

# the Spectator

Student Run Newspaper for McPherson College

Issue 11, Volume 101

April, 21 2017



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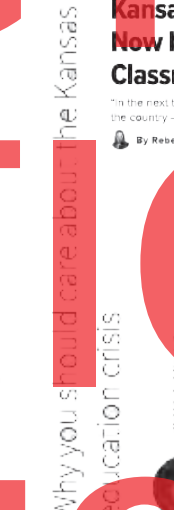
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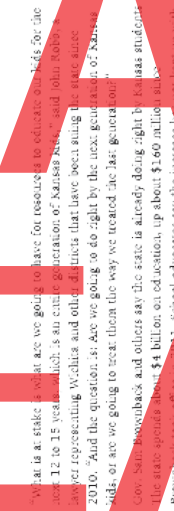


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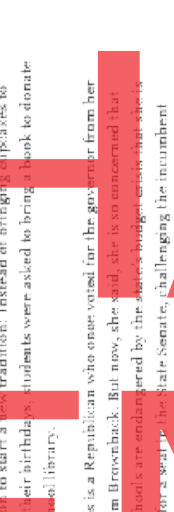
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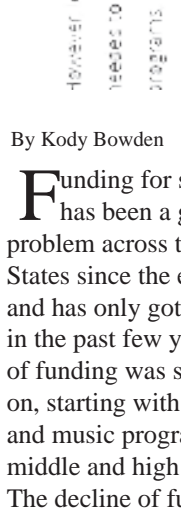


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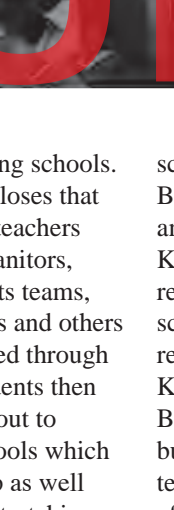


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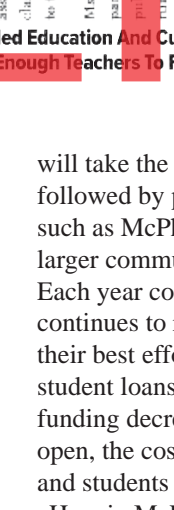
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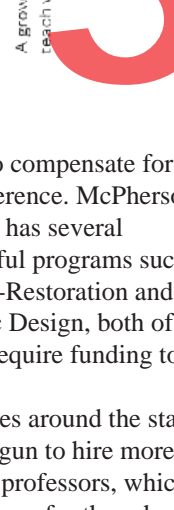
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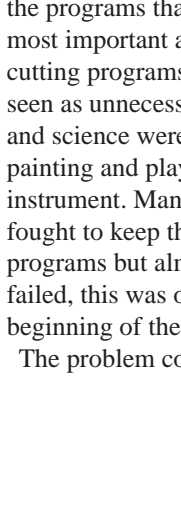


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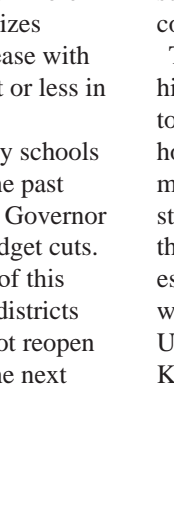


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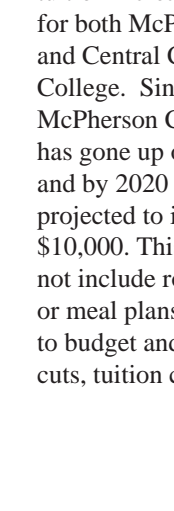
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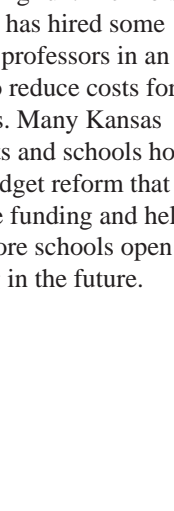
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## Hunt for Prof.

### Campaign to Promote Kindness

By Kody Bowden

McPherson College continues its search for the new assistant professor of communication for the fall 2017 school year. Over the past semester, the search for the new professor has narrowed down to 17 candidates to the top few. The process for finding the new assistant professor began with job advertisements and application deadlines and proceeded to interviews.

The selection committee made up of: Vice President for Academic Affairs Dr. Bruce Clary, Ph.D.; Logan Hartman, freshman student representative and three faculty members (Dr. Kim Stanley, Dr. Dustin Wilgers, and Dr. Becki Bowman) met and chose the best candidates to interview. The top five applicants participated in Skype interviews with the committee and from there the top three applicants were selected to come to McPherson College for an on-campus interview.

Once on campus, the candidates met with the committee and gave a short 30 to 40-minute teaching presentation in front of the committee

and a group of selected students. After presenting they continued to visit with other important and influential people on campus. After all three candidates presented, the committee will meet up again and submit their selected candidate to the president for recommendation of hire.

The role of the new assistant professor will be to teach most of the communication courses offered here at McPherson College. The professor chosen will have a special center around writing and journalism as well as being the new faculty advisor for the Spectator.

The whole process has taken months with the search narrowed down. All three candidates have given their teaching presentations with the final decision pending committee approval.

"It takes a long time to work through the process," Becki Bowman, communication professor, said. "But when you find just the right candidate, it is worth the time and energy invested. I am fortunate to have a fantastic search committee to work with as we move through this process."

