be a win-win. Consumers in the rich world would get cheaper goods and the people in the poor parts of the world would get jobs, and those jobs would give them an opportunity to work their way out of poverty." The promise was gone unfulfilled.

Firth said, "The business model is completely unsustainable, unless you change that model you can't change anything."

Of course after watching this I feel a degree of responsibility for my fashion consumption choices. I was ready to support the cause. I thought I could support other brands that source better and fairer. Then I remembered I'm a college student with limited funds and not shopping at certain stores would be challenging.

I think many of us face this dilemma. Most people don't think about where exactly their clothes might have come from and the conditions they were made in.

"The True Cost" challenges consumers to be more conscious and offers a few tips (on their website) for buying better: ask yourself if you'll wear a prospective item 30 times and detox your wardrobe by buying brands that aim to phase out toxic substances; see list at [greenpeace.org](http://greenpeace.org).

My simple tip is to wear and take care of the clothes you already own, unless you need to buy an item, it decreases consumption.

## Dear American Christians, check your privilege

Taylor Provost  
News Editor

The word "persecution" has been thrown around a lot lately, mostly as a hot political buzzword, but when it comes to persecution, Merriam-Webster explains it this way: "to harass or punish in a manner designed to injure, grieve or afflict."

Many Christians seem to personally identify with this definition, and how can they not when reports on ISIS have saturated the media? Reports of isolated acts of violence such as the recent Oregon shooting have taken social media by storm, as well. As tragic as these events are, and as much prayer as they deserve, the majority of Christians in America have no room to identify with those who are genuinely persecuted, because persecution of Christians is simply not a problem in this nation. Alas, Christian Persecution Complex (CPC) persists.

Following the Supreme Court's ruling on gay marriage over the summer, prominent evangelical leader Franklin

Graham said in an exclusive interview with Fox News that the ruling was the beginning of what he predicted to be oppression of religious freedom in America.

"You better be ready and you better be prepared because it's coming," Graham said just moments after the court handed down its ruling. "There will be persecution of Christians for our stand," Fox News reported.

And there you have it - the big 'p' word, which chronic CPC sufferers only cried louder when Kentucky county clerk Kim Davis refused to issue a marriage license to gay couples and was consequently jailed.

American Christians are missing the big picture, though, which is that they *are* the big picture. According to Pew Research Center, Christians account for about 70 percent of the U.S., the country with more Christians than any other country in the world. Because Christians form the religious majority of the U.S., Christians actually inherit a great deal of *privilege*, not

*Another perhaps less obvious example of Christian privilege in America is the openness in which one can display their Christian faith.*  
-Taylor Provost

persecution.

However, American culture is so engrained in Christian tradition that sometimes, privilege can be difficult to recognize at first.

Perhaps the most obvious way Christian privilege permeates American society is in our holidays. There is only one religious holiday that is federally recognized - Christmas - the day Christ was born. However, federal government offices, as well as many

other businesses, close on Sundays - the day Christ resurrected. The American calendar caters to the Christian schedule in these ways.

Another perhaps less obvious example of Christian privilege in America is the openness in which one can display their Christian faith. This is not North Korea, where Christians are being executed for gathering in worship. In the U.S., one can publicly sport a cross necklace, Jesus bumper sticker or even a tattoo without fear of explaining their faith expression, much less losing their life.

Unfortunately, the same cannot be said for other faith expressions in the U.S. According to the Sikh Coalition, in the first month following 9/11 there were over 300 documented cases of violence and discrimination against Sikh Americans throughout the country. By 2008, the FBI had recorded over 9000 hate crimes against Sikhs.

Public faith expressions are only the tip of the iceberg of subtle Christian privilege. Privilege is found in details

as small as Christians' certainty that they will place their hand on their own religious text when swearing oath, or as large as the fact that politicians responsible for governing and legislation are most likely to be Christian, according to Pew Research Center.

