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the Spectator

Student Run Newspaper for McPherson College

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Not So Sexy Statistics

Reality of Spring Break Posing Threat for Sex Trafficking



By Diamond Blaylock

Sex trafficking is everywhere. It is featured in television shows, it is shown in the highest grossing movies, it is shown so frequently in what students watch for fun that many people forget the reality of it. People have forgotten that outside of those movie sets, scenarios similar to the one shown in the movie Taken are happening around us every minute.

The terrifying reality of sex trafficking is often overlooked but it is time to face the facts and crack down on the overwhelming killer that is affecting individuals from ages eight and up.

Globally, the International Labor Organization estimates that there are 4.5 million people trapped in forced sexual exploitation globally. A little closer to home are the spring break hot spots. Spring break

though, commonly equated with excitement, is one of the most dangerous times for young individuals nationally. With the large crowds and the even louder music spots like Florida make for perfect environments for sex traffickers. It does not happen as abruptly as shown in movies.

Just recently, eight women were found in a million-dollar home being held captive for forced

labor and the majority claimed to have been communicating with the man on a dating platform prior to their abduction. It is incredibly important that everyone is educated on the subject of trafficking and the dangers of being victimized.

So, people know it is happening in all these other places but what most do not consider is how close to home this issue is how close this issue comes to

McPherson College. In 2015 alone, sex trafficking cases went up 50 percent in Wichita, Kan. Being only around 57 miles away from McPherson. The good news is the jump in cases is said to be from the increased awareness of the trafficking and due to authorities identifying the issue more effectively. The more cases, the more victims are getting help.

People, children and youth affected

by trafficking are not criminals or rejects, instead they are everybody's friends, peers, and those students see in passing. The only way to combat the victimization of those that live amongst society is to spread awareness of the proximity and urgency of the issue.

"You may choose to look the other way but you can never say again that you did not know." – William Wilberforce



Creative Role Models Display Work in Exhibit

Annual Art Educators Show Opens for Month of April

By Tessa Szambecki

The 15th Annual Kansas Art Educators exhibition went up Monday, March 27, in Friendship Hall. This show features a variety of pieces from K-12 art educators in Kansas. Wayne Conyers, professor of art, wants students to know that “art teachers are artists that have chosen to teach.”

There is a diverse amount of artwork in the show that some students would find appealing. Conyers found that setting every artwork up was a real task.

“It’s like a puzzle,” Conyers said, “trying to figure out what pieces look good next to other pieces.”

James Caldwell, an art teacher at Halstead High School, is entering two pieces that seem different at first glance. One is a portrait and the other a bold

contemporary piece.

“My work tries to communicate something to the viewer about art, life, politics or how we perceive meaning or special relationships through images,” Caldwell said.

When people look at his art, he wants them to discuss it and draw conclusions about the images.

“My work isn’t a puzzle to be solved necessarily, but a way to explore how we construct meaning through images.”

Natalie Brown, an art teacher in the Derby Public School system, works primarily in ceramics. Her pieces are not intended to raise any strong emotions but are “more tranquil in nature.” She hopes that students attend the closing reception and also that students take advantage of the “wonderful art program”

McPherson College has here.

Kathleen Schroeder, an artist who works in watercolor, will have two dragonfly pieces and sculptural books on display. Many of her ideas come from nature. She said the work she has in this show “is about the colors and forms I see around me” and hopes “people who see my work can share the joy I find in color and in nature.”

There will be more than 25 artists displaying their work. None of these artists have collaborated so every piece is a different subject matter. The range of materials used is also greatly different from piece to piece. Conyers hopes that students will see all the different approaches that can be utilized in art. The show will be up until April 22.



Photo by Madison Hoffman

The Educators Exhibit includes a variety of mediums from K-12 teachers in Kansas.



Photo by Madison Hoffman

Each piece is different and displaying them to be in one cohesive show was a task professor Wayne Conyers tackled.

Dude. Be Nice.

Campaign to Promote Kindness on Campus in April

By Johanna Hoffman

Many people believe positivity and kindness are hard qualities to find in our current society. To show these values are still alive and well, the Office of Spiritual Life and Service will host Dude. Be Nice month on campus during April.

National Dude. Be Nice week is the last week in April, but McPherson College will have events the entire month to promote the campaign. Each week will have a topic related to kindness, focusing on different areas. Random acts of kindness, service and community, gratitude, and Dude. Be Nice finale week will be the themes.

Programming from the Office of Spiritual Life and Service will include a campus-wide service day and an ice cream social with police, firefighters and EMS staff. There will also be opportunities to participate in Dude. Be Nice during campus sponsored activities.

Much of the programming will be through small activities, though. Students will be encouraged to use the hash tag #bulldogsbeingnice on social media during the month while participating in Dude. Be Nice activities, as well as any time they see people being kind on campus.

Jen Jensen, director of Spiritual Life and Service, thinks the best way to promote kindness is to encourage and support those who embody the Dude. Be Nice mission, but that too many flashy events would take away from the genuine nature of the campaign.

The Office of Spiritual Life and Service decided to host this campaign because a unifying quality of all major religions is to treat other people the way you want to be treated.

“Translating this into today’s terms, this philosophy would be Dude. Be Nice,” Jensen said.