## Bar Held High by Graphic Design Students at AIGA

### Competition Opportunity Proves Rewarding

By Kody Bowden

Students from the Visual Arts program here at McPherson college recently attended the American Institute of Graphic Arts competition in Wichita, KS. On Friday April 7th, the students attended studio tours at design agencies in

Wichita before attending the main competition.

The main competition took place on Saturday April 8th at Wichita's WSU Eugene M. Hughes Metropolitan Complex. In addition to the competition and portfolio review there was a keynote speaking presentation by Leif Steiner the world's

largest business network founder before competing. There were a number of schools that attended including surrounding colleges such as Bethel College and Tabor College.

At the end of the weekend, the students from McPherson College took home eight out of the

ten awards given in many categories. "Nothing has helped refine my creative process more than attending AIGA," said senior Nick Greenway, "after going I realized how amazing of a graphic design program we truly have here at McPherson College."



AIGA competition consisted of portfolio review, workshop sessions, a keynote speaker and final judging. Students could choose to attend a variation of the events and were also able to attend studio tours on Friday evening. Photo by John Versue



Senior Jessie Neher received first place portfolio by keynote speaker, Leif Steiner, owner of Moxie Sozo located in Boulder, CO. Photo by AIGA

**HAPPY EARTH DAY!**  
The best way to celebrate is to recycle.

The average american produces more than four pounds of garbage per day.

Almost half of the food in the U.S gets thrown away—that's 3,000 lbs per second.

It takes about 450 years for plastic bottles to break down in landfills.

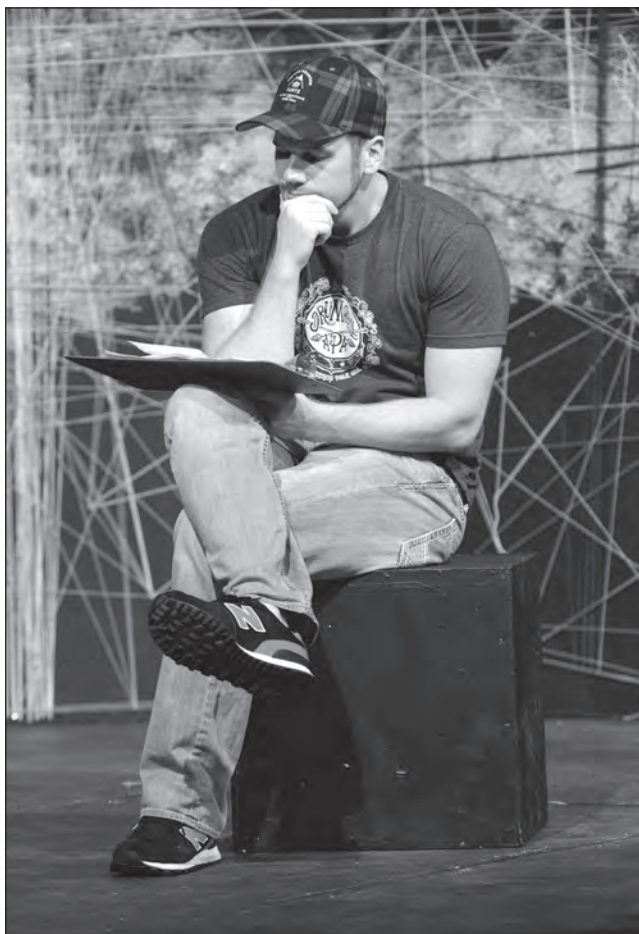
## Love And Information Opens for Weekend

By Kody Bowden

McPherson College's upcoming play Love and Information opens this Thursday, April 20th in the Mingenback Theater. Love and Information is a play composed of several different sections with short scenes. An interesting aspect of this play is that the order of these scenes is up to the director and can be done in any combination; the range and length of the scenes give each production varying messages.

The play encompasses over 100 characters with around thirty people playing multiple parts. The characters only appear to say a few quick words with none of them having an established name or other purpose.

The production will continue through Saturday, April 22 each night starting at 7:30 p.m.



The play is written by Caryl Churchill and is structured after social media. Photo by Micah Gilbert

## Friendly Competition Welcomes Spring

### Easter Egg Hunt Promotes Kindness on Campus

By Joyce Muhizi

The Dude Be Nice campaign continues throughout the month of April and one of the things they have used to promote it was through challenging McPherson College to do random acts of kindness. "Carry out a random act of kindness with no expectation of reward, safe in the knowledge that one day someone might do the same for you," Princess Diana said.

The SAB hosted their annual Easter Egg Hunt at the campus gazebo on Wednesday, April 12. Students hunted for coin-

filled eggs, some of which contained an extra marker that meant bigger prizes, such as a bicycle.

Director of Spiritual Life & Service Jen Jensen had a bucket full of candy with a little paper attached to it, which described the random act you were to perform. Some people got tasks such as give five people a "hi five," tell a stranger a funny joke, help someone carry their books, etc.

A few other students took initiative and showed kindness in their own unique ways.

Along with easter egg hunt and the blood drive, students gave back by helping give pizza to dispatchers that were on duty, some gave quarters to people to do their laundry, some gave chocolates to the staff in the cafeteria, and some went as far as helping an old lady to get her car out of the mud.

Every individual who participated will continue to participate in the Dude Be Nice campaign is making a positive difference in the community.





## Advice From Seniors Class of 2017

By Nick Greenway

My freshman year, I was a shadow at this campus. I could get from class to class without having to exchange a single word with anyone. My social circle consisted of three friends from high school. That was it. The mere prospect of trying to make new friends was outlandish. It went against every protocol I abided by. Then, May arrived. One friend graduated, one transferred, and I (for reasons I still don't understand) was appointed to serve as a Resident Assistant the following term.