Regardless of one's personal view of separation of church and state, the reality is that American Christians are leading lives laden with privilege every day in this country. One only needs to recite the U.S. Pledge of Allegiance to remember that we are "one nation under God," and as long as Christians remain the dominant religious group here, the nation will remain so.

CPC is rampant in America, and it's genuinely embarrassing to the faith. Crying persecution in the U.S. is not only ludicrous and offensive to other countries where Christians are actually a persecuted minority, but it shows a deep ignorance of the everyday privilege that surrounds the American religious majority - and that privilege needs to be checked.



# Largest Olivet Team World Vision team runs Chicago



PHOTO FROM ONU MARKETING

## 150 students, faculty and staff ran for clean water Oct. 11

Heather Halverson

Copy Editor

Sunday, Oct. 11, Olivet's portion of the Team World Vision marathon team toed the line of a 26.2-mile race—the Bank of America Chicago Marathon. Sophomores Hannah Francis and Ryan Burch shared their journeys from sign-up to crossing the finish line as just a small sample of the many marathon stories Olivet's students have to tell.

Both runners made the choice to run this race when, alongside many classmates, a second-semester chapel called any interested persons to sign up to run with Team World Vision.

"It was super impulsive," said Francis, and Burch answered similarly. "It seemed like a good idea," he said, it would be a good way to stay fit, and added that it was also a decision made on a whim.

According to teamworldvision.org, getting started involves signing up and registering, and then support and training aides are made available. Marathoner junior Trevor Workman said runners send out a link to the Team World Vision website where donations can be made, and other fundraisers send out letters to raise awareness of the cause they are running for.

From sign up, the real challenge begins with training. The hardest part of training was "probably all of it," Francis said.

Both runners described how long they kept with the training program, and neither followed it 100 percent. Whether due to busy school schedules or just fading consistency, both runners confessed to missing runs here and there.

Burch, as other trainees did, experienced growing injury as the race approached. With a developing knee problem and a trip to an orthopedic doctor the Wednesday before, he was convinced to quit training and not run the marathon. However, founder of Team World Vision Michael Chitwood, who spoke on Thursday, Oct. 8, just three days before the race, convinced him otherwise.

Olivet's runners met for a 4:00 a.m. departure from campus to drive to

Chicago.

"I don't know if I'll have to stop at five miles in or 20," Burch messaged before reaching the bus.

From the Team World Vision tent to individual corrals, each racer was grouped by pace for starting times between 7:20 a.m. and 8:00 a.m.

It seems the majority of the race was somewhat of a blur. Burch recalled seeing family twice on the course and Francis mentioned "funny signs and high-fives," and both runners had to battle injury.

"There was a lot of praying going on during the race," Francis said.

At mile 10, she experienced a growing pain from an old injury in her leg and prayed for God to take the pain away. Otherwise, she added, she wouldn't be able to finish. God took the pain away. Burch also experienced a flare up of his previously mentioned injuries and limped the last seven miles.

Burch ran the marathon despite his asthma and injuries "partially so no one has an excuse not to do anything," he said, and running with Team World Vision just gave him more motivation and an ability to help others.

Francis agreed with the sentiment. Running for a team was "amazing," she said, knowing she was running for a purpose.

Is either runner going to run again? The consensus seemed positive. "I kind of have that disease [of wanting to run]," Burch said, and Francis's response reflected Burch's, too: "I'm



PHOTO PROVIDED BY CHRISTIAN KALFAS

totally doing it again."

As of Oct. 15, and according to Olivet's Twitter page, Team World Vision Olivet runners "raised \$78,000 for clean water! Also: most runners ever & most money ever raised!"

Francis and Burch are only two of the 150 students, faculty and staff who took on the Chicago Marathon this year. For more information about Team World Vision go to teamworldvision.org.