Dude. Be Nice is a nationwide kindness campaign started by apparel company Dude. Be Nice. Via the company website, anyone can request free materials to plan a customized campaign. The company website says making kindness a priority is so important, they will offer customized apparel at wholesale prices so promoting the campaign is more affordable for participating schools.

“We’re committed to creating cool clothes and doing our part to show people, no matter who they are or where they came from, that they matter. Kindness, inclusiveness and gratitude will always be at the core of our culture.”

Student Talent Shown Off on Campus

Spring Talent Show Hosted by SAB

By Joyce Muhizi

The SAB annual talent show took place on Thursday, March 30, 2017. The crowd was electric and enjoyed the show with McPherson College faculty members Jd Bowman, Jen Jensen and Dan Hoffman judging the performance.

Members of the Student Activities Board (SAB) created, planned and organized this event and managed to pull it off with a small team. The show consisted of photography, A Capella singing, dancing, stand up comedy, guitar and organ playing.

“We were very pleased with the show. We have a variety of talents throughout this campus, so it was nice to see some of them been portrayed. We can expect more acts for next year.” Landon Stand, member of the SAB, said.

Lea Striegel came in third place for her dance performance; Whitney Murray, Tara Gladding and Callie Atkins came in second place for their A Capella singing; and Layne Patrick came in first place for his guitar solo.

Patrick is an automotive restoration major who has played the guitar for 10 years. Jason Becker is his favorite guitarist of all time and is someone who inspires him a lot.

He has participated in many high school talent shows, but this was the first time he was recognized with a prize. Patrick was excited to hear that he mashed up a few different pieces that he knew well and put together an item for the show.

“I’m probably going to use the money on gas or car parts, I drive a lot.” Patrick said.



Photo by Micah Gilbert

Micalia Curtis sings during spring talent show.



Photo by Madison Hoffman

Participants from the talent show displayed a variety of abilities including singing, dancing and stand up comedy.



Advice From Seniors Class of 2017

By Channing Wall

Being told not to worry about what people think is one of the most cliché but also relevant pieces of advice. It is also easier said than done. Comparisons and unrealistic expectations, typically introduced by social media, create quite a poison combo. Enjoying solo time and reflecting on emotions can be helpful when it comes to shielding off some of the more unnecessarily criticizing comments when they arise. I've also found, unfortunately and somewhat shamefully, that some of the things I get most emotionally riled up about are things I do myself. However, I think recognizing the learning experience and allowing myself to move on is just as important. Being the Editor in Chief of The Spectator has taught me more than this whole paper has room for; the biggest lesson reminds me of lyrics by Ricky Nelson, "you can't please everyone, so you've got to please yourself." It's not worth worrying about what people think because in the time you've spent worrying about their opinions they've had three more about someone else and forgotten your business in the first place. Finding confidence in yourself, rather than through likes and emojis, will always be more real and more rewarding.

"When you're 20 you care what everyone thinks, when you're 40 you stop caring what everyone thinks, when you're 60 you realize no one was ever thinking about you in the first place." I heard this quote about a year ago and it was one of those that just really stuck, so hopefully it does for someone else out there.



Stereotypes and High Expectations

What's to Come for Seniors After Graduation

By Johanna Hoffman

As I near the end of my college career, I am trying to figure out what great adventure lies ahead for me. Unfortunately, I have had no revelations (or job offers) yet, and I am stressed to the max. I have come to one realization though: the push to attend college straight out of high school is not just an ineffective system our society has built. It is impractical and detrimental to young people, as well as the organizations they will be vying to work for in the future.

For me, the decision to go to college involved very little discussion. It was just assumed I would go because I liked school, and a college degree is needed to thrive in the real world. I attended my parents' alma mater and decided to get a degree in communication with the hope of being a journalist. I enrolled in my first round of classes, which included an introductory course to journalism. Here I learned my first of many

hard lessons: I did not want to be a journalist.

Flash forward three years and ten months. I am eight weeks from graduating from the same college, with the same degree I originally went for, and no clue where life will take me. I have learned many valuable lessons during my time in college, but I missed out on a big one: finding my career path to pursue. I would like to work in a communication field, but would be happy just to find a job and start paying off student loans.

My story is not uncommon. In fact, in their book *Designing Your Life*, Stanford professors Bill Burnett and Dave Evans say that in the United States, only 27 percent of college graduates work in the field of their major. I do not blame graduates for taking the first position that comes to them, whether or not it is in their field. With over \$37,000 on average in student loans looming over the average 2016 college graduate, waiting to find the perfect job is impractical. By 2018, the Association

of American College & Universities predicts 63% of jobs will require some postsecondary education. This means the pressure to pursue higher education is high, but getting a bachelor's degree is no longer enough to differentiate a job candidate. These same students will feel more pressure to go back to school for graduate degrees, adding to the almost \$1.3 trillion dollars we have racked up in student debt nationwide so far.

This rush-in, rush-out of college model our society has built is not just hurting young people, either. Cranking out 21- and 22-year-old confused graduates leads to many people who need financial support from those around them. The stereotype of college students moving back into parents' basements is no joke. According to a survey by job site Indeed, 37% of 2016 college graduates planned to live at home for a year or longer. I think that is a by-product of

overwhelming pressure placed on high school students to get a higher education degree right after they graduate, without the same kind of attention paid to what comes after that degree is finished.