I was forced into one of the most stressful adjustment periods of my life. I had to transition from an introvert with a tiny social circle to a student leader with no one to help. The first day was rough. But, then I made a new friend. Through Yu-Gi-Oh, of all things. Then another friend, and another, and another. These friends took me on impromptu road trips at three in the morning, to mud volleyball tournaments, to competitions I would never have entered by myself; all of these are concepts that would have petrified me my freshman year.

Here's the point: I'm still scared. All of this is still way outside of my comfort zone. But, I encourage you to risk it. Strike up a conversation. Sit with people you've never met. Find friends that make conquering the world feel like a walk in the park. College is an opportunity that can't be found anywhere else. I'm still scared, but that's not enough to hold me back.



## Suicide Brought to Light in TV Series Thirteen Reason's Why Review

By Diamond Blaylock

Josh Radnor once said, "It's not our job to play judge and jury, to determine who is worthy of our kindness and who is not. We just need to be kind, unconditionally and without ulterior motive, even - or rather, especially - when we'd prefer not to be."

According to The Jason Foundation, the second leading cause of death between the ages of 12-22 is suicide. Four out of five teens who attempt suicide have given clear signs.

You may have heard about it but on March 2017, a Netflix original series gave light on the dangers and effects of suicide with the reenactment of the famous teen book Thirteen Reasons Why.

In Thirteen Reasons Why we are taken through the histories of the lives of those who bullied or impacted suicide victim Hannah Baker by Clay Jensen and other peers. The series is 13 episodes long reflecting the 13 tapes Hannah Baker left behind

explaining the motive behind her suicide. Each episode sheds light on each person involved in her death, the background story of her life and everything in between leading up to her suicide.

The release of the series sparked controversy due to its content. The visuals that were shown in the show have proven to spark somewhat of a contagion amongst our generations. Youth are more susceptible to copy what they view hence the argument that the

show is encouraging suicide by providing different measures to act.

On the contrary, I, among others, believe in the importance of representation. It is crucial that we do not ignore the issue of suicide because there are ways to prevent the loss of individuals who are in pain. Thirteen Reasons Why also serves as an advocate for those that do not suffer from mental illness but have fallen victim to bullying and malicious behaviors.

We all learn to be nice to one another, but how many of us remember to put those teachings in action? Everyone is battling their own demons, do not add to those burdens. The removal of bullying within schools needs to be treated more militantly and it can all start with you.

If you or someone you know is contemplating suicide, call the National Suicide Prevention Hotline at 1-800-273-8255 or text Crisis Text Line at 741-741.

## Advice From An Alumni Becki Bowman Class of 1998

By Becki Bowman

When I was 17 years old, I moved onto the first floor—which was really a basement—of what was known as the new Fahnestock Hall at McPherson College. The social part of college was thrilling. I played on intramural volleyball teams, was in the choir, theatre productions, on the Spectator staff, worked as a

writing lab tutor, a cafeteria worker, and represented the college at camps during the summer. I wore the Bulldog costume as some of the football games and even found my future husband here.

But college is more than just a social gathering. We come to college to complete a degree and I had no idea what I wanted to do. I was determined to finish in three

years and I hurried through a lot of my coursework and designed my own communication major (the college didn't have one then) so that I could finish as quickly as possible. I did all of this just to get to the other side and... what? I had no idea.

Here's what I wish someone would have told that 17-year-old-me: Slow down. What's the rush?

College is what you make of it. Heck, life is what you make of it. You get out of college what you put in. I could have taken more time to figure it out, because on the other side was a huge question mark about what I would do next. I learned that no one is designing your life for you except you. Up to now, people have been around you trying to make your

life nice. After this, it's up to you to make your own life good—and hopefully to improve the world around you while you're at it.

So slow down. Take your time. If there's something you want to learn, this is the time to do it! The world will still be waiting for you on the other side when you're ready to step back into it.

## Uncommon, Unusual, Unwanted Cars on the Corner with Andrew Tanner



Photo By Andrew Tanner

Junior, Samantha Cotell is the owner of this 1971 Chrysler Newport

By Andrew Tanner

The 1970s were a time which you could get a vast array of vehicles in just about any configuration you wanted. With the early 1970s cars, horsepower was king. However, after the oil crisis in 1973, fuel economy became the new head honcho. This makes for an interesting selection and junior Samantha Cotell's 1971 Chrysler Newport two-door is no exception.

At 19-feet long, longer than most pickups, it is the smallest car Chrysler made that year. Cotell, a native

of Hyannis, Mass., said she picked the car because "it looks angry from the front, elegant from the side, and it's a boat."

The first thing that sets this car apart is the fact it is two-door, which was one out of 5,527 made that year. The second thing that makes this car unique is that '60s and '70s Chrysler products tend to have worse rust issues than their competitors of the time period, and this car has survived with all of its original sheet metal, needing only trunk floor

patched. Not only has the sheet metal stood the test of time, but so has the interior electronics.

This car was one luxurious behemoth in 1971 and quite the cruiser. Still wearing much of its original paint, this Newport is equipped with almost every power option available, as well as disc brakes, air conditioning and a 383-cubic inch big block. The engine from this car is equipped with a 500cfm 2-barrel carburetor, making this the perfect car to cruise in down to the ice cream

parlor.