PHOTO PROVIDED BY TAYLOR BORDEWICK



PHOTO PROVIDED BY BRENDAN SHEA



PHOTO PROVIDED BY WES SPROUL

Top: Team Olivet was invited to the altar during chapel Oct. 8, when founder of Team World Vision Michael Chitwood spoke.

Top left: Junior Brendan Shea

Bottom left: Sophomore Taylor Bordewick (left) and junior Baylie Isaacs (right)

Top right: Senior Christian Kalfas

Bottom right: Wes Sproul (back left) and junior Joey Finn (back right)



# Playing for those who can't

Nicole Pilbeam

Sports Editor

On Friday Sept. 25, the ONU baseball team started off their season with not only a win in mind but also supporting others not on the team. During their first home game, the team had free hot dogs and popcorn. Each of the baseball players were given tickets to hand out to family and friends to get a free hot dog, but for the popcorn there was a of game involved. "Pop-up for popcorn" whenever the opposing team hit their first pop-up, the fans were welcome to go to the press box to receive free popcorn while supplies lasted. All free food was sponsored by the team.

The free food and drinks were not the only thing special about the baseball team's first game. Veterans from the local Veterans of Foreign Wars (VFW), with whom the team did a community service project with last year, were present at the game. This year, the team went fishing with them and invited them to come.

According to Student Director of Game Operations Kaitlyn Altmann, the team will be continuing to do similar events throughout the season to draw more fans. The team will be mixing it up this school year to create a fun atmosphere with theme nights and more special events such as the Veteran game.

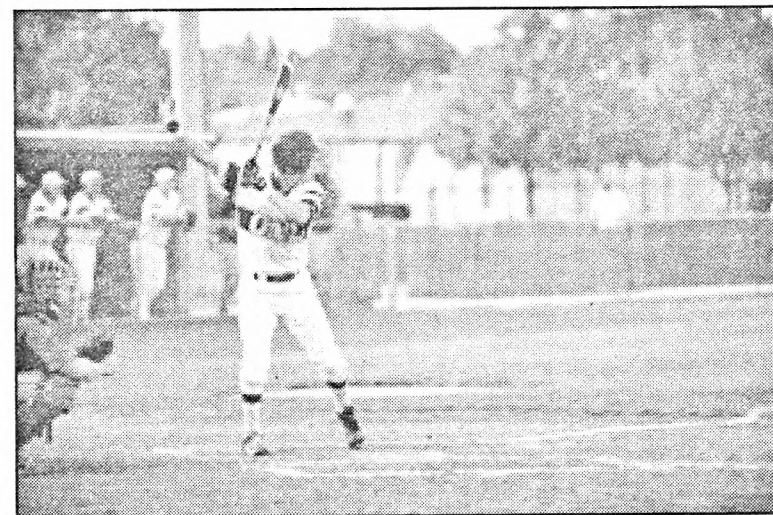
Olivet is not only playing for those who cannot play baseball anymore, but also those who never got the chance to play.

Senior and starting pitcher Madison Foster said, "My hat says KC on it... [in honor of Kaiser Carlile, a nine-year-old bat boy who died over the summer] and our team has bonded over that. Stuff like that is the reason why I am playing and especially this year, for those kids that never got a chance to play college baseball, I know a lot of people would love to be in the position the 25 or 26 of us are in right now. A lot if it is not wanting to waste an opportunity that someone else would kill to have."

Not only did the team start off the season in a fun and exciting way, the team also got the win. The final score was 2-0 against the Lincoln Christian University Lions. The Tigers played the Lions two additional times the following day, and pulled out wins for those games also. So far in the season, the team is undefeated with a record of 5-0. This is the third year the team has began their season in the fall. The National Association of Intercolle-



PHOTOS BY JOY KATENKAMP



giate Athletics (NAIA) came up with this rule because of how dependent outside sports, such as baseball, are on the weather.