This is not the way our society has to be, however. There are steps that can be taken through policy change that could help with this. Free higher education opportunities for students would lead to less panicked graduates, and a shared load of responsibility to provide for the future of our country. If organizations keep requiring more experience and education for jobs, everyone should have equal chance to attend college.

On a smaller scale, we can all be a little better about respecting someone's decision to take a gap year, or do volunteer service while they figure out where their passions lie. I am envious of a friend who moved away for a year, working for her church offices and has spent time thinking about the

education she wants to receive and how she can tie it into a career. Now, she will be starting as a freshman next year, but will tailor all her experiences to preparing for a future focused in social justice. We can also provide more shadowing and networking opportunities to high school and college students. The more exposure a student can have to new experiences, the more they can figure out what they like and dislike.

I understand I am just one college student stressed out about the future ahead, but I also know I am not alone in this. The class of 2017 is ready to get out and do great things. We are excited for what the future may hold, but we also are terrified. Every time I get asked, "What are your plans after graduation?" I panic and try to melt into the nearest wall. I know it will work out eventually, but I wish I had been better prepared for the next stage of my life.

Uncommon, Unusual, Unwanted

Cars on the Corner with Andrew Tanner



Photo By Andrew Tanner

Junior, Winston Stauffer is the owner of this 1988 Dodge Diplomat car.

By Andrew Tanner

It is not every day that you see a well-preserved leftover of the 1980s that has been used the way it was designed, unless you are 20-year-old Winston Stauffer, a junior at McPherson College.

Winston drives his 1988 Dodge Diplomat every day, and enjoys every second of it. There is nothing diplomatic about this vehicle (though it does call to mind Soviet-era Lada limousines), however for Winston, this car is the epitome of refined transportation.

Some of his friends might

even say this car helps Winston define who he is, though it is likely he would say his 1966 Chrysler Imperial is the car that defines him. The Dodge counterpart of the Chrysler Fifth Avenue, many of these cars were used as police cruisers when they were new, however many were also marketed for use by the elderly.

A full-size and relatively unassuming rectangular barge, a gray colored Dodge of this era would have little appeal to someone who did not have an appreciation for its V8, rear-wheel drive layout. This Diplomat,

much like its owner, is a Northeastern native, the car hailing from Connecticut, and Winston from the Philadelphia, Pa., area.

This particular Diplomat is outfitted with premium options such as manual windows, manual locks and non-functional cruise control. For the \$800 purchase price, Winston cannot find one thing to complain about on his car.

Winston and his parents purchased the car as his first car around Christmas of 2014, halfway through his freshman year of college. Since then, Winston has clocked around 10,000

miles on the Diplomat as his daily driver, including three 1,300 mile round trips home to Pennsylvania.

What is the cost of maintenance on a 29-year-old, \$800 car? Aside from regular oil changes and transmission service, Winston has replaced the brakes, changed the U-joints and removed the cumbersome emissions control "lean-burn" system, converting the car's 318 c.i.d V8 power plant to a traditional 2-barrel carburetor.

Short of a few hiccups before removing the emissions control

components, Winston says that the biggest inconvenience he has had while owning this car has been having an SUV roll on top of it during a four-car collision he was involved in last week. Fortunately, the car sustained no structural damage and will be on the road again soon with some new body parts.

Though this car was not a big investment, and though it might not stick out to most, to Winston, the Diplomat is his livelihood, and he fully intends to fix it so they can ride another day.

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Any student, staff or faculty member can submit a letter to the editor to potential be published in The Spectator. Letters should be limited to 350 words in length. The letter must be accompanied by the signature of the author; letters may not be sent anonymously.

Letters may be edited for grammar, spelling, content or length. The Spectator staff reserves the right to refuse publication of any letter.

All letters should have a point that is constructive or contributes to the enhancement of the McPherson College community; The Spectator staff will not print libelous material.

Anyone can submit a letter to the editor at any time so long as the time of publication is not vital to the author.

Letters can be printed and submitted directly to any member of The Spectator editorial staff or emailed directly to the Editor-In-Chief at wallcha@bulldog.mcpherson.edu.



Confessions from a College Campus

"Living in Dot is cool until someone decides to date the same guy as you. And you see your "boyfriend" on floor 2 when he said he was at home asleep."

"I check my mail box every day. And never get anything. I get super angry when I see other people with care packages."

"I have this really bad habit of finding myself in dorms at Central. The guys are cute but I'm afraid I'll have to start paying a housing fee Lo! I've practically moved in."

"S/o to the girls who broadcast their boyfriends on snapchat but go to parties and dance all over other guys."

"There are some cute couples on this campus. Hapelessly waiting for my turn."

"VISITATION HOURS ARE STUPID! We are adults and should have certain freedoms. Secondly, if we are going to have visitation hours at least have a 24hour library. Some of us have huge projects with unreasonable amounts of time to finish them."

Have any confessions?
Send them to

spectator@mcperson.edu

Push for Keyless Entry Safety Ensured On Campus

By Tessa Szambecki

McPherson College is getting keyless entry for all buildings and rooms. The dorms Metzler and Dotzour already have keyless entry on the main doors and it is expected that all buildings and rooms will have keyless entry within the next two years.

One benefit of going keyless is that, if a key is lost, it is less expensive to replace because there is no need to change any locks or create a new metal key. Deactivating an old card and activating a new card is going to be faster and cheaper. This will also help keep things more secure because a card can be deactivated and will be useless.