Cotell retrieved this car last year with the help of her now-fiancé Austin Dowler, junior, and myself. Originally a Texas car, she purchased it from a gentleman in Tulsa, Okla., and hauled it back on a small tow dolly behind a half-ton GMC pickup. The trip took longer than expected; the car arrived in McPherson at 2 a.m., the following morning.

Now, the Chrysler is running like new, and the couple has just finished recovering the front seat

and is in the process of recovering the back seat. They plan to do the carpet and the headliner in the near future. Both Austin and Samantha agree that the painted white roof is their favorite feature of the car, followed closely by the power accessories and the police-spec wheels added by the previous owner. If you see this car on campus, be sure to give a wave to the folks that are driving; they have worked hard to get it where it is today.

## the Spectator Staff

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Subscription information for non-students is available from the The Spectator Editor-In-Chief at [spectator@mcpherson.edu](mailto:spectator@mcpherson.edu).

## LETTERS TO THE EDITOR

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 [walla@bulldog.mcpherson.edu](mailto:walla@bulldog.mcpherson.edu).





# Impact of Adjunct Professors on Campus

By Aysia Pryor

Here at McPherson College, adjunct professors are filled in as needed, and many times they are “experts” in a certain area. Adjunct professors are used in higher education because of the cost of hiring a full-time faculty member. These professors do not attend faculty meetings, have no students as advisees, and most of the time they do not have office space.

An adjunct professor is hired to teach course-by-course, but is not a full member of the faculty. It is not someone who has a permanent relationship with a college.

Full-time faculty at McPherson College get an annually contract, while adjuncts are employed one course at a time. There is not a special category in which adjuncts are hired, these positions are advertised by the college when needed. One becomes an adjunct professor by not having a full-time job or because of choice. There are some courses the college must offer but do not have in the full-time load for regular faculty members.

“Adjunct professors often have as many students in their classes as full-time professors,” Dr. Tom Hurst, adjunct professor in philosophy and religion,

said. “In my three ethics classes and six sophomore seminar classes this year, I have taught a total of 206 students, approximately 30 percent of the entire student body.”

The rapid growth in adjunct professors comes as college prices continue to increase. Adjunct professors are used in higher education in order to reduce the costs. Colleges and universities across America are relying more on adjunct professors. In 1975, 30 percent of college faculty across America were part-time, adjunct professors. In 2011, more than half of college faculty were part-time, and now almost three-quarters of college faculty are part-time professors.

“Adjuncts are controversial in higher education these days,” Dr. Bruce Clary, vice president for academic affairs, said. “The reason for that is because nationally, across the higher education horizon, more and more institutions are relying more and more on adjunct faculty to deliver their courses.”

The number of adjunct professors varies each semester because they are on a course-by-courses basis. This spring, there are 11 professors, strictly adjunct professors, not employed in other positions at the college. 48.5 credit hours are delivered by

these 11 professors this semester. Some of the other professors are existing college employees who teach these courses, many times without compensation.

“Adjuncts are paid pennies on the dollar compared to full-time faculty. There is a real sense in which as higher education nationally has tried to drive down prices, they’ve done that by eliminating full-time faculty and just hiring part-time,” Dr. Clary said.

Many adjunct professors teach a course at two or three different institutions in order to have enough income to support themselves and/or their family.

“I am particularly fortunate in that I have been asked to teach one Philosophy & Religion course and three-four sophomore seminar courses a semester,” Hurst said.

“The controversy about adjunct professors is that they’re really abused and exploited,” Clary said. “I happen to agree with that, and one of the things that I have done since I have started in this position 2.5 years ago was to get a modest increase in our adjunct salary. It’s still almost embarrassingly small, what we pay our adjunct professors. What I know is that it’s more than most other colleges like us



Photo by Aysia Pryor

Dr. Tom Hurst, adjunct professor in philosophy and religion, lectures in Central Kansas.”

Less than 10 percent of credit hours at McPherson College are delivered by adjunct faculty. For this semester, there are adjunct professors teaching courses

that it would take four additional full-time faculty members to teach. Another challenge for adjunct professors on-campus is making those connections with students and other

faculty due to lack of space and long-term residency. Adapting to McPherson College and its way of teaching is a priority for adjunct professors.

## Confessions from a College Campus

Have any confessions? Send them to <https://curiouscat.me/SpectatorConfess>

“People make fun of me for staying in my room most of the time but in all honesty it’s easier to avoid drama and negativity when I’m alone.”

“My roommate was always so messy so one day I went to put some of her stuff on her bed and off the floor and found her custy vibrator.... Literally throw up in my mouth.”

“1 of my friends always makes fun of other girls for being sluts but she has a different guy in her bed every week. I’m debating on telling her she should chill.”

“I love how the new cafeteria guy comes around and says ‘hi’ to everyone, it actually brightens my day!”

# April

20-22

“Love and Information”

22

Enrollments begins for 2017-18 freshmen and transfers

25

Color Run

26

Central Kansas League Art Festival

30

Spring Choir Concert

## Mother’s Day Gifts Hacks

Mother’s Day is May 14th and you have no idea what to get your loved one, use these helpful hacks to brainstorm some ideas!

**Bake** Make your mom an awesome and delicious treat (even if it’s just cookies). Make it as simple as buying some premade cookie dough from the store. Look up different recipes online and try them out!

**Paint** Get your creative juices flowing. DIY projects can be super cheap. Hit up a dollar store or a craft store and create a unique painting on a canvas. You could even paint a flower pot.