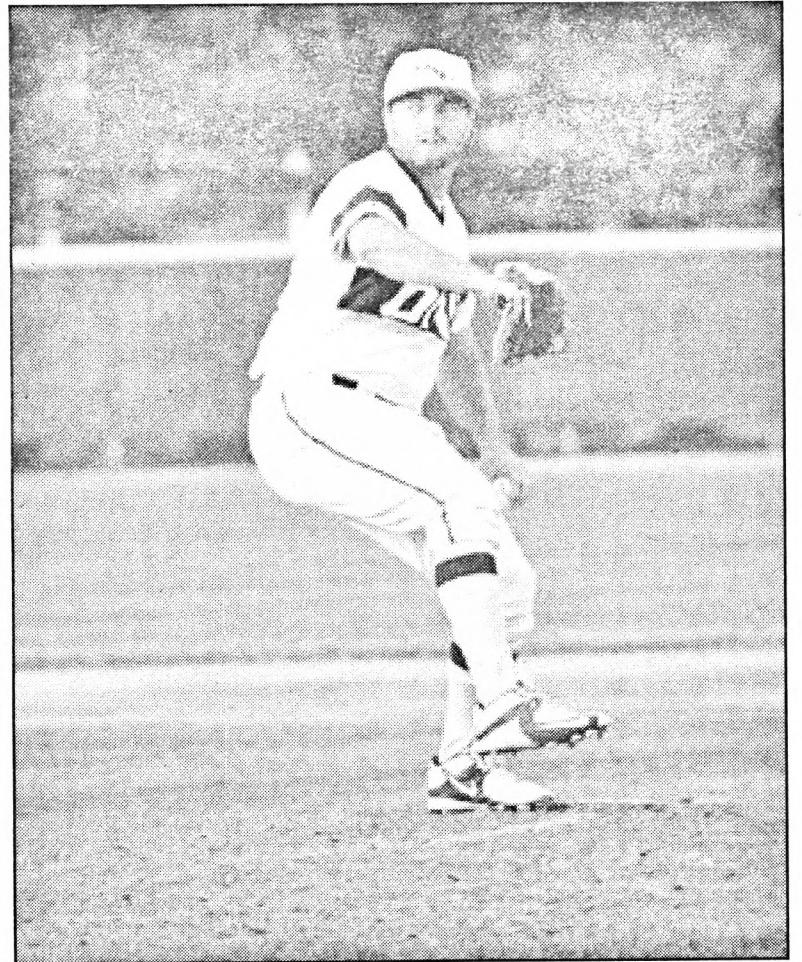
Starting off the season early gives the team a lot less time to prepare. The team has been practicing almost everyday, playing scrimmages against themselves and other teams in the area.

"Everyday we are giving 110 per-

cent, we are all pushing each other to succeed, it is a different atmosphere. Being my fourth year here, I can tell this is a good group of guys that are just encouraging each other," junior infielder Travis Hill said.

The team's fall season kick off is now completed, but their games will resume Feb. 12 at 2 p.m. against Bethel University.

Baseball's fall season wraps up, but games resume Feb. 12. They plan on hosting more theme nights this spring.



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## Chicago Bears 2-4

Samuel Nichols

Staff Writer

After starting the season with three losses in a row, the Chicago bears have bounced back to win two of their previous three games.

Leading up to the previous three games, the Chicago Bears had gotten off to a rocky start. On Sept. 13, the first week of the regular season, it was a tough 31-23 loss to the Green Bay Packers, despite a strong performance by Matt Forte who rushed for 141 yards and a touchdown.

Sept. 20 was a home loss to the Arizona Cardinals by a score of 48-23. In addition, Pro Bowl quarterback Jay Cutler injured his hamstring late in

the second quarter and was sidelined for the next game against the defending NFC champion Seattle Seahawks. That game was another loss, this time by the score of 26-0.