Cards will be separate from student I.D.'s to ensure the safety of the students. If a lost card were found, the person who

found it would not know what it was for if there were no student or college names.

The total cost of installing keyless entry was \$40,000 and the total cost for all of campus is about \$285,000. This seems like a lot of money but if a resident assistant lost a master key, it would cost nearly \$13,000. If a master key for campus were lost, it would cost nearly \$60,000-\$80,000 to replace all the cores in the door handles.

The video-monitoring process has caused some concern but Marty Sigwig, director of facilities, wants students to know that they "don't actively monitor the video footage." When a card is swiped, the computer stores the video footage from 45 seconds before that and saves it for seven days. After those seven days, the footage is erased. The video-

monitoring is for student's safety.

"I think the keyless entry is a great idea," Johanna Hoffman, senior, said. "Right now, it's kind of annoying to carry both the card and your room key, but if the rooms all get keyless entry eventually, it will be very convenient. I appreciate the extra safety measure of having photos taken each time someone enters as well."

"In general, I like it," Jasmine Helms, senior, said. "It's somewhat more convenient, but I still find myself searching for my actual key when I get to the door. It would be cool to have them on our room doors too. The only thing I don't like is the installation of the security cameras that came with it. I see their benefit, but they feel invasive somehow."



Photo by Isaac Murphy

New keyless entry update, placed outside of residence halls

April

Easter Egg Hunt
April 12

Easter Break
14-16



Ways to Overcome the Spring Semester Slump

GO TO THE GYM
Working out has been proven to be an amazing stress reliever.

REWARD YOURSELF
Rewards can help get that extra push to finish assignments.

WEAR SOMETHING THAT MAKES YOU FEEL GOOD
If you look good, then you feel good.

FIND A GOAL AND FOCUS ON IT
If you have a goal in mind you won't think about the number of days until summer as a countdown.

MEDITATE
Relax. Remind yourself that you're worth it.





AUTISM AWARENESS DAY

Autism, or spectrum disorder, refers to a range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication, as well as by unique strengths and differences.

The ninth annual World Autism Awareness Day was April 2, 2017.

Entrepreneurial Spirits Horizon Fund Updates

The Horizon Fund provides mini grants from \$100-\$500 to help you carry out an original idea which can enrich the community.

By Joyce Muhizi

It is not every day that students get time to do anything but school work, sports and a side job, let alone have time to think of business ideas, especially those that require hard labor. But there is always an exception to the rule.

Abigail Morgan is a sophomore automotive restoration student with an interest for antique themed

decor. Her passion for it drove her to apply for the Horizon Fund not once but twice and every time she got it. She tried to move forward with her vision for her shop.

In August 2016, she opened a vendor booth called Crank Outlaws where she crafted homemade and hand-painted decor with a rustic and vintage theme. The items include wood and metal signs, re-purposed furniture and up-cycled automotive art.

Since then, she has shown her products at several shows and this has

expanded her business.

"I love making things and crafting, so maybe there is a future side job in this. I like restoring old pieces," Morgan said.

She has gained experience, improved as a sales person and learned many things from people along the way and deems this journey a special opportunity.

"If you have an idea, apply! This is an amazing grant opportunity and the board is comprised of awesome individuals who truly care about your idea," Morgan said.