**Write** Write a cheesy-heartfelt letter to your mom expressing what a good job she has done and how much you love and appreciate her. Decorate the envelope and make it fancy.

**Outing** If you have the funds, take her to her favorite place to eat or get coffee. This could also include a spa day or movie date.





## Student Government Association Updates 2017-2018 Candidates

### Executive Board

President: **Aaron Buchara**  
 Vice-President: **Victoria Broers**  
 Treasurer: **Rinaldo Gagiano**  
 Secretary: **Amanda Lolling**

### Hall Representative(s)

Bittinger: **Diamond Blaylock**

### Class Representative(s)

Sophomore: **Caine Fowles** and **Ashley Jensen**

## Entrepreneurial Spirits Horizon Fund Updates

The Horizon Fund is there to help you start, run and grow your own business. The Fund provides mini grants from \$100-\$500 to help you carry out an original idea which can enrich the community. We sat down with 3 students who received the grant to hear from them how this fund played a role in their lives.

By Joyce Muhizi

**M**icah Gilbert is a freshman, majoring in graphic design, who has been doing photography for about two to three years professionally and five years overall. The Horizon Fund he received went towards equipment and ultimately contributed

towards his dream of one day working under a big company.

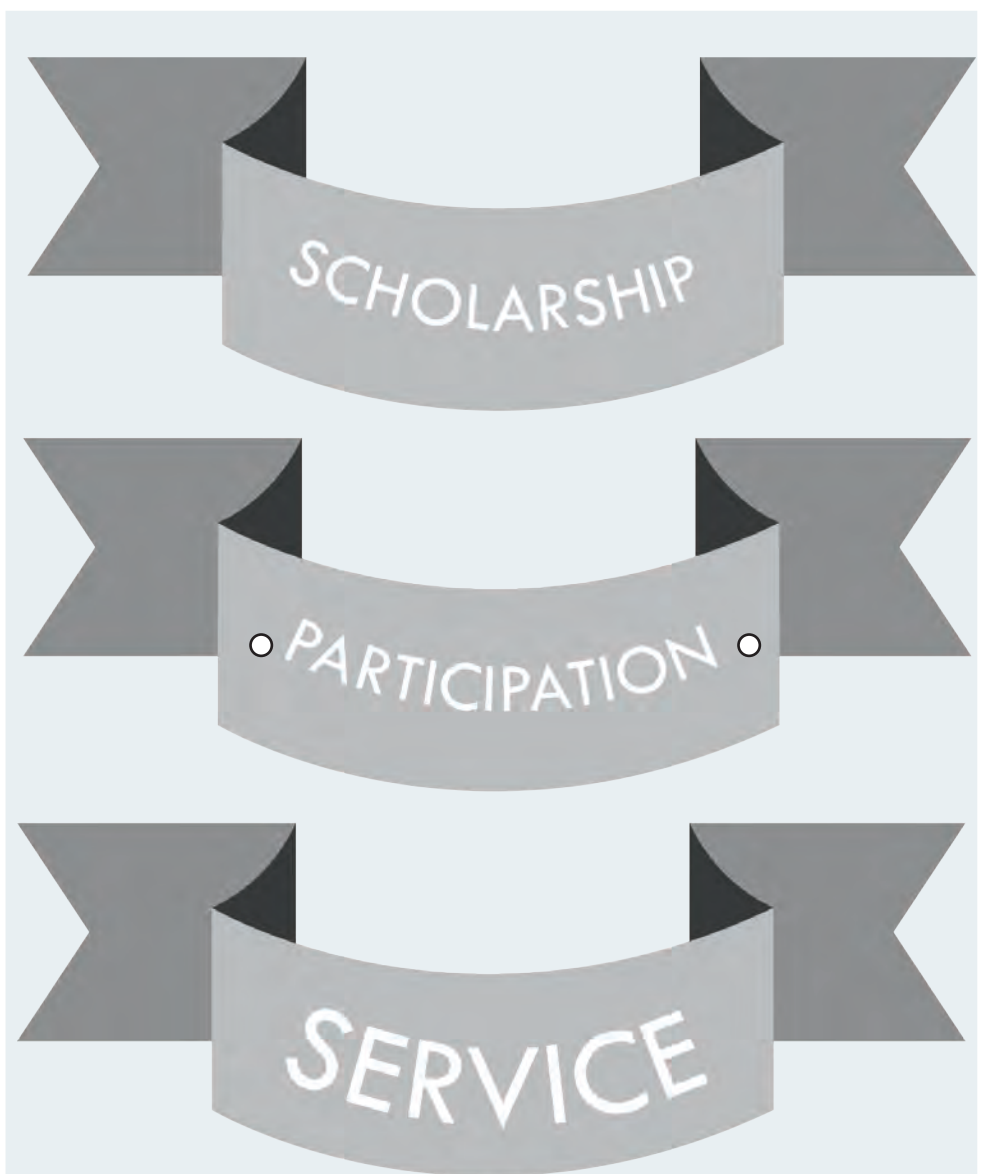
At the moment, he is building his portfolio and learning about what it takes to run a business. It is easy to assume that once somebody has photography skills they can set up and begin charging people. But as soon as Micah started with his business, he soon realized there are other aspects of running a business that are needed.

“I learned that running a business can be tricky and difficult at times,” Gilbert said. “It is good to have a business background for the accounting side of the business. Also there is

a lot more to a business than your specific hobby. You will spend more time behind the business side than the actual side of taking pictures.”