However, Cutler made a comeback in the Oct. 4 game against the Raiders, throwing for 281 yards and two touchdowns. Robbie Gould hit two field goals in the fourth quarter, one from 54 yards and another from 49, which sealed the 22-20 victory. The next week's game against the 1-3 Chiefs was another nail biter.

Down 17-6 going into the fourth quarter, the offense got rolling. Marquess Wilson caught a 22-yard touchdown from Cutler to cut the lead to five points with 3:22 left in

the game. After the defense forced a punt, the Bears started their drive 67 yards from the end zone with 2:04 on the clock. Following passes for 20 and 10 yards each, a pass interference penalty, and another pass for 6 yards, the Bears were only 7 yards from scoring.

After fumbling the snap, Cutler recovered the ball, avoided a tackle, and threw the ball to Forte for the game-winning touchdown with 18 seconds to play.

Unfortunately, the Bears lost to the Detroit Lions, 37-34 in overtime. The entire team performed strongly, but the Lion's quarterback Matthew Stafford led his team to victory after throwing for 405 yards and 4 touch-

downs.

Although they have pulled out some great wins the last few weeks, the Bears still have some struggles. Wide receiver Alshon Jeffrey sat out against the Chiefs due to an injured hamstring, but his status is looking good.

"I feel a lot better than last week," he said in an interview with the Chicago Tribune. In addition, inside linebacker Shea McClellin is expected to sit out for the next game with a knee injury he sustained in the third quarter against the Chiefs.

After a week off, the Bears will face their division rivals the Minnesota Vikings at home on Nov. 1.



# Running under the influence

**Mariah Garratt**

Staff Writer

In the movie *Legally Blonde*, ambitious law student Elle Woods states her first defense plainly. "I just don't think that Brooke could've done this," she explains to the judge. "Exercise gives you endorphins. Endorphins make you happy. Happy people just don't shoot their husbands." While Elle's logic would not hold up in a real court of law, her statement brings up an interesting idea. Does exercise and running specifically truly lead to an increase in happiness?

"Runner's high" is a sensation of utter happiness that pushes a runner to get through their miles in a better mood, possibly even at a faster pace. Writer Aleisha Fetters noted that this increase in physical endurance releases a second wave of strength, helping the runner to temporarily forget their

pains, cramps, blisters, and sweat. Similar sensations have been reported in other physically taxing sports such as weightlifting, skiing, and even rugby.

Runner's World quoted anthropology professor David Raichlen, who suggested runner's high might have roots in ancient civilizations, where running was required for the competition to get food first. Similarly, a September NewsWise article discussed how happy chemicals started to go off in the brains of mice were running to reach their meals. The runner's high might be something of a progressed survival instinct. The role that metabolism plays in the increase of moods is another intriguing factor.

While runners can try to reach a runner's high to cover their pain, the run's pace must match what an individual's body is capable of. Professor Matthew Hill of the University

of Calgary emphasized that while the endorphin releases can be helpful, that "feel good" state of happiness is likely to crumble if runners push themselves too hard.

Derek Bradshaw, a junior tennis player, found himself feeling frustrated rather than accomplished after he ran. He was determined to increase his speed and reach specific time goals, yet he ended up stressed and disappointed. Derek ended up gaining more happiness during runs where his pace was comfortable and he had his roommate along. Thanks to his dedication, Bradshaw completed the Chicago marathon in five hours and 15 minutes this past October.

The New York Times published an article, "Yes, Running Can Make You High," which brought up the point that truly euphoric levels of exercise happiness were best achieved through harsh endurance events. A great exam-

ple of this would be marathon runners.

Junior Jonathan Robey, who has run three marathons, listed the 20 mile run, which is the longest distance during his training, as his most rewarding run. His favorite running experience of all time also went to a 12-mile run he did with his father.

A passion for running, even in harsh environments, would confuse most people, but for the runner who has experienced that endorphin-fueled drive, it only inspires them to push harder.