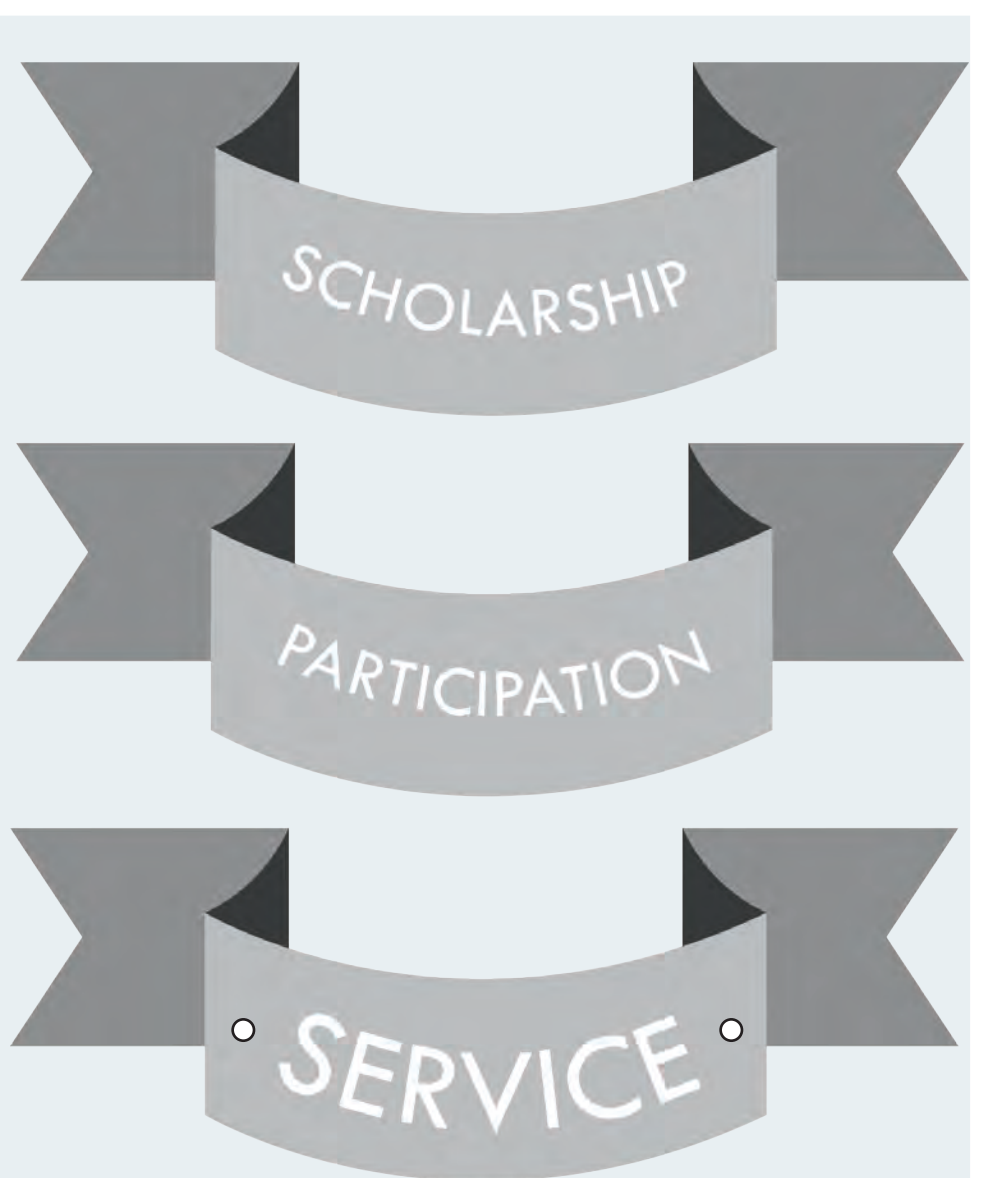
How to Fund Your Startup

Apply for government funds

Start a crowdfunding campaign

Convince venture-capitalists

Bank loan or credit-card line of credit



Fulfilling the Mission Students Featured for Recognition

By Johanna Hoffman

Many college students spend six hours a week binge-watching their favorite new Netflix show, but Ivanna Moyer has another hobby – service. During her three years at McPherson College so far, Ivanna Moyer has accumulated more than 700 hours of service hours.

Helping others has always been a big part of Ivanna's life. Even as a child, she knew the importance of volunteering her time.

"We grew up taking care of a large garden during the summers," Moyer said. "There were always extra vegetables, so we donated them to the food bank and from there, began mowing their lawn. My parents taught us that doing good for others is better than just looking out for yourself."

Once she got to college, Ivanna saw the possibilities to serve were endless. She regularly mentors kindergarten and

middle school students, participates in student club volunteer opportunities and provides weekly childcare at the Church of the Brethren. Most recently, she finished an alternative Spring Break service trip to Houston, Texas, an activity she has participated in each year.

"I went to experience new things. Helping Habitat for Humanity is a great organization, and it was nice to learn about their work firsthand. From these trips, I've learned a lot about helping others and what it means to think about other people before myself."

Ivanna is also president of the student club Teachers of Tomorrow (TOT). She says TOT plans to donate \$200 of supplies to School Superheroes to support the organization's work. The School Superheroes collect and purchase school supplies for McPherson's local elementary school

classrooms.

Ivanna is particularly excited to help this organization because it is founded and run by elementary school students.

"It's especially good to encourage service to children because they get really excited about helping others and the mindset spreads."

One of the best things about service for Ivanna is the impact it can have on the community and that it is important to participate in service projects to spread a mindset of community-oriented living.

"Service just does good for the community," Moyer said. "There are people just around the corner who don't have what we have, so what we do have we should share. When I think I have a rough life sometimes, service helps remind me of all the things I do have and helps me be thankful for them."