He wants to venture out and do engagement shoots, advertisements, family portraits and graduation ceremonies. His dream is to turn people’s photography visions into reality.

He showed everyone the things he can do behind the camera at the McPherson Talent Show and has some of his work at Craft coffee as well as on his website <http://gilbertsphotoanddesign.com/>.



## Fulfilling the Mission Students Featured for Recognition

By Johanna Hoffman

**N**athan Buckler is one of the friendliest faces on campus – always quick to say hi, ask how someone’s day is going, and offer to help when it looks like someone is carrying a heavy load or looks stressed. His up-for-anything mindset makes him a great service leader on campus.

Buckler has participated in service from a young age. He said he was never forced to participate, but encouraged to try out new opportunities.

“My mom always has found us service opportunities and recommends we try them, which I’ve taken her up on,” Buckler said. “It was never forced, but always an option for us to try.”

Service opportunities have shaped his life greatly. One impactful project was being a counselor in Operation Snowball, an international program aimed at

leadership development of youth, as well as drug and alcohol awareness.

“Operation Snowball was one of my favorite service opportunities in high school because it’s all about being nice, doing the right thing, and making a whole bunch of friends.”

Since college, Buckler took advantage of many service opportunities, including helping with on-campus events, planning a Relay for Life Walk, and helping with blood drives. He also participated in the alternative service trip to Houston, Texas, over spring break.

“I went because I really like to build things up and tear things down. Knowing I could go help many families, as well as a great organization, and do it for free, was an obvious choice.”

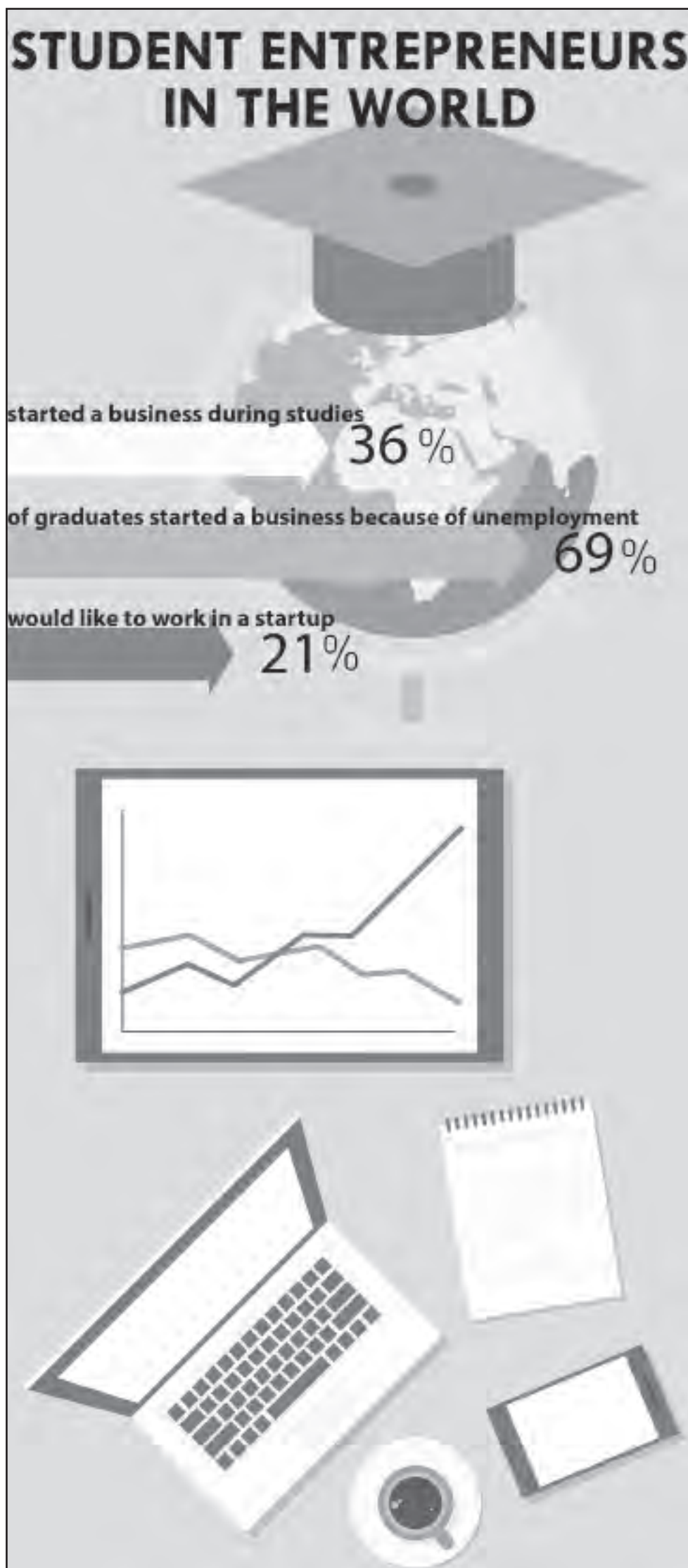
Buckler believes one of the many perks to participating in service is learning skills. He said

that no matter the type of service a person chooses to participate in, they will walk away knowing something they didn’t previously know.

“It’s always something different, so you’re always learning something new. For instance, I learned how to cook soup while volunteering at a soup kitchen. While at Habitat, I got to use different tools than I have used before, which will be helpful for the future.”

Besides being a way to learn something new, Buckler said one of the best parts of serving is the feeling of accomplishment, and it is a good use of time and energy.