In addition to endorphins, running is also capable of releasing a natural chemical called endocannabinoids, which Runner's World stated produces a buzz quite similar to marijuana's effects. This can play out as a calming effect, leveling a runner's moods and helping them to zone out from the rest of the world as they focus on their pace.

Sophomore Nicolette Roache stated that she does use running to relieve her stress. During her running she focuses her mind on getting it done, telling herself, "I'm going to do this thing." She also described herself as a self-talker, which motivates her to tune out the distractions. "I tell myself, 'You got this girl' and 'Don't wimp out.'" Nicolette said. "It's a form of insanity, but I don't care."

With different individuals experiencing different levels of endorphins and endocannabinoids, it's impossible to say that this "runner's high" can be experienced by every runner. However, the fact that endorphins can be achieved through a great variety of exercise is almost universally acknowledged. So while yes, Elle Woods had a good point there, a "happy high" was probably not a legitimate explanation to get Brooke off the hook for murder.



PHOTO PROVIDED BY DANIELLE SNUCKEL

Example Sports coaches 300 to 400 student athletes, providing them with skills for on and off the court.

## Teaching life through basketball

**Nicole Pilbeam**

Sports Editor

"There are many roads to success; I am just one example."

This is Example Sports' motto when it comes to their teams. Example Sports is a basketball team for boys and girls fifth through twelfth grade that focuses on team building, skill development, confidence growth and knowledge. Between their In-House and Elite programs, Example Sports is home to between 300 to 400 athletes a season.

The teams are coached by some of the Kankakee County Soldiers, a semi-professional basketball team. Both players and coaches of the Soldiers contribute to coaching Example Sports, including Aaron Harrison, Chris Garner, Ryan Edwards, and the owner of the Soldiers and Example, Barry Bradford.

Example Sports started as just personal lessons taught by Barry, but in 2010 Barry noticed a need for competitive play and expanded the program to travel team and club teams. A need for competition was not the only aspect that made Barry want to expand, but also the talent of individual players not being recognized. Personally, Barry spends a lot of his time making sure that his players get the exposure they need and deserve to thrive in the future.

Example Sports' Elite program has become very popular over the past few years, with players and colleges all over the nation. They have accumul-

ed millions of dollars of scholarships for their players. Throughout the summer months, the team travels to nationwide tournaments to compete and get their name out to college scouts.

Bradford works with college scouts throughout the season contacting at least three colleges for each senior playing in the Elite program. Over the past five years, the Elite teams have participated in tournaments in Texas, Las Vegas, Florida, Illinois, Indiana, Kansas, Minnesota, Wisconsin, at the Under Armour Finals and the Tournament for Champions in Atlanta, Georgia.

"The team has benefited me personally by teaching me how to be humble but still to have confidence and always give 110 percent in anything that I do on and off the court," said Sydney Behrens, fifth year athlete through Example Sports.

Not only does Example Sports focus on recruiting for colleges and playing basketball, their main focus as an organization is "Life through basketball," Barry said.

Example Sports teaches kids life lessons through teaching them basketball strategies such as finding your strengths, becoming a leader, being vocal, how to be a team member and expecting the unexpected all while increasing confidence, personalities and self esteem. The coaching staff believes that if you can achieve in an aspect in basketball, you can also complete that task in your personal life.

"I figure if you can deal with some things basketball-wise, you can use

them for life-relatable issues. Like for instance in a job interview, taking it head on and not knowing what will happen. Look at basketball, you never know what is going to happen but be aggressive and learn how to deal with failures and successes. My goal is to help my kids learn how to deal with those life lessons," Barry said.

Even though Example is a basketball team that focuses on a child's future, it is not necessarily their future in basketball. Example Sports' coaching staff's number one goal is for their athletes to learn and succeed in life on and off the court.

"The team has shown me how to play hard and think the game too, instead of just playing and they really emphasize on family, so that helped me be able to get along with people," said Micah Bradford, son of Barry and a five-year athlete through Example.