Ivanna Moyer



Tennis Team Travels to California Over Spring Break

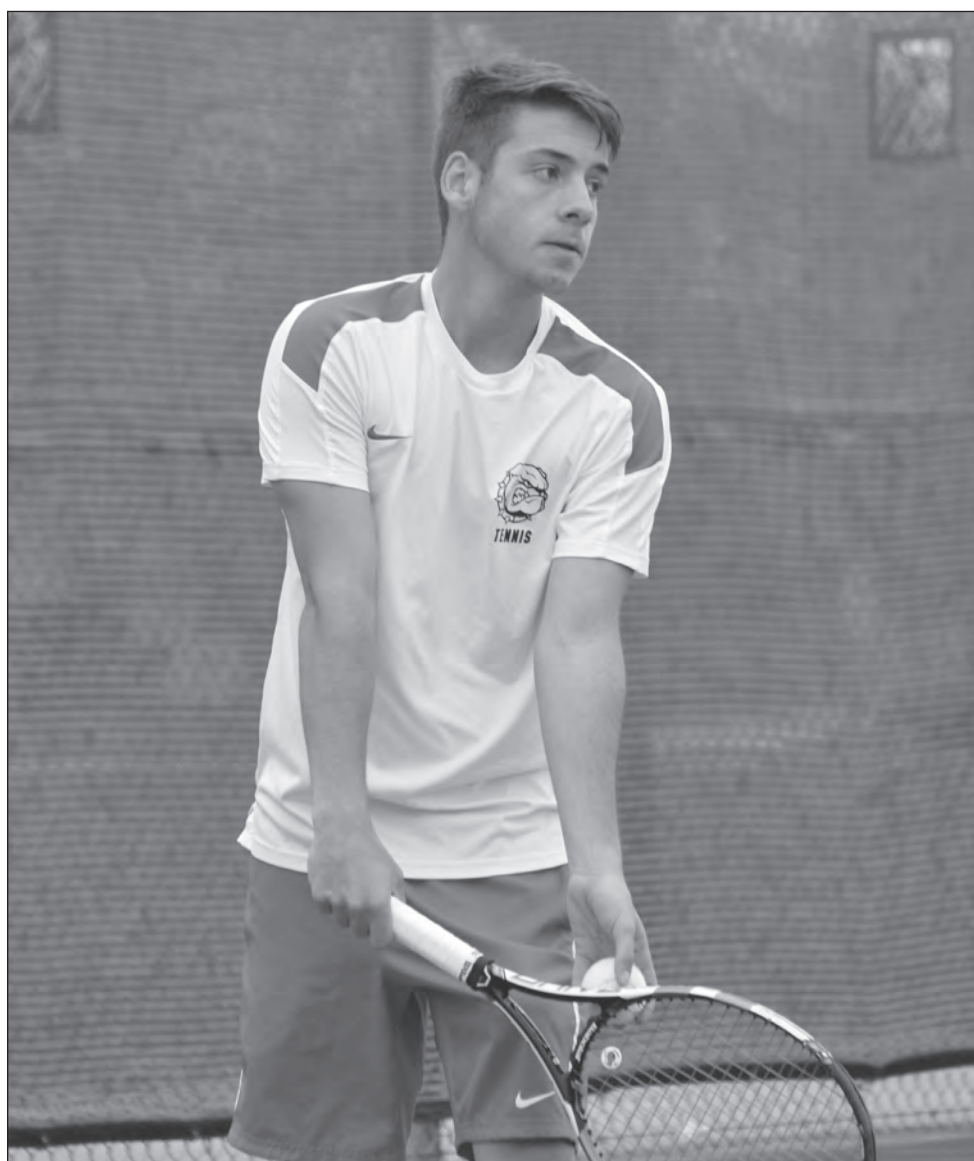


Photo By Taylor Hires-Caulk

Junior, Hector Carrillo Perales get ready to serve during his doubles match at home on Sunday.

By Diamond Blaylock

The women and men's tennis teams traveled to California over the break to play against three different opponents. The weather interfered with some of the matches, leaving the courts in a condition unsuitable for play.

The women's team competed against all three and left undefeated. The men's tennis team lost all of their matches, going against other teams that were nationally-ranked higher than them. Despite the loss,

they won a spring break in the state of California.

"It was so different, the balls even bounced differently because there wasn't as much wind and it was somewhat wet from the rain. It was all so different than Kansas," Lea Striegel, sophomore, said.

The tennis teams' upcoming matches include Friends University, Bethel College and Tabor College. The tennis teams will host the Friends University and Bethel College men and women's tennis teams.

Dates will be posted if any student are interested in coming out to support the teams.

"Friends will be a good match for us. In previous years, we've defeated them and they recently lost a few players on the men's team so the men will have an easier time getting their win as well," Striegel said. The teams have five more conference matches after the upcoming Friends University meet before concluding their season.



Photo By Micah Gilbert/McPherson College Athletic Communications

Freshman, Brittany Zipf returns the tennis ball during singles at home on Sunday.

Softball Started Conference Games over Spring Break

By Joyce Myhizi

The softball team started on Friday, March 17, playing a double header against Mid America Christian University and then on Saturday, March 18, they played Haskell. During the spring break, they started their conference and played a friendly match on the Wednesday, March 22.

"After the Haskell wins, we found out that we broke the school record for wins consecutively with eight," Ashley Spencer, head softball coach, said. "This is great for our team because we have worked hard this

season and came up short a few times, but now they are seeing the positives of working hard and fighting the whole game. Starting conference is always fun. This is what we have been preparing for. Friends was the first set of conference games and they are a very good opponent and we did our best."

Although the team was off to a great start during spring break, there has been some weather delays since school resumed and the games have been changed a lot.

"We work hard and do our best, we are very motivated

to do better than last year," Jasmine Curiel, freshman second base/outfielder, and Erica Almaraz, sophomore outfielder/shortstop/catcher, said.

The team is taking advantage of this time to work on themselves and make sure that when they get back, they are ready to hit like they did during the break.

"We need to stay positive, continue to work hard and fight the rest of this season in order to accomplish our goals for the end of the year," Spencer said.