“It’s just a nice thing to do. If you can, why wouldn’t you want to serve? It makes you feel good, learn about something, and have the opportunity to help other people.”







## Men's Tennis Team is Still Undefeated

### Tennis Duals against Bethany college on Saturday



Photo By Micah Gilbert/McPherson College Athletic Communications

Sophomore, Juan Alejandro Jimenez competes in a singles match.

By Diamond Blaylock  
McPherson Men's Tennis team moved to 5-0 in KCAC with a 9-0 win this past week against Tabor. They have a high ranking and great stats, the Men's Tennis team won it's fifth straight match at the Hillsboro Tennis Complex. The opposing team came ill equipped for their team lacked healthy players and because of this they were forced to forfeit matches. The team is packed with international students from various places. Joan-Marc Fajula Rodriguez from

Catalonia, Spain won his singles match at the No.1 spot. Following his teammate, Hector Carillo Perales from Barcelona also won his single match at No.3. The Women's Tennis team is ranked at No.23 and won 7-2 over Tabor College. They led doubles with Brittany Zipf and Besa Bwalya winning at the No.1 spot. Lea Striegel and Zoe Bouwmeester defeated the opposing team at the No.2 spot as well taking home a W for the day.

Within the singles matches, the Womens team also conquered. The No.1 spot was played by Brittany Zipf who was unfortunately defeated however Striegel defeated her opponent at the No.3 spot. At the No.4 spot Bouwmeester followed Striegel's win with her own over Fujioika.

The KCAC tennis duals between McPherson College and Bethany College scheduled for Saturday, April 15, have been moved to Monday, April 24.



Photo By Micah Gilbert/McPherson College Athletic Communications

Sophomore, Lea Striegel competes in a singles match.

## KCAC Player of the Week Goes to a Softball Athlete

By Joyce Myhizi

The McPherson College softball team dipped back under the .500 mark in Kansas Collegiate Athletic Conference (KCAC) play after dropping both halves of a league doubleheader Wednesday at Oklahoma Wesleyan University. The team went 4-2 with very little or no turnaround time in between the games it was a very tough week for the girls.

"Our players stuck to the plan and executed well.

We played well overall, but we had a few missed opportunities to score. Our pitchers both threw well, but our offense must execute in order for us to win" Ashley Spencer, head coach of softball said.

Ashleigh Capps took the win in the circle for OKWU, scattering five hits and a walk while striking out two in a complete-game effort. The team is getting ready to play against Oklahoma Wesleyan on the 19th, St Mary on the 21st

and Bethany on the 22nd of April. The girls will wrap up the conference on the 25th with a double header at Tabor.

Chelsea Conrad received KCAC player of the week. She was 13-18 with triples in three consecutive games, had 5 RBI's and 1 double across a span of the week.

The Bethany contests are the final home games of the season and the team's three senior Holmes, Romero and Jourden Masero will be recognized.



Photo By Micah Gilbert/McPherson College Athletic Communications

Freshman, Jessica Knoeber is up at bat at home game.

## Baseball Beats Number 23rd Ranked Team

### Double Header against Rival Central Christian College



Photo By Micah Gilbert/McPherson College Athletic Communications

(Left) Freshman, Brett Carter pitches in the varsity game they win against 23rd ranked Sterling college. (Right) Sophomore, Jackson Goodmiller dives into third base off of a base hit from his teammate.



Photo By Micah Gilbert/McPherson College Athletic Communications

By Micah Gilbert

McPherson baseball wins against 23rd ranked Sterling on Saturday, April 15, which was the Bulldogs 21st victory of the season. This win helped the Bulldogs surpass their previous record of 20 games in the 2012 and 2016 seasons. The Bulldogs only have six games remaining before they head into the KCAC Postseason Tournament. This is a big accomplishment for the Bulldogs.

"No matter who we match up with, it will be a hard-fought game and we look forward to whoever we match up with," Kyle Wedel, junior, said.

The Bulldogs are strong

on teamwork and always go into a game with a win attitude no matter the skill level of the team. With a little bit of teamwork and communication, these nine boys are ready to play. They have a strong freshman team with almost 20 freshmen.

"We just find ways to get on base and back up our excellent pitching. Every win is a team effort and that's what got us a win," Wedel said.

The McPherson College Bulldogs will be at Lighthouse Diamond for a conference double-header against cross town rival Central Christian College on Saturday, April 25.

## McPherson Track and Field has Qualifiers for Nationals

By Micah Gilbert

On Friday, April 14, and Saturday, April 15, the Bulldogs were successful at the KT Woodman Classic and Bethel Invitational. The team took several first-place finishes and even more top five finishes. The men's team posted a win at the Bethel Invitational with 173 points while the

girls got fourth with 70 points. Friday consisted of the distance running and javelin at the KT Woodman Classic while Saturday consisted of sprints and field events at Bethel Invitational.

Some of the top finishers at the Bethel Invitational consisted of: J'Moi Penn, senior; DeShawn Pfeiff,

sophomore; Ronnie Floyd, senior; Jordan Windholz, junior; Amy Braimbridge, freshman; and Jasmine Helms, senior. Several of these athletes have already qualified for Nationals later in the season.

KT Woodman Classic featured top-notch javelin throwers and showcased distance races from 800 to

10,000 meters with tight competition. Some of the finishers from Friday's events were: Brandt Wolters, sophomore; Jerod Fuller, sophomore; Taylor Dreiling, junior; and Michael Janzer, senior; Felix Cervantes, senior; and Kurt Katzdorn, senior, ran a 5k finishing shoulders apart from each other with a

close finish.