Example Sports' 'In-House' tournaments, which are tournaments for beginners in basketball and athletes with experience to better their skills, take place at Legend Sportsplex, located right behind the Northfield Mall in Bourbonnais. Admission costs five dollars for all day entry of the tournaments. Schedules are posted on their website [examplesports.net](http://examplesports.net). All day entertainment and family orientated events is one of the main aspects of Example's home tournaments, creating a family atmosphere and a place for families and children to bond and have fun.

## 'Exercise is Medicine'

**Jada Fisher**

Staff Writer

During the month of October, nationally observed holidays like Columbus Day, Halloween, and even National Bologna Day are celebrated – and on university campuses, it's also "Exercise is Medicine on Campus" (EIM-OC) month.

EIM is a global health initiative managed by the American College of Sports Management (ACSM), according to the official website. Founded in 2007 by the American Medical Association and the ACSM, its initial purpose was to make the scientifically proven benefits of physical activity standard in the U.S. healthcare system.

EIM-OC is an initiative that "encourages faculty, staff and students to work together toward improving the health and well-being of the campus community. It calls college campuses to engage in and promote physical activity as a vital sign of health," NewsWise reported.

More specifically, the initiative is designed to make movement a part of the daily campus culture, provide tools for students to make healthy physical activity habits to last a lifetime, assess physical activity at every health visit and connect university health care providers with university health fitness specialists to provide a referral system for exercise prescription.

Examples of possible activities include 5k walk/runs, gladiator games, dance marathons, canoe or water races, kickball/volleyball/basketball tournaments, mud runs and days of play in the community. A few other activities and methods of campus wide involvement might include campus promoted health and fitness tips, morning walks throughout campus and walk 'with your doc or fitness professional' events.

The intent behind EIM-OC is to aid with overcoming the challenges young adults face which influence achieving health and physical activity levels. A new environment, independent living in a campus setting, financial responsibility and dealing with stress in dedicating a majority of time to academic pursuits or new

career are some of those most common challenges.

The organization saw a need for an established initiative that would connect all of these activities.

Exercise Science Club President and Senior, Lindsay Morr agrees with the mission of EIM-OC that exercise needs to be promoted on campus and is the best form of preventative medicine. Morr is an advocate for health and physical activity as she has been a personal trainer for faculty members, taught Pilates and Circuit training classes in the Perry Center, plays intramurals and junior varsity volleyball.

Morr also believes that college is a significant time to create a lifestyle to set the trajectory for the rest of a person's life. Exercise should be a major component because of its physical, emotional and mental benefits, she said.

"Here at Olivet, we do have the rec center and intramurals, but there aren't any initiatives to get students to truly care about their health or provide education on the benefits of exercise for long-term. If we were able to provide counseling/training for students that could assess their fitness levels and goals, I think students would be more motivated to strive toward healthy living," Morr said.

Nearby registered EIM-OC universities for 2015 include Illinois State University, Michigan State University and Iowa State University. Others include Penn State, Virginia Tech and Auburn University from a total of 50 schools.

The EIM-OC news Twitter account retweeted a photo of an activity implemented by Auburn University inviting students to write their answer to the question "Why do you exercise?" on a designated chalk board.

In order to get involved with the EIM-OC program, contact your campus administration and your school's city and state elected officials, reported NewsWise, and download the toolkit for proclamation. Also request proclamation from your university president, provost, mayor or governor and register your school with EIM-OC.



# Local basketball team gives back

Jacob Warfle

Contributing Writer

Thirteen seasons. Six championships. One hundred points per game.

The Kankakee County Soldiers have experienced great success on the basketball court, but what may go unnoticed is something that cannot be displayed in a statistic, their impact on the community.

The Kankakee County Soldiers were formed in 2007 and played in the International Basketball League for their first six seasons. In 2011, president and owner Barry Bradford created the Independent Basketball Association (IBA). The Soldiers were one of the six charter members in the association.