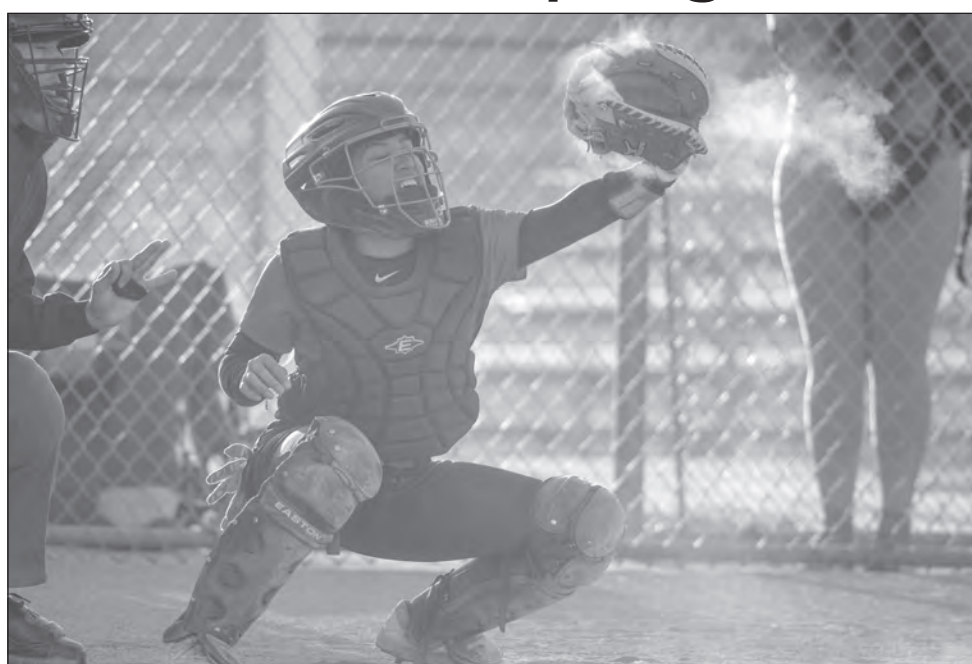


Photo By Micah Gilbert/McPherson College Athletic Communications

Sophomore, Erica Almaraz catches the ball at home in the fading sun.



Photo By Micah Gilbert/McPherson College Athletic Communications

Junior, Taylor Hires, Caulk makes contact with the ball at a home game.



Photo By Micah Gilbert/McPherson College Athletic Communications

Sophomore, Sydney Lang pitches the ball during a double header.

McPherson Track and Field Fights Cold Weather

By Braden Bush

On Friday, March 31, 2017, the McPherson College track and field team traveled to Fort Hays State for the Alex Francis Classic. Despite the cold and slightly windy conditions, the Bulldogs managed to pull through and were still able to perform relatively well earning a fourth-place ranking as an overall team. The women's team took fourth place in team rankings, led by freshman Amy Braimbridge with her two top three performances. Braimbridge had a third-place finish in the 100-meter dash (12.52) and

a second-place finish in the 200-meter dash (25.38). The women also had two relay teams place to help their team rankings. The 4x100 meter relay team (Miaya Sample, freshman; Cierra Lee, freshman; Chantelle Theron, junior; and Braimbridge) took fourth with a time of (50.05). They also pulled in a fifth-place finish in the 4x400 meter relay (Diamond Blaylock-Norris, freshman; Ane Archuleta, junior; Lee and Braimbridge). Chantelle Theron, junior, capped off the day with a third-place finish in the Long Jump

(5.10m). The men also had a day despite the shaky conditions with a third-place finish in the team rankings. The Bulldogs had two members obtain points in the 100-meter dash; J' moi Penn, senior, placed sixth with a time of 11.10, and Hunter Sury, sophomore, came in seventh with a time of 11.16. Freshman Amari Heisser showed some potential throughout the day as well, pulling in a sixth-place finish in the 110 meter hurdles (16.41) and a third-place finish in the 400 meter hurdles (57.65). The men's 4x400 Meter

Relay team (Amari Heisser, freshman; Robert Loeffler, freshman; Colson Reames, freshman; Dalton III, freshman), also earned a third-place finish with a time of 3:21:95. The men's main team points came from a couple of field events in which Brandt Wolters, sophomore, took first place in the javelin (55.31m), while Christopher Linnin, sophomore, placed second in the high jump (6-06.75). Track and field coach Robert Spies had some positive words for the track team meet.

"We actually performed

well considering the conditions," Spies said. "Everyone competed very well with the cold weather, and the important thing is we got through competition." Two days after the Fort Hays track meet, the long-distance runners traveled to El Dorado, Kan., to compete in cold weather as well, but similar to the track team they pulled through and competed. Assistant coach Cameron Magnall shared his thoughts about the meet. "Similar to what the track team went through, we competed through cold

weather and a difficult course," Magnall said. "To have two National Qualifiers and two course records spoke for the hard work." They were led by two performances, Lauren Wankum, junior, set the 'A' standard and Michael Janzer, senior, who set the 'B' standard. The next event coming up for the Bulldogs is the Friends Enduro Classic April 7 through April 8, in Wichita, Kan.



Spring Ball

By Micah Gilbert
 Spring ball is an opportunity for the football team to get back on the field and work out before preseason. Spring ball happens every April with 15 mandatory practices for all football athletes on Sunday's, Monday's, Tuesday's and Thursday's. Spring ball is a great way to bring in recruits and give underclassmen more field experience and work on techniques. At the end of the month, on April 22nd at 7:00 there will be a team scrimmage.
 "Spring ball is a good learning tool for young players giving them more experience so there not as skittish he they get into the fall season," says, Junior Braden Bush.

Life After the Game McPherson Athlete, Now Coach

By Diamond Blaylock
 Most articles highlight the MVP's, the buzzer beaters, the record breakers and the unfortunate tales of injuries and leave out one of the most important factors of all sports: the coach. McPherson College is home to many teams that have achieved accomplishments annually and often award all the praise to the athletes, forgetting those who have trained and perfected their talents. Rea Samuels, McPherson's track and field coach, talked about why her love of the game and the desire to pass on ideas influenced her to become a coach.