"We are all very excited about Outdoor Conference being on our home turf. There will be a lot of pressure, but we will be prepared," Landon Stang, senior, said.

This year McPherson is hosting the NCAC Outdoor Conference Track & Field meet the first weekend of

May, starting on Thursday.

Since last year, the McPherson Bulldogs have improved with the addition of several new athletes.

The Bulldogs' next invitational is Saturday, April 22, at Tabor College.





## Life After the Game McPherson Athlete, Now Coach

By Diamond Blaylock

McPherson College is home to many sports along with coaching staff. Often times students overlook these trainers and focus on their trainees. This issue, Women's Basketball Coach RaShawn Calvert donated some of her time to tell students about her experiences and perspective.

A psychology major out

of Siena Heights University, Rashawn spent her time playing basketball for the institution. Her time at the university came to an end but her passion and desire to be a part of the game did not.

"I couldn't see myself doing any job not surrounding basketball as a career," Calvert said.

Most of the coaches on campus have been around for a while though this is not the case for Rashawn. This is Calvert's first year coaching and it has been quite the experience for her.

"The best part about coaching is being able to help players achieve

goals and either receive some of the same awards/experiences I was able to as a player, or receive some awards/experiences I was never able to obtain as a player," Calvert said.

With positives come the negatives and Rashawn expressed some of those she has experienced.

"Worst part about coaching women's sport is having to deal with not always receiving same treatment and fairness as the men's sports," Calvert said.

Picture by Isaac Murphy

Women's Basketball coach RaShawn Calvert donates her time to the students to tell them about her experiences.

## Senior Features with McPherson Athletes Miguel Isidro      Jessica Sanders

By Daniel Hartman

As a member of the track and field team and the men's soccer team at the college, some students know him as "Birdie," what some do not know is his real name: Miguel Isidro. Isidro is from Rosemead, Cali. He first learned of McPherson College through some friends he knew who were attending the college and those friends eventually told him he should apply. So he did. Isidro was accepted became a Bulldog.

"It's a beautiful community and the faculty really loves you," Isidro said. He is glad he got the opportunity to attend McPherson and is thankful for what he has learned. Isidro will be receiving his Bachelors of Arts in business with emphases on management, finance and marketing as well as having a minor in international business. He is in the third and final stage of a three-round interview process for a

junior financial analyst position at AT&T, and also has a job offer as a contractor at a produce company from his hometown. Eventually Isidro plans to go back to obtain his Masters Degree in business, but before doing that he has another thing on his agenda. After securing a job and paying off bills for a while, Isidro plans to purchase a house for him, his mom and his family to move into from their current apartment since his mom has given him everything. After getting a house, Isidro said "the sky is the limit."

Isidro is thankful for the leadership qualities, composure, family sense of belonging, new personalities and viewpoints and motivation that McPherson has given to his life. If he were going to leave a piece of advice for students, he would say to "give this place a try, open up to this place. It might be small, but you know, this place makes you feel like family."

By Daniel Hartman

Jessica Sanders is a member of the women's volleyball team at McPherson College. Sanders is from Rome, Texas, and was motivated to attend the college because of her ability to play volleyball for a scholarship and also because of McPherson College's reputation in the education department. One day Sanders hopes to be a teacher of some sort between the kindergarten

and the second grade.

Sanders is currently student teaching at Lincoln Elementary School in McPherson, Kan.

After graduation and getting a degree, Sanders plans to live in Wichita with her current roommate. McPherson has taught her how to be flexible while having a busy schedule such as volleyball and other obligations on top of that. If she could leave a piece of advice with her peers and fellow students, she would say "don't procrastinate."



Photos By Daniel Hartman



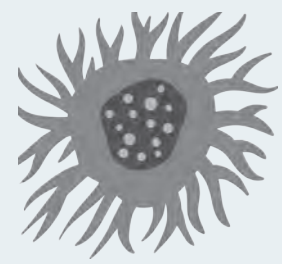
Senior, Miguel Isidro and Senior, Jessica Sanders.

## Brain Works

### Sports Psychology with Morgan Little

By Morgan Little

What do you do when you are not on the court, or on your playing field? Do you think about winning the next time you have a game, or how hard you will work at your next practice? Do you VISUALIZE? Do you run through every move your body needs to make in order to be successful, because if you do not, you should be.



Visualization is of much importance when it comes to performing well. When you picture in your mind what you need to be doing in order to perform well, you are creating another memory for your body to remember. It is even better when you add your body movements to those thoughts.

Your body creates muscle memory from these thoughts. This way, in the moments needed, your body will have even more practice to what it should be doing and the way it should be reacting.

Before you shoot a free throw in basketball or

serve a ball in volleyball, you should visualize exactly what you want to happen. You should see the ball going into the hoop or over the net to a specific area. In volleyball, you should imagine yourself getting an ace, seeing the other player mess up the ball you are about to send them. In basketball, you should see yourself reaching for

the other teams bad pass to make a play of your own.

Visualization also gives your thoughts a positive environment to live in, to thrive in. If your head is filled with negativity or frustration, you will not be able to send the proper triggers to your body to perform at the best of your ability. See yourself making the necessary adjustments, changes or repetitions

your skill needs to improve. This is one simple way of improving every day without having to even be in the gym or on the field.







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	<b>Package C</b> \$670 \$66 savings	<b>Enrollments include</b>
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