The main goal of the Soldiers is to act as a "spring board" to the next level. Their players hope to eventually play professional basketball overseas or in the National Basketball Association (NBA). However, Bradford said there is a higher purpose for the club, a purpose that extends into the Kankakee community.

"We hope to help our guys transition to life outside of basketball. That is why we are so involved in the community. We have a mentoring program, healthy life programs, and a strong youth program to help our players get involved," Bradford said.

The Soldiers' roster is made up of 15 men from around the area. All of these players have had experience on either the high school or college level. Players such as Stan Chizmark or An-



The Kankakee County Soldiers play at Legends Sports Complex in Bourbonnais.

tonio Marshall played collegiately in Kankakee County at Olivet. Chizmark and Marshall currently embody the community theme of the Soldiers as they continue to give back to Olivet's basketball program as assistant coaches.

The Soldiers host over 7,000 programs each year, including school assemblies and different community outreach events. One of the branches of the Soldiers is their youth basketball program, Example Sports, which involves between 300 and 400 kids.

This developmental club offers boys and girls, fifth-grade through 12th-grade, the opportunity to compete in Amateur Athletic Association basketball tournaments.

"The main focus of Example Sports is individual growth in a team

environment. There is also an emphasis on skill development, growing confidence and a knowledge of the game," Bradford said.

The Soldiers' focus on the kids extends past their time in high school. Bradford has been working on a new program for the talented players involved with his Example Sports club. He is hoping to begin implementing a recruiting program geared to help his young players garner some interest at the collegiate level. The hope of the program is to provide the players with connections to college basketball coaches and recruiters. One example of this is making highlight videos that can be sent to the colleges young athletes apply to.

The Soldiers were winners of the first five Independent Basketball Association championships, a streak that lasted from 2011 to 2014. Since forming the Independent Basketball Association, the Soldiers have not finished lower than fourth in the league standings and have finished either first or second a total of five times.

"We try to put the best product on the floor. As a team, we believe that winning championships in our league helps our players reach the next level professionally," Bradford said. "Also, the youth in Example Sports can learn from our players. It is just about giving the community a winning atmosphere."

The Soldiers' fall season is in full swing. Their next home game is Oct. 25 at Legends Sports Complex.

## Homecoming Highlights

### FRIDAY, Oct. 23

10 a.m. Homecoming Chapel featuring presentation of "O" Awards and Young Alumni Awards

5:30 p.m. Tiget sports: All-Star Gathering to honor outstanding Olivet alumni athletes

7:30 p.m. Fall play "Wit" (\$13 for adults; \$6 for Olivet students, teens and senior adults)

7:30 p.m. Tiger men's basketball vs. Goshen (Indiana) College (\$10 for adults; \$5 for Olivet students and children ages 7-17)

9:30 p.m. Wendy Parsons 5K Glow Run (\$20 per person with limited walk-in availability)

### SATURDAY, Oct. 24

9:30 a.m. Parent-Student Breakfast (\$15 for adults \$10 for Olivet students)

12 p.m. Tiger football vx. Siena Heights (Michigan) University (\$10 for adults; \$5 for children ages 7-17; no charge for Olivet students and children ages 6 and younger). Tailgate at the Warming House following the football game (\$16 per person)

3 p.m. Fall play "Wit" (\$13 for adults; \$ for Olivet students, teens and senior adults)

5 p.m. School of Music Concert featuring alumnus Bradley Garvin, soloist with the Metropolitan Opera in New York City, plus student singers and musicians (\$50 per person to benefit Olivet's fine arts program; dinner included)

7 p.m. Homecoming Concert featuring Tenth Avenue North and Sidewalk Prophets (\$25 per person)

### SUNDAY, Oct. 25

8 a.m. President's Prayer Breakfast with Dr. John Bowling, University president (\$16 for adults; \$6 for children ages 4-8)