"I became a coach at McPherson because I believed in the program," Rea said. She spent time at McPherson prior to accepting a coaching job here.
 "I ran here at McPherson for all four years of my college career. I was Athlete of the Year in 2016. I had no idea that I'd be coaching this year. It definitely wasn't something I had planned."
 Having devoted so much time to a sport, many people find it hard to fathom that the love for it would ever fade but Samuels claims that coaching does not really affect your love for the sport, at least not for

her.
 "My love for track didn't increase at all. It's a struggle coaching mainly because I have a difficult time being patient with student athletes and remembering to be professional after being their teammates in the past year. I wouldn't say that my love has decreased at all either though. I love it just the same"
 Many people overlook a coach's dedication and the time they put into McPherson College. Every coach on campus has a different story, but we appreciate them all the same.



Picture by Isaac Murphy
 Rea Samuels was a McPherson college graduate that was the 2016 Athlete of the Year.

Senior Features with McPherson Athletes Reed Rowell Jasmine Helms

By Daniel Hartman
 Reed Rowell grew up in Topeka, Kan., and is a member of the men's basketball team at McPherson College. Rowell was born and raised in Topeka where he attended Washburn Rural High School.
 As a kid, he was involved in soccer, football, baseball and, of course, basketball. Kansas University's basketball program had a major impact on Rowell's passion for basketball and is what got him to fall in love with the game. After graduating high school Rowell attended Butler Community College where he continued his academic and basketball career.
 As his time at Butler came to an end, he heard of McPherson College through his friend who attended there at the time. After coach Swartzendruber contacted Rowell, it was not long

before he realized he had found where he would finish out his degree and basketball career.
 Rowell is pursuing his bachelor's degree in physical education and one day aspires to be teaching in some way or another. He is also looking forward to an internship at Club Blue, a training facility within the Blue Cross Blue Shield insurance agency. McPherson College has helped Rowell to be more patient with life, and to soak up the time he has with his friends and close ones.
 "McPherson College has helped keep me brushed up, and kept me on my toes," Rowell said. Rowell wants any incoming students and current students to know that, "if you come to McPherson College, you are guaranteed a lifetime of wonderful memories."

By Daniel Hartman
 Jasmine Helms is from Washington, Kan., and is a member of the women's track and field team at McPherson College. Helms did not initially plan on doing track in college, but after the head coach at McPherson got into contact with her, this shifted her decision on whether or not she would do track and field at the collegiate level. After getting into contact with the head track and field coach, Helms visited the college's website and set up a campus visit.
 When she visited campus for the first time, that visit would turn out to be her first college visit, and also her last college visit. Helms is pursuing a bachelor's degree with a double major in communications and Spanish.
 After graduating, Helms aspires to work for the

United Nations, somewhere that she can make the world a better place, bring peace, resolve conflicts and help people to understand each other better.
 She has also applied for multiple internships at the Peace Core and the United Nations and is waiting to be selected to work in Paraguay, helping to develop communities.
 "The people here are really nice, I like that you aren't just a face in the crowd," Helms said.
 In her years at McPherson College, she has learned that it is okay to have a different opinion than someone else and respectfully disagree with them, and also that hard work pays off. Helms wants incoming students and current students to remember to stay open to new experiences and to not be afraid to step out of their comfort zones.



Senior, Reed Rowell and Senior, Jasmine Helms.

Photos By Daniel Hartman

Brain Works Sports Psychology with Morgan Little

By Morgan Little
 In sports psychology, coaches can sometimes tell the type of athlete someone will be by their personality. Psychologists know there are many studies on personality types and each has their strengths and weaknesses. Teams have players, each with different personalities which means there are multiple strengths and weaknesses to work with.
 Dr. Meredith Belbin, after studying team-work for many years, found that "When a team is performing at its best, you'll usually find that each team member has clear responsibilities. Just as importantly, you'll see that every role needed to achieve the team's goal is being performed fully and well."
 There are action-oriented, people-oriented and thought-oriented roles. Action-oriented are as follows: a "shaper" challenges their teammates to always improve. This player is one who pushes his or herself to the fullest to be the example on which others can follow. The "implementer" applies ideas they have been discussed as a team. Usually, any team has goals that they have discussed together. Sometimes these can get lost as the season progresses. This role is important to remind the players of their goals. The "finisher" is good under pressure. They are calm in their personality while

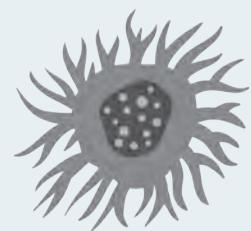
competing allows others to keep composure. People-oriented roles are as follows: the "coordinator" is an organized individual who acts as a committee member or director of projects. "Team workers" encourage these operations and want everyone to be involved and work well together. They are good listeners and easy

going to allow a good flow. A "resource investigator" explores new opportunities. There are so many opportunities everywhere once you start looking for them.
 Thought-oriented: the "plant" takes new ideas and sees how they can apply to their team to improve as a whole.

"Evaluations" analyze. They decide what has been working for improvement and what has not. Finally, "specialists" contribute their unique skills to the team. There are many undiscovered talents that can be extremely helpful to any team.

Success can come from identifying what role a player can have on the team so it will be easier to work through many situations to find the best results.

Belbin, Meredith. "Belbin Team Roles." Belbin. Belbin Associates, 2017. Web. 17 Mar. 2017





